



## Meals in the Field Recipes

### Balanced Breakfast

#### Blueberry Oatmeal Bites to Go

3 cups old fashioned oats	2 eggs
1 Tablespoon ground cinnamon	1 ½ cups low-fat milk
2 teaspoons baking powder	3 Tablespoons honey
½ teaspoon salt	1 Tablespoon vanilla extract
2 bananas, peeled and mashed	1 cup blueberries

Preheat oven to 350°F and coat muffin tin with nonstick cooking spray. In a medium bowl, combine oats, cinnamon, baking powder, and salt. In a separate bowl, combine bananas, eggs, milk, honey, and vanilla. Mix the wet and dry ingredients together and carefully fold in blueberries. Pour the batter into muffin tins, filling about halfway. Bake for 20-24 minutes until golden brown. Store in a sealed container in the refrigerator or freeze. Eat cold or warm.

*Yield: 12 muffins, 1 muffin each*

**Nutrition Facts** (per serving): 160 calories, 3 grams fat, 220 milligrams sodium, 30 grams carbohydrate, 4 grams dietary fiber, 5 grams protein

#### Chocolate Banana Overnight Oats

½ cup old fashioned oats	½ banana, sliced
½ Tablespoon unsweetened cocoa powder	1 teaspoon honey
½ Tablespoon ground flaxseed (optional)	½ cup nonfat milk
1 Tablespoon creamy peanut butter	

Stir all ingredients in a pint-size mason jar. Screw on the lid and refrigerate overnight. In the morning, stir and add a little more milk, if desired.

*Yield: 1 serving*

**Nutrition Facts** (per serving): 380 calories, 13 grams fat, 120 milligrams sodium, 59 grams carbohydrate, 8 grams fiber, 15 grams protein

## **Muffin Cup Frittatas**

1 Tablespoon canola oil	6 eggs
¾ cup broccoli florets, chopped	½ cup skim milk
⅓ cup red bell pepper, chopped	¼ teaspoon salt
1 cup shredded sharp cheddar cheese	⅛ teaspoon pepper
2 Tablespoons red onion, chopped	

Preheat oven to 350°F. Heat oil in medium skillet. Add vegetables and sauté 3-4 minutes stirring until slightly tender. Remove from heat and allow to cool. Beat eggs, milk, salt, and pepper in medium bowl until well-blended. Add sautéed vegetable mixture and cheese; stir. Spray muffin tins with vegetable cooking spray. Evenly spoon mixture into muffin cups. Bake for 20-22 minutes until just set. Remove from oven and cool on wire rack about 5 minutes. To pack, wrap individual muffin cups in aluminum foil and pack in an insulated food carrier, or portable hot food bag.

*Yield: 6 servings*

**Nutrition Facts** (per serving): *134 calories, 8 grams fat, 293 milligrams sodium, 3 grams carbohydrate, 0.5 grams fiber, 12 grams protein*

## **Huevos Rancheros**

1 (15 oz.) can diced, fire roasted tomatoes, drained	4 large eggs
¼ cup onion, minced	4 corn tortillas
1 teaspoon ground cumin	¼ cup low-fat shredded mozzarella cheese
	¼ cup cilantro, chopped

Heat oven to 425°F. Spray medium skillet with cooking spray. Add tomatoes, onion, and cumin to skillet. Cook for about 5 minutes. Crack egg into a cup and gently slide into simmering mixture. Continue with remaining eggs. Cover and simmer gently until whites are set and yolks start to thicken, about 3 minutes on each side. Place tortillas on a baking sheet and bake for about 3 minutes on each side. Remove from oven and place each tortilla on a plate. Divide tomato and egg mixture over the four corn tortillas. Top with cheese and cilantro. To pack, wrap individual muffin cups in aluminum foil and pack in an insulated food carrier, or portable hot food bag.

*Yield: 4 servings*

**Nutrition Facts** (per serving): *193 calories, 8 grams fat, 400 milligrams sodium, 17 grams carbohydrate, 2.6 grams of fiber, 11 grams protein*

## Cold Meals for the Cab

*When transporting cold food items, store in an air-tight container and place cold food in an insulated cooler with plenty of ice or frozen gel packs.*

### Turkey Wrap with Lemon Dill Spread

¼ cup light mayonnaise	¼ teaspoon garlic powder
¼ cup non-fat plain yogurt	¼ teaspoon black pepper
2 teaspoons Dijon mustard	3 whole wheat tortillas
2 teaspoons fresh dill, chopped or ¼ teaspoon dried	3 oz. deli turkey
1 teaspoon lemon juice	3 slices swiss cheese
1 teaspoon grated lemon peel	¾ cup baby spinach
	1 cup thinly sliced bell pepper

In a small bowl, combine mayonnaise, yogurt, mustard, dill, lemon juice, lemon peel, garlic powder, salt and pepper. Let sit in refrigerator and meld flavors. Evenly distribute Lemon Dill Spread, turkey, cheese, spinach, and red pepper onto three wraps. Roll up, cut in half diagonally and serve.

*Yield: 3 servings, 1 wrap each*

**Nutrition Facts** (per serving): 370 calories, 19 grams fat, 740 milligrams sodium, 30 grams carbohydrate, 2 grams fiber, 19 grams protein

### Almond Chicken Salad

4 cups cubed cooked chicken breast	½ cup chopped green onions
1½ cups green grapes, halved	3 hardboiled eggs, chopped
1 cup chopped celery	
<u>Dressing:</u>	
½ cup light mayonnaise	¼ teaspoon onion powder
5.3 oz. plain nonfat Greek yogurt	⅛ teaspoon dry mustard
1 Tablespoon mustard	⅛ teaspoon paprika
½ teaspoon pepper	2 oz. bag (½ cup) slivered almonds
½ teaspoon salt	

In a large bowl, combine chicken, grapes, celery, onions and eggs. In a separate bowl, combine dressing ingredients, except almonds. Pour dressing over chicken mixture, stirring until evenly coated. Place in the refrigerator at least 1 hour before serving. Stir in almonds when ready to serve. Serve over lettuce, crackers or between bread.

*Yield: 8 servings*

**Nutrition Facts** (per serving): 250 calories, 11 grams fat, 680 milligrams sodium, 10 grams carbohydrate, 1-gram fiber, 27 grams protein

## **Chicken Ranch Burritos**

1 lb. skinless, boneless chicken breast  
1 Tablespoon chili powder  
2 teaspoons ground cumin  
4 Tablespoons fat-free Ranch dressing

½ cup shredded lettuce  
4 oz. shredded, reduced-fat cheddar cheese  
4 (8-inch) whole wheat flour tortillas

Heat grill pan over medium heat. In a small bowl, combine chili powder and cumin. Rub chicken breast with spice mixture, covering both sides. Grill chicken for about 4-6 minutes on each side or until thermometer reads internal temperature of at least 165°F. Allow chicken to rest 5 minutes or until cool enough to touch. Slice chicken into strips. Put in a covered container or sealed plastic bag and refrigerate. When ready to serve, fill each tortilla with 3-4 ounces of grilled chicken; top with 1 Tablespoon ranch dressing, 2 Tablespoons shredded lettuce, and 1-ounce shredded cheese. May serve cold or warm.

*Yield: 4 servings, 1 burrito each*

**Nutrition Facts** (per serving): *400 Calories, 10 grams fat, 740 milligrams sodium, 29 grams carbohydrate, 4 grams fiber, 47 grams protein*

## **Veggie Hummus Pita Pocket**

2 Tablespoons hummus  
1 whole wheat pita pocket  
¼ cup fresh spinach or salad greens  
1 Tablespoon chopped red onion  
2 Tablespoons shredded carrots

2 Tablespoons thinly sliced cucumber  
2 Tablespoons jar roasted red peppers,  
drained  
1 Tablespoon balsamic vinaigrette  
1 Tablespoon crumbled feta cheese

Spread hummus inside the pita pocket. Layer with spinach or salad greens, red onion, carrots, cucumber, and roasted red peppers. Drizzle with balsamic vinaigrette and top with feta cheese.

*Yield: 1 serving*

**Nutrition Facts** (per serving): *240 calories, 7 grams fat, 630 milligrams sodium, 38 grams carbohydrate, 1-gram fiber, 11 grams protein*

## Hot Plates for a Picnic

*When transporting hot food items keep them in an air-tight thermos. For foods that do not fit in a thermos, wrap in aluminum foil and pack in an insulated food carrier or portable hot food bag. Keep hot foods separate from cold foods.*

### Stuffed Pepper Soup

1 lb. lean ground beef	2 cups green pepper, chopped
1 small onion, chopped	¼ cup brown sugar
2 cans (8 oz.) no added salt tomato sauce	½ teaspoon black pepper
4 cups tomato, chopped	1½ cups long grain brown rice, cooked
2 cans (14 oz.) low-sodium beef broth	Shredded mozzarella cheese, if desired

Cook beef and onion in large stewpot until beef is no longer pink. Drain well. Add remaining ingredients, except rice. Simmer for 30 minutes. Add cooked rice and simmer for an additional 10 minutes. Serve topped with mozzarella cheese, if desired.

*Yield: 10 servings, 1 cup each*

**Nutrition Facts** per serving (without cheese): *170 calories, 4.5 grams fat, 65 milligrams sodium, 19 grams carbohydrate, 2 grams fiber, 13 grams protein*

### Steak Kabobs

1 lb. beef top sirloin steak, trimmed of fat and cut into 1-inch cubes	2 cloves garlic, minced
8 oz. button mushrooms	¼ teaspoon salt
1 lb. baby new potatoes	¼ teaspoon pepper
¼ cup olive oil	½ teaspoon dried oregano
¼ cup balsamic vinegar	½ teaspoon dried rosemary

Place steak cubes, mushrooms, and potatoes in a large rimmed baking pan. In a small bowl, whisk oil, vinegar, garlic, salt, pepper, oregano, and rosemary. Pour over steak and vegetables; stir to coat. Cover and refrigerate to marinate for at least 2 hours. Preheat grill. Using metal or soaked wooden skewers, alternately thread beef, mushrooms, and potatoes. Discard leftover marinade. Grill covered over medium heat, 5 to 7 minutes (medium), or 8 to 10 minutes (medium well), turning once, until potatoes are tender, and meat is desired doneness.

*Yield: 8 servings*

**Nutrition Facts** (per serving): *199 calories, 9 grams fat, 125 milligrams sodium, 13 grams carbohydrate, 1-gram fiber, 15 grams protein*

## **Enchilada Casserole**

12 oz. whole-wheat extra wide egg noodles	10 oz. enchilada sauce
1 lb. lean ground turkey	1 cup frozen corn
¼ teaspoon cumin	4 oz. diced green chiles, drained
½ teaspoon chili powder	2 cups reduced-fat shredded Mexican cheese, divided
5 oz. Neufchatel cheese (reduced fat cream cheese)	Cilantro for garnish
¼ cup non-fat plain Greek yogurt	

Preheat oven to 350°F. Bring a large pot of water to boil and add the noodles. Cook according to package directions. Meanwhile, brown ground turkey in large skillet; drain fat. Add cumin, chili powder, and Neufchatel cheese. Stir until cheese is melted. In a medium mixing bowl, stir together yogurt, enchilada sauce, corn, chiles, and 1-cup cheese. Add sauce and cooked noodles to the ground turkey mixture; stir until combined. Transfer to casserole dish and top with remaining 1-cup cheese. Bake for 15 minutes or until cheese has melted. Top with chopped cilantro.

*Yield: 6 servings*

**Nutrition Facts** (per serving): 520 calories, 21 grams fat, 840 milligrams sodium, 55 grams carbohydrate, 8 grams fiber, 38 grams protein

## **Spinach Lasagna**

1 Tablespoon olive oil	1 cup water
2 (10 oz.) packages frozen chopped spinach, thawed and squeezed	2 cups 1% cottage cheese
½ large onion, chopped	1 (8 oz.) package part skim mozzarella cheese, shredded
½ teaspoon dried oregano	¼ cup chopped fresh parsley
½ teaspoon dried basil	¼ teaspoon black pepper
2 cloves garlic, minced	1 egg
1 (15 oz.) can no-added-salt tomato sauce	8 oz. whole wheat no-boil lasagna pasta
1 (15 oz.) can no-added-salt diced tomatoes	

Preheat oven to 350°F. Heat oil in a large saucepan. Add spinach onion, oregano, basil, and garlic over medium heat. Pour in tomato sauce, tomatoes, and water; simmer 20 minutes. In a large bowl, mix together cheeses, parsley, pepper, and egg. Place a small amount of spaghetti sauce mixture in a 13 x 9-inch baking dish. Place one layer of uncooked pasta on top of sauce. Add layer of sauce and layer of cheese mixture. Place another layer of uncooked pasta and repeat until all is layered, finishing with sauce. Cover with aluminum foil; bake in oven for 55 minutes. Remove foil; bake another 15 minutes.

*Yield: 12 servings*

**Nutrition Facts** (per serving): 200 calories, 6 grams fat, 340 milligrams sodium, 23 grams carbohydrate, 5 grams fiber, 15 grams protein

## Sides and Snacks

### Fresh Cucumber Orange Salad

2 cucumbers, peeled and sliced  
2 medium oranges, peeled and chopped  
1 Tablespoon lime juice  
½ teaspoon chili powder  
¼ teaspoon salt

Place cucumbers and oranges in a medium bowl. Add chili powder, lime juice, and salt. Lightly toss. Serve cold.

*Yield: 4 servings, about 1 cup each*

**Nutrition Facts** (per serving): *60 calories, 0 grams fat, 160 milligrams sodium, 14 grams carbohydrate, 2 grams fiber, 2 grams protein*

### Coleslaw

1 bag shredded coleslaw	1/4 cup chopped celery
2 Tablespoons finely chopped onion	1/4 cup chopped green or red pepper

#### Dressing:

1/4 cup light mayonnaise	3 packets artificial sweetener or
1 Tablespoons vinegar (plain or red wine type)	2 Tablespoons sugar
	1/4 teaspoon salt
	1/4 teaspoon pepper

Place all dressing ingredients into bottom of large bowl and mix with rubber scraper to blend. Add coleslaw, onion, celery, and green pepper to dressing mixture and toss well to blend. Refrigerate for at least 2 hours before serving. Can be made the night before.

*Yield: 8, ½ cup servings*

**Nutrition Facts** (per serving): *36 calories, 3 grams fat, 70 milligrams sodium, 3 grams carbohydrate, 1-gram fiber, 1-gram protein*

## **No-Bake Energy Bites**

1 cup old-fashioned rolled oats  
½ cup all-natural peanut butter  
½ cup ground flaxseed

½ cup mini chocolate chips  
1/3 cup honey  
1 teaspoon vanilla extract

Stir all ingredients together in a medium bowl until thoroughly mixed. After combining ingredients, form the dough into balls using your hands. Arrange energy bites on baking sheet and then refrigerate for about an hour. **Tip:** Store in an air-tight container. Energy bites will retain optimal freshness for 3-5 days at room temperature or in the refrigerator.

*Yield: 4 servings*

**Nutrition Facts** (per serving): *180 calories, 13 grams fat, 0 milligrams sodium, 14 grams carbohydrate, 1-gram fiber, 3 grams protein*

## **Apple Pie Oatmeal Cookies**

1 cup instant oats  
¾ cup all-purpose flour  
1½ teaspoons baking powder  
1½ teaspoons ground cinnamon  
½ teaspoon ground nutmeg  
⅛ teaspoon salt

2 Tablespoons margarine, melted  
1 large egg  
1 teaspoon vanilla extract  
½ cup honey  
1 cup finely diced red apple

Preheat oven to 325°F. In a medium bowl, combine oats, flour, baking powder, cinnamon, nutmeg, and salt. In a separate bowl, whisk together margarine, egg, and vanilla. Stir in the honey. Add the wet ingredients to the oat mixture and stir until combined. Fold in the apple. Refrigerate for 30 minutes. Drop the cookie dough into 15 rounded scoops on a sprayed baking sheet and flatten slightly. Bake for 13-15 minutes.

*Yield: 20 servings*

**Nutrition Facts** (per serving): *80 calories, 2 grams fat, 20 milligrams sodium, 16 grams carbohydrate, 1-gram fiber, 2 grams protein*

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