

48TH Ward

COVID –19 RECIPES

March 21, 2020/submitted by Loyola University Dietetic Interns

Recipe Ideas

Breakfast:

- *Overnight Oats*
 - Ingredients: 1 cup milk (could use canned, almond, soy), ½ cup old fashion oats, ½ tsp vanilla extract, ¼ cinnamon and/or any dried fruit.
 - Mix all ingredients in a jar or small bowl. Cover and store in the refrigerator overnight. Stir and mix in the morning, it should be thick and creamy. Top with any nut and fruit of your preference.
- *4 Ingredient Pumpkin Pancakes*
 - Ingredients: 1 egg, ¼ cup canned pumpkin, 2 tbsp flour, ¼ tsp nutmeg or cinnamon
 - Whisk the egg and then add the flour, pumpkin, and nutmeg. Stir until combined
 - Heat nonstick skillet over medium heat. Add batter and cook for 2-3 minutes per side, flip when bubbles begin to pop and edges brown
- *Banana-Peanut Butter Toast*
 - 2 slices whole wheat bread, 2 tbsp of peanut butter, 1 banana, ¼ tsp cinnamon.
 - Toast the bread until crispy, spread nut butter over bread slices. Slice banana into circles and put them on top of nut butter. Top with cinnamon. *Change the fruit for apples and the nut butter for almond butter for a different twist of the recipe.
- *Oatmeal packet Mug Muffin*
 - Ingredients: 1 packet oatmeal, 1 egg, ¼ of a banana (smashed)- optional: dried fruits, nuts, cinnamon
 - Wisk the egg in the mug, then add the packet of oatmeal and smashed banana (plus additional topping
 - Microwave for 60-90 seconds
- *French Toast*
 - Ingredients: 2 large eggs, ½ cup milk, ½ tsp vanilla extract, 6 slices whole wheat bread, syrup or other toppings
 - Preheat the griddle over medium heat. Put eggs, milk, and vanilla in a shallow bowl and beat with fork until well mixed. Grease the pan with oil or nonstick spray. Dip both sides of bread, one slice at a time, in the egg mixture and cook on the hot griddle or frying pan. Cook each side until golden brown (about 4 minutes). Serve with syrup or any other toppings (applesauce, banana, fruit slices, or jam).

Sandwiches/ Wraps:

- *Tuna Sandwich*
 - Ingredients: 2 slices whole-wheat bread, 3 oz canned tuna, 2 Tbsp Mayo (May add slice of tomato & lettuce if available)
 - Mix tuna and mayo together, spread on slices of bread
- *Chicken salad and crackers*
 - Ingredients: 1 can chicken, ¼ cup mayo, ½ cup chopped celery, ¼ tbsp black pepper
 - Mix and spread on 2 to 4 WASA crackers – or 12-14 whole wheat crackers
- *Turkey wrap*
 - Ingredients: Whole grain wrap, 2-4 slices of deli turkey, sliced tomato, 1-2 tbsp. Mayo
 - Lay one tortilla flat on a sanitized surface and spread mayo evenly. Then layer turkey, tomato and roll it up
- *Peanut Butter with Honey/Banana*
 - Ingredients: 2 slice whole wheat bread, 2 Tbsp peanut butter, 1/2 banana, drizzle of honey
 - Instead of a peanut butter and jelly sandwich, try two slices bread spread with peanut butter, sliced banana, and drizzle of honey.

Soups

- *Nutrient Packed Chicken Noodle Soup*

- Ingredients: 1 can of low sodium chicken noodle soup + 1 soup can of water + ½ cup of vegetables + ½ canned chicken (drained)
- In large bowl pour in all ingredients together, cover and place in microwave for 3 minutes. Enjoy! Serve with crackers or bread
- *Hearty Lentil Soup (Serves ~4)*
 - Ingredients: 1 teaspoon oil, 1 cup onion (chopped), ½ teaspoon salt, 2 sweet potato (chopped), 1 cup dry lentils, 3 cups of water, 1 can low sodium diced tomatoes, 3 cups of a green (frozen spinach, collard greens, etc.)
 - Heat oil in a soup pot over medium heat, add onions and salt. Cook for 3 minutes.
 - Add sweet potato, lentils, water and diced tomatoes. Stir to mix. Bring the soup to a boil, then reduce to simmer. Cover soup pot and cook for 15 minutes until lentils are tender.
 - [Add greens](#). Stir to mix. Cook for 5 minutes.

Meals (Lunch/Dinner)

- *Beans & Rice*
 - Ingredients: 2 cups brown rice, ¾ cup canned beans (Black, Navy, Three Beans, any work) ½ cup salsa
 - Cook rice according to instructions. Drain canned beans. When rice is finished stir the rest of the ingredients together
- *3-Can Chili*
 - Ingredients: 1 can corn, 1 can diced tomatoes, 1 can of any kind of bean, 1 tsp chili powder to taste
 - Combine all ingredients in a pot until heated thoroughly (about 20 – 30 minutes)
- *BBQ Chickpea Tacos*
 - Ingredients: 2 cans chickpeas, 1/3 cup BBQ sauce, ¼ tsp garlic powder, ¼ tsp onion powder, 2 cups lettuce shredded, 1 diced tomato, 1 avocado sliced, 12 corn tortillas, fresh chopped cilantro.
 - Place chickpeas in a nonstick saucepan. Add BBQ sauce, garlic powder, and onion powder. Stir for 5 minutes. To serve, warm up 2-3 tortillas per person. Spoon in ¼ cup of chickpeas, and top with lettuce, tomato sliced avocado, and cilantro.
- *Basic Chicken Quesadilla*
 - Ingredients: 1 tortilla, 3 oz canned chicken drained, ½ cup of any cheese (cheddar, mozzarella), additional toppings like tomatoes, onions, spinach, beans, etc.
 - In a bowl, drain the chicken and microwave for about a minute.
 - Place a tortilla in the center. Add cheese to half of the tortilla. Add chicken and any additional toppings. After you see cheese start to melt, you will fold the tortilla over in half (about a minute and flip it to the other side.
 - Always can serve with salsa, hot sauce, sour cream, yogurt, etc.
- *Pasta Primavera*
 - Ingredients: 1 cup uncooked noodles, 1 tbsp olive oil, 2 cups chopped mixed vegetables, 1 cup canned diced tomatoes, ¼ tsp garlic powder, 1/8 tsp black pepper, 3 tbsp parmesan cheese
 - Cook noodles according to package directions. While noodles are cooking, heat oil in a skillet. Sauté vegetables until tender. Add in canned tomatoes and sauté for 2 more minutes. Toss vegetables with noodles. [Add seasonings and sprinkle with cheese](#)
- *Fried Rice with Veggies*
 - Ingredients: 1 cup uncooked rice, 1 can mixed veggies, 1-2TBSP oil (canola or olive oil) Option: Fried egg
 - Cook rice according to package, (put rice and two cups of water in saucepan over medium heat). Drain and lightly rinse mixed veggies. Add veggies to rice, turn heat to low and simmer with cover on.
 - If eggs available, heat 1 TBSP of oil in frying pans, add eggs and scramble. Then add additional 1 TBSP of oil and add rice/veggie mix to pan. Stir everything and fry for 6-7 minutes. Serve hot with option for soy sauce or hot sauce.
- *Salsa Chicken*
 - Ingredients: 1 can chicken, 1 jar artichoke hearts, jar green salsa, jar red salsa, half a box pasta.
 - Flake the can of chicken and simmer with salsa and artichoke hearts. Pour over prepared pasta.
- *Sweet Potato, Black Bean, and Chicken Burritos*

- Ingredients: 1 can chicken(drained), 1 sweet potato (chopped), ½ can of black beans, ¼ cup canned corn, whole wheat tortilla, olive oil. Optional: Shredded Cheese, lettuce, salsa.
- Add sweet potato to a pan and drizzle with olive oil. Bake at 400 degrees for 30 minutes. Add beans, corns, and chicken to a pan on the stove for 10 minutes. Add 2 Tsp of Taco seasoning if available. Once sweet potatoes are fully cooked, assemble burritos starting with a layer of sweet potato, add a few scoops of bean/corn/chicken mixture, and optional cheese or lettuce. Roll into burrito.

Snacks:

- *Black Bean Salsa*
 - Ingredients: 1 can drained black beans, 1 can drained corn, and 1 (16 oz) jar salsa
 - Mix all ingredients together in a bowl. Serve with tortilla corn chips or whole wheat crackers
- *Rice cake and Peanut Butter*
- *Roasted Chickpeas*
 - Ingredients: 1 can garbanzo beans, 1 tbsp olive oil, 1/8 teaspoon salt, spices of your choice (try garlic, paprika, sage)
 - Drain and rinse the garbanzo beans. Wrap the beans in a towel to dry thoroughly
 - Put olive oil in a baking dish or foil lined pan. Pour beans into dish and sprinkle with salt and spices. Mix beans well to coat all the beans
 - Bake at 400 degrees for 45-60 minutes stirring or shaking every 15 minutes
- *Snack Mix*
 - Ingredients: 1 cup popcorn, ¼ cup almonds, ¼ cup dried fruit
 - Combine all to make a sweet and savory snack
- *Chunky Garbanzo Bean Dip*
 - Ingredients: 1 can garbanzo beans, 2 tbsp olive oil, 2 tbsp chopped onion, lemon pepper to taste, salt to taste
 - Drain and rinse the beans and mash in a small bowl with a fork or potato masher until most of the beans have been crushed. If you have a food processor, you can use it for this step.
 - Stir in oil and onion along with lemon pepper and salt to taste
 - Serve with crackers or vegetables, like carrots, pea pods, or celery
- *Tuna Snack*
 - Ingredients: Tuna can drained, 2 TBS mayonnaise, 1 TBS pickle relish, whole wheat crackers
 - Mix tuna with mayo and relish. Spread on crackers