



PESTO SPINACH WHIPPED RICOTTA DIP

A GOOD SOURCE OF PROTEIN, CALCIUM, VITAMINS A & C

NUTRITIONAL INFORMATION: Serving size: ¼ cup; Calories 88; Fat 6g; Sat Fat: 2g; Sodium 182mg; Carbohydrate 5g; Fiber 0g; Protein 4g; Cholesterol 13mg; Sugars 3g

ONE POT VEGGIE PASTA

EXCELLENT SOURCE OF FIBER, PROTEIN, AND VITAMIN A

NUTRITIONAL INFORMATION: Calories 454; Fat 7g; Sat Fat 2g; Sodium 962 mg; Carbohydrate 82g; Fiber 12g; Protein 18g; Cholesterol 5mg; Sugars 17g

CHOCOLATE AVOCADO PUDDING

EXCELLENT SOURCE OF FIBER & HEALTHY FATS

NUTRITIONAL INFORMATION: Calories 326; Fat 19g; Sat Fat 3g; Protein 4g; Sodium 19mg; Carbohydrate 39g; Fiber 11g; Protein 4g; Sugars 25g



EVERYDAY EATS FOR HEALTHFUL FAMILY MEAL PLANNING

PESTO SPINACH WHIPPED RICOTTA DIP – SERVES 6

INGREDIENTS

1 cup part-skim ricotta cheese
1 ¼ cup fresh baby spinach, packed
¼ cup pre-made pesto sauce
2 garlic cloves
¼ teaspoon kosher salt
¼ teaspoon black pepper
¼ teaspoon dried oregano
⅛ – ¼ teaspoon red pepper flakes (optional)
2 teaspoons lemon juice
Fresh cut vegetables, for dipping

PREPARATION:

1. In a food processor or blender, combine the ricotta cheese, spinach, pesto, garlic, salt, pepper, oregano, red pepper flakes (if using) and pulse until smooth, scraping down the sides as needed.
2. While the food processor is running, add in the lemon juice.
3. Enjoy immediately or store in the fridge until ready to serve. Serve with fresh vegetables for dipping.

ONE POT VEGGIE PASTA - SERVES 4

INGREDIENTS:

1 tablespoon olive oil
1 cup chopped onions
3 garlic cloves, minced
1 (28-ounce can) crushed tomatoes
2 cups low sodium chicken broth
1 tablespoon Italian seasoning blend
8 ounces medium size pasta, such as penne, farfalle, or gemelli (2 cups dry)
1 (15-ounce) can cannellini beans, rinsed & drained
½ cup chopped roasted red peppers
4 cups baby spinach
¼ cup grated parmesan cheese

PREPARATION:

1. In a large pot, heat the olive oil over medium heat. Add the onions and sauté until translucent, 3 to 5 minutes. Add the garlic and sauté for 30 seconds until fragrant.
2. Add the crushed tomatoes, chicken broth, Italian seasoning blend, and pasta. Stir to combine, turn the heat to medium-high, and bring to a boil. Cover and simmer for 10 minutes on low, stirring occasionally.
3. Stir in the beans and red peppers and continue cooking covered for 2-3 minutes until the beans are heated through. Remove from heat and stir in the spinach and parmesan cheese.

NOTE: Swap the beans with any cooked protein of choice at the end, such as cooked chicken, sausage, or shrimp. Raw shrimp can be swapped for the beans at the end. Add the raw shrimp and allow to cook for 2-3 minutes until pink and cooked through.



EVERYDAY EATS FOR HEALTHFUL FAMILY MEAL PLANNING

CHOCOLATE AVOCADO PUDDING – SERVES 4

INGREDIENTS:

- 2 large ripe avocados, pitted and peeled
- ½ cup cacao or unsweetened cocoa powder
- 6 tablespoons honey (or maple syrup)
- ¼ cup nonfat milk (or unsweetened nondairy milk)
- 1 teaspoon vanilla extract
- 1 teaspoon instant coffee or espresso powder (optional)

PREPARATION:

Place avocados, cocoa powder, honey, milk, vanilla extract and instant coffee (if using) in a food processor or blender. Enjoy immediately or allow to chill up to 30 minutes.

EQUIPMENT NEEDED

- Food processor (or blender)
- Large pot with lid

INGREDIENTS

Produce

- 2 tablespoons lemon juice
- 2 ripe avocados
- 1 sweet or yellow onion
- 5 garlic cloves
- 5 ¼ cups baby spinach
- Raw vegetables, for dipping

Dairy

- 1 cup part-skim ricotta cheese
- ¼ cup grated parmesan cheese
- ¼ cup nonfat milk (or unsweetened nondairy milk)

Baking, Canned, and Non-perishables

- 1 tablespoon olive oil
- ¼ cup pesto sauce
- 1 (15-ounce) can white cannellini beans
- 1 (128-ounce) can crushed tomatoes
- 2 cups low-sodium chicken broth
- 1 tablespoon Italian seasoning blend
- 8 ounces medium size pasta (penne, farfalle, gemelli)
- ½ cup chopped roasted red peppers
- ¼ teaspoon dried oregano
- ¼ teaspoon red pepper flakes (optional)
- ½ cup cacao or unsweetened cocoa powder
- 6 tablespoons honey or maple syrup
- 1 teaspoon vanilla extract
- 1 teaspoon instant coffee or espresso powder (optional)
- Salt
- Pepper

MISE EN PLACE

Cooking along? Have the following items prepped in advance of the demo. Arrange all other ingredients at your workspace so they are readily accessible and have measuring utensils and equipment handy.

PRO TIP! Arrange your ingredients from left to right in order they appear in the recipe.

PESTO SPINACH WHIPPED RICOTTA DIP: n/a

ONE POT VEGGIE PASTA:

- Chop the onion and roasted red peppers
- Mince the garlic
- Drain and rinse the beans
- Open any cans

CHOCOLATE AVOCADO PUDDING: n/a

