



stress-free

BACK TO SCHOOL

Ease into the school year with our Back To School Survival Guide. Enjoy these 10 great recipes that will help you get back into a routine.

BACK TO SCHOOL RECIPES

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For the Lunchbox



COOKING DIRECTIONS

1. Cook bacon in a large skillet over medium heat until crisp; drain.
2. Spread a thin layer of mayonnaise and guacamole over each tortilla.
3. Layer turkey, bacon and cheese on each tortilla.
4. Add lettuce, if desired. Roll up tortillas, and cut in half.

Makes 4 servings.

TURKEY-BACON TORTILLA ROLL-UPS



Prep	Cook	Total
10m	5m	15m

Classic kid-approved ingredients fill these flour tortillas. Let your little ones help assemble and roll these the night before.

INGREDIENTS

- * 8 slices bacon
- * Mayonnaise
- * 1 (8-oz) package store-bought guacamole
- * 4 (8-inch) flour tortillas
- * ½ lb thinly sliced deli turkey
- * 1 cup shredded Cheddar cheese (or any shredded cheese)
- * 1 cup shredded iceberg lettuce (optional)

Sweet Treat



CRAZY GOOD COOKIE DOUGH DIP



Prep	Cook	Total
15m	0m	15m

This addictive dessert dip is great smeared on your favorite plain cookie.

COOKING DIRECTIONS

1. Mix together cream cheese, butter, peanut butter, both sugars and vanilla with a handheld mixer until smooth.
2. Stir in oats, candies and chocolate chips.
3. Serve with graham crackers, small pretzel twists, favorite cookies or wafers.
4. Store dip in refrigerator.

Makes 4 cups.

INGREDIENTS

- * 1 (8-oz) package regular or 1/3-less-fat cream cheese, softened
- * 1/2 cup butter, softened
- * 1 cup creamy peanut butter or Biscoff® European cookie spread or almond butter
- * 1 cup powdered sugar
- * 2 tablespoons brown sugar
- * 2 teaspoons vanilla
- * 1 cup quick-cooking oats
- * 1 cup mini chocolate-coated candies
- * 1 cup mini chocolate chips

Power Breakfast



EGG MCMOMMAS



Prep
10m

Cook
10m

Total
20m

Whip up these breakfast sandwiches for a hearty start to the day. This version's a bit healthier than the drive-thru option.

INGREDIENTS

- * 4 eggs
- * ½ teaspoon salt, ¼ teaspoon pepper
- * 4 English muffins, split and toasted (buttered, if desired)
- * 4 slices Cheddar cheese
- * 4 slices ready-to-cook bacon, heated and cut in half

COOKING DIRECTIONS

1. Whisk together eggs, salt and pepper. Pour one-fourth of egg mixture into a lightly greased nonstick skillet.
2. Cook over medium heat until set, without stirring. Flip egg over.
3. Cook until set; fold egg so that it is about the same size as the English muffin.
4. Place egg on English muffin bottom; add cheese, bacon and English muffin top.
5. Repeat procedure with remaining eggs, muffins, cheese and bacon.

Makes 4 servings.

Note: Add your favorite jam for more flavor. Eat at home or on the go!

Power Breakfast

PEACHY-MANGO POWER SMOOTHIE



Prep

5m

Cook

5m

Total

10m

Frozen fruit makes easy work of the blender breakfast idea.

INGREDIENTS

- * 2 cups frozen peach slices
- * 2 cups frozen mango chunks
- * 1 organic banana
- * 1 tablespoon honey
- * ½ cup plain Greek yogurt
- * 2 cups filtered water

COOKING DIRECTIONS

1. Combine all ingredients in a blender or smoothie maker, and blend until smooth.

Makes 2 servings.

Note: Substitute fresh fruit for frozen fruit and use 2 cups ice and 1/2 cup water.

Weeknight Dinner



EASY BISCUIT-TOPPED CHICKEN PIE

BEST BROCCOLI SALAD



Prep	Cook	Total
15m	35m	50m

Creamy, comforting chicken pot pie gets a makeover with a flaky biscuit topping. Best of all, dinner's ready in under an hour.

INGREDIENTS

- * 1 tablespoon butter
- * 1 (10-oz) package frozen mixed vegetables
- * 3 cups chopped deli rotisserie chicken
- * 2 cups chicken broth
- * 1 (10¾-oz) can cream of chicken soup
- * ¼ teaspoon salt, ¼ teaspoon pepper
- * 1 (12-oz) can refrigerated golden layers biscuits (10-count)
-
- * 6 slices ready-to-cook bacon
- * 2 (12-oz) bags fresh broccoli florets
- * ½ cup golden raisins or dried cranberries
- * 1½ cups shredded Cheddar cheese
- * 1 cup mayonnaise
- * 2 tablespoons vinegar
- * ¼ cup sugar
- * ¼ cup sunflower seeds

COOKING DIRECTIONS

Preheat oven to 400°F. Melt butter in a large skillet over medium-high heat. Add vegetables, and cook 5 minutes or until tender. Stir in chicken, broth, cream of chicken soup, salt and pepper. Simmer 5 to 7 minutes or until bubbly and slightly thickened. Spoon mixture into an 11- x 7-inch baking dish coated with cooking spray. Arrange 8 biscuits over hot filling. Bake 15 minutes or until biscuits are golden brown.

Makes 6 to 8 servings.

Note: If desired, bake remaining 2 biscuits separately and serve on the side. Someone always wants an extra biscuit.

Heat bacon according to package directions; crumble. If desired, steam broccoli in the bag according to package directions, but only cook 1 minute. Empty both bags of broccoli onto a cutting board; chop florets. Place chopped florets in a bowl; cool completely. Stir in raisins, cheese and bacon. Combine mayonnaise, vinegar and sugar; spoon over broccoli, and stir well. Sprinkle with sunflower seeds.

Serves 6.

Weeknight Dinner



HAWAIIAN BBQ CHICKEN SANDWICHES

FRESH PINEAPPLE CHUNKS AND CRINKLE-CUT CARROTS



Prep	Cook	Total
10m	5h	5h 10m

Pull out your slow cooker for this easy spin on barbecue, and dinner's ready when you get home.

INGREDIENTS

- * 2 tablespoons olive oil
 - * 3 lb skinless bone-in chicken breasts
 - * 1 onion, chopped
 - * 1 cup unsweetened pineapple juice
 - * 6 oz can tomato paste
 - * 3 tablespoons low-sodium soy sauce
 - * 1 tablespoon apple cider vinegar
 - * 2 tablespoons cornstarch
 - * 6 whole-wheat hamburger buns
-
- * 1 cored fresh pineapple, cut into chunks
 - * 1 (16-oz) package crinkle-cut carrots (or use baby carrots)

COOKING DIRECTIONS

1. Heat oil in a large skillet over medium heat; add chicken.
2. Brown chicken 3 to 4 minutes; place in a 5- or 6-quart slow cooker.
3. Top chicken with onion.
4. Whisk together pineapple juice, tomato paste, soy sauce and vinegar; pour over chicken.
5. Cover and cook on Low 5 to 6 hours; remove chicken from slow cooker and shred with 2 forks.
6. Stir cornstarch into sauce in slow cooker; increase slow cooker heat to High and cook, uncovered, 30 minutes or until sauce thickens slightly.
7. Spoon chicken onto buns; top with sauce.

Makes 6 servings.

Serve pineapple chunks and carrots with sandwiches.

For the Lunchbox



MINI TEX-MEX CUPS



Prep
15m

Cook
0m

Total
15m

This riff on the popular seven-layer dip will be a hit with kids of all ages. The individual cups are gluten free and get extra credit by providing whole grains, fiber, calcium and protein.

INGREDIENTS

- * 1 (15-oz) can black beans, drained and rinsed
- * 2 tablespoons fresh lime juice
- * $\frac{3}{4}$ teaspoon ground cumin
- * $\frac{1}{2}$ cup store-bought guacamole
- * $\frac{1}{2}$ cup sour cream
- * $\frac{1}{2}$ cup chunky salsa
- * $\frac{1}{2}$ cup shredded colby-Jack cheese (or use Cheddar)
- * 1 cup chopped plum tomatoes (optional)
- * 2 green onions, chopped (optional)
- * 1 (5½-oz) bag gluten-free tortilla chips or wholegrain chips

COOKING DIRECTIONS

1. Combine black beans, lime juice, ground cumin, and 2 to 3 teaspoons water in a medium bowl; mash with a potato masher until almost smooth.
2. Layer $\frac{1}{4}$ cup black bean mixture, 2 tablespoons guacamole, 2 tablespoons sour cream, 2 tablespoons salsa and 2 tablespoons cheese in 4 (1- or 2-cup) plastic containers; top each with $\frac{1}{4}$ cup tomato and green onions, if desired.

Serve with chips.

Makes 4 servings.

Afternoon Snack



APPLE QUESADILLAS



Prep	Cook	Total
10m	15m	25m

Kid-friendly quesadillas are ready in a flash and make for easy, no-utensils-needed after-school snacks.

COOKING DIRECTIONS

1. Coat a nonstick skillet with cooking spray over medium-low heat. Place 1 tortilla in skillet.
2. Sprinkle entire tortilla with $\frac{1}{4}$ cup cheese; top half of tortilla with an even layer of apples.
3. Cook until cheese is melted; fold half of tortilla over apple slices.
4. Transfer quesadilla to a plate, and cut in half.
5. Repeat procedure with remaining tortillas, cheese and apple slices.

Makes 4 servings.

INGREDIENTS

- * 1 cup shredded colby-Jack cheese (or use Cheddar)
- * $\frac{1}{2}$ Granny Smith apple, thinly sliced
- * 4 soft taco-size flour tortillas

Afternoon Snack



COOKING DIRECTIONS

1. Toss together whole-wheat crisps, yogurt-covered raisins, pumpkin seeds (if desired) and dried fruit in a large bowl.
2. Store snack mix in a large airtight container.

Makes 8 cups.

SNACKS FOR CARPOOL



Prep	Cook	Total
10m	0m	10m

The carpool gang will love getting their very own box of this salty-sweet crunch mix. Check out your local arts and crafts stores for a variety of colorful take-out cartons and boxes.

INGREDIENTS

- * 1 (8½-oz) box mini whole-wheat crisps (about 3 cups)
- * 2 cups yogurt-covered raisins
- * 2 cups roasted pumpkin seeds or sunflower seeds (optional)
- * 1 (5-oz) bag sweetened dried cranberries or dried cherries
- * 1 cup coarsely chopped dried mango

Power Breakfast



HAM-AND-CHEESE BREAKFAST CUPS



Prep	Cook	Total
10m	15m	25m

You can make these filling breakfast cups a day ahead, and chill them. Then during the morning rush, just reheat briefly in the microwave.

INGREDIENTS

- * 4 slices bacon
- * 12 large eggs
- * 1/3 cup shredded Cheddar cheese
- * 1/2 teaspoon salt, 1/2 teaspoon pepper
- * 14 thin slices deli ham
- * Additional Cheddar cheese (optional)
- * Salsa (optional)

COOKING DIRECTIONS

1. Preheat oven to 400°F. Cook bacon in a skillet over medium heat until crisp; crumble bacon.
2. Combine eggs, 1/3 cup cheese, salt and pepper in a bowl; stir until well blended.
3. Stir in crumbled bacon.
4. Coat a 12-cup muffin pan with cooking spray.
5. Line each muffin cup with 1 slice of ham; tear remaining 2 slices ham into small pieces to patch bottoms of ham cups (so egg mixture won't sink through).
6. Slowly pour egg mixture evenly into ham cups.
7. Bake 10 to 12 minutes or until center is puffed and firm; sprinkle with more cheese, if desired.
8. Top with a small spoonful of salsa, if desired.

Makes 12 servings.

Note: Make these a day ahead, cool completely, and store in an airtight container in refrigerator. Reheat in microwave about 30 seconds before serving.



✓	Grocery Items to Purchase
	Produce
	2 (12-oz) bags fresh broccoli florets
	1 Granny Smith apple, need half
	2 plum tomatoes, need 1 cup chopped (optional)
	1 large lime, need 2 tablespoons juice
	1 (16-oz) package crinkle-cut carrots (or use baby carrots)
	1 (8-oz) package shredded iceberg lettuce, need 1 cup (optional)
	1 cored fresh pineapple
	1 onion AND 1 bunch green onions, need 2 chopped (optional)
	1 organic banana
	Meat & Seafood
	1 (16-oz) package sliced bacon, need 12 slices
	3 lb skinless bone-in chicken breasts
	Refrigerated
	1 (2.52-oz) package ready-to-cook bacon, need 10 slices
	2 (8-oz) packages store-bought guacamole (such as Wholly Guacamole®)
	1 (8-oz) package shredded colby-Jack cheese (or use Cheddar)
	1 (8-oz) package sliced Cheddar cheese, need 4 slices
	1½ dozen large eggs, need 16
	1 (8-oz) package regular or ⅓-less-fat cream cheese
	1 (16-oz) package shredded Cheddar cheese (or your favorite), need about 3 cups
	1 (8-oz) carton sour cream, need ½ cup
	1 (7-oz) container plain Greek yogurt, need ½ cup
	1 (12-oz) can refrigerated golden layers biscuits (such as Pillsbury Grands!® Jr.)
	Frozen
	1 (16-oz) package frozen peach slices, need 2 cups
	1 (10-oz) package frozen mixed vegetables
	1 (16-oz) package frozen mango chunks, need 2 cups
	Canned & Packaged
	2 (6-oz) cans unsweetened pineapple juice, need 1 cup
	1 (6-oz) package golden raisins (or use dried cranberries), need ½ cup
	1 (5.25-oz) package sunflower seeds, need ¼ cup
	1 (10¾-oz) can cream of chicken soup
	1 (6-oz) can tomato paste
	1 (18-oz) package quick-cooking oats, need 1 cup
	1 (16-oz) jar creamy peanut butter, need 1 cup (or use almond butter or Biscoff®)
	1 package whole-wheat hamburger buns, need 6
	1 (6-oz) package dried mango
	1 (15-oz) can black beans
	1 (32-oz) carton chicken broth, need 2 cups
	1 (16-oz) package powdered sugar, need 1 cup
	1 (15½-oz) jar chunky salsa
	2 (5-oz) packages roasted pumpkin seeds or sunflower seeds, need 2 cups (optional)
	1 package plain English muffins, need 4
	1 (5½-oz) bag gluten-free tortilla chips or whole-grain chips
	1 (12-oz) bag mini chocolate-coated candies, need 1 cup
	1 (8½-oz) package mini whole-wheat crisps (such as Triscuits®)
	1 (8-oz) package yogurt-covered raisins, need 2 cups
	1 (5-oz) package sweetened dried cranberries or dried cherries

Necessary Staples
1 jar mayonnaise
½ cup plus 1 tablespoon butter
2 tablespoons brown sugar
2 teaspoons vanilla
1 tablespoon honey
¼ cup sugar
2 tablespoons white vinegar
2 tablespoons olive oil
3 tablespoons low-sodium soy sauce
1 tablespoon apple cider vinegar
2 tablespoons cornstarch
¾ teaspoon ground cumin
Cooking spray



	1 (12-oz) bag mini chocolate chips, need 1 cup
	1 package (8-inch) flour tortillas, need 8
	Bakery & Deli
	14 thin slices deli ham
	½ lb thinly sliced deli turkey
	1 deli rotisserie chicken, need 3 cups chopped meat