Overnight Oatmeal

Ingredients:

- 1/3 c. old fashioned rolled oats
- 1/2 c. Greek yogurt
- 1/3 c. milk
- 1 tsp. chia seeds
- ¼ tsp. vanilla
- 1/2 c. berries of choice

Instructions:

1. Mix all ingredients in a pint mason jar or another container. Put a lid on it and let it set overnight in the refrigerator.

2. Eat directly out of the jar in the morning for an on-the-go breakfast.

http://allrecipes.com/recipe/244251/no-cook-overnight-oatmeal/

Nutrition Facts

1 servings per container

Serving size 1 serving

Amount Per Serving

Calories 300

% Daily Value*

Total Fat 6g | 8%
Saturated Fat 1g | 5%
Trans Fat 0g

Cholesterol 10mg | 3%

Sodium 100mg | 4%

Total Carbohydrate 40g | 15%
Dietary Fiber 8g | 29%
Total Sugars 14g
Includes 0g Added Sugars | 0%

Protein 20g | 40%

Not a significant source of vitamin D, calcium, iron, and potassium

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

This label is based off the recipe provided, based off of 1% low fat milk and using plain Greek yogurt and frozen raspberries. Any changes you make to the recipe will alter this label.
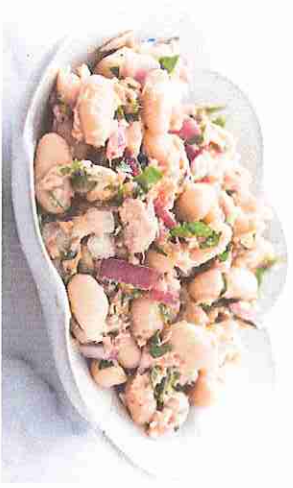
University of Idaho

Lemon Pepper Tuna Chickpea Salad

Ingredients:

- 1 can (5 oz) Tuna
- 1 (15 oz.) can rinsed Garbanzo Beans (Chickpeas)
- ½ c. fat-free plain Greek Yogurt
- 1 Tbsp. Mrs. Dash Lemon Pepper

Instructions:
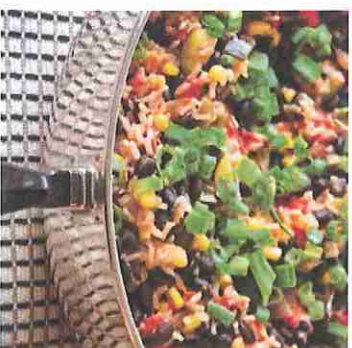
1. Mix all ingredients in a bowl and serve.

**You can also use the Lemon Pepper Tuna Pouches to make it even easier.

Basic Pantry Veggie Skillet

Ingredients:

- 1-2 cups Brown Rice cooked
  (Substitute Quinoa or other Grain)
- 1 (15 oz.) can of Black Beans rinsed
- 2 (15oz.) cans Diced Tomatoes
- 1-2 chopped Bell Peppers
- 1 package frozen Broccoli Florets
- 2-4 tbs. Italian Seasoning (Optional)

Instructions:

1. Place all ingredients in warm skillet and cook until warm.

Notes: