



**POWER
UP!**

2024

NUTRITION CHALLENGE

COOKBOOK

 Energy for Life



WELLNESS
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VEGETABLE STEW

RECIPE SUBMITTED BY: PAM BOONE, TUCSON IRV

Ingredients

3 tbsp. vegetable oil
1/2 lb. plant-based meat
1 lb. cremini mushrooms
4 cubes vegetable bouillon, crumbled
4 cups water
1 tsp. dried rosemary
1 tsp. dried parsley
1/2 tsp. ground black pepper

3 large potatoes, peeled and cubed
4 carrots, cut into 1 inch pieces
4 stalks celery, cut into 1 inch pieces
1 large onion, chopped
1 small head cauliflower
2 tsp. cornstarch
2 tsp. cold water

Directions

1. Heat oil in a large pot or Dutch oven over medium-high heat; add meat and mushrooms and cook until well browned.
2. Dissolve bouillon in 4 cups of water and pour into the pot; stir in rosemary, parsley, and pepper. Bring to a boil; reduce heat to low, cover, and simmer for 1 hour. Stir in potatoes, carrots, celery, and onion.
3. Dissolve cornstarch in 2 tsp. of cold water; stir into stew. Cover and simmer until plant-based meat is tender, about 1 hour.



TUNA FISH PATTIES

RECIPE SUBMITTED BY: DANIEL QUINTERO, TUCSON IRV

Ingredients

2 (5 oz). cans tuna in water
2 tbsp. mayonnaise
1 tbsp. Dijon mustard
2 tsp. fresh garlic, minced
2 large eggs, lightly beaten

1/4 tsp. salt
1/4 tsp. black pepper
1/2 cup fresh parsley or cilantro, chopped
4 tbsp. extra virgin olive oil, for frying

Directions

1. Preheat oven to the “keep warm” setting (170 degrees Fahrenheit).
2. Drain tuna well. Place in medium bowl and flake with a fork. Mix in mayonnaise, Dijon mustard, minced garlic, eggs, salt, black pepper, and parsley/cilantro.
3. Heat olive oil in large nonstick skillet over medium heat.
4. Using a 4 tbsp. scoop, transfer 4 mounds of tuna mixture to the hot oil. Gently flatten mounds with back of a fork.
5. Cook patties until golden brown, about 3 minutes per side. Keep cooked patties in warm oven while frying second batch.
6. Serve immediately with any vegetable side and grain of choice.



CHICKPEA GREEK SALAD

RECIPE SUBMITTED BY: ELYSE REDFORD, TUCSON IRV

Ingredients

1 (15 oz.) can chickpeas, rinsed and drained
1 red bell pepper, chopped
1 yellow bell pepper, chopped
1 green bell pepper, chopped
1/4 cup diced red onion
15 grape tomatoes, halved
1/3 cup pitted kalamata olives
1 medium cucumber, sliced and quartered
4 oz. feta cheese, crumbled or cubed

For the dressing:

2 tbsp. olive oil
2 tbsp. freshly squeezed lemon juice
1 clove garlic, minced
1 tsp. dried oregano
Freshly ground salt and pepper, to taste

Directions

1. Place all salad ingredients in a large bowl and toss to combine.
2. In a small bowl, whisk together olive oil, lemon juice, garlic, and oregano. Pour onto salad and toss again to combine well. Taste and add salt and pepper as you'd like.
3. Place in refrigerator for 1 hour to marinate or serve immediately. Salad is best enjoyed within 2-3 days after making.



SHREDDED CHICKEN CHILI

RECIPE SUBMITTED BY: CHRISTINA HERR, TUCSON IRV

Ingredients

- 1 lb. boneless, skinless chicken breasts trimmed of fat and shredded
- 1 yellow onion, diced
- 2 cloves garlic, minced
- 24 oz. chicken broth (low sodium)
- 2 (15 oz.) cans great Northern beans, drained and rinsed
- 2 (4 oz.) cans diced green chiles (1 hot, 1 mild)
- 1 (15 oz.) can whole kernel corn drained
- 1 tsp. salt
- 1/2 tsp. black pepper
- 1 tsp. cumin
- 3/4 tsp. oregano
- 1/2 tsp. chili powder
- 1/4 tsp. cayenne powder
- 4 oz. cream cheese, softened
- 1/4 cup half and half
- Small handful of fresh cilantro, chopped

Directions

1. Boil chicken until done, about 12 to 15 minutes (18 to 22 minutes if frozen).
2. Shred chicken using a fork.
3. Add all ingredients into crockpot. Cook on high for 1 to 2 hours.



OATMEAL WITH GREEK YOGURT

RECIPE SUBMITTED BY: PUNKIN RAMOS, KINGMAN

Ingredients

1 cup sugar-free cashew milk
1/2 cup steel cut oats
1 tbsp. butter
3/4 cup fresh blueberries
1/2 cup Greek yogurt
Milk, if desired

Directions

1. Over low heat, warm 1 cup sugar free cashew milk to soft boil.
2. Add 1/2 cup steel cut oats.
3. Lower heat and cook for additional 4 minutes, stirring frequently.
4. Remove from heat. Stir in 1 tbsp. butter.
5. Place cooked oats in a bowl. Add 3/4 cup fresh blueberries.
6. Sweeten to taste and add milk if desired.
7. Add in 1/2 cup Greek yogurt directly or enjoy as a side.



OVERNIGHT OATS & CHIA JAM

RECIPE SUBMITTED BY: MARLANA EYSERMANS, TUCSON IRV

Ingredients

For the jam (makes about 2 cups):

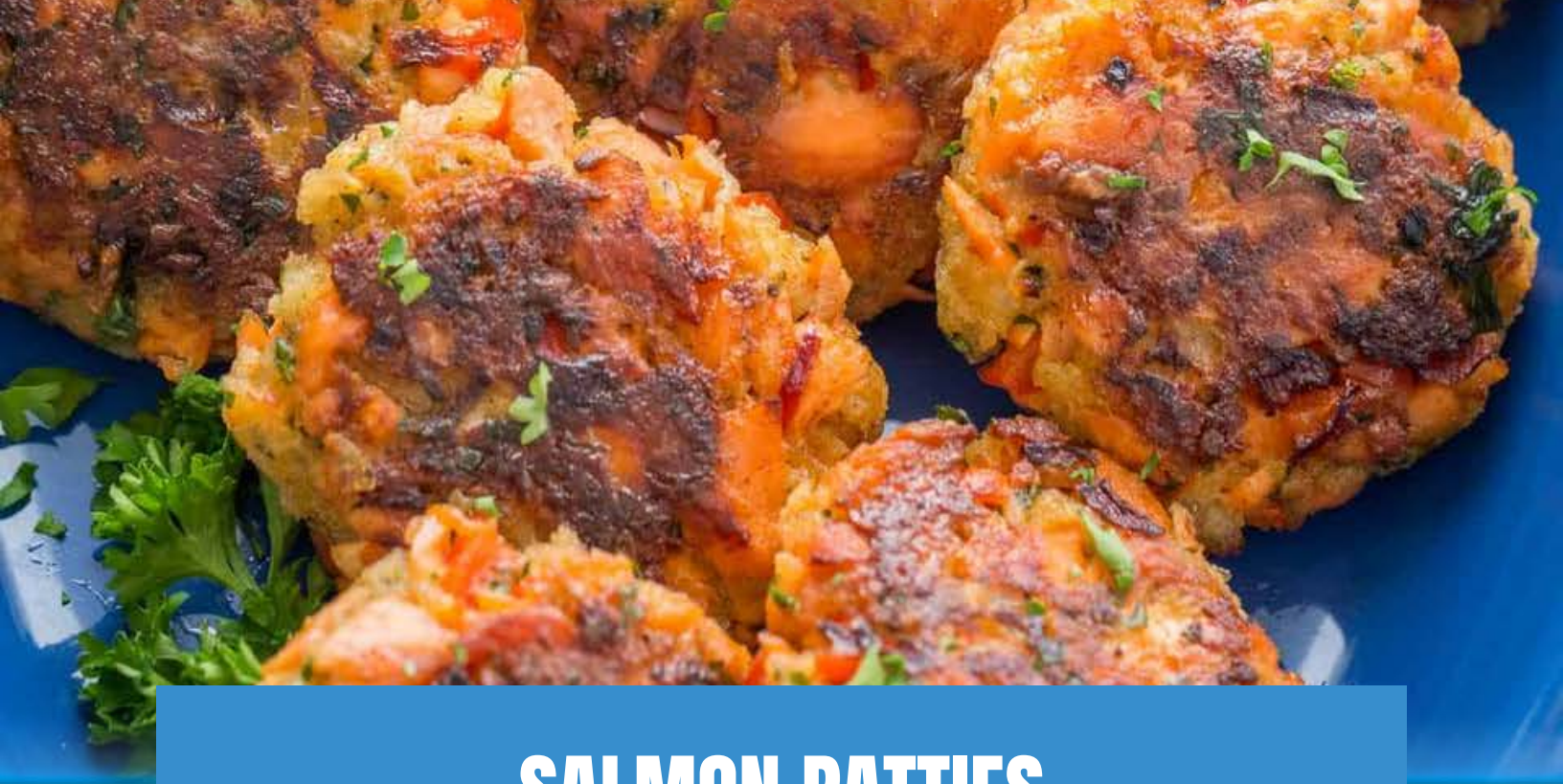
3 cups blueberries
2 tbsp. maple syrup
1 tbsp. fresh lemon juice
1/2 tsp. vanilla extract
1/2 tsp. ground cinnamon
3 tbsp. chia seeds
Pinch of sea salt

For the oats (1 serving):

1/2 cup old fashioned oats
1/2 cup vanilla almond milk
1 tbsp. blueberry chia jam
1/2 tsp. lemon zest
1/4 cup blueberries

Directions

1. In a medium saucepan over medium heat, simmer the blueberries, lemon juice, and vanilla for 3 to 5 minutes, gently mashing and stirring often. Add maple syrup, cinnamon, and salt and remove from heat. Stir in chia seeds and transfer to a glass jar. Let cool slightly, set in fridge to chill for at least 1 hour. If your jam isn't set enough, stir in more chia seeds.
2. Add oats to a glass jar, pour in milk, and layer blueberry jam, blueberries, and lemon zest.
3. Refrigerate overnight and enjoy in the morning.



SALMON PATTIES

RECIPE SUBMITTED BY: KENZI MOYA, SPRINGERVILLE

Ingredients

- 1 (15 oz.) can canned salmon
- 1/2 cup seasoned bread crumbs
- 1/4 cup chopped onion
- 1 large egg
- 1 tbsp. olive oil

Directions

1. Drain and reserve liquid from canned salmon; place salmon in a medium bowl. Add bread crumbs, onion, and egg; mix well to combine.
2. Shape mixture into patties, adding reserved liquid from salmon if the mixture is too dry.
3. Heat oil in a large skillet over medium heat; add patties and cook until golden brown, about 3 to 4 minutes per side. Drain on paper towels and serve.



JULIE'S BRUSSEL SPROUTS

RECIPE SUBMITTED BY: JULIE PHILLIPS, TUCSON HQ

Ingredients

1 lb. Brussel sprouts
2 cups chicken broth
1 tbsp. olive oil
Handful of pine nuts
1 tsp. nutmeg
Salt and pepper, to taste

Directions

1. Cut Brussel sprouts in half and remove any unwanted leaves.
2. Heat oil in skillet and brown Brussel sprouts to taste.
3. Brown pine nuts in skillet towards end of Brussel sprouts browning.
4. Add chicken broth to pan. Add nutmeg, salt, and pepper to taste.
5. Cover and simmer to preferred doneness.



BAKED MOZZARELLA PESTO CHICKEN

RECIPE SUBMITTED BY: JULIE PHILLIPS, TUCSON HQ

Ingredients

For chicken:

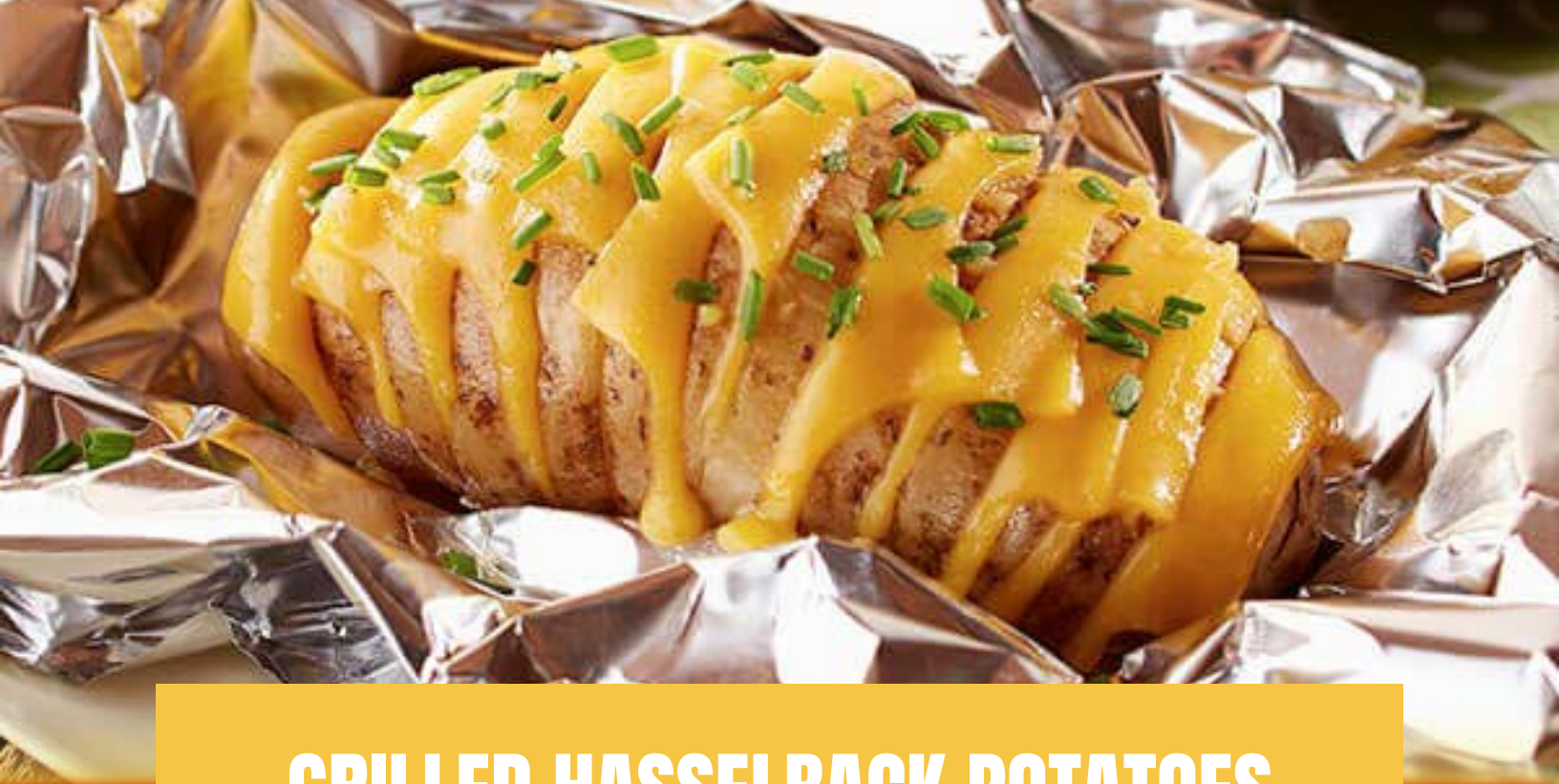
4 boneless, skinless chicken breasts
2/3 cup prepared basil pesto sauce
1 cup mozzarella cheese, grated
Salt, pepper, and garlic powder, to taste

For balsamic glaze:

1/3 cup balsamic vinegar
3 tbsp. brown sugar

Directions

1. Preheat oven to 375 degrees Fahrenheit. Place chicken breasts on a baking sheet lined with parchment paper or greased aluminum foil. Sprinkle salt, pepper, and garlic powder over both sides of chicken breasts. Spoon about 1 1/2 tbsp. of pesto on one side of each chicken breast.
2. Place chicken in oven and bake for 15 to 20 minutes until no longer pink inside. Use a food thermometer inserted into the thickest part of the chicken to ensure it has reached a safe temperature of 165 degrees Fahrenheit.
3. Remove chicken from the oven and evenly sprinkle mozzarella cheese over each breast. Return to oven and cook for 5 minutes or until cheese is melted. Remove from oven and serve drizzled with balsamic glaze.
4. *To make balsamic glaze:* Combine balsamic vinegar and brown sugar in a small saucepan and heat over medium heat. Stir until sugar is fully dissolved and allow to simmer until the mixture is reduced by about half and has thickened, about 8 to 10 minutes. Remove from heat. Store in an airtight container up to 3 weeks in the fridge.



GRILLED HASSELBACK POTATOES

RECIPE SUBMITTED BY: EVANGELINA GUERRERO, OSO GRANDE

Ingredients

- 4 medium russet baking potatoes, scrubbed
- 1/4 cup butter, melted
- 2 tsp. finely chopped fresh garlic
- 8 (3/4 oz.) slices cheddar cheese, cut into 6 pieces
- 2 tbsp. finely chopped fresh chives
- Salt and pepper, if desired

Directions

1. Heat one side of gas grill to high or charcoal grill until coals are ash white. Place coals to one side in charcoal grill.
2. Slice thin piece off bottom of each potato. Cut each potato into 12 slices, cutting almost to bottom (*do not cut all the way through*). Place potatoes onto plate and microwave for 5 minutes. Rotate potatoes and microwave for another 5 minutes. Place each potato onto center of 14x12-inch piece heavy-duty aluminum foil.
3. Combine melted butter and garlic in bowl; brush evenly over potatoes and into slices. Bring up sides of foil, forming pouch to enclose potato. Seal well. Place onto grill opposite heat. Grill 30 to 40 minutes or until tender.
4. Remove from grill. Carefully open foil and place 1 piece cheese into each potato slice. Reseal; continue grilling 4 to 6 minutes or until cheese is melted.
5. Sprinkle each potato with 1 1/2 tsp. chives before serving. Season as desired.



VEGETABLE SOUP

RECIPE SUBMITTED BY: BARBARA BURCZYNSKI, TUCSON IRV

Ingredients

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| 2 tbsp. olive oil | 3 bay leaves |
| 1 medium yellow onion, chopped | 2 tsp. salt, or to taste |
| 2 large carrots, chopped | 1 tsp. ground black pepper |
| 1 cup chopped celery | 1 cup frozen sweet corn |
| 28 oz. canned diced tomatoes | 1 cup frozen sweet peas |
| 60 oz. vegetable broth, low-sodium | 1/2 cup green onions, chopped |
| 3 medium potatoes, diced | 1/4 cup fresh parsley, chopped |
| 1 cup green beans, chopped | 3 oz. shredded chicken breast, to add per serving |

Directions

1. Preheat a heavy soup pot or Dutch oven over medium heat and add 2 tbsp. olive oil. Add chopped onions and carrots and sauté for 6 to 8 minutes, stirring occasionally until golden.
2. Add celery, canned tomatoes (with juice), broth, potatoes, green beans, bay leaves, salt, and pepper. Bring it to a boil then reduce heat to a simmer and cook for 25 minutes.
3. Once vegetables are tender, add corn, sweet peas, green onion, and parsley. Season with salt to taste and simmer for another 5 to 8 minutes. Remove from heat and serve warm. Add 3 oz. of shredded chicken for more protein!



CRAB SALAD

RECIPE SUBMITTED BY: ROBERT REYNOLDS, TUCSON IRV

Ingredients

1 tbsp. dried onion
Juice of 1 lemon
1 bunch cilantro
4 deveined, deseeded jalapeno peppers
4 celery stalks, chopped
1 cup manzanilla olives
1/2 cup black olives
20 oz. imitation crab

Directions

1. Chop peppers, celery, and olives to desired bite-size pieces.
2. In a bowl, mix ingredients well. Cover with foil or wrap and let sit overnight in fridge. Enjoy!



EGG SPINACH MUFFINS

RECIPE SUBMITTED BY: ANGIE MADRID, SPRINGERVILLE

Ingredients

6 eggs
1/3 cup chopped cooked spinach, water removed and squeezed
1/3 cup bacon or sausage bits
1 chopped red or orange bell pepper
1/3 cup cheese OR 1/4 cup cottage cheese
Salt and pepper or spices of choice
Cooking spray

Directions

1. Whip eggs and spices together. Add spinach or other veggies of choice, meat, cheese, and mix.
2. Spray cooking spray over muffin tin to prevent sticking.
3. Fill muffin tins approximately 3/4 full (this will make 6 to 7 muffins).
4. Bake at 375 degrees Fahrenheit for 15 to 18 minutes.



BUTTERNUT SQUASH GREEN CHILE CHICKEN SOUP

RECIPE SUBMITTED BY: AMALIA ROSS, PRESCOTT

Ingredients

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| 1/2 tbsp. olive oil or avocado oil | 1 tsp. oregano |
| 6 cloves garlic, minced | 4 cups (32 oz.) low sodium chicken broth |
| 1 large white onion, chopped | 1 pound chicken, cubed |
| 1 green bell pepper, diced very small | 1 small lime, juiced |
| 1/4 cup diced cilantro, stems included | 1/2 tsp. salt (and more, to taste) |
| 1 (4 oz.) can of mild green chiles | Ground black pepper |
| 4-6 cups cubed butternut squash | 1 head of kale, spines removed, chopped |
| 1 1/2 tsp. ground cumin | |

Directions

1. Place a large Dutch oven or pot over medium high heat and add in oil. Once oil is hot, add in garlic, onion, green pepper, and cilantro; cook for a few minutes until onion becomes translucent.
2. Next immediately add in your green chiles, butternut squash, cumin, and oregano. Saute for a few minutes to let the spices cook a bit, then add in chicken broth, chicken thighs, corn, salt and pepper, and lime juice.
3. Bring soup to a boil, then cover, reduce heat to low and simmer for 20-30 minutes until chicken is fully cooked and no longer pink.
4. Once chicken is cooked, add the chopped kale. Simmer until kale is soft. Taste and adjust seasonings as desired.



AIR FRYER CHICKEN KABOBS

RECIPE SUBMITTED BY: KEN SHEFFLER, TUCSON IRV

Ingredients

1 lb. chicken breasts, boneless skinless
1/2 purple onion, quartered and separated
3 oz. mushrooms
1 yellow pepper
1 zucchini
4 oz. cherry tomatoes
4 sweet baby peppers, trimmed and quartered

For marinade:
1/4 cup fresh lemon juice
1/4 cup olive oil
1 tbsp. minced garlic
1 tsp. salt
1/2 tsp. black pepper
1/4 tsp. paprika

Directions

1. Dice all ingredients into about 1-inch in size. Add to a large bowl with all marinade ingredients. Toss to well coat. Refrigerate for 30 minutes.
2. While marinating, soak wooden skewers in a water bath and cut to fit in air fryer.
3. Arrange ingredients on skewers to your liking, leaving a bit of space between each ingredient on the skewer.
4. Work in batches so as to not crowd the air fryer. Air fry each batch for 6 minutes on 370 degrees Fahrenheit. Sprinkle with parsley and serve.



CHOCOLATE BANANA “ICE CREAM”

RECIPE SUBMITTED BY: REBECCA VANVLIET, KINGMAN

Ingredients

- 3 frozen bananas
- 1/2 cup of unsweetened plant milk
- 2-3 tsp. of raw cacao
- 1 tsp. vanilla extract
- 2-3 pitted dates (optional)

Directions

1. Place all ingredients in a high speed mixer or food processor.
2. Blend or process all ingredients together until creamy like ice cream.



CASHEW NO-CHEESE SAUCE

RECIPE SUBMITTED BY: REBECCA VANVLIET, KINGMAN

Ingredients

1 1/2 cups raw cashew pieces
1/4 cup nutritional yeast
1 1/2 tsp. salt
1/4 tsp. garlic powder
3/4 cup water
3 tbsp. lemon juice

Directions

1. In a food processor or blender, process cashews to a very fine powder, adding a small amount of water if needed.
2. Add nutritional yeast, salt, and garlic powder and process to combine.
3. Add lemon juice and water and process until smooth.