

BREAKFAST WRAP

Recipe by Vina DiBernardo as part of the Let's Eat Healthy Together series.

Learn more at: DairyCouncilofCA.org/Together

Let's Eat Healthy
TOGETHER
SEASON 2



6 servings



30 minutes

INGREDIENTS

1 lb small yellow potatoes, boiled and cut into ½-inch pieces
¼ tsp red pepper flakes
½ tsp paprika
1 red or green bell pepper, diced
1 cup fresh spinach
1 cup shredded cheddar or jack cheese
3 large tortillas, lavash, or tannour bread
8 scrambled eggs (cooked in 1 tbsp butter)
¾ cup black or pinto beans, drained and rinsed
½ cup pico de gallo
1 ripe avocado, diced
¼ cup fresh cilantro leaves
Extra virgin olive oil
Salt & pepper, to taste

DIRECTIONS

1. Heat 2 tbsp olive oil in a sauté pan over medium heat. Add diced boiled potatoes, bell pepper, red pepper flakes, salt, pepper, and paprika. Sauté for 5 minutes. Set aside.
2. In a separate nonstick pan, melt 1 tbsp butter. Add eggs and scramble gently with a fork or whisk.
3. Divide spinach leaves among tortillas or lavash. Top with scrambled eggs, cheese, potato mix, black beans, pico de gallo, avocado, and cilantro. Fold the left and right sides of the wrap over the filling, then fold the bottom flap up and over, tucking as you roll. Wrap in foil or parchment, slice, and serve with salsa or cilantro lime crema (½ cup crema + 1 tbsp lime juice + dash of salt).

Make ahead: To meal-prep breakfast wraps, let them cool, wrap in foil, and freeze in a bag or container for up to 3 months. Reheat by removing foil, wrapping in a paper towel, and microwaving 1–1½ minutes. For extra crisp, sear in a hot pan before serving.

SUNSHINE SKILLET CHICKEN

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6 servings



55 minutes

INGREDIENTS

Allspice Mixture

2 tsp Mediterranean or Italian spice blend (save ½ tsp)
1 tsp black pepper
¼ tsp ground turmeric

Chicken and Rice

6 boneless, skinless chicken thighs
Kosher salt
Extra virgin olive oil
½ large yellow onion, chopped (about 1 cup)
2 garlic cloves, minced
2 red or yellow bell peppers, chopped
1 cup frozen peas
1 cup canned chickpeas, drained and rinsed
2 cups basmati rice or orzo, rinsed, soaked 15–20 min, drained
1 cinnamon stick
1 dry bay leaf
1 lemon, quartered
½ cup crumbled feta or cotija

DIRECTIONS

1. Mix spices in a small bowl for the allspice blend; set aside.
2. Pat chicken thighs dry, cut in half, and season with salt and allspice, coating well by hand or with gloves. Let sit at room temp 20 minutes if possible.
3. Heat 3 tbsp olive oil in a large, deep skillet or lidded pot over medium. Brown chicken briefly on both sides; remove and set aside.
4. In same skillet, cook onions, bell pepper, and peas about 4 min, stirring often, until tender. Add garlic, chickpeas, and rice. Season with salt, ½ tsp allspice, and ¼ tsp cardamom; stir to combine.
5. Nestle chicken into rice. Add cinnamon stick, bay leaf, and broth; bring to a boil.
6. Reduce heat to low, cover, and cook 20 min or until chicken is done.
7. Remove from heat. Garnish with feta or cotija, lemon wedges, and parsley.

Option: Use a deep-dish pan with lid in the oven at 350°F. Follow same steps.

NO-BAKE ENERGY BITES

Recipe by Vina DiBernardo as part of the Let's Eat Healthy Together series.
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INGREDIENTS

- 1 cup quick dry oats
- ½ cup creamy peanut butter
- ½ cup walnuts, chopped
- ⅔ cup toasted coconut (sweetened or unsweetened)
- ½ cup semi-sweet chocolate chips
- ⅓ cup honey
- 1 tbsp chia seeds
- 1 tsp vanilla extract



20 servings



20 minutes

DIRECTIONS

1. **Stir everything together.** Stir all ingredients together in a large mixing bowl until well combined.
2. **Chill.** Cover the mixing bowl and chill in the refrigerator for 1-2 hours, or until the mixture is chilled. (This will help the mixture adhere more easily when rolling)
3. **Roll into balls.** Roll into mixture into 1-inch balls. (use cookie scooper)
4. **Enjoy right away!** Or keep in fridge in a sealed container for up to 1 week or freeze in container for up to 3 months.

Optional add-ins or swaps: Almond or sunflower butter, dried banana chips, dried fruits (diced small), white, milk chocolate, or vegan chips, walnuts, sunflower seeds, chopped almonds.

YUMMY YOGURT PARFAIT

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INGREDIENTS

- 2 cups strawberries (sliced)
- ½ cup granulated sugar
- 2 cups Greek yogurt (plain and full fat)
- 1 cup blueberries
- 1 cup granola



4 servings



40 minutes

DIRECTIONS

1. Combine the strawberries and sugar in a bowl and stir to combine. Cover and refrigerate for 30 minutes.
2. Divide half the strawberries into 4 clear glasses. Start layering process: Add ¼ cup of yogurt. Add half the blueberries on top. Add all the granola on top.
3. Repeat with one more layer of strawberries, one more layer of Greek yogurt, and one more layer of the blueberries. (red, white, blue, granola, red, white, blue)
4. Serve immediately for best consistency.

Storage: Store any leftovers sealed with a plastic wrap in the fridge for up to 2 days. Mason jars work well for storage.

TARTAR SAUCE

Recipe by Jamie Ginsberg as part of the Let's Eat Healthy Together series.
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INGREDIENTS

- ⅓ cup + 1 tbsp mayonnaise
- ½ tsp fresh lemon juice
- Ground black pepper, to taste
- Garlic powder, to taste
- Onion powder, to taste
- 1¼ tsp sweet pickle relish



1 serving



10 minutes

DIRECTIONS

1. Prepare tartar sauce 1 day in advance.
2. Gather all ingredients and equipment.
3. In a small bowl, combine mayonnaise, lemon juice, pepper, onion powder, garlic powder, and relish. Mix well.
4. Transfer to a sealed container or cover bowl with plastic wrap.
5. Refrigerate until ready to use. Serve with fish sandwiches or fish entrées.