

THE SAFE RECIPE COOKBOOK

2 weeks, 10 meals, 30 minutes



Spinach Frittata

with Goat Cheese, Pear & Walnuts

*Good enough for Sunday brunch,
easy enough for every day!*

INGREDIENTS (6 Servings)

- 8 large eggs
- ¼ cup 2% reduced fat Milk
- ½ teaspoon kosher salt
- ⅛ teaspoon freshly ground black pepper
- 2 tablespoons extra virgin olive oil
- 1 medium sweet onion, scrubbed with clean vegetable brush under cold running water and chopped
- 1 clove garlic, scrubbed with clean vegetable brush under cold running water and minced
- 6 ounces baby spinach, gently rinsed under cold running water
- 4 ounces goat cheese
- 1 pear, gently rinsed under cold running water and sliced into thin wedges
- ½ cup chopped Walnuts
- Honey, to taste (optional)

INSTRUCTIONS

1. Wash hands with soap and water.
2. Preheat oven to 375 °F.
3. Whisk eggs to break the yolks. Then add milk, salt and pepper. Whisk to combine and set aside.
4. Wash hands with soap and water after handling raw eggs.
5. Heat a 10-inch oven-safe pan over medium heat.
6. Add olive oil and onions. Cook, stirring occasionally, for approximately 5 minutes or until onions are translucent.
7. Stir in garlic and spinach, and cook until spinach is wilted, approximately 2 to 3 minutes.
8. Add egg mixture to pan and mix until ingredients are evenly combined.
9. Wash hands and counter with soap and water after handling raw eggs.
10. Crumble goat cheese evenly over the egg mixture. Cook for 3 to 4 minutes on medium heat, until the edges begin to set.
11. Add pear slices and chopped walnuts on top of the egg mixture.
12. Drizzle honey over the top, if desired.
13. Place skillet in the oven and cook for 10 minutes or until the center of the frittata is set and internal temperature reaches 160 °F on food thermometer.
14. Remove from the oven and allow to cool 2 to 3 minutes. Cut into 6 even wedges and serve.

RECIPE SUBMITTED BY Kerri Watkins

This recipe was developed using the Safe Recipe Style Guide at [SafeRecipeGuide.org](https://www.SafeRecipeGuide.org).

BBQ Pizza Muffins

An easy recipe to adjust for picky eaters!



INGREDIENTS (9 Muffins)

- 1 tube refrigerated pizza dough
- ½ cup barbeque sauce
- 1 ½ cups Rotisserie chicken or pre-cooked chicken breast (cooked to 165 °F), diced
- ¼ red pepper, diced
- ¼ green pepper, diced
- ¼ yellow pepper, diced
- 1 2.25 ounce can sliced black olives, diced
- 1 cup shredded cheddar cheese

RECIPE SUBMITTED BY

Aidyn Whitehead

INSTRUCTIONS

1. Preheat oven to 350 °F.
2. Wash hands with soap and water.
3. Carefully pop open the tube of pizza dough by applying pressure to the seam with a clean spoon. Stretch or roll out the pizza dough and lay on a clean, lightly floured work surface.
4. Using a pizza cutter, cut the dough into 3-inch squares and place each in the bottom of a greased non-stick muffin tin.
5. With your fingers, push the center of the dough into the muffin cups, making sure the dough covers the sides and reaches the top edge of the cup.
6. Spoon 2 teaspoons of barbecue sauce into each and spread to the edges of the dough.
7. Evenly distribute the pre-cooked chicken between the muffin cups.
8. Rinse and gently rub peppers under cold running water. Pat dry with paper towel.
9. Cut the peppers into small pieces and sprinkle equal amounts into each cup.
10. Open the can of olives and drain, being careful of the edges of the can lid. Dice the olives and sprinkle over the peppers.
11. Sprinkle shredded cheese on top of each full muffin cup.
12. Place muffin pan on center rack in oven and cook for approximately 15 minutes or until edges of dough are lightly browned (time may vary depending on oven type).
13. Remove pan from oven and let sit for five minutes before serving.

This recipe was developed using the Safe Recipe Style Guide at [SafeRecipeGuide.org](https://www.SafeRecipeGuide.org).



Turkey Tacos

with Cilantro Sour Cream

Keep kids and adults happy by mixing up the toppings!

INGREDIENTS (4 Servings)

- 1 lb. lean ground turkey
- 1 green bell pepper, gently rubbed under cold running water, diced
- 2 jalapenos, gently rubbed under cold running water, finely diced
- 3 stalks of green onion, gently rubbed under cold running water, sliced
- 2 cloves garlic, finely minced
- 1 teaspoon onion powder
- 1 teaspoon chili powder
- 1 ½ teaspoon ground coriander
- 1 ½ teaspoon cumin
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 3 Tablespoons avocado oil or vegetable oil
- ¾ cup sour cream
- 1 Tablespoon fresh cilantro, gently rubbed under cold running water, finely chopped
- 1 Tablespoon fresh lime juice
- Flour or corn tortillas
- 1 ½ cups packaged slaw mix (optional)
- Optional toppings: sliced radishes, fresh lime juice, cheese, shredded lettuce, salsa, diced tomatoes, sliced jalapenos, and extra cilantro

INSTRUCTIONS

1. Wash hands with soap and water.
2. In a large pan over medium heat, add the 3 Tablespoons of oil.
3. Add green onion, green pepper, minced garlic, diced jalapenos, onion powder, chili powder, ground coriander, cumin, salt and pepper. Cook for 5 minutes.
4. Add in ground turkey, using a spatula to break it into small pieces. Cook until evenly browned or until internal temperature reaches 165 °F on a food thermometer.
5. Wash hands with soap and water after handling raw turkey.
6. In a small bowl, add sour cream, cilantro, and 1 Tablespoon of lime juice. Stir to combine.
7. Serve turkey taco filling in warm tortillas with a dollop of the cilantro sour cream and garnish as desired.

RECIPE SUBMITTED BY
Amanda Townsend

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Kerri Watkins is a New Jersey native currently studying nutrition and dietetics with the goal of becoming a Registered Dietitian. She enjoys making fun, creative recipes for friends and family.



BBQ Pizza Muffins

Aidyn Whitehead is an honors student in her sophomore year of high school. Active in school and her community, she created this recipe for a themed birthday party when she was eleven years old!



Turkey Tacos with Cilantro Sour Cream

Amanda Townsend is a food blogger and Nutrition Operations Manager. Her passions are food and travel.



TEMPERATURE

Cook until internal temperature reaches XX *(fill in the blank and include chart with specific foods)* on food thermometer.



HAND WASHING

Wash hands with soap and water. *(Include this at beginning of recipe and after each touch of raw meats, poultry, seafood or eggs).*



CROSS-CONTAMINATION

Wash *(insert cutting board, counter, utensil, serving plate)* after touching raw meats, poultry, seafood or eggs.

Do not reuse marinades used on raw foods.

Do not rinse raw poultry or meat.



PRODUCE

Gently rub produce under cold running water.

Scrub firm produce with a clean vegetable brush under running water.

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