

## **Healthy Recipes Shared by St. Charles Schools Staff**

### **Sam Selness**

Kidney Bean Hotdish (or what grandma called it)

1 can of kidney beans

1 can of mixed vegetables

1 lb. ground beef

1 can tomato soup

Ground the beef. Add kidney beans, mixed vegetables, and tomato soup. Simmer on low for 10-15 minutes.

### **Lynda otterson**

<https://www.pumpkinspice.com/pumpkin-pie-baked-oatmeal/>

### **Stacia Hammann**

<https://healthyfitnessmeals.com/zucchini-lasagna-boats/>

<https://therealfoodrds.com/buffalo-chicken-stuffed-spaghetti-squash/>

<http://backpackblowerracksreview.blogspot.com/2019/08/asparagus-sweet-potato-chicken-skillert.html>

### **Amelia Crouley**

<https://choosingchia.com/mediterranean-quinoa-salad/>

<https://www.food.com/recipe/loading-baked-potato-chicken-casserole-505862?soc=socialsharing&pinterest>

[https://natashaskitchen.com/tuna-salad-recipe/?utm\\_term=salad%20recipes&utm\\_campaign=8481602826](https://natashaskitchen.com/tuna-salad-recipe/?utm_term=salad%20recipes&utm_campaign=8481602826)

<https://barefeetinthekitchen.com/italian-vegetable-beef-soup-recipe>

**Barb storsveen****Taco Turkey Stuffed Peppers****Ingredients:**

1 Tbsp extra-virgin olive oil  
1 ½ lbs ground turkey  
½ c. chopped onion  
3 cloves garlic minced  
1 pkg taco seasoning  
¾ c. salsa  
4 medium sized peppers (yellow or red are my preference)  
Fresh cilantro chopped (optional)

**Instructions**

In a large skillet, heat the oil over medium-high heat. Add the turkey, onion, garlic, and taco seasoning and cook, stirring with a wooden spoon to break up the meat, until browned. Stir in the salsa.

Place a small rack in a 5-to 6-quart slow cooker. Add ¼ cup water to the slow cooker. Cut a thin slice from the top of each pepper to remove the stem. Use a small, sharp knife to cut out the seeds and membranes, keeping the peppers intact. Set the peppers, cut sides up, on the rack in the cooker. Spoon the turkey mixture into the peppers. Cover and cook on low for 2½ to 3 hours, until the peppers are tender.

**Sausage and Spinach Egg Cups****Ingredients:**

10 large eggs  
1 ½ tsp. Sea salt to taste  
¼ - ½ tsp. Pepper to taste  
½ tsp. Garlic powder  
½ tsp. Dried basil  
2 c. chopped spinach  
½ c. diced sausage

**Instructions:**

Preheat oven to 400\*. Spray a 12 count muffin pan with cooking spray.  
In a large mixing bowl crack in eggs and whisk together with salt and pepper  
Whisk in garlic powder and basil until combined. Stir in spinach and sausage. Divide evenly into muffin cups filling each about  $\frac{2}{3}$  full.  
Bake in a preheated oven for 12-16 minutes or until set.

I store the extras in the fridge and pop them in the microwave for a quick and healthy breakfast

Theresa Nunemacher

<https://www.skinnytaste.com/southwestern-black-bean-quinoa-and/>