



From the Food Bank Kitchen

No-Cook Recipes

On a warm day, the last thing most of us want to do is spend time cooking in a hot kitchen. Conserve your energy and give the stove and oven a break with these no-heat meals. Beyond salads and sandwiches, these dishes feature creative ways to use the fresh fruits and vegetables that are readily available and cheaper this time of year. The egg sandwich recipe can be made in a mug in the microwave oven for any meal!

No-Cook Breakfasts

'Overnight Oats' — The night before, mix together in a canning jar or microwave-safe mug:

½ c old fashioned oats

½ c milk

¼ c plain Greek yogurt

1 tsp vanilla extract

2 tsp honey

*Optional: 2 Tbsp nuts and/or dried fruits of choice

Leave overnight in the fridge, then heat in the microwave in the morning for breakfast. This can be eaten cold as well.

Peanut Butter Banana Wrap — Spread 2 Tbsp peanut butter in the middle of a whole-grain wrap. Top with sliced banana and (optional) apple slices, and roll up. Dress it up with a little cinnamon or nutmeg and a drizzle of honey or maple syrup.

Yogurt Bowl — Measure a 6 to 8 oz serving of low-fat or fat-free plain Greek yogurt. Top with fresh fruit, a small handful of cereal or granola, and a drizzle of honey or 2 teaspoons of fruit jam to add some sweetness. Dried apricots, dates or raisins and a handful of almonds, walnuts or pecans add protein and fiber and some chewy crunch.

Chocolate peanut butter banana protein smoothie. Try this recipe for a satisfying breakfast or mid-afternoon snack! In a blender, combine 1 medium sliced and frozen banana, 1 (5 oz) plain or vanilla fat-free Greek yogurt, 1 Tbsp peanut butter, 1 Tbsp unsweetened cocoa powder, 1 tsp honey, and ½ c milk. Blend until smooth. Adjust cocoa or honey as needed to your taste. Makes 1 serving with 346 calories, 55 grams of carbohydrate and 19 grams of protein.

No-Cook Lunches and Dinners

Chickpea Salad — Combine and stir ½ c drained, rinsed chickpeas with ½ c quartered cherry tomatoes, 3 Tbsp crumbled feta cheese, 1 Tbsp lemon or lime juice, 2 Tbsp olive oil, a pinch of salt and ground black pepper (optional: oregano). Chunks of avocado are also delicious in this salad, and/or cucumber if available. Enjoy!

Veggie Boats — Peel a large cucumber. Cut lengthwise and scoop out the seeds in the middle with a spoon. Fill with your favorite salad like chicken, tuna, canned salmon or egg-salad. Instead of cucumber, you can try raw zucchini or summer squash. You could also fill with a portion of thaw-and-eat shrimp with cream cheese, tomato and splash of lemon.

Tomato and Ricotta Toast — Spread ¼ cup low-fat ricotta cheese on a slice of whole-grain bread (toasted if desired), then top with thick slices of fresh tomato, plenty of black pepper and a few sprigs of herbs.

Egg Mug-Muffin Sandwich* — In a 12-16 oz microwave-safe mug, whisk 2 large eggs till blended, then stir in 2 Tbsp shredded cheese, and salt and pepper to taste. Microwave on high 30 seconds. Stir with a fork. Cook for 30 seconds more, then stir again. Cook for 15-45 seconds more until eggs are just set. Transfer eggs to English muffin half, top with second muffin half and eat immediately. *If desired, cook up ¼ c frozen onion and bell pepper mixture in the mug for a minute before adding the eggs, or add a slice of avocado if desired.*

*Source: *250 Best meals in a mug—Delicious Homemade Microwave Meals in Minutes* by Camilla V. Saulsbury

Black Bean and Corn Salsa with Avocado

8 portions

1 (15 oz) can black beans, rinsed and drained
1 (11½ oz) can corn, rinsed and drained (or 1½ c frozen)
1 c thick and chunky salsa
1 avocado, cut into chunks

Optional: add chopped fresh cilantro if desired
Nutrition Facts: Calories 120, Fat 4 gm, Saturated Fat .5 gm, Sodium 240 mg, Carbohydrate 18 gm, Fiber 5 gm, Protein 4 gm

Directions: Combine the beans, corn, and salsa. Gently toss in pieces of avocado. Serve over toast or tortilla chips, or add to a green salad. **Alternate serving idea:** Place the beans, corn and salsa into a baking dish and sprinkle with shredded cheddar cheese. Bake until hot and cheese is melted, and use as a dip for tortilla chips or toast. Top with avocado.

See next page for more recipe ideas

Tuna and Bean Salad

4—(1¾ cup) servings

Adapted from Nutrition Action HealthLetter

3 Tbsp lemon juice
1 Tbsp olive oil
2 tsp minced garlic
1 tsp Dijon mustard
½ tsp salt
¼ tsp black pepper
½ tsp basil (dried)

2 Tbsp water
1 c canned cannellini beans or other beans, drained and rinsed
½ c chopped red onion
2 c peeled, seeded, and diced tomatoes or grape tomatoes
3 c baby spinach or other salad greens
1 - 12 oz can tuna, drained

Directions: Whisk the lemon juice, oil, garlic, mustard, salt, pepper, basil, and water in a large bowl. Place remaining ingredients in the bowl and toss to coat. Serve over lettuce or baby spinach, or use as filling inside a wrap if preferred. *May substitute 1 (14.75 oz) can pink salmon for tuna.*

Nutrition Facts: *Calories 180, Fat 5 gm, Saturated Fat .5 gm, Sodium 400 mg, Carbohydrate 11 gm, Fiber 3 gm, Protein 23 gm*

No-Bake Peanut Butter Oatmeal Squares

Serves 16

Try this easy recipe for a delicious dessert that doesn't need a hot oven to make!

1 c peanut butter
½ c honey

3 c rolled oats (instant or quick)
½ c raisins

Directions: Line a 8x8 pan with foil. Spray lightly with non-stick spray. Melt peanut butter and honey together until smooth. You can do this by microwaving the mixture in a microwave-safe bowl for one minute, then checking and stirring. If it's not easy to stir together, put it back in the microwave for another minute. If you prefer, you can heat it on a stove top until mixed. Next, stir in oats and raisins until coated. Press evenly into pan with your hands (you can also form balls). Refrigerate until cool, cut into squares, and enjoy!

Nutrition Facts: *Calories 210, Fat 9 gm, Saturated Fat 2 gm, Sodium 80 mg, Carbohydrate 29 gm, Fiber 3 gm, Sugars 17 gm, Protein 6 gm*

Dinner Salads and Dressing Ideas

Source: Nutrition Action HealthLetter July/Aug 2011

Basic Vinaigrette

1 Tbsp Dijon mustard
3 Tbsp mayonnaise
2 Tbsp red wine vinegar
½ tsp salt
1 tsp honey
⅓ c canola oil

Whisk together the ingredients and keep in the fridge for the next time you want a salad. Keeps for 2 weeks.

Balsamic Vinaigrette

⅓ c balsamic vinegar
1 clove garlic, minced
1 tsp dark brown sugar
½ tsp salt
⅔ c extra-virgin olive oil

Shake the ingredients in a jar with a tight-fitting lid. Store in the fridge for up to 2 weeks.

For each person, use:

½ c cooked **whole grain** (pasta, rice, barley, quinoa) and/or **beans**
½ c cooked **protein** (chicken, tuna, seafood, pork, beef, or tofu)
1 c cooked and/or raw **vegetables**
2 c **salad greens** or 1 c **cooked greens** like kale or collards
2 Tbsp **dressing**

By combining a protein and grain with a vegetable, you have a well-balanced dinner salad that is filling and nutritious. The grain and protein can be warm or cold. For best results, toss with the dressing just before you are ready to eat. For protein, try leftover cooked rotisserie chicken, chickpeas, canned tuna or salmon, hard boiled egg, sliced deli meat, nuts, and sunflower seeds. Shredded cheddar, feta, or goat cheese can be added, as well as fruit like apple or dried cranberries!