Recipe Ideas
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Turkey Ham and Cheese
Breakfast Strata

Ingredients

- 12 slices of bread, crusts removed
- 1 pound of turkey ham, diced
- 2 cups shredded cheddar cheese
- 6 large eggs
- 3 cups of milk
- 2 tsp Worcestershire sauce
- 1 tsp ground mustard
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/4 cup finely chopped onion
- 1/4 cup chopped green pepper
- 1/4 cup melted butter
- 1 cup crushed corn flakes

Directions

1. Arrange six slices of bread in the bottom of a greased 13x9 inch baking dish. Top with ham and cheese. Cover with remaining bread.

2. In a bowl, beat eggs, milk, Worcestershire sauce, mustard, salt, pepper and cayenne. Stir in onion and green pepper; pour over all. Cover and refrigerate overnight.

3. Remove from refrigerator 30 min before baking. Pour melted butter over bread; sprinkle crushed corn flakes. Bake uncovered at 350° for 50-60 min.
Peaches and Cream Overnight Oats

Ingredients

- 1/4 cup quick oats
- 1/2 cup vanilla yogurt
- 1/8 cup milk (of your choice)
- 1/2 cup canned diced peaches, drained

Directions

1. In a 12 oz cup or bowl, add oats
2. Add milk, yogurt, and 1/4 cup of peaches to oats and mix to combine.
3. Top with remaining peaches
4. Cover with plastic wrap and refrigerate overnight
5. Enjoy the next day for breakfast or a light healthy snack.
6. Can substitute peaches with any other fruit of your choice.
Peach Parfait

Ingredients

- 1 Cup vanilla yogurt
- 1/2 cup canned diced peaches, drained
- 1/4 cup cinnamon toast crunch cereal

Directions

1. Drain canned diced peaches
2. In a 12 oz cup or bowl, start layering parfait with 1/2 cup of vanilla yogurt
3. Add 1/4 cup of drained diced peaches
4. Top with 1/8 cup of cinnamon toast crunch cereal
5. Repeat process with remaining ingredients
Cheesy Potato Pancakes

Ingredients

- 4 cups mashed potatoes
- 2 cups American cheese slices
- 1 large egg
- 1/4 cup all purpose flour
- 2 1/2 tbsp. chopped chives
- 1/2 cup plain bread crumbs
- 2 tbsp. light olive oil or canola oil to sauté

Directions

1. In a large mixing bowl, combine 4 cups of mashed potatoes, 2 cups shredded cheese, 1 large egg, 1/4 cup flour and 2 tbsp. chopped chives. Use a potato masher to mash the mixture together until well mixed. (If the potatoes are too loose to hold a patty shape, add flour a tablespoon at a time.)

2. Place a heaping tablespoonful of potato mixture between your palms and form into a round patty about 1-3” thick. Dredge both sides of the pancake in bread crumbs and set on a cutting board. Repeat with remaining pancakes.

3. Heat a large non-stick pan over medium heat with enough oil to lightly cover the bottom of the pan. Once oil is hot, add patties in a single layer and sauté 3-4 minutes per side or until golden brown. Repeat with remaining patties, adding more oil as needed.
Refried Bean Enchiladas

**Ingredients**

- Cooking spray
- 16 oz refried beans
- 2 cups sliced American cheese, divided
- 1/2 cup chopped onion and pepper blend
- 12 small corn tortillas
- 10 oz red enchilada sauce

**Directions**

1. Preheat oven to 350° F. Spray a 9x13 inch casserole dish with cooking spray.
2. Mix refried beans, 1 1/2 cup cheese, onion and pepper mix in a microwave safe bowl; heat in microwave until cheese is melted, about 1 minute.
3. Stack tortillas, 3 at a time, on a microwave safe plate; heat in microwave until warmed, about 30 seconds. Repeat with remaining tortillas.
4. Pour enough enchilada sauce onto a small plate to cover. Quickly dip both sides of each tortilla in enchilada sauce. Spoon bean filling down the middle of each dipped tortilla and wrap tortilla around filling. Arrange filled tortillas in the prepared baking dish. Pour remaining enchilada sauce over filled tortillas and sprinkle remaining cheese over sauce layer. Cover dish with aluminum foil.
5. Bake in the preheated oven until sauce is bubbling and cheese is melted, 35 to 40 minutes.
Refried Bean Dip

Ingredients

- 4 cups refried beans
- 8 oz cream cheese softened
- 1/2 cup of sour cream
- 1/4 cup taco seasoning
- 8 oz slice American cheese
- 8 oz of grated pepper jack cheese divided
- 2 tablespoons hot sauce of choice (optional)
- 4 oz chopped green chilies
- 1 tablespoon cilantro

Directions

1. Preheat oven to 350° F
2. Add all of the ingredients to a large mixing bowl, reserving half of the American and Pepper Jack cheese.
3. Mix well to combine.
4. Spread into an 8x8 baking dish and top with reserved cheese.
5. Bake for 20 min or until hot and cheese has melted.
6. Sprinkle with cilantro.
7. Serve with chips or veggies for dipping.
Refried Bean Roll Up

**Ingredients**

- 16 oz of refried beans
- 1/2 cup of salsa
- 1/2 teaspoon chili powder
- 8 flour tortillas
- 1 cup shredded lettuce
- 1/2 cup sliced American cheese

**Directions**

1. Mix beans, salsa and chili powder in a 1 quart saucepan. Heat over medium heat about 5 minutes, stirring occasionally, until warm.
2. Spoon about 1/4 cup of the bean mixture onto center of each tortilla; spread slightly. Top with lettuce and cheese. Fold over sides and ends of tortillas. Serve with additional salsa if desired.
Quesadilla

Ingredients

- 2 large flour tortillas
- 1 cup American cheese slices
- 2 tbsp butter divided
- 1 tbsp finely chopped onion and pepper mix
- Sour cream to taste
- Guacamole to taste

Directions

1. Sprinkle 1 cup of American cheese over one of the flour tortillas, leaving 1/2 inch around the perimeter uncovered.
2. Sprinkle 1 tbsp of chopped onions and pepper mix and top with the other flour tortilla.
3. Melt 1 tbsp of butter in a pan on the stove over medium low heat. Spread around, and place quesadilla onto the pan.
4. Add remaining butter to the top of the tortilla. Let cook for several minutes over low heat. As butter softens, spread over the top tortilla. Once bottom browns and cheese is mostly melted, flip the quesadilla over.
5. Let cook until cheese is fully melted, and bottom is nicely browned. Remove from pan, cut and serve with sour cream and avocado to taste.
Loaded Mashed Potato Bowl

Ingredients

- 6 cups mashed potatoes
- 2 cups frozen corn kernels
- 1 15oz can of black beans
- 1/2 tsp chili powder
- 4 oz. of shredded cheddar cheese
- 1/2 cup of BBQ sauce
- 2 green onions, sliced
- 1 jalapeño, thinly sliced (optional)

Directions

1. Allow the corn kernels to thaw. Rinse and drain the black beans, then add the beans to a bowl along with the chili powder and stir well.

2. To build bowls, place about 1.5 cups of mashed potatoes in each bowl, then top with about 1/2 cup of corn, 1/3 cup black beans, 1/4 cup of shredded cheddar cheese, 2 tbsp. of BBQ sauce, and sprinkle some sliced green onions and or jalapeños.

3. Serve bowls immediately, or refrigerate until ready to eat. To reheat, simply microwave until the mashed potatoes are hot and the cheese is melted.
Southwest Shepherd’s Pie

**Ingredients**
- 1 cup dried potato mix
- 1 cup of water
- 1/2 cup milk
- 2 tbsp butter
- 1 cup American cheese
- 1 tbsp olive oil
- 1 medium onion
- 1 clove of garlic
- 16 oz ground beef, chicken, or turkey
- 2 tbsp all purpose flour
- 14 oz corn, black beans, onion and pepper mix
- 2 cups of beef broth
- 1/2 cup water
- 2 tbsp taco seasoning
- Salt and pepper
- 1/2 bunch cilantro

**Directions**

1. Preheat oven to 400°. Lightly spray 9 inch dish with cooking spray, set aside.
2. In a medium sized pot, bring 1 cup of water to a boil and add dried potato mix to water. Stir until potatoes have rehydrated. Add milk, butter, cheese, and salt and pepper to taste. Mash with potato masher until smooth, adding more milk as needed.
3. While potatoes cook, add 1 tbsp of oil to large skillet over medium –high heat. Add garlic, onion and pepper mix. Sauté until softened and fragrant, about 2 minutes. Add ground meat and cook, breaking into chunks with back of wooden spoon. Continue to cook until browned and cooked through, about 5-6 minutes.
4. Sprinkle flour over meat mixture and stir until you don’t see any flour pockets. Add southwest vegetable blend, broth, water and taco seasoning and bring to a simmer. Continue to cook, while stirring often, until mixture is thickened and glossy, about 2-3 minutes. Season with salt and pepper to taste.
5. Pour meat and vegetable mixture into prepared baking dish, and then cover with mashed potatoes. Use fork to make decorative little peaks with potatoes (optional). Bake 10-15 minutes or until mashed potatoes start to brown on peaks.
6. Cool shepherd’s pie on wire rack for 5 minutes before serving. Garnish with cilantro and serve.
### Taco Casserole

**Ingredients:**

- 1/2 can (8oz) refried beans
- 1 cup salsa
- 2 tbsp garlic powder
- 2 tbsp onion powder
- 1 tbsp cumin
- 1 tbsp salt
- 1 tbsp pepper
- 6 slices of American cheese
- 3 slices of American cheese slices cut into smaller pieces
- 3 cups corn kernels, thawed and drained
- 2 cups sliced peppers, onions
- 1 diced tomato
- 1/2 head shredded romaine
- 2 cups crushed tortilla chips

**Directions:**

1. Preheat oven to 350°
2. Drain liquid from thawed sliced pepper and onion mixture, and corn kernels.
3. In a large bowl, mix together refried beans, salsa, garlic powder, onion powder, cumin, salt and pepper.
4. In a 8x10 baking dish, spray dish with cooking spray, then add half of the bean mixture.
5. Use a spatula or large spoon to spread the bean mixture evenly across the baking dish.
6. Add 6 slices of American cheese slices evenly on top of the bean mixture.
7. Next, add corn kernels on top of cheese layer, spreading evenly.
8. Then, add pepper and onion mixture, spreading evenly.
9. Finish by adding the remaining bean mixture on top of the pepper and onion mixture, spreading evenly.
10. Bake uncovered for 20 minutes
11. Remove from oven, top with 3 cheese slices cut into smaller pieces, and return to oven for 5 minutes or until cheese is melted
12. Remove from oven, top with diced tomatoes, shredded romaine lettuce and crushed tortilla chips.
Monte Cristo Sandwich

**Ingredients**

- 2 eggs
- Pinch of salt and pepper
- 4 slices of white bread
- 2 Tbsp yellow mustard
- 2 Tbsp mayonnaise
- 1/2 pound turkey ham
- 1/2 oz American cheese (or cheese of choice)
- 2 tbsp butter
- Additional salt and pepper to taste

**Directions**

1. Beat eggs in a shallow dish (large enough to fit a sandwich) along with a few pinches of salt and pepper. Set aside.

2. Assemble sandwiches, with mustard, mayonnaise, turkey ham, cheese, salt and pepper to personal preference. Slightly compress sandwich.

3. Heat skillet over medium heat. Add butter, allow to melt.

4. Dip and coat each sandwich in beaten egg and place in skillet. Cook sandwiches 2-3 min on each side, until browned and cheese has melted.
Holiday Sandwich

Ingredients

- 4 Hot dog buns/sliced bread
- 4 oz cream cheese
- 1 tbsp chopped chives
- 1 tbsp chopped parsley
- 1 cup mixed salad greens
- 8 slices of turkey
- 4 tbsp cranberry sauce (warmed)
- 4 oz of stuffing
- 4 oz mashed potato

Directions

1. Preheat oven to 425° and toast buns or bread slices till golden brown.
2. Spread 1 tbsp of herbed cream cheese over toasted buns of each sandwich. The layer with spring mix, sliced turkey, mashed potato, and stuffing.
3. Top with cranberry sauce.
Chef Salad

Ingredients

- 1 1/2 pounds of Romaine lettuce, washed, trimmed, and dried.
- Kosher salt and black pepper
- 1 cup of dressing of your choice
- 4 oz Swiss cheese, cut into 2 inch long matchstick pieces.
- 4 oz ham, cut into 2 inch long matchstick pieces
- 4 oz turkey, turkey
- 2 hard boiled eggs cut into wedges
- 1 diced avocado
- Tomatoes cut in to wedges
- 1 cup croutons
- 2 cucumbers sliced

Directions

Tear the lettuce into bite sized pieces and put into a large mixing bowl. Season with salt and pepper to taste and toss with 1/2 cup of the dressing. Divide the lettuce among 4 large individual serving bowls. Arrange the cheese, meats, eggs, and avocado. Scatter the tomatoes, cucumbers, and croutons on top. Season with salt and pepper to taste. Serve and pass the remaining dressing at the table.
Tortilla Soup

Ingredients

- 32 oz low sodium chicken stock
- 16 oz refried beans
- 1/2 cup fresh or frozen corn kernels
- 1/4-1/2 cup onion and pepper mixture
- 1/4 tsp cumin
- 1/4-1/2 tsp chipotle chili powder
- 1 can tomatoes and peppers
- 1 1/2 cup shredded turkey
- 1 medium chopped avocado
- 1 cup semi crushed tortilla chips
- 1/2 cup diced American cheese slices
- Chopped sprig of cilantro
- Dollop of sour cream (optional)

Directions

1. Pour chicken stock in a 2 qt saucepan and warm over medium heat. Add refried beans and mix well.
2. Add the rest of the ingredients except the shredded turkey. Let simmer for 10 minutes. Now add shredded chicken, simmer till hot.
3. Serve in bowls and top with avocados, crushed tortillas and cheese and sour cream.
Food Safety Tips For Storing
And Using Bulk Items

- Canned refried beans can be stored in the refrigerator in a sealed container for 3-4 days or frozen after opening. Remove from can prior to storing leftover amounts.
- Canned peaches can be stored in the refrigerator in a sealed container for 5-7 days. Remove from can prior to storing leftover amounts.
- Sliced deli meat, turkey and turkey ham, can remain frozen upon receiving. Slowly thaw under refrigeration for 24 hours prior to eating. Once thawed, deli meat should be eaten within 5 days.
- Sliced bread, flour tortillas and flatbreads can remain frozen upon receiving, until ready to eat. Once thawed, can be held at room temperature for 7-10 days.
- The use by date for the vanilla yogurt is between January 24-28, 2021. Once opened, leftover yogurt should be transferred to a sealed container and held under refrigeration.
- Peaches can be added to fruit salads, used as a topping for yogurt, or served as a side at breakfast, lunch or snack. Use diced peaches to make a peach sauce or glaze for chicken.