



RECIPE BOOK
10 under 10
by Holly Hierman



BREAKFAST RECIPES

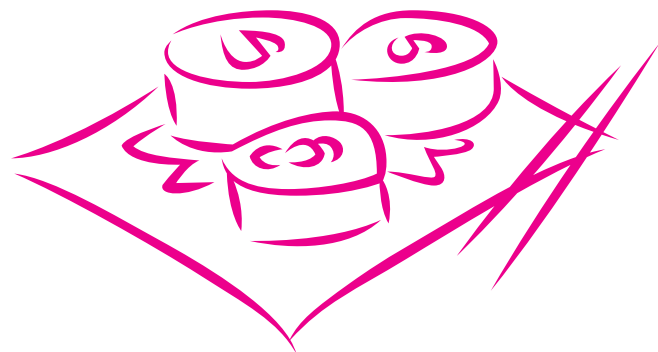




Microwave Quiche

INGREDIENTS

- 1 large egg
- 1 ½ Tbsp milk
- 4 small grape tomatoes, quartered
- ⅓ cup torn whole wheat bread
- 1 tsp grated cheese
- 1 tsp herbs (ex: parsley, oregano, thyme, basil) select based on taste preference
- salt and pepper to taste



DIRECTIONS

In a microwavable mug or tupperware, add egg, milk, salt and pepper and whisk with fork until combined well.

Add halved tomatoes, bread, cheese, and herbs on top of egg mixture. Do not mix.

Microwave on high for 1 minute. Quiche is done when the egg is just cooked through and slightly puffed up.

Serve and enjoy immediately.



Overnight Oats

INGREDIENTS

- $\frac{1}{3}$ cup oats
- $\frac{1}{3}$ cup greek yogurt (plain or flavored)
- $\frac{1}{3}$ cup almond, rice, or soy milk
- $\frac{1}{4}$ cup blueberries
- 1 tsp maple syrup
- 2 Tbsp granola, chopped nuts, or seeds



DIRECTIONS

In bowl mash bananas and blueberries together until blended together.

Stir in oats, yogurt, and milk.

Cover and refrigerate overnight.

In the morning, top with granola, nuts, or seeds and drizzle with maple syrup.

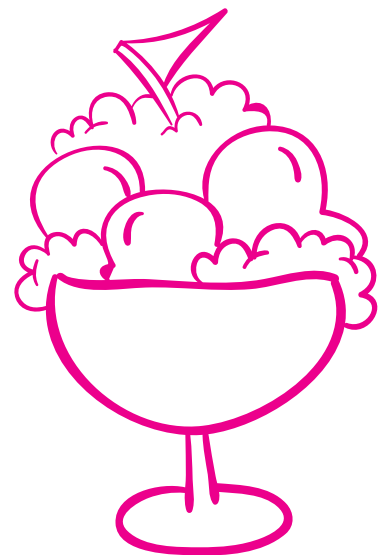


This recipe is VERY customizable. Any combo of fruits and berries can be used. Nut butters may also be added. Quinoa may also be substituted for the oats. On cold mornings, your overnight oats can be microwaved just before eating.

Power Parfait

INGREDIENTS

- 1 cup greek yogurt (choose a flavor you like)
- ½ cup combined banana slices, strawberries, blueberries
- ¼ cup combined chia seeds and shaved almonds
- ¼ cup toasted coconut flakes
- 1 tsp honey to drizzle (optional)



DIRECTIONS

In a mason jar or wide glass, layer ingredients, starting with 2 tbsp yogurt.

Scoop half the fruit over the yogurt, sprinkle with the seeds, nuts, and coconut.

Continue to layer in this fashion until all ingredients are used.

May drizzle honey over top.

! This can be made ahead of time and kept covered in the refrigerator for a couple days. Mix it up with the fruits, seeds, and nuts for countless varieties. Fruits: mango, papaya, peach, raspberries, etc. Seeds: pumpkin seeds, shelled sunflower seeds, chia seeds. Nuts: Shaved almonds, raw walnuts, pine nuts.

The image is a vertical collage of three food-related photographs. The top photo shows a green bowl filled with dark beans, with a green semi-transparent banner overlaid containing the text 'LUNCH RECIPES'. The middle photo shows a bowl of tortilla chips and green leafy vegetables. The bottom photo shows a white bowl filled with a colorful salad of diced tomatoes, carrots, corn, avocado, and onions, with a lime wedge on the side.

LUNCH RECIPES





Avocado Chicken Salad

INGREDIENTS

- 2 cups cooked chicken (can be canned or store-bought)
- ½ cup finely chopped green apple or jicama
- 1 large, ripe avocado
- 1 Tbsp finely chopped cilantro
- juice from 1 lime
- salt and pepper to taste



DIRECTIONS

Mash avocado and combine with lime juice.

Add all ingredients together and mix well.

Serve and enjoy!

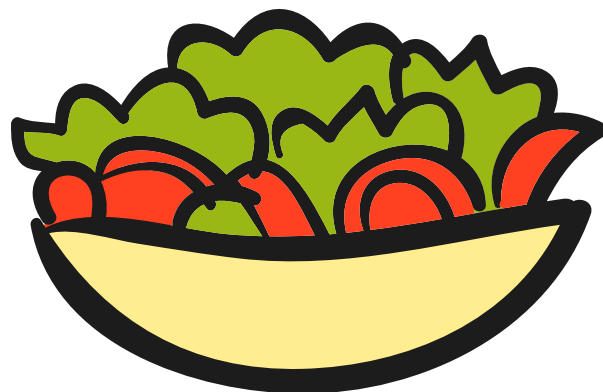
May also add in raisins and/or raw walnuts.



Black Bean, Avocado, Quinoa Bowl

INGREDIENTS

- 3 cups cooked quinoa
- 1 15oz. can black beans, rinsed and drained
- 1 medium avocado, diced
- 2-3 large handfuls arugula, roughly chopped
- ½ cup shredded sharp cheddar cheese
- ½ cup pico de gallo



DIRECTIONS

Toss quinoa, beans, avocado, and arugula together in large bowl.

Top with cheese and pico de gallo.

Serve and enjoy!

This recipe makes 2-3 servings. The servings can be packaged up for lunch on the go.

The image is a vertical collage of food photography. The top half features a wooden cutting board with fresh asparagus, cherry tomatoes, and a large, thick fillet of fish with prominent grill marks. A silver knife with a wooden handle is partially visible on the right. The bottom half shows a bowl of salad containing lettuce, avocado, crab meat, and tomatoes, topped with a pinkish dressing and green onions. To the right of the salad is a basket of golden-brown bagels topped with seeds.

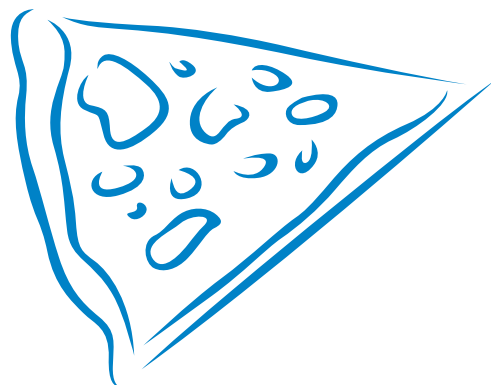
DINNER RECIPES



Pita Pizzas

INGREDIENTS

- 1 whole wheat pita bread
- 3 Tbsp marinara sauce
- 3 Tbsp skim shredded mozzarella cheese
- Preferred toppings (ex: cooked chicken, cooked sausage, sliced mushrooms sliced bell peppers)
- **Optional:** ½ tsp finely minced garlic, pinch dried oregano



DIRECTIONS

Preheat toaster oven or conventional oven to 375 degrees.

Spread sauce evenly over pita, leaving a border around the edges.

Sprinkle optional garlic and oregano over sauce. Sprinkle shredded cheese. Top with desired toppings.

Place on foil in oven and cook for 8–10 minutes, until cheese is melted and bubbly.



This recipe can easily be doubled or tripled for more servings.



One Pot Tomato, Basil Pasta

INGREDIENTS

- 1 13.25-ounce box whole wheat linguine
- 1 onion, halved and thinly sliced
- 4-6 cloves garlic, minced
- 2 cups chopped fresh tomatoes (1 pint of grape tomatoes)
- handful of basil, chopped
- handful of parsley, chopped
- 2 tablespoons olive oil
- 2 teaspoons salt
- ½ teaspoon black pepper
- pinch of red pepper flakes
- 5 cups water
- parmesan cheese for serving

DIRECTIONS

Combine all the ingredients in a large pot and bring to a boil over high heat, stirring occasionally to submerge the pasta as it softens.

Once the mixture comes to a boil, reduce heat to medium and cook, stirring and tossing continually (tongs are great for this) for about 8 minutes or until the sauce has thickened and the pasta is cooked.

Serve immediately, topped with parmesan cheese.

*Could also use dried herbs for faster prep.



Could also substitute quinoa or black bean pasta for the linguine.



Salmon Kabobs

INGREDIENTS

- 1 ½ lb skinless salmon fillet
- 2 Tbsp dried oregano
- 1 Tbsp dried rosemary
- 1 tsp salt
- 1 tsp fresh ground pepper
- 2 lemons, thinly sliced
- cooking spray



DIRECTIONS

Heat the grill and soak 16 bamboo skewers in hot water.

Cut salmon in to 1-inch cubes. Combine herbs and seasonings in bowl and set aside.

Skewer salmon on to 8 pairs of parallel skewers, alternating with salmon and folded lemon slices. Begin and end with a piece of salmon.

Spray kabobs lightly with cooking spray and season with reserved herb mixture.

Grill the fish for 8-10 minutes until just cooked through.



To avoid fish sticking to grill, it may be placed on sprayed foil on the grill.

The image shows three granola bars arranged on a light-colored wooden surface. One bar is in the foreground, angled towards the bottom left, showing a dense texture of seeds and nuts. Behind it, two more bars are visible, one slightly to the left and one to the right, both partially obscured. The bars are coated in a dark, sticky substance and topped with a variety of ingredients including green pumpkin seeds, white and black sesame seeds, slivered almonds, and small pieces of dried fruit like orange and red. A semi-transparent purple rectangular overlay is positioned in the center of the image, containing the text "SNACK RECIPES" in a white, thin, sans-serif font.

SNACK RECIPES



Sweet Potato & Parsnip Chips

INGREDIENTS

- 1 medium sweet potato
- 1 medium parsnip
- 2 tsp extra virgin olive oil
- ½ tsp garlic powder
- 1 tsp italian seasoning
- ½ tsp kosher salt

DIRECTIONS

Peel and VERY thinly slice the sweet potato and parsnip. A mandolin works best for this but a sharp knife and steady hands works fine too.

Combine the oil with the seasonings. Toss the slices in the oil mixture.

Place a piece of parchment paper on a microwave safe dish and arrange slices in single layer.

Microwave, uncovered for 2-3 minutes or until slight browning begins to occur. Turn slices and microwave another 2-4 minutes until crispy.

Keep checking to make sure uneven cooking doesn't occur and scorch any pieces. Rearrange as needed.

Once golden and crispy, remove to cool completely and start the next batch.

Enjoy!



Seriously, chips in the microwave! Just try it!

Energy Bites

INGREDIENTS

- 1 cup oats
- ½ cup nut butter
- ⅓ cup honey
- 1 cup unsweetened coconut flakes
- ½ cup ground flaxseed
- ¼ cup protein powder
- 1 tsp vanilla extract

DIRECTIONS

Combine all ingredients in a large bowl. Using an ice cream scoop, scoop out lumps and roll into balls.

Mixture will be sticky but should hold its shape. (Think cookie dough consistency).

Once mixture has been formed into balls, they can be rolled in crushed nuts or coconut flakes. Chill and serve. They will keep in the fridge for up to 2 weeks.





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Thank you!

All recipes found and modified from Pinterest.

