

RECIPE

NAME: Baked Zucchini Fries

DIRECTIONS

1. Preheat oven to 425 degrees. Coat a cooling rack with nonstick spray and place on a baking sheet.
2. Combine 1 cup Panko, 1/2 cup Parmesan, 1/2 tsp. oregano, 1/2 tsp. garlic powder, & 1/2 tsp. parsley into bowl, set aside.
3. Slice 4 zucchini, quartered lengthwise, & dredge in 1/2 cup flour. Mix 2 beaten eggs & dip the zucchini in eggs, then dredge in Panko mixture to coat.
4. Place zucchini on baking sheet and cook for 20 minutes or until crispy. Serve with marinara sauce.



INGREDIENTS

Panko or breadcrumbs
Grated Parmesan cheese
Oregano
Parsley
Zucchini
All-purpose flour
or cornstarch

Eggs



NO SUGAR ADDED



NO TRANS FAT



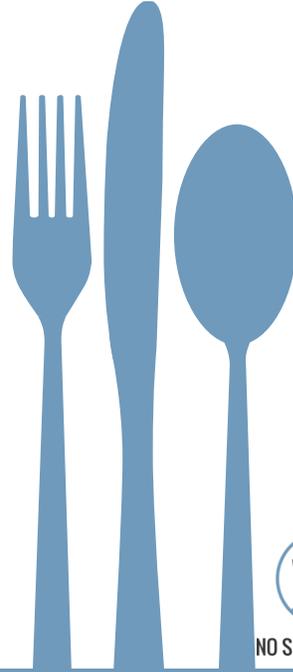
PEANUT FREE



NO SUGAR



NUT FREE



RECIPE

NAME: Spinach, Chickpea & Lemon Orzo

DIRECTIONS

1. Heat oil in a pan and add 1 chopped small onion and 3 cloves minced garlic.
2. Add 1 14.5 ounce can of rinsed & drained chickpeas, 1/2 cup cooked orzo, 1 juiced lemon, & 4 cups fresh spinach.
3. Sauté for 5 minutes. Season with oregano or black pepper if desired.
4. Top with 1/2 cup crumbled feta.



INGREDIENTS

Olive oil

Yellow onion

Garlic

Chickpeas

Whole-wheat

orzo

Lemon

Spinach

Feta cheese



EGG FREE



NO SUGAR ADDED



NO SUGAR



CORN FREE



NUT FREE



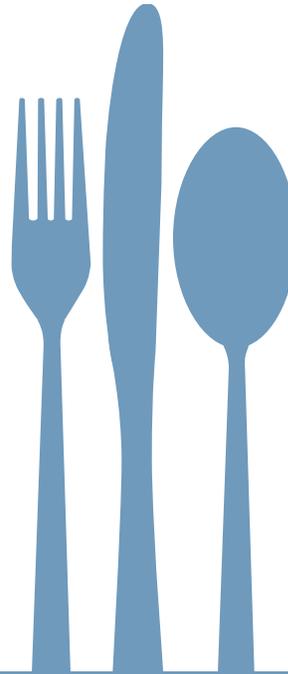
SOY FREE



PEANUT FREE



NO TRANS FAT



RECIPE

NAME: Roasted Parmesan Green Beans

DIRECTIONS

1. Preheat oven to 425 degrees.
2. Trim ends of 2 lbs. green beans & combine with 4 tsp. olive oil, 1/2 tsp. red pepper flakes, & black pepper.
3. Arrange on baking sheet, then sprinkle 1/2 cup Parmesan cheese on top.
4. Bake for 8-10 minutes. Transfer to bowl & add 2 tbsp. chopped walnuts & 1/3 cup cranberries.



INGREDIENTS

Green beans

Olive oil

Red pepper flakes

Black pepper

Parmesan cheese

Cranberries

Walnuts



SOY FREE



CORN FREE



EGG FREE



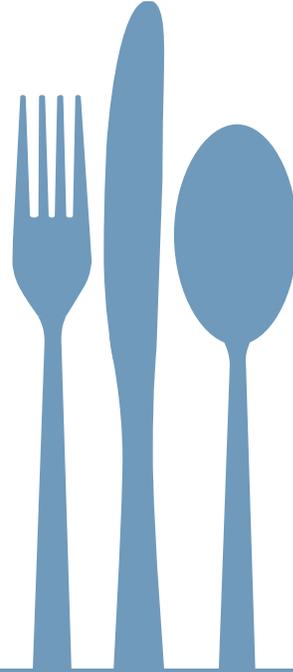
GLUTEN FREE



NO SUGAR ADDED



NO TRANS FAT



RECIPE

NAME: Tabbouleh

DIRECTIONS

1. Soak bulgur or cook couscous according to package, drain.
2. Transfer to large bowl & add 1 clove of minced garlic, juice from 3-4 lemons, 6 cups finely chopped parsley, 1 pound chopped tomatoes, 1 bunch of chopped scallions, 4 fresh mint leaves chopped, and black pepper to taste.
3. Add 1/2 cup olive oil before serving, adding more seasoning if necessary.



INGREDIENTS

Bulgur or
couscous



Garlic



Lemon

Parsley

EGG FREE CORN FREE

Mint



Tomatoes

NO SUGAR ADDED PEANUT FREE

Scallions



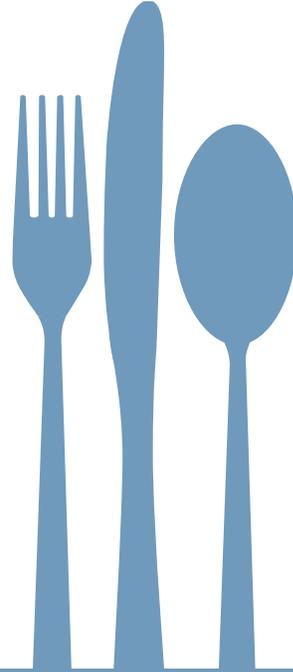
Black pepper

VEGETARIAN NO SUGAR

Olive oil



NO TRANS FAT NUT FREE



RECIPE

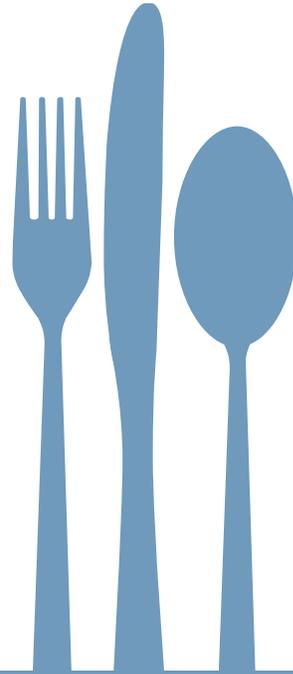
NAME: Cauliflower Fried Rice

DIRECTIONS

1. Chop 1 onion, 2 large carrots, mince 2 cloves of garlic & place in large pan with 1 tbsp. oil & cook until soft.
2. Finely chop 1 head of cauliflower (or use food processor to pulse); combine with vegetables.
3. Scramble 2 eggs, mixing in with the vegetables, add 1 cup of peas, 3 tbsp. low-sodium soy sauce & black pepper to taste.



CABARRUS
HEALTH
ALLIANCE



INGREDIENTS

Cauliflower
Carrot
Peas
Onion
Egg
Soy sauce
Garlic
Oil
Black pepper



CORN FREE



DAIRY FREE



NO SUGAR ADDED



NO TRANS FAT



NUT FREE



PEANUT FREE