



This recipe can cater to picky eaters in the family. The addition of peanut butter is intriguing! This also works for the littlest eater! In addition to the vegetables, this pairs well with shrimp or chicken.

Health benefits of Ginger: In addition to adding delicious flavor, ginger is highly touted to help with digestion as well as immunity.

Health benefits of peanut butter: This yummy healthy fat and high protein food may help reduce our risk of cholesterol and diabetes. It is full of fiber and so many nutrients to help our cells.

Peanut Butter Soba (or substitute) Noodles

Sauce:

- 1/4 c peanut butter
- 1/4 c soy sauce (tamari)
- 3 cloves garlic
- 2 tbsp Corn Syrup or Honey
- 1 tbsp ginger
- 1 tbsp rice wine vinegar
- 1 tsp sesame oil
- 1 c lime juice

This dish will include some small- cut veggies, i.e: carrots, grated bok choy



Celery: How creative to add celery. What a great way to be plant forward and enhance the ways celery can be used in recipes!

If this makes too many for you and your family, corn bread can be frozen and used another time. It is also a great addition to breakfast, not just lunch or dinner

Cornbread

1 c flour

1 c cornmeal

2/3 c sugar

1/2 c butter

2 eggs

1/2 tsp baking soda

1/2 tsp salt

1/2 c buttermilk

.5 c grated celery



Whole grains: farro
buckwheat or quinoa

Kale: this inexpensive
green packs a powerful
nutrition punch.

Beef, Kale and Grain Stew

2 onions
1 c barley, farro, buckwheat groats, or quinoa
2 cloves minced garlic
1/2 oz dried porcini
1 qt beef broth
4 stalks kale, julienne
3-4 tbsp tomato paste or unsweetened canned pumpkin
3 tbsp butter or bacon fat
1 lb. stewing beef (cut into 1/2" pcs)
4 sprigs thyme
4 bay leaves
1/2 tsp ea. of nutmeg & clove
Black pepper to taste (up to 1/4 cup)

Optional 1/2 cup grated parmesan or pecorino
Optional horseradish tsp prepared or tbsp raw grated



Making mac and cheese at home versus just out of the box means you can freeze leftovers to use another time.

Mac 'n Cheese

6 tbsp butter (3 oz) or coconut oil

2/3 cup flour (3 oz) - flattened, not heaping

2 cups milk

(any kind, whole, skim, heavy cream, even 1/2 and 1/2)

Optional 1 tsp yellow mustard powder

Optional pinch cayenne pepper

3 cups shredded cheddar and/or American cheese

(10 slices = roughly 8 oz)

Salt to taste

1 pound dry pasta; small shells, orecchiette, elbow macaroni, etc



Notes:

Cream Cheese Dip

2 cups spinach, chopped

(fresh will need sauteed, canned is also fine!)

8 oz neufchatel or lite cream cheese

1 c greek yogurt

1/4 tsp garlic powder

1/2 tsp salt



Like herbs? Add green onion and/or dill

Like nuts? Top it off with chopped walnuts or slivered almonds

Want something a little different? Add up to a cup of curry powder and replace grapes with raisins (sans dill, I think!)

Chicken Salad

4-6 boneless skinless chicken breasts

1/2 bunch celery (2-3 stalks)

1/2 bunch table grapes, cut in half

small diced carrots, up to 2 cups

2 tbsp relish (optional)

Up to 1 qt mayonnaise

1/2 cup dijon, brown, or whole grain mustard

3 tbsp distilled white vinegar or lemon juice

1/2 red onion, diced

Salt and pepper to taste



This yields a seriously hearty meal for 10 people.

Jen's Meatballs

3 pounds 93% lean beef

2 eggs

3/4 cup of breadcrumbs

1 teaspoon salt

1 teaspoon black pepper

1 teaspoon of garlic salt

1/4 cup finely chopped parsley

1/4 cup finely minced yellow onion

2 finely minced large garlic cloves

2 pounds of spaghetti