

Chicken Salad

Barracks Friendly Recipe



Ingredients

- 1 can drained chicken breast
- Low-fat Italian Dressing
- Mixed salad greens
- 1 tomato
- 1 red onion
- 1 hard cooked egg
- Pitted ripe black olives
- Fresh fruit
- Whole grain crackers

Preparation

- Mix together chicken breast and 2 tbsp. low fat Italian salad dressing
- Place chicken on top of 2 cups of mixed salad greens
- Top with: 1 small tomato cut into wedges, ¼ red onion cut into thinly sliced rings, 1 hard-cooked egg, sliced, and 1/8 cup pitted ripe black olives (optional).
- Serve with: fresh fruit (i.e. apple) and a few whole grain crackers (pre-portioned)

Microwavable Chicken Parmesan

Barracks Friendly Recipe



Ingredients

- 1 jar (28oz) tomato sauce
- 3 teaspoons Italian seasoning
- 1/4 teaspoon garlic powder
- 1/2 cup cornflake crumbs
- 1/4 cup grated parmesan cheese
- 1 teaspoon dried parsley flakes
- 4 boneless, skinless chicken breast halves
- 1 egg, beaten in a bowl and set aside
- 1/3 cup shredded part-skim mozzarella cheese

Preparation

1. In a microwave-safe bowl, combine the tomato sauce, Italian seasoning and garlic powder.
2. Cover and microwave on high for 2 minutes; stir. Cook at 50% power for 3-5 minutes or until mixture simmers, stirring once; set aside.
3. In a bowl, combine the crumbs, Parmesan cheese and parsley.
4. Dip the chicken into egg, then roll in the crumb mixture.
5. Place chicken in a lightly greased shallow 3-qt. microwave-safe dish.
6. Cover and microwave on high for 10-12 minutes, rotating a half turn after 5 minutes.
7. Pour tomato mixture over chicken; sprinkle with mozzarella.
8. Cook, uncovered, at 50% power for 3-5 minutes or until meat juices run clear.

Microwave Scrambled Eggs

Barracks Friendly Recipe



Ingredients

- Cooking spray
- 2 eggs (egg substitute or egg whites)
- 1-2 tbsp. low-fat milk

Preparation

1. Spray a small microwavable container (bowl or large coffee mug) with cooking spray.
 2. Crack 2 eggs into the container and whisk them well with a fork. Egg substitute or egg whites may also be used.
 3. Add 1-2 tbsp. of low-fat milk and stir.
 4. Microwave on HIGH (uncovered) for 45 seconds.
 5. Carefully remove container (use oven-mitts) and stir eggs with a clean fork.
 6. Remove container from microwave using oven-mitts.
 7. Stir again with a clean fork, and serve immediately.
- Then, microwave again on HIGH until eggs are almost set, usually about 30-45 seconds.

Chicken, Sweet Potato, and Wild Rice Casserole

Serves 4



Ingredients

- 1 cup wild rice mix, cooked
- 1.5-2 lbs. chicken breast
- 2 tbsp. olive oil
- Salt and pepper
- 1 onion, diced
- 1 garlic clove, minced
- 2 medium-sized sweet potatoes, diced
- 1 lb. Brussels sprouts or broccoli
- 1 cup mushrooms, diced
- 2 tbsp. paprika
- Salt and pepper
- 1 cup low-sodium chicken broth
- ½ cup dried cranberries
- ½ cup sliced almonds

Preparation

1. In a large pan add one tbsp. olive oil and turn it to medium-high heat. Add the chicken and season with salt and pepper. Monitor the chicken, flipping it occasionally and cook until the internal temperature reaches 165 degrees F. Put the cooked chicken on a plate and set aside.

Season liberally with the paprika and salt and pepper. Continue to stir so it's cooked evenly for about 5 minutes.
2. In the same pan used to cook the chicken, add 1 tbsp. olive oil and add the diced onions, garlic, and sweet potatoes.
3. Once the onions turn translucent, add the Brussels sprouts and mushrooms.
4. Add half a cup of the chicken broth, cover, and cook for 5 minutes.
5. While the vegetables are cooking, cut the chicken into one inch cubes and preheat the oven for 350 degrees F.
6. Pour the rice into a 9 x 13 baking dish and mix in the chicken, vegetables, dried cranberries and the remaining chicken broth. Sprinkle the top with the sliced almonds and bake for 10 minutes.

Tips:

- 1 cup of wild rice takes about 45 minutes to cook so to save time, make it the night before.
 - You can caramelize the onions by adding a little sugar while they're cooking.
 - Instead of dried cranberries you can use diced apples for that bit of sweetness.

Greek Salad with Fennel

Serves 6



Ingredients (Salad Dressing)

- 1 Tbsp. red wine vinegar
- 1 Small lemon, juiced or about ¼ cup pre-packaged lemon juice
- 1 Tsp. sea salt
- Dash of garlic powder
- ¼ cup olive oil
- ½ Tsp. dried oregano
- Coarsely ground black pepper
- 8 oz. feta cheese, crumbled

Ingredients (Salad)

- 1½ cups of sliced fennel, about 1 medium sized bulb with leafy sprigs
- 6 cups chopped romaine lettuce
- ½ Red bell pepper, thinly sliced
- ¾ cup of whole pitted Kalamata olives
- ¾ cup cucumbers, sliced
- ¾ cup of cherry tomatoes
- 1 medium-sized shallot, thinly sliced

Preparation (Salad Dressing)

1. Prepare the dressing first to allow the flavors to blend. Use a fork to combine the lemon juice, sea salt, garlic powder, red wine vinegar and oregano.
2. Pour the olive oil into the mixture slowly while whisking. Add more sea salt to taste along with the freshly ground coarse black pepper.
3. Slice about ¼ of the feta and about 1 teaspoon of the fennel's leafy sprigs and whisk into the dressing allowing the feta to crumble and set aside to allow the flavors to infuse.

Preparation (Salad)

1. Remove the fennel sprigs from the fennel bulb and set aside. Slice off and remove the bottom of the fennel bulb so that the leaves peel away like the layers of an onion. Slice the layered pieces of the fennel bulb into large matchstick size slices.
2. Combine the sliced fennel bulb with Romaine lettuce, red bell pepper, olives, cherry tomatoes, cucumber and shallot.
3. Whisk the dressing and drizzle over the salad and toss gently to coat well. Crumble the remaining feta and sprinkle over the salad and toss lightly to combine.
4. Use a few fennel sprigs to garnish the salad and serve immediately. Use the remaining dressing according to taste.

Tips:

- Serve with warm sliced pita bread or flat bread and use any remaining dressing as a dipping sauce!

Pancakes, Plums and Greek Yogurt



Ingredients

- 6 pluots (plums)
- 1 ½ cups pancake mix
- 1 cup plus 2 tbsp water
- 8 precooked bacon strips
- 8 oz container of Greek Yogurt

Preparation

1. Slice 6 pluots (or plums) (about 4 pieces per fruit), place in a microwave-safe dish, and then cover tightly.

plate and warm in the microwave for about 90 seconds. Monitor this closely in order to assure desired level of crispiness.
2. Microwave the pluots (or plums) on high for one minute and then remove from microwave and carefully uncover to stir. Cover and return to microwave to cook for an additional minute or until tender. If cinnamon is on hand, consider adding just a sprinkle to the pluots (or plums).
3. While the pluots (or plums) are cooking, mix 1 ½ cups of pancake mix with 1 cup plus 2 tablespoons of water. Batter should yield 12- 4 inch pancakes.
4. Cook pancakes according to directions.
5. Arrange 8 precooked bacon strips on a
6. For each plate, serve three pancakes and two slices of bacon and top the pancakes with ½ container of the Greek yogurt and ¼ the mixture of the warmed pluots (or plums).

Rainbow Veggie Salad

Barracks Friendly Recipe



Ingredients

- 5 tablespoons red wine vinegar
- 3 tablespoons olive oil
- 1/3 cup chopped fresh cilantro
- 2 limes, juiced
- 1 teaspoon white sugar
- 3/4 teaspoon salt
- 2 cloves garlic, minced
- 1 pound frozen shelled edamame (green soybeans)
- 3 cups frozen corn kernels
- 2 cups cherry tomatoes, quartered
- 4 green onions, thinly sliced
- 1 - 15 ounce can black beans, rinsed and drained

Preparation

1. In a large serving bowl, whisk together the red wine vinegar, olive oil, cilantro, lime juice, sugar, salt and garlic. Set aside.
2. Bring a large pot of lightly salted water to a boil. Add the soybeans and boil for 3 minutes. Add corn to the boiling water and continue cooking for 1 more minute. Drain very well, and pour into the bowl with the dressing. Gently mix in
3. If you don't want to boil the corn or soybeans, you can assemble all ingredients and chill overnight before serving.

the cherry tomatoes, green onions and black beans. Cover and refrigerate for at least 2 hours before serving to chill and blend the flavors.

Recipe makes 12 servings

Nutrition Info:

Serving: 1 cup | Calories: 190 calories |
Fat: 7 g | Carbohydrates: 23 g | Fiber: 6 g
| Sugar: 4 g |
Sodium: 23 mg | Protein: 9 g

Mix it Up:

Add a veggie, corn, or whole wheat tortilla and enjoy this recipe on the go as a pizza or tacos

Quinoa Salad

Barracks Friendly Recipe

Nutrition Info:

Serving Size: $\frac{3}{4}$ cup | Calories: 200 calories | Fat: 9 g | Carbohydrates: 25 g | Fiber: 4 g | Sugar: 3 g | Sodium: 143 mg | Protein: 6 g



Ingredients

- 1 cup uncooked quinoa, rinsed in a fine mesh colander
- 2 cups water
- 1c (15oz) chickpeas, rinsed and drained
- 1 medium cucumber, seeded and chopped
- 1 medium red bell pepper, chopped
- $\frac{3}{4}$ cup chopped red onion
- 1 cup finely chopped flat leaf parsley
- $\frac{1}{4}$ cup olive oil
- $\frac{1}{4}$ c lemon juice (from 2-3 lemons)
- 1 Tablespoon red wine vinegar
- 2 cloves garlic, pressed or minced
- $\frac{1}{2}$ teaspoon fine sea salt
- Freshly ground pepper, to taste

Preparation

1. Combine quinoa and water in a medium saucepan, bring to a boil over medium high heat, the reduce heat to maintain a simmer. Cook until quinoa has absorbed all of the water (about 15 minutes). Remove from heat, cover, and let rest for 5 minutes.
2. In a large serving bowl, combine the chickpeas, cucumber, red bell pepper, onion and parsley. Set aside.
3. In a small bowl. Combine olive oil, lemon juice, vinegar, garlic and salt. Whisk until blended, then set aside.
4. Once quinoa is mostly cool, add to serving bowl and drizzle the dressing on top. Toss until the mixture is thoroughly combined. Season with black pepper to taste.

Tips

- This is a great use of leftover quinoa (need about 3 cups cooked).
- For best flavor let salad rest for 5-10 minutes before serving.
- This salad keeps very well in refrigerator for up to 4 days. Serve chilled or at room temperature.
- This salad can also be added to a nice green salad with an extra drizzle of olive oil and lemon juice.
- You could also add some feta cheese crumbles on top. In a small bowl. Combine olive oil, lemon juice, vinegar, garlic and salt. Whisk until blended, then set aside.

Pico de Gallo

Barracks Friendly Recipe

Serves 4



Ingredients

- 1 lb. medium Roma tomatoes (3-4), seeded, and diced small
- ¼ cup red onion, diced small
- 1 tbsp. fresh jalapeño pepper flesh (1 medium pepper), finely minced
- 2 tsp. garlic, minced
- 2 green onions, sliced
- 2½ tbsp. fresh cilantro leaves, chopped
- Juice and zest of ½ lime
- 1 tsp. olive oil
- ½ tsp. salt

Preparation

1. Place all ingredients in a bowl and toss to mix well.
2. Cover and place in the refrigerator for at least 30 minutes, so the flavors blend well.

Tips

- Serve this dish with chips; or, use it to top tacos, cooked chicken, beef, fish, or even a baked potato.
- Consider adding drained, black beans and a can of drained, kernel corn to the recipe; increase the garlic to 1 tablespoon, use a whole lime and a little more cilantro.

Cajun Shrimp with Fettuccine



Ingredients

- 1 small onion (diced)
- 2 garlic cloves (minced)
- 1 medium zucchini
- 12 oz. whole wheat fettuccine pasta
- Shelled shrimp
- 1 tbsp. Cajun seasoning
- 3 tbsp. olive oil
- 15 oz. can of diced tomatoes
- $\frac{3}{4}$ cup evaporated milk
- 3 oz. grated parmesan
- Fresh basil (optional)

Preparation

1. Dice a small onion, mince 2 garlic cloves and slice 1 medium zucchini. Set aside.
2. Begin cooking 12 oz. of whole wheat fettuccine pasta according to package directions. Drain and set aside.
3. While the pasta is cooking, add 12 oz. of uncooked, shelled shrimp to a bowl along with 1 tbsp. of Cajun seasoning. Toss gently to evenly coat the shrimp.
4. In a large skillet, heat 1 tbsp. of olive oil over medium-high heat. Add the shrimp and cook on both sides until pink. Remove the shrimp from the skillet and set aside.
5. Heat 2 tbsp. of olive oil in the skillet over medium heat. Add the onion, garlic and zucchini. Cook for about 5 minutes, stirring occasionally.
6. Using a blender, pulse 1- 15 oz. can of tomatoes until smooth and then add them to the skillet. Bring to a boil and then turn down the heat to simmer for about 15 minutes.
7. Pour $\frac{3}{4}$ cup of evaporated milk into skillet and stir gently. Add 3 oz. of freshly grated Parmesan cheese and cook for about 5 more minutes.
8. Add the cooked pasta and shrimp to the skillet and toss until everything is mixed together.
9. Serve by placing $\frac{1}{4}$ of the shrimp pasta on a plate and top with fresh basil (optional).

Watermelon Pizza

Barracks Friendly Recipe



Ingredients

- 6 blackberries
- 6 strawberries (halved)
- ¼ cup fresh blueberries
- 1 Mandarin orange (peeled, separated into 6 pieces)
- 6 oz. nonfat vanilla Greek yogurt
- ¼ cup pecans or walnut halves
- ½ of seedless watermelon (sliced into 6 pie shaped pieces)
- **Optional:** 6 fresh mint leaves

Preparation

1. Top each slice of watermelon with 1 oz. of yogurt. Equally distribute the remaining items across each slice of watermelon.

Grilled Eggplant Sandwiches



Ingredients

- 1 eggplant (sliced lengthwise into 4 slices)
- 4 oz. deli ham (thickly sliced into 2 oz. slices)
- 1/2 cucumber (sliced)
- 1 tomato (sliced)
- 2 oz. mozzarella cheese (sliced)
- 2-3 tbsp. Italian dressing
- salt

Preparation

1. Place the sliced eggplants on a baking sheet and sprinkle each piece with a little salt. Set them aside for 45 minutes or until all the liquid has been extracted.
2. Preheat grill to 425 degrees F or medium-high heat.
3. Prep the grill grates with olive oil, then quickly place the eggplants on the grill. Close lid and cook for 2 minutes, flip and cook additional 2 minutes. Remove from the grill and let cool.
4. Assemble 2 sandwiches by liberally brushing 2 pieces of the
grilled eggplant with Italian dressing. Place on a plate, stack the following on top of those pieces:
 - 4 slices of cucumber
 - 3 slices of tomato
 - 1- 2 oz. slice of ham
 - 1 oz. of sliced cheese
5. Brush the other 2 slices of eggplant with the remaining Italian dressing and place them on top of the assembled sandwiches, dressing side down.