

the

Wellness Works!

recipe book

Made *for* LCPS employees...
by LCPS employees.



1st Edition

salads

- quinoa and black bean salad
- super foods veggie dip
- syrian bean salad
- black bean salsa
- black bean-taco salad with lime vinaigrette
- sautéed spinach with pine nuts & golden raisins
- white bean and roasted chicken salad
- mango pineapple salsa
- squeeze your greens—kale salad
- black bean salsa
- lentil salad

quinoa and black bean salad

Ingredients

- 1 1/2 cups quinoa
- 1 1/2 cups canned black beans, rinsed and drained
- 1 1/2 tablespoons red wine vinegar
- 1 1/2 cups cooked corn (fresh, canned or frozen)
- 1 red bell pepper, seeded and chopped
- 4 scallions, chopped
- 1 teaspoon garlic, minced fine
- 1/4 teaspoon cayenne pepper
- 1/4 cup fresh coriander leaves, chopped fine
- 1/3 cup fresh lime juice
- 1/2 teaspoon salt
- 1 1/4 teaspoon ground cumin
- 1/3 cup olive oil

Directions

Rinse quinoa in a fine sieve under cold running water until water runs clear. Put quinoa in a pot with 2 1/4 cups water. Bring to a boil, then cover and simmer 20 minutes or until water is absorbed and quinoa is tender. Fluff quinoa with a fork and transfer to a large bowl and allow to cool.

While quinoa is cooking, in a small bowl toss beans with vinegar and salt and pepper to taste.

Add beans, corn, bell pepper, scallions, garlic, cayenne and coriander to the quinoa. Toss well.

In a small bowl whisk together lime juice, salt, cumin and add oil in a stream while whisking. Drizzle over salad and toss well with salt and pepperr. Salad may be made a day ahead and refrigerated, covered. Bring to room temperature before serving.

Makes 8 servings.

Nutritional Information

370 Calories
13.2 g Fat
55.1 g Carbohydrate
10.6 g Protein



Submitted on 4/15/13 by:
Allison Taylor - ELL Teacher
Cool Spring Elementary

super foods veggie dip

Ingredients

1 can sweet corn with red & green bell peppers (you can use Green Giant's Mexicorn), rinsed and drained
1 can Rotel original (hot would be better) drained
1 can black beans, rinsed and drained
1/3 cup diced red onion
2 avocados, diced
1 cup shredded cheddar cheese
1 cup greek yogurt

Directions

Mix all the ingredients together in large bowl. Flavor is best if it is refrigerated overnight.

Makes 8 servings.

Nutritional Information

240 Calories
12.5 g Fat
22.5 g Carbohydrate
379.8 mg Sodium

Submitted on 4/2/13 by:
**Chris Kmak, Planning
Administration Building**



syrian bean salad

Ingredients

- 2 (15-ounce) cans dark red kidney beans
- 2 (15-ounce) cans garbanzo beans (chick peas)
- 1 large Vidalia onion
- 5 fresh plum tomatoes
- 1 green bell pepper
- 1 red bell pepper
- 1 yellow or orange bell pepper
- 1 bunch cilantro, finely chopped
- 1 cup freshly squeezed lemon juice
- 3/4 cup canola or grape seed oil
- 1 tablespoon kosher salt

Directions

Drain and rinse all beans. Place beans in a large bowl. Chop all vegetables into 1/2 inch pieces. Remove cilantro leaves from stems and finely chop. Mix all ingredients in bowl. Let sit at room temperature for 30 minutes before serving. Refrigerate leftovers. Will last for at least 4 days.

Makes 15 servings.

Nutritional Information

192.9 Calories
11.6 g Fat
4.7 g Protein
3.9 g Fiber
0 mg Cholesterol
686.3 mg Sodium

Submitted on 4/24/13 by:

**Kathy Stanton – Technology Resource Teacher
Little River Elementary**



black bean salsa

Ingredients

1/3 cup finely chopped red or yellow bell pepper
1/4 cup finely chopped sweet or yellow onion
1/4 cup chopped cucumber
1 diced plum or roma tomato, seeds removed
2 tablespoons chopped cilantro
2 tablespoons chopped seeded jalapeno pepper
1 tablespoon chopped fresh basil
2 tablespoons olive oil
2 tablespoons balsamic vinegar
2 tablespoons fresh lime juice
1/2 teaspoon dried thyme or 1 1/2 teaspoons minced fresh thyme
1/2 teaspoon salt
2 teaspoons ground cumin
1/2 teaspoon chili powder
1/4 to 1/2 teaspoon black pepper
3 garlic cloves, minced
2 (15-ounce) cans black beans, rinsed and drained

Directions

Combine all ingredients in a medium bowl; stir well. Cover and chill at least 2 hours. Serve with tortilla chips, tacos, fajitas, pita, etc.

Add more jalapenos or cayenne pepper for a more spicy dish.

Makes 16 servings.

Nutritional Information

110.3 Calories
1.8 g Fat
6.4 g Protein
0.4 g Fiber
0 mg Cholesterol
76.2 mg Sodium
18.4 g Carbohydrate



Submitted on 4/25/13 by:

Mindy Arnwine – 3rd Grade Teacher
Creighton's Corner Elementary

black bean-taco salad with lime vinaigrette

Ingredients

Vinaigrette

- 1/4 cup chopped seeded tomato
- 1/4 cup chopped fresh cilantro
- 2 tablespoons olive oil
- 1 tablespoon cider vinegar
- 1 teaspoon grated lime rind
- 1 tablespoon fresh lime juice
- 1/4 teaspoon salt
- 1/4 teaspoon ground cumin
- 1/4 teaspoon chili powder
- 1/4 teaspoon black pepper
- 1 garlic clove, peeled

Salad

- 8 cups thinly sliced iceberg lettuce
- 1 1/2 cups chopped ready-to-eat roasted skinned, boned chicken breast (about 2 breasts)
- 1 cup chopped tomato
- 1 cup chopped green bell pepper
- 1 cup finely diced red onion
- 1/2 cup (2-ounces) shredded reduced-fat sharp cheddar cheese
- 1 (15-ounce) can black beans, rinsed and drained
- 4 cups fat-free baked tortilla chips (about 4 ounces)

Directions

To prepare vinaigrette, combine first 11 ingredients in a blender or food processor; process until smooth.

To prepare salad, combine lettuce and remaining ingredients except chips in large bowl. Add vinaigrette; toss well to coat. Serve with chips.

Makes 8 servings, 1 cup each.

Nutritional Information

- 201 Calories
- 6.3 g Fat
- 12.2 g Protein
- 4 g Fiber
- 17 mg Cholesterol
- 430 mg Sodium



Submitted on 4/24/13 by:

**Vivian Jefferson – Instruction
Administration Building**

sautéed spinach with pine nuts & golden raisins

Ingredients

2 teaspoons extra-virgin olive oil
2 tablespoons golden raisins
1 tablespoon pine nuts
2 cloves garlic, minced
1 (10-ounce) bag fresh spinach, tough stems removed
2 teaspoons balsamic vinegar
1/8 teaspoon salt
1 tablespoon shaved parmesan cheese
Freshly ground black pepper

Directions

Heat oil in a large nonstick skillet or Dutch oven over medium-high heat. Add raisins, pine nuts and garlic; cook, stirring, until fragrant, about 30 seconds. Add spinach and cook, stirring, until just wilted, about 2 minutes. Remove from heat; stir in vinegar and salt. Serve immediately, sprinkled with Parmesan and pepper.

Makes 2 servings.

Nutritional Information

158 Calories
9 g Fat
2 mg Cholesterol
310 mg Sodium
4 g Fiber
6 g Protein



Submitted on 4/24/13 by:

**Vivian Jefferson - Instruction
Administration Building**

white bean and roasted chicken salad

Ingredients

Salad

2 cups coarsely chopped skinless, boneless rotisserie chicken
1 cup chopped tomato
1/2 cup thinly sliced red onion
1/3 cup sliced fresh basil
2 (16-ounce) can cannellini beans or other white beans, rinsed and drained

Dressing

1/4 cup red wine vinegar
2 tablespoons extra virgin olive oil
1 tablespoon fresh lemon juice
2 teaspoons Dijon mustard
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
2 garlic cloves, minced

Directions

To prepare salad, place first 5 ingredients in a large bowl, stir gently to combine.

To prepare dressing, combine vinegar and remaining ingredients, stirring with a whisk. Drizzle over salad, tossing gently to coat.

Makes 5 servings, 1 1/4 cup each.

Nutritional Information

369 Calories

10.1 g Fat

Submitted on 4/24/13 by:
**Donna Torraca – Planning
Administration Building**



mango pineapple salsa

Ingredients

5 mangos, finely chopped
1 pineapple, cored and finely chopped
2 kiwi, finely chopped
1/2 cup finely chopped red onion
1 large jalapeno, minced
1 large clove garlic, minced
Juice of 1 lime

Directions

Mix ingredients together and serve. Excellent to use as dip with blue corn tortilla chips or served on top of cooked fish or chicken.

Nutritional Information

Serving Size - 1/4 cup
25 Calories
Trace Fat
0.0 mg Cholesterol
2 mg Sodium
6 g Carbohydrate
1 g Fiber
Trace Protein

Submitted on 4/15/13 by:
**Teresa Lucas – Operations
Administration Building**



squeeze your greens— kale salad

Ingredients

2 bunches of kale
1/2 cup freshly grated parmesan cheese
1/3 cup extra-virgin olive oil
1/4 cup lemon juice
3 minced garlic cloves
1 tablespoon reduced-sodium soy sauce (optional)
1 minced anchovy fillet (optional)
1/2 teaspoon freshly ground pepper
1/4 teaspoon salt (for the greens)

Directions

Strip kale from stems (discard stems). Wash and dry the leaves and tear the leaves into small pieces and place everything in a large bowl. Add remaining ingredients. With clean hands, firmly massage and crush the greens until the volume is reduced by about half (1 to 2 minutes). They should look a little darker and somewhat shiny and have a silky, soft texture.

Makes 6 cups — Serving size 2 cups.

Nutritional Information

185 Calories
15 g Fat

Submitted on 4/26/13 by:
**Donna Torraca — Planning
Administration Building**



black bean salsa

Ingredients

2 cups canned or cooked black beans, rinsed
1 large ripe tomato, seeded and diced (1 cup)
1/2 cup finely chopped red onion
1 or 2 cayenne peppers, stemmed, seeded and finely chopped
3 tablespoons fresh lime juice
3 tablespoons olive oil
Salt and pepper to taste
1/2 cup coarsely chopped fresh cilantro

Optional

1/4 cup feta cheese
1/4 cup red or green pepper
1/2 cup frozen corn

Directions

Combine beans, tomato, onion, hot pepper, lime juice and oil in a medium-size bowl. Season with salt and pepper. Cover and refrigerate until ready to serve. An hour or so before serving, add cilantro and bring to room temperature.

Makes 4 servings.

Nutritional Information

(without optional ingredients)

228 Calories

11 g Fat

26.3 g Carbohydrate

8.8 g Fiber

8.5 g Protein

Submitted on 4/26/13 by:

**Elizabeth Stankard – 5th Grade Assistant
Leesburg Elementary**



lentil salad

Ingredients

1 cup lentils
2 garlic cloves, peeled and halved
1 bay leaf
2 celery stalks, finely chopped (about 1 cup)
1 small red onion, diced
1 cup parsley, finely chopped
1 tablespoon rosemary, finely chopped
1/3 cup freshly squeezed lemon juice
2 tablespoons olive oil
1 cup feta cheese, crumbled
Coarse salt and pepper
3 heads baby lettuce for garnish
1 small cucumber peeled, seeded and cut into slices

Directions

Bring a medium saucepan of water to a boil. Add lentils, garlic, and bay leaf. Simmer for 20 minutes, or until the lentils are tender. Drain and rinse the lentils under cold water. Discard the garlic and bay leaf. In a large bowl combine lentils, celery, onion, pepper, parsley and rosemary.

In a small bowl, whisk together the lemon juice and olive oil. Drizzle over lentil mixture, add the feta, and stir gently to combine. Season with salt and pepper. Serve on a bed of baby lettuce.

Makes 3 servings.

Nutritional Information

322 Calories
20.2 g Fat
44.5 mg Cholesterol
23.5 g Carbohydrate
7.3 g Fiber
14.5 g Protein



Submitted on 4/26/13 by:

**Elizabeth Stankard – 5th Grade Assistant
Leesburg Elementary**

appetizers

- loaded deviled eggs
- roasted oyster mushrooms
- tomato basil and whole wheat crostini
- bruschetta stuffed portabellas
- southwest quinoa sliders

loaded deviled eggs

Ingredients

12 large eggs, hard-boiled & peeled
1/4 cup Hellmann's Mayonnaise Dressing
1/4 cup shredded fat free cheddar cheese
3 tablespoons fat free sour cream
1/4 teaspoon salt
1/4 teaspoon ground black pepper
3 slices turkey bacon, cooked and crumbled (reduced-fat bacon also works)
1/4 cup sliced green onion

Directions

Slice the eggs in half, lengthwise. Remove all the yolks and place them in a small bowl. Mash the yolks with a fork and add the following ingredients: sour cream, cheese, mayo, salt and pepper. Stir until you have a nice, smooth mixture.

Fill the egg whites evenly with the yolk mixture. Top evenly with the crumbled bacon and green onion. Serve immediately.

Makes about 15 servings.

Nutritional Information

72 Calories
4.6 g Fat
1.4 g Carbohydrate
6.3 g Protein



Submitted on 4/23/13 by:
Lindsay Rudolph – PE Teacher
Ball's Bluff Elementary

roasted oyster mushrooms

Ingredients

1 lb fresh oyster mushrooms
2 teaspoons garlic powder
2 tablespoons olive oil
Salt and pepper to taste

Materials Needed:

1 baking sheet
1 strip tin foil to cover top of baking sheet
1 large bowl for tossing mushrooms with seasoning
cooking spray (Pam)

Directions

Preheat oven to 400 degrees. Cover baking sheet with foil. Put covered baking sheet in oven while preheating. Remove all oyster mushroom “fans” from main stem so you have individual pieces of mushroom. Toss all ingredients together in large bowl. Make sure all mushrooms are covered with oil and seasonings. (Add additional oil or seasonings if needed.) Remove hot baking sheet from oven. Spray baking sheet with cooking spray. Pour all mushrooms onto hot baking sheet and spread out to make one layer of separate mushrooms. Place in oven. Bake for 30-40 minutes or until all mushrooms are brown and crispy to your taste.

Makes 6 servings.

Nutritional Information

34.1 Calories
2.4 g Fat
0 mg Cholesterol
198.6 mg Sodium
2.5 g Carbohydrate
1.0 g Protein



Submitted on 4/23/13 by:

**Kathleen Stanton – Technology Resource Teacher
Little River Elementary**

tomato basil and whole wheat crostini

Ingredients

3 cups cherry tomatoes

4 cloves garlic minced

1 tablespoon olive oil

1/2 cup fresh basil, chopped

Goat cheese or any light spreadable herbed cheese (optional)

Whole wheat crostini or whole wheat Italian toast , warmed slightly in oven

Salt and pepper to taste

Directions

Place cherry tomatoes in a roasting dish. Drizzle olive oil and toss with minced garlic. Heat oven to 350 degrees. Roast for an hour or when tomatoes appear to be cooked down. If there is an excess of liquid, you can drain slightly so that the cooked tomatoes are not soupy. Salt and pepper to taste and top with fresh chopped basil. Serve with whole wheat crostini or Italian toast. Optional: You can spread a low fat herbed cheese/ or goat cheese if desired. I like to spread a little herbed cheese on my crostini and then add a dollop of the warm tomatoes. It adds a nice dimension of texture and flavor.

Makes 10 servings.

Nutritional Information

(not including cheese)

219.9 Calories

6.5 g Fat

0.0 mg Cholesterol

486 mg Sodium

34.6 g Carbohydrate

1.7 g Fiber

5.1 g Protein



Submitted on 4/23/13 by:

**Cheryl Dominique – Guidance Counselor
Mt. View, Hamilton, Lincoln Elementary**

bruschetta stuffed portabellas

Ingredients

4 portabella mushroom caps
2 tablespoons olive oil
Salt and pepper
Bruschetta topping (Wegmans or
Costco)
4 ounces part-skim mozzarella cheese

Directions

Rinse mushrooms and pat dry; scoop out gills and re-move stem. Place caps, scooped side up, on baking sheet with drizzled olive oil. Bake 15-20 minutes. Re-move from oven. Drain caps if necessary. Top each cap evenly with bruschetta and cheese. Bake 7-9 minutes until cheese melts.

Makes 4 servings.

Nutritional Information

160 Calories

13 g Fat

Submitted on 4/24/13 by:
**Donna Torraca – Planning
Administration Building**



southwest quinoa sliders

Ingredients

2 cups cooked quinoa
1/4 cup grated parmesan
1/4 cup panko
2 tablespoons all-purpose flour
1 teaspoon cumin
1 teaspoon garlic powder
1/2 teaspoon chili powder
1-2 tablespoons pureed chipotle peppers, in adobo sauce
1 tablespoon freshly squeezed lime juice
2 large eggs
1/2 cup whole kernel corn
1/2 cup canned black beans, drained and rinsed
Kosher salt and freshly ground black pepper, to taste
Olive oil
12 split slider buns, toasted
Arugula
Sliced tomatoes
1 avocado, pitted and chopped
2 cloves garlic
1/3 cup greek yogurt
2 tablespoons chopped cilantro

Directions

To make the avocado cream sauce, combine 1 avocado, 2 cloves minced garlic, 1/3 cup Greek yogurt, 2 tablespoons chopped cilantro and salt and pepper to taste in the bowl of a food processor; set aside.

In a large bowl, combine quinoa, parmesan, panko, flour, cumin, garlic powder, chili powder, chipotle peppers, lime juice, eggs, corn, beans, salt and pepper, to taste. Divide the mixture into 12 balls; press each lightly to form 1/4-inch-thick patties.

Heat olive oil in a large skillet over medium high heat. Add the patties to the skillet and cook until browned and cooked through, about 3-4 minutes per side, flipping only once.

Serve quinoa patties on rolls with arugula, tomatoes and avocado cream sauce.

3 per serving, serves 4.

Nutritional Information

515 Calories
16 g Fat
20 g Protein
10 g Fiber
34 mg Cholesterol
730 mg Sodium



Submitted on 4/26/13 by:

**Kristy Reynolds – Employee Benefits
Administration Building**

breakfast lunch & dinner ideas

- . quick microwave oatmeal
- . sweet onion and cabbage chicken
- . quinoa lasagna
- . chipotle black bean chili
- . apple-gouda melt
- . baked chicken
- . beef and barley soup
- . split pea with spinach soup
- . vegetable lasagna

quick microwave oatmeal (single serving)

Ingredients

1/3 cup oatmeal (regular – not quick cook)
1/3 cup fat-free milk
Dash of salt (optional)
Dash of cinnamon (optional)
1 tablespoon sliced almonds
1 teaspoon honey or sugar (optional)
Fresh fruit (your option)

Directions

In a microwave safe bowl, place oatmeal, milk, salt, heat on high setting for 1 min. and 30 seconds. While oatmeal is heating, toast the almonds. When the oatmeal is done, add the honey/sugar, almonds and fruit. Enjoy.

If you prefer to use dried fruit, add it to the oatmeal and milk mixture for cooking. The dried fruit plumps up nicely.

Nutritional Information

(excludes fruit)

214 Calories

4.8 g Fat

1.5 mg Cholesterol

36.6 g Carbohydrate

8.3 g Protein

Submitted on 4/23/13 by:

**Jeri Lloyd – Family Life Teacher
Dominion High**



sweet onion and cabbage chicken

Ingredients

1 lb chicken tenderloins (alternate is baked chicken breast or salmon)

Stir fry:

1 or 2 large sweet or white onions halved and sliced (about 2 cups)

2 tablespoons olive oil

1 cup string beans

1 bag of mixed veggies

1 teaspoon salt

1/4 teaspoon black pepper

2 cups cabbage

Directions

Cook the chicken as desired. Cook stir-fry, then add the chicken.

Makes about 4 servings.

Nutritional Information

174 Calories

7.9 g Fat

11.0 g Carbohydrate

8.4 g Protein

Submitted on 4/24/13 by:

**Ada Omile, Special Ed Teacher
CS Monroe Tech**



quinoa lasagna

Ingredients

- 2 cups water
- 1 cup quinoa
- 2 tablespoons canola oil or olive oil
- 1 cup chopped onion
- 1 cup sliced mushrooms
- 2 cloves garlic, minced
- 2 cups tomato sauce or prepared pasta sauce
- 2 cups no-salt-added low-fat cottage cheese
- 1 large egg, beaten
- 1/4 cup grated parmesan cheese
- 2 tablespoons minced fresh basil or 1/2 teaspoon dried
- 1 tablespoon dried oregano
- 2 cups thinly sliced zucchini

Submitted on 4/24/13 by:
**Donna Torraca – Planning
Administration Building**

Directions

Coat a 9-by-13-inch baking dish with cooking spray. Combine water and quinoa in a medium saucepan. Bring to a boil. Reduce to a simmer, cover and cook for 15 minutes. Fluff with a fork. Evenly spread the quinoa in the prepared dish.

Preheat oven to 350°F.

Wipe out the saucepan, then add oil and heat over medium heat. Add onion; cook, stirring frequently, until transparent and starting to brown, 5 to 6 minutes. Add mushrooms; cook, stirring, until the mushrooms are softened and very little moisture is left in the pan, 3 to 4 minutes. Add garlic and sauce. Stir until hot. Remove from heat.

Combine cottage cheese and egg in a medium bowl; mix well. Stir in parmesan, basil and oregano.

Spread one-third of the sauce over the quinoa. Make a layer of all the zucchini, then all the cottage cheese mixture, then half the remaining sauce, then all the spinach. Finish with the remaining sauce and spread mozzarella on top.

Bake the lasagna until it is hot and the cheese is melted, bubbling and slightly browned around the edges, 35 to 40 minutes. Let stand for about 10 minutes before serving.

Makes 8 servings.

Nutritional Information

276 Calories

11 g Fat



chipotle black bean chili

Ingredients

1 teaspoon olive oil

1 cup finely chopped onion

6 garlic cloves, minced

2 tablespoons chili powder

1 teaspoon minced drained canned chipotle chili in adobo sauce

1/4 teaspoon pepper

1/8 teaspoon salt

2 (15-ounce) cans black beans, drained

2 (14.5-ounce) cans no-salt-added whole tomatoes, undrained and chopped

1 (4.5-ounce) can chopped green chilies, drained

Cilantro sprigs (optional)

1 tablespoon dried oregano

2 cups thinly sliced zucchini

Directions

Heat oil in large saucepan over medium-high heat. Add onion and garlic; sauté 3 minutes or until tender. Add chili powder and next 6 ingredients (chili powder through green chilies); bring to a boil. Reduce heat, and simmer 15 minutes. Ladle chili into individual bowls, and garnish with cilantro sprigs, if desired.

Makes 4 servings. (1 1/2 cups each)

Nutritional Information

248 Calories
2.7 g Fat
13.8 g Protein
7.3 g Fiber
0 mg Cholesterol
613 mg Sodium

Submitted on 4/24/13 by:

**Vivian Jefferson – Instruction
Administration Building**



apple-gouda melt

Ingredients

6 slices seeded whole grain bread
4 tablespoons butter, softened, divided
6 ounces fresh mozzarella cheese, sliced
1 large apple, thinly sliced
6 ounces smoked gouda cheese, sliced

Directions

Arrange bread on a baking sheet; spread tops with half of the butter. Broil 4-6 inches from the heat for 1-2 minutes or until lightly toasted. Turn bread over; spread tops with remaining butter. Layer with the mozzarella cheese, apple slices and gouda cheese. Broil 3-4 minutes longer or until cheese is melted.

Makes 6 servings.

Nutritional Information

332 Calories
22 g Fat
75 mg Cholesterol
453 mg Sodium
18 g Carbohydrate
3 g Fiber
15 g Protein



Submitted on 4/24/13 by:

**Mellany Corbin-Teacher, World Languages & Culture
Briar Woods High**

baked chicken

Ingredients

- 1 package boneless chicken breasts (2 lbs)
- 1 large can cream of mushroom soup (reduced fat)
- 1 (8-ounce) package low fat sliced swiss cheese
- 1 (16-ounce) package Pepperidge Farm stuffing mix
- 1 stick of margarine (melted)

Directions

Cut chicken into bite size pieces. Layer the ingredients in order in a 13x9 pan. Drizzle melted margarine over the top.

Nutritional Information

200 Calories
12 g Fat
24.9 mg Cholesterol

Submitted on 4/24/13 by:
Sherrel Panoff - Secretary
J. Michael Lunsford Middle



beef and barley soup

Ingredients

1 lb stew beef
2 medium carrots, 1/2 inch pieces
1 onion, chopped
1 clove garlic, minced
1-2 tablespoons tomato paste
4 cups low sodium beef broth or beef stock
1 can (14.5-ounce) petite cut diced tomatoes (undrained)
1/2–3/4 cup barley (if using regular barley not quick cooking you may need to cook longer)
3/4 teaspoon dried thyme
1/2 teaspoon basil
1/2 teaspoon salt
1/2 teaspoon black pepper

Directions

Cook beef on heat for 5 minutes – remove with slotted spoon. Put carrots and onion in pot and cook 5 minutes. Add beef and onion mixture along with garlic, tomato paste, broth, tomatoes, barley, thyme and basil in slow cooker. Cook on high 4 hours or low 6 1/2 to 7 hours. Stir in salt and pepper before serving. Serve with crusty rolls and parmesan cheese if desired.

Nutritional Information

340 Calories
14 g Fat
30 g Carbohydrate
6 g Fiber
22 g Protein

Submitted on 4/25/13 by:

**Alicja Spinney – Technology Assistant
Eagle Ridge Middle**



split pea with spinach soup

Ingredients

1 lb dry split peas
1 small onion, chopped
1 clove garlic, chopped
1 box frozen (or fresh) chopped spinach
14 ounce light sodium free chicken broth
Salt to taste

Directions

Place all ingredients in crock pot and cook for 6-8 hours. Serve with fresh fruit or whole grain bread.

Makes 4 servings.

Nutritional Information

161 Calories
0.8 g Fat
2.2 mg Cholesterol
11.9 g Protein

Submitted on 4/25/13 by:

**Donna White – Reading Specialist
Newton-Lee Elementary**



vegetable lasagna

Ingredients

2/3 box of lasagna noodles (9-10 noodles)
2 jars of spaghetti sauce
1 jar alfredo sauce
1 can (10-ounce) Rotel mild diced tomatoes and green chilies
2 carrots
1 (10-ounce) box frozen chopped spinach, thawed, squeeze excess moisture
1 egg
1 (15-16 ounce) container of ricotta cheese
1 package (8-ounce) shredded mozzarella cheese

Submitted on 4/26/13 by:

Diane Hemphill – Technology Assistant

Belmont Ridge Middle

Directions

Cook lasagna noodles according to directions on box. In one bowl mix 2 jars of spaghetti sauce and 1/2 jar of alfredo sauce. Grate the 2 carrots and put in another bowl. Mix in the spinach and diced tomatoes in with carrots. In a third bowl mix the ricotta cheese and the egg. In a 9" x 13", spread spaghetti/alfredo sauce over the bottom. Put a layer of noodles. Spread some spaghetti/alfredo sauce. Put a layer of ricotta cheese and egg mixture, then a layer of vegetable mixture, then some mozzarella cheese. Put on a layer of noodles. Spread some spaghetti/alfredo sauce. Put a layer of ricotta cheese and egg mixture, vegetable mixture, then some mozzarella cheese. Put the last layer of noodles and spread some spaghetti/alfredo sauce. Cook for about 30 minutes. Put more mozzarella cheese over the top. Cook another 20 minutes or until it is bubbling. Let sit 10 minutes before serving.

Makes 8 servings.

Nutritional Information

432 Calories
17.6 g Fat
71.2 mg Cholesterol
45.5 g Carbohydrate
21.6 g Protein



sweets

- banana-oat bars
- almond butter-quinoa blondies
- veggie and fruit smoothie

banana-oat bars

Ingredients

2-3 very ripe bananas
1 teaspoon vanilla
1/4 cup unsweetened applesauce
1/2 cup shredded coconut
2 cups quick cooking rolled oats (not instant)
1/2 cup raisins
1/4 cup chopped walnuts
1 teaspoon cinnamon
1 tablespoon date sugar (optional – the raisins and coconut make it sweet)

Directions

Mix together oats, raisins, walnuts, and cinnamon. Fold in the combined smashed bananas, vanilla, applesauce, and coconut. Bake in a square 9" pan at 350 degrees. Cool on wire rack.

Makes 24 servings.

Nutritional Information

55 Calories
2.3 g Fat
0.0 mg Cholesterol
1.9 mg Sodium
8 g Carbohydrate
1.1 g Fiber
1.3 g Protein

Submitted on 4/26/13 by:

**Stephanie Napert – Bookkeeper
River Bend Middle**



almond butter-quinoa blondies

Ingredients

1/4 cup unsalted butter, softened
3/4 cup smooth or crunchy natural almond butter
2 large eggs
3/4 cup packed light brown sugar
1 teaspoon vanilla extract
3/4 cup quinoa flour (look in baking section near gluten-free flours)
1 teaspoon baking powder
1/4 teaspoon salt
1 cup semisweet chocolate chips

Directions

Preheat oven to 350°F. Coat an 8-inch-square baking pan with cooking spray and line the bottom with parchment paper.

Beat butter and almond butter in a mixing bowl with an electric mixer until creamy. Beat in eggs, brown sugar and vanilla. Whisk quinoa flour, baking powder and salt in a small bowl. Mix the flour mixture into the wet ingredients until just combined. Stir in chocolate chips. Spread the batter evenly into the prepared pan.

Bake until a toothpick inserted into the center comes out with just a few moist crumbs on it, about 25 minutes. Let cool in the pan for 45 minutes before cutting into 24 pieces. Let cool completely before storing.

Makes 24 servings.

Nutritional Information

146 Calories

9 g Fat



Submitted on 4/24/13 by:
**Donna Torraca – Planning
Administration Building**

veggie and fruit smoothie

Ingredients

1 cup almond milk
Fresh spinach leaves (about 1 cup loose)
Frozen berries and/or frozen banana
2 packs stevia (optional)

Directions

Blend almond milk and spinach. Add frozen fruit and Stevia and blend. Add additional almond milk to reach the consistency you prefer. Substitute fresh kale for spinach or try both!

Nutritional Information

146 Calories
3.6 g Fat
5.8 g Fiber
28 g Carbohydrate
2.5 g Protein

Submitted on 4/24/13 by:
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