

Easy Tuna Patties

Ingredients

2 eggs	3 (5 ounce) cans tuna, drained
2 teaspoons lemon juice	3 tablespoons diced onion
3 tablespoons grated Parmesan cheese	1 pinch ground black pepper
10 tablespoons Italian-seasoned bread crumbs	3 tablespoons vegetable oil

Directions

1. Beat eggs and lemon juice in a bowl; stir in Parmesan cheese and bread crumbs to make a paste. Fold in tuna and onion until well-mixed. Season with black pepper. Shape tuna mixture into eight 1-inch-thick patties.
2. Heat vegetable oil in a skillet over medium heat; fry patties until golden brown, about 5 minutes per side.

Omelet in a Bag

Ingredients:

2 eggs	1 T green pepper, finely chopped (optional)
2 slices ham, chopped (optional)	2 T tomato, seeded and finely chopped (optional)
½ cup shredded cheddar cheese	1 T salsa (optional)
1T onion, finely chopped (optional)	2 fresh mushrooms, sliced (optional)

Directions:

1. Place large Ziploc freezer bag in mug to hold the bag open
2. Crack the eggs into bag. Remove bag from cup and press out most of the air and seal. Shake or squeeze the beat the eggs.
3. Par cook chopped veggies in small amount of water in the microwave until soft and drain. About 2 minutes.
4. Open the bag, and the ham, cheese, onion, green pepper tomato and mushrooms. Squeeze out as much air as you can, and seal the bag.
5. Bring a large pot of water to a boil. Place up to 8 bags at a time into the boiling water. Cook for exactly 13 minutes. Open the bag, and let the omelet roll out onto the plate. Top with salsa and serve.

Millet Breakfast Porridge

Makes 2 cups

Ingredients:

2/3 cup millet	1/2 teaspoon cinnamon
1 cup skim milk	1 teaspoon vanilla
1 1/2 cup water	2 tablespoon raisons, optional

Optional toppings: Maple syrup, honey or sweetener of choice, sliced bananas, peaches, berries or fruit of choice, nuts of choice, shredded coconut.

Directions:

1. In a small sauce pan, combine the first five ingredients and optional raisons. Bring to a boil. Reduce heat to low, cover and cook at a low simmer for 20-25 minutes, without stirring or until the liquid is absorbed and the millet is the consistency of oatmeal or cream of wheat.
2. Remove from the heat, drizzle with maple syrup or add sweetener of choice, optional. Top with toppings as desired.

Buckwheat Pancakes

Ingredients

1 cup buckwheat flour	1 ¼ cup buttermilk
1 ½ teaspoon white sugar	1 egg, beaten
1 teaspoon baking powder	¼ teaspoon vanilla extract
¼ teaspoon salt	Maple syrup
¼ teaspoon baking soda	

Directions:

1. Whisk buckwheat flour, sugar, baking powder, salt and baking soda together in bowl.
2. Beat buttermilk, egg and vanilla extract together in another bowl. Pour flour mixture into buttermilk mixture; whisk until batter is thick and smooth, let batter rest for 5 minutes until bubbles form and batter relaxes. Prepare griddle during this time.
3. Preheat and grease griddle to medium heat. Drop batter by large spoonful onto the griddle and cook until bubbles form and the edges are dry, 3 to 4 minutes. Flip and cook until browned on the other side, 2 to 3 minutes. Repeat with remaining batter.

Roasted Chickpeas/Garbanzo Beans:

Ingredients:

1 (15 ounce) can chickpeas/garbanzo beans, drained and rinsed	¼ teaspoon salt
2 teaspoons olive oil	1 teaspoon garlic powder
	½ teaspoon black pepper

Directions:

1. Preheat oven to 425 degrees
2. Spread chickpeas/garbanzo beans on baking sheet and pat dry with paper towel
3. Bake in the preheated oven, stirring halfway through, about 22 minutes.
4. In a large bowl toss chickpeas/garbanzo beans with olive oil and seasonings and return to baking dish.
5. Continue baking chickpeas/garbanzo beans on baking sheet, stirring half way through, until golden brown and dry on the outside, about 22 minutes more.

Crispy Tofu Dippers:

Ingredients:

14oz package of extra firm tofu, pressed and drained, cut into dice size pieces	¼ cup powdered Parmesan cheese
2 Tablespoons, cornstarch	Olive oil
¼ cup corn meal	Dipping Sauce: Pizza Sauce

Directions:

1. Whisk together cornstarch, corn meal and Parmesan cheese.
2. Place tofu pieces in the mixture and toss to coat.
3. Heat 1-2 tablespoons of olive oil in a skillet over medium heat. Toss coated tofu pieces in the hot pan. Cook on all sides until crispy and brown. Serve with dipping sauce.

Taco Bar

Ingredients:

Refried Beans	Salsa
Sour Cream	Avocado, sliced
Lettuce, shredded	Taco shells, prepare according to package
Tomato, seeded and diced	Cheese, shredded
Black olives, sliced	Jalapeno, optional
Onion, diced	

Directions:

1. Heat refried beans and taco shells according to package.
2. Prepare toppings and place in serving bowls

Tofu Sloppy Joes

Ingredients:

2 teaspoons olive oil	2 teaspoons chili powder
½ small onion, chopped	½ teaspoon cumin
½ green pepper, chopped	1 Tablespoon brown sugar
1 package firm tofu, pressed and crumbled	1 Tablespoon + 1 teaspoon soy sauce
2 cloves garlic, minced	Whole grain buns
2 cups tomato sauce	

Directions:

1. In a large pan, sauté onion and bell pepper in olive oil over medium–low heat until softened, about 10 minutes. *
2. Turn up the heat to high, add crumbled tofu and cook until it takes on a light golden brown color, about 3 minutes.
3. Turn down heat to medium, add the rest of the ingredients into the pan, stir and let the mixture simmer for 3 minutes, until thick and bubbly.
4. Serve on whole grain bun.

*If you feel like you need to add more oil or your sautéing veggies will burn, add splashes of water to cook them in, until tender.

