

## Jersey Cares Recipe Booklet

### Recipe

Recipe Name: **Chicken Chili**

**Prep Time**

5

**Cook Time**

25

**Serves**

4

#### Ingredients:

- Bell Peppers
- Carrots
- Onions
- Black Beans
- Canned Chicken
- Box of Rice
- Chili Powder
- Salt and Pepper
- Cumin Pepper
- Oil

#### Directions:

1. Dice up the bell peppers, onions, and carrots
2. Begin to cook the above ingredients in a pot with some oil
3. Add the black beans and canned tomatoes
4. Add the spices (Chili powder, cumin pepper, pepper and salt and pepper
5. Let it cook for approximately an hour
6. Add the canned chicken
7. Cook the rice



## Jersey Cares Recipe Booklet

### Recipe

Recipe Name: **Chicken fried rice (entrée)**

**Prep Time**

10 min

**Cook Time**

15-20 min.

**Serves**

4

#### Ingredients:

- Eggs
- Chicken
- Box of rice
- Onion
- Carrots
- Canned vegetables
- Bell peppers

#### Directions:

- **Begin by chopping all veggies into bite sized pieces**
- **Cook boxed rice**
- **Scramble eggs in pan and set aside**
- **Cook onions and canned chicken in a pan**
- **Once cooked, add all other veggies and cook until veggies are tender**
- **Add in cooked rice and scrambled eggs**
- **Season and enjoy!**



## Jersey Cares Recipe Booklet

### Recipe

Recipe Name: **Pasta with Vegetables**

#### Prep Time

5 minutes

#### Cook Time

15 minutes

#### Serves

4

#### Ingredients:

Pasta  
Pasta Sauce  
Onions  
Bell Peppers

#### Directions:

1. Chop 1 bell pepper and  $\frac{1}{2}$  an onion into smaller pieces
2. Boil the hot water and add a pinch of salt
3. Add the pasta into the boiling water for 8-12 minutes depending on the type of pasta
4. At the same time, put the gas on low heat and sauté the vegetables for 5 minutes till cooked
5. Add the pasta sauce to the vegetables till heated properly
6. Drain the water from the pasta and add to the pan with sauce and vegetables
7. Stir till properly cooked and serve



## Jersey Cares Recipe Booklet

### Recipe

Recipe Name: **Chicken and Vegetable Stir Fry**

#### Prep Time

8 minutes

#### Cook Time

10 minutes

#### Serves

4 people

#### Ingredients:

- ½ Onion
- 1 Bell Pepper
- ½ cup of Carrots
- 2 Eggs
- 1 Box of Rice
- 1 Can of Chicken

#### Directions:

Preheat large skillet over medium heat. Cube canned chicken and add to pan, season with salt and pepper, and cook for 3 to 5 minutes, or until fully cooked. Remove the chicken from the skillet and place on a separate plate. Dice the onions, bell peppers, and carrots finely and add to skillet. Season with salt and pepper and cook between 5-10 minutes, depending on your liking. Remember to stir occasionally. While the vegetables are cooking, in a new pot, cook the box of rice by following the instructions given on the box. Once the vegetables are finished cooking, remove them from the skillet and crack the two eggs into the pan until fully cooked. Once the rice is cooked, combine it with the chicken, vegetables, and egg in the large skillet and stir to fully combine. Season with salt and pepper to taste and enjoy!!



## Jersey Cares Recipe Booklet

### Recipe

Recipe Name: **Breakfast for Dessert**

**Prep Time**

10 minutes

**Cook Time**

20-25 minutes

**Serves**

4

#### Ingredients:

- Bread
- Apples
- Peanut Butter
- Granola Bars
- Cinnamon (optional)
- Sugar (optional)

#### Directions:

1. Preheat oven to 350 degrees.
2. Cut the apples into thin slices or cubes.
3. Mix the apples with the peanut butter, cinnamon, and sugar.
4. Cut bread and put in a ramekin and top with apple mixture.
5. Bake for 20-25 minutes and crumble granola bars on top to finish.
6. Serve and enjoy!



## Jersey Cares Recipe Booklet

### Recipe

Recipe Name: **Japanese Onigiri (Snack)**

#### Prep Time

5 Min

#### Cook Time

20 Min

#### Serves

4

#### Ingredients:

8 cans of tuna  
4 cups of rice  
8 cups of water

#### Directions:

- 1) Bring 8 cups of water to a boil.
- 2) Once water is boiling, cook your rice for 20 minutes.
- 3) Open and drain your cans of tuna
- 4) Create 12 equally sized tuna balls and place nearby
- 5) Fill palm of hand with 1/3 cup of cooked rice and place small tuna balls into palm
- 6) Close palm, surrounding tuna with the rice completely
- 7) Repeat the past two steps 11x

These Onigiri balls can be stored in the fridge and act as a nutritious snack for the family that can last 3 or more days.



## Jersey Cares Recipe Booklet

### Recipe

Recipe Name: **Pasta With All The Fixings**

**Prep Time**

15 minutes

**Cook Time**

15 minutes

**Serves**

4

#### Ingredients:

1 Box of Pasta  
1 Bell Pepper  
1 Carrot  
1 Onion  
1 Pasta Sauce  
2 Cans of Chicken  
1 Tbsp of Olive Oil

#### Directions:

1. Boil Water.
2. Dice onion, bell pepper, and carrot.
3. Add pasta to boiling water. Reduce to simmer and cook for 10-12 minutes.
4. Put olive oil in pan and sauté vegetables until desired doneness.
5. Strain pasta.
6. Mix together pasta, vegetables, pasta sauce, and chicken.
7. Serve.



## Jersey Cares Recipe Booklet

### Recipe

Recipe Name: **Chicken Fried Rice**

**Prep Time**

15 mins

**Cook Time**

45 mins

**Serves**

4

#### Ingredients:

- Canned Chicken
- 1.5 cups rice
- 3 cups water
- 1 can of vegetables
- ½ onion
- 1 tbsp cooking oil
- Salt and pepper to taste

#### Directions:

1. Mix 3 cups of water to 1.5 cups of rice and follow cooking instructions on the container to cook the rice
2. Add 1tbsp cooking oil to a pan and bring to medium heat
3. Add chicken to the pan and leave until cooked completely through (is not pink in the center)
4. As the chicken cooks, chop your onion then add the onion and vegetables to the pan. Cook until most of the excess liquid has evaporated. If you want the veggies crispy, let them sit longer in the pan.
5. Finally add the rice to the pan and stir so everything is incorporated
6. Salt and pepper to taste and add any additionally seasoning you might like!





## Jersey Cares Recipe Booklet

### Recipe

Recipe Name: **Apple Delight (Snack)**

**Prep Time**

3 Mins

**Cook Time**

0

**Serves**

1-2 People

#### Ingredients:

Apples

Granola Bars

Peanut Butter

#### Directions:

- Cut apple into 6 pieces
- Crumble the Granola Bars
- Spread the Peanut Butter onto the apple slices
- Sprinkle the crumbled Granola onto the apple





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### Recipe

Recipe Name: **Chicken Burrito Bowl (Entrée)**

**Prep Time**

**40 Minutes**

**Cook Time**

**25 Minutes**

**Serves**

**4 People**

#### Ingredients:

- 1 Box of Rice**
- 2 Cans of Chicken**
- 1 Onion (diced)**
- 2 Cans of Black Beans**
- 1 Bell Pepper (diced)**
- 1 Can of Diced Tomatoes**

#### Directions:

- **Cook the box of rice (following box instructions)**
- **Slice the onion and bell pepper to desired size**
  - **Sautee the vegetables on stovetop**
- **Warm the chicken (stove or microwave)**
- **Drain and rinse black beans**
  - **Warm beans (stove or microwave)**
- **Drain tomatoes**
- **Assemble bowl (Rice, Chicken, and veggies/beans)**

## Jersey Cares Recipe Booklet

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### Recipe

Recipe Name: **Chipotle at Home!**

#### Prep Time

5 minutes

#### Cook Time

10 minutes

#### Serves

2 servings

#### Ingredients:

Black Beans  
Box of Rice  
Canned Chicken  
Bell Peppers  
Onions

#### Directions:

1. Chop up onions and bell peppers. Then fry on skillet for 10 minutes, occasionally stirring.
2. Open can of beans and heat in pot on a stove over medium heat until warmed.
3. Add canned chicken to skillet with onions and bell peppers for the last 5 minutes of cooking.
4. Heat up rice, according to boxed directions.
5. Layer rice, beans, chicken and vegetables to a bowl.



## Jersey Cares Recipe Booklet

### Recipe

Recipe Name: **Chicken Bean Pasta**

**Prep Time**

**30 Minutes**

**Cook Time**

**1.5 Hours (If beans come uncooked)**

**Serves**

**4**

#### Ingredients:

- Pasta
- Pasta Sauce
- Canned Chicken
- Bell Peppers
- Beans

#### Directions:

1. Cook beans one hour before cooking
2. Boil pasta
3. Combine beans, diced bell peppers and pasta sauce
4. Prepare canned chicken
5. Combine pasta, chicken, and sauce mixture
6. Enjoy!



# Jersey Cares Recipe Booklet

## Recipe

Recipe Name: **Pasta on the grill! With healthy granola Snack**

**Prep Time**

5 mins

**Cook Time**

30mins

**Serves**

2-3

### Ingredientes:

- Entree
- pasta
- Pasta sauce
- Onions
- Bell peppers
- Canned chicken
- Healthy Snack
- Milk
- Granola
- Cereal
- Dried fruit
- Apple
- Peanut butter

### Directions:

1. Take-out food and place on counter.
2. Boil pasta in hot water to prep. Let it cool.
3. While heating sauce in a pan. Pour sauce on pasta.
4. Sauté onion and bell peppers and chicken in another pan.
5. Once that is done, get a plate and place pasta with sauce onto plate. And pour veggies and chicken.
6. Snack on a granola with dried fruit and apples.
7. Milk as your beverage.
8. Small bowl of cereal to fill up after!

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## Jersey Cares Recipe Booklet

### Recipe

Recipe Name: **Crunchy Fruit**

**Prep Time**

5 mins

**Cook Time**

5 mins

**Serves**

2

#### Ingredients:

- Canned Fruit
- Granola Bar

#### Directions:

1. Take a granola bar and break it up into pea sized pieces or smaller
2. Open your canned fruit and portion it out to the amount you want – don't forget to save the juice!
3. Add some of the granola bar on top of the fruit and you are ready to serve – Enjoy!



## Jersey Cares Recipe Booklet

### Recipe

Recipe Name: **Chicken Soup**

**Prep Time**

5-10 minutes

**Cook Time**

20-30 minutes

**Serves**

4-5

#### Ingredients:

- Canned soup
- Canned chicken
- Bell peppers
- Pasta
- Onions
- Carrots
- Cucumber

#### Directions:

1. Cook the pasta.
2. Dice the vegetables.
3. Warm the canned soup, canned chicken, diced vegetables, and pasta in a medium pot on low to medium heat until warm.
4. Serve while still warm.





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## Recipe

Recipe Name: Granola Bars with PB&J

### Prep Time

5 minutes

### Cook Time

5 minutes

### Serves

2

#### Ingredients:

Granola Bars

Peanut Butter

Jelly

#### Directions:

Unwrap your granola bar and lay on plate. Add a spoonful of peanut butter to top of granola bar and spread with knife. Add small drops of jelly to top of peanut butter. Enjoy!



## Jersey Cares Recipe Booklet

### Recipe

Recipe Name: **Healthy Chicken Entree**

#### Prep Time

10 minutes

#### Cook Time

1 hour

#### Serves

4

#### Ingredients:

- Box of Rice
- Canned Chicken
- Pasta Sauce
- Black Beans
- Bell Peppers
- Onions
- Carrots

#### Directions:

1. Combine chicken, beans, peppers, onions, and carrots into a pot.
2. Heat on low heat, mixing periodically.
3. Prepare rice.
4. Put chicken dish over rice.
5. Enjoy!



## Jersey Cares Recipe Booklet

### Recipe

Recipe Name: **Apple Nachos**

**Prep Time**

**10 min**

**Cook Time**

**0 min**

**Serves**

**3**

#### Ingredients:

- 3 Apples
- 3 tbsp peanut butter
- 2 granola bars
- 1/3 cup of dried fruit

#### Directions:

1. Chop up apples into slices.
2. Put granola bars in a plastic bag and push down firmly to crumble the bars, so it is a granola topping.
3. Chop up dried fruit into small pieces
4. Heat up peanut butter in microwave for 30 seconds or until it is liquid enough to pour.
5. Place apple slices on a large plate and drizzle the peanut butter on top.
6. Sprinkle the granola topping over the peanut butter.
7. Lastly, add the dried fruit on top.



## Jersey Cares Recipe Booklet

### Recipe

Recipe Name: **A Simple Pasta with chicken and vegetables**

#### Prep Time

10-15 mins

#### Cook Time

15-20 mins

#### Serves

4-5

#### Ingredients:

- Canned Chicken
- Pasta Sauce
- Box of Pasta
- Canned Vegetables
- Bell Peppers
- Onions

#### Directions:

- 1) Cut bell peppers and onions into little pieces
- 2) Boil bell peppers and onions until they are well cooked – put them to the side
- 3) Begin to boil pasta
- 4) As the pasta begins to cook, put the steamed bell peppers and onions into the pasta sauce
- 5) Add pasta sauce to pasta
- 6) Right before you take the pasta out, put the canned chicken in the pasta dish so that it warms up
- 7) Open canned vegetables
- 8) Enjoy your chicken and pasta with a side of vegetables!



## Jersey Cares Recipe Booklet

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### Recipe

Recipe Name: **Homemade Peanut Butter Granola**

**Prep Time**

10 minutes

**Cook Time**

N/A

**Serves**

2

#### Ingredients:

- 2 granola bars
- ½ cup dried fruit
- ½ cup cereal
- 2 tbsp peanut butter

#### Directions:

- Crush up the granola bars
- Mix with the dried fruit and cereal
- Add 2 tbsp of peanut butter
- Serve



## Jersey Cares Recipe Booklet

### Recipe

Recipe Name: **"No Bake Energy Balls"**

**Prep Time:**

5 mins

**Cook Time**

15 mins

**Serves**

4-5 people

#### Ingredients:

- Granola Bars
- Peanut Butter
- Dried Fruit
- Cereal

#### Directions:

- 1) Crush all the granola bars into a bowl, mix
- 2) Use the peanut butter, dried fruit and cereal and mix the granola together in the bowl
- 3) After done mixing, roll the granola mixed with peanut butter, dried fruit, and cereal into little balls and put them into the freezer
- 4) After about 10-15 minutes in the freezer, take the snack out, let them cool and enjoy your no bake energy granola balls!



# Jersey Cares Recipe Booklet

## Recipe

Recipe Name: **Rainbow Stew**

**Prep Time**

15 Minutes

**Cook Time**

20 Minutes

**Serves**

3 People

### Ingredients:

- 1) Rice
- 2) Black Beans
- 3) Stew
- 4) Carrots
- 5) Bell Peppers
- 6) Pasta  
Sauce/Tomatoes
- 7) Chicken
- 8) Onions

### Directions:

- 1) Chop up the onions, carrots, and bell peppers
- 2) Sauté them on a pan
- 3) In a pot, add the canned soup, pasta sauce and chicken
- 4) Add the sauteed vegetables into the pot with the chicken
- 5) On the side, bowl a pot of rice
- 6) Once cooked, you can serve the rice and stew separately/together and enjoy!



## Jersey Cares Recipe Booklet

### Recipe

Recipe Name: **PB&J with Apple Sandwich**

**Prep Time**

2 min

**Cook Time**

5 min

**Serves**

2

#### Ingredients:

1. Peanut Butter
2. Apples
3. Jelly
4. Bread

#### Directions:

1. Slice Apple
2. Add Peanut Butter, Jelly and Apples to the bread
3. Cut into halves or quarters



## Jersey Cares Recipe Booklet

### Recipe

Recipe Name: **Fruit Bowl**

**Prep Time**

5 Minutes

**Cook Time**

N/A

**Serves**

Three people

#### Ingredients:

Canned Fruit

Peanut Butter

Granola Bars

Dried Fruit

#### Directions:

**Step 1: Crush granola bar into the base of the bowl.**

**Step 2: Add assortment of canned fruit.**

**Step 3: Add a scoop of peanut butter and spread over fruit.**

**Step 4: Sprinkle dried fruit on top.**

**Step 5: Enjoy!**







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### Recipe

Recipe Name: **Chicken Chipotle Bowl**

**Prep Time**

**25 Minutes**

**Cook Time**

**12 minutes per ingredient**

**Serves**

**6 people**

#### Ingredients:

**Rice**

**Black beans**

**Canned vegetables**

**Chicken**

#### Directions:

**Step 1: Cook rice.**

**Step 2: Steam black beans.**

**Step 3: Grill chicken. Slice chicken into smaller bites.**

**Step 4: Dice and steam canned veggies.**

**Step 5: Combine ingredients in a medium sized bowl.**

**Step 6: Enjoy!**

# Jersey Cares Recipe Booklet

## Recipe

**Recipe Name:** Bread Pudding

**Prep Time**

15 mins

**Cook Time**

30-45 mins

**Serves**

10-12 people

### Ingredients:

- 2 cups of milk
- 2 eggs
- 1/2 loaf of bread
- 1/2 cup of Dried/Fresh Fruit (Apples)
- 1/3 cup of sugar
- 2 TBPS of butter

### Directions:

- Preheat oven to 450 degrees Fahrenheit
- Cut bread into cubes
- In a saucepan, warm the butter, milk, and sugar (let cool)
- Butter a baking dish and fill with cubed bread
- Add the eggs to cooled milk mixture and whisk
- Pour over bread
- Bake 30-45 minutes or until browned

## Recipe

**Recipe Name:** Vegetable Pasta with Chicken

**Prep Time**

5 mins

**Cook Time**

25 minutes

**Serves**

2-3 people

### Ingredients:

- 1 cup of pasta
- 1/2 cup pasta sauce
- 8 oz. can of chicken
- Diced bell peppers
- Diced Onions

### Directions:

- Boil 4-6 quarts of water for pasta (Stir in a tsp of salt for non-stick)
- Once water is boiling, insert cup of pasta
- Boil 10-12 mins or until noodles are tender
- In a separate pan, warm sauce on low
- In another pan, Cook/Sear chicken to liking
- Sear diced bell peppers and onions (season to liking)
- Drain Pasta
- In the same bowl, mix all ingredients
- Ready to serve

## Jersey Cares Recipe Booklet

### Recipe

Recipe Name: **Chicken Paprikash**

**Prep Time**

10 min

**Cook Time**

45 minutes

**Serves**

3-4 people

#### Ingredients:

- Chicken
- Pasta
- Paprika
- Salt
- Pepper
- Onions

#### Directions:

1. Sauté onions in oil until slightly translucent
2. Sprinkle paprika into pan and stir once or twice, add water quickly as burned paprika tastes bitter.
3. Add chicken to the water, paprika, and onion mixture and sauté a little bit
4. Season to your own liking (salt, pepper, etc)
5. Add water halfway up to the chicken, stir, and cover.
6. Stir occasionally and season more if needed, add water if too little.
7. Combine with cooked pasta (according to box instructions)



## Jersey Cares Recipe Booklet

### Recipe

Recipe Name: **Pasta Primavera**

**Prep Time**

10 minutes

**Cook Time**

10 minutes

**Serves**

4-6

#### Ingredients:

- 1 Box Pasta
- 1 Jar Pasta Sauce
- 1 Can Vegetables
- Salt & Pepper

#### Directions:

1. Bring a half a large pot of well-salted water to boil.
2. When the water begins to bubble, add the box of pasta, and periodically stir for 7-8 minutes until the pasta is softened.
3. Drain the pasta water from the pot and add sauce, likely a half or full jar of sauce until the sauce is well distributed across the pasta.
4. Drain the canned vegetables and add to the pasta mix. Turn on the heat and stir for a few minutes until well heated.
5. Add salt and pepper to taste, serve, and enjoy!



## Jersey Cares Recipe Booklet

### Recipe

Recipe Name: **Pasta Primavera**

**Prep Time**

10 minutes

**Cook Time**

10 minutes

**Serves**

4-6

#### Ingredients:

- 1 Box Pasta
- 1 Jar Pasta Sauce
- 1 Can Vegetables
- Salt & Pepper

#### Directions:

1. Bring a half a large pot of well-salted water to boil.
2. When the water begins to bubble, add the box of pasta, and periodically stir for 7-8 minutes until the pasta is softened.
3. Drain the pasta water from the pot and add sauce, likely a half or full jar of sauce until the sauce is well distributed across the pasta.
4. Drain the canned vegetables and add to the pasta mix. Turn on the heat and stir for a few minutes until well heated.
5. Add salt and pepper to taste, serve, and enjoy!



## Jersey Cares Recipe Booklet

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### Recipe

Recipe Name: **Snack Bowl Surprise**

**Prep Time**

**5 minutes**

**Cook Time**

**0 minutes**

**Serves**

**2 people**

#### Ingredients:

- Granola
- Peanut butter
- Apples

#### Directions:

1. **Crush granola**
2. **Mix granola into peanut butter in a bowl**
3. **Dice apples**
4. **Sprinkle apples on top of granola & PB mixture**
5. **Enjoy!**



## Jersey Cares Recipe Booklet

### Recipe

Recipe Name: **Peppered Chicken Fiesta**

**Prep Time**

5

**Cook Time**

20

**Serves**

3-4

#### Ingredients:

- Canned chicken
- Bell peppers
- Onions
- Black beans
- Rice

#### Directions:

1. Season chicken with salt and pepper
2. Sautee onions in a pan until they are golden
3. Add chicken and bell peppers into the pan
4. Boil rice and beans
5. Serve together



## Jersey Cares Recipe Booklet

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### Recipe

Recipe Name: **RX Pasta**

**Prep Time**

**10 minutes**

**Cook Time**

**10 minutes**

**Serves**

**4 people**

#### Ingredients:

- Pasta
- Onions
- Peppers
- Pasta sauce
- Canned chicken

#### Directions:

1. **Boil water and cook pasta**
2. **Dice onions and peppers**
3. **Sauté onions and peppers in a separate pan**
4. **Add canned chicken after onions and peppers have softened**
5. **Strain pasta**
6. **Add onions, peppers, and chicken to pasta**
7. **Stir in pasta sauce**
8. **Serve!**





# Jersey Cares Recipe Booklet

## Recipe

Recipe Name: **Homemade Granola Bars**

**Prep Time**

1 hour

**Cook Time**

30 minutes

**Serves**

4

### Ingredients:

- Cereal
- Granola Bars
- Dried Fruit
- Peanut Butter
- Jelly
- Apples

### Directions:

1. Dice apples and lay on baking sheet. Sprinkle cinnamon on apples. Preheat oven to 225\* F and bake apples for 1 hour, or until completely dry.
2. Crush granola bars and combine with cereal in large mixing bowl.
3. Add dried fruit and dried apples.
4. Add two tablespoons of peanut butter and two tablespoons of jelly then mix. Adjust to taste/consistency.
5. Lay granola mixture across baking sheet. Make sure mixture is 1.5-2 inches in thickness.
6. Bake granola bars for 20 minutes at 300\* F.
7. Allow granola to cool then cut into rectangular bars.



## Jersey Cares Recipe Booklet

### Recipe

Recipe Name: **Pasta Salad**

**Prep Time**

10

**Cook Time**

10

**Serves**

4

#### Ingredients:

- Bell peppers
- Cucumbers
- Onions
- Carrots
- Box of pasta

#### Directions:

1. Chop bell peppers cucumbers, onions and carrots into small pieces.
2. Boil water, cook pasta, strain and let chill.
3. Mix the chopped vegetables with the pasta.
4. Add a dressing or oil if available



## Jersey Cares Recipe Booklet

### Recipe

Recipe Name: **Frozen Watermelon Medley**

**Prep Time**

10

**Cook Time**

3 hr

**Serves**

4

#### Ingredients:

- Watermelon
- Peanut butter
- Dried fruit
- Apples
- Any fruit you have on you

#### Directions:

1. Cut up watermelon and put in freezer until frozen (at least three hours or overnight).
2. Take out and enjoy frozen watermelon with peanut butter and other cut up fruits of your choice.



## UBS Hunger Simulation Recipe Card

### **Fruit Crumble Snack:**

Ingredients - Granola Bar, Dried Fruit, Apples, and Watermelon

Directions:

1. Crush the Granola Bar
2. Slice up Apples and Watermelon and place them into a bowl
3. Empty the Canned Fruits into the bowl
4. Finally, place the crushed granola on top of the fruits
5. Enjoy!

### **Gumbo Inspired Rice:**

Ingredients - Rice, Chicken, Bell Peppers, Onions, Canned Soup

Directions:

1. Place water into a small pot and set to boil
2. Dice Onions and Bell Peppers
3. Remove the Chicken from the Can and heat in microwave for as long as desired
4. Place Rice into the water and let it boil until there is about half of the water remaining → it should look a bit soggy
5. Place the onions, bell peppers, and chicken into the small pot with the rice
6. Cook for five minutes and Enjoy!

## Jersey Cares Recipe Booklet

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### Recipe

Recipe Name: **Ants on a Log**

**Prep Time**

7 minutes

**Cook Time**

0 minutes

**Serves**

Four People

#### Ingredients:

- cucumber
- granola bars
- dried fruit
- peanut butter

#### Directions:

1. Chop cucumber into long, vertical strips
2. Smear peanut butter on top of cucumber
3. Crush granola bars on top of peanut butter
4. Place dried fruit on top to taste



Created by: Thomas, Varun, Ugomma, Tim, & Solomon

Snack: **Apple Peanut Butter Nachos**

Prep time: 5 mins

Cook time: 0 mins

Serves: 1-2 people

Ingredients: 1 Apple, 2 tbsp Peanut Butter, 1 Granola Bar

Directions:

1. Cut up one apple into slices.
2. Add two tablespoons of peanut butter on top.
3. Ground up the granola bar in a bowl and sprinkle on top.
4. Serve, bon Appetit!

Entree: **Faux Chipotle Burrito Bowl**

Prep time: 10 mins

Cook time: 30 mins

Serves: 4 people

Ingredients: 1 box of rice, 1 can of chicken, ¼ of 1 onion, 1 can of vegetables, 1 cup of black bean

Directions:

1. Defrost chicken.
2. Add a pot to the stove.
3. Wait for it to boil.
4. Add salt for taste.
5. Add rice to cook for 20-30 minutes.
6. Do the same for black beans. Start prepping the vegetables.
7. Chop all the vegetables.
8. Chop up the chicken into whatever preferred pieces.
9. Add to one pan and season to your liking.
10. Add to the oven until cooked (10-15 minutes).
11. Add the cooked rice to a bowl.
12. Top with vegetables, beans, and chicken- enjoy!