

# Baked Beans with Rice and Corn



## Ingredients

- 1 – Can organic baked beans
- 1 – Cup long grain brown rice
- 1 – Can corn

### Nutrition Facts:

This balanced meal contains protein, carbohydrates, and vegetables. Beans are a great source of protein, especially for those who are vegetarian.



## Directions

1. For rice:  
*To cook on stovetop:* measure 1 cup of long grain brown rice and place into a pot. Add 2 cups of water into pot. Turn on stove and bring to a boil. Once boiling, turn stove on low, cover, and cook for 20 minutes.  
*To cook in microwave:* measure 1 cup of long grain brown rice and place into microwave safe bowl. Add 2 cups of water into bowl. Microwave, uncovered, on high until the rice is tender and the liquid is absorbed, 15 to 18 minutes (Depending on microwave).
2. Open the can of beans and drain, place into microwave safe bowl.
3. Open the can of corns and drain, place into same microwave safe bowl as the beans.
4. Place bowl with beans and corn into microwave and cook to desired heat.
5. Combine beans, corn, and rice together. Enjoy!

# Turkey Chili Burritos



## Ingredients

- 1 – Can turkey chili with beans
- 2 – Wheat flour tortillas
- 1 – Can corn

### Nutrition Facts:

This balanced meal contains protein, carbohydrates, and vegetables. Whole-wheat tortillas are a great source of healthy carbohydrates



## Directions

1. Open 1 can of chicken chili with beans and 1 can corn  
*To cook on stovetop:* pour 1 can of chicken chili with beans into pot. Combine corn into same pot. Mix together. Cook on stove until simmering.  
*To cook in microwave:* pour 1 can of chicken chili with beans and place into microwave safe bowl. In same bowl, add 1 can of corn. Mix together. Microwave, covered with napkin and cook until desired warmth.
2. Grab one tortilla and place desired amount of turkey chili with corn on it.
3. Wrap the burrito the way you feel best.
4. Serve warm and enjoy.

*Note:* You can add other products if you have at home (onions, peppers, cheese). You can also substitute with canned vegetable soup.

# Pasta and Chicken



## Ingredients

- 1 – Can chicken
- 1 – Box whole-wheat pasta
- 1 – Can pasta sauce

### Nutrition Facts:

This meal contains protein and carbohydrates. Protein is essential for growth and repair of tissues in your body. Wheat pasta is a great source of healthy carbohydrates, which is an important source of energy for your body.



## Directions

- To cook on stovetop:* Place the pasta into a pot. Based on amount of pasta you are using, add enough water to submerge it and a little extra. Cook for about 12 minutes or as specified on the box, or when pasta is firm upon touch. Strain pasta and set aside.  
*To cook in microwave:* Add pasta to a microwave-safe dish, cover with water so the pasta is fully immersed, cover with Saran wrap, and place it in the microwave on top of a plate (in case pasta boils over). Microwave pasta for 7 min. Stir the pasta, re-cover, and microwave for another 7 min. Strain pasta and set aside.
- While the pasta cooks, in another pot, open 1 can of pasta sauce and add 1 can of chicken into it. Mix and bring to a simmer. Remove from heat once done simmering.
- Once pasta is done cooking, drain and place desired amount on a plate.
- Cover pasta with desired amount of chicken sauce. You can also mix the chicken sauce with the pasta and then plate.

Note: You can also add other products into the dish that you have at home (onions, cheese, peppers).

# Macaroni and Cheese



## Ingredients

- 1 – Microwaveable macaroni and cheese box or regular
  - Ingredients box calls for
- 1 – Can green beans

### Nutrition Facts:

Green beans are a very good source of dietary fiber, vitamin A, and vitamin C. Dietary fiber helps with digestion. Vitamin A helps maintain healthy skin and teeth. Vitamin C is essential for cell growth and repair.



## Directions

- Cook microwavable macaroni and cheese based on directions on package.
- For boxed macaroni:  
*To cook on stovetop:* Place the macaroni into a pot. Based on amount of macaroni you are using, add enough water to submerge it and a little extra. Cook for about 12 minutes or when macaroni is firm upon touch. Strain pasta and set aside.  
*To cook in microwave:* Add macaroni to a microwave-safe dish, cover with water so the pasta is fully immersed, cover with Saran wrap, and place it in the microwave on top of a plate (in case macaroni boils over). Microwave macaroni for 7 minutes.
- For the cheese  
Make based on directions on the box.
- Drain 1 can of green beans and add desired amount into macaroni and cheese.

Variations: Can add can of corn, carrots, or any other vegetables.

# Lentils and Rice



## Ingredients

- 1 – Can lentil soup
- 1 – Cup long grain brown rice

### Nutrition Facts:

Lentils are a rich source of dietary fiber and protein. Dietary fiber helps with digestion. Protein is essential to help with building and repairing of tissues.



## Directions

1. For lentils:  
*To cook on stovetop:* Pour 1 can of lentil soup into a pot and bring to a simmer.  
*To cook in microwave:* Pour 1 can of lentil soup into a microwaveable safe bowl and heat until desired temperature.
2. For rice:  
*To cook on stovetop:* measure 1 cup of long grain brown rice and place into a pot. Add 2 cups of water into pot. Turn on stove and bring to a boil. Once boiling, turn stove on low, cover, and cook for 20 minutes.  
*To cook in microwave:* measure 1 cup of long grain brown rice and place into microwave safe bowl. Add 2 cups of water into bowl. Microwave, uncovered, on high until the rice is tender and the liquid is absorbed, 15 to 18 minutes (Depending on microwave).
3. Place desired amount of rice onto a plate or into a bowl. Add lentils on top. You can also mix the rice and lentils together.

# Chicken and Mashed Potatoes



## Ingredients

- 1 – Cup mashed potatoes
- 1 – Can green beans
- 1 – Can white chicken breast

### Nutrition Facts:

This balanced meal contains protein, carbohydrates, and vegetables. Green beans are a good source of dietary fiber, vitamin A, and vitamin C. Dietary fiber helps with digestion. Vitamin A helps maintain healthy skin and teeth. Vitamin C and protein are essential for growth and repair.



## Directions

1. Cook desired amount of mashed potatoes in the microwave or on stovetop based on directions listed on the packaging.
2. Drain canned chicken breast and place into microwave safe bowl. Place into microwave and warm until chicken is at desired temperature.
3. Drain green beans. You can either warm these or keep at room temperature. To warm, place drained green beans in a microwave safe bowl and heat for about 20 seconds (time can vary).
4. On a plate, you can either combine all these ingredients or serve them separately.

Variation: Instead of warming the chicken and green beans in the microwave, you can put some oil into a pan, heat it, and lightly stir-fry the chicken and green beans. You can also add other vegetables.

# Cold Tuna Wrap



## Ingredients

- 1 – Can tuna
- 2/3 – Whole wheat tortillas
- 1 – Can diced/sliced tomatoes

Variation: You can also add other products to the dish that you have at home (onions, bell peppers, spinach, etc.) For creamier tuna, mix first with mayonnaise or plain Greek yogurt.



## Directions

1. Put 1 tortilla on a plate.
2. Add desired amount of tuna onto the tortilla.
3. Place a few pieces of tomatoes on top of the tuna
4. Wrap the tortilla around the tuna and enjoy!

### Nutrition Facts:

This balanced meal contains protein, carbohydrates, and vegetables. Tuna is a rich source of protein, niacin, and vitamin B12. Protein is essential for growth and repair of tissues. Niacin helps boost good cholesterol and can reduce the risk of heart attack. Vitamin B12 is required for the proper function and development of the brain, nerves, and blood cells.

# Pasta with Protein



## Ingredients

- 1 – Can Protein (tuna or chicken)
- 1 – Box whole-wheat penne
- 1 – Can vegetable of choice
- 1 – Can tomato (pasta) sauce

### Nutrition Facts:

This balanced meal contains protein, carbohydrates, and vegetables. Tuna is a rich source of protein, niacin, and vitamin B12. Protein is essential for growth and repair. Niacin helps boost good cholesterol. Vitamin B12 is required for the proper function and development of the brain, nerves, and blood cells.

## Directions

1. *To cook on stovetop:* Place the pasta into a pot. Based on amount of pasta you are using, add enough water to submerge it and a little extra. Cook for about 12 minutes or as specified on the box, or when pasta is firm upon touch. Strain pasta and set aside.
2. *To cook in microwave:* Add pasta to a microwave-safe dish, cover with water so the pasta is fully immersed, cover with saran wrap, and place it in the microwave on top of a plate (in case pasta boils over). Microwave pasta for 7 min. Stir the pasta, re-cover, and microwave for another 7 min. Strain pasta and set aside.
3. While the pasta cooks, in another pot, add 1 can of tomato sauce or pasta sauce into a pot.
4. In the same pot, add 1 can of your choice protein and 1 can vegetable of your choice. Bring everything to a simmer. Remove from heat once done simmering.
5. Once pasta is done cooking, drain and place desired amount on a plate.
6. Cover pasta with desired amount of pasta sauce. You can also mix the pasta sauce with the pasta and then plate.

Variation: Instead of cooking vegetable in the sauce, you can cook it with the pasta. Pasta cooks for about 12 minutes, add the vegetables into pasta water during the remaining 6 minutes.