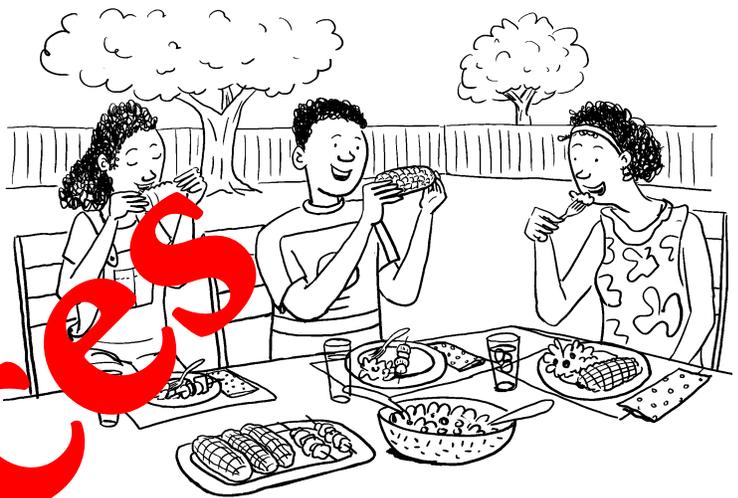


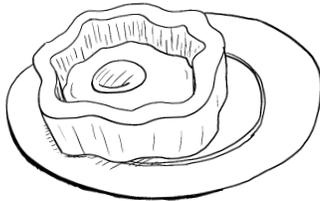
# Best Recipes

2019 Edition



These recipes will inspire your whole family to eat healthier—and help in the kitchen. Share them with your tween or teen, and get started today!

## Egg “ring”

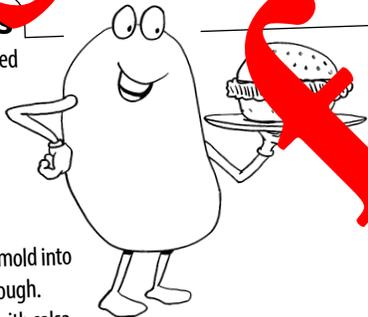


1 large red or green bell pepper  
Nonstick cooking spray  
3 eggs  
Remove seeds and core from pepper and slice into rings about 1 inch thick. Coat a skillet with nonstick spray, and cook the rings. Cook until soft, about 2 minutes per side. Crack an egg in the center of each ring, and cook until set. Serves 3.

## Black bean burgers

1 can black beans (14 oz), drained and rinsed  
1 egg  
1/2 cup whole wheat breadcrumbs  
1/2 tsp onion powder  
1/2 tsp garlic powder  
6 whole wheat buns

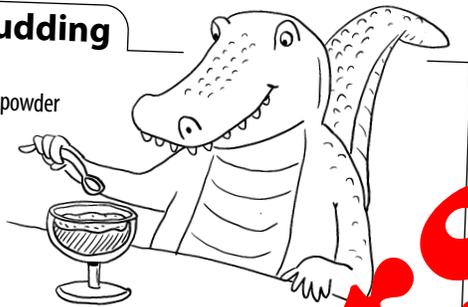
Mash first 5 ingredients together, and mold into 6 patties. Grill or bake until cooked through. Serve on whole-wheat buns. *Tip:* Top with salsa and avocado slices.



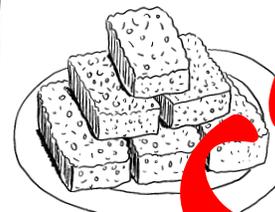
## Chocolate pudding

1/4 cup sugar  
1/4 cup unsweetened cocoa powder  
2 tbsp. cornstarch  
2 cups fat-free milk  
2 tsp. vanilla extract

In a pot, whisk together sugar, cocoa powder, cornstarch, and milk. Bring to a boil, stirring constantly until thickened. Remove from heat, mix in vanilla, and divide into 4 small bowls. Refrigerate until firm.



## No-bake cereal bars



1/2 cup brown sugar  
1/2 cup honey  
1/2 cup almond butter (or any nut or seed butter)  
1/2 cup old-fashioned oats  
2 cups whole-grain cereal  
Nonstick cooking spray

Over medium heat, bring sugar and honey to a boil. Remove from heat. Add almond butter, and mix in oats and cereal. Transfer batter to a 9" x 13" pan (coated lightly with nonstick spray). Cut into 12 bars when cool.

## Bruschetta chicken

2 boneless, skinless chicken breasts  
1/4 cup olive oil  
1/4 cup balsamic vinegar  
Salt and pepper to taste  
4 tomatoes, diced  
1 small onion, chopped  
1/8 cup fresh chopped basil

Place chicken in a baking dish, and cover with oil, vinegar, and a sprinkle of salt and pepper. Bake 25 minutes at 375°. Mix together tomatoes, onion, and basil, and pour over the cooked chicken. Makes 2 servings.



## Strawberry kiwi smoothie

1 cup plain Greek yogurt  
1/2 cup water  
1 cup crushed ice  
1 cup fresh or frozen strawberries  
1 peeled kiwi

In a blender, pulse all ingredients until smooth. Makes 2 smoothies.

