

Recipes Week 4

Ham Frittata

6 ounces lean ham, chopped

1/4 c chopped onion

1/2 c chopped red pepper

4 eggs beaten

Saute onion and pepper in non-stick pan until soft. Add ham, cook a few minutes more then add in eggs. Cook on low until firm. Garnish with cheese (optional)

Vegetable Hash

1 c Chopped green peppers

1 c Chopped yellow onion

1 c Chopped red potatoes

1 c Chopped celery

1 c Chopped red radishes

2 tbs olive oil

Chop vegetables. Warm saute pan over medium heat, add olive oil and vegetables. Saute until vegetables are soft, seasoning generously with salt and pepper while you cook.

Overnight Oats

1 cup(s) uncooked old fashioned oats

2 cups chopped apples

1 tbs cinnamon

1 pinch table salt

1 cup(s) unsweetened applesauce

1/2 cup(s) whole milk (your choice)

Combine all ingredients, in a bowl stir, cover and refrigerate overnight. Garnish with more n or other flavorings.

Pulled Pork

1 c Tomato sauce

1/2 c yellow onion chopped

2 tbs brown sugar

2 tbs paprika

2 tbs worcestershire

1 tsp chili powder

2 tbs tomato paste

1 tbs mustard

1 clove garlic crushed

2 lbs country style pork, boneless

Still all ingredients except pork together, pour over pork and place in crockpot. Cook on low for 6 hours . Pull with 2 forks.

1/4 lb = 9 SP

Meatloaf

1 lb Ground turkey

1/3 c breadcrumbs

1/2 c chopped onions

1 large egg, beaten

1 tbs dried oregano

1 tbs dried basil

2 cloves garlic minced.

1/2 tsp salt

1/2 tsp pepper.

2 tbs BBQ sauce.

Mix ground turkey with everything except BBQ sauce. Pat into a small loaf pan. Brush the bbq sauce along the top. Cover with foil and bake at 350 for 45 minutes or until it reaches 160 degrees in the center. Slice into quarters and serve

BBQ Sauce

3 tbs tomato paste

1 tbs brown sugar

2 tbs worcestershire sauce

1/4 tsp chili powder

1/4 tsp cinnamon

1 tsp dried onion

Water.

Mix all ingredients together except the water. Stir until smooth, then add in water to make a thin sauce. Use for Meatloaf .

Corn Salad

- 1 cup corn
- 1/2 c chopped red pepper
- 1/2 c chopped green pepper
- 1/2 c chopped onion
- 1 tbs paprika
- 1 tbs lime juice

Saute peppers and onion in a pan until soft. Stil in corn, season with paprika, lime, salt and pepper.

1/2 c = 2 SP

Ranch Dressing

- 1 c buttermilk
- 1 garlic clove crushed
- 2 tbs lime juice
- 1 tbs parsley
- 1 tbs chives or green onions

Mix together. Let sit in the fridge for a couple of hours to thicken up.

6 tbs = 2 SP

3 tbs = 1 SP

Black Bean Tacos

- 15 ounces black bean
- 1 tsp cumin
- 1 tsp oregano
- 1/2 tsp salt
- 1/2 tsp pepper
- 4 corn tortillas
- Shredded Cabbage

Lime juice

Feta Cheese 2 ounces

Mash black beans with spices. Add feta cheese. Spoon into warmed tortillas. Sesason with a squeeze of lime.