



MHEL Cookbook Volume 2



Disclaimer

The recipes contained in this cookbook are not original to MHEL. These recipes have been gathered and assembled to be included in this cookbook.



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Breakfast

Apple Cinnamon Oatmeal

Servings: 4

- $\frac{3}{4}$ cup Dry Instant Oatmeal
 - 8 oz Diced Gala Apples
 - 1 $\frac{1}{4}$ cup Soy Milk
 - 1 tsp Lemon Juice
 - 1 tsp Ground Cinnamon
 - 1 tsp Vanilla Extract
 - 1 Tbsp Brown Sugar
- Dice apples into small pieces, about $\frac{1}{2}$ inch size
 - Add soy milk and apples into a large saucepan and bring to a boil.
 - Add the oatmeal and reduce the heat to medium. Cook for about 5 minutes, stirring continuously.
 - Add lemon juice, cinnamon, vanilla, and brown sugar. Stir to combine.

Applesauce Pancakes

Servings: 4

- 1/4 cup Soy Milk
 - 2 Whole Eggs
 - 1 Tbsp Vegetable Oil
 - 1/2 cup Unsweetened Applesauce
 - 3/4 cup Whole Wheat Flour
 - 1/2 Tbsp Baking Powder
 - 1/4 tsp Salt
 - 1 Tbsp Sugar
 - 1/8 tsp Ground Cinnamon
- In mixing bowl, combine milk, eggs, oil, and applesauce. Mix until blended
 - Into same bowl, add flour, baking powder, salt, sugar, & cinnamon. Combine until fully incorporated.
 - Heat griddle over medium high heat.
 - Once griddle is warmed, portion 1/4 cup of batter onto griddle.
 - Cook until bubbles appear on the top of the pancake. Flip and cook on the other side.
 - Repeat with remaining batter.

Sunbutter Overnight Oats

Servings: 8

- ½ cup Sunbutter
- 1 tsp Vanilla Extract
- 2 Tbsp Maple Syrup
- 1 ½ cups Soy Milk (or milk of choice)
- 1 cup Dry Instant Oatmeal
- 4 cup Frozen Berries (of your choice)
- Warm sunbutter, vanilla, and maple syrup in a sauce pan over medium heat and stir until smooth. This could also be done in the microwave in a microwave safe bowl in 30 second increments, stirring in between.
- Once mixture is warm and smooth, stir in milk.
- In a large bowl, add oats, berries and sunbutter mixture. Stir well.
- Cover and refrigerate overnight.

Sweet Potato Pancakes

Servings: 8

- 1 cup Soy Milk
- 2 Whole Eggs
- 2 Whole Sweet Potato
- 1 cup + 1 Tbsp Whole Wheat Flour
- 1 Tbsp Baking Powder
- ¼ tsp Salt
- 1 Tbsp Sugar
- ¼ tsp Ground Cinnamon
- 1/8 tsp Ground Nutmeg

- Get a pot of water onto boil.
- Peel and diced sweet potatoes.
- Boil sweet potatoes until very tender, about 20-25 minutes. Remove from water when done and let cool.
- In bowl, mash sweet potato and stir in eggs. Mix until a smooth consistency.
- In separate bowl, whisk flour, baking powder, salt, cinnamon, sugar, and nutmeg together.
- Gradually add flour mixture to sweet potatoes, stirring until combine.
- Mix in vanilla, oil, and milk.
- Heat griddle over medium-high
- Once griddle is warm, portion ¼ cup of batter onto griddle.
- Cook until bubbles appear on the top of the pancakes. Flip and cook on the other side.
- Repeat with remaining batter.

Warm Apples with Cinnamon

Servings: 4

- 20 oz Canned Sliced Apples
- 1 tsp Cinnamon
- Splash of Vanilla
- Add undrained apples to medium pot and heat over medium heat.
- Add cinnamon and vanilla extract. Mix to incorporate.
- Cook for about 15 minutes, until warmed completely.
- Serve warm over a biscuit.



Lunch

Cheesy Tuna & Rice Casserole

Servings: 8

- 1 cup dry brown rice
- 12oz canned tuna
- 8 oz cream of mushroom soup
- 6oz shredded mozzarella cheese
- 2 ½ cups vegetable broth
- 12oz frozen peas
- 4 oz onion
- 1 tsp paprika
- 1 tsp salt
- 1 tsp black pepper
- ½ tsp dried basil
- In a large pot, add vegetable broth and bring to a boil
- Once boiling, add rice, diced onion, peas, pepper, salt, paprika, and basil. Let cook for 5 minutes.
- Cover and lower heat to medium-low and cook for 15-20 minutes. Add more broth/water if needed. Keep covered until rice is cooked.
- Add canned tuna, cream of mushroom soup, and cheese. Stir to incorporate.
- Let warm completely through.
- Taste and adjust seasoning as needed.

Chic' Penne

Servings: 4

- 1 1/2 cup Dry Penne Pasta
- 1lb Diced Chicken
- 6 1/2oz Broccoli
- 10z Vegetable Broth
- 2 oz Shredded Mozzarella Cheese
- 1 cup 1% Milk
- 1 Tbsp Unsalted Butter
- 1 Tbsp Whole Wheat Flour
- 1 tsp Black Pepper
- 2 tsp Salt
- 2 tsp Garlic Powder

- Heat water in a pot to a rolling boil.
- Add pasta to water and cook till al dente, about 8 minutes. Drain pasta and put to the side. (you can toss the pasta with a bit of olive oil to prevent it from sticking to eat other.
- To create a roux, melt butter in a large pot. Once melted, add flour and stir continuously. Cook roux for about 10 minutes.
- While roux is cooking, add milk and veg broth to a smaller pot and warm on low heat.
- When roux is complete, slowly incorporate the warmed milk and broth into the roux. To prevent scalding, whisk often. Make sure to incorporate all the roux, sometimes the roux gets stuck on the bottom corners of the pots.
- Once milk and broth is added and there are no lumps of roux, season with salt, pepper, and garlic powder.
- Slowly begin adding in cheese, mixing often. When cheese is fully incorporated and sauce is smooth, add pasta.
- In separate pot, bring water to boil. Then cook broccoli and drain when done and add to pasta.
- Sauté chicken with salt, pepper, and garlic powder in separate pan until an internal temperature of 165°F is reached. Add to pasta when fully cooked.
- Taste and adjust seasoning as needed.

Chicken Noodle Soup

Servings: 8

- 1 Tbsp olive oil
- 8 cups vegetable broth
- 6 oz diced celery
- 4 oz peeled, diced carrots
- 3 oz diced onion
- 1 Tbsp dried parsley
- 2 tsp salt
- 2 tsp black pepper
- 1 tsp dried oregano
- 1 tsp dried thyme
- 2 tsp minced garlic
- 2 cups dried rotini pasta
- 1lb diced chicken
- Heat oil over medium heat in a large pot
- Dice celery, carrots, and onions then add to pot. Sauté for 10 minutes.
- Add garlic, salt, and pepper, and cook for 2 minutes.
- Add vegetable broth along with the rest of the seasonings. Bring to a boil
- Once a boil is reached, reduce heat, cover, and let simmer for 20 minutes.
- Add diced chicken and cover. Cook until chicken reaches an internal temperature of 165°F, about 20 minutes.
- Add pasta and cook for another 15 minutes (or for how long the pasta box instructions says to cook al dente)
- Taste and adjust seasoning as needed.

Chickpea Curry

Servings: 4

- 4 oz Potatoes
- 8 oz Canned Garbanzo Beans
- 1 Tbsp Olive Oil
- 1 ½ oz Onion
- 2 tsp Minced Garlic
- 3 oz Diced Canned Tomatoes
- 1 Tbsp Curry Powder
- 1 tsp Cumin
- 1 tsp Salt
- ½ cup Water
- ½ cup Soy Milk (or milk of choice)
- 1 Tbsp Cornstarch

- Drain and rinse garbanzo beans. Diced and peel potatoes and onions.
- Add potatoes to a pot of water and bring to a boil. Let potatoes get fork tender, about 15 minutes. Once done, drain water and set aside.
- Heat olive oil over medium-high heat in a large pan. Add onions to pan and sauté for 5-7 minutes, until soft. Add garlic and cook for 2 more minutes.
- Add undrained tomatoes, potatoes, curry powder, cumin, salt, garbanzo beans, and water. Stir and cover. Let simmer for 25 minutes.
- Whisk milk and cornstarch together. Add mixture to curry and stir. Let curry continue to simmer and let thicken for another 10 minutes.
- Taste and adjust seasonings as needed.

Cowboy Pasta

Servings: 10

- 6 oz dry elbow pasta
- 1 Tbsp olive oil
- 1lb ground turkey
- 4 oz diced red onion
- 6oz diced green bell pepper
- 1 Tbsp minced garlic
- 16oz yellow corn
- 14.5oz drained diced tomatoes
- 10oz whole milk
- 4oz cream cheese
- 1 tsp chili powder
- ½ tsp salt
- ¼ tsp black pepper
- 1 cup mozzarella cheese
- Cook pasta according to package, drain and set aside when done.
- In a large pot, add 1 Tbsp of olive oil and warm over medium heat. To pot, add turkey, diced onion, and diced bell pepper. Cook until turkey is completely cooked. Drain off the liquid from the turkey.
- Add the garlic and cook until fragrant, about 2 minutes.
- Add corn, drained diced tomatoes, whole milk, cream cheese, and seasonings. Stir well to combine.
- Once corn is cooked through, add in pasta and let warm completely.
- Add mozzarella cheese and stir.
- Taste and adjust seasonings as needed.

Fall Quinoa Salad

Servings: 4

- ¾ cup Dry Quinoa
- 1 ¼ cup Vegetable Broth
- 2 ½ oz Cauliflower
- 2 ½ oz Sweet Potato
- 1 ¼ oz Diced Red Onion
- 1 tsp Salt
- 1 tsp Black Pepper
- 2 Tbsp Olive Oil
- 1 Tbsp Mustard
- ½ Tbsp Apple Cider Vinegar
- 1 tsp Maple Syrup
- ¼ tsp of Paprika
- ¼ tsp of Cumin
- ¼ tsp Thyme
- Preheat oven to 450°F
- Rinse Quinoa in a fine mesh trainer until water runs clear.
- In a large pot, add vegetable broth and bring to a boil.
- When boiling, add quinoa then reduce to a simmer. Cook completely, about 10-15 minutes until broth is completely absorbed.
- Peel Yams and dice into ¼ inch thick pieces. Add to bowl and toss yams with oil, salt, and pepper.
- Set on a lined baking sheet and bake for 20 minutes.
- Cut cauliflower into bite sized pieces and add to bowl. Toss with oil, salt, and pepper.
- Let yams cook till fork tender.
- For dressing, combine mustard, apple cider vinegar, lemon juice, oil, maple syrup, salt, thyme, cumin, paprika, and pepper. Whisk until well combine.
- Finely dice red onion.
- When quinoa and vegetables are done, add everything to a large bowl and add dressing, mix well to combine.
- Taste and adjust seasonings as needed.

Farmer's Harvest Chili

Servings: 8

- 3 cups canned kidney beans
- 5 oz diced onion
- 1 cup peeled, diced carrots
- 3 oz diced green bell pepper
- 8 oz frozen corn
- 1 Tbsp minced garlic
- 10 oz canned diced tomatoes
- 8oz tomato paste
- 2 tsp salt
- 2 tsp black pepper
- 1 Tbsp chili powder
- 1 Tbsp canola oil
- 1 ½ cups vegetable broth
- In a large stockpot, heat oil and sauté diced onion and bell pepper for 5 minutes.
- Add diced carrots and garlic, cook for another 5 minutes.
- Add tomato paste and stir to incorporate into vegetables. Cook for 5 minutes.
- Add in undrained diced tomatoes, drained kidney beans, corn, and vegetable broth.
- Season with salt, pepper, and chili powder.
- Bring to a simmer and cook for 30 minutes stirring occasionally.
- Taste and adjust seasonings. If chili is too thick, add more vegetable broth.

Goulash

Servings: 10

- 1 Tbsp olive oil
 - 5 oz diced onion
 - 5 oz diced green bell pepper
 - 1 lb ground turkey
 - 1 Tbsp minced garlic
 - 20 oz canned diced tomatoes
 - 2 tsp salt
 - 1 tsp oregano
 - 1 tsp dried thyme
 - 1 tsp dried basil
 - 1 tsp black pepper
 - 1 ¼ cup dry elbow pasta
 - ½ cup cheddar cheese
 - 3 cup vegetable broth
 - 2 Tbsp Worcestershire sauce
- Add olive oil to large pot over medium high heat. Add diced onion , bell pepper, and turkey to pot. Cook until turkey is fully cooked. Drain extra fat from pot then add minced garlic. Cook for 2 minutes
 - Add in tomato sauce, undrained diced tomatoes, vegetable broth, Worcestershire sauce, salt, herbs, pepper, and noodles. Stir to combine well.
 - Bring this mixture to a boil making sure to stir occasionally.
 - Cook for 20 minutes.
 - Stir in cheese and let melt
 - Taste and adjust seasonings.
 - Goulash shouldn't be soupy, drain some liquid if needed

Lemon Garlic Tilapia

Servings: 4

- 6 oz Tilapia Fillets
- 1/8 tsp Salt
- 1/8 tsp Black Pepper
- 3 Tbsp Butter
- 1 Tbsp Minced Garlic
- 2 Tbsp Lemon Juice
- 1 tsp Dried Parsley
- 1/8 tsp Paprika

- Preheat oven to 400⁰F
- Melt butter in sauce pan
- Once melted, add salt, pepper, paprika, garlic, lemon juice, and parsley. Stir to combine.
- Place tilapia on a lined baking sheet in a single layer.
- Pour over butter mixture.
- Bake for 10-12 minutes, until the internal temperature is 145⁰F
- Taste and adjust seasonings as needed.

Lentils of the Southwest

Servings: 4

- ½ cup dried lentils
- 3 cup water
- 2 oz diced onion
- 1 Tbsp minced garlic
- 1 Tbsp olive oil
- 2 tsp cumin
- 1 tsp chili powder
- 1 cup canned diced tomatoes
- 2 tsp salt
- 1 tsp black pepper
- Rinse lentils and discard any unwanted materials
- Add lentils and 2 cups water to a stock pot. Bring to a boil, then reduce to a simmer and leave uncovered. Cook lentils for 30-40 minutes, until tender.
- In a separate pan, sauté onions and garlic for about 5 minutes with olive oil. Stir in cumin, chili powder, salt, and pepper. Cook for 3 minutes.
- Once lentils are done, drain and put back into stock pot. Add cooked onions and garlic.
- Stir in undrained diced tomatoes and add 1 cup of water.
- Bring to a boil, then reduce to a simmer and let cook for 20 minutes.
- Taste and adjust seasonings as needed.

Not Fried Rice

Servings: 8

- ¾ cups dry brown rice
- 1 ½ cups water
- 3 Tbsp canola oil
- 8 whole eggs
- 2 oz diced onion
- 3 oz diced red bell pepper
- 3 oz frozen peas
- 1 Tbsp minced garlic
- 2 tsp ground ginger
- 2 tsp black pepper
- 1 Tbsp dried chives
- 2 Tbsp soy sauce

- Add water to a pot and bring to boil. Once boiling, add rice and cook until completely done, about 25 minutes.
- Dice onions and peppers and set aside.
- Heat 1 Tbsp oil in a pan. Whisk eggs in a bowl and then cook in pan, scrambling and careful not to overcook.
- Once eggs are cooked, transfer to a bowl.
- Keep the same pan on heat and add 1 Tbsp oil. Add diced onions and peppers. Cook for 5 minutes, stirring not to burn. Add frozen peas and cook until heated through.
- Once cooked, add veggies to the same bowl as eggs.
- Add remaining oil to pan, add rice, garlic, ginger, black pepper. Cook for 10 minutes stirring regularly.
- Add soy sauce and dried chives to rice. Stir to coat evenly.
- Add back in eggs and veggies and stir
- Let everything warm
- Taste and adjust seasoning as needed

(the best rice for fried rice is made the day before and kept in the fridge overnight)

Squash Casserole

Servings: 16

- 16oz yellow squash
- 16oz zucchini
- 4 oz onion
- ¼ cup water
- 35 ritz crackers
- 12oz shredded cheddar cheese
- 2 whole eggs
- ¾ cup whole milk
- ¼ cup melted butter
- 1 tsp salt
- ½ tsp black pepper
- ¼ tsp dried oregano
- ¼ tsp garlic powder
- ¼ tsp paprika
- 2 tsp dried parsley
- 2 Tbsp butter

- Preheat oven to 400°F
- Dice onion, zucchini, and squash
- Placed diced vegetables in pot and pour water over vegetables. Heat over medium heat. Cook until vegetables are tender.
- Drain vegetables and put into a bowl.
- Crush ritz crackers into small pieces, once crushed mix cheese with crackers in a small bowl.
- Add half of the cracker mixture into bowl with vegetables.
- In a separate bowl, combine eggs and milk. Mix to combine. Then add mixture to vegetables.
- Add melted butter and all seasonings except parsley to vegetables. Stir to combine.
- Pour vegetables into a greased baking dish.
- Add the remaining cracker mixture to the top of dish.
- Diced 2 tbsp of butter and add to the top of the casserole.
- Bake for 25 minutes until lightly browned.
- Once out of oven sprinkle with dried parsley.

Sunny Lemon Chicken

Servings: 8

- 12 oz diced chicken
- ¼ cup lemon juice
- 2 Tbsp olive oil
- 1 Tbsp granulated sugar
- 1 tsp salt
- ½ tsp black pepper
- 1 Tbsp dried parsley
- 2 tsp dried oregano
- 1 tsp minced garlic
- Preheat oven to 425°F
- In large bowl, mix together lemon juice, oil, sugar, salt, pepper, parsley, oregano, and garlic. Mix until sugar is dissolved.
- Add chicken and coat evenly.
- Let chicken marinate for 30 minutes.
- Place chicken onto baking sheet and cook until internal temperature is 165°F around 30 minutes.

Taco Pie

Servings: 8

- 1 ½ cups dry brown rice
- 3 ¼ cups drained, canned pinto beans
- 3 oz diced onion
- 3 oz diced red bell pepper
- 11 oz frozen corn
- 3 oz picante salsa
- 3 oz tomato sauce
- 2 tsp chili powder
- 1 tsp cumin
- ¼ tsp paprika
- ¼ tsp onion powder
- 2 tsp taco seasoning
- 4 oz shredded cheddar cheese

- Preheat oven to 350°F
- Add 3 cups of water to boil in a pot, bring to a boil
- Once water is boiling, stir in rice and reduce to a simmer, cook for 25 minutes covered. Make sure rice is completely cooked.
- While rice is cooking dice onions and bell pepper
- Add oil to a pan and warm over medium heat. Add diced onion, bell pepper, and corn. Sauté for 10 minutes.
- Add all seasonings to vegetables and cook for another 5 minutes.
- When vegetables are done, to a large bowl, add cooked rice drained pinto beans, cooked vegetables, picante salsa, tomato sauce, and cheddar cheese. Mix to combine thoroughly.
- Taste and adjust seasoning as needed.
- Transfer rice mixture into a baking dish and cook until cheese is melted and dish is warmed completely through.

Turkey Philly Cheesesteaks

Servings: 10

- 1lb ground turkey
 - 4 Tbsp unsalted butter
 - 4oz diced onion
 - 4oz diced green bell pepper
 - 2 Tbsp tomato sauce
 - 1 Tbsp Worcestershire sauce
 - ½ tsp salt
 - ½ tsp black pepper
 - 8oz shredded mozzarella cheese
 - 10 hamburger buns
- Melt 2 Tbsp of butter in a large pan over medium heat. Then add ground turkey and brown until fully cooked.
 - Remove turkey and drain half of the juices from the turkey from pan. Add remaining butter to pan and melt. Then add diced onions and peppers.
 - Brown veggies for 5 minutes.
 - Add turkey back to pan with veggies.
 - Add tomato sauce, Worcestershire sauce, salt, and pepper.
 - Stir and let warm completely through.
 - Mix in cheese.
 - Taste and adjust seasoning as needed.



Snack

1-2-3 Dip

Servings: 12

- 15 oz Canned Garbanzo Beans
- 3 Tbsp Lemon Juice
- 1/2 Tbsp Minced Garlic
- 2 tsp Salt
- 1 tsp Pepper
- 1 Tbsp Olive Oil
- Drain and rinse garbanzo beans
- Combine all ingredients in food processor and blend until a smooth consistency.
- Taste and adjust seasoning as needed.
- Dip with sliced veggies or pita bread.



All-Star Snack

Servings: 4

- 10oz canned unsweetened sweet potato
- 1 tsp brown sugar
- 1 tsp ground cinnamon
- Preheat oven to 350°F
- In a baking dish, add sweet potatoes. Sprinkle on brown sugar and cinnamon.
- Cover and bake for 30 minutes.
- Serve with graham crackers



Apple Pie in a Glass

Servings: 4

- ½ cup soy milk (or milk of choice)
 - 8 oz plain Greek yogurt
 - 100z canned apples
 - ½ tsp ground cinnamon
 - 1/8 tsp vanilla extract
- Add all ingredients into a blender and blend until smooth

Dreamy Orange Smoothie

Servings: 2

- 1 oz Soy Milk (or milk of choice)
 - $\frac{1}{4}$ cup Mandarin Oranges
 - $\frac{1}{4}$ cup Canned Diced Peaches
 - $\frac{1}{8}$ cup Frozen Mango
 - 5 oz Plain Unsweetened Yogurt
- Add all ingredients into a blender and blend until a smooth consistency.

Harvest Salsa

Servings: 8

- 15 oz Canned Black Beans
- 15 oz Canned Yellow Corn
- 100z Roma Tomato
- 1/8 tsp Garlic Powder
- 2 Tbsp Lime Juice
- 1/8 tsp Black Pepper
- 1/4 tsp Salt

- Rinse black beans and corn then add to a large bowl.
- Diced tomatoes and add to bowl.
- Add lime juice and seasonings.
- Mix to combine.
- Taste and adjust seasonings if needed.

Homemade Chex Mix

Servings:8

- 2 cups Chex Cereal
- 1 ½ oz Cheese Crackers
- 1 ½ oz Goldfish Pretzels
- ¼ cup Butter
- ½ Tbsp Garlic Powder
- ½ Tbsp Onion Powder
- ½ tsp Paprika
- 1 tsp Salt
- 1 tsp Pepper

- Preheat oven to 250°F
- In a large bowl, combine chex cereal and cheese crackers.
- In a small sauce pan, melt butter. Once melted take off heat and add garlic powder, onion powder, paprika, salt, and pepper.
- Add butter mixture to bowl with crackers and mix until crackers are evenly coated.
- Transfer crackers to baking sheet and spread into an even layer.
- Bake until lightly browned. About 45 minutes, tossing mixture every 15 minutes.
- Once toasted, take out of oven and let cool.
- When completely cool, add goldfish pretzels.
- Store in an air-tight container.

Peach Blueberry Crisp

Servings: 6

- 14 oz Canned Diced Peaches
 - 15 oz Canned Sliced Apples
 - 2 Tbsp Lemon Juice
 - 3 Tbsp Cornstarch
 - 3 Tbsp Maple Syrup
 - ½ tsp Cinnamon
 - 1 ½ cups Dry Oatmeal
 - 1 tsp Vanilla
 - Dash of Salt
 - 1 Tbsp Olive Oil
- In a bowl, combine undrained peaches, undrained apples, lemon juice, cornstarch, and half of the maple syrup and cinnamon. Stir and set aside.
 - In a different bowl, combine oatmeal, other half of syrup and cinnamon, vanilla extract, and salt.
 - Heat a pan over medium heat. Add oil to pan.
 - Add oat mixture and reduce heat to low. Cook, making sure to stir often, until golden brown and toasted, about 5 minutes. Once done, remove from pan and set aside.
 - Reheat skillet over medium heat, then add fruit mixture. Cover pan and let cook for 10 minutes stirring occasionally.
 - Remove lid and cook until the mixture has thickened, about 5 minutes. Stir occasionally.
 - To serve: add a scoop of fruit to bowl and top with oatmeal

Ranch Dip

Servings: 8

- 1 cup plain unflavored Greek yogurt
 - 1 ½ tsp red wine vinegar
 - ½ tsp dried parsley
 - ½ tsp garlic powder
 - ½ tsp onion powder
 - ½ tsp dried dill
 - ½ tsp dried chives
 - ½ tsp salt
 - ½ tsp black pepper
- In a medium bowl, combine all ingredients and mix thoroughly.
 - Taste and adjust seasonings as needed.

Tropical Fruit Salad

Servings: 4

- $\frac{1}{2}$ cup canned diced peaches
- $\frac{3}{4}$ cup strawberries
- $\frac{1}{2}$ cup canned pineapple tidbits
- Drain canned fruit
- Dice strawberries
- Combine all ingredients into bowl and mix to combine.

Tropical Yogurt Parfait

Servings: 4

- 9 oz Plain Unsweetened Yogurt
- 6 oz Frozen Mango
- 6 oz Banana
- 4 Graham Cracker Squares
- 2 hours before making, put frozen mangos in fridge to let soften.
- In blender or food processor, blend mango and yogurt together till smooth.
- Dice banana and stir into mango yogurt.
- In separate bowl crush graham crackers.
- To serve: add a spoon full of yogurt then some graham crackers then a spoon full of yogurt topped off with some more graham crackers.