

WHITE BEAN AND SPINACH QUESADILLA

INGREDIENTS

- 1 cup white beans, mashed or whole
- 1 cup spinach
- 1 teaspoon garlic powder or 1 garlic clove
- 1 cup shredded cheese
- 2 tortillas
- 1 tablespoon oil
- Salt and pepper



DIRECTIONS

1. Heat spinach in a pan until wilted.
2. Mix spinach with white beans, garlic, salt, and pepper.
3. Place tortilla in pan and add filling + cheese.
4. Top with second tortilla.
5. Cook until golden, flip, and cook other side.
6. Slice and serve warm.

BLAT

(Bacon, Lettuce, Avocado, Tomato Sandwich)

INGREDIENTS

2–3 slices bacon

2 slices bread (toasted)

½ avocado, sliced

1 tomato, sliced

Lettuce leaves

Mayonnaise (optional)

Salt and pepper



DIRECTIONS

1. Cook bacon until crispy.
2. Toast bread slices.
3. Spread mayo if using.
4. Layer lettuce, tomato, avocado, and bacon.
5. Season with salt and pepper.
6. Assemble and serve immediately.

CREAMY TOMATO SOUP WITH GRILLED CHEESE CROUTONS

INGREDIENTS

- 4 tomatoes, chopped
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 cups vegetable broth
- ½ cup cream
- 1 tablespoon butter
- Salt and pepper to taste
- 2 slices bread
- 2 slices cheese
- Butter for grilling



DIRECTIONS

1. Melt butter and cook onion and garlic until soft.
2. Add tomatoes and cook 10 minutes.
3. Pour in broth and simmer 15 minutes.
4. Blend until smooth, then stir in cream.
5. Season and keep warm.
6. Make grilled cheese sandwiches and cut into cubes.
7. Top soup with grilled cheese croutons and serve.

BUFFALO CHICKPEA SALAD WRAPS

INGREDIENTS

1 cup chickpeas

1–2 tablespoons
buffalo sauce

1 tablespoon Greek
yogurt or mayo

1 tortilla wrap

Lettuce or spinach

Celery (optional)



DIRECTIONS

1. Mash chickpeas lightly in a bowl.
2. Mix with buffalo sauce and yogurt/mayo.
3. Spread mixture onto tortilla.
4. Add lettuce and celery.
5. Roll tightly into a wrap.
6. Serve chilled or warm.

SMOKED SALMON AND CUCUMBER TOAST

INGREDIENTS

- 2 slices bread (toasted)
- 2-3 tablespoons cream cheese
- 2-3 slices smoked salmon
- ½ cucumber, thinly sliced
- Lemon juice (optional)
- Dill (optional)



DIRECTIONS

1. Toast bread until crisp.
2. Spread cream cheese evenly.
3. Add smoked salmon and cucumber slices.
4. Drizzle lemon juice if desired.
5. Sprinkle dill.
6. Serve immediately.

BLACK BEAN AND SWEET POTATO BOWL

INGREDIENTS

- 1 sweet potato, diced
- 1 cup black beans
- 1 cup rice or quinoa
- 1 tablespoon olive oil
- 1 teaspoon cumin
- Salt and pepper to taste
- Optional: avocado or salsa



DIRECTIONS

1. Roast or sauté sweet potatoes until tender.
2. Warm black beans with cumin, salt, and pepper.
3. Prepare rice or quinoa base.
4. Assemble bowl with all components.
5. Top with avocado or salsa if desired.
6. Serve warm.

MEDITERRANEAN CHICKPEA SALAD

INGREDIENTS

1 cup chickpeas

½ cucumber, chopped

½ cup cherry tomatoes

¼ red onion, chopped

2 tablespoons olive oil

1 tablespoon lemon juice

1 teaspoon oregano

Salt and pepper to taste



DIRECTIONS

Combine chickpeas, cucumber, tomatoes, and onion.

Add olive oil and lemon juice.

Season with oregano, salt, and pepper.

Toss well.

Serve fresh or chilled.

TURKEY AND SWISS PINWHEELS

INGREDIENTS

- 1 large tortilla wrap
- 3–4 slices turkey
- 2 slices Swiss cheese
- 1–2 tablespoons cream cheese or mustard
- Lettuce (optional)



DIRECTIONS

1. Spread cream cheese or mustard over tortilla.
2. Layer turkey, Swiss cheese, and lettuce.
3. Roll tightly into a log.
4. Slice into pinwheels.
5. Serve chilled or packed for later.

SPICY PEANUT TOFU NOODLES

INGREDIENTS

- 200g tofu, cubed
- 2 cups cooked noodles
- 2 tablespoons peanut butter
- 1 tablespoon soy sauce
- 1 teaspoon chili sauce or flakes
- 1 teaspoon sesame oil
- 1 garlic clove, minced
- Water to thin sauce



DIRECTIONS

1. Pan-fry tofu until golden.
2. Mix peanut butter, soy sauce, chili, sesame oil, garlic, and a splash of water into a sauce.
3. Add noodles and tofu to pan.
4. Pour sauce over and toss well.
5. Cook 2–3 minutes until heated through.
6. Serve warm.

SESAME GINGER RICE BOWL

INGREDIENTS

- 1 cup cooked rice
- 1 cup mixed vegetables
(carrots, broccoli, peas)
- 2 tablespoons soy sauce
- 1 teaspoon sesame oil
- 1 teaspoon ginger, grated
- 1 garlic clove, minced
- Sesame seeds (optional)



DIRECTIONS

1. Heat sesame oil in a pan.
2. Cook garlic and ginger until fragrant.
3. Add vegetables and stir-fry 3–5 minutes.
4. Add rice and soy sauce.
5. Stir until heated through.
6. Top with sesame seeds. Serve warm.

ROTISSERIE CHICKEN AND AVOCADO WRAP

INGREDIENTS

- 1 tortilla wrap
- 1 cup rotisserie chicken, shredded
- 1 avocado, sliced
- 1 tablespoon mayo or yogurt (optional)
- Lettuce or spinach
- Salt and pepper to taste



DIRECTIONS

1. Warm tortilla slightly.
2. Spread mayo or yogurt if using.
3. Add chicken, avocado, and greens.
4. Season with salt and pepper.
5. Roll tightly into a wrap.
6. Serve cold or lightly toasted.

TUSCAN WHITE BEAN AND PESTO SANDWICH

INGREDIENTS

- 2 slices bread (toasted if desired)
- 1 cup white beans (mashed or whole)
- 1–2 tablespoons pesto
- ½ cup arugula or spinach
- 1 tablespoon olive oil
- Salt and pepper to taste



DIRECTIONS

1. Lightly mash white beans with olive oil, salt, and pepper.
2. Spread pesto on one or both slices of bread.
3. Layer beans and greens onto bread.
4. Close sandwich and press lightly.
5. Slice and serve fresh or toasted.

CLASSIC EGG SALAD ON RYE

INGREDIENTS

- 3 boiled eggs
- 2 tablespoons mayonnaise or Greek yogurt
- 1 teaspoon mustard (optional)
- Salt and pepper to taste
- 2 slices rye bread
- Optional: chives or paprika



DIRECTIONS

1. Mash boiled eggs in a bowl.
2. Mix with mayo/yogurt, mustard, salt, and pepper.
3. Toast rye bread if desired.
4. Spread egg salad on bread.
5. Garnish with chives or paprika.
6. Serve chilled or fresh.

TERIYAKI CHICKEN AND PINEAPPLE SKILLET

INGREDIENTS

- 200g chicken breast, sliced
- 1 cup pineapple chunks
- 2 tablespoons soy sauce
- 1 tablespoon honey
- 1 teaspoon ginger, grated
- 1 garlic clove, minced
- 1 tablespoon oil
- Cooked rice for serving



DIRECTIONS

1. Heat oil in a skillet and cook chicken until browned.
2. Add garlic and ginger and cook for 1 minute.
3. Stir in soy sauce and honey.
4. Add pineapple chunks and cook for 3–5 minutes.
5. Simmer until sauce slightly thickens.
6. Serve over rice.

LEMON GARLIC HERB COD PACKETS

INGREDIENTS

- 2 cod fillets
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 1 tablespoon lemon juice
- 1 teaspoon dried herbs
(parsley, thyme, dill)
- Salt and pepper
- Lemon slices



DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Place cod on foil or parchment paper.
3. Drizzle with olive oil and lemon juice.
4. Add garlic, herbs, salt, pepper, and lemon slices.
5. Seal packets tightly.
6. Bake 12–15 minutes until flaky.
7. Serve warm.

CRANBERRY PECAN CHICKEN SALAD SANDWICHES

INGREDIENTS

- 2 cups cooked chicken, shredded
- ¼ cup mayonnaise or Greek yogurt
- 2 tablespoons dried cranberries
- 2 tablespoons chopped pecans
- 1 teaspoon mustard (optional)
- Salt and pepper to taste
- Bread or sandwich rolls
- Lettuce (optional)



DIRECTIONS

1. In a bowl, mix chicken, mayo/yogurt, cranberries, and pecans.
2. Add mustard, salt, and pepper to taste.
3. Spread mixture onto bread or rolls.
4. Add lettuce if desired.
5. Serve chilled.

SESAME GINGER TURKEY MEATBALL BOWLS

INGREDIENTS

- 300g ground turkey
- 1 egg
- ¼ cup breadcrumbs
- 1 teaspoon ginger, grated
- 2 garlic cloves, minced
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1 teaspoon honey
- 1 cup cooked rice
- Sesame seeds (optional)



DIRECTIONS

1. Mix turkey, egg, breadcrumbs, ginger, and garlic.
2. Form into meatballs and bake at 200°C (400°F) for 15–20 minutes.
3. Heat soy sauce, sesame oil, and honey in a pan.
4. Toss cooked meatballs in sauce.
5. Serve over rice and sprinkle sesame seeds.

HUMMUS AND VEGGIE PITA POCKETS

INGREDIENTS

2 pita breads

½ cup hummus

½ cucumber, sliced

½ cup cherry tomatoes

Lettuce or spinach

Salt and pepper to taste



DIRECTIONS

1. Warm pita bread slightly.
2. Cut open to form pockets.
3. Spread hummus inside.
4. Fill with cucumber, tomatoes, and greens.
5. Season lightly with salt and pepper.
6. Serve fresh.

GARLIC HERB SHRIMP RICE BOWL

INGREDIENTS

- 200g shrimp, peeled
- 1 cup cooked rice
- 2 garlic cloves, minced
- 1 tablespoon olive oil
- 1 teaspoon mixed herbs (parsley, thyme, oregano)
- 1 tablespoon lemon juice
- Salt and pepper to taste
- Optional: spinach or avocado



DIRECTIONS

1. Heat olive oil in a pan and sauté garlic until fragrant.
2. Add shrimp and cook until pink.
3. Stir in herbs, salt, pepper, and lemon juice.
4. Place cooked rice in a bowl.
5. Top with shrimp and optional greens or avocado.
6. Serve warm.

SPICY SOUTHWESTERN TURKEY WRAP

INGREDIENTS

- 1 tortilla wrap
- 1 cup cooked ground turkey
- ½ cup black beans
- ½ cup corn
- 1 teaspoon chili powder
- 1 teaspoon cumin
- Salsa or hot sauce
- Lettuce (optional)



DIRECTIONS

- Heat turkey with black beans, corn, and spices in a pan.
- Warm tortilla slightly. Add filling and lettuce.
- Top with salsa or hot sauce.
- Wrap tightly and serve warm.

PESTO CHICKEN PASTA SALAD

INGREDIENTS

2 cups cooked pasta

1 cup cooked chicken, shredded

2 tablespoons pesto

½ cup cherry tomatoes

¼ cup mozzarella (optional)

Salt and pepper to taste



DIRECTIONS

1. Cook pasta and let it cool.
2. Mix pasta, chicken, tomatoes, and mozzarella.
3. Stir in pesto until evenly coated.
4. Season with salt and pepper.
5. Chill or serve immediately.

SHREDDED BRUSSELS SPROUTS AND APPLE SALAD

INGREDIENTS

2 cups Brussels sprouts, shredded

1 apple, thinly sliced

2 tablespoons olive oil

1 tablespoon lemon juice

1 tablespoon honey (optional)

2 tablespoons nuts
(walnuts or almonds)

Salt and pepper to taste



DIRECTIONS

1. Shred Brussels sprouts and place in a bowl.
2. Add sliced apple and nuts.
3. Whisk olive oil, lemon juice, honey, salt, and pepper.
4. Pour dressing over salad.
5. Toss well and serve fresh.

LEFTOVER ROAST BEEF AND PROVOLONE MELT

INGREDIENTS

2 slices bread

1 cup roast beef, sliced

2 slices provolone cheese

1 tablespoon butter

Optional: mustard or
horseradish sauce



DIRECTIONS

Butter outside of bread slices.

Layer roast beef and provolone inside.

Add mustard if desired.

Grill in a pan until golden and cheese melts.

Flip and cook both sides.

Slice and serve warm.

LEMON HERB QUINOA SALAD

INGREDIENTS

1 cup cooked quinoa

½ cucumber, chopped

½ cup cherry tomatoes, halved

¼ red onion, finely chopped

2 tablespoons olive oil

1 tablespoon lemon juice

1 teaspoon dried oregano
or mixed herbs

Salt and pepper to taste



DIRECTIONS

In a bowl, combine quinoa, cucumber, tomatoes, and red onion.

Whisk olive oil, lemon juice, herbs, salt, and pepper.

Pour dressing over salad and mix well.

Chill or serve immediately.

SHEET PAN BLACK BEAN QUESADILLAS

INGREDIENTS

4 tortillas

1 cup black beans

1 cup shredded cheese

½ cup corn (optional)

1 teaspoon cumin

Salsa (for serving)



DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Mix black beans, cheese, corn, and cumin.
3. Spread mixture onto half of each tortilla and fold.
4. Place quesadillas on a sheet pan.
5. Bake 10–15 minutes, flipping halfway if desired.
6. Slice and serve with salsa.

CLASSIC ITALIAN TUNA SALAD

INGREDIENTS

1 can tuna, drained

½ cup cherry tomatoes, halved

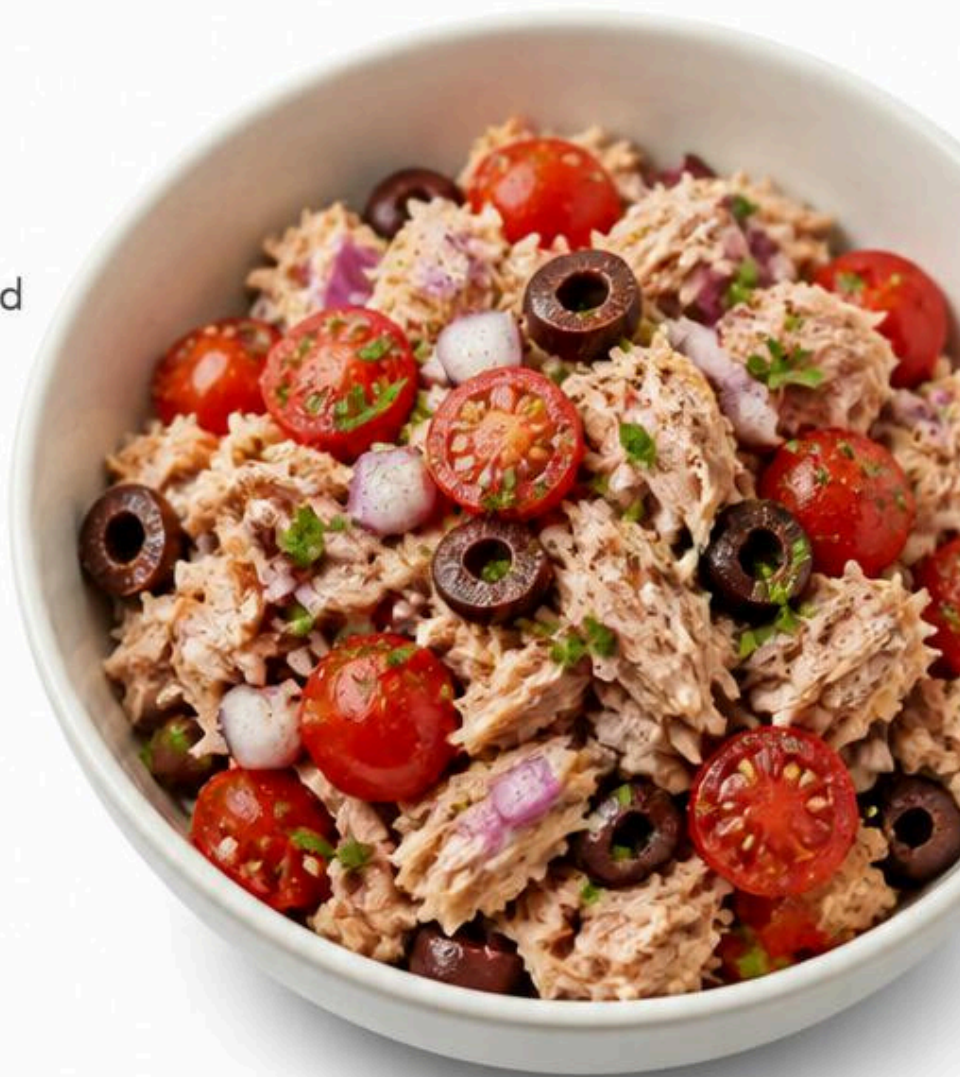
¼ red onion, chopped

1 tablespoon olive oil

1 tablespoon lemon juice

Salt and pepper to taste

Optional: olives or parsley



DIRECTIONS

1. Combine tuna, tomatoes, and onion in a bowl.
2. Add olive oil and lemon juice.
3. Season with salt and pepper.
4. Toss gently.
5. Add olives or parsley if desired.
6. Serve chilled or at room temperature.

SPICY SOUTHWESTERN BLACK BEAN SALAD

INGREDIENTS

- 1 cup black beans
- ½ cup corn
- ½ red onion, chopped
- ½ cup cherry tomatoes, halved
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 tablespoon olive oil
- 1 tablespoon lime juice
- Salt and pepper to taste
- Optional: cilantro, avocado



DIRECTIONS

1. Combine black beans, corn, onion, and tomatoes in a bowl.
2. Add cumin, chili powder, salt, and pepper.
3. Drizzle olive oil and lime juice over the salad.
4. Toss well to combine.
5. Add cilantro or avocado if desired.
6. Serve chilled or at room temperature.

APPLE AND SHARP CHEDDAR TARTINES

INGREDIENTS

2 slices rustic bread

½ apple, thinly sliced

3–4 slices sharp cheddar cheese

1 teaspoon honey (optional)

Butter or olive oil (optional)

Black pepper



DIRECTIONS

1. Toast bread lightly.
2. Layer cheddar cheese on warm bread.
3. Add apple slices on top.
4. Drizzle honey if desired.
5. Sprinkle black pepper.
6. Serve open-faced or closed.

BLUEBERRY VANILLA GREEK YOGURT PARFAIT

INGREDIENTS

1 cup Greek yogurt

½ cup blueberries

1 teaspoon vanilla extract

2 tablespoons granola

1 teaspoon honey (optional)



DIRECTIONS

1. Mix yogurt with vanilla extract.
2. Layer yogurt, blueberries, and granola in a glass.
3. Repeat layers if desired.
4. Drizzle honey on top.
5. Serve cold.