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## Edamame Hummus ▶

(Makes 6 Servings)

Microwave one 10oz bag of frozen, shelled edamame beans. In a food processor or blender, puree edamame or mash by hand, and add 1 tsp. garlic powder, 1/2 tsp. salt, 1/2 tsp. cumin, and 2 tbsp. lemon juice until smooth. Slowly drizzle in 1 tbsp of olive oil and add water to achieve desired consistency. Transfer to a bowl and serve with carrot, celery, and pretzel sticks.

 PREP TIME:  
**15MIN**



## Baked Tex-Mex Taco Zucchini Boats ▶

(Makes 4 Servings)

 PREP TIME:  
**45MIN**

Cut 2 zucchinis lengthwise and hollow out. Heat 1 tbsp. oil in a sauté pan. Add 1/4 cup diced onion and scooped out zucchini then cook until translucent. Add 1 clove minced garlic and cook another minute. Add 1 tbsp. chili powder, 1 tsp. cumin, 1 cup rinsed black beans, 1/2 cup frozen, thawed corn kernels, 1 cup drained, diced tomatoes and cook for 5 minutes. Season with salt and pepper. Simmer 10 minutes.

Fill each zucchini with 1/4 of the black bean mixture. Bake, covered at 375 for 25 minutes until tender. Sprinkle with cheddar cheese and bake for an additional 5 minutes until cheese is bubbly. Top with sour cream, black olives, salsa, or your favorite taco toppings.



## Grilled Fruit Breakfast Pizza ▶

(Makes 2 Servings)

 PREP TIME:  
**10MIN**

Toast whole wheat pita or naan bread in the oven until crispy. Remove and allow to cool slightly. Mix 4 oz softened cream cheese with 1 tsp. honey. Spread sweetened cream cheese on toasted bread, top with apples, strawberries, blueberries, bananas, kiwi, or whatever fruit you love most! Slice and enjoy!



## ◀ Cinnamon Banana Ice Cream

(Makes 3 Cups)

Freeze 4 peeled and ripened bananas for at least 4 hours and blend with 1/2 cup regular or soy milk, 1 tsp. vanilla extract, 1 tbsp. cinnamon, and 1 tsp. honey. Once combined, freeze ice cream for 1 hour before enjoying. Sprinkle with toppings as desired.

 PREP TIME:  
**4HRS**

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**PREP TIME:**  
**25MIN**

## Baked Cinnamon Sugar Sweet Potato Wedges w/ Homemade Chicken Nuggets (Makes 1 Serving)

**Sweet Potato Wedges** – Cut 2 large sweet potatoes, skin on, into thin wedges. Toss with 1 tbsp. oil, 1/4 tsp. cinnamon, and 1 tsp. brown sugar. Lay wedges on a foil-lined baking sheet and roast at 425 degrees for 20 minutes, until tender.

**Chicken Nuggets** – Place 1 slice of sandwich bread in a bowl. Pour 1/4 cup milk, 1/2 tsp. garlic powder, 1/2 tsp. salt, and black pepper over the bread allowing it to soak. Use your hands to break up the mixture and combine with 1 lb. lean ground chicken. Combine 1 cup seasoned breadcrumbs with 1/4 cup parmesan cheese. Form chicken into nuggets and dip into a whisked egg, and then breadcrumb mixture. Spray with cooking oil and bake in a 375 degree oven for 8 minutes, flip, and bake another 8 minutes until crispy.



**PREP TIME:**  
**OVERNIGHT**

## Overnight Oats: Mixed Berry (Makes 1 Serving)

In a container with a lid, top 1/3 cup old fashioned oats with 1/2 cup of milk, a pinch of cinnamon and 1/3 cup frozen berries. Soak overnight in the refrigerator for a quick breakfast or snack. Top with granola, nuts, or seeds if desired.

## Fruit French Toast Bake (Makes 6 Servings)

**PREP TIME:**  
**1HR**

Cut 1, large loaf of bread or whole grain baguette into cubes and place into a greased 9"x13" casserole dish. In a separate bowl, mix 6 eggs, 2 cups of milk, 1 tbsp. of cinnamon, 1 tbsp. of vanilla extract and 1 tbsp. sugar. Pour over bread mixture and add 1 cup of thawed, frozen peaches or whatever fruit you like. Mix until just combined. Allow bread to soak in the refrigerator for at least one hour. Sprinkle with 1 tbsp. sugar and bake at 375 degrees until the eggs are set, about 25 minutes.



## Broccoli Cheddar Breakfast Stuffed Peppers (Makes 4 Servings)

Cut the top off of 4 bell peppers and scrape out the seeds. In a bowl, whisk 6 eggs, 1/4 cup milk, 1/4 cup shredded cheddar cheese, and 1/2 cup thawed, drained, and chopped broccoli florets. Season with salt and pepper. Pour egg mixture into bell peppers and top with a sprinkle of shredded cheese. Bake at 350 degrees for approximately 45 minutes.



**PREP TIME:**  
**1HR**



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\*Recipes developed in partnership with New York City FC and FLIK Hospitality Group.



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