

Food Advocate



Monthly Newsletter
September 2023: Back to School Recipes

HCAA Food Advocacy
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Welcome!

Hi, I'm glad you are here! For those who are new- I have created this resource to share yummy, yet healthy and simple recipes, as well as a way to keep in touch! Each month a different category of food will be introduced, whether that is plant-based meals or gluten free meals; there is a recipe for everyone! If you are looking to showcase your favorite recipe and or share any recommendations, feel free to email me at **cinsley@harfordcaa.org**. Previous newsletters can be found at **harfordcaa.org** under Programs> Food Advocacy Program> Food Advocacy Newsletter.

Back to School Recipes

With most children heading back to school it can be a challenge to find easy, yet healthy recipes that your kids enjoy. Don't have any children heading back to school? That is okay! The meals to follow can be enjoyed by anyone- who doesn't love a quick and yummy meal!



PB & J Sushi

Ingredients:

- Peanut butter
- Jelly or jam
- Whole wheat bread

Directions:

1. Remove crust from bread.
2. Roll out bread using a rolling pin.
3. Spread with peanut butter and jelly.
4. Cut into 2" pieces and serve.



Cobb Salad in a Jar

Ingredients:

- 1/2 head of romaine
- 1/2-1 hard boiled egg
- 2 slices of bacon
- 1/3 cup crumbled blue cheese
- 1/2 avocado, chopped
- 1/2 cup cherry tomatoes, halved
- Chicken breast (optional)
- Dressing of choice (ranch, chipotle ranch, balsamic, italian, etc.)

Directions:

1. Begin by prepping all necessary ingredients (chicken, eggs, and bacon). Set aside.
2. Cut up lettuce, avocado, and tomatoes. Set aside.
3. Layer ingredients in jar, with the lettuce on top.
4. Keep dressing separate until ready to eat.



Banana Peanut Butter Roll Ups

Ingredients:

- 1 banana
- 1 whole wheat tortilla
- 2-3 tablespoons peanut butter

Directions:

1. Place tortilla flat and evenly spread peanut butter on the tortilla.
2. Place banana near the edge of the tortilla and begin to roll.
3. Slice into 1/2 inch rounds.



Build Your Own Lunch

Two Recipe Ideas

Sushi Box

- 1/2 cup rice
- Handful cucumber, sliced
- Handful carrots, sliced
- Couple of crab sticks or shrimp
- 1 pack seaweed
- 1 tablespoon soy sauce



Taco Box

- 1/3 cup shredded cheese
- Handful cherry tomatoes, halved
- Handful lettuce, shredded
- 1/2 cup beans
- Handful of whole wheat chips or whole wheat mini tortillas



Greek Pasta Salad

Ingredients:

- 8 ounces feta cheese, cubed
- 1 pint grape or cherry tomatoes, halved
- 1/2 cup pitted Kalamata olives
- 8 ounces Persian cucumber, diced
- 1/4 cup sliced onion
- 1 pound pasta (penne, rotini, bowtie, etc.)
- Greek dressing

Directions:

1. Cook pasta based off directions on package.
2. While pasta is cooking make sure all necessary ingredients are diced/chopped up.
3. In a large bowl mix together the pasta, tomatoes, olives, cucumber, onion, and feta.
4. Mix in dressing.

