

Recipes

Breakfast Peanut Butter-Chocolate Chip Oatmeal Cakes

Serves: 12

Ingredients

- 3 cups old-fashioned rolled oats.
- 1 ½ cups low-fat milk
- ½ cup creamy natural peanut butter, divided
- ¼ cup unsweetened applesauce
- 3 tablespoons packed light brown sugar.
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- ¼ cup mini semisweet chocolate chips



Photo courtesy of <https://www.eatingwell.com/recipe/7991713/breakfast-peanut-butter-chocolate-chip-oatmeal-cakes/>

How To Make It

- Preheat oven to 375°F. Coat a 12-cup muffin tin with cooking spray.
- Combine oats, milk, 1/4 cup peanut butter, applesauce, eggs, brown sugar, baking powder, vanilla and salt in a large bowl. Fill each muffin cup with a heaping 2 tablespoons of batter, then divide the remaining 1/4 cup peanut butter and chocolate chips among the muffin cups, about 1 teaspoon each. Cover with the remaining batter, about 2 tablespoons each. Bake until a toothpick inserted in the center comes out clean, about 25 minutes. Cool in the pan for 10 minutes, then turn out onto a wire rack. Serve warm or at room temperature.

Sources: “Breakfast Peanut Butter-Chocolate Chip Oatmeal Cakes.”

<https://www.eatingwell.com/recipe/7991713/breakfast-peanut-butter-chocolate-chip-oatmeal-cakes/>, 27 April 2023

Nutrition Facts

Servings Per Recipe: 12

Calories: 204

% Daily Value *

Total Carbohydrate 24g	9%
Dietary Fiber 3g	11%
Total Sugars 8g	
Added Sugars 4g	8%
Protein 7g	14%
Total Fat 9g	12%
Saturated Fat 2g	10%
Cholesterol 33mg	11%
Vitamin A 106IU	2%
Vitamin D 22IU	6%
Folate 6mcg	2%
Sodium 199mg	9%
Calcium 80mg	6%
Iron 1mg	6%
Magnesium 29mg	7%
Potassium 154mg	3%

Recipes

American Goulash

Serves: 4

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 ½ cups chopped onion.
- 1-pound lean ground beef
- 2 large cloves garlic, minced.
- 2 teaspoons paprika
- 1 teaspoon Italian seasoning
- 1 teaspoon salt,
¼ teaspoon ground pepper
- 1 (14 ounce) can diced tomatoes, undrained
- 1 (8 ounce) can tomato sauce
- 1 cup beef or chicken broth
- 1 1/4 cups whole-wheat elbow macaroni
- 2 tablespoons grated Parmesan cheese



Photo courtesy of <https://www.eatingwell.com/recipe/263346/american-goulash/>

How to Make It

- Heat oil in a large saucepan over medium-high heat. Add onion and beef; cook, breaking up meat with a wooden spoon, until no longer pink, about 5 minutes. Add garlic, paprika, Italian seasoning, salt and pepper; cook, stirring, for 1 minute. Stir in tomatoes and their juices, tomato sauce and broth. Bring to a boil. Reduce heat to medium-low, cover and cook for 5 minutes. Add macaroni and cook, uncovered, stirring occasionally, until tender, 6 to 9 minutes. Remove from heat and let stand for 5 minutes before serving. Sprinkle with Parmesan, if desired.

Nutrition Facts

Servings Per Recipe: 4

Calories: 418

	% Daily Value *
Total Carbohydrate 40g	15%
Dietary Fiber 7g	24%
Total Sugars 8g	
Added Sugars 1g	2%
Protein 31g	62%
Total Fat 16g	21%
Saturated Fat 5g	26%
Cholesterol 74mg	25%
Vitamin A 1225IU	24%
Vitamin C 16mg	18%
Folate 43mcg	11%
Sodium 726mg	32%
Calcium 73mg	6%
Iron 5mg	28%
Magnesium 87mg	21%
Potassium 1023mg	22%