



## VCAAA Food Box Recipes

*All recipes included in this booklet can be made using the ingredients found in your VCAAA food box delivery*



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## Yogurt and Fruit Parfait



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### INGREDIENTS:

- 6 oz of yogurt
- ½ cup fruit of choice, chopped
- ¼ cup cereal

### INSTRUCTIONS:

Layer ¼ cup yogurt into the bottom of glass cup or mug. Alternate layers of fruit and cereal with yogurt (about 3 layers).

**SERVING SIZE: 1 PARFAIT**  
**SERVINGS: 1**

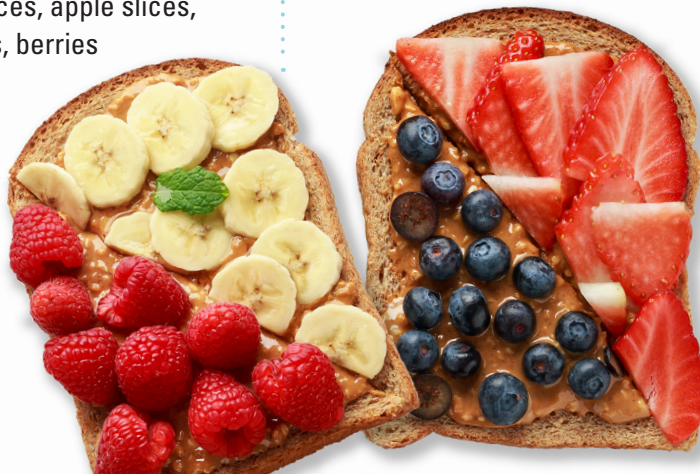
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# Peanut Butter Toast with Fruit

## INGREDIENTS:

- 2 Slices bread
- 2 Tablespoons peanut butter
- Fruit of choice:  
banana slices, apple slices,  
pear slices, berries
- ¼ Teaspoon cinnamon  
(optional)



## INSTRUCTIONS:

- Toast the slices of bread.
- Top each piece of toast with  
1 Tbsp. peanut butter, fruit of  
choice and cinnamon.

## Apple Pie Oatmeal

### INGREDIENTS:

- 1 cup oats
- 2 cups of milk or water
- 1 apple, chopped
- 1 tablespoon sweetener of choice (honey, sugar, maple syrup)
- ½ teaspoon cinnamon

### INSTRUCTIONS:

Combine all ingredients in a microwave safe bowl.

Microwave for 2 minutes or until thickened, stirring occasionally.



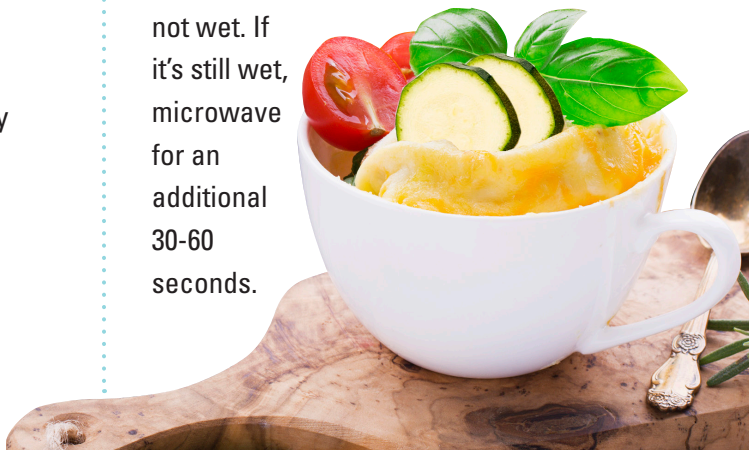
## One Mug Zucchini & Cheese Omelet

### INGREDIENTS:

- 1 large egg
- 2 tablespoons milk or water
- ½ cup chopped zucchini
- ¼ cup cheese
- Oil, butter or cooking spray for greasing
- Black pepper (optional)

### INSTRUCTIONS:

Grease a mug with cooking spray, oil, or butter. In a bowl, use a fork to beat the egg, milk or water, and pepper. Mix in cheese and zucchini. Pour the mixture into the mug. Microwave for 1 minute. Check that egg is fully cooked and not wet. If it's still wet, microwave for an additional 30-60 seconds.



## Pasta Bake

### INGREDIENTS:

- 4 cups of cooked pasta noodles
- 2 cups of chopped zucchini or vegetable(s) of choice
- 12 oz pasta sauce or marinara sauce
- 1½ cups of shredded cheese
- \*Variation- add 1 cup of cooked chicken



### INSTRUCTIONS:

Instructions: In a large bowl stir together, pasta, pasta sauce, vegetables and 1 cup of cheese. Spread pasta mixture in a greased 8x8 baking dish or any medium sized baking dish. Sprinkle the remaining ½ cup cheese on top. Bake for 20-25 minutes or until the pasta is hot all the way through and cheese is melted.

## Zesty Bean and Corn Salad

### INGREDIENTS:

- 1 cup of canned beans (any variety)
- 1 cup of canned corn
- ¼ cup finely chopped onion
- ¼ cup Italian dressing or dressing of choice

### INSTRUCTIONS:

Rinse and drain canned beans and corn. In a medium bowl, combine all ingredients, except dressing. Gently stir in dressing.

Serve immediately or place in refrigerator for 30 minutes to serve chilled.



## Chicken or Tuna Salad

### INGREDIENTS:

- 1 cup of canned chicken or tuna
- ½ cup celery, diced
- ¼ cup red onion, minced
- ¼ cup mayonnaise
- 1 squirt mustard (optional)
- Dash of black pepper (optional)



### INSTRUCTIONS:

- Drain canned chicken or tuna.
- Add all ingredients to a bowl and stir to combine. Serve with whole grain bread, whole grain crackers, or on top of a salad.



## Microwave Baked Potato

### INGREDIENTS:

- ¼ cup shredded cheese
- ½ cup beans
- 1 chopped tomato
- 1 tablespoon butter

### INSTRUCTIONS:

Wash potato thoroughly, pat dry, and pierce 7 to 8 times with a fork. Place potato on microwave-safe plate and press potato button on microwave, or if your microwave does not have this feature, microwave for 4 minutes, turn over, and continue to cook for 3 more minutes. When the potato is soft, remove from the microwave, and cut in half lengthwise. Top with butter, shredded cheese, beans and tomato.



## Tuna Melt



### INGREDIENTS:

- ¾ cup of tuna or 1 small can, drained
- 1 tablespoon chopped onion
- 1 tablespoon chopped celery or pickle relish
- 1 tablespoon mayonnaise
- 4 slices bread
- 2 slices cheese or ¼ cup shredded cheese
- 1 sliced tomato

### INSTRUCTIONS:

In a medium bowl, combine tuna, mayonnaise, onion and celery; mix well. Top 2 of the slices of bread with 1 slice of cheese or shredded cheese. Spread tuna mixture over cheese slices and top with remaining bread slices. Heat a greased skillet over medium-high heat. Cook sandwiches on medium heat until lightly browned on both sides. Add sliced tomato to sandwiches. Serve.

# Avocado Chicken or Tuna Salad

## INGREDIENTS:

- 1 cup of canned chicken or tuna
- 1 avocado, chopped
- ½ cucumber, chopped
- ¼ cup red onion, minced
- ½ cup corn
- ¼ cup dressing of choice

## INSTRUCTIONS:

Drain canned chicken or tuna. Combine all ingredients, except dressing, in a medium bowl. Gently stir in dressing. Chill for 30 minutes if you prefer salad to be cold.



## Chicken Veggie Wrap

### INGREDIENTS:

- 1 cup of canned chicken
- 2 flour tortillas
- 1 cup of vegetables of choice:  
lettuce, tomatoes, red onion,  
avocado, cucumbers
- 1 tablespoon mayonnaise  
Mustard (optional)

### INSTRUCTIONS:

Drain canned chicken. Chop vegetables to bite-size pieces. Microwave tortillas for 15 seconds. Spread mayonnaise and mustard on tortillas. Top each tortilla with chicken and vegetables and wrap tightly like a burrito.



## Veggie Bean Wrap

### INGREDIENTS:

- 1 cup of canned beans (any variety)
- ½ cup corn
- 2 flour tortillas
- 1 avocado peeled and chopped
- ¼ cup red onion, minced
- ¼ cup cheese
- 1 lime juiced

### INSTRUCTIONS:

Rinse and drain canned beans and corn. Add beans, corn, avocado, red onion and cheese in a bowl. Pour lime juice over ingredients and stir to combine. Top each tortilla with mixture and wrap tight like a burrito.



## Chicken Pasta Salad

### INGREDIENTS:

- 2 cups of cooked pasta noodles
- 1 cup of canned chicken
- ½ cup celery, chopped
- ¼ cup red onion, chopped
- ½ cup carrots, chopped
- ¼ cup of dressing of your choice

### INSTRUCTIONS:

Drain canned chicken. Add cooked pasta, chicken, celery, red onion and carrots to a bowl. Pour dressing over ingredients and toss until coated. Serve immediately or refrigerate until cold.



## Microwave Cheesy Chicken and Rice

### INGREDIENTS:

- 1½ cup of cooked rice
- ¾ cup of canned chicken, drained
- 1 cup of canned mixed vegetables, rinse and drained
- ¼ cup cheese, shredded
- ¼ cup of milk

### INSTRUCTIONS:

Add all ingredients to a microwave safe bowl and stir to combine. Microwave for 1 minute, stir, and microwave for an additional 1 minute or until cheese is fully melted.



## Cheese Quesadilla

### INGREDIENTS:

- 2 flour or corn tortillas
- ½ cup shredded cheese
- \*Variation – add chicken, beans and/or chopped vegetables

### INSTRUCTIONS:

Over low heat warm 1 tortilla, add shredded cheese and put other tortilla on top. Warm for an additional 30 seconds and flip over. Heat until cheese is melted.





## Veggie Pizza

### INGREDIENTS:

- 1 flour tortilla
- ½ cup marinara sauce
- 2 tablespoons chopped vegetables of choice: onion, zucchini, tomatoes, peppers
- ¾ cup shredded cheese

### INSTRUCTIONS:

Preheat oven to 350 degrees.  
Spread marinara sauce evenly over tortilla. Sprinkle with chopped vegetables and top with shredded cheese. Cook for 10-15 min or until cheese is lightly browned.



# Chicken Bean Burrito

## INGREDIENTS:

- ½ cup of canned chicken  
(about 1 small can)
- 1 flour tortilla
- ½ cup beans
- ¼ cup cheese
- 1 tablespoon onion, chopped
- ½ avocado, diced

## INSTRUCTIONS:

Spread chicken in middle of tortilla, add beans and avocado evenly on top of meat. Sprinkle chopped onions on top of beans and add shredded cheese. Roll tortilla starting at one end. Heat in microwave for approximately 1 min.



## Chicken and Veggie Rice Bowl

### INGREDIENTS:

- 1 cup cooked rice
- 3 oz cooked chopped chicken
- 2 tablespoons each:  
chopped onions, tomatoes  
zucchini, carrots

### INSTRUCTIONS:

Add rice to bowl, top with chicken and add all vegetables on top. Microwave covered for approximately 1 min. Stir to make sure it is completely heated through.



## Mixed Fruit Salad

### INGREDIENTS:

- ½ cup each:  
cubed pineapple  
cubed cantaloupe  
chopped apple  
chopped orange  
chopped pear  
or fruit of choice
- \*Variations –  
Sprinkle shredded  
coconut, and/or any  
chopped nuts.

### INSTRUCTIONS:

Put all fruit in medium  
bowl and mix evenly.



# Harvest Vegetable Soup

## INGREDIENTS:

- 6-8 cups of water
- 2 tablespoons olive oil
- 1 cup each of chopped onion, celery, zucchini, potato, tomato
- 1-2 cloves of garlic
- 1 can of corn and or can of mixed vegetables
- 1 cup pasta of choice

\*Variation-  
add 1 can  
of cooked  
chicken

## INSTRUCTIONS:

In a large stock pot, sauté all the fresh chopped vegetables and garlic until slightly softened in olive oil. Add water to pot and bring to boil. Add potato cubes, diced tomatoes, and pasta and cook an additional 30 min. Add canned vegetables and any herbs and spices. Gently boil an additional 10 min.



## Spring Cucumber Salad

### INGREDIENTS:

- 1 cup each:  
diced tomatoes  
onions,  
cucumber
- ¼ cup vinaigrette dressing
- ½ tsp dried dill, cilantro  
or parsley

### INSTRUCTIONS:

In a medium bowl mix all chopped vegetables. Add dried herbs and stir until blended. Pour dressing over vegetables and gently stir until covered.



# Warm Weather Salad Bowl

## INGREDIENTS:

- 1 cup precooked rice
- ½ cup of each chopped zucchini, onions, carrots, tomato, celery, cucumber, and avocado
- ¼ tsp any herbs and spices or your choice
- ½ cup of vinaigrette dressing

## INSTRUCTIONS:

Place rice in bowl and mix with herbs and spices. In another bowl add dressing to chopped vegetables and gently toss. Pour bowl of vegetables over rice.





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