



# ADAPTIVE COOKING

## Banana Oat Smoothie

### Ingredients

- 1 ripe banana
- 1/2 cup low-fat plain yogurt
- 1/2 cup skim milk
- 1/4 cup old-fashioned rolled oats
- 2 teaspoons flaxseeds
- 1 tablespoon honey
- 1 cup ice

### Directions

1. Combine all ingredients in a blender, and blend until smooth.

## Banana Cinnamon Coffee Cake

### Topping:

- 1/2 Cup Pecans chopped (optional)
- 1/4 Cup Sugar
- 1/2 Tsp Cinnamon

Blend together to use later.

### Batter:

- 1/2 Cup Butter (or Marg)
- 1 Cup Sugar
- 2 Eggs
- 1 Cup Mashed Bananas
- 1 Tsp Vanilla
- 1/2 Cup Sour Cream
- 2 Cup Flour
- 1 Tsp Baking Powder
- 1 Tsp Baking Soda
- 1/4 Tsp Salt

Mix ingredients together and pour 1/2 batter into a greased BUNT pan. Sprinkle sugar, cinnamon, pecan mixture over the batter. Then pour balance of batter into pan.

Bake at 350 for 40 – 45 minutes.

Here are a few Healthy, easy options to try while you wait for a spot in the Adaptive Cooking Classroom. Enjoy!

## **SIMPLE MANGO AVOCADO SALSA**

- Diced Mango into ½ inch cubes
- Chop Avocado into ½ cubes
- Chop Red Onion into small pieces
- 3 – 4 Tbsp Lemon Juice

Blend all of the chopped and diced ingredients together sprinkle with lemon juice and let sit about an hour.

Use as a healthy choice Tortilla chip dip or use as garnish over fish, chicken.

## BANANA CINNAMON COFFEE CAKE

### Topping

- 1/2 cup Pecans chopped (optional)
- 1/4 cup Sugar
- 1/2 Tsp Cinnamon

Blend together to use later.

### Batter

- 1/2 Cup Butter (or Marg)
- 1 “ Sugar
- 2 Eggs
- 1 “ Mashed Bananas
- 1 Tsp Vanilla
- 1/2 Cup Sour Cream
- 2 “ Flour
- 1 Tsp Baking Powder
- 1 “ Baking Soda
- 1/4 “ Salt

Mix ingredients together and pour 1/2 batter into a greased BUNT pan. Sprinkle sugar, cinnamon, pecan mixture over the batter. Then pour balance of batter into pan.

Bake at 350 for 40 – 45 minutes.

## HEARTY HAMBURGER VEGETABLE BARLEY SOUP

### INGREDIENTS

- 2 Carton Beef Stock
- 1 Lb Ground Beef
- 1 Cup Chopped Carrots
- 1 Cup Chopped Celery
- 1 Cup Chopped Onion
- ½ Can diced Tomatoes
- ½ Cup Pearl Barley
- 1 TBSP Oil
- Splash of Worchester sauce
- Season to taste

### METHOD

Brown beef, drain fat and set aside.

Pour oil in pan and add onion, celery and carrots. Saute until slightly softened.

Add Beef stock, ground beef and diced tomatoes.

Bring to a boil and cook on high about 5 minutes

Lower heat to a medium low and cook for 30 minutes.

## STRAWBERRY BANANA SMOOTHIE

makes 4 servings

- 1 1/2 cups (12 ounces) plain fat-free yogurt
- 3 to 4 bananas, peeled, cut into chunks
- 14 ounces strawberries, stems removed, roughly chopped to equal 3 cups
- 1/4 cup skim milk or soy milk
- 2 tablespoons Flaxseed meal
- 1 cup ice (optional)

### DIRECTIONS

Gradually add all ingredients to the jar of a blender; puree until smooth. Serve.

## QUINOA LASAGNA

This healthy quinoa lasagna recipe has a layer of quinoa (rather than noodles) along with vegetables, cheese and herbs. Though it tastes like comfort food, don't worry, this quinoa lasagna recipe is not too heavy—you'll still have room for dessert. To save time, use your favorite jarred tomato sauce.

### INGREDIENTS

- 2 cups water
- 1 cup quinoa
- 2 tablespoons canola oil or olive oil
- 1 cup chopped onion
- 1 cup sliced mushrooms
- 2 cloves garlic, minced
- 2 cups tomato sauce or prepared pasta sauce
- 2 cups no-salt-added low-fat cottage cheese
- 1 large egg, beaten
- 1/4 cup grated Parmesan cheese
- 2 tablespoons minced fresh basil or 1/2 teaspoon dried
- 1 tablespoon dried oregano
- 2 cups sliced zucchini
- 2 cups packed fresh spinach, tough stems removed
- 1 1/2 cups shredded part-skim mozzarella cheese

### PREPARATION

Coat a 9-by-13-inch baking dish with cooking spray. Combine water and quinoa in a medium saucepan. Bring to a boil. Reduce to a simmer,

# ADAPTIVE COOKING

cover and cook for 15 minutes. Fluff with a fork. Evenly spread the quinoa in the prepared dish.

Preheat oven to 350°F.

Wipe out the saucepan, then add oil and heat over medium heat. Add onion; cook, stirring frequently, until transparent and starting to brown, 5 to 6 minutes. Add mushrooms; cook, stirring, until the mushrooms are softened and very little moisture is left in the pan, 3 to 4 minutes. Add garlic and sauce. Stir until hot. Remove from heat.

Combine cottage cheese and egg in a medium bowl; mix well. Stir in Parmesan, basil and oregano.

Spread one-third of the sauce over the quinoa. Make a layer of all the zucchini, then all the cottage cheese mixture, then half the remaining sauce, then all the spinach. Finish with the remaining sauce and spread mozzarella on top.

Bake the lasagna until it is hot and the cheese is melted, bubbling and slightly browned around the edges, 35 to 40 minutes.

Let stand for about 10 minutes before serving.

## Simple Mango Avocado Salsa

- Diced Mango into ½ inch cubes
- Chop Avocado into ½ cubes
- Chop Red Onion into small pieces
- 3 – 4 Tbsp Lemon Juice

Blend all of the chopped and diced ingredients together  
sprinkle with lemon juice and let sit about an hour.

Use as a healthy choice Tortilla chip dip or use as garnish over fish, chicken.

## Meatball Minestrone

### Ingredients:

- 1 Pkg Frozen Meatballs
- 1 Can Mixed Bean Melody
- 4 Cups Water or Beef Broth
- Tbsp Bouillon Instant Soup Powder  
( only if water is used)
- 1 Can Mixed Vegetables
- 1 Can Diced Tomatoes
- Bunch of dried Spaghetti broken in 2" pieces
- 1 Tsp Dried Basil
- 1 Tbp Dried Minced Onions
- 2Bay Leafs

### Directions:

Combine liquid and drained mixed vegetables, drained beans, canned diced tomatoes along with frozen meatballs in pot. Add dried Onions flakes, Bay leaves.

When close to finished add Spaghetti for last 10 minutes.

Before serving, remove bay leaves.

Sprinkle with Parmesan Cheese to serve

Yummy Yummy!!!!

# Quinoa Lasagna



## INGREDIENTS

- 2 cups water
- 1 cup quinoa
- 2 tablespoons canola oil or olive oil
- 1 cup chopped onion
- 1 cup sliced mushrooms
- 2 cloves garlic, minced
- 2 cups tomato sauce or prepared pasta sauce
- 2 cups no-salt-added low-fat cottage cheese
- 1 large egg, beaten
- 1/4 cup grated Parmesan cheese
- 2 tablespoons minced fresh basil or 1/2 teaspoon dried
- 1 tablespoon dried oregano
- 2 cups sliced zucchini

2 cups packed fresh spinach, tough stems removed  
1 1/2 cups shredded part-skim mozzarella cheese

#### PREPARATION

1. Coat a 9 x 13 inch baking dish with cooking spray. Combine water and quinoa in a medium saucepan. Bring to a boil. Reduce to a simmer, cover and cook for 15 min.(can be made in a rice cooker) Fluff with a fork.
2. Preheat oven to 350 deg F
3. Layer bottom of baking dish with sliced zucchini. Sprinkle with 1/2 c shredded cheese. Cover with quinoa.
4. Wipe out you quinoa pot, then add oil and heat over medium heat. Add onion: cook, stirring frequently, until transparent and starting to brown, 5-6 minutes. Add mushrooms; cook stirring, until the mushrooms are softened and very little moisture is left in the pan, 3-4 minutes. Add garlic and sauce. Stir until hot. Remove from heat.
5. Combine cottage cheese and egg mixture in a medium bowl; mix well. Stir in Parmesan cheese, basil and oregano.
6. Spread 1/3 of sauce over the quinoa, then all the cottage cheese mixture, then half the remaining sauce, then all the spinach. Finish with the remaining sauce and spread the remaining mozzarella on top.
7. Bake the lasagna until it is hot and cheese is melted, bubbling and slightly browned around the edges, 35-40 minutes. Let stand for about 10 minutes before serving.

## Tasty Strawberry Smoothy

makes 1 serving

- 1 6 oz container low fat strawberry yogurt
- 3/4 c low fat milk
- 1/2 c frozen strawberries
- 1/4 c crushed oatmeal
- 1 tsp. ground flax
- 1/2 tsp vanilla

Add all ingredients into blender and combine until smooth.

# Tuna Cakes



Forget everything you know about tuna cakes. Simple, cheesy and held together with hearty stuffing, these'll win over even those determined not to like seafood.

## what you need

2 cans (5 oz. each) chunk light tuna in water, drained, flaked  
1 pkg. (6 oz.) STOVE TOP Stuffing Mix for Chicken  
1 cup KRAFT Shredded Mild Cheddar Cheese  
 $\frac{3}{4}$  cup water  
1 carrot, shredded  
 $\frac{1}{3}$  cup KRAFT Real Mayo Mayonnaise  
2 Tbsp. CLAUSSEN Sweet Pickle Relish

## make it

### step 1

**COMBINE** ingredients. Refrigerate 10 min.

**HEAT** large nonstick skillet sprayed with cooking spray on medium heat. Use ice cream scoop to add  $\frac{1}{3}$ -cup portions of tuna mixture, in batches, to skillet.

## Hearty Hamburger Vegetable Barley Soup

### Ingredients

- 2 Carton Beef Stock
- 1 Lb Ground Beef
- 1 Cup Chopped Carrots
- 1 Cup Chopped Celery
- 1 Cup Chopped Onion
- 1/2 Can diced Tomatoes
- ½ Cup Pearl Barley
- 1 TBSP Oil
- Splash of Worchester sauce
- Season to taste

### Directions

Brown beef, drain fat and set aside

Pour oil in pan and add onion, celery and carrots. Saute until slightly softened. After softening vegetables place in larger pot to add stock. Add Beef stock, ground beef and diced tomatoes.

Bring to a boil and cook on high about 5 minutes  
Lower heat to a medium low and cook for 30 minutes.