



Back to School Cookbook



Thea Runyan and Arielle Adelman

Introduction

Back to school is an especially crazy time of year. Everything is happening all at once; school, new activities, sports, scouting, even new work projects seem to come up in September. Planning meals, packing school lunches and worrying about after-school snacks are the last things you want to think about.

With this cookbook, we want to help you make the transition from summer to fall a little bit easier. Rather than stress about preparing healthy meals and worry about the family rebelling

against your cooking, we want you to focus on the things that matter most in life: fun family time, joy and personal fulfillment.

Please enjoy our favorite recipes that we hope will inspire you to try some new healthy ideas this fall.

In health,

Thea and Arielle

Kurbo's Top 10 Back to School Tips

1. **KEEP IT SIMPLE!**

2. **Plan meals the week before** using our meal planning grid.

3. **Make a shopping list** or use the Kurbo shopping list.

4. **Use our building blocks** as a foundation of the components of a healthy lunch.

5. **Make it fun!** Presentation is everything so add a special note, sticker or small toy to make lunch time special instead of showing love with red-light treats. (We've included printable notes to help you get started).

6. Keep the healthy food **available, easy to find and ready to eat.**

7. **Don't worry about being perfect.**

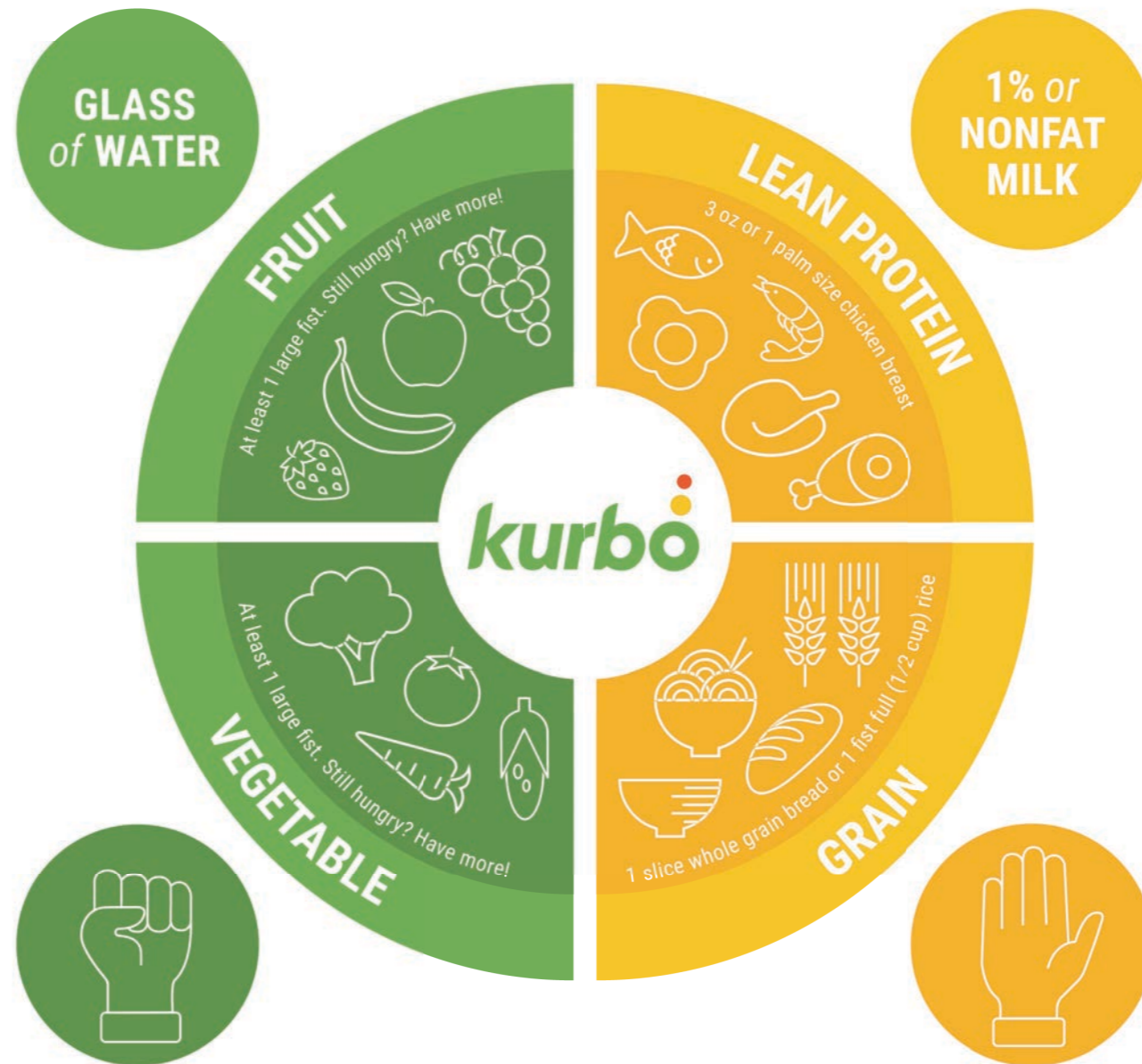
Do your best and congratulate yourself for the small things, like having fresh fruit in the house.

8. **Give your kids a fun job** of putting green, yellow and red stickers on various food in the house.

9. **Prep** what you can for lunches **ahead of time.**

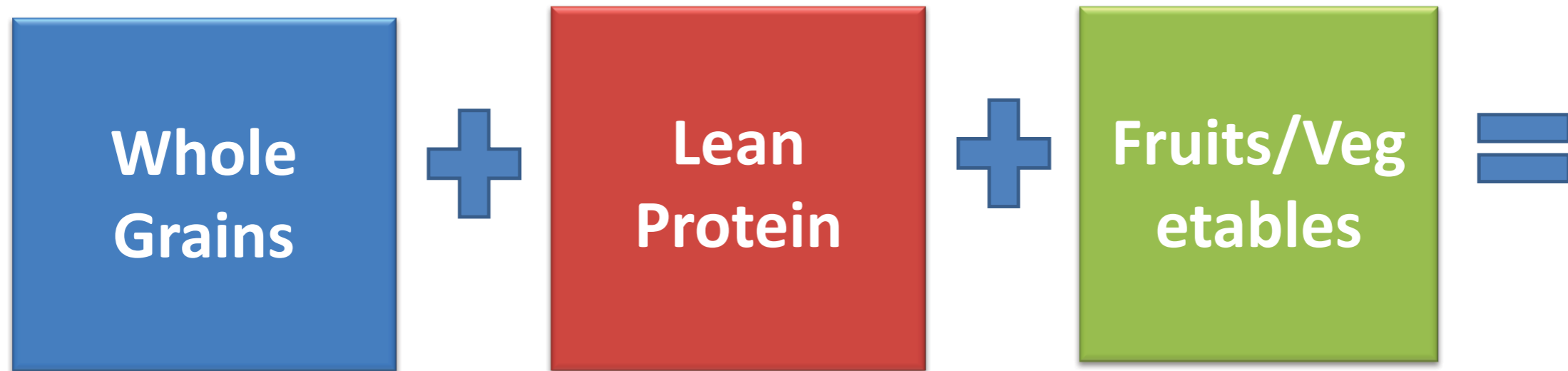
10. **Engage your family.** They are more likely to eat food they helped pick out.

Plan your meals using the Kurbo Plate.



To learn more visit kurbo.com

BUILDING BLOCKS OF A HEALTHY LUNCH



PACKING A HEALTHY LUNCH

Main Dish	Fruit	Vegetable	Snack
Quesadilla Whole wheat tortilla and light cheese + salsa	Grapes	Carrots and FF ranch dip	Frozen Squeeze yogurt (not sugary, colored ones) & banana
Turkey/Chicken/Veggie Wrap Sliced Deli meat, light cheese, lettuce wrapped in ww tortilla	Cut melon (other seasonal fruit)	Edamame	Nonfat plain yogurt with yellow light cereal and fruit
Classic Sandwich Whole grain bread (turkey, pastrami, ham, roast beef)	Orange slices or Clementines	Cucumber slices or cherry tomatoes	String Cheese and apple slices
Taco Ground turkey or lean beef (seasoned), cucumber, black beans, light cheese, salsa, Whole wheat or soft corn tortilla	Unsweetened applesauce with cinnamon	Sweet peppers and FF ranch	Hardboiled Egg Strawberries
Soup & Rice Cake Chicken Noodle /Tomato Rice cake with slice of light cheese	Apple	Veggies with lowfat hummus dip	Nonfat plain yogurt with blueberries
Egg Salad Sandwich Whole wheat bread/1-2 hardboiled eggs mixed with nonfat plain Greek yogurt & light mayo	Strawberries	Snap Peas with FF ranch dip	Yellow light cereal trail mix Pears in 100% juice

Weekly Physical Activity & Menu Planner

Don't skip meals!	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snack*							
Lunch							
Snack*							
Dinner							
Physical Activity							

*Protein & whole grain or fruit

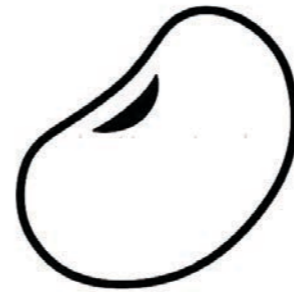
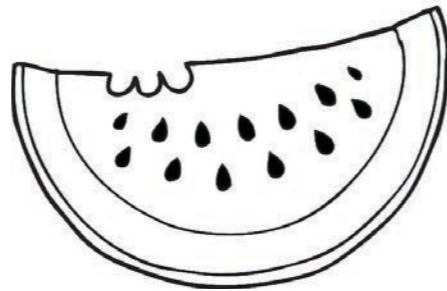
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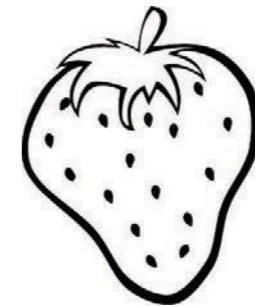


You're the
apple of my
eye!

You're one in
a-melon!

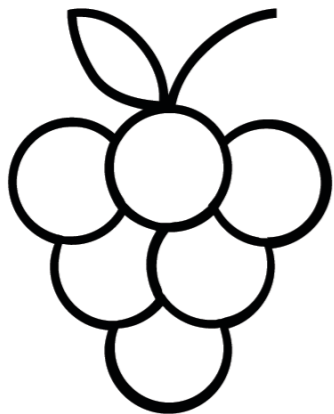


I've bean thinking
about you!

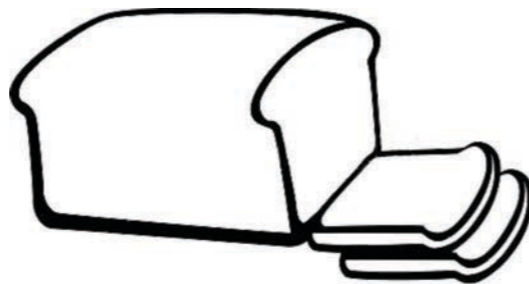


I love you
berry
much!

Have a
grape
day!

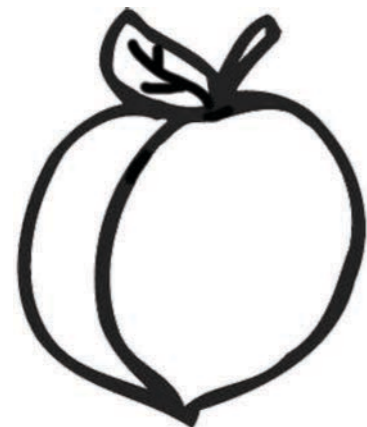
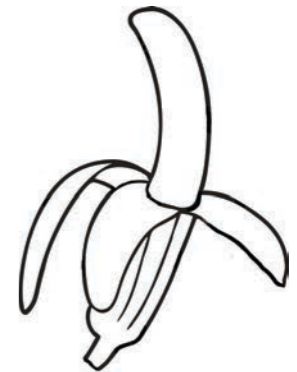


I loaf you!



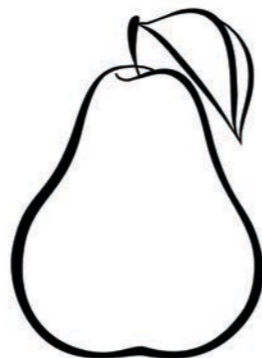
Lettuce celebrate!

I hope you are
peeling well!

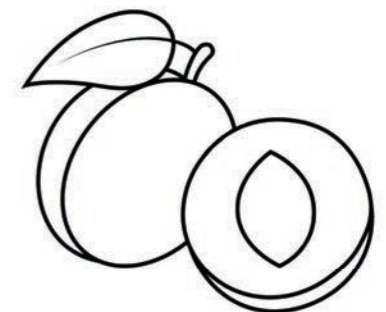
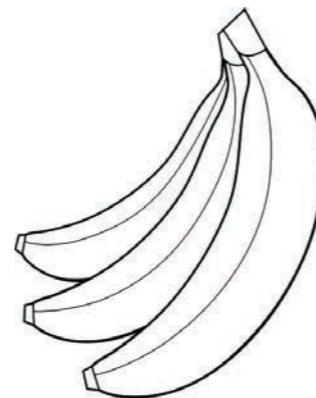


Have a peachy day!

I pear about you
so much!



Love you
bunches!



Apri-can't wait
to see you!



The Kurbo Grocery Shopping List

Fruit

- Bananas
- Berries
- Melon
- Apples
- Oranges
- _____
- _____
- _____
- _____

Vegetables

- Carrots
- Celery
- Broccoli
- Cauliflower
- Spinach
- Bell peppers Cucumber
- Sweet Potato
- Potato and Onion
- _____

Dairy

- Yogurt/Greek Yogurt, Low Fat or Fat Free (lowest sugar content)
- Non-Fat Milk
- Cheddar Cheese, Low Fat
- String Cheese, Low Fat
- Shredded Cheese blend, Low Fat/Non Fat
- Cottage Cheese, Low Fat/Non Fat
- Eggs
- _____

Stick to the perimeter of the grocery store • Visit a local farmer's market • Buy enough until your next trip!

Protein

- Chicken
- Fish/Salmon
- Lean ground turkey
- Lean ground beef
- Steak
- Turkey Bacon
- Chicken Sausage
- Canned Tuna (in water, not oil)

Cereal (<6g, <3g fat)

- Cinnamon Puffins Kashi
- Heart to Heart Cheerios
- Life
- Rice Crispy Kix
- _____
- _____

Lunch Meat

- Turkey
- Pastrami
- Ham
- Roast beef

Snacks

- Plain popcorn
- Rice cakes (no flavoring)
- Ak-Mak Crackers
- Wasa Crackers
- Applesauce, unsweetened

Grains/Starches

- Rice (white) Brown is preferable
- Whole Grain Bread (whole is the first ingredient)
- Whole Wheat English Muffins
- Whole Wheat Tortilla
- Eggo Nutri-Grain Low Fat
- Whole Wheat Waffles

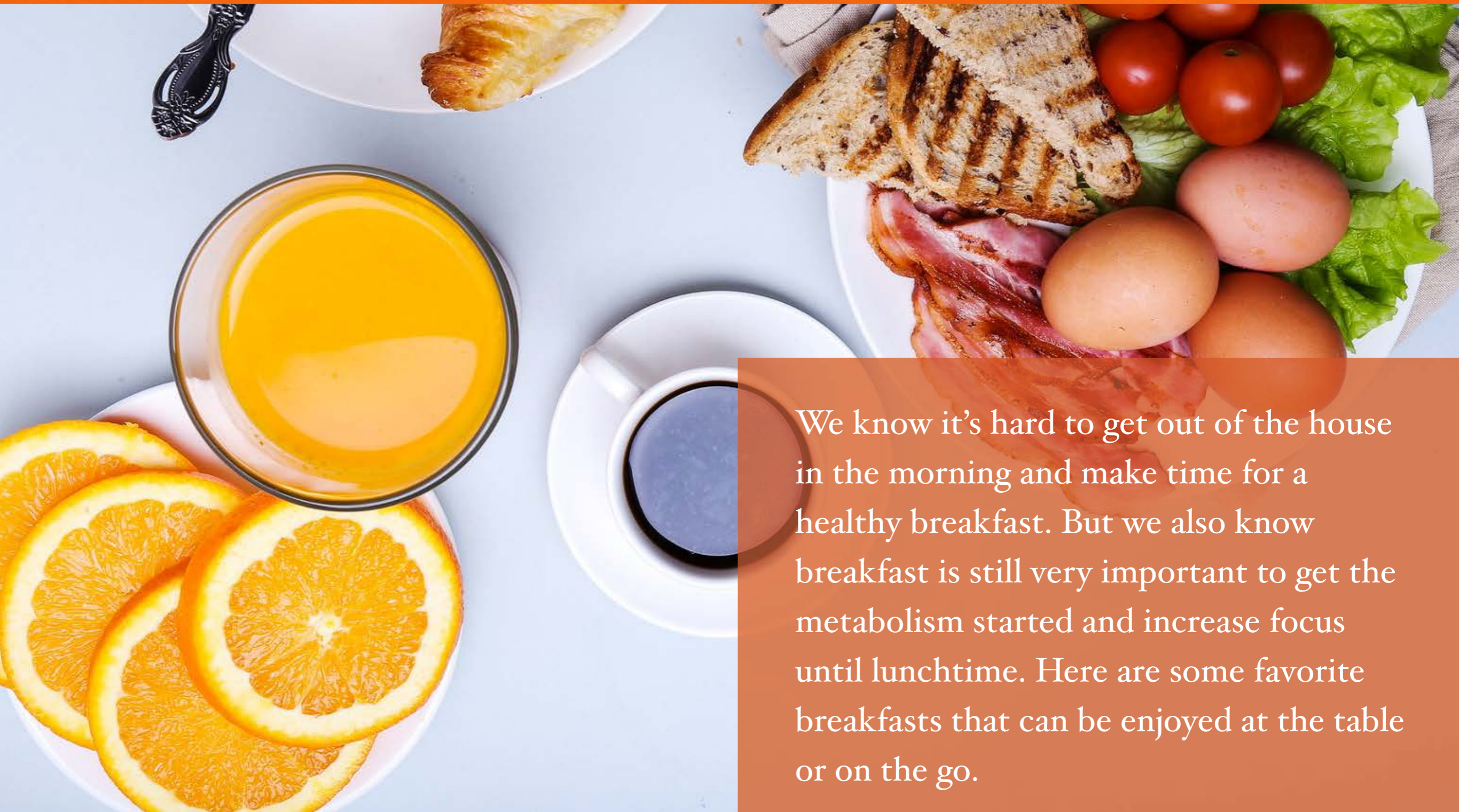
Condiments/Pantry Staples

- Mayonnaise, Low Fat/Non Fat
- Ranch Dressing, Low Fat/Non Fat
- Spaghetti/Marinara sauce (without sugar)
- Pam Oil Spray
- Spices (Cinnamon, black pepper, paprika, garlic powder, basil, thyme, rosemary, etc)
- Mustard
- Soy Sauce
- Extra Virgin Olive Oil
- _____
- _____
- _____

Notes/Extra Items



Quick Breakfasts



We know it's hard to get out of the house in the morning and make time for a healthy breakfast. But we also know breakfast is still very important to get the metabolism started and increase focus until lunchtime. Here are some favorite breakfasts that can be enjoyed at the table or on the go.

Green Eggs

Carol, Kurbo's Customer Success Manager, knows how to start the morning right with her favorite breakfast.



1 egg = 1 yellow light
1 fist spinach = 1 green light

Ingredients

- 1 egg
- ½ cup spinach, sautéed (about ½ lb raw spinach)
- Olive oil spray

Directions

1. Heat a pan on high with a little olive oil spray. Crack an egg in a separate small bowl or ramekin.
2. Pour egg into pan and lower heat to low. Sprinkle with salt and pepper. Cook until egg white is soft and opaque, then flip and continue cooking for about 15 seconds. Flip again.
3. Serve egg on a bed of spinach. Break the egg so it oozes into the spinach. Enjoy!

Overnight Oats

We can't get enough of this easy breakfast. It is sure to become a household staple if not already.

Ingredients

- ½ cup oats
- ½ cup nonfat milk
- ½ cup low-fat plain Greek yogurt

Directions

1. Mix ingredients in a bowl or mason jar. Cover and refrigerate.
2. Add fresh berries and spices in the morning.

Topping Ideas

- Cinnamon with sauteed apples or peaches
- Blueberries, strawberries, blackberries and almond slivers
- Sliced banana and a splash of vanilla
- Optional honey (red light)



1 fist oats = 1 yellow light
Toppings = 1 yellow light

Smashed Eggs and Avocado Toast

Take your toast up a notch by adding protein-filled eggs and creamy avocado.



1 slice bread = 1 yellow light
1 egg = 1 yellow light
1/5 avocado = 1 yellow light

Ingredients

- 1 hardboiled egg
- 1/5 avocado
- 1 slice whole wheat bread
- Salt and pepper

Directions

1. Toast bread.
2. Dice and smash avocado and egg in a bowl.
3. Spread avocado and egg, sprinkle with salt and pepper then spoon on bread and serve.

Yellow Light Trail Mix

Mix and match your favorite yellow light cereals (<6g sugar, <3g fat) to create an on-the-go breakfast or snack.

Ideas

- Unsalted almonds
- Cheerios
- Crispy Rice Cereal
- Rice Chex or Corn Chex
- Kix

Directions

1. Mix your desired yellow light ingredients together.
2. Put in a sandwich baggie and take it with you.

Make your trail mix ahead of time. Pack it into bags so you can grab it on a busy morning.

For some extra protein, mix your trail mix with plain Greek Yogurt or serve on the side.



1 fist trail mix = 1 yellow light

Microwave Egg

Simple enough for the entire family to learn how to make, tasty enough that they'll want to eat it.



Courtesy of The Incredible Egg

Ingredients

- 1 tablespoon skim or low-fat milk
- 1 tablespoon low-fat cheese
- 1 egg
- Diced vegetables of your choice (mushrooms, tomatoes, spinach, zucchini, peppers, etc.)

Directions

1. Crack an egg into a large coffee mug or small bowl and add milk. Whisk together. Stir in cheese and veggies.
2. Microwave on high for 30 seconds and stir. Then, microwave again for another 30 more seconds or until the eggs are almost firm. Sprinkle with salt and pepper. *Time may vary based on microwave.*

1 egg = 1 yellow light

1 fist dairy = 1 yellow light

1 fist veggies = 1 green light

Make-Ahead Egg Muffin

These bite sized frittatas can be made on the weekend, then stored in the fridge for several days. Then reheat for a quick breakfast. Add them to lunches or serve as after-school snacks.

Ingredients

- 6 eggs
- ½ cup low-fat or skim milk
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- 1 cup shredded low-fat cheddar cheese
- ¾ cup zucchini, chopped
- ¼ red bell pepper, chopped
- 2 tablespoon red onion, chopped

Courtesy of The Incredible Egg



Directions

1. Preheat oven to 350 degrees. Line a muffin pan with paper tins.
2. Beat eggs, milk, salt and pepper in a medium bowl until blended.
3. Mix in cheese, zucchini, pepper and onion.
4. Spoon mixture evenly into 12 muffin tins and bake for 20-22 minutes. Let cool.

1 muffin = 2 yellow lights, 1 green light

Building Blocks of a Healthy Lunch

Whether going to work or heading to school, a balanced and quality lunch is important for staying energized, focused, and satiated. Look for fruit, vegetable and snack suggestions below each dish to round out your meal.



Egg Salad Sandwich

This classic lunch sammy has a new yellow-light makeover.



Ingredients

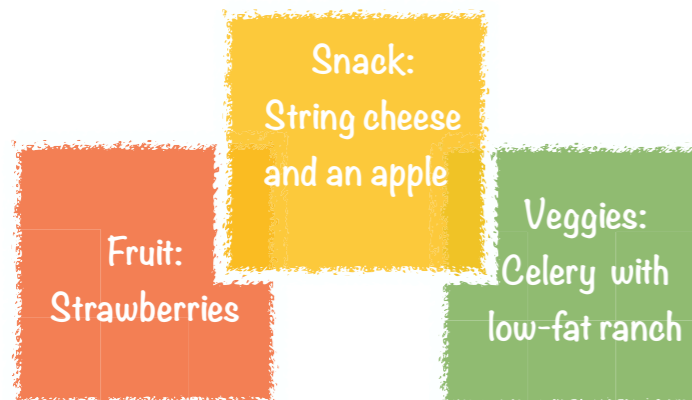
- 2 eggs, hardboiled
- 1/5 avocado
- 1 teaspoon low-fat Greek yogurt
- 1 teaspoon dijon mustard
- Salt and pepper to taste
- 2 slices whole grain bread

Directions

1. Chop hardboiled eggs. Add avocado, yogurt, mustard and salt and pepper and mash together.
2. Spread filling between two slices of whole wheat bread or in the center of a whole wheat pita. To reduce yellow lights, serve it on a bed of spinach!

Add your building blocks!

2 slices of bread = 2 yellow lights
1 fist egg salad = 1 yellow light



Spring Rolls

For this Asian-inspired lunch, wrap your roll in lettuce for an extra green light!

Ingredients

- Large Romaine lettuce leaves
- 1/5 avocado
- Sliced vegetables (Pick your favorites: carrots, cucumbers, peppers, etc.)
- Sliced fruit (try mango or pineapple)
- Chicken breast, shredded (use leftovers from dinner or rotisserie chicken!)
- 1/4 cup soy sauce
- 1 teaspoon sesame oil
- 1/4 cup rice vinegar
- 1 garlic clove, grated

Directions

1. Layer avocado, vegetables, fruit and chicken into a lettuce leaf and roll. Secure with a colorful toothpick.
2. Mix all dipping sauce ingredients in a medium bowl. Portion out 2 tablespoons in a container, then refrigerate the rest for another meal.

Add your building blocks!



1 palm size of chicken = 1 yellow light
1 wrap = 1 green light
2 thumb size of sauce = 1 yellow light

Deli Kabobs

Your favorite sandwich ingredients— now on a stick!



Add your building blocks!



Ingredients

- Whole wheat bread, cubed
- Your favorite sandwich meat, sliced
- Your favorite low-fat cheese, cubed
- Cherry tomatoes
- Cucumbers, sliced
- Optional: pickles, lettuce, mustard (for dipping)

Directions

- I. On a wooden skewer, alternate threading pieces of bread, meat, cheese and vegetables.

1 slice of whole wheat bread = 1 yellow light
2 slices deli meat = 1 yellow light
1 thumb size of cheese = 1 yellow light
1 fist of veggies = 1 green light

Tea Sandwich Wrap

This wrap is a play on fancy, tea sandwiches. Cheerio!

Ingredients

- Whole wheat tortilla
- Cucumber, sliced
- Low-fat or nonfat cream cheese

Directions

1. Spread cream cheese onto the tortilla. Top with sliced cucumbers and rap into a roll. Slice into pinwheels.



Add your building blocks!



*1 yellow light-adds a little protein

1 tortilla = 1 yellow light

2 tablespoons cream cheese = 1 yellow light

1 fist cucumber = 1 green light

Ham & Pear Swiss Wrap

This is a simple wrap that can be substituted with your favorite yellow light meats and cheeses.

Ingredients

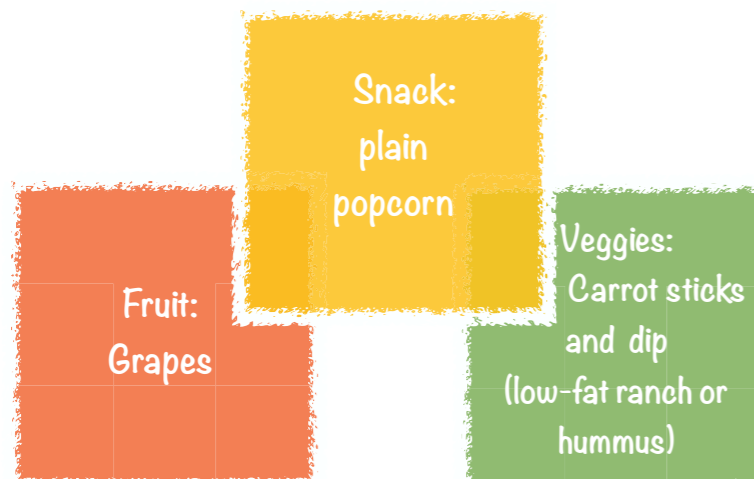
- Whole wheat tortilla
- Pear, sliced
- Ham, sliced
- Low-fat Swiss cheese, sliced

Directions

1. Layer cheese, pear and ham onto tortilla and wrap.



Add your building blocks!



1 tortilla = 1 yellow light
2 slice ham = 1 yellow light
1 slice cheese = 1 yellow light

Curried Chicken Salad

Infuse some spice into your lunch by making this quick curry dish.



Ingredients

- ¼ cup low-fat or nonfat mayonnaise
- 1 teaspoon curry powder
- 2 teaspoons water
- 1 cup, chopped skinless and boneless chicken breast
- ¾ cup chopped apple (about 1 small apple)
- ⅓ cup celery, diced

Directions

1. Whisk mayonnaise, curry powder and water in a medium bowl.
2. Add chicken, apple and celery and mix to combine.
3. Cover and chill.

1 fist of chicken curry = 1 yellow light, 1 green light

Pro tip: Make the salad the night before and store in a container. Then, pack a whole wheat pita or slices of whole wheat bread separately and assemble at lunchtime to prevent a soggy sandwich.

Add your building blocks!



*Marinate sliced cucumber in olive oil and lemon juice to cover for 30 mins or overnight. Sprinkle with cayenne pepper.

Courtesy of My Recipes.com

Southwestern Chicken Pasta Salad

Enjoy a taste of the Southwest with this zesty pasta salad.

Mix up your meal by trying different shapes of pasta! Then try other grains like orzo or Israeli pearl couscous or quinoa to see which one you or your child like best.

Add your building blocks!

Fruit:
Banana
and strawberries

Snack:
Rice cake with
slice of light
cheese and apple

Veggies:
jicama
sticks



Ingredients

- 1 cup cooked pasta
- ¼ cup low-fat shredded cheddar cheese
- ¼ cup corn
- ¼ cup black beans, strained
- ¼ cup red bell pepper, diced
- ¼ cup tomato, chopped
- ¼ cup chicken breast, shredded
- 1 teaspoon olive oil
- Juice of one lime
- Salt and pepper to taste

Directions

1. In a large bowl combine all ingredients. Toss with olive oil and add lime juice to taste.
2. Cover and chill.

Adapted from My Recipes.com

1 fist of pasta salad = 1 yellow light, 1 green light

Hawaiian Sliders

These mini tropical sandwiches will whisk you back to summer days by the beach.

Ingredients

- Whole wheat Hawaiian rolls
- Ham, sliced
- Pineapple, sliced (fresh is best but if pineapple is out of season, you can substitute canned pineapple in natural juice)
- Sugar-free teriyaki sauce

Directions

1. Assemble sliders. Slice rolls in half and fill with a slice of ham, a pineapple ring and 1 tsp of teriyaki sauce. Top off with a colorful toothpick.

1 roll = 2 yellow lights

1 fist slider mixture = 1 yellow light, 1 green light



Add your building blocks!



Pizza Roll-Ups

Who doesn't love pizza? Bring your favorite flavors to lunch and ditch the unnecessary grease and fats.



Add your building blocks!



Ingredients

- Whole wheat tortilla
- 2 tablespoons tomato sauce (try Kurbo's recipe in our first cookbook!)
- 1 handful baby spinach
- 2 slices low-fat mozzarella

Directions

1. Spread tomato sauce onto a tortilla and sprinkle spinach and mozzarella on top.
2. Microwave until cheese becomes melty.
3. Let cool. Roll the tortilla into a wrap, then slice to create pinwheels.

1 wheat tortilla = 1 yellow light
Toppings = 1 yellow, 1 green

Adapted from Eating Well

Yellow-Light Quesadillas

A fun cheesy favorite for the whole family.

Ingredients

- Whole wheat tortilla
- Low-fat cheese of your choice
- Optional: salsa, guacamole

Directions

1. Sprinkle shredded cheese on top of a tortilla and fold over.
2. Cook until cheese is gooey, in the microwave, toaster oven or skillet.



Add your building blocks!

1 tortilla = 1 yellow light

1 slice low-fat cheese = 1 yellow light

1 fist salsa = 1 green light

2 tablespoons guacamole = 1 yellow light

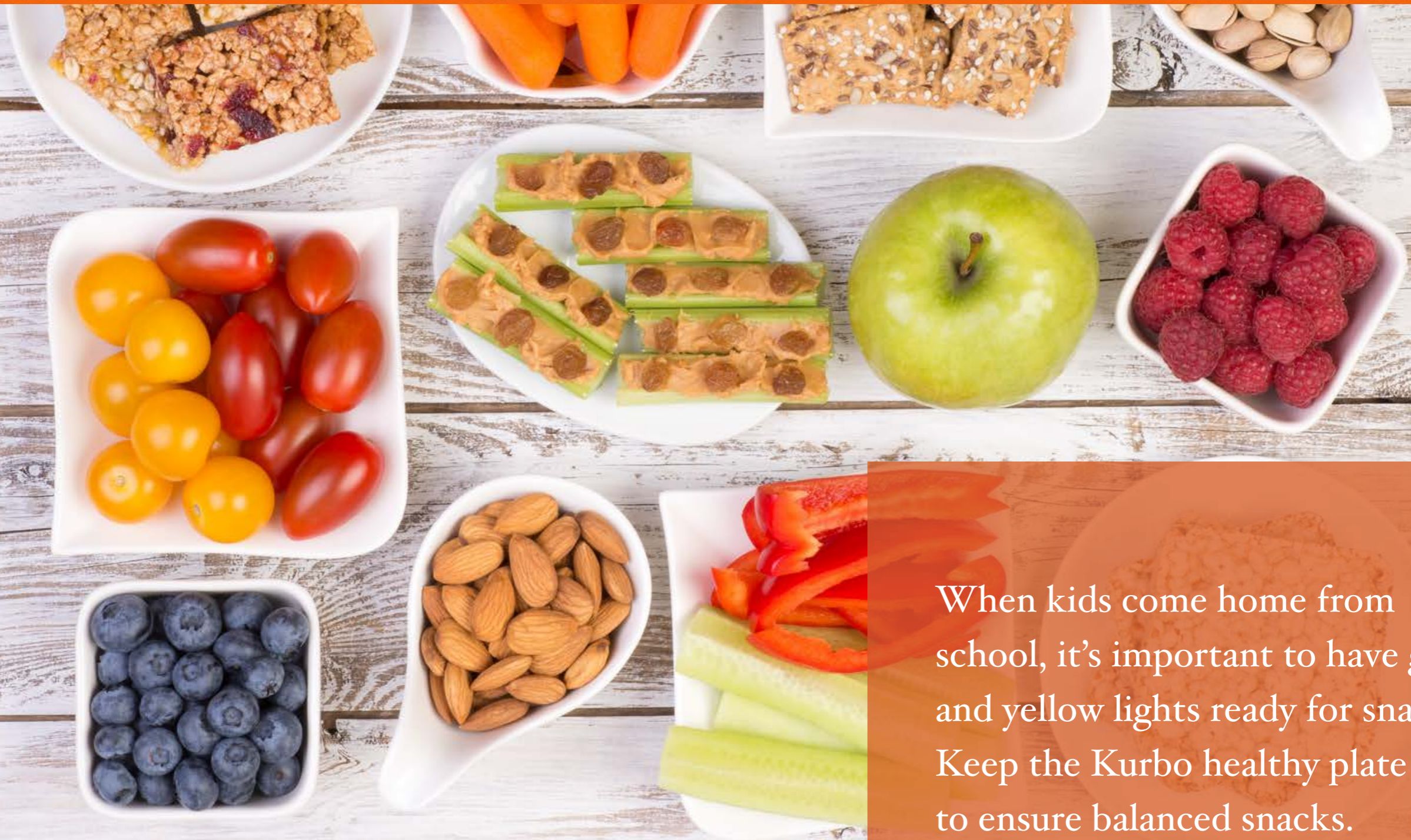
These quesadillas also make great after-school snacks!

Fruit:
Pineapple and strawberries

Snack:
Laughing cow cheese on rice cake and grapes

Veggies:
Carrots and cucumber sticks with low-fat dip

After-School Snacks



When kids come home from school, it's important to have green and yellow lights ready for snacking. Keep the Kurbo healthy plate handy to ensure balanced snacks.

Mango Fruit Roll-Ups

We couldn't resist this healthier version of a popular red light snack. Perfect for those days when you need a red light treat.

Ingredients

- 4 cups ripe mango, strawberries, plums, peaches, or raspberries chopped

Experiment with your favorite family fruits. You can even try your own fruit blend like strawberry-mango!

You may need to adjust the baking time based on the fruit's water content.



Directions

1. Puree mango until smooth.
2. Pour mango puree onto a parchment-lined cookie sheet.
3. Spread mango evenly, about 1/8 inch thick
3. Bake in a 175 degree oven for 3-4 hours or until mango is firm but a little sticky on top
4. When cool, slice one-inch strips and roll.

1 palm = 1 red light

Courtesy of Kelly Senyei

Make-Your-Own Chips

Try a variety of fruits and vegetables to find your favorite healthy and crunchy snack.

Ingredients

Fruits or veggies (thinly sliced)

- Plantain or bananas
- Apples
- Zucchini
- Sweet potato

1 tablespoon olive oil

Spices

- Cinnamon
- Salt/Pepper
- Garlic powder

1 handful of chips = 1 yellow light



Directions

1. Lay slices out on a baking sheet. Bake at 350 degrees until browned and crispy (edges turned up), turning slices over once.
2. Let cool. Chips can be stored and packed in lunches, as well!

Kurbo Pizza

This snack is an all-time favorite of Kurbo Kids!



Half of the English muffin = 1 yellow light
Pizza toppings = 1 yellow, 1 green

Ingredients

- Whole wheat English muffin, sliced in half
- 2 tablespoons tomato sauce
- 2 oz. low-fat cheese
- Your favorite veggies (optional)

Directions

1. Top each side of the English muffin with 1 tablespoon tomato sauce, 1 oz. cheese and optional veggies.
2. Bake in a 350 degree toaster oven until the cheese becomes bubbly.

Fruit Dippers

Kids love kabobs and these are made with all green and yellow lights.

Ingredients

- Banana, sliced
- Strawberries,, sliced
- Yogurt, low-sugar

Directions

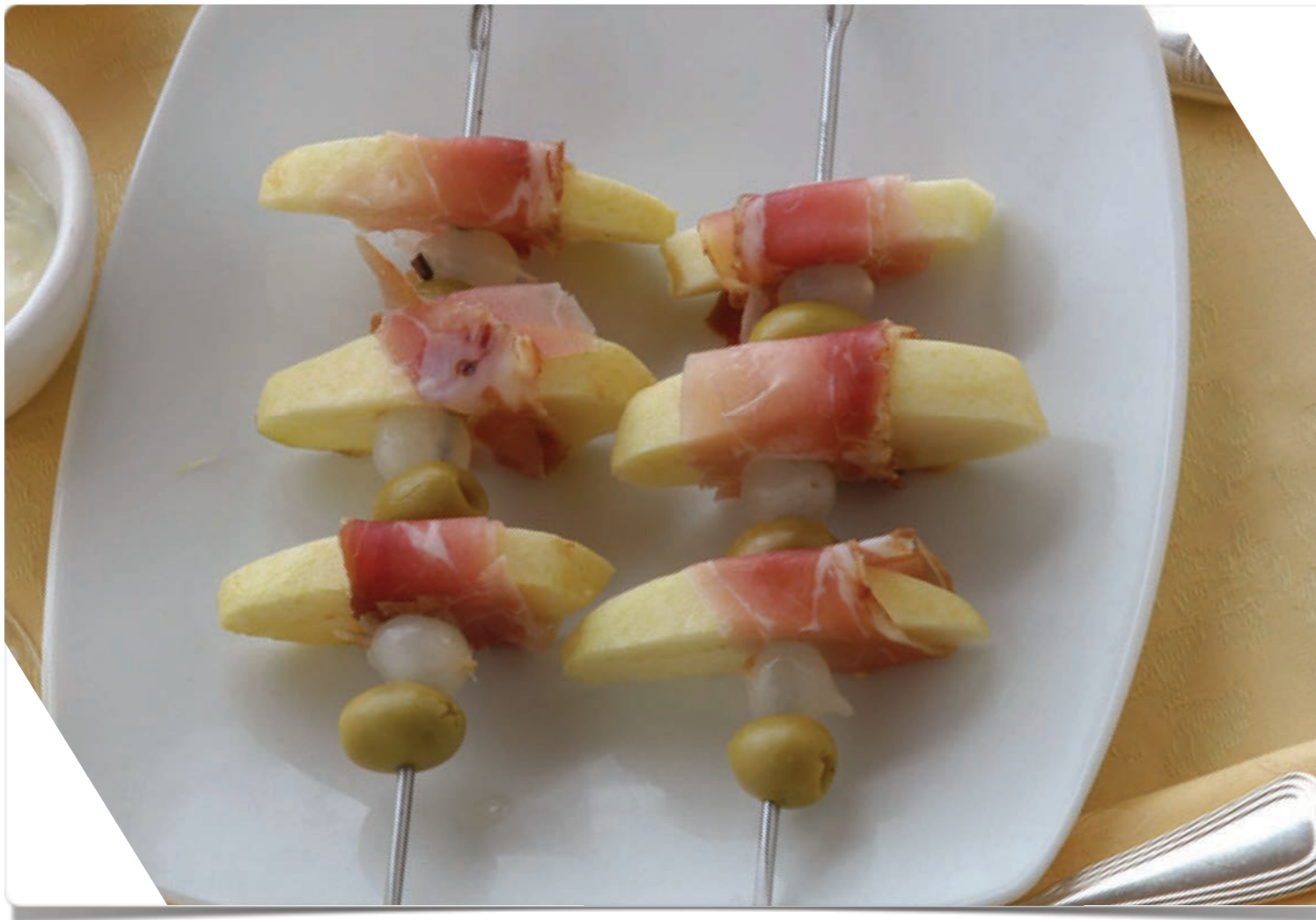
1. Thread slices of fruit onto a wooden skewer.
2. Dip into your favorite yogurt.
2. Freeze fruit for a refreshing snack or eat fresh!



1 fist of fruit= 1 green light
1 fist of yogurt= 1 yellow light

Ham Apple Cheddar Wraps

A simple and satisfying snack that kids can put together themselves.



1 medium apple = 1 green light
2 slices ham = 1 yellow light
1 slice low-fat cheese = 1 yellow light

Ingredients

- Apples, sliced
- Ham, sliced
- Low-fat cheddar cheese, sliced

Directions

1. Wrap one slice of ham and one slice of cheese around a wedge of apple.
2. Finish with colorful toothpicks!

Refrigerate any extras for grab-n-go snacks or lunch box additions.

Tricked Out Rice Cakes

This is the perfect yellow-light vehicle for fun flavors.

Ingredients

Rice cake

Savory spread options

- Yellow light hummus (see first Kurbo cookbook for recipe)
- Spreadable or sliced low-fat cheese

Savory Toppings

- Tomato, cucumber, red onion

“Sweet” spread options

- Low-fat cottage cheese or cream cheese
- Plain Greek yogurt

Sweet Toppings

- Berries, sliced apple, banana
- Cinnamon



Directions

1. Spread and top a rice cake with ingredients of your choice.

1 rice cake = 1 yellow light
2 tablespoon spread = 1 yellow light
Fruit & veggie toppings = 1 green light

Weeknight Dinners

With countless after-school activities scheduled into the evenings, weeknight dinners can be hectic. These quick and healthy dinner recipes are sure to become family favorites!



Pasta Bar

Let your family create their own pasta dish by laying out this fun spread.

Ingredients

Pasta options

- Whole wheat pasta
- Noodles, spaghetti, fettuccine, angel hair, etc.
- Shaped pasta: farfalle, gemelli, rotini, etc.
- Green (spinach) pasta or Carrot (red) pasta to give your dish a pop of color!

Sauce options

- Tomato sauce
- Avocado pesto

(see first Kurbo cookbook for recipes)

- Light Alfredo Sauce

Veggie options

- Broccoli
- Spinach
- Tomatoes
- Peppers
- Mushrooms



1 fist pasta = 1 yellow light
2 tablespoons sauce = 1 yellow light
1 first veggies = 1 green light

Light Alfredo Sauce

Ingredients

- 1 tbsp olive oil
- 2 tbsp cornstarch
- 1 cup vegetable broth
- ½ cup skim milk
- ½ cup plain Greek yogurt (room temp)
- 1 teaspoon garlic powder
- ½ cup grated parmesan
- salt and pepper to taste

Directions

1. Heat oil in large sauce pan on medium heat. Add cornstarch and whisk for one minute. Add broth and milk and continue whisking until smooth.
2. Heat until mixture is simmering. Simmer for 2 minutes until it thickens, whisking throughout.
3. Remove from heat. Slowly whisk in Greek yogurt. Place back on medium-heat and remaining ingredients.
4. Simmer for 2 minutes, whisking throughout. Remove from heat and let cool.

Taco Bar

Your family can help themselves to create their own healthy tacos!



1 whole wheat or corn tortilla = 1 yellow light
1 lettuce wrap = 1 green light
1 palm meat = 1 yellow light
Veggie fillings = 1 green light
Dairy and bean fillings = 1 yellow light

Ingredients

Tortilla options

- Whole wheat tortillas
- Corn tortillas
- Lettuce wraps

Meat options

- Grilled flank steak
- Grilled shrimp
- Grilled fish
- Grilled chicken

Filling options

- Low-fat shredded cheese
- Grilled onions, red peppers
- Lettuce
- Tomato
- Black beans
- Low-fat sour cream
- 1/5 avocado
- Salsa

No-Fuss Spinach Lasagna

You don't even need to cook these pasta noodles; just throw this casserole in an oven and you'll have a mouth watering meal in less than an hour.

Ingredients

- 1 medium onion, chopped
- 1 tablespoon olive oil
- 2 cups low fat/ cottage cheese
- 1 ½ cups part-skim milk mozzarella cheese, grated
- 1 tablespoon dried oregano
- 1 box frozen chopped spinach, cooked and drained
- 5 cups spaghetti sauce
- 1 cup water
- 9 lasagna noodles, uncooked

Directions

1. Preheat oven to 375. Cook onions in olive oil until soft.
2. Mix onions, cottage cheese, mozzarella cheese, oregano, and spinach in large bowl. In another bowl, mix spaghetti sauce and water.
3. Spread 1 cup sauce at bottom of 8 x 12 pan. Put 3 noodles on top. Spread half cheese and spinach mixture. Spread 1 cup sauce. Layer on three noodles. Spread the rest of cheese/spinach and another cup of sauce. Layer last three noodles and spread rest of sauce.
4. Cover with foil and bake for 30-45 minutes until noodles are tender.

1 fist lasagna = 1 yellow light



Turkey Meatballs

These meatballs make for a hearty dinner and the perfect filling for tomorrow's sandwich.

Ingredients

- 1 egg
- 1/3 cup whole wheat bread crumbs
- 1 lb ground lean turkey
- 1 small onion, chopped
- 6 mushrooms, chopped
- 1 tablespoon light soy sauce
- 1 tablespoon ketchup
- 1/2 teaspoon Italian seasoning
- 1 teaspoon crushed garlic
- 1/8 teaspoon pepper
- 1 jar tomato basil pasta sauce
- 2 tablespoons light or parmesan cheese



Directions

1. Mix all ingredients except cheese in a large bowl until well combined and roll to form 1 1/2 inch balls.
2. Place meatballs in a 9x12 pan and cover with pasta sauce. Sprinkle with parmesan.
3. Bake at 250 degrees for 30-45 minutes.

Side Suggestions: Whole wheat pasta, roasted broccoli

1 fist meatballs = 1 yellow light

Chicken Fried Rice

A Kurbo upgrade of a favorite Chinese takeout dish.

Ingredients

- 1 cup brown rice
- ½ cup frozen peas
- 3 tablespoon frozen corn
- 2 tablespoon frozen edamame beans (shelled)
- ½ cup diced, boiled chicken breast
- 1 egg
- 2 teaspoon soy sauce
- Salt and pepper to taste

1 fist fried rice = 1 yellow light



Directions

1. Heat pan over medium heat and spray lightly with olive oil cooking spray.
2. Scramble egg until cooked. Then add vegetables and chicken. Stir fry for a few minutes
3. Add brown rice and stir for 3-5 minutes. Add soy sauce and salt and pepper to taste.

Side Suggestions:
Sautéed greens (spinach, green beans, kale, bok choy, etc.) and pineapple

Yellow-Light Chicken Burrito

You can still enjoy your favorite Mexican dish knowing it's full of green lights and yellow lights!

Ingredients

- 1 whole wheat tortilla
- 1/3 lb chicken breast, boneless, skinless, chopped into bite-sized pieces
- 1/4 cups black beans, drained and rinsed
- 1/6 medium yellow onion, chopped
- 1/3 teaspoon chili powder (optional)
- 1/3 teaspoon cumin
- Olive oil spray
- 2 tablespoons shredded low-fat or nonfat cheese (try a cheddar blend)
- 1 tablespoon salsa
- 1 tablespoon nonfat sour cream

1 tortilla = 1 yellow light
1 fist filling = 1 yellow light



Directions

1. Heat large skillet to medium-high. Lightly spray olive oil.
2. Add chicken, onion, chili powder and cumin to skillet. Cook for 8 minutes or until chicken is done. Add black beans, cook for another minute while stirring. Remove from heat.
3. Place cheese in the center of the flat tortilla. Next, layer the chicken mixture, salsa and sour cream on top.
4. Heat a grill pan or clean skillet to medium-high and spray with olive oil spray. Set tortillas into pan, seam side down. Cook for 3-4 minutes on each side or until golden brown. Remove and cool.

Mac and Cheese Chili

This meal combines two comfort-food favorites for one show-stopping dinner — and only one pot!

Ingredients

- 1 tablespoon olive oil
- 1 small yellow onion, diced
- 1 lb lean ground turkey
- 1 jalapeño pepper, seeded and diced (optional)
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- ¾ teaspoon garlic powder
- ½ teaspoon kosher salt
- ¼ teaspoon pepper
- 2 cups chicken or vegetable stock
- 1 can black beans, rinsed and drained
- 1 can red kidney beans, rinsed and drained
- 10 oz. tomato sauce (try Kurbo's recipe in the first cookbook)
- 1 can tomatoes, diced
- 2 cups uncooked macaroni pasta
- 1 cup low-fat cheddar cheese, shredded

Side
Suggestions:
Steamed
broccoli or
cauliflower



Directions

1. Heat olive oil in a large deep pot on medium-high. Add onions and sauté, about 4 minutes. Add turkey, jalapeño, chili powder, cumin, coriander, garlic powder, salt and pepper. Cook while stirring, until turkey is crumbly and cooked, about 3 minutes
2. Add stock, beans, tomato sauce, tomatoes and pasta. Raise heat to a gentle boil and then reduce to a simmer. Cover and cook pasta for about 10 minutes.
3. Remove pot from heat and stir in cheese until melted. Serve and top with additional cheese if desired.

Chicken and Avocado Lettuce Wraps

The name says it all— and the recipe makes enough for the whole family!

Ingredients

- 1 lb skinless, boneless chicken breast halves (flattened to ½ inch thickness)
- 2 avocados, halved, pitted, peeled and mashed
- ½ cup chopped fresh cilantro
- 2 limes
- 8 romaine lettuce leaves
- ½ cup nonfat plain Greek yogurt
- ½ cup thinly sliced green onions
- 1 cup grape tomatoes, halved
- Salt and pepper



Lettuce = 1 green light
1 fist filling = 1 yellow light

Side Suggestions: Veggies and hummus, fruit kabobs

Directions

1. Season chicken with salt and pepper. Grill chicken on medium-high for 8-10 minutes, turning halfway through. Remove from heat, cover and cool for 3 minutes. Thinly slice.
2. In a bowl, combine avocados, cilantro and juice of 1 lime.
3. Spoon equal amounts of avocado mixture on each lettuce leaf.
4. Top each piece of lettuce with chicken.
5. Drizzle remaining lime juice and top with Greek yogurt, green onions and tomatoes.

Yellow-Light Chicken Tenders

Skip the drive through and make your own chicken nuggets!



Directions

1. Preheat oven to 375 degrees. Spray baking dish with olive oil cooking spray.
2. Cut chicken breasts into strips.
3. Beat one egg with water, salt and pepper.
4. Crush several scoops of cereal on a plate
5. Dip each chicken strip in egg mixture and coat with cereal on either side
6. Place chicken strips in baking dish. Spray top with olive oil cooking spray and bake (uncovered) for 50 minutes or until done.

Ingredients

- Chicken breasts, boneless, skinless
- corn cereal (Corn Chex or Corn Flakes)
- 1 egg
- Salt, pepper
- Olive oil spray

1 fist chicken nuggets = 1 yellow light

For a healthy dip, try hummus or low-fat ranch dressing!

Side Suggestions: Baked french fries, sliced apples and bananas

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