



# BANANA OAT MUFFINS

## Ingredients | Makes 12 to 16

5 large, very ripe bananas  
2 eggs, whisked  
½ cup canola oil  
¾ cup sugar  
1 cup oats  
1½ tsp baking soda  
1½ tsp baking powder  
1 cup all purpose flour  
1 cup whole-wheat flour  
1 tsp salt

## Directions

1. Wash hands with soap and water.
2. Preheat oven to 350°F.
3. In a large mixing bowl, mash bananas with a fork. Add eggs, oil, and sugar.
4. In a separate bowl, combine oats, baking soda, baking powder, flour, and salt.
5. Add dry ingredients to wet ingredients and mix until just combined.
6. Grease a muffin tin and fill with batter ¾ full.
7. Bake for 20-25 minutes or until a toothpick comes out clean. Eat within 3-4 days.

*Try making these  
at the beginning of  
the week.*

*Enjoy for a  
grab-and-go  
breakfast, paired  
with milk and a  
piece of fresh fruit.*

## Suggested Supplies

1 Measuring spoon set  
1 Dry measuring cup set  
1 Liquid measuring cup  
2 Mixing bowls  
1 Fork  
1 Mixing spoon  
1 Muffin tin  
Preferred supplies for  
greasing muffin tin



*Add a southwestern twist!*

*Use salsa, instead of tomato juice. Add bell peppers and black beans to your meatloaf mixture.*

## Suggested Supplies

1 Measuring spoon set  
1 Dry measuring cup set  
1 Liquid measuring cup  
1 Sauté pan  
1 Spatula  
1 Cutting board  
1 Knife  
1 Mixing bowl  
1 Mixing spoon  
1 Sheet pan  
Preferred supplies for greasing sheet pan

# MINI MEATLOAVES

## Ingredients | Makes 4

1 tsp olive oil  
1 cup chopped mushrooms  
1 lb lean ground beef (90/10 or 93/7)  
⅓ cup tomato juice  
½ cup quick oats  
1 egg  
½ cup finely diced onion  
½ tsp salt  
½ tsp pepper  
½ tsp smoked paprika  
½ tsp oregano  
½ tsp thyme

## Directions

1. Wash hands with soap and water.
2. Preheat oven to 350°F.
3. In a sauté pan, add oil and sauté mushrooms until soft. Remove from heat.
4. Add mushrooms and remaining ingredients to a large mixing bowl and mix together thoroughly.
5. Scoop out ¼ cup of the mixture and form into a small loaf.
6. Place on greased sheet pan and repeat with remaining mixture.  
Wash hands after handling raw protein.
7. Bake for 30-35 minutes or until meatloaves reach an internal temperature of 160°F.
8. If taking to the field, eat within 2 hours of making. If storing leftovers, eat within 3-4 days.



*Make for easy  
clean-up!*

*Spread a layer of  
parchment paper or  
aluminum foil on the  
baking sheet prior  
to adding potatoes.*

## Suggested Supplies

1 Measuring spoon set  
1 Vegetable scrubber  
1 Cutting board  
1 Knife  
1 Mixing bowl  
1 Mixing spoon  
1 Sheet pan  
Aluminum foil

# ROASTED HERBED POTATOES

## Ingredients | Serves 4

2 lb baby potatoes (yellow or red)  
2 tbsp olive oil  
½ tsp salt  
1 tbsp dried parsley  
1 tbsp dried rosemary  
1 tbsp dried thyme

## Directions

1. Wash hands with soap and water.
2. Preheat oven to 400°F.
3. Wash potatoes, scrubbing to remove any dirt. Dry completely and quarter into uniform pieces.
4. Add potatoes to a large mixing bowl.
5. Add oil, salt, and herbs. Toss to completely coat.
6. Spread potatoes in an even layer on a sheet pan. Roast for 25-30 minutes, mixing once or twice during the baking process.
7. If taking to the field, eat within 2 hours of making. If storing leftovers, eat within 3-4 days.



# BAKED OATMEAL

## Ingredients | Serves 8 to 10

- 1 cup oil (or ½ cup applesauce and ½ cup oil)
- 4 eggs
- 1 1/2 cups sugar
- 2 cups milk
- 7 cups quick oats
- 4 tsp baking powder
- 2 tsp salt

## Directions

1. Wash hands with soap and water.
2. Preheat oven to 350°F.
3. In a mixing bowl, whisk together oil, eggs, sugar, and milk.
4. In another mixing bowl, add oats, baking powder, and salt. Stir until completely combined.
5. Pour wet ingredients into dry ingredients, and stir until there are no dry patches in the mixture.
6. Bake in a 9x13 baking pan for 30 minutes.
7. Serve with fresh fruit for an easy, fiber-packed breakfast.

*This is a great recipe to make at the beginning of the week to enjoy all week long.*

*You can half this recipe and use an 8x8 pan instead!*

## Suggested Supplies

- 1 Measuring spoon set
- 1 Dry measuring cup set
- 1 Liquid measuring cup
- 2 Mixing bowls
- 1 Mixing spoon
- 1 9x13 baking pan
- Preferred supplies for greasing baking pan



# SHEETPAN FAJITAS

## Ingredients | Serves 4

1 lb sirloin, skirt, or flank steak, cut into strips  
2 tbsp olive oil, divided  
1 red or orange bell pepper, sliced  
1 yellow bell pepper, sliced  
1 onion, red or sweet, sliced  
Lime wedges (or juice), chopped cilantro, and whole-grain tortillas for serving

### Taco Seasoning:

1 tsp cumin  
1 tsp chili powder  
1 tsp garlic powder  
½ tsp salt

## Directions

1. Wash hands with soap and water.
2. Set oven to broil on high or 500°F.
3. Place steak in a bowl and add 1 tbsp of oil and ½ of taco seasoning. Toss to combine. Wash hands after handling raw protein.
4. Spread peppers and onions on ½ of a foil-lined sheet pan and drizzle with 1 tbsp oil and the other ½ of the taco seasoning. Toss to combine and broil for 10 minutes.
5. Add steak to the other ½ of the sheet pan and broil for 3-4 minutes or preferred level of doneness.
6. Top with fresh lime juice and chopped cilantro to serve on whole-grain tortillas.
7. If taking to the field, eat within 2 hours of making. If storing leftovers, eat within 3-4 days.

*Tired of flour  
tortillas?*

*Fajitas pair well  
with corn tortillas,  
which are a great  
change of flavor  
AND still count  
toward your whole  
grains.*

## Suggested Supplies

1 Dry measuring spoon set  
1 Cutting board  
1 Knife  
1 Mixing bowl  
1 Sheet pan  
Aluminum foil



*Farmer Adam  
Approved!*

*This is one of Adam  
and Charlotte's  
favorite weeknight  
meals.*

## Suggested Supplies

- 1 Multi-cooker
- 1 Measuring spoon set
- 1 Dry measuring cup set
- 1 Liquid measuring cup
- 1 Cutting board
- 1 Knife
- 1 Spatula
- 1 Serving spoon

# TUSCAN CHICKEN PASTA

**Ingredients** | Serves 6 to 8

- 2 tbsp olive oil
- 2 lbs chicken breast, boneless, skinless, and cut into 1-inch cubes
- ½ cup sun-dried tomatoes, drained
- 1 tbsp minced garlic
- ½ tbsp Italian seasoning
- ½ tsp salt
- ¼ tsp pepper
- 3 cups low-sodium chicken broth
- 12 oz whole-grain penne pasta, dry
- ¾ cup plain Greek yogurt
- ¾ cup low-fat cottage cheese
- ⅔ cup parmesan cheese, shredded
- 1 cup fresh spinach
- 1 tsp dried basil

## Directions

1. Wash hands with soap and warm water.
2. Set multi-cooker to sauté. Add oil, chicken, tomatoes, garlic, Italian seasoning, salt, and pepper to multi-cooker liner. Sauté for 1-2 minutes. Wash hands after handling raw protein.
3. Press cancel and add chicken broth and pasta to multi-cooker liner. Broth should cover pasta.
4. Place lid on multi-cooker and lock according to manufacturer's instructions. Make sure the valve is set to sealing position.
5. Cook on high pressure for 4 minutes followed by a quick release.
6. Once pin drops, remove lid and stir in Greek yogurt, cottage cheese, parmesan cheese, spinach, and basil. Stir to combine.
7. If taking to the field, eat within 2 hours of making. If storing leftovers, eat within 3-4 days.



# CURRY CHICKEN SALAD

## Ingredients | Serves 4

- ½ cup mayonnaise
- 1-2 teaspoons curry powder
- 1 tablespoon bottled lime juice
- Pinch of salt, more to taste
- 2 cups cooked chicken, diced or shredded
- 1 medium apple with peel, diced
- 2 tablespoons red onion, finely diced
- ¼ cup raisins
- ¼ cup cashews, roughly chopped
- 2 tablespoons freeze dried cilantro

## Directions

1. Wash hands with soap and water.
2. In a bowl, mix together mayonnaise, curry powder, lime juice, and salt.
3. Add cooked chicken, diced apple, and onions. Stir to combine.
4. Fold in raisins, cashews, and cilantro.
5. Serve in a wrap or on a bun.
6. If taking to the field, eat within 2 hours of making. If storing leftovers, eat within 3-4 days.

## Suggested Supplies

- 1 Measuring spoon set
- 1 Dry measuring cup set
- 1 Cutting board
- 1 Knife
- 1 Mixing bowl
- 1 Spatula

*Pair with your favorite whole grain bun, bread, or tortilla.*

*Portable, one-handed meals and snacks make the healthy choice the easy choice during your busiest seasons!*