

# Salmon Patties

## Ingredients

- 1 (14.75 ounce) can canned salmon
- ¼ cup chopped onion
- 1 egg
- ½ cup dry bread crumbs
- 2 tablespoons oil
- ½ teaspoon Mrs. Dash
- Salt and pepper to taste

## Directions

- Drain and reserve liquid from salmon.
- Mix salmon, onion, egg, and breadcrumbs together.
- Make into equal patties. If mixture is too dry to form into patties, add some reserved liquid from salmon.
- In a frying pan, heat oil. Place patties in pan. Brown on each side, turning gently.
- Drain on paper towels and serve immediately.

# Veggie Omelet

## Ingredients

- 1 teaspoon oil
- 3 eggs, beaten
- 2 tablespoons onion, chopped
- ¼ cup zucchini, chopped
- ¼ cup yellow zucchini, chopped
- ¼ cup shredded cheddar cheese
- Salt and pepper to taste

## Directions

- Heat oil in frying pan on medium heat.
- Combine eggs and vegetables.
- Pour egg mixture in pan. Cook until almost set.
- Flip and cook on other side until almost set.
- Top half with shredded cheese and fold over.
- Cook until cheese is melted.

\* Save unused zucchini and onion to use in the Frittata recipe! Seal in airtight container in refrigerator or in freezer.



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# Ham and Potato Frittata

## Ingredients

2 tablespoons oil  
3 potatoes (peeled and thinly sliced)  
¼ cup onions (diced)  
½ pound ham (diced)  
¼ cup zucchini  
10 large eggs  
¾ cup milk  
¼ cup shredded cheese  
Mrs. Dash and pepper to taste

## Directions

- Preheat oven to 350 degrees Fahrenheit.
- Heat oil in a large skillet over medium heat.
- Cook the potatoes for about 8 minutes, stirring occasionally.
- Add zucchini, ham, and onions and cook for 5 minutes.
- In a large bowl, whisk together the eggs, milk, and cheese.
- Pour the egg mixture over the potato mixture and cook for 1-2 Minutes or until the edges are set.
- Transfer the skillet to the oven and continue cooking for about 20 minutes, or until the eggs have puffed up and eggs are set.
- Cooking times can vary, so monitor closely.

# Roasted Root Vegetables

## Ingredients

2 sweet potatoes (peeled)  
4 potatoes (peeled)  
1 medium onion  
10 baby carrots  
3 tablespoons olive or canola oil  
1 teaspoon sugar  
1 ½ teaspoons salt  
½ teaspoon ground black pepper  
3 cloves of garlic (peeled and chopped)

## Directions

Preheat oven to 400 degrees F. Lightly grease 2 large baking sheets. Save garlic to add later. Cut vegetables into ~1 ½ inch pieces. In a large bowl, combine the oil, sugar, salt, and ground pepper. Add all of the chopped vegetables except the garlic. Toss vegetables until they are coated with oil mixture. Divide the vegetables evenly between 2 pans, making sure to spread them evenly. Roast for 30 minutes and then add garlic and stir to combine with other vegetables. Roast all vegetables for another 30 minutes, or until the vegetables are tender inside and light brown and crispy on the outside.

# Black Beans and Rice

## Ingredients

1 tablespoon oil  
1 large onion, chopped finely  
3 cloves garlic, minced  
1 stalk celery, chopped finely  
¾ cup uncooked white rice  
1 ½ cups chicken broth  
1 can (15 ounces) black beans (drained and rinsed)  
½ teaspoon Mrs. Dash seasoning  
Salt and pepper to taste

## Directions

- In a stockpot over medium-high heat, heat the oil.
- Add the onion, garlic, and celery and sauté for 4 minutes.
- Add the rice and sauté for 2 minutes.
- Add the broth, bring to a boil, cover and lower the heat and cook for 20 minutes.
- Add the black beans and spices.

\* Even though there is no meat in this recipe, the beans and rice together are an excellent source of protein! Enjoy as a main entree or side dish.



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# Meatloaf and Meatballs

## Ingredients

3 pounds ground chuck  
½ cup salsa  
¼ cup pasta sauce  
¾ cup Quaker Oats  
½ cup chopped onion  
1 large egg, beaten  
1 teaspoon Mrs. Dash  
Salt and pepper to taste

## Directions

- Preheat oven to 350 degrees Fahrenheit.
- Combine all ingredients.
- Divide meat mixture into 2 equal portions
- Put first half in loaf pan and bake for 1 hour (makes 1 meatloaf).
- With the rest of the mixture, shape into equal size meatballs. Bake for 45 minutes.
- Store uneaten meatloaf and meatballs in airtight container in freezer.
- Serve meatballs with pasta and marina sauce.
- Serve meatloaf with a baked potato and a side of cooked carrots.



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# Vegetable Soup

## Ingredients

2 tablespoons oil  
1 medium onion, chopped  
3 stalks celery, chopped  
1 cup carrots, chopped  
2 potatoes, cubed  
2 cloves garlic, minced  
4 cups chicken broth  
32 ounce can diced tomatoes  
1 teaspoon Mrs. Dash  
½ teaspoon salt  
½ teaspoon pepper

## Directions

Heat the oil in a large pot over medium-high heat. Add the onion, celery, carrots, and potatoes. Cook until the vegetables are slightly soft, about 4 minutes. Add the garlic and cook for another minute. Add the chicken broth, tomatoes, Mrs. Dash, salt, and pepper. Cook for 30 minutes.

- \* Soup is perfect for lunch or dinner.
- \* Serve with peanut butter toast for extra protein.



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# Black Bean and Corn Quesadillas

## Ingredients

4 teaspoons oil, divided  
3 tablespoons finely chopped onion  
1 (15.5 ounce) can black beans, drained and rinsed  
1 (10 ounce) can corn, drained  
1 tablespoon honey  
¼ cup salsa  
8 (8 inch) flour tortillas  
1 ½ cups shredded Mexican cheese, divided

## Directions

- Heat oil in a large saucepan over medium heat.
- Stir in onion and cook until softened, about 2 minutes.
- Stir in beans and corn, then add honey and salsa; mix well.
- Cook until heated through, about 3 minutes.
- Heat 1 teaspoon of the oil in a large skillet over medium heat.
- Place a tortilla in the skillet, sprinkle evenly with cheese, then top with some of the bean mixture.
- Place another tortilla on top, cook until golden, then flip and cook on the other side. Add more oil as needed, and repeat with remaining tortillas and filling.

\* Even though this meal has no meat, it is still a great source of protein!



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