

Split Pea Meatballs *Makes 16 meatballs*



Ingredients:

- ½ cup cooked green or yellow split peas
- ½ onion, diced
- 1 tsp oil
- ¼ tsp garlic powder
- 2 tsp Italian seasoning
- 1 lb ground beef
- 1 egg
- ½- ¾ cup breadcrumbs
- Salt and pepper to taste

Instructions:

1. Cook the dry split peas. Bring peas and water to a boil. Cover and let simmer for 30-40 minutes or until tender. Drain to cool.
2. Sauté onion in oil until translucent.
3. Preheat oven to 400° F.
4. In a large mixing bowl, mash the split peas with a fork.
5. Add in garlic powder and Italian seasonings then mix.
6. Add in ground beef then mix.
7. Add in onion, breadcrumbs, salt, and pepper.
8. Mix together. If the mixture seems too wet, add in a little more breadcrumbs.
9. Lightly oil baking sheet to prevent meatballs from sticking.
10. Form the mixture into 1.5 tablespoon sized balls and place on baking sheet.
11. Bake for 10 minutes then flip and cook for 5 more minutes.
12. Serve with pasta and tomato sauce.

Nutrition:
 Kcals: 196
 Carbs: 8.5 g
 Protein: 16.5 g
 Total fat: 10.3 g
 Saturated fat: 3.75 g
 Fe: 2.1 mg

Go to this link for a video on how to help picky eaters and a demo of this recipe! <https://www.youtube.com/watch?v=0lm4zDIehpE>

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Chicken and Broccoli Casserole *Makes 4 servings*



Ingredients:

- 1 10.4 oz can cream of mushroom soup
- 1 cup rice
- ½ cup milk
- 1 12 oz bag frozen broccoli
- 1 12.5 oz can of canned chicken, drained & shredded
- 1 cup of shredded cheese
- 1 Tbs butter
- 1 tsp garlic powder
- 1 tsp onion powder
- Salt and pepper to taste

Instructions:

1. Make 1 cup of rice according to package directions.
2. Preheat oven to 350° F.
3. While rice is cooking, combine the milk and cream of mushroom soup in a 9x11 pan. Mix until incorporated.
4. Add in the shredded chicken, broccoli, and spices then mix.
5. Once rice is cooked, pour into pan. Mix all ingredients together until items are evenly dispersed.
6. Sprinkle half the cheese on top of the casserole.
7. Cut up butter to lay on top of the cheese in a single layer.
8. Bake for 15 minutes. Take the casserole out to stir and add the rest of the cheese.
9. Bake for an additional 15 minutes or until cheese is melted and broccoli is tender.

Nutrition:
 Kcals: 353
 Carbs: 22 g
 Protein: 28 g
 Total fat: 17 g
 Saturated fat: 4 g
 Vitamin A: 1370 IU
 Vitamin C: 35 mg
 Fe: 1.7 mg
 Zn: 2.55 mg

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Peach Pie Cookies *Makes 12 cookies*



Ingredients:

- 2 Tbs butter, melted
- 1 cup oats
- ¾ - 1 cup flour
- ½ cup brown sugar
- ½ cup applesauce*
- 1.5 tsp baking powder
- 1.5 tsp cinnamon
- Dash of salt
- 1 tsp vanilla extract
- 1 can peaches, diced
- ¼ cup chopped walnuts (optional)
- *if you don't have applesauce, use 1 large egg instead.

Instructions:

1. Melt the butter. Preheat oven to 325° F.
2. Add the flour, oats, baking powder, cinnamon, and salt to a large bowl
3. In a separate bowl, add the brown sugar and butter then mix well. Once mixed, add the applesauce and mix.
4. Combine the wet mixture with the dry and stir.
5. Dice the can of peaches and fold into the mixture. Add walnuts if desired.
6. If the dough is too wet, add in ¼ cup flour.
7. Using an ice cream scooper, form the cookies onto the baking sheet.
8. Cook for 15-18 minutes or until golden brown.
9. Enjoy with a glass of milk or small scoop of vanilla ice cream!

Nutrition:
 Kcals: 162
 Carbs: 26 g
 Protein: 2.8 g
 Total fat: 5.6 g
 Saturated fat: 1.6 g
 Vitamin A: 121.75 IU
 Fe: 1.15 mg

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Chickpea Burritos *Makes 6 Burritos*



Ingredients:

- 6 burrito shells
- 1 lb ground beef
- 1 can chickpeas or garbanzo beans
- 1 packet of taco seasoning
- 1/2 cup rice
- 1 can corn
- Any additional burrito favorites, you could try
- Salsa, sour cream, tomatoes, lettuce, cheese

Instructions:

1. In a pan, brown the meat and add the taco seasoning. Follow the specific instructions on the taco season for the best taste.
2. Cook the rice according to the package and cook in the canned corn in a small saucepan with a tsp of oil.
3. Once the meat is browned, add in the chickpeas. Let simmer and cook with meat for 5-10 minutes.
4. Once the rice, meat, and corn are finished, assemble the burritos with all the favorite fillings.
5. Enjoy!

Nutrition:
 Kcals: 460
 Carbs: 49 g
 Protein: 28 g
 Total fat: 18 g
 Saturated fat: 7 g
 Vitamin A: 391 IU
 Fe: 5.3 mg
 Zn: 5.4 mg

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