



# COOKING FOR ONE OR TWO

Get Cooking:

## 5-Day Meal Plan Recipes

### Day 1: Slow Cooker Fresh Veggie Lasagna

*A week with MyPlate, Dairy Max.*

#### INGREDIENTS

- Nonstick Cooking Spray
- 1 1/2 cups mozzarella cheese, shredded
- 1/2 cup part-skim ricotta cheese
- 1/3 cup Parmesan cheese, grated
- 1 egg, lightly beaten
- 1 teaspoon dried oregano
- 1/4 teaspoon garlic powder
- 2 cups low-sodium marinara sauce (plus additional for serving)
- 1 medium zucchini, diced
- 4 no-boil lasagna noodles
- 1 bag baby spinach
- 16-ounce container thinly sliced mushroom

#### PREPARATION

1. Spray crock pot of slow cooker with nonstick cooking spray; set aside. In a small bowl, mix together mozzarella, ricotta, Parmesan, egg, oregano and garlic powder.
2. Spread 1/2 cup of marinara sauce in bottom of pot. Sprinkle 1/2 of zucchini over sauce and top with 1/3 of cheese mixture. Break 2 noodles into pieces to cover cheese. Spread 2 tablespoons of sauce and then layer 1/2 of the spinach and 1/2 of the mushrooms. Repeat layering, ending with cheese and the remaining sauce. Firmly press ingredients into pot.
3. Cover and cook over low heat for 4-5 hours. Allow lasagna to rest 20 minutes before cutting into wedges to serve. Spoon a little extra sauce over each serving and top with a basil leaf, if desired.

### Day 2: Cheesy Chicken Crunchers with Veggie Potato Topping

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#### CHEESY CHICKEN INGREDIENTS

- 1 cup all-purpose flour
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 4 egg whites
- 1/2 cup 1% milk
- 1 1/2 cups corn flake cereal
- 1 cup shredded Cheddar cheese
- 6 chicken breast fillets; cut into strips
- Nonstick cooking spray

#### CHEESY CHICKEN PREPARATION

1. Preheat oven to 375°. Set up three bowls with the following: 1) flour mixed with a pinch of salt and pepper; 2) an egg wash made by beating the eggs and milk together; 3) corn flake cereal mixed with cheese.
2. Coat a 13- x 9-inch baking pan with nonstick cooking spray. Dip chicken in flour, then into egg wash, then roll in cereal mixture, coating entire piece of chicken and place on baking pan.
3. Discard any unused cereal mixture after coating chicken. Bake for 25 minutes, turning halfway through to ensure even browning.

#### VEGGIE POTATO INGREDIENTS

- 1 (16-ounce) package frozen broccoli, cauliflower and carrot blend, cooked and drained
- 2 cups 2% milk reduced-fat shredded sharp Cheddar cheese, divided
- 1/4 teaspoon pepper
- 8 hot baked potatoes, split

#### VEGGIE POTATO PREPARATION

1. Toss the hot vegetables with 1 cup of the cheese and pepper. Spoon about 1/3 cup of the vegetable mixture over each potato; sprinkle evenly with remaining cheese.



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### Day 3: Pulled Pork Soft Tacos

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#### INGREDIENTS

For Pork:

- 2 pounds boneless pork loin roast
- 2 tablespoons brown sugar
- 1 tablespoon ground ginger
- 2 garlic cloves, smashed
- 1 small white onion, coarsely chopped
- ½ cup orange juice
- 2 limes, cut in half

For Tacos:

- 12 (6-inch) soft corn tortillas
- 1½ cups shredded reduced-fat Colby Jack
- ½ cup nonfat sour cream
- 1 teaspoon cumin
- 2 scallions, trimmed and chopped
- 1 (8-ounce) bag shredded red cabbage
- ¾ cup fresh salsa

#### PREPARATION

1. Trim excess fat off roast. In a small bowl, combine brown sugar and ginger; rub generously over roast. Place in slow cooker with garlic, onion and orange juice. Cook on low heat for 8 hours (or high for four to six hours.)
2. Remove pork to large bowl and shred with forks. Strain pork liquid from slow cooker and pour over pulled pork to moisten. Squeeze lime juice on top and mix well. Divide into 12 servings.
3. In small bowl, mix together sour cream, cumin and scallions.
4. For each serving, cover corn tortilla with two tablespoons cheese; microwave for 20 seconds. Top with pulled pork, two teaspoons of sour cream mix, 1½ tablespoons shredded cabbage and one tablespoon of salsa. Fold and serve immediately.

### Day 4: Hawaiian Touchdown Mac and Cheese

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#### INGREDIENTS

- 7 ounces enriched spiral pasta
- 1 cup 2% milk
- 2 tablespoons butter
- 8 ounces pasteurized, prepared cheese product, made with 2% milk (ex. Velveeta)
- 1 cup shredded part skim mozzarella cheese
- 6 ounces ham, diced
- 1 can (20 ounces) no sugar added sliced pineapple rings, drained
- 1 cup prepared spaghetti sauce
- 1/4 cup shredded Parmesan cheese
- Nonstick cooking spray

#### PREPARATION

1. Preheat oven to 350°. Spray a 2-2 1/2 quart baking dish with non-stick spray.
2. Prepare the enriched pasta according to the package directions, drain and set aside.
3. Combine the milk, butter and the cheese product in a microwave-safe dish and heat in the microwave until melted, about 4-5 minutes, stirring occasionally.
4. Add the melted cheese, milk and butter mixture to the cooked pasta. Add 1 cup of mozzarella cheese to pasta mixture. Mix well.
5. Saute the diced ham in a skillet until slightly brown.
6. Add sauteed ham to pasta mixture, mix well.
7. Slightly brown 6-8 pineapple rings, set aside.
8. Pour the pasta mixture into the dish.
9. Spread spaghetti sauce over the pasta mixture. Arrange the pineapple rings on top of the sauce. Top with 1/4 cup of shredded Parmesan cheese.
10. Bake for about 15 minutes or until it is heated throughout and the cheese is brown.
11. Remove from oven and let sit for about 5 minutes. Serve it to your family and you've just scored a touchdown!

### Day 5: Slow Cooker Pork Stew over Brown Rice

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#### INGREDIENTS

- 2 pounds lean pork stew meat
- 3 cups baby carrots
- 1 large onion, sliced
- 1 1/2 teaspoons dried thyme leaves
- 1/2 teaspoon coarse ground black pepper
- 1/4 teaspoon salt
- 1 clove garlic, minced
- 1 1/2 cups complete bran and wheat flakes ready-to-eat cereal (crushed to 3/4 cup)
- 1 cup dried tart cherries
- 3/4 cup 100% apple juice or apple cider
- 4 cups hot cooked brown rice

#### PREPARATION

1. Trim fat from pork.
2. Spray large pan with non-stick cooking spray. Cook half of the pork at a time until browned.
3. In a 4-6 quart crockery cooker layer carrots, onion, thyme, pepper, salt and garlic. Sprinkle with cereal and cherries.
4. Top with pork and pour apple juice or cider over contents in the cooker.
5. Cover and cook on low setting for 7-8 hours or on high setting for 3 ½ to 4 hours.
6. Prepare the brown rice according to package directions toward the end of the stew cooking time. (Brown rice typically takes about 40-45 minutes to cook).
7. Stir pork mixture and serve over ½ cup brown rice.