



Family Box Recipes



Of the many things included in this Booster Week's Family Box, are three staple ingredients for making a variety of meals: Rice, Macaroni, and Peanut Butter. In the following pages you will find several recipes that you can use to incorporate these three items.

THANK YOU again for your participation and we hope you can enjoy some of these recipes!



Skinny One Pot Cheeseburger Pasta Skillet

A comfort food favorite - lean ground beef, chicken broth, tomatoes, macaroni and cheese combine for an easy healthy one pot dinner the entire family will love. It's like hamburger helper only better because it is homemade!

Prep Time: 10 min

Cook Time: 20 min

Total Time: 30 min

Servings: 6

Calories: 350 per serving

Ingredients:

- 1 pound 95% lean ground beef
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika
- 3 cups low sodium chicken broth
- 14.5 ounces canned diced tomatoes
- 8 ounces elbow macaroni
- 6 ounces (1 ½ cups) shredded low-fat cheddar cheese
- 2 scallions (green onions), thinly sliced

Instructions:

1. Lightly coat a large nonstick skillet with cooking spray and set over medium-high heat until hot.
2. Add the beef and cook, breaking into smaller pieces with a wooden spoon, until browned, 5 to 7 minutes. Stir in the garlic powder and smoked paprika and cook for 30 seconds or so.
3. Add the chicken broth, tomatoes, macaroni, and 1/2 teaspoon salt and bring to a simmer. Cook, stirring often, until the macaroni is tender and the sauce has thickened, 10 to 15 minutes.
4. Remove skillet from the heat and stir in the cheese until well blended and melted.



5. Divide mixture evenly among six plates or bowls. Sprinkle with scallions (green onions).

Recipe Substitutions:

No ground beef? Substitute ground turkey or chicken or chicken/turkey sausage.

Vegetarian? Substitute ground beef with vegetarian crumbles, cooked lentils or beans and vegetable broth for the chicken broth.

No smoked paprika? Substitute regular sweet paprika or mild chile powder or skip it altogether.

Spicier? Replace the can of diced tomatoes with a can of zesty fire-roasted ones with diced chiles.

More veg? Add chopped zucchini, cauliflower or corn in step 2 of the recipe instructions. Or add chopped onions and/or bell peppers to the ground beef in step 1.

No elbow pasta? Use whatever small cut of pasta you prefer and have on hand, such as shells, fusilli or penne.

Garden Veggie Macaroni

An easy marinara sauce loaded up with chunky summer veggies and perfectly paired with macaroni.

Prep Time: 10 min

Cook Time: 30 min

Total Time: 40 min

Servings: 6

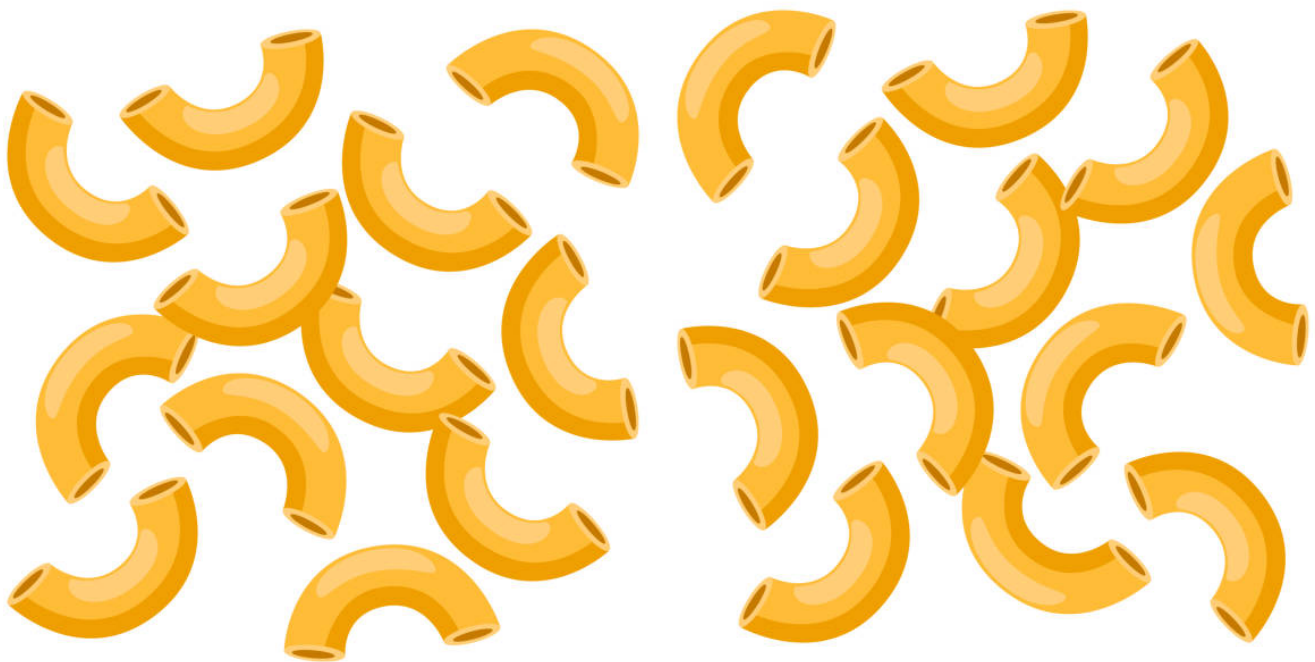


Ingredients:

- 12 ounces macaroni
- 1 tablespoon olive oil
- 1 small onion (diced)
- 2 cloves garlic (minced)
- 1 small zucchini (diced)
- 1 1/2 cups diced eggplant (about 1/2 of an average sized eggplant)
- 1 large carrot (peeled and diced)
- 1 red sweet bell pepper (seeded and diced) (or color of choice)
- 1 28-ounce can crushed tomatoes
- 1/2 cup low-sodium vegetable broth
- 1 teaspoon salt, or to taste
- 1/2 teaspoon pepper, or to taste
- 2 teaspoons dried basil
- 1 tablespoon balsamic vinegar
- Optional garnishes: fresh basil, nutritional yeast

INSTRUCTIONS

1. Cook the macaroni according to package directions.
2. Meanwhile, sauté the onion, carrot and garlic in olive oil over medium heat for 5 to 7 minutes until starting to soften.
3. Add the bell pepper, zucchini, and eggplant and sauté another 5-7 minutes.
4. Add the crushed tomatoes, vegetable broth, salt, pepper, dried basil, balsamic vinegar and stir to combine.
5. Simmer the sauce on low for 20 minutes, stirring occasionally.
6. Serve over your macaroni.



Healthy Macaroni Salad with Greek Yogurt and Cheddar

Prep Time: 10 minutes

Cook Time 8 minutes

Makes: 8 Cups

Calories: 210 per $\frac{3}{4}$ cup

INGREDIENTS

- 2 cups dry macaroni, preferably whole wheat
- $\frac{1}{2}$ cup Greek yogurt, fat-free if desired
- $\frac{1}{4}$ cup mayonnaise
- 1 tablespoon coarse grain or brown deli mustard
- 1 tablespoon white wine vinegar
- 2 teaspoons chopped tarragon or dill
- $\frac{3}{4}$ teaspoon salt, or to taste
- $\frac{1}{2}$ teaspoon freshly ground pepper
- 1 shallot, minced
- 2 carrots, peeled and shredded
- 1 cup peas, fresh or frozen and thawed
- 4 ounces cheddar cheese (about 1 cup)
- 1 cup halved cherry tomatoes for garnish



INSTRUCTIONS

1. Bring a large pot of lightly salted water to a boil over high heat. Add macaroni, stir and cook until al dente, according to package instructions. Drain and rinse under cool running water. Drain thoroughly.
2. Meanwhile whisk yogurt, mayonnaise, mustard, vinegar, herbs, salt and pepper in a large bowl until smooth. Add shallot.
3. Mix the cooked macaroni into the yogurt mixture until coated. Add carrots, peas and cheddar and stir to combine. Transfer to a serving bowl and chill until ready to serve. Garnish with cherry tomatoes just before serving.

Cilantro-Lime Black Bean Rice

Prep Time: 10 min

Cook Time: 20 min

Total Time: 30 min

Course: Side Dish

Servings: 4 servings

Calories: 321 kcal



Ingredient

- 2 cups chicken broth or vegetable broth
- 1 cup Jasmine rice, uncooked, or use any rice that says on the package that it takes 15 minutes to cook it
- 1/4 teaspoon salt
- 4 garlic cloves, minced
- 2 tablespoons lime juice, freshly squeezed (use one 1 tablespoon first, before adding another)
- 15 oz. black beans, rinsed, drained, from the can
- 1/2 cup fresh cilantro chopped

Directions:

1. Use large, deep skillet or a large sauce pan.
2. Add chicken broth, uncooked rice, 1/4 teaspoon salt and minced garlic to the skillet (or pan). Bring to boil. Mix everything well. Reduce the heat to low boil simmer. Cover the skillet with the lid. Simmer for 15-20 minutes, covered, until the rice is cooked through.
3. Remove the skillet from heat. Mix in 1 tablespoon of freshly squeezed lime juice, black beans (rinsed and drained), and fresh cilantro into the cooked rice. Taste, and add more salt and/or another small amount of lime juice (at most 1 extra tablespoon, try adding half of extra tablespoon first).
4. **Note:** 2 tablespoons of lime juice (freshly squeezed only!) are just perfect, but the lime flavor might be too strong for some people, so you might use just 1 or 1.5 tablespoon instead of 2.

Black Beans and Rice

Black Beans and Rice is the perfect budget-friendly meal for busy days!

Prep Time: 5 min

Cook Time: 25 min

Total Time: 30 min

Servings: 4

Calories: 374kcal



Ingredients:

- 1 tbsp olive oil
- 1/2 cup chopped onion
- 2 cloves garlic minced
- 1 cup uncooked white rice
- 2 cups chicken broth or vegetable broth
- 15 oz. can black beans drained
- 10 oz. can Rotel Original Diced Tomatoes and Green Chilies
- 1 cup frozen corn
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 tsp ground cumin
- 1/4 tsp paprika
- 1/4 tsp cayenne pepper (Optional)
- 2 tsp lime juice

Toppings (Optional):

- Chopped Cilantro
- Sour Cream
- Shredded Cheese

Instructions:

1. In a stockpot over medium heat, heat the oil. Add the onion and sauté for 4 minutes. Add the rice and garlic, stir to coat the rice and sauté for 2 minutes.

2. Add the chicken broth, black beans, Rotel, corn, salt, pepper, cumin, and paprika, bring to a simmer, cover and lower the heat to medium-low and cook for 20-25 minutes, until rice is cooked.
3. Add lime juice and season to taste with salt and pepper. Serve garnished with cilantro, sour cream, and shredded cheese.



Peanut Butter Banana Breakfast Cookies

These vegan breakfast cookies take just 3 ingredients and 15 minutes to make!

Prep Time: 3 min

Cook Time: 12 min

Total Time: 15 min

Servings: 6

Calories: 143kcal



Ingredients:

- 2 small very ripe bananas
- 1 cup old fashioned oats
- 1/4 cup natural peanut butter crunchy or creamy

Instructions:

1. Preheat oven to 350°F. Lightly spray a half baking sheet with oil.
2. Mash the bananas in a bowl.
3. Add the oats and peanut butter. Mix.
4. Roll, then flatten 10-12 small cookies (5-6 large) and place on the prepared baking sheet.
5. Bake at 350°F for about 12 minutes or until the cookies are golden brown, as shown.

5 Ingredient Peanut Butter Energy Bites

Quick and Healthy 5 Ingredient Peanut Butter Energy Bites. Takes less than 10 minutes to make with only 5 ingredients! The perfect healthy snack!

Prep Time: 10 minutes

Total Time: 10 minutes

Servings: 12 bites

Ingredients:

- 2/3 cup creamy peanut butter
- 1/2 cup semi-sweet chocolate chips
- 1 cup old fashioned oats
- 1/2 cup ground flax seeds
- 2 tablespoons honey

Instructions:

1. Combine all 5 ingredients in a medium bowl. Stir to combine. Place in the refrigerator for 15-30 minutes so they are easier to roll.



2. Roll into 12 bites and store in the fridge for up to a week.





Online Resources Booster: Recipes and Cooking Guides



If you have internet access, the information and links presented here are intended to provide you with access to more camp-related resources.

Native American Recipes and Cooking Guides

- Three Sisters Stew

<https://www.youtube.com/watch?v=KTGW-YTi62o>



- Squash & Hominy Soup with Turkey

<https://www.youtube.com/watch?v=v9F55Z2iDGc>

- Roasted Acorn Squash with Agave

<https://www.youtube.com/watch?v=01xo2ejLGVc>



- Roasted Spaghetti Squash w/ Hominy & Cilantro

<https://www.youtube.com/watch?v=1AIsrNRkPw0>

- Roasted Pima Corn Mash <https://www.youtube.com/watch?v=KrcddLLSr30>



- Sage & Cranberry Tea w/ Pure Maple Syrup

<https://www.youtube.com/watch?v=v-QGvzthggo>

- Native American Recipes

<https://www.pinterest.com/57frederick/native-american-recipes/>



Traditional Food Traditions/Indigenous Cooking

✧ Three Sisters Soup <https://youtu.be/PeuDCMR4KQQ>



✧ PBS - "How This Navajo Chef Brings His Native Food Traditions Back"
<https://www.youtube.com/watch?v=nQ1wpBTzFDs>

✧ PBS - "What Native Elders Think About Indigenous Cooking"
https://www.youtube.com/watch?v=ATxm_XFfRiQ

✧ Brian Yazzie YouTube Channel
https://www.youtube.com/channel/UCf9-pSMv_wN7H8QRDeJmSA

Healthy Recipe/Cooking Options



➤ Cucumber Tomato Avocado Salad
https://www.youtube.com/watch?v=SpI3QF_lauc



➤ Pasta sauce with hidden veggies
<https://www.youtube.com/watch?feature=youtu.be&v=2iN1DPs-M8g>

➤ Healthy Eating Hacks <https://www.youtube.com/watch?v=7UDx1RF9Oho>

➤ Easy Healthy Dinner that Kids Love <https://youtu.be/EcbKx4UDxGE>



Vegetables, Legumes, & Whole Grains

Including vegetables and legumes (beans) in your diet is *extremely important*. Veggies as well as grains are incredibly rich in nutrients and antioxidants, which boost your health and help fight off disease.

Legumes includes
beans, peas, peanuts,
and soybeans

Additionally, they are beneficial for weight control due to their low-calorie content.

Health authorities around the world recommend that adults consume several servings of vegetables and whole grains each day, but this can be difficult for some people.

Here are some ways to incorporate more vegetables, legumes, & whole grains into your family's diet:

1. Make Veggie-Based Soups

Soups are an excellent way to consume multiple servings of vegetables at once. You can make veggies the "base" by pureeing them and adding spices. Furthermore, it is simple to cook veggies into broth- or cream-based soups. Adding even a small amount of extra veggies, such as broccoli, to soups is a great way to increase your intake of fiber, vitamins, and minerals. Here is a recipe that you can try!

Super Low Cal Healthy Creamy Vegetable Soup

Super low cal and gluten free, the soup broth is made using whizzed up peeled zucchini, cauliflower and onion. Zucchini has a terrific neutral flavour which makes a creamy broth just like creamy soups thickened using butter and flour (and often cream!) - but with 90% less calories!

Ingredients

- 1 medium head of cauliflower

LOW CAL CREAMY SOUP BROTH:

- 1 lb zucchinis (2 large), peeled and cut into slices
- 1 large onion , roughly chopped (brown, white, yellow)
- 2 garlic cloves , whole
- 2 cups vegetable or chicken broth
- 2 cups water
- 1 cup 0% fat milk (or other milk of choice)
- 1/2 tsp each garlic powder and onion powder (or 1 tsp of one of them)
- Pinch black pepper

SOUP:

- 1 tbsp olive oil
- 1 garlic clove , minced
- 1 onion , chopped (brown, white, yellow)
- 2 large carrots , cut into 1/2" pieces
- 3 celery sticks , cut into 1/4" slices
- 2 red bell peppers , cut into 2/5" pieces
- 1 lb zucchinis (2 large), peeled and cut into 1/2" slices



- ❑ 1 tsp dried thyme (*or other herb of choice*)
- ❑ Salt and pepper
- ❑ Finely chopped parsley , *optional garnish*

Instructions

CAULIFLOWER:

1. For soup - Break off 1/4 of the cauliflower into small bite size florets and put aside to use in the soup.
2. For broth - Break up the rest of the cauliflower into medium florets. If you have a small cauliflower, use the stem too - peel then rough dice.

BROTH:

1. Place cauliflower for broth in a large pot. Add zucchini, onion, whole garlic cloves, vegetable broth and water.
2. Place lid on, bring to boil then adjust heat so it's simmering energetically. Cook for 15 minutes or until cauliflower is soft.
3. Transfer to blender, add garlic powder, onion powder, pepper and milk. Place lid on, place tea towel on lid and hold down very firmly, then whizz to puree soup, starting on low then getting faster.
4. Remove lid. Marvel at super low cal ultra creamy soup broth.

SOUP:

1. Heat oil in a large pot over medium high heat. Add onion and garlic, cook for 1 minute. Then add carrots and celery, cook for 2 minutes.
2. Add thyme, capsicum and zucchini. Cook until softened, around 2 minutes.
3. Pour in soup broth. Adjustment consistency with water to achieve desired thickness. Add reserved cauliflower.
4. Simmer 5 minutes to bring flavours together. Season with salt and pepper.
5. Serve, garnished with parsley. Or splurge your calorie credits on a piece of grilled cheese to dunk into the soup!!

Recipe Notes:

1. STORAGE: This keeps very well in the fridge for up to 4 days. It also freezes very well!
2. Nutrition per serving, assuming 6 servings (about 2 heaped cups, one generous sized bowl which is filling).

2. Experiment with Veggie Noodles

Veggie noodles are easy to make, and a great way to get more veggies in your diet. They are also an excellent low-carb substitute for high-carb foods, such as pasta. They are commonly used for zucchini, carrots, and sweet potatoes. Once the "noodles" are made, they can be consumed just like pasta and combined with sauces, other vegetables, or meat.

Try this Veggie Spaghetti recipe!

Ingredients:

- Zucchini
- Olive oil,
- Ragu pasta sauce,
- Basil or thyme (optional),
- Vegetables such as mushrooms or red peppers (optional)



Nutrition Facts	
Healthy Creamy Vegetable Soup	
Serving Size: <input type="text" value="1"/> Serving (612g)	
Amount Per Serving	
Calories 124	Calories from Fat 34
% Daily Value*	
Total Fat 3.8g	6%
Saturated Fat 0.6g	3%
Trans Fat 0g	
Polyunsaturated Fat 0.9g	
Monounsaturated Fat 1.8g	
Cholesterol 0.9mg	0%
Sodium 355mg	15%
Potassium 1011mg	29%
Total Carbohydrates 19g	6%
Dietary Fiber 6g	24%
Sugars 11g	
Protein 7g	
Vitamin A	115%
Vitamin C	130%
Calcium	14%
Iron	9.9%

* Percent Daily Values are based on a 2000 calorie diet.



Notes:

- 2 medium-sized zucchinis usually feed about 2 people. Take this into account when planning on making this for your family!
- You do not have to use zucchini. You can also use carrots or sweet potatoes.

Instructions:

1. Wash all vegetables.
2. Make zucchini into noodles using spiralizer or cutting them with a knife to make it noodle-like.
3. If you decided to add any extra veggies, sauté them in a pan using olive oil.
4. Turn on stove to low-medium heat. Add olive oil to pan and add the zucchini noodles.
5. Cook zucchini noodles for about 3 minutes. Stir often.
6. Add in extra veggies and Ragu sauce to noodles. Season with salt & pepper. Continue cooking for about 5 minutes.
7. Sprinkle finished product with basil or thyme if you would like.
8. Ready to serve!



3. Add Veggies to Sauces

Adding extra vegetables to your sauces is a sneaky, unique way to increase your veggie intake. While you are cooking sauce, such as marinara sauce, simply add some veggies of your choice to the mix, such as chopped onions, carrots, spinach, or bell peppers. You can also puree certain veggies with seasonings and make them into a sauce on their own. Try the recipe below!

Creamy Veggie Mac n' Cheese Sauce

What you will need:

- 10 medium vine-ripe tomatoes, cut them into quarters
- 8 medium-large orange carrots, diced into large pieces
- 1/2 medium white onion, diced into large pieces
- 8 cloves garlic, minced
- 1/4 cup water
- 2 tbsp olive oil
- 2 stems celery, diced into large pieces (optional)
- salt, to taste
- red crushed pepper (optional)
- freshly ground black pepper (optional)



Instructions:

****Can use stove top or Instant Pot****

1. Select the Sauté button (normal) on the Instant Pot or heat a non-stick pan on medium heat.
2. Add olive oil.
3. Add all the minced garlic and cook until fragrant (~30 sec).
4. Add the diced white onions and cook for another 1-2 minutes, stirring frequently.
5. Add the diced carrots, tomatoes, and celery (if using). Sauté for another 1-2 minutes, stirring frequently.
6. Add 1/4 cup water and mix well.
7. **For Instant Pot Method:** Close the Instant Pot lid. Select the Pressure Cook button to cook on high pressure (HP). Set the timer for 7

minutes. When the time is up, allow the pressure to release naturally (NPR). Open the lid and cool slightly.

For Stove-Top Method: When mixture starts boiling, turn down heat to gentle simmer and cover pot. Let it simmer covered for about 15 minutes or until carrots are very tender (no need to add water to the pot because tomatoes should release liquid).

8. Empty the contents into a blender (or use a hand blender) and completely puree everything. Depending on how much sauce you make, you may need to do this in two batches.
9. Pour the pureed sauce back into the pot or instant pot
10. Heat the pot on medium-low, sauté mode (normal) for Instant Pot, and simmer uncovered for 5-10 minutes to reduce and thicken the sauce if necessary.
11. Season with salt to taste. Since we did not add any salt prior to this step, depending on how sweet your tomatoes are and whether or not you used cashews, you may need to add a decent amount of salt for the amount of pasta sauce you have.

(optional) Add red crushed pepper and freshly ground black pepper for some spice.

4. Make a Cauliflower Pizza Crust

Cauliflower is extremely versatile, and there are many unique ways to include it in your diet. One strategy is to replace regular, flour-based pizza crust with a cauliflower crust which is made by combining cauliflower with eggs, almond flour, and some seasonings. You can then add your own toppings, such as fresh veggies, tomato sauce and cheese. Substituting cauliflower crust for flour-based crusts is an excellent way to enjoy the

delicious taste of pizza, while reducing your intake of carbs and calories. Here is how to make cauliflower pizza crust!

Cauliflower Crust Pizza

Ingredients

- 1 large head cauliflower, roughly chopped
- 1 large egg
- 2 c. shredded mozzarella, divided
- 1/2 c. freshly grated Parmesan, divided
- Kosher salt
- 1/4 c. marinara or pizza sauce
- Pepperoni slices



Directions

1. Preheat oven to 425°. In a large skillet, bring about 1/4" water to a boil. Season with salt. Add cauliflower in one even layer and cook until crisp-tender, 3 to 4 minutes. Transfer to a clean dish towel (or paper towels) and squeeze to drain water.
2. Add drained cauliflower to food processor and pulse until grated. Drain excess water in paper towels.
3. Transfer drained cauliflower to a large bowl and add egg, 1 cup mozzarella and 1/4 cup Parmesan, then season with salt.
4. Transfer dough to a baking sheet lined with cooking spray and pat into a crust. Bake until golden and dried out, 20 minutes.

5. Top crust with marinara, remaining mozzarella and Parmesan, pepperoni slices and bake until cheese is melted, and crust is crisp, 10 minutes more.
6. If you do not like pepperoni, add any toppings of your choice!

5. Blend Smoothies

Smoothies make for a refreshing breakfast or snack. Typically, they are made by combining fruit with ice, milk, or water in a blender. You can also add veggies to smoothies without compromising the flavor. Fresh, leafy greens are common smoothie additions, such as in this recipe, which combines kale with mango, peaches, ginger, and some other flavorings. Adding spinach and kale to smoothies is an easy way to get more nutrients. Try making a smoothie!

Ingredients:

- 1 cup of milk (almond or dairy)
- Handful of ice cubes
- 1 banana (fresh or frozen)
- ½ cup of fresh fruit (blueberries, strawberries, raspberries, etc.)
- ½ cup of veggies (kale, spinach, beets, etc.)
- Optional add-ins (protein powder, peanut butter, honey, cocoa)

Directions:

- Add chosen ingredients into a blender and blend until you achieve a smooth consistency
- Yields 1-2 Servings
- Serve immediately



Follow Up Questions:

1. Did you try any of the recipes? YES / NO

2. Are there other ways to increase eating vegetables?

3. What are vegetables commonly eaten by your family?

4. How are these prepared? What are they mixed with?



Popcorn Instructions

Ingredients:

- ½ Cup popcorn kernels
- 2 tablespoons popcorn oil (Sent previously)
- Salt, if desired for taste

Supplies Needed:

- Popcorn kernels
- Popcorn oil
- Popcorn bags

Stovetop method directions:

(REMINDER: Please make sure there is a parent/guardian present for safety precautions)

1. Wash hands with soap and warm water.
 2. Heat a large pot over medium-high heat until warm. Pour 2 tablespoon of popcorn oil and popcorn kernels into pot.
 3. Cover pot with a lid. Lift the pan slightly off the heat using hot pads to protect hands. Gently shake the pan back and forth constantly while popcorn pops. When popcorn slows the 3 seconds between each pop, remove from heat.
 4. Pour popcorn immediately into a large mixing bowl to prevent kernels from burning.
 5. Add salt to taste.
 6. Serve in popcorn bags and enjoy!
- (Repeat if needed)

