

Barracks Cooking



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BREAKFAST

Fruity Overnight Oatmeal

1/2 cup old fashioned rolled oats
1/2 cup plain or vanilla low fat yogurt
1/2 cup low fat milk
1/2 cup strawberries, bananas, or Peaches diced
1/2 teaspoon ground cinnamon

1. Place all ingredients in an airtight container and mix well
2. Cover and refrigerate overnight
3. Serve with extra fruit and chopped nuts if desired

Serves: 1

Scrambled Eggs

2 large eggs, whipped
1 tablespoon 1% milk
1 tablespoon shredded low fat cheddar cheese
1 stock green onion, chopped
1 slice ham (96% fat free) or prosciutto, diced
nonstick cooking spray
salt and pepper to taste

1. Spray microwave safe bowl with cooking spray
 2. Prepare ingredients chopped green onion, diced ham slice, and whipped the eggs and add to microwave bowl.
 3. Microwave for one minute, gently stir with fork, and add the green onion and cheese.
 4. Wash fork
 5. Microwave 30 seconds, gently stir with fork.
 6. Wash fork
 7. If desired, microwave for an additional 15 to 30 seconds until eggs are at desired consistency.
 8. Add salt and pepper to taste.
- Optional: Eat with warmed tortillas

Pumpkin Oatmeal

- 1/2 cup milk
- 1/2 cup rolled oats
- 1/4 cup canned pumpkin puree
- 1/4 teaspoon pumpkin pie spice (or 1/8 nutmeg and cloves)
- 1/2 teaspoon cinnamon

Variations: Maple syrup, brown sugar, raisins, cranberries, pecans, almond slivers

1. Mix milk in oats in microwave safe bowl
2. Cook on high for 1-2 minutes for quick oats and 2-3 minutes for whole rolled oats
3. Stir
4. Add more milk or oats for desired consistency and cook 30 seconds more
5. Stir in spices

Sausage Breakfast Frittata

- 8-12 oz bulk sausage, crumbled
- 1 Cup shredded cheddar cheese
- 2 tablespoons finely sliced green onion
- 4 eggs, beaten
- 1 Cup evaporated milk
- dash salt
- 1 tablespoon chopped parsley

1. Microwave sausage in a 9-inch microwave pie plate covered with a paper towel for 4-5 minutes on HIGH (100%) until no longer pink
2. Drain well in garbage and dispose
3. Sprinkle cheese over sausage and add green onion
4. Beat eggs with milk, salt, and parsley in a medium bowl
5. Pour into the pie plate. Cover with microwave lid.
6. Microwave for 4-5 minutes on HIGH (100%).
7. Stir.
8. Microwave again for 7-8 minutes at MEDIUM (50%) or until center is set but not dry, stirring once during cooking.
9. Let's stay on 5 minutes

Serves 6

Broccoli Souffle

16-ounce package frozen chopped broccoli
3 eggs, beaten
3 tablespoons flour
2 cups grated brick cheese
1 1/2 cups cottage cheese
dash salt and pepper (optional)

1. Microwave broccoli in the bag for 9 minutes at HIGH (100%)
2. Pierce bag first and place on a paper towel
3. Drain well
4. Combine beaten eggs and flour in a 2-quart casserole dish
5. Mix until smooth, stir in all ingredients including broccoli
6. Microwave for 20-25 minutes at MEDIUM (50%) until almost set in center 200 degrees F
7. let stand 5-minutes

Serves 4

LUNCH

Spicy Tuna Lettuce Wraps

1 tablespoon hot sauce, such as sriracha or Buffalo sauce
1 tablespoon mayonnaise
1 tablespoon plain low-fat yogurt
15 oz can water packed tuna, drained
1/4 cup celery, diced
2 tablespoons cashews
4 large romaine lettuce leaves

1. In a small bowl mix together hot sauce mayonnaise and yogurt until combined
2. Add tuna and celery to the mixture and stir until combined.
3. Stack two lettuce leaves together and fill with half the mixture. Repeat with remaining lettuce.
4. Top each portion with one tablespoon of cashews and additional hot sauce.

Serves: 2

Chicken Wrap

- 1 Spinach tortilla
- 1 cooked chicken breast (canned, purchased pre-cooked, or cooked in microwave)
- 1 tablespoon crumbled feta cheese
- 1 tablespoon dried cranberries
- 2 cups mixture of lettuce tomato and onion
- 1 tablespoon of preferred low-fat dressing

1. Chop chicken, lettuce, tomato, and onion
2. Toss all ingredients in a bowl
3. Place in a spinach and roll wrap

Pesto Chicken Breast Sandwich

- 4 oz chicken, thawed
- Ciabatta or whole wheat roll
- 1/2 onion, sliced
- 4 mushrooms, sliced
- 3 cherry tomatoes, sliced
- 1/2 cup broth or water to cook

1. Slice chicken breast into desired strips
2. Place broth or water in microwave dish and add chicken into dish
3. Cover in microwave for 3 minutes on HIGH (100%)
4. While chicken is cooking, slice mushroom, onion, and tomatoes
5. Add this mixture into dish and microwave for another 3 minutes
6. Check temperature of chicken, (165 degrees Fahrenheit or higher)
7. Place on 2 ciabatta or wheat roll

Sweet Potato (or Regular Potato) With Warm Black Bean

- 1 medium sweet potato
- 1 can black beans, rinsed
- 1 can corn, rinsed
- 1 tomato, diced
- 1 teaspoon extra virgin olive oil
- salt and pepper to taste
- dollop of sour cream or Greek yogurt

1. Prick the sweet potato with fork in several places
2. Microwave on HIGH (100%) until tender all the way, about 5-6 minutes
3. Combine beans, corn, tomato, oil, salt and pepper in a microwave safe bowl
4. Microwave on HIGH (100%) until heated, about 1-2 minutes
5. Cool sweet potato enough to handle, cut in half lengthwise and pour the bean mixture onto the potato
6. Top each half with a dollop of sour cream or Greek yogurt

Citrus Crunch Salad

Dressing:

- 3 Tablespoons orange juice
- 2 Tablespoons peanut butter
- 1 Tablespoon low sodium soy sauce
- 1/2 teaspoon honey
- 1 clove garlic, minced
- 1/2 teaspoon ground ginger

Salad:

- 3 carrots, peeled and sliced thin
- 1/2 small head red or green cabbage, shredded
- 1 bell pepper, diced
- 3 green onions, sliced thin
- 1 orange, peeled and sliced crosswise into rounds
- 1/4 cup fresh cilantro, chopped
- 1/4 cup dry roasted peanuts

1. In a large bowl, combined carrots, cabbage bell pepper, and green onions
2. In a small bowl, whisk together orange, juice peanut butter, soy sauce, honey, garlic, and ginger until combined
3. Pour dressing over the vegetable mixture. Top with orange slices cilantro and peanuts

Serves: 4

Rainbow Rice Salad

- 3 cups cooked brown rice
- 1 cucumber, seeded and diced
- 1 red bell pepper, diced
- 1 yellow pepper diced
- 1 orange bell pepper, diced
- 1/2 avocado, diced
- 3 green onions, chopped
- 1/3 cup low sodium soy sauce
- 1 tablespoon sugar
- 1 tablespoon olive oil

1. In a large bowl, mix rice, cucumber, bell peppers, avocados, and green onions
2. In a small bowl, whisked together soy sauce, sugar, and olive oil
3. Add dressing to salad and toss together

Serves: 6

DINNER:

Fish Tacos

1/4-pound catfish chunks or tilapia fillets (frozen)
2 6-inch corn tortillas
Salsa
Shredded cabbage
Lime juice

1. Microwave fish in microwave bowl with lid for 10-15 minutes to desired firmness
2. Place cabbage in tortilla shells as bed for fish
3. Split cooked fish chunks (cut up cooked filets into chunks) between the two tortilla shells
4. Squirt lime juice, to taste, over fish
5. Add salsa to taste
Optional: sprinkle parmesan cheese

Chicken and Broccoli Casserole

1 boneless chicken breast, chopped into 1/2 inch cubes
low sodium seasoning (Italian blend, spicy)
1 bag frozen broccoli
1 Cup shredded mozzarella
1 Cup rice prepared in microwave
 2 cups long grain rice
 3 1/2 cups water
 1 1/2 teaspoon olive oil
1/2 cup light sour cream

1. Cook rice in microwave per directions on package or put rice, water, and oil in bowl, cook for 10 minutes uncovered on HIGH
2. Cook additional 15 minutes on MEDIUM, do not stir
3. In another microwave dish, combined chicken, seasoning, broccoli and cook for 6 minutes
4. Chicken should be 165 degrees Fahrenheit or higher
5. Combine & enjoy

Barracks Casserole

- 4 cups water
- 4 oz spaghetti
- 1 10.75 oz can reduced fat reduced sodium condensed cream of mushroom soup
- 1 10 oz package broccoli florets
- 1/2 cup fried onions

1. Place 4 cups water in a 2-quart microwave safe dish
2. Heat on HIGH until bubbling, about 15 minutes
3. Break pasta in half, and drop into heated water
4. Microwave on high for 10 -15 minutes or until tender
5. Drain and set aside (keep warm)
6. Cook broccoli according to microwave directions
7. Add cooked broccoli to noodles reserving liquid
8. Stir in 1/4 cup fried onions and mushroom soup
9. Add reserved broccoli liquid
10. Toss thoroughly, top with remaining onions
11. Cover and microwave on high about 15 minutes or until top is crunchy
12. let stand a few minutes

Chicken Curry

- 2 tablespoons Indian Curry paste
- 3 tablespoons olive oil
- 4 boneless, skinless chicken breasts, cut into strips
- 1/2 bunch basil, leaves chopped
- 1/2 bunch cilantro, leaves chopped
- 2 (13.5 oz) cans coconut milk
- 2 tablespoons soy sauce
- Kosher salt
- Freshly ground black pepper
- Steamed rice, to serve
- Paprika, for garnish
- 1 scallion, finely sliced, for garnish

1. In a large microwave safe pot with lid, mixed together Curry paste and oil
2. Microwave on HIGH 3 minutes
3. Add chicken to the pot and stir
4. Cover with lid and microwave on MEDIUM for 6 minutes
5. Add basil, cilantro, coconut milk, and soy sauce and season with salt and pepper
6. Sir well, cover, microwave on MEDIUM for 4 minutes
7. Sir again, cover and let rest for 3-4 minutes
8. Serve over steamed rice, garnish with paprika and scallions

Meatloaf in a Mug

- 1/4 cup ground beef
- 2 tablespoons breadcrumbs or dry oatmeal
- 1 tablespoon ketchup
- 1 teaspoon milk
- 2 teaspoons onion soup mix

1. Combine all ingredients
2. Pat into a microwave safe mug or custard cut cup
3. Microwave for 3-4 minutes on high 100%
4. Let stand 3 minutes

Variations: serve topped with 1tablespoon ketchup, mixed with 1 teaspoon brown sugar and a dash of dry mustard

DESSERTS / SNACKS:

Chocolate Banana Pudding

- 1 banana
- 1 12-ounce package silken soft tofu
- 1/4 cup unsweetened cocoa powder
- 1/4 cup sugar

1. Place ingredients into a blender, cover, and blend until smooth
2. Pour into a storage container and chill in the refrigerator one hour before serving
3. Serve with sliced strawberries or raspberries

Serves 4

No-Bake Peanut Butter Coco Bombs

8-ounce natural peanut butter (1/2 jar at room temperature)

8-ounce fat free cream cheese

4 tablespoons dark cocoa powder

2 teaspoons sugar

1 teaspoon cinnamon

1 Cup quick oats

milk - almond, rice, soy, or cows

Optional: one scoop chocolate whey powder

1. Combine peanut butter, cream cheese, dark cocoa powder, cinnamon, quick oats
2. Mix all ingredients together except the oats. The mixture should be sticky and thicker than pudding
3. Add a little bit of plain unsweetened almond milk, only a bit until mixture gets a little gooey
4. Add oats and mix well
5. Form into balls about the size of a golf ball and place on cookie sheet
6. Place freezer for 1hour or fridge for 3 hours
7. Serve when ready

Peanut Butter Cereal Bars.

1/2 cup peanut butter

1/2 cup honey

1/2 cup raisins

3 cups O shaped whole grain cereal

1. spray an 8 inch square pan with a nonstick cooking spray
2. in a microwave safe bowl combine peanut butter and honey. Microwave the mixture 30 seconds and stir until combined.
3. Add the cereal in raisins to the bowl. Stir until combined and pour into prepared pan.
4. Pat mixture into a single layer and place pan in the refrigerator to set. About one to two hours.
5. When set, cut into 16 bars

Serves 16

Baked Apple

1 apple (Granny Smith, Roma)

1 -2 teaspoons brown sugar

1/4 teaspoon cinnamon

1teaspoon butter

Optional: 1/4 teaspoon nutmeg

1. Core apple / carve out the center with paring knife leaving bottom intact
2. Place in microwave safe bowl
3. Fill center with brown sugar, spices, and top with 1 teaspoon butter
4. Cover dish and microwave for 4 minutes
5. let sit 2-3 minutes

Chocolate Cake

1/4 cup flour

5 tablespoons sugar

2 tablespoons cocoa powder

1egg

3 tablespoons milk

3 tablespoons canola oil

dash of vanilla extract

dash of salt

1. Whisk ingredients together in a large mug until smooth
2. Microwave until puffed about 2 minutes

SMOOTHIES

Pear Berry Smoothie

- 1 banana
- 1 ripe pear quartered
- 1 Cup fresh or frozen blueberries
- 1/2 cup plain or vanilla low fat yogurt
- 1/4 cup low fat milk
- 1-2 cups of ice
- 1 tablespoon honey
- 1/4 teaspoon ground cinnamon

1. Combined bananas pears blueberries yogurt milk ice honey and cinnamon into blender jar
2. Cover and blend until smooth

Serves: 2

Wild Berry Smoothie

- 2 cups homemade or store bought yogurt
- 1 Cup fresh or frozen berries
- 2 tablespoon coconut oil
- 1 teaspoon natural vanilla extract
- 6 ice cubes
- Optional: 2 fresh egg yolks
- optional: raw honey or green leaf stevia powder to taste

1. Blend everything except yolks in your blender until smooth
2. Add egg yolk and blend on low for only 3 more seconds

Berry Yogurt Smoothie

- 1/2 cup low fat vanilla yogurt
- 1/2 cup skim milk
- 1 Cup strawberries fresh or frozen

1. Combine all ingredients in a blender and blend until combined
2. Serve immediately

UNSWEETENED BEVERAGES

Raspberry Lemon Mint Water

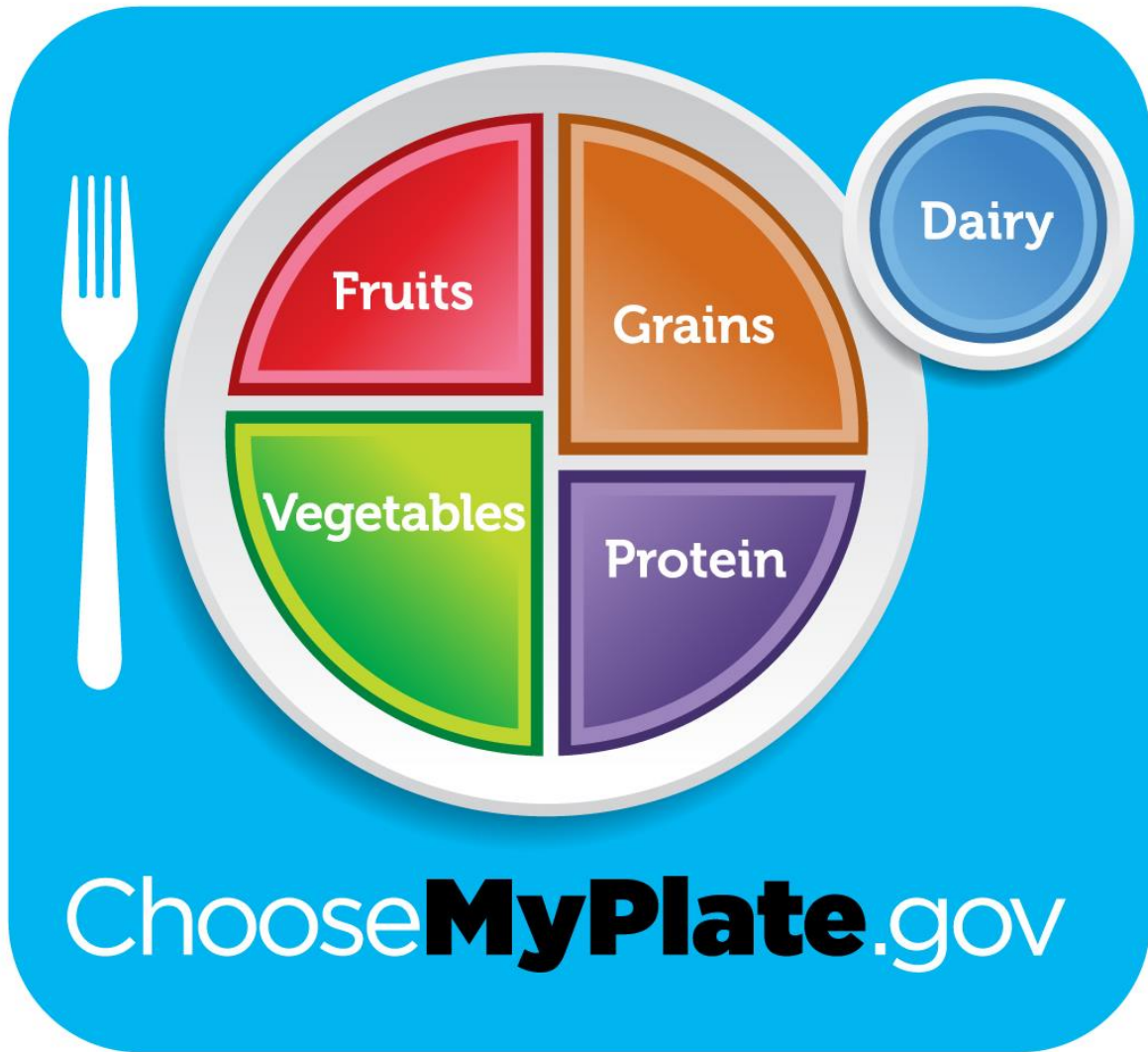
6-8 cups water
1 Cup raspberries
1 lemon, thinly sliced in rounds
2-3 mint sprigs

1. let it sit in fridge overnight
2. honey to taste

Cucumber Lemon Mint Tea

3-4 green tea bags in heat resistant bowl
Add: 6 to 8 cups of hot water and steep 3 minutes
pour tea over ice
add 1/2 1 cucumber slice in rounds
1 lemon, thinly sliced
2-3 springs of mint
chill overnight

1 1/2 cup watermelon, cubed
1Cup strawberries, sliced
2 to 3 Rosemary sprigs (or handful of basil)
chill overnight



Food Safety

1. CLEAN – Always wash your food, hands, counters, and cooking tools.
2. SEPARATE – Keep raw foods to themselves. Germs can spread from one food to another.
3. COOKS – Foods need to get hot and stay hot. Heat kills germs.
4. CHILL – Put food in the fridge within 2 hours.