**Sargent Choice White Bean, Zucchini & Parmesan Salad**

Yield 6 servings

*Adapted from Martha Stewart*



**Ingredients**

2 cans (15.5 ounces each) cannellini beans, drained and rinsed

2 zucchinis, trimmed, quartered lengthwise and thinly sliced on the diagonal

1 cup green beans, trimmed and thinly sliced on the diagonal

½ cup fresh parmesan cheese, crumbled or shaved

½ cup fresh basil leaves, torn

Grated zest and juice of 2 lemons

1 tablespoon olive oil

Ground pepper & salt to taste

*Serve with a grain/starch of choice – we love farro, crispy French bread, potatoes, brown rice or whole wheat pasta!*

**Directions**

1. In a medium bowl, place the cannellini beans, zucchini, green beans, Parmesan, basil, lemon zest and juice, and oil.

2. Season with salt and pepper.

3. Toss to combine.

**Sargent Choice Whole-Grain Rice Krispie Treats**

Yield 2 dozen  
*Recipe Courtesy of Jennifer Culbert, MS, RD*  
*Photo from Beaming Baker*

**Ingredients**

6 cups crispy brown rice cereal

1 cup ground flax seeds

1 cup peanut butter or Sunbutter

1 cup honey or maple syrup

*Enjoy with a favorite berry or fruit!*

**DIRECTIONS**

1. Mix brown rice cereal and ground flax seeds in large bowl.
2. Warm honey in small saucepan. Add peanut butter and stir well*.  
   Note: If making this recipe in a dorm, honey and pb can be warmed in a microwave-safe bowl. Use 15 second intervals and stir in between.*
3. Pour over cereal mixture and mix with wooden spoon to combine.
4. Using slightly damp hands, press into 9x13 pan.
5. Refrigerate for 15 minutes.
6. Cut into 24 squares.

**Sargent Choice Freezer-Friendly Breakfast Burrito**

Yield 4 servings  
*Adapted from Budget Bytes*

**INGREDIENTS**

1 cup shredded cheddar

1 small yellow onion

1-2 cups vegetable of choice (zucchini, leafy greens, carrot, peppers)

1 tablespoons butter, divided

1 pinch salt and pepper

6 large eggs

4 large whole-grain flour tortillas (burrito size)

*Optional Adds: Bacon or plant alternate, guacamole/avocado, sour cream, salsa*

**INSTRUCTIONS**

1. Begin by preparing all of the filling ingredients for the breakfast burritos. Shred the cheddar, if not purchased pre-shredded.
2. Dice the onion and vegetables of your choice. Add the onion and vegetable to a large skillet with ½ Tbsp butter and sauté over medium heat until the onions are soft and translucent (about 5 minutes). Season with a pinch of salt and pepper. Transfer the cooked vegetables to a bowl.
3. If adding bacon or plant alt, add to the skillet with another teaspoon of butter. Sauté over medium heat until browned. Transfer cooked toppings to a separate bowl and clean the skillet.
4. Crack 6 eggs into a bowl and lightly whisk. Add the last bit of butter to the skillet and heat over medium. Once the skillet is hot, spread the butter to coat the surface, then pour in the whisked eggs.
5. Push the eggs in toward the center of the skillet as they set on the bottom, until most of the eggs have set, but the eggs still look moist. Do not overcook the eggs or they'll become dry. Season the eggs with a pinch of salt and pepper.
6. To assemble the burritos, add a scoop of scrambled eggs to the middle of each tortilla, then top with a scoop of cooked vegetables, a handful of cheese, and any of the additional desired toppings.
7. To roll the burritos, first fold the tortilla up from the bottom, then fold in the sides, and then finish rolling the burrito up until it has closed. Wrap each burrito in parchment paper using the same folding and rolling method (bottom up, sides in, finish rolling up). Label each burrito on parchment paper or on masking tape
8. Transfer the wrapped burritos to freezer bags, label and date the bags, then place in the freezer.

**TO REHEAT BREAKFAST BURRITOS**

Transfer the breakfast burrito to the refrigerator the day before. Once thawed, microwave on high for 1-2 minutes, or heat in a skillet over medium-low, about 5 minutes on each side, or until the tortilla is crispy and the insides are warm. To reheat from frozen, use the microwave's defrost setting for about 5 minutes, then microwave on high for 1-2 minutes, or until heated through.

**Sargent Choice Squash Mac and Cheese**

Yield 8 servings  
*Adapted from Tasting Table*

**Ingredients**

1 pound whole-grain elbow macaroni

2 (10-ounce) packages frozen pureed butternut squash

2 cups milk

1 1/3 cups shredded Cheddar cheese

½ cup ricotta cheese

1 teaspoon salt

1 teaspoon powdered mustard

1/8 teaspoon cayenne pepper

2 tablespoons grated Parmesan

2 tablespoons whole wheat breadcrumbs

1 teaspoon olive oil

*Additional Topping Ideas: Spinach, broccoli, zucchini, cauliflower, chicken, tofu…*

**Directions**

1. Pre-heat oven to 375ºF.
2. Coat a 9 by 13-inch baking pan with cooking spray or oil.
3. Bring a large pot of water to boil. Add the pasta and cook until tender but firm, about 5-8 minutes. Drain and transfer to a large bowl.
4. Meanwhile place the frozen squash and milk into a large saucepan and cook over a low heat, stirring occasionally and breaking up the squash with a spoon until defrosted. Turn the heat up to medium and cook until the mixture is almost simmering, stirring occasionally.
5. Remove the pan from heat and stir in the Cheddar, ricotta cheese, salt, mustard and cayenne pepper.
6. Pour cheese mixture over the macaroni and stir to combine.
7. Transfer the pasta and cheese to the baking dish.
8. Combine breadcrumbs, Parmesan and oil in a small bowl. Sprinkle over the top of the macaroni and cheese. Bake for 20 minutes. Then broil for 3 minutes so the top is crisp and nicely browned.

**Sargent Choice Savory Oatmeal**

Yield: 1 serving  
*Adapted from Budget Bytes*

**INGREDIENTS**

1 clove garlic, minced  
1/2 teaspoon grated fresh ginger   
4 mushrooms (button or shiitake)  
1 teaspoon butter   
1 cup vegetable broth  
1/2 cup old-fashioned rolled oats   
1/2 cup spinach  
2 tablespoons toasted sesame seeds

**INSTRUCTIONS**

1. Mince the garlic, grate the ginger, and slice the mushrooms.
2. Add the butter, garlic, and ginger to a small saucepot. Sauté over medium heat for 1-2 minutes.
3. Add the mushrooms and continue to sauté for a few minutes more, or until the mushrooms have wilted a bit.
4. Add the vegetable broth to the saucepot, turn the heat up to medium-high, and bring the broth up to a boil.
5. When the broth reaches a boil, add the rolled oats and stir to combine. Allow it to return to a boil, then reduce the heat to medium low. Let the oats simmer for about 5 minutes, or until thickened.
6. While the oats are simmering, roughly chop the spinach. Stir the spinach into the thickened oats, along with the toasted sesame seeds.
7. Taste and add salt to your liking. Serve hot!

**Sargent Choice Spicy Sun-Dried Tomato & Broccoli Pasta**

Yield: 4 servings  
*Recipe modified from Cookie + Kate*

**Ingredients:**

½ pound whole wheat pasta (bow tie or spiral shape suggested)  
4 tablespoons olive oil  
5 garlic cloves, minced  
¼ teaspoon crushed red pepper flakes  
1 ½ pound broccoli florets, cut into bite-sized pieces  
½ cup oil-packed sun-dried tomatoes, drained and chopped  
2 ounces goat cheese, crumbled while still cold (~1/2 cup)  
⅓ cup coarsely grated Parmesan cheese  
15 pitted Kalamata olives, chopped  
½ small lemon, juiced

**Directions:**

1. Bring a large pot of salted water to a boil. Add the pasta to the boiling water and cook until al dente, as directed on the package instructions. Reserve one cup of pasta water before draining pasta in the colander. Cover the pasta in the colander loosely with a lid or plate.
2. Place a small heat-safe bowl near the stove. In a large cast-iron or non-stick skillet, heat 3 tablespoons of olive oil over medium-low heat. When the oil is hot, add the red pepper flakes and garlic and cook, stirring constantly until the garlic begins to simmer. Cook for about 30 seconds more to infuse the oil with spicy, garlicky flavor, but do not let the garlic brown. Pour and scrape the seasoned oil into the heatproof bowl and set aside. Wipe out the pan with a paper towel.
3. Return the pan to the stove. Add 1 tablespoon olive oil and heat over medium-low until shimmering. Add the broccoli and sprinkle with 1 teaspoon salt. Cook, stirring occasionally, until the broccoli has shrunk to a single layer in the pan and turned bright green, and most have some browning on them (about 10 minutes). Don’t stop cooking prematurely; you want the broccoli to be nice and toasty.
4. Add the sun-dried tomatoes to the pan. Measure out ⅓ cup pasta water (keep the rest for later) and pour in into the pan. Cover the pan and continue cooking until the water has simmered down to almost nothing, about 30 seconds. Uncover and remove the pan from the heat.
5. Add the drained pasta to the pan and drizzle in all of the infused oil. Give it a stir, then add the goat cheese and most of the Parmesan cheese. Stir until everything is well distributed. Add another 1-2 tablespoons pasta water, the chopped olives and lemon juice, and stir until the goat cheese loosens up and gets creamier. If it seems dry at all, add a little more pasta water.

**Sargent Choice Vegetarian Taco Salad**

Yields 6 servings   
*Adapted from Peas and Crayons*

**Ingredients**

2 tablespoons extra virgin olive oil

1 large onion, chopped

1½ cups fresh or frozen corn kernels

4 large tomatoes  
1.5 cups cooked quinoa (or other whole grain)

1 15-ounce can black, kidney or pinto beans  
1 tablespoon chili powder

1½ teaspoons dried oregano, divided

¼ teaspoon salt

½ cup chopped fresh cilantro

1/3 cup prepared salsa

2 cups shredded iceberg or romaine lettuce

1 cup low-fat shredded pepper Jack cheese (Cabot)

2 ½ cups coarsely crumbled tortilla chips

**Directions:**

1. Cook quinoa or whole grain of choice according to package directions.

2. Heat oil in a large nonstick skillet over medium heat. Add onion and corn; cook, stirring, until the onion begins to brown, about 5 minutes. Coarsely chop 1 tomato. Add it to the pan along with the cooked quinoa/grain, beans, chili powder, 1 teaspoon oregano and ¼ teaspoon salt.

3. Coarsely chop the remaining 3 tomatoes. Combine with the cilantro, salsa and the remaining ½ teaspoon oregano in a medium bowl.

4. Toss lettuce in a large bowl with the bean mixture, half the fresh salsa and 2/3 cup cheese. Serve sprinkled with tortilla chips and the remaining cheese, passing the remaining fresh salsa at the table.

**Sargent Choice Sweet Potato Latke**

Yield 4 servings  
*Adapted from Cooking for Keeps*

**Ingredients** 

4 medium sweet potatoes peeled and grated

1 cup minced onion

4 eggs, lightly beaten

½ cup whole grain matzo meal or whole wheat flour

4 tablespoons light olive oil

¼ teaspoon pepper

1/8 teaspoon salt  
  
Garnish:

2 cups unsweetened applesauce or Greek yogurt + honey + cinnamon (pictured)

**Directions**

1. Combine grated sweet potatoes, onion, pepper, and eggs. Stir well to combine.
2. Add whole grain matzo meal or whole wheat flour and mix again. Note: Only add enough to make a batter; the mixture should not be too dry or stiff.
3. Heat half the light olive oil over medium-high heat in a large, heavy-bottomed skillet. Drop large spoonfuls of the batter into the skillet, pressing gently with a spatula to flatten each latke. Each latke should be approximately ½ inches away from each other. Fry for 4 to 5 minutes until the underside is brown, then flip and cook another 3 to 4 minutes more.
4. Remove latkes to a warm plate and repeat the process with remaining oil and batter.
5. Serve immediately with applesauce or yogurt.

**Sargent Choice Garlic Herb Whipped Cottage Cheese & Handmade Hummus Crudité**

Yields 1 cup  
*Adapted from Budget Bytes & Inspired Taste*

**INGREDIENTS  
  
*Whipped Cottage Cheese***

1 tsp dried parsley   
1/2 teaspoon dried oregano   
1/2 teaspoon dried basil   
1/4 teaspoon garlic powder   
1/4 teaspoon onion powder   
1/4 teaspoon salt   
freshly cracked pepper   
1 cup cottage cheese   
1 teaspoon lemon juice

***Handmade Hummus***

1 (15-ounce) can chickpeas, peeled  
1 large lemon, juiced  
1/4 cup well-stirred tahini   
1 small garlic clove, minced  
2 tablespoons extra-virgin olive oil, plus more for serving  
1/2 teaspoon ground cumin  
Salt to taste  
2 to 3 tablespoons water or aquafaba  
Dash ground paprika or sumac, for serving

**INSTRUCTIONS**

1. *For Whipped Cottage Cheese:* Add all ingredients to a blender and purée until smooth. You may need to add about 1 Tbsp water/aquafaba if the mixture is too thick to blend but avoid adding excess water as this will make your dip too thin.
2. *For the Handmade Hummus:* In the bowl of a food processor, combine the tahini and lemon juice and process for 1 minute, scrape the sides and bottom of the bowl then process for 30 seconds more. This extra time helps “whip” or “cream” the tahini, making the hummus smooth and creamy.
3. Add olive oil, minced garlic, cumin, and a 1/2 teaspoon of salt to the whipped tahini and lemon juice. Process for 30 seconds, scrape the sides and bottom of the bowl then process another 30 seconds until well blended.
4. Open, drain, rinse and peel the chickpeas. Add half of the chickpeas to the food processor and process for 1 minute. Scrape sides and bottom, then add remaining chickpeas and process until thick and quite smooth; 1 to 2 minutes.
5. With the food processor turned on, slowly add 2 to 3 tablespoons of water/aquafaba until you reach the perfect consistency.
6. Taste, salt and adjust as needed. Serve hummus with a drizzle of olive oil and dash of paprika. Store homemade hummus in an airtight container and refrigerate for up to one week.
7. Serve immediately or refrigerate until ready to eat. Serve with vegetables and whole-grain crackers.

**Sargent Choice Rice Cooker Spanish Chickpeas and Rice**

**Yield 4 Servings  
*Adapted from Budget Bytes*

**INGREDIENTS**

1 Tablespoon olive oil   
1 cup brown rice  
1 teaspoon smoked paprika   
1/2 teaspoon ground cumin   
1/4 teaspoon dried oregano   
1/8 teaspoon cayenne pepper   
1/4 teaspoon onion powder   
1/4 teaspoon garlic powder   
Freshly cracked black pepper   
1 15 oz. can chickpeas, drained   
1 15 oz. can petite diced tomatoes, with juices   
1 6 oz. jar quartered artichoke hearts, drained   
1 cup vegetable broth   
1/4 bunch fresh parsley, chopped  
1 fresh lemon

**Instructions**

1. Combine the olive oil, rice, smoked paprika, cumin, oregano, cayenne pepper, onion powder, garlic powder, and some freshly cracked pepper (about 10 cranks of a pepper mill) in the bowl of the rice cooker. Stir until the rice is coated in oil and spices.
2. Next add the chickpeas (drained), diced tomatoes (with juices), artichoke hearts (drained), and vegetable broth. Give everything a brief stir, then close the rice cooker and turn it on to the white rice setting (or the basic "cook" setting).
3. Let the rice cooker cook the mixture until finished, then once the cook cycle has completed let it rest on the "keep warm" setting for at least 5 minutes. After resting, open the cooker and gently fluff and stir the mixture to make sure everything is evenly mixed.
4. To serve, spoon the chickpea and rice mixture into a bowl, sprinkle chopped parsley over top, and serve with a couple wedges of lemon. Squeeze the lemon over top just before eating.

**Sargent Choice Peppermint Bark Popcorn**

Yield: ~ 8 cups   
*Recipe modified from Cookie & Kate*

**Ingredients:**

2 tablespoons vegetable oil  
½ cup popcorn kernels  
1 cup dark chocolate chips  
⅓ cup crushed peppermint candy   
½ teaspoon salt

*Serve with seasonal fruit such as pomegranate arils or clementine slices and add a protein such as crunchy chopped nuts or a glass of milk/soymilk on the side!*

**Directions:**

1. Cover a large jelly roll pan/baking sheet with parchment paper.

2. Pour the oil in a large, heavy-bottomed pan with a lid (a medium-sized Dutch oven is perfect). Turn the heat up to medium, add 2 kernels of corn, and cover.

3. Once the kernels pop, remove the lid and pour in the remaining popcorn kernels. Cover the pot and give the pot a shake to distribute the kernels evenly.

4. Cook over medium heat, shaking pot occasionally. Crack the lid just a smidge so the popcorn stays crisp and cook until the popping sound slows to about one pop per every few seconds. Remove the pan from heat and dump the popcorn onto the parchment paper-covered pan. Salt it and pick out any kernels that didn’t pop.

5. Place the candy canes in a plastic bag. Use a hammer or meat pounder to finely crush the candy canes.

6. Melt the chocolate chips in a microwave-safe bowl in twenty-second bursts, stirring between each, until the chocolate is completely melted and smooth.

7. Use a spoon to drizzle the chocolate over the popcorn. Working quickly, sprinkle the popcorn with the crushed candy canes (and nuts, if using). Lightly sprinkle with a pinch of sea salt if desired. Wait until the chocolate is completely set before breaking with your hands. If you are in a hurry, transfer sheet pan to the refrigerator for about 10 minutes to speed set.