

SBL Cooking Demo: *One Dish Meals*

Corn Chowder with Quinoa

6-8 Servings

Ingredients

1 cup quinoa
Spray
1 medium onion, diced
¼ cup flour
1 red pepper, diced
1 tsp minced garlic
3 cups chicken broth
3 cups half & half
4 cups frozen corn (or fresh)
1 can northern beans, drained and rinsed
1 tsp dried parsley
½ tsp dried thyme
1 ½ tsp salt
Optional: shredded cheese to garnish

Preparation

1. In a large pot, toast quinoa over medium heat for 3-5 minutes. Remove from the pan.
2. In the same pot, melt butter. Add onion and pepper and sauté over medium-high heat for 3-5 minutes, until soft and starting to brown. Add garlic and cook 1 minute.
3. Stir in flour until combined (you don't want to see any white left – add gradually and if there is a little left over that is okay). Whisk in broth and then milk one cup at a time, whisking and waiting until the soup has thickened slightly before adding the next cup.
4. Add corn, beans, quinoa, parsley, thyme, and salt. Bring to a boil, stirring frequently. Reduce heat to medium (or medium – low) and simmer uncovered for 15-20 minutes until quinoa is cooked, stirring often.

Nutrition (per serving): 253 calories; 7g fat; 378mg sodium; 8g protein; 1g sugar; 44g carbs; 5g fiber



Black Bean Slider Burgers

4 Servings

Ingredients

2 cans (14.5 each) seasoned black beans
1 cup oatmeal
¼ cup grated white onion
1 egg
½ tsp chili powder
Salt & pepper
8 slices Swiss cheese
4 whole Kaiser rolls or good hamburger buns
Lettuce or other greens
Sliced tomato



Preparation

1. Drain, but do not rinse, the black beans. Place them in a bowl and use a fork to mash them. Keep mashing until they're mostly broken up, but still have some whole beans visible. Add the oatmeal, onions, egg, chili powder, salt, and pepper. Stir until everything is combined, then let the mixture sit for 5 minutes.
2. Form bean mixture into patties slightly larger than the buns you're using (the patties will not shrink when they cook). Place the patties in mini-muffin tins and bake for 10 minutes at 350 degrees.

Nutrition (per serving): 110 calories; 330mg sodium; 5g protein; 1g sugar; 4g fiber; 4g fat

Loaded Vegetarian Nachos

4-8 Servings

Ingredients

- 10oz bag of your favorite tortilla chips
- 2 15oz cans chili beans, NOT drained
- 1 cup corn kernels
- 1 large red onion, chopped
- 1lb tomatoes, chopped
- 1 large red pepper, chopped
- 1/3 cup black olives, sliced
- 1 ½ cup shredded cheddar cheese
- Cubed avocado and plain yogurt or sour cream, to serve

Preparation

1. Heat your broiler to the hottest setting.
2. Place the tortilla chips in an oven-safe skillet or baking dish. The size of the dish depends on how you like your nachos – use a smaller one for more crunchy chips and a larger one for softer chips.
3. Top with all the ingredients in the order listed, except for the avocado and yogurt/sour cream. Broil until the cheese is hot and bubbly, about 5 minutes. Pay close attention so your chips do not burn!
4. Serve immediately with avocado and yogurt/ sour cream.

Nutrition (per serving): 352 calories; 15g fat; 11mg cholesterol; 607mg sodium; 39g carbs; 6g fiber; 6g sugar; 11g protein



Cheese Chicken & Poblano Casserole

4 servings

Ingredients

- 4 red peppers
- 2 cups of pre-cooked chicken
- 1 cup (4oz) reduced-fat shredded cheddar cheese
- 1 cup fresh corn kernels
- ½ cup chopped onion
- ½ cup chopped zucchini
- ½ cup chopped red bell pepper
- 2 tbsp finely chopped fresh cilantro
- ½ tsp kosher salt
- ½ tsp ground cumin



½ tsp paprika
½ tsp freshly ground black pepper
½ tsp minced garlic
¼ cup salsa
Cooking spray
¾ cup crushed baked tortilla chips, divided

Preparation

1. Preheat broiler.
2. Place red pepper halves, skin side up, on a foil-lined baking sheet, and flatten with hand. Broil 8 minutes or until blackened. Place peppers in a zip-top plastic bag and seal. Let stand 15 minutes. Peel and discard skins.
3. Reduce oven temperature to 375 degrees.
4. Combine chicken and next 11 ingredients (through garlic) in a large bowl; stir in salsa, stirring until well combined.
5. Place red peppers, cut sides up, in an 11 x 7-inch baking dish coated with cooking spray; top evenly with ¼ cup chips. Spoon the chicken mixture evenly over chips; sprinkle with remaining ½ cup chips. Lightly coat chips with cooking spray. Bake at 375 degrees for 20 minutes or until cheese melts and casserole is heated through.

Nutrition (per serving): 331 calories; 11g fat; 32g protein; 25g carbs; 80mg cholesterol; 688mg sodium

Homemade Hamburger Helper

4 servings

Ingredients

1lb lean ground beef
1 cup hot water
2 cups milk
1 ½ cups elbow macaroni
2 cups cheddar cheese (plus more for topping, if desired)

Sauce Packet

2 tsp paprika
1 tsp minced onion
1 tsp garlic powder
1 tsp salt
1 tsp sugar
1 tsp parsley flakes

Preparation

1. Brown ground beef in large skillet, then drain.
2. Add hot water, milk, pasta, and "sauce packet" ingredients.
3. Bring to a boil, cover, reduce heat and simmer 12 minutes or until pasta is tender. In the last few minutes of cook time, add cheese, stir and re-cover.
4. When pasta is tender and cheese is melted, remove heat and uncover.
5. Let stand about 5 minutes. Sauce will thicken as it stands.
6. Top with additional cheese if you like.

Nutrition (per serving): 240 calories; 12g fat; 21g protein; 67mg cholesterol; 262mg sodium



Crockpot Carrot Cake

Ingredients

- 1 box Betty Crocker Carrot Cake Mix
- ½ cup applesauce
- 1 1/3 cup water
- 3 eggs

Preparation

1. Beat all ingredients together for 1 minute with mixer.
2. Spray inside of crockpot with cooking spray.
3. Pour mixture into crockpot and cover.
4. Cook on high for 1.5-2 hours, or until done.

Nutrition (full-recipe): 429 calories; 14g fat; 342mg sodium; 43g carbs; 19g protein; 31g sugar



Energy Bites

12 servings

Ingredients

- 1 banana, mashed
- 1 cup oats
- ½ cup mini chocolate chips
- ½ cup peanut butter
- ½ cup ground flax or chia seeds
- 1 tsp vanilla extract
- 1/3 cup honey

Preparation

1. Combine all ingredients in a large bowl and mix until all ingredients are fully combined.
2. Using an ice cream scooper or your hands, form into balls and place on a lined baking sheet.
3. Freeze or refrigerate (about one hour) or until set.

Nutrition (per serving): 60 calories; 2g fat; 7.5g carbs; 2g sugar; 10mg sodium; 1.4g fiber; 3.4g protein

