

recipe for

Beef and Veggies over Rice

Directions:

1. Put ground beef in a pan and cook over medium heat until browned. Drain off fat.
2. Add tomatoes, rice, water, and pepper.
3. Cover and boil gently for about 25 minutes or until rice is tender.
4. Add split/green beans.
5. Heat moderately until hot.

Makes 2 servings

Healthy Substitutions:

- Add mixed vegetables instead of peas.
- Up the number of servings by increased ratio.
- Use ground turkey instead of beef.
- Use brown rice instead of white rice.

Flavorful additions:

- Use sausage instead of beef.
- Add a chopped onion in with the tomatoes, rice, water, and pepper.

ingredients

- 1/3lb Lean Ground Beef
- 1/2 cup Canned or Fresh Tomatoes, diced
- 1/4 cup Rice (uncooked)
- 1/3 cup Water
- Pepper to taste
- 1 cup Cooked Split Peas or Thawed Green Peas



recipe

notes

Serving Size.....	1 1/2 cup(s)
Total Calories	386.2 cal
Carbohydrates	31.39g
Protein	27.3g
Total Fat.....	16.12g
Monounsaturated	7.69g
Polyunsaturated	0.73g
Saturated	6.33g
Cholesterol	74.8mg
Dietary Fiber	3.89g

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recipe for Veggie Confetti Macaroni

Directions:

1. Cook macaroni until it's halfway done.
2. Add 4 cups of cauliflower florets to the water.
3. When the pasta and cauliflower are nearly done, add 1 cup of peas; reserve some pasta water and drain the rest of the pasta water.
4. Heat 1/2 cup chicken broth in a large pot; add 1 cup grated cheddar cheese, 1 tablespoon Dijon mustard, a pinch of nutmeg, and salt and pepper to taste.
5. Stir until smooth.
6. Add pasta mixture back in and toss, adding reserved pasta water as needed.
7. Serve and top with a little more cheddar cheese.

Makes 4 servings

Healthy Substitutions:

- Add different vegetables - Beans, Corn.
- Use different types of noodles.
- Add 1 cup of chicken, ham, sausage.

ingredients

- 2 cups Elbow Macaroni
- 4 cups Cauliflower Florets (fresh/frozen)
- 1 cup Peas (frozen)
- 1 cup Grated Cheddar Cheese
- 1 tsp Dijon Mustard
- Pinch of Nutmeg
- Salt and Pepper to taste



recipe

notes

Serving Size.....	1 1/2 cup(s)
Total Calories	270.5 cal
Carbohydrates	30.6g
Protein	14.4g
Total Fat.....	10.3g
Monounsaturated	2.9g
Polyunsaturated	0.7g
Saturated	6.3g
Cholesterol	30.3mg
Dietary Fiber	5.0g

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recipe for Veggie Pasta with Beans

Directions:

1. Cook pasta according to package directions. Set aside.
2. Heat oil in large sauté pan or skillet. Add garlic and cook on low until soft.
3. Add spinach, tomatoes with juice, drained beans, salt and pepper. When the mixture bubbles, cook gently (uncovered) for 5 minutes.
4. Add pasta and parmesan to spinach mixture. Toss well and serve.
5. Refrigerate leftovers within 2-3 hours.

Makes 8 servings

Healthy Substitutions:

- Chopped fresh spinach (about 6 cups).
- Greens such as Kale, Cucumbers, or Swiss Chard.
- Penne, Ziti, Tortellini Pasta.
- Other types of canned beans

ingredients

- 8oz pasta
- 1/3 cup vegetable oil
- 1 tbsp minced garlic
- 12oz frozen spinach
- 1 can (15oz) diced tomatoes w/ juice
- 1 can (15oz) white beans, drained
- 1tsp salt
- 1/2 tsp pepper
- 1/2 cup grated parmesan cheese



recipe

notes

Serving Size.....	1 cup(s)
Total Calories	290 cal
Carbohydrates	39g
Protein	11g
Total Fat.....	12g
Trans	0g
Saturated	2g
Cholesterol	5mg
Dietary Fiber	4g

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recipe for Baked Cauliflower

Directions:

1. Preheat oven to 450 degrees. Place cauliflower in a large baking dish. Add the oil and toss to coat.
2. Bake for 10 minutes. Stir, and then bake 10 more minutes.
3. Sprinkle with the parsley and pepper. Bake for 5 more minutes, or until slightly browned.
4. Sprinkle with the cheese. Mix well.

Makes 4 servings

Healthy Substitutions:

- Make a medley by adding zucchini, broccoli, and/or carrots

ingredients

- 1 head cauliflower, chopped
- 1 tsp extra virgin olive oil
- 1 tsp of dried or fresh parsley
- 1/4 tsp ground black pepper
- 1 tbsp grated parmesan cheese



recipe

notes

Serving Size.....	3/4 cup(s)
Total Calories	158 cal
Carbohydrates	9g
Protein	6g
Total Fat.....	12g

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ingredients

Base

- 2 tbsp Vegetable Oil, with extra for brushing
- 4 large potatoes, thinly sliced

Topping

- 1 tbsp vegetable oil
- 1 leek, chopped
- 1 zucchini, grated
- 1 red bell pepper, seeded and diced
- 1 green bell pepper, seeded and diced
- 1 carrot, grated
- 2 tsp chopped parsley
- 1 cup cream cheese
- 1 cup grated sharp cheese
- 2 eggs, beaten
- Salt and pepper
- Shredded cooked leek, to garnish



recipe for Vegetable Delight

Directions:

1. Brush an 8 inch springform cake pan with oil.
2. To make the base, heat the oil in a skillet. Cook the potato slices until softened and browned. Drain on paper towels and place in the base of the pan.
3. To make the topping, heat the oil in a separate skillet. Add the leek and fry over a low heat, stirring frequently, for 3-4 minutes, until softened.
4. Meanwhile, beat the cheeses and eggs together in a bowl. Stir in the vegetables and season to taste with salt and pepper. Spoon the mixture evenly over the potato base.
5. Cook in a preheated oven at 375 Degrees for 20-25 minutes, until the cake is set.
6. Remove the vegetable cake from the pan, transfer to a warm serving plate, garnish with shredded leek, and serve.

Makes 4 servings

Healthy Substitutions:

- Low-fat cream cheese and low-fat sharp cheese
- add in celery or other fresh vegetables
- use only 1 whole egg and 2 egg whites

recipe

notes

Serving Size.....	1 1/2 cup(s)
Total Calories	502 cal
Carbohydrates	41g
Protein	16g
Total Fat.....	31g
Saturated	14g

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recipe for Chicken Casserole with Rice

Directions:

1. Stir the soup, water, rice, vegetables and onion powder.
2. Top with chicken. Season chicken as desired and cover.
3. Bake at 375 degrees for 45 minutes or until done.
4. Top with cheese.

Makes 4 servings

Healthy Substitutions:

- Substitute Brown Rice for White Rice
- Try 1/2 cup chopped onion rather than onion powder
- Substitute egg noodles for rice noodles

ingredients

- 1 can (8oz) cream of chicken soup
- 1 1/3 cups water
- 3/4 cup uncooked long-grain white rice
- 2 cups mixed vegetables
- 1/2 tsp onion powder
- 2 skinless chicken breasts (boneless halves)
- 1/2 cup shredded cheddar cheese



recipe

notes

Serving Size.....	1 1/3 cup(s)
Total Calories	462 cal
Carbohydrates	50g
Protein	40g
Total Fat.....	12g

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recipe for Chili Skillet

Directions:

1. Brown meat and onion in skillet, cook on medium-low heat for 5 minutes, stir often. Drain grease from pan.
2. Add chili powder and stir, cook for 3-5 minutes.
3. Add tomatoes, drained beans and tomato soup.
4. Add water; stir and simmer for at least 30 minutes.
5. Refrigerate leftovers within 2 hours.

Makes 12 servings

Healthy Substitutions:

- For meat, use lean ground beef, chicken, or turkey.
- For beans, try black, pinto, kidney, or any other type.
- Substitute low-sodium tomato soup for regular tomato soup.
- Add celery.

ingredients

- 1lb ground meat
- 1 chopped onion
- 2 tsp chili powder
- 1 14.5oz canned tomatoes, w/ juice
- 2 15oz can beans
- 1 10.75oz can tomato soup



recipe

notes

Serving Size.....	2/3 cup(s)
Total Calories	160 cal
Carbohydrates	18g
Protein	12g
Total Fat.....	4.5g
Trans	0g
Saturated	1.5g
Dietary Fiber	4g

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recipe for Delicious Chicken Pot Pie

Directions:

1. Heat oven to 400 degrees F.
2. Mix vegetables, chicken, and soup in ungreased glass pie plate (9 x 1 1/4 inches).
3. Stir together remaining ingredients with fork until blended. Pour into pie plate.
4. Bake 30 minutes or until golded brown.

Makes 6 servings

Healthy Substitutions:

- Add more flavor by adding 1/2 tsp of any dried herb into the vegetable mix.
- Can substitute other meat, like turkey or ham.
- Try fresh vegetables.
- Try cream of potato or cream of mushroom soup.
- Use skinless, boneless chicken breast.
- For less fat, use skim milk.

ingredients

- 1 2/3 cups frozen mixed vegetables
- 1 cup cut-up chicken breast
- 1 can cream of chicken soup
- 1 cup biscuit mix
- 1/2 cup milk
- 1 egg



recipe

notes

Serving Size.....	1 cup(s)
Total Calories	230 cal
Carbohydrates	25g
Protein	12g
Total Fat.....	9g
Trans	1g
Saturated	3g
Dietary Fiber	3g

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recipe for

Chicken Casserole

with a Mexican Twist

Directions:

1. Heat oven to 375 degrees F.
2. In ungreased 2-qt glass baking dish, mix soup, water, rice, cumin, pepper, beans, and corn. Top with chicken. Cover.
3. Bake for about 30 minutes or until juice of chicken is clear when center of thickest part is cut and rice is tender. Stir rice around chicken. Top with cheese.
4. Bake 5-10 more minutes or until cheese is melted.

Makes 4 servings

Healthy Substitutions:

- Instead of soup and cumin, try chicken stock and taco seasoning, or tortilla soup.
- Substitute brown rice for white rice.
- Try canned corn, rather than frozen.
- Add other vegetables like peppers, tomatoes, ect.
- Substitute any other shredded cheese available.

ingredients

- 1 cup chicken enchilada soup
- 3/4 cup water
- 3/4 cup uncooked regular long-grain white rice
- 1/2 tsp cumin
- 1/4 tsp ground black pepper
- 1 can black beans, drained, rinsed
- 9oz frozen corn
- 1lb boneless skinless chicken breast halves
- 1 cup shredded Colby-Monterey Jack Cheese Blend



recipe

notes

Serving Size.....	1 1/2 cup(s)
Total Calories	400 cal
Carbohydrates	40g
Protein	37g
Total Fat.....	9g
Trans	0g
Saturated	2.5g
Dietary Fiber.....	2.2g

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recipe for Pantry Pasta

Directions:

1. Heat some olive oil in a large pan over medium heat.
2. Add 1/2 to 1 pound of sweet Italian sausage to the pan, add garlic, and cook meat through.
3. Add canned tomatoes with their juice, then add can of drained chickpeas (save the liquid).
4. Season with salt and pepper and cook tomatoes until they start to break down and the flavors cook, about 10 minutes, add some of the reserved chickpea liquid if needed.
5. Cook pasta in a separate pot; when it is nearly done, add the spinach to the sauce and cook until wilted.
6. Toss the pasta with the sauce and top with parmesan, serve.

Makes 6 servings

Healthy Substitutions:

- Change the meat to turkey sausage or ground chicken.
- Add different beans; cannellini, navy, or chili.
- Use fresh tomatoes; about three medium.

Flavorful additions:

- Use different shaped pasta.
- To spice up, add hot sauce or sriracha.

ingredients

- 1 tsp. olive oil
- 1/2 to 1 pound sweet Italian sausage
- 1 clove garlic (1 tbsp)
- 14 oz canned diced tomatoes
- 14 oz canned chickpeas (garbanzo beans)
- 2 to 3 cups spinach
- 12 oz pasta (spaghetti)



recipe

notes

Serving Size.....	1 1/3 cup(s)
Total Calories	1936.5 kcal
Carbohydrates	151g
Protein	91.3g
Total Fat.....	111.3g
Monounsaturated	51.9g
Polyunsaturated	9.2g
Saturated	42.1g
Dietary Fiber	40.3g

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