



Creative Cooking For One or Two

A Compilation of Recipes by The Sudbury
Senior Center

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Breakfast



RECIPE

Bacon Quiche Tarts



Submitted by **Betsey Cutler**

Ingredients

- 2 Egg (large)
- 6 oz. cream cheese
- 4 teaspoon low-fat milk
- 1/2 C. shredded cheese (Colby or Cheddar)
- 2 tablespoon chopped green pepper
- 1 tablespoon chopped onion
- 1 Pkg. refrigerated crescent rolls
- 5 bacon strips, cooked & crumbled

Preparation

1. Heat oven to 375*
2. Beat in a small bowl: cream cheese & milk.
3. Mix together: eggs, cheese, green pepper & onions.
4. Separate dough into 8 triangles & press into bottom and sides of 8 greased muffin cups.
5. Sprinkle egg mixture over bacon and top with remaining bacon.
6. Bake for 18-20 minutes till the knife inserted in the center comes out clean.

RECIPE

Variations to AJ's PB&J Oatmeal



Submitted by **Al Jost**

Ready in **10 minutes**

Ingredients

- 1 cup of Old Fashioned Oatmeal, microwave preparation. Can also use quick, steel cut, Irish, gluten-free
- Unsweetened vanilla almond milk to taste. Can also use regular skim milk, regular whole milk, regular almond milk
- 1 dollop of peanut butter any type: crunchy, maple flavored PB*, smooth, natural, almond butter
- 1 dollop of sugar free jelly, jam or preserves. Grape, strawberry, blueberry, raspberries, or your favorite*
- Additional toppings
 - 1 fingertip of sliced almonds
 - 1 fingertip of chopped walnuts
 - Sprinkle of cinnamon to taste
 - Bunch of grapes, strawberries, blueberries, or raspberries to match jam jelly or preserves

Al's Tips

Oatmeal is a very healthy and satisfying breakfast or later morning cereal that will curb your appetite until the evening meal. It also supports good extended walks or jogs afterwards if dieting and exercising. The possible peanut butter and jelly variations add a little substance to an already hearty cereal. The addition of the ingredients beyond the basic oatmeal is really up to each person's individual tastes and likes. *Note: Ocean Lot has an extensive selection of interesting jellies, jams, and preserves; as well as, a variety of peanut butters, like maple peanut butter – yum!

RECIPE

Avocado Toast



Submitted by **DN**

Ready in **30 minutes**

Ingredients

- Slice of bread (I always keep a nice sourdough bread in my freezer for this)
- 1 Ripe avocado
- 1 Egg
- 3-4 Cherry tomatoes
- Garlic salt
- Salt and pepper to taste

Preparation

1. Toast bread.
2. Add slices of avocado.
3. Add sliced cherry tomatoes.
4. Sprinkle garlic salt.
5. Top with an egg (Most folks prefer a fried egg but I actually cut up a boiled egg so I don't have to do dishes!)
6. Add salt and pepper to taste.

DN's Tips

I always like to keep eggs and avocados at home as they make one of the quickest, healthiest meals for one person (or many) and you don't even have to do dishes.

I do think selecting a nice bread makes a difference. You can add chives or scallions or even a shaved slice of cheese to make it more interesting.

RECIPE

Scrambled Eggs with Vegetables



Source

<http://www.eatingwell.com/recipe/266805/scrambled-eggs-with-vegetables/>

Ready in 20 minutes

Ingredients

- 2 teaspoons olive oil
- 1 cup chopped broccoli, asparagus and/or zucchini
- 1 small clove garlic, minced
- ½ teaspoon minced fresh rosemary
- 2 large eggs
- 1 tablespoon heavy cream
- ⅛ teaspoon salt
- ¼ teaspoon ground pepper
- 1 tablespoon shredded Cheddar or Gouda cheese

Preparation

1. Heat oil in an 8-inch skillet over medium-low heat. Add chopped vegetables. Cook, stirring often, until just about tender, 2 to 4 minutes. Stir in garlic and rosemary; cook for 1 minute more.
2. Crack eggs into a small bowl and whisk in cream, salt and pepper. Pour the egg mixture over the cooked vegetables. Stir/scrape until the eggs are almost set. Add cheese; turn off the heat and let the eggs melt the cheese.

Appetizers & Sides



RECIPE

Roasted Brussels Sprouts with Balsamic Vinegar & Honey



Submitted by **SG**

Ready in **30 minutes**

Ingredients

- 1-1/2 pounds Brussels sprouts, halved, stems and ragged outer leaves removed*
- 3 tablespoons extra virgin olive oil
- 3/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 tablespoon balsamic vinegar
- 1 teaspoon honey

Preparation

1. Preheat oven to 425°F and set an oven rack in the middle position. Line a baking sheet with heavy-duty aluminum foil.
2. Directly on the prepared baking sheet, toss the brussels sprouts with 2 tablespoons of the oil, the salt, and the pepper. Roast, stirring once halfway through, until tender and golden brown, about 20 minutes.
3. Drizzle the remaining tablespoon of oil, the balsamic vinegar and the honey over the roasted brussels sprouts. Toss to coat evenly. Taste and adjust seasoning, if necessary, then serve.

SG's Tips

If you have some brussels sprouts that are very large, cut them into quarters. They should all be cut about the same size to ensure even cooking.

RECIPE

Ham & Asparagus Roll-Ups with Curry Sauce



Submitted by **Betsey Cutler**

Ready in **20 minutes**

Ingredients

- 5 ham slices (1/8 - 1/16" for rolling)
- 5 needed lorraine swiss cheese slices
- 15 partially cooked or steamed asparagus spears (use 3-4 spears per roll-up depending on thickness of asparagus)
- 1/2 cup mayonnaise
- 1/2 cup milk
- 1/2 teaspoon curry powder or more to taste

Preparations

1. Layer ham, swiss cheese and asparagus then roll and place in a microwave safe casserole dish.
2. Heat just enough to melt the cheese approx 6-8 minutes or you can oven heat for approx. 15 min.

CURRY SAUCE

3. Slowly heat curry sauce in a sauce pan or microwavable bowl till thickened. Stir.
4. Drizzle a little sauce over roll-ups to serve, if you want.
5. Put remaining sauce in a cream pitcher and pass around to guests for individual tastes.

Betsey's Tips

My husband has me double the Curry Sauce recipe so he has it to top Eggs Benedict another day! Can modify ingredients depending on desired number of roll-ups.

RECIPE

Bean Dip



Submitted by **DN**

Image Source **Pinterest, oneshetwoshe.com**

Prep time **20 minutes**. Ready in **4 hours**

Ingredients

- 1 red pepper
- 1 bunch of scallions
- 2 cans shoepeg corn
- 1 can black eyed peas
- 1-2 limes depending on taste
- 2 cloves of garlic
- tablespoon of fresh chopped cilantro
- salt to taste
- hot sauce (optional)
- 1 bag of scoop tostitos (I really like the multi grain ones)

Preparation

1. Wash and drain the cans of shoepeg corn and black eyed peas.
2. Chop the red pepper and scallions fine and grate the garlic cloves.
3. Mix all of the above.
4. Add juice of at least 1.5 limes, fresh cilantro and hot sauce if you want extra kick.
5. Mix all and let it sit for at least 4-6 hours.

DN's Tips

So anything that tastes better the next day gets a big thumbs up in my book. That's because I can prep and keep it ready and eat when I want. This is one dish that does not taste good right away. You need the ingredients to sit in the salt and lime juice for a few hours for it all to come together.

RECIPE

Maple Roasted Sweet Potatoes

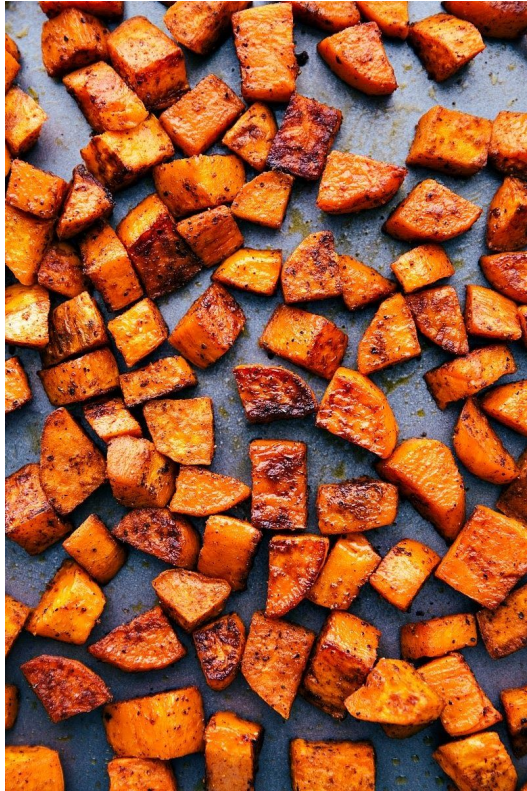


Image Source **Chelsea's Messy Apron**

Source

<https://ageright.org/recipes/maple-roasted-sweet-potatoes/>

Ready in **1 1/2 Hours**

Ingredients

- 2 ½ lbs. sweet potatoes, peeled and cut into 1 ½ inch pieces (8 cups)
- ½ cup pure maple syrup
- 2 tablespoon butter, melted
- 1 tablespoon lemon juice
- ½ teaspoon cinnamon

Preparation

1. Preheat the oven to 400°F.
2. Arrange sweet potatoes in an even layer in a 9×13 glass baking dish.
3. Combine maple syrup, butter, lemon juice and cinnamon in a small bowl. Pour the mixture over the sweet potatoes; toss to coat.
4. Cover and bake the sweet potatoes for 15 minutes. Uncover and stir. Return to the oven to cook, stirring every 15 minutes, until tender and starting to brown, 45 to 50 minutes more.

Tips

Cover and refrigerate for up to 1 day. Just before serving, reheat at 350°F until hot, about 15 minutes.

RECIPE

Pomegranate, Cranberry & Brie Bruschetta



Source

<https://ageright.org/recipes/pomegranate-cranberry-brie-bruschetta/>

Ready in **30 minutes**

Ingredients

- $\frac{3}{4}$ cup pomegranate seeds
- $\frac{1}{2}$ cup cranberries, fresh or frozen, thawed and chopped
- 2 tablespoon coconut sugar
- 1 teaspoon orange zest
- 6 oz baguette-style french bread, cut diagonally into 16 slices
- $\frac{1}{8}$ teaspoon ground pepper
- 1 (8 oz) wedge or 1 (6 oz) log of brie cheese, cut diagonally into 16 slices
- 1 tablespoon fresh basil, finely chopped
- Cooking spray

Preparation

1. Preheat the oven to 350°F.
2. Place bread slices on a parchment paper-lined 15×10-inch baking pan. Lightly coat both sides of bread with cooking spray; sprinkle with pepper. Bake for 8 minutes, turning once. Top with cheese. Bake 4 minutes more or until the cheese is softened.
3. Combine pomegranate seeds, cranberries, coconut sugar and orange zest in a small bowl.
4. Stir basil into pomegranate mixture and spoon on top of bruschetta. Serve warm.

Soups & Salads



RECIPE

Corn Chowder



Submitted by **Kathy Carcione**

Image Source **The Recipe Rebel**

Ready in **30 minutes**

Ingredients

- 2 cans cream style corn
- 3 small potatoes
- 1 onion browned
- Small amount of milk
- Butter
- Salt and Pepper

Preparation

1. Cut potatoes in small pieces.
2. Cook for about 20 minutes. Drain a little of the water. Less for thicker chowder.
3. Add browned onions and two cans of corn.
4. Add a little milk and butter. Salt and Pepper to taste.
5. Heat about ten more minutes.

RECIPE

Basic Watermelon Soup



Submitted by **Betsey Cutler**

Ready in **2 hours**

Ingredients

- 4 cups cubed seeded watermelon
- 2 tablespoons lemon juice
- 1 tablespoon chopped fresh mint
- 1 tablespoon honey

Preparation

1. Blend watermelon, lemon juice, mint, and honey in a blender until smooth.
2. Refrigerate 2 hours before serving.

RECIPE

Watermelon Soup & Yogurt



Submitted by **Betsey Cutler**

Image Source: **Pinterest, joyofkosher**

Ready in **1 hour**

Ingredients

- 4 cups seeded watermelon cubes
- 1/3 cup apple juice
- 2 tablespoons fresh lime juice
- 1 teaspoon chopped fresh mint
- 1/4 to 1/2 teaspoon ground ginger
- 1 tablespoon honey (optional)
- 1/3 cup plain nonfat yogurt

Preparation

1. Process first five ingredients and honey, if desired, in a blender or food processor until smooth,
2. Cover and chill for one hour.
3. Serve in individual bowls with a dollop of yogurt.

RECIPE

Butternut Squash Soup with Avocado & Chickpeas



Source

<http://www.eatingwell.com/recipe/267649/butternut-squash-soup-with-avocado-chickpeas/>

Ready in **15 minutes**

Ingredients

- 15 ounces 1 15-ounce can Amy's Light-in-Sodium Butternut Squash Soup
- $\frac{3}{4}$ cup canned chickpeas, rinsed
- 1 tablespoon lime juice
- 1 teaspoon curry powder
- 1 pinch of salt
- 2 tablespoons diced avocado
- 1 tablespoon nonfat plain Greek yogurt

Preparation

1. Heat soup in a small saucepan with chickpeas, lime juice, curry powder and salt.
2. To serve, top with avocado and yogurt.

Tips

Jazz up a can of soup by adding protein with chickpeas and flavor with curry powder. Stir in a little Greek yogurt to make it creamy.

RECIPE

Egg Drop Soup with Instant Noodles, Spinach & Scallions



Source

<http://www.eatingwell.com/recipe/280865/egg-drop-soup-with-instant-noodles-spinach-scallions/>

Ready in **15 minutes**

Ingredients

- 2 cups water
- ½ (3 ounce) package rice-noodle soup mix, such as Thai Kitchen Garlic & Vegetable
- 1 large egg
- 1 cup baby spinach
- 1 scallion, sliced

Preparation

1. Bring water to a boil in a small saucepan.
2. Stir in half of the seasoning packet (discard the remainder or reserve for another use).
3. Add noodles and cook until tender, about three minutes. Reduce heat to maintain a simmer.
4. Whisk egg in a small bowl. Slowly pour the egg into the simmering soup, stirring constantly.
5. Fold in spinach until just wilted, about 30 seconds.
6. Transfer to a bowl and sprinkle with scallion.

RECIPE

Beet & Shrimp Winter Salad



Source

<http://www.eatingwell.com/recipe/251312/beet-shrimp-winter-salad/>

Ready in **15 minutes**

Ingredients

- 2 cups lightly packed arugula
- 1 cup lightly packed watercress
- 1 cup cooked beet wedges

- ½ cup zucchini ribbons
- ½ cup thinly sliced fennel
- ½ cup cooked barley
- 4 ounces cooked, peeled shrimp, tails left on if desired
- 1 Fennel fronds for garnish
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon red- or white-wine vinegar
- ½ teaspoon Dijon mustard
- ½ teaspoon minced shallot
- ¼ teaspoon ground pepper
- ⅛ teaspoon salt

Preparation

1. Arrange arugula, watercress, beets, zucchini, fennel, barley and shrimp on a large dinner plate.
2. Whisk oil, vinegar, mustard, shallot, pepper and salt in a small bowl, then drizzle over the salad.
3. Garnish with fennel fronds, if desired.

Tips

To make zucchini ribbons, thinly shave whole zucchini lengthwise with a vegetable peeler.

Give grains a cooldown: To cool grains down quickly, spread them out on a foil-lined baking sheet. The surface area helps speed cooling, while the foil prevents any residual flavors on the pan from seeping in.

Vegetarian



RECIPE

Broiled Tofu



Submitted by **Nadine Wallack**

Image Source **Pinterest** [givemesomeoven](#)

Ready in **20 minutes**

Ingredients

- 1 cake tofu (3/4pound)
- 2 teaspoons vegetable oil
- 2 tablespoons soy sauce
- Dash of Tabasco or other hot pepper sauce
- 3-4 drops of dark sesame oil

Preparation

1. Place the tofu between two plates. Weight the top with a heavy object such as a small cast iron skillet, heavy can, or large book and press the tofu for 10 minutes.
2. Preheat the broiler.
3. While the tofu is being pressed, stir together the vegetable oil, and set the marinade aside. Slice the tofu crosswise into thirds and place the square pieces in a flameproof dish. Pour the marinade over the tofu and broil for about 5 minutes on each side, until bubbly, browned, and crisp.

Nadine's Tips

Although this dish is best served right away, it may be refrigerated and then reheated. Broiled Tofu is also good thinly sliced and added to soups and stews.

This could be the simplest tofu burger in the world! It's delicious and satisfying. Many toppings come to mind: mayonnaise, catsup, salsa, mustard, relish, red onion, tahini, sliced avocado, sprouts, tomato slices, and/or crisp greens.

RECIPE

Green Goddess Buddha Bowl



Source

www.eatingwell.com/recipe/260739/green-goddess-buddha-bowl/

Ready in **20 minutes**

Ingredients

- ½ cup snap or snow peas, trimmed
- 4 spears asparagus, tough ends removed, cut into 2-inch pieces
- ½ cup plain whole-milk yogurt
- ¼ cup chopped fresh dill
- 1 tablespoon lemon juice
- 1 tablespoon extra-virgin olive oil
- 1 clove garlic, minced
- ¼ teaspoon kosher salt
- ½ cup cooked farro
- 4 ounces baked tofu, cubed
- 3 radishes, sliced
- 1 tablespoon Toasted pumpkin seeds for garnish

Preparation

1. Bring a medium pot of water to a boil. Add snap (or snow) peas and asparagus; cook until just tender, about 2 minutes. Rinse under cold water.
2. Whisk yogurt, dill, lemon juice, oil, garlic and salt together in a small bowl.
3. Place farro in a shallow serving bowl. Top with peas, asparagus, tofu and radishes. Drizzle 2 tablespoons of the dressing on top (save extra for other use). Sprinkle with pumpkin seeds, if desired.

RECIPE

Broccoli Fried Rice



Source

<http://www.eatingwell.com/recipe/266804/broccoli-fried-rice/>

Ready in **30 minutes**

Ingredients

- 2 teaspoons canola oil, divided
- 4 ounces stir-fry beef or boneless, skinless chicken breast, cut into bite-size pieces
- 1 cup chopped broccoli florets
- 3 tablespoons water
- 1 clove garlic, minced
- ½ teaspoon minced fresh ginger
- ¾ cup cooked brown rice
- 1 tablespoon reduced-sodium soy sauce
- 1 tablespoon seasoned rice vinegar
- 1 large egg
- ⅛ teaspoon crushed red pepper

Preparation

1. Heat 1 teaspoon oil in a medium skillet over medium-low heat.
2. Add beef (or chicken) and cook, stirring, until cooked through, 4 to 5 minutes. Transfer the beef (or chicken) to a plate and return the pan to the heat. Add the remaining 1 teaspoon oil to the pan.
3. Add broccoli and water. Cook, stirring often, until tender and starting to brown, 5 to 7 minutes. Add garlic and ginger; cook, stirring, for 2 minutes more. Stir in rice, soy sauce and vinegar; cook, stirring, for 2 to 3 minutes.
4. Create a well in the center and crack the egg in the middle. Scramble the egg, then stir into the rice, along with the cooked beef (or chicken). Serve with crushed red pepper, if desired.

RECIPE

Black Bean Cauliflower "Rice" Bowl



Source

<http://www.eatingwell.com/recipe/279120/black-bean-cauliflower-rice-bowl/>

Ready in **20 minutes**

Ingredients

- 1 tablespoon olive oil plus 2 teaspoon, divided
- 1 cup frozen cauliflower rice
- $\frac{1}{8}$ teaspoon salt

- 2 tablespoons chopped onion
- 2 tablespoons chopped green bell pepper
- $\frac{1}{2}$ teaspoon chili powder and cumin each
- $\frac{1}{4}$ teaspoon dried oregano
- $\frac{3}{4}$ cup no-salt-added canned black beans, rinsed
- 2 tablespoons chopped roasted red pepper
- $\frac{1}{4}$ cup water
- 1 tablespoon lime juice
- $\frac{1}{4}$ cup shredded Cheddar cheese
- 1 medium tomato, chopped
- 1 tablespoon chopped fresh cilantro

Preparation

1. Heat 1 tablespoon. oil in a medium skillet over medium heat Add cauliflower rice and salt; cook, stirring often, until heated through, 3 to 5 minutes. Transfer to a small bowl and keep warm. Wipe out pan.
2. Heat the remaining 2 teaspoon oil in the pan over medium heat Add onion, green pepper, chili powder, cumin, and oregano; cook, stirring often, until the vegetables are softened, about 3 minutes. Add beans, roasted red pepper, and water; bring to a simmer. Cook, stirring occasionally, until heated through and thickened, 3 to 5 minutes. Remove from heat Stir in lime juice.
3. Arrange the bean mixture with the hot cauliflower rice in a dinner bowl. Top with cheese and tomato. Garnish with cilantro, if desired.

RECIPE

Artichoke Quiche



Source **Ursula Lyons**

Ready in **40 minutes**

Ingredients

- 1 cup shredded cheese (any variety)
- 4 eggs
- 1 jar of Artichokes
- 1 can of sauce or bruschetta

Preparation

1. Preheat oven to 350.
2. Spray pie dish with butter-like or oil spray.
3. Mix 4 eggs until frothy.
4. Add: 1 jar(10-14 oz.) of Artichokes,
or Bruschetta & 1 cup shredded
cheese (any variety).
5. Spread in the pie dish and bake 25-35
minutes or until a toothpick in the center
comes out clean.

Fish



RECIPE

Quick & Easy Broiled or Grilled Fish Steaks



Submitted by **Nadine Wallack**

Ready in **20 minutes**

Ingredients

- 1 lb swordfish, tuna, halibut, or salmon
- 2-3 T mayonnaise

Preparation

1. Spread a thin coating of mayonnaise on swordfish, tuna, halibut, or salmon.
2. Broil or grill for 5 to 6 minutes.
3. Turn over and spread with mayonnaise.
4. Broil or grill for an additional 5-6 minutes, or until fish is cooked to desired doneness.

Tips

For added flavor, mix mayonnaise with Dijon mustard, honey mustard, minced dill or freshly grated Parmesan cheese.

RECIPE

Shrimp Louie Sandwich



Submitted by **Betsey Cutler**

Ready in **20 minutes**

Ingredients

- 1 lb. cooked shrimp
- 3 tablespoon Thousand Island Dressing
- 2 teaspoon minced chives
- Salt & pepper to taste
- 8 slices of dark rye bread

Preparation

1. Combine:
 - 1 lb. cooked shrimp
 - 3 tablespoon Thousand Island Dressing
 - 2 teaspoon minced chives
 - Salt & pepper to taste
2. Spread a thin layer of Thousand Island Dressing on top of 4 slices of bread with mixed salad greens.
3. Spread on shrimp mixture and top with a slice of tomato.
4. Cover with the 4 remaining slices of bread.

RECIPE

Baked Scallops



Submitted by **Betsey Cutler**

Ready in **20 minutes**

Ingredients

- 10-20 buttery round crackers
- crushed black pepper to taste
- 1 teaspoon garlic powder
- 1 pound sea scallops, rinsed and drained
- 1/2 cup butter, melted
- 1/4 cup dry white wine
- 1/2 lemon, juiced
- 1 tablespoon chopped fresh parsley, for garnish

Preparation

1. Preheat the oven to 350*degrees. Lightly grease an 8x8 inch baking dish.
2. Combine crushed crackers, black pepper and garlic powder in a small bowl. Press scallops into the mixture so that they are evenly coated, and place them in the greased baking dish.
3. In a separate bowl, mix together melted butter, wine and lemon juice; drizzle mixture over scallops.
4. Bake in a preheated oven until scallops are lightly browned, about 15 minutes. Garnish with chopped parsley.

RECIPE

Thai-Inspired Peanut Shrimp Noodles



Source

<http://www.eatingwell.com/recipe/273197/thai-inspired-peanut-shrimp-noodles/>

Ready in **5 minutes**

Ingredients

- ½ cup cooked soba noodles, cooled
- 1 cup spiralized carrots
- 1 cup sugar snap peas, cut into thirds
- 4 cooked medium shrimp, cooled
- ¼ cup sliced scallion
- 1 ½ tablespoons peanut sauce, prepared or homemade (see Tip)
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon chopped unsalted peanuts

Preparation

1. Combine noodles, carrots, snap peas, shrimp, and scallion in a bowl.
2. Add peanut sauce and toss to combine. Sprinkle with cilantro and peanuts and serve.

Tips

To make homemade peanut sauce: Whisk 1 tablespoon unsalted crunchy peanut butter, 1 teaspoon lime juice, 1 teaspoon low-sodium soy sauce, 1 teaspoon water, 1/2 teaspoon honey, and 1/2 teaspoon Sriracha in a small bowl.

RECIPE

Salmon Sushi Buddha Bowl



Source

<http://www.eatingwell.com/recipe/260738/salmon-sushi-buddha-bowl/>

Ready in **15 minutes**

Ingredients

- ½ teaspoon rice vinegar
- ½ teaspoon honey
- ½ cup cooked short-grain brown rice
- 3 ounces sliced smoked salmon
- ½ avocado, sliced
- ½ cup sliced cucumber
- 1 teaspoon reduced-sodium tamari or soy sauce
- 1 teaspoon toasted sesame oil
- ⅛ teaspoon 1/8-1/4 teaspoon wasabi paste
- 1 teaspoon Sesame seeds for garnish

Preparation

1. Combine rice vinegar and honey in a small bowl. Stir in rice. Transfer the rice to a shallow serving bowl. Top with smoked salmon, avocado and cucumber. Combine tamari (or soy sauce), sesame oil and wasabi in a small bowl and drizzle over everything. Top with sesame seeds, if desired.

Overview

Submitted by **DN**

A couple of years back I heard about a chef on the radio talking about using the toaster oven for cooking fish and I have never looked back. It is quick, easy and simple and you don't even have to worry about the more delicate fish breaking apart. So all I do is bake or broil fish and then pour some of the sauces below. Add Salt & Fresh Cracked Black Pepper to taste.

Lemon Caper Sauce

2 T fat (1 T butter/1 T Extra Virgin Olive Oil, or simply 2 T EVOO)

2 shallots, thinly sliced. Saute in oil in heated pan for 2-3 minutes.

Add 1 clove minced garlic, saute for 1 minute.

Add ½ cup white wine and juice from 1 lemon (zest prior to juicing) – boil until reduced a bit, 3-4 minutes.

Add in 1 T butter, zest from the lemon, ¼ cup capers and fresh chopped flat-leaf parsley. Spoon over fish.

Tomato Olive Caper Sauce

Saute ½ chopped onion 3-4 minutes in EVOO. Add 2-3 minced garlic cloves and saute a couple more minutes.

Add a 15 oz can of diced tomatoes, ½ cup of pitted chopped Kalamata olives and ¼ cup capers.

Simmer for 15-20 minutes.

Spoon over fish and top with fresh parsley. Also good with freshly grated parmesan on top!

Broiled Orange Rosemary Fish

Top fish with sliced oranges and minced fresh rosemary. Drizzle with EVOO and broil.

Cilantro Lime Sauce – no cooking required

Juice three limes and zest one of them.

Mince one clove garlic.

Whisk juice/zest/garlic with 2-3T EVOO.

Stir in chopped cilantro.

Spoon over broiled fish.

Variation: add chopped avocado

Tomato Basil Sauce with Artichokes

Four roma tomatoes diced – saute with a couple of minced garlic cloves in 2T EVOO 5-10 min.

Drain a can of artichokes packed in water; chop and add to the pan. Simmer for 4-5 minutes.

Add fresh basil chiffonade and remove from heat.

Top broiled fish with sauce and extra basil. Sprinkle freshly grated parmesan on top if desired.

Meat & Poultry



RECIPE

Hot Chicken Salad Casserole



Submitted by **Betsey Cutler**

Ready in **30 minutes**

Ingredients

- 1 C diced cooked chicken
- 1/4 C slivered blanched almonds
- 1/4 teaspoon grated onion
- 1/2 C Mayo
- 1 C. diced celery
- Dash of salt (optional)
- 1 tablespoon lemon juice

Preparation

1. Mix all ingredients together.
2. Spread in a small shallow buttered. casserole or large ramekin.
3. Combine and sprinkle on top:
1/3 C crushed potato chips and
1/4 Cup grated sharp cheddar cheese.
4. Bake uncovered at 375* for 25 minutes.

RECIPE

Stuffed Pork Chops



Submitted by **Betsey Cutler**

Ready in **1 Hour 20 Minutes**

Ingredients

- 1 box Stove Top Stuffing Mix, made according to pkg. directions
- 4 pork chops

Preparation

1. Place 2 chops in a small buttered casserole.
2. Top with Stuffing Mix and cover with 2 more chops.
3. Cook 325* for 1 hour and 20 minutes or 350* for 50 min or microwave chops for 4 minutes then bake 400* for 5 minutes.

RECIPE

Country Style Spare Ribs



Submitted by **Betsey Cutler**

Image Source: **America's Test Kitchen**

Ready in **90 minutes**

Ingredients

- 1/4 C. chopped onions
- 4 spare ribs
- Salt & Pepper

Preparation

1. Rub ribs with salt & pepper.
2. Place in a greased roasting pan.
3. Sprinkle with 1/4 C. chopped onions.
4. Cover & bake in a 450* oven about 1 hour until tender.
5. Turn over once or twice during baking.
6. Remove cover during the last 15 minutes to brown.

RECIPE

Peking Duck



Submitted by **Maria Lesser**

Ready in **3 hours**

Ingredients

- 1 defrosted Duck (Most weigh 5+ lb)
- Asian "Hoisin Sauce"
- Scallions
- 2 tablespoons of honey mixed with a cup of slightly warm water for basting
- Store bought flour tortillas. (I buy the "Mission Flour Tortillas" at BJ's.)

Preparation

1. Preparing the duck:
 - Boil a large pot of lightly salted water.
 - Cook the duck in the boiling water for 5 minutes. Tie a string through the duck to ease handling.
 - Use a brush to baste the entire duck several times with the honey wash. Place duck on wire rack to dry overnight.
2. Roasting the duck:
 - Place the duck on a wire rack with the rack in a roasting pan. (The duck will be dripping its oil.)
 - Roast the duck at 375* degrees for one hour. Then turn the duck over to roast its other side.
 - Reduce heat to 300* degrees and continue roasting the duck for another 30 minutes. Turn the duck over again.
 - Raise oven heat to 350* degrees and roast duck for another 30 minutes.
3. Warm some of the flour tortillas by steaming to be served with the duck.
4. Cut and slice up cleaned scallions.
5. Heat up and stir some Hoisin sauce with a little sugar and a small amount of water, to taste.
6. Carve/slice the duck meat with skin into serving pieces. (The roasted skin has the best flavor.)
7. Take a slightly warm tortilla, wrap in it : some duck meat and skin with some scallions and spoon on some hoisin sauce.

RECIPE

Pasta with Marina & Sausage



Ready in **30 minutes**

Ingredients

- Jar of Rao's marinara
- 2 packs of Applegate sweet Italian sausage
- 1 pack of quality pasta
- Grated parmesan cheese if you like

Preparation

1. Slice the sausages and saute for a few minutes on a high flame.
2. Boil the pasta as per directions and strain.
3. Mix pasta, sauce and sausage.
4. Serve hot with some freshly grated parmesan cheese.

Tips

These ingredients are not cheap but they make for a quality pasta with minimal work. If you quarter the pasta and sauce and use 2 sausages it would make 1 hearty portion.

RECIPE

Cranberry Turkey Meatloaf



Source

<https://ageright.org/recipes/cranberryturkymeatloaf/>

Image Source **Pinterest**, the
wholesomedish.com

Ready in **60 minutes**

Ingredients

- 2 lb (93% lean) ground turkey
- $\frac{3}{4}$ cup cooked bulgur
- 2 large leeks, rinsed and finely chopped
- 4 large celery stalks, finely chopped
- 1 tablespoon Extra-Virgin Olive Oil
- $\frac{1}{2}$ cup dried cranberries
- 1 large egg, lightly beaten
- $\frac{3}{4}$ cup canned cranberry sauce
- 2 tablespoon fresh sage, chopped (or 2 teaspoon dried Sage)
- $\frac{1}{2}$ teaspoon Spice of Life
- $\frac{1}{4}$ teaspoon ground black pepper

Preparation

1. Preheat oven to 375°, coat a large rimmed baking sheet with cooking spray.
2. Heat oil in a large nonstick skillet over medium-high heat. Add the vegetables and cook, stirring occasionally, until tender and most of the liquid has evaporated, 5 to 10 minutes. Transfer to a large bowl and let cool for 10 minutes.
3. Add cranberries, sage, Spice of Life and pepper to the vegetables; stir to combine. Stir in egg and bulgur. Add ground turkey and gently knead the mixture into the meat; do not overmix! Pat the meat mixture into a loaf shape (about 12 by 5 inches) on the prepared baking sheet. Spread cranberry sauce on top.
4. Bake the meatloaf until the center registers 165°F, 40 to 45 minutes. Let rest for 10 minutes before slicing.

RECIPE

Chicken, Quinoa & Veggie Bowl



Source

<http://www.eatingwell.com/recipe/261288/chicken-quinoa-veggie-bowl/>

Ready in **50 minutes**

Ingredients

- ½ cup cooked quinoa
- ¾ cup shredded cooked chicken breast
- 2 large carrots
- 2 medium parsnips, peeled
- 2 medium beets, peeled
- 1 medium red onion
- 1 medium sweet potato
- 1 tablespoon 1-2 tablespoons of preferred vinaigrette or olive oil and red wine vinegar

Preparation

1. Chop and roast root vegetables at 425 degrees for 30-40 minutes
2. Combine the quinoa, chicken and roasted vegetables in a bowl. Drizzle with vinaigrette to taste.

Tips

With a whopping 19 grams of protein, this one-dish meal will keep you feeling full and satisfied for hours.

RECIPE

Chicken Shawarma with Potatoes



Source:

<http://www.eatingwell.com/recipe/279119/chicken-shawarma-with-potatoes/>

Ready in **60 minutes**

Ingredients

- 2 tablespoons lemon juice
 - 2 tablespoons olive oil, divided
 - 2 cloves garlic, minced
 - ½ teaspoon ground cumin
 - ½ teaspoon salt
 - ¼ teaspoon of each ground cinnamon, turmeric and ground pepper
 - 12 ounces Yukon Gold potatoes (2 medium), peeled and cut into 1/2-inch chunks
 - 1 medium red bell pepper, sliced
 - 1 small onion, thinly sliced
 - 12 ounces boneless, skinless chicken thighs, trimmed
 - 2 sprigs chopped fresh parsley or chives for garnish
- ## Preparation
1. Combine lemon juice, 1 tablespoon oil, garlic, cumin, salt, cinnamon, turmeric, and pepper in a medium bowl. Transfer half the mixture to another medium bowl. Add potatoes, bell pepper, and onion to one bowl; toss to coat. Add chicken to the second bowl; toss to coat. Cover both bowls and let marinate in the refrigerator for 30 minutes.
 2. Meanwhile, preheat oven to 400 degrees. Line a baking sheet with foil or parchment paper and drizzle with the remaining 1 tablespoon oil.
 3. With a slotted spoon, transfer the vegetable mixture and the chicken to the prepared baking sheet (discard the marinade). Roast, stirring occasionally, until the chicken is cooked through and the potatoes are tender and lightly browned at the edges, 25 to 28 minutes. Garnish with parsley (or chives), if desired.

RECIPE

Chicken Udon Bowl with Zucchini Noodles



Source

<http://www.eatingwell.com/recipe/266807/chicken-udon-bowl-with-zucchini-noodles>

Ready in **25 minutes**

Ingredients

- 4 ounces boneless, skinless chicken breast, cut in bite-size pieces
- $\frac{1}{8}$ teaspoon salt and ground pepper
- 2 teaspoons canola oil, divided

- 1 tablespoon natural peanut butter
- 2 teaspoons reduced-sodium soy sauce
- 1 teaspoon seasoned rice vinegar
- $\frac{1}{2}$ teaspoon minced fresh ginger
- 1 teaspoon honey
- 1 teaspoon hot water, for thinning
- 1 ounce udon noodles
- 2 cups spiralized zucchini
- 1 tablespoon crushed unsalted peanuts and fresh cilantro leaves for garnish

Preparation

1. Bring a large pot of water to a boil for cooking udon noodles. Season chicken with salt and pepper. Heat 1 teaspoon oil in a medium skillet over medium heat. Add the chicken and cook, stirring often, until cooked through, 4 to 5 minutes. Transfer to a plate.
2. Meanwhile, whisk together peanut butter, soy sauce, vinegar, ginger and honey in a small bowl. Add hot water to thin the sauce to desired consistency.
3. Cook udon noodles in the boiling water according to package directions. Drain.
4. Add the remaining 1 teaspoon of oil to the pan and heat over medium heat. Add zucchini. Cook, stirring, until just tender, 1 to 2 minutes. Add the noodles, cooked chicken and peanut sauce. Garnish with crushed peanuts and cilantro.

RECIPE

Turkey and Couscous



Source

<http://www.eatingwell.com/recipe/263676/turkey-and-couscous/>

Ready in **30 minutes**

Ingredients

- 1 cup steamed or boiled water chestnuts, baby carrots and broccoli mix
- 3 ounces cooked, skinless turkey breast cutlets
- $\frac{1}{3}$ cup cooked couscous
- $\frac{1}{2}$ cup unsweetened applesauce (optional)
- 1 cup fat-free milk (optional)

Preparation

1. Place cooked vegetables, turkey breast cutlets and couscous onto a 9-inch plate.
2. Serve with unsweetened applesauce and fat-free milk to complete this balanced meal.

Tips

Turkey and couscous come together beautifully when paired with a vegetable medley. To give this recipe an Indian twist, season the turkey breast with curry powder or an Indian Spice Rub before grilling or roasting, and toss pine nuts into the cooked couscous.

RECIPE

Prosciutto & Spinach Grilled Cheese



Source

<http://www.eatingwell.com/recipe/266806/prosciutto-spinach-grilled-cheese/>

Ready in **20 minutes**

Ingredients

- 1 teaspoon olive oil
- 1 small clove garlic, minced
- 1 cup packed baby spinach
- 2 thin slices prosciutto (about 1/2 ounce)
- ½ cup shredded provolone and/or Gouda cheese (1 ounce)
- 2 slices whole-wheat bread
- 2 teaspoons melted butter

Preparation

1. Heat a small skillet over medium-low heat. Add oil and garlic. Cook, stirring, until fragrant, about 1 minute. Remove from heat and stir in spinach. Cover the pan and let stand until the spinach has wilted. Transfer the spinach to a small bowl.
2. Layer the wilted spinach, prosciutto and cheese on one piece of bread; top with the other. Brush butter over both sides of the sandwich and place in the pan over low heat.
3. Cook the sandwich, flipping as needed, until the cheese has melted and the bread is browned and crisp on each side, 6 to 10 minutes total.

RECIPE

Insalata Caprese Chicken



Source

<http://www.eatingwell.com/recipe/267493/insalata-caprese-chicken/>

Ready in **10 minutes**

Ingredients

- 1 (3 ounce) cooked skinless, boneless chicken breast half
- 4 cherry tomatoes, quartered
- ½ ounce chopped fresh mozzarella cheese or tiny fresh mozzarella cheese balls
- 2 tablespoons small fresh basil leaves
- 1 teaspoon white balsamic vinegar (Optional)

Preparation

1. Top warm chicken breast with tomato, cheese and basil. If desired, drizzle with vinegar.

RECIPE

Lemon Chicken Pasta



Source

<http://www.eatingwell.com/recipe/273196/lemon-chicken-pasta/>

Ready in **10 minutes**

Ingredients

- 2 teaspoons extra-virgin olive oil
- 1 cup spiralized zucchini
- 1 cup baby spinach
- ½ cup shredded skinless rotisserie chicken breast
- ⅛ teaspoon salt
- ⅛ teaspoon ground pepper
- ½ cup cooked whole-wheat spaghetti
- 2 tablespoons grated Parmesan cheese
- 1 teaspoon grated lemon zest
- 1 tablespoon fresh lemon juice
- 1 tablespoon panko breadcrumbs, toasted

Preparation

1. Heat oil in a large nonstick skillet over medium heat. Add zucchini; cook for 1 minute. Add spinach and chicken; cook for 1 more minute. Season with salt and pepper; remove from heat. Add cooked spaghetti, Parmesan, lemon zest, and lemon juice; toss to combine. Sprinkle with toasted panko and serve.

Tips

To toast panko breadcrumbs: Set a small skillet over medium heat. Add panko and cook, stirring often, until golden, about 2 minutes. For extra flavor, melt 1 teaspoon butter in the pan before toasting the breadcrumbs. Note that you can do this step first, using the same pan you'll use to prepare the rest of the recipe.

RECIPE

Chicken with Fresh Basil Pesto



Source

<http://www.eatingwell.com/recipe/267138/chicken-with-fresh-basil-pesto/>

Ready in **10 minutes**

Ingredients

- 2 tablespoons shredded fresh basil
- 1 tablespoon shaved or finely shredded Parmesan cheese
- 2 teaspoons toasted pine nuts
- 1 teaspoon olive oil
- ½ teaspoon finely shredded lemon peel
- 1 small clove garlic, minced
- 1 (3 ounce) cooked skinless, boneless chicken breast half

Preparation

1. In a small bowl, combine basil, cheese, pine nuts, oil, lemon peel and garlic. Spoon over warm chicken breast.

Tips

To toast whole nuts or large pieces, spread in a shallow baking pan lined with parchment paper. Bake in a 350 degrees F oven for 5 to 10 minutes or until golden, shaking the pan once or twice.

Throw Together Dinners

Submitted by **RW**



Chicken

Rotisserie Chicken

Shred a rotisserie chicken over bagged salad or any grain (rice, quinoa, etc.)

Shake n' Bake Chicken

Wet a chicken breast with milk or water. Put it in a plastic bag along with breadcrumbs, garlic powder, and oregano. Shake.

Bake in oven for 25 minutes at 350 degrees.

Balsamic Veggies and Chicken

Cut veggies (asparagus, brussel sprouts, carrots, etc.) for roasting. Mix them in olive oil, salt, pepper, and balsamic vinegar then put them on a baking sheet. Add chicken breast/thighs, marinating them in balsamic or Italian dressing first if you have time. Cook in oven for 25 minutes at 350 degrees.

Chicken Parm

Dip chicken in butter then a mix of $\frac{3}{4}$ cup seasoned breadcrumbs and $\frac{1}{4}$ cup parm. Cook at 450 for 25 minutes. Add tomato sauce and mozzarella on top, cook for 5 minutes more.

Slow Cooker

Chicken Verde

Put some chicken breasts, a jar of salsa verde, a squeezed lime, and 1 tablespoon of cumin in a slow cooker. Cook on low for 4-6 hours.

Meat & Sauce

Get pre-made slow cooker sauces (like Campbell's) and pour it over meat in a slow cooker.

Chicken & Stuffing

Put 2 lbs chicken breasts, 2 boxes stuffing mix, 2 cans cream of chicken soup, and 14 oz chicken broth in a slow cooker. Cook on high for 4 hours or low for 7 hours.

Greens & Grains

Life Alive 1

Cook a grain (rice, quinoa, pasta, etc.) Saute some veggies (spinach, kale, brussel sprouts, or anything you have). Put veggies over grain topped with any kind of sauce (salad dressing like green goddess, ginger miso, cucumber tzatziki, stir fry sauce, etc.)

Life Alive 2

Cook a grain (quinoa, brown rice, faro, etc.) Saute greens (kale, swiss chard, spinach, etc.) with lots of garlic, some balsamic and olive oil, feta or cheese, and any other spices. Throw a boiled egg on top and serve over grains.

Stir Fry

Chop up an onion, fry it in sesame oil and a little chili garlic sauce. Throw chicken or shrimp in with veggies (green beans, broccoli, peppers, etc). Once everything's about cooked, add a tablespoon of soy sauce and serve.

Boxed Grains

Cook a Far East quinoa or rice mix with the seasonings that come in the box. Add in sausage and/or veggies.

Roasted Veggies

Cut veggies (brussel sprouts, pepper, carrots, broccoli, peppers, etc.) then coat them in olive oil and salt. Roast for 30 to 45 minutes at 425.

Steamed Veggies

Combine veggies (potatoes, broccoli, onion, etc.) in a sauté pan with a soup or marinade mix from the grocery store. Cook until veggies are done.

Cucumber Quinoa Salad

To make salad: Cook quinoa (2 cups). Combine with a cucumber, some red onion, feta, and basil leaves.

To make dressing: Combine olive oil (1/4 cup), apple cider vinegar or red wine vinegar (2 tablespoon), lemon juice (1 tablespoon), Italian seasoning (1/2 teaspoon), salt and pepper.

Pasta

Ramen 1

Cook ramen, adding an egg and frozen veggies in with the noodles while they cook. Either keep water or drain, then add seasoning packet

Ramen 2

Boil ramen noodles with soy sauce, fish sauce, and ginger chunks (which you can cut/grate and freeze ahead of time to have on hand). Make a well in the noodles, crack an egg in it and cover with noodles to poach. Pour the whole thing over whatever greens you have (baby spinach etc.) Can top with scallions, sriracha, etc.

Ravioli Salad

Cook ravioli. Return it to the pot with some type of green (arugula etc.) Add dressing (like 1 teaspoon Dijon, 2 tablespoon lemon juice, 2 tablespoon olive oil, salt and pepper). Let it cook for a minute to wilt the greens.

Penne with Broccoli Pesto

Cook 12 oz penne. Boil 1 large bunch of broccoli in water for 5 minutes. Add it to a food processor along with olive oil (1/2 cup), garlic (3 cloves), basil leaves (1/2 cup), salt and pepper, then process. Stir in parmesan (1/2 cup), then add to pasta.

Pasta with Pesto

Cook pasta. Return it to the pan with store-bought pesto and some type of green (spinach etc.). Let it cook for a minute to wilt the greens, top with parmesan.

Italian Wonderpot

Add olive oil, 4 cups of stock, pasta (12oz), diced tomatoes (28 oz), frozen spinach (8oz), onion, and seasoning (garlic (4 cloves), oregano, basil (1/2 tablespoon each), pepper, red pepper) to a big pot and heat until boiling. Turn down heat and cook for 10-15 minutes until most of the liquid is gone and pasta is cooked.

Mac n' Cheese

Cook pasta shells (12 oz). In a different pot, cook butter (2 tablespoon) and garlic (2 cloves minced) for 2 minutes, then stir in flour (2 tablespoon). Whisk in milk (1 cup) and broth (1 cup), then cook on medium, stirring frequently, until thick enough to coat the spoon. Add parmesan (3/4 cup), some Italian seasoning, and salt/pepper. Combine with pasta.

Veggie Tomato Sauce

Heat sliced green pepper and onions in a frying pan with some olive oil. Add a 6 oz can of tomato paste, 1 can of water, oregano, and garlic salt. Stir and simmer until the sauce thickens. Pour on top of pasta.

Mexican

BBQ Quinoa Bake

Combine quinoa (3 cups), black beans, corn, colby jack cheese (1.5 cups), and bbq sauce (1.25 cups) in a big bowl. Put in a baking dish, sprinkle with more cheese (1/2 cup). Bake for 15 minutes at 375 degrees.

Taco Bowls

Saute an onion. Add some meat or fake meat, taco seasoning and water. Once cooked, serve over lettuce with any fixings (black beans, corn, tomatoes, cucumber, cheddar cheese, avocado, red onion, tortillas chips, etc.) Mix plain yogurt with salsa for dressing.

Rice and Beans

Take Bush's seasoned black beans, put shredded cheese on top, add to 60-second microwavable brown rice in the little plastic cups. Top with sliced avocado if you have

Quesadillas

Heat a tortilla in a pan topped with cheese and any fixings (veggies, meat, beans, etc.). Serve with salsa, bbq sauce, ranch, etc

Pizza

Pizza Quinoa Casserole

Mix a few spoonfuls of pizza sauce into 1 cup of cooked quinoa. Put half the quinoa in the bottom of a pan and top with pizza sauce, cheese, and any additional pizza toppings (veggies, pepperoni, etc.) Add 1 more layer of quinoa, pizza sauce, cheese, and toppings.

Bake in the oven for 20 minutes at 425 degrees.

Indian Pizza

Top pre-made pizza crust with Indian curry sauce (like Jalfrezi, Rogan Josh sauce, Trader Joe's Masala Simmer Sauce, etc.), cheese, and any toppings you have. Bake according to crust directions.

Desserts



RECIPE

Jello and Fruit Dessert



Submitted by **Maria Lesser**

Ready in **15 minutes**

Ingredients

- One box of jello, flavor of your choice
- One can of favorite fruit, apricots, mandarin oranges, cherries
- Cool Whip (Optional)

Preparation

1. Make the jello first. After jello is ready, cut and place in a large bowl.
2. Add your favorite canned fruits.
3. Serve with Cool Whip if you wish. Although not necessary.
4. Enjoy the best refreshing dessert ever!

RECIPE

Chocolate Mug Cake



Source:

<https://www.tablefortwoblog.com/the-moistest-chocolate-mug-cake/>

Ready in **5 minutes**

Ingredients

- 1/4 cup all-purpose flour
- 2 tablespoon unsweetened cocoa powder
- 1/4 teaspoon baking powder
- 2 tablespoon granulated sugar (or 3 if you like it a bit sweeter)
- 1/8 teaspoon kosher salt
- 1/4 cup + 1 tablespoon. milk
- 2 tablespoon vegetable oil
- 1 tablespoon hazelnut chocolate spread or mini chocolate chips

Preparation

1. In a medium bowl, whisk together dry ingredients.
2. Whisk in the milk and vegetable oil until all ingredients are combined and batter has no clumps.
3. Pour batter into a microwave-safe mug.
4. Add hazelnut chocolate spread in the middle of the batter or mini chocolate chips. Just drop it in the middle.
5. Place a paper towel into the microwave and set the mug on top.
6. Microwave mug cake for 70 seconds on high. Carefully remove from the microwave and enjoy!

Tips

Keep in mind all microwaves are different and can yield different cook times!

RECIPE

Vanilla Mug Cake



Source

<https://tastesbetterfromscratch.com/vanilla-mug-cake/>

Ready in **5 minutes**

Ingredients

- ¼ cup + 1 1/2 teaspoons all-purpose flour
- 2 tablespoons sugar
- 1/4 teaspoon baking powder
- Dash of salt
- 2 tablespoon butter , melted
- 3 tablespoon milk
- 1/2 teaspoon vanilla extract
- 1 teaspoon sprinkles

Preparation

1. Add flour, sugar, baking powder, and salt to a mug and stir together.
2. Stir in milk, melted butter, and vanilla extract until smooth, being sure to scrape the bottom of the mug. Stir in sprinkles.
3. Cook in microwave for 70-90 seconds* (until the cake is just set, but still barely shiny on top). Allow to rest in the microwave for 1 minute before consuming.

Tips

The trick with mug cakes is to stop cooking the cake earlier than you think, because you want it to be soft on the inside, and the cake will also continue to cook as it cools.

RECIPE

Chocolate Sundaes



Submitted by: **Nadine Wallack**

Image source: **MyRecipes.com**

Ready in **5 minutes**

Ingredients

- 1 small bag of chocolate chips (6 ounces)
- ¼ cup strong coffee
- Ice cream of choice

Preparation

1. Melt chocolate chips and coffee in a small saucepan over low heat. Stir till smooth, being careful not to let mixture burn.
2. Serve warm over ice cream. Makes ¾ cup.

Tips

This sauce keeps well in the fridge and can also be poured over cake or fruit.

RECIPE

Grape Parfaits



Submitted by: **Nadine Wallack**

Ready in **5 minutes**

Ingredients

- 1 cup seedless grapes
- 2 tablespoons brown sugar
- 1/4 cup sour cream

Preparation

1. Mix sugar, sour cream, and grapes.
2. Refrigerate for 20 minutes.
3. Serve in a tall glass.

Tips

Feel free to substitute bananas, peaches, or whatever fruit is in season.

RECIPE

Baked Apples



Submitted by: **Nadine Wallack**

Ready in **35 minutes**

Ingredients

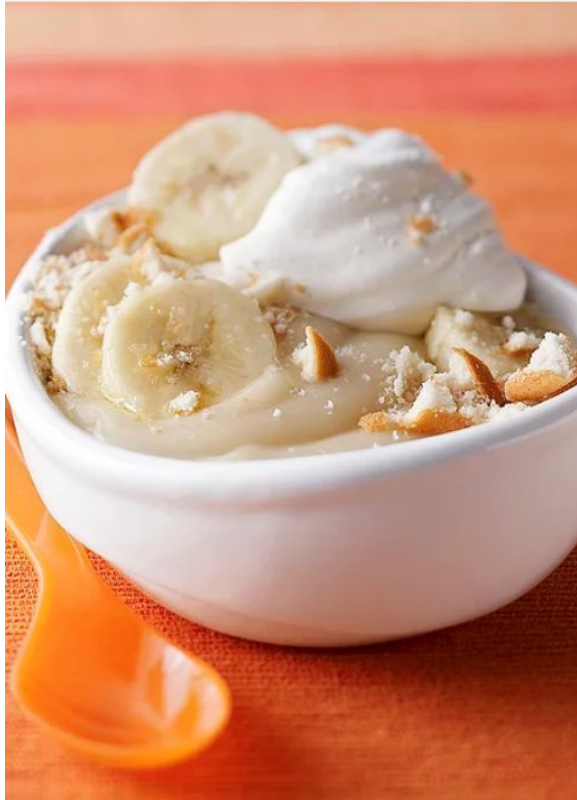
- 2 large apples (Delicious will hold their shape best)
- 1/8 teaspoon cinnamon
- 2 tablespoons sugar
- 2 tablespoons raisins
- 2 tablespoons walnuts
- 2 tablespoons water
- ½ container (about 4 ounces) apple or vanilla yogurt

Preparation

1. Preheat oven to 400*
2. Core apples and place in a 8"x8" baking pan.
3. Fill centers with raisins, and walnuts sprinkle cinnamon and sugar evenly over the tops.
4. Pour water in the bottom of the pan. Bake uncovered for about 30 minutes.
5. Serve warm with yogurt or Ice cream spooned over top.

RECIPE

Banana Pudding Snack



Source

<http://www.eatingwell.com/recipe/262884/banana-pudding-snack/>

Ready in **5 minutes**

Ingredients

- 1 3.75-ounce cup ready-to-eat sugar-free vanilla pudding
- 6 thin slices banana
- 1 reduced-fat vanilla wafers, crushed
- 1 tablespoon frozen sugar-free or light whipped dessert topping, thawed (Optional)

Preparation

1. Spoon pudding into a small bowl.
2. Top with banana and vanilla wafers.
3. If desired, top with whipped dessert topping.

RECIPE

Quick Strawberry "Cheesecake"



Source

<http://www.eatingwell.com/recipe/257796/quick-strawberry-cheesecake/>

Ready in **5 minutes**

Ingredients

- 1 ½ tablespoons graham cracker crumbs plus a pinch, divided
- ½ cup nonfat plain Greek yogurt
- 1 tablespoon strawberry jam
- ¼ teaspoon lemon zest

Preparation

1. Layer 1 1/2 tablespoons graham cracker crumbs, yogurt, jam and lemon zest in a bowl.
2. Top with more crumbs.

RECIPE

Ricotta & Yogurt Parfait



Source

<http://www.eatingwell.com/recipe/255766/ricotta-yogurt-parfait/>

Ready in **5 minutes**

Ingredients

- ¾ cup nonfat vanilla Greek yogurt
- ¼ cup part-skim ricotta
- ½ teaspoon lemon zest
- ¼ cup raspberries
- 1 tablespoon slivered almonds
- 1 teaspoon chia seeds

Preparation

1. Combine yogurt, ricotta and lemon zest in a bowl.
2. Top with raspberries, almonds and chia seeds.

Tips

Reminiscent of a lemon cheesecake, this healthy breakfast recipe is easy to throw together in the morning. Or stir together the filling in a jar the night before and top with the fruit, nuts and seeds when you get to work.

Acknowledgement

The cookbook was designed by Sudbury Senior Center volunteer Devon McCann, with photography by volunteer Nadine Wallack, unless otherwise noted. The Sudbury Senior Center expresses its deepest appreciation to Devon and Nadine who poured countless hours of hard work into the creation of this cookbook. We are so very grateful to them both. Thank you, thank you!! The Sudbury Senior Center also thanks all those who submitted recipes to this cookbook. We are excited about having people try them out, and perhaps have some of the recipes become new favorites!

-The Sudbury Senior Center (02/21)