

## 1. Mini Veggie-Loaded Pizzas

### Ingredients:

- Whole-grain English muffins or pita bread
- Tomato sauce
- Shredded mozzarella cheese
- Chopped veggies (e.g., bell peppers, spinach, cherry tomatoes)
- Cooked chicken or turkey (optional)

### Instructions:

- Preheat the oven to 375°F (190°C).
- Spread tomato sauce on each muffin half.
- Add toppings: veggies, protein, and cheese.
- Bake for 10 minutes or until cheese is melted.

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## 2. Turkey and Veggie Meatballs

### Ingredients:

- 1 lb ground turkey
- 1 cup grated zucchini or carrots
- 1/3 cup breadcrumbs (or almond flour for gluten-free)
- 1 egg
- 1 tsp garlic powder
- 1 tsp onion powder
- Marinara sauce for serving
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### Instructions:

- Preheat oven to 400°F (200°C) and line a baking sheet with parchment paper.
- Combine all ingredients in a bowl and mix well.
- Roll mixture into small meatballs and place on the baking sheet.
- Bake for 15–18 minutes or until cooked through.
- Serve with marinara sauce for dipping or over whole-grain pasta.



### 3. Rainbow Veggie Wraps

Ingredients:

- Whole-grain tortillas
- Hummus or cream cheese
- Shredded carrots
- Sliced cucumbers
- Spinach or lettuce leaves
- Sliced bell peppers

Instructions:

- Spread hummus or cream cheese on the tortilla.
- Layer with veggies, spreading them evenly.
- Roll tightly and slice into pinwheels or serve whole.
- Optional: Add turkey or chicken for extra protein.

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### 4. Baked Sweet Potato Fries

Ingredients:

- 2–3 large sweet potatoes
- 2 tbsp olive oil
- 1 tsp paprika
- 1/2 tsp garlic powder
- Salt to taste

Instructions:

- Preheat oven to 425°F (220°C) and line a baking sheet with parchment paper.
- Peel and cut sweet potatoes into thin sticks.
- Toss with olive oil and spices in a bowl.
- Spread fries evenly on the baking sheet.
- Bake for 20–25 minutes, flipping halfway through, until crispy.



## 5. **Banana Oat Pancakes**

### Ingredients:

- 2 ripe bananas
- 2 eggs
- 1/2 cup rolled oats
- 1/2 tsp cinnamon
- 1/2 tsp vanilla extract

### Instructions:

- Blend all ingredients until smooth.
- Heat a non-stick skillet over medium heat and lightly grease.
- Pour small amounts of batter to form pancakes.
- Cook for 2–3 minutes per side until golden.
- Serve with fresh fruit, yogurt, or a drizzle of honey.

