Baked Tex-Mex Taco Zucchini Boats (Makes 4 Servings)

Cut 2 zucchinis lengthwise and hollow out. Heat 1 tbsp. oil in a sauté pan. Add 1/4 cup diced onion and scooped out zucchini then cook until translucent. Add 1 clove minced garlic and cook another minute. Add 1 tbsp. chili powder, 1 tsp. cumin, 1 cup rinsed black beans, 1/2 cup frozen, thawed corn kernels, 1 cup drained, diced tomatoes and cook for 5 minutes. Season with salt and pepper. Simmer 10 minutes.

Fill each zucchini with 1/4 of the black bean mixture. Bake, covered at 375 for 25 minutes until tender. Sprinkle with cheddar cheese and bake for an additional 5 minutes until cheese is bubbly. Top with sour cream, black olives, salsa, or your favorite taco toppings.

Edamame Hummus (Makes 6 Servings)

Microwave one 10oz bag of frozen, shelled edamame beans. In a food processor or blender, puree edamame or mash by hand, and add 1 tsp. garlic powder, 1/2 tsp. salt, 1/2 tsp. cumin, and 2 tbsp. lemon juice until smooth. Slowly drizzle in 1 tbsp of olive oil and add water to achieve desired consistency. Transfer to a bowl and serve with carrot, celery, and pretzel sticks.

Cinnamon Banana Ice Cream (Makes 3 Cups)

Freeze 4 peeled and ripened bananas for at least 4 hours and blend with 1/2 cup regular or soy milk, 1 tsp. vanilla extract, 1 tbsp. cinnamon, and 1 tsp. honey. Once combined, freeze ice cream for 1 hour before enjoying. Sprinkle with toppings as desired.

Grilled Fruit Breakfast Pizza (Makes 2 Servings)

Toast whole wheat pita or naan bread in the oven until crispy. Remove and allow to cool slightly. Mix 4 oz softened cream cheese with 1 tsp. honey. Spread sweetened cream cheese on toasted bread, top with apples, strawberries, blueberries, bananas, kiwi, or whatever fruit you love most! Slice and enjoy!

More on Back...
Fruit French Toast Bake  
(Makes 6 Servings)
Cut 1, large loaf of bread or whole grain baguette into cubes and place into a greased 9"x13" casserole dish. In a separate bowl, mix 6 eggs, 2 cups of milk, 1 tbsp. of cinnamon, 1 tbsp. of vanilla extract and 1 tbsp. sugar. Pour over bread mixture and add 1 cup of thawed, frozen peaches or whatever fruit you like. Mix until just combined. Allow bread to soak in the refrigerator for at least one hour. Sprinkle with 1 tbsp. sugar and bake at 375 degrees until the eggs are set, about 25 minutes.

Broccoli Cheddar Breakfast Stuffed Peppers  
(Makes 4 Servings)
Cut the top off of 4 bell peppers and scrape out the seeds. In a bowl, whisk 6 eggs, 1/4 cup milk, 1/4 cup shredded cheddar cheese, and 1/2 cup thawed, drained, and chopped broccoli florets. Season with salt and pepper. Pour egg mixture into bell peppers and top with a sprinkle of shredded cheese. Bake at 350 degrees for approximately 45 minutes.

Baked Cinnamon Sugar Sweet Potato Wedges w/ Homemade Chicken Nuggets  
(Makes 1 Serving)
Sweet Potato Wedges – Cut 2 large sweet potatoes, skin on, into thin wedges. Toss with 1 tbsp. oil, 1/4 tsp. cinnamon, and 1 tsp. brown sugar. Lay wedges on a foil-lined baking sheet and roast at 425 degrees for 20 minutes, until tender.

Chicken Nuggets – Place 1 slice of sandwich bread in a bowl. Pour 1/4 cup milk, 1/2 tsp. garlic powder, 1/2 tsp. salt, and black pepper over the bread allowing it to soak. Use your hands to break up the mixture and combine with 1 lb. lean ground chicken. Combine 1 cup seasoned bread crumbs with 1/4 cup parmesan cheese. Form chicken into nuggets and dip into a whisked egg, and then breadcrumb mixture. Spray with cooking oil and bake in a 375 degree oven for 8 minutes, flip, and bake another 8 minutes until crispy.

Overnight Oats: Mixed Berry  
(Makes 1 Serving)
In a container with a lid, top 1/3 cup old fashioned oats with 1/2 cup of milk, a pinch of cinnamon and 1/3 cup frozen berries. Soak overnight in the refrigerator for a quick breakfast or snack. Top with granola, nuts, or seeds if desired.