

SOS Meal & Recipe Guide

Recipes for you and your family while you're confined to small spaces, have limited access to the social world, and are carefully rationing out every single piece of bread (or toilet paper...). All recipes fall within the CWLW guidelines and contain ingredients of FIVE or less. Enjoy!

Baked Macaroni with Red Sauce

Serves 6, serving size: 1 cup

269 calories per serving, 32mg cholesterol per serving, 125mg sodium per serving, 9g fat per serving, 3g saturated fat per serving

Ingredients:

- 1/2 pound extra-lean ground beef
- 1 small onion, diced (about 1/2 cup)
- 1 box (7 ounces) whole-wheat elbow macaroni
- 1 jar (15 ounces) reduced-sodium spaghetti sauce
- 6 tablespoons Parmesan cheese

Directions:

Heat the oven to 350 F. Lightly coat a baking dish with cooking spray.

In a nonstick frying pan, cook ground beef and onion until the meat is browned and the onion is translucent. Drain well and set aside.

Fill a large pot 3/4 full with water and bring to a boil. Add the pasta and cook until al dente, 10 to 12 minutes, or according to the package directions. Drain the pasta thoroughly.

Add the cooked pasta and spaghetti sauce to the meat and onions. Stir to mix evenly. Spoon the mixture into the prepared baking dish. Bake until bubbly, about 25 to 35 minutes.

Divide the macaroni among individual plates. Sprinkle each with 1 tablespoon Parmesan cheese. Serve immediately.

Source: "Baked Macaroni with Red Sauce." *Mayo Clinic*, Mayo Foundation for Medical Education and Research, 15 June 2019, www.mayoclinic.org/healthy-lifestyle/recipes/baked-macaroni-with-red-sauce/rcp-20049637.

Black Bean Cakes

Serves 8, serving size 1 cake

196 calories per serving, 0mg cholesterol, 156mg sodium per serving, 4g fat per serving, 0.5g saturated fat per serving

Ingredients:

- 2 cups dried black beans, picked over and rinsed, soaked overnight and drained
- 4 cups water
- 8 cloves garlic, chopped

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- 1/2 cup chopped fresh cilantro
- 1/2 teaspoon salt
- 2 tablespoons olive oil

Directions:

In a large saucepan over high heat, combine the black beans and water. Bring to a boil. Reduce heat to low, cover partially and simmer until the beans are tender, about 60 to 70 minutes.

Drain well.

In a large bowl, mash together the beans and garlic. Stir in the cilantro and salt. Form the mixture into 8 cakes. Transfer to a plate and refrigerate for about 1 hour.

In a large, nonstick frying pan, heat the olive oil over medium heat. Add the cakes and cook, turning over once, until warmed and the outside is slightly crisp, about 5 minutes. Serve immediately.

Source: "Black Bean Cakes." Mayo Clinic, Mayo Foundation for Medical Education and Research, 25 July 2015, www.mayoclinic.org/healthy-lifestyle/recipes/black-bean-cakes/rcp-20049745.

Cinnamon French Toast

Serves 2, serving size 2 slices

299 calories per serving, 0mg cholesterol per serving, 334mg sodium per serving, 3g fat per serving, trace saturated fat per serving

Ingredients:

- 4 egg whites
- 1 teaspoon vanilla
- 1/8 teaspoon ground nutmeg
- 4 slices cinnamon bread
- 1/4 teaspoon ground cinnamon
- 1/4 cup maple syrup

Directions:

In a small bowl, combine the egg whites, vanilla and nutmeg. Whisk to mix evenly. Dip the bread into the egg mixture, coating both sides.

Place a nonstick frying pan or griddle over medium heat. When a drop of water sizzles as it hits the pan, add the bread. Sprinkle with cinnamon. Cook until both sides are golden brown, about 4 to 5 minutes on each side.

Place 2 slices of French toast on warmed individual plates. Add 1 teaspoon powdered sugar and 2 tablespoons maple syrup to each. Serve immediately.

Source: "Cinnamon French Toast." Mayo Clinic, Mayo Foundation for Medical Education and Research, 1 Jan. 2016, www.mayoclinic.org/healthy-lifestyle/recipes/cinnamon-french-toast/rcp-20049764.

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Honey Crusted Chicken

Serves 2, serving size: 1 chicken breast

219 calories per serving, 66mg cholesterol per serving, 187mg sodium per serving, 3g total fat per serving, 1g saturated fat per serving

Ingredients:

- 8 saltine crackers, each about 2 inches square
- 1 teaspoon paprika
- 2 boneless, skinless chicken breasts, each 4 ounces
- 4 teaspoons honey

Directions:

Preheat the oven to 375 F. Lightly coat a baking dish with cooking spray.

Crush the crackers. Place crackers in a small bowl and add paprika. Stir to mix well.

In a separate bowl, add the chicken and honey. Toss to coat evenly. Add the cracker mixture.

Mix and press the chicken into the cracker mixture until it's evenly coated on both sides.

Place the chicken in the prepared baking dish. Bake until lightly browned and cooked through, about 20 to 25 minutes. Serve immediately.

Source: "Honey Crusted Chicken." *Mayo Clinic*, Mayo Foundation for Medical Education and Research, 4 July 2014, www.mayoclinic.org/healthy-lifestyle/recipes/honey-crusted-chicken/rcp-20049790.

Peanut Butter Hummus

Serves 16, serving size 2 tablespoons

135 calories per serving, 0g cholesterol per serving, 47mg sodium per serving, 4g fat per serving, 0g saturated fat per serving

Ingredients:

- 2 cups garbanzo beans
- 1 cup water
- 1/2 cup powdered peanut butter
- 1/4 cup natural peanut butter
- 2 tablespoons brown sugar
- 1 teaspoon vanilla extract

Directions:

Place all of the ingredients in a food processor. Process until smooth. Refrigerate for up to 1 week.

Source: "Peanut Butter Hummus." *Mayo Clinic*, Mayo Foundation for Medical Education and Research, 19 Apr. 2016, www.mayoclinic.org/healthy-lifestyle/recipes/peanut-butter-hummus/rcp-20197732.

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Pork Medallions with herbes de Provence

Serves 2, serving size: 3 ounces once cooked

120 calories per serving, 74mg cholesterol per serving, 62mg sodium per serving, 2g fat per serving, 1g saturated fat per serving

Ingredients:

- 8 ounces pork tenderloin, trimmed of visible fat and cut crosswise into 6 pieces
- Freshly ground black pepper, to taste
- 1/2 teaspoon herbes de Provence
- 1/4 cup dry white wine

Directions:

Sprinkle the pieces of pork with black pepper. Place the pork between sheets of waxed paper. Pound with a mallet or roll with a rolling pin until about 1/4-inch thick.

In a large, nonstick frying pan, cook the pork over medium-high heat until the meat is browned, 2 to 3 minutes on each side. Remove from heat and sprinkle with herbes de Provence. Place the pork on individual plates and keep warm.

Pour the wine into the frying pan. Cook until boiling. Scrape the brown bits from the bottom of the pan. Pour the wine sauce over the pork and serve immediately.

Source: "Pork Medallions with Herbes De Provence." *Mayo Clinic*, Mayo Foundation for Medical Education and Research, 19 Nov. 2016, www.mayoclinic.org/healthy-lifestyle/recipes/pork-medallions-with-herbes-de-provence/rcp-20049808.

Seasoned Bake Cod

Serves 4, serving size: 1 fillet

90 calories per serving, 49mg cholesterol per serving, 220mg sodium per serving, 1g fat per serving, trace saturated fat per serving

Ingredients:

- 4 cod fillets, each 4 to 5 ounces
- 1 lemon, cut into 4 wedges
- 1 teaspoon Old Bay Seasoning or other seasoning blend

Directions:

Heat the oven to 350 F. Lightly coat 4 squares of aluminum foil with cooking spray.

Place a cod fillet on each piece of aluminum foil. Squeeze a lemon wedge over each fillet, and sprinkle each with Old Bay Seasoning.

Wrap the aluminum foil around the fish. Place in the oven and bake until the fish is opaque throughout when tested with the tip of a knife, about 10 minutes. Serve immediately.

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Source: "Seasoned Baked Cod." *Mayo Clinic*, Mayo Foundation for Medical Education and Research, 29 Mar. 2017, www.mayoclinic.org/healthy-lifestyle/recipes/seasoned-baked-cod/rcp-20049818.

Sloppy Joes

Serves 6, serving size: 1 sandwich

251 calories per serving, 49 mg cholesterol per serving, 203mg sodium per serving, 9 g fat per serving, 3g saturated fat per serving

Ingredients:

- 1 pound ground beef (90 percent lean)
- 1 large green bell pepper, chopped (about 1 cup)
- 1 large onion, chopped (about 1 cup)
- 1 1/2 cans (10.75 ounces each) reduced-sodium tomato soup (not diluted)
- 6 whole-wheat hamburger buns

Directions:

In a nonstick frying pan, cook the ground beef, pepper and onion until the meat is browned and the vegetables are tender, 7 to 10 minutes. Drain well and return the mixture to the frying pan. Add the tomato soup to the ground beef mixture and stir well. Simmer for at least 10 minutes. To serve, place 2/3 cup of the meat mixture on each bun. Serve immediately.

Source: "Sloppy Joes." *Mayo Clinic*, Mayo Foundation for Medical Education and Research, 6 Apr. 2017, www.mayoclinic.org/healthy-lifestyle/recipes/sloppy-joes/rcp-20049822.

Tuna Salad Sandwiches

Serves 4, serving size: 1 sandwich

253 calories per serving, 38mg cholesterol per serving, 445mg sodium per serving, 5g fat per serving, 1g saturated fat per serving

Ingredients:

- 2 cans (6 ounces each) unsalted white tuna packed in water, drained
- 1/2 cup diced celery
- 1 teaspoon lemon juice
- 1/3 cup fat-free mayonnaise
- 4 lettuce leaves
- 8 slices whole-wheat bread

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Directions:

Put tuna in a small bowl and flake with a fork. Add the celery, lemon juice and mayonnaise and stir well.

To serve, place 1 lettuce leaf on a slice of bread. Top with 1/4 of the tuna mixture and another slice of bread. Repeat to make the other sandwiches. Serve immediately.

Source: "Tuna Salad Sandwiches." *Mayo Clinic*, Mayo Foundation for Medical Education and Research, 17 June 2017, www.mayoclinic.org/healthy-lifestyle/recipes/tuna-salad-sandwiches/rcp-20049843.

Turkey and Broccoli Crepe

Serves 4, serving size: 1 crepe

223 calories per serving, 47mg cholesterol per serving, 200mg sodium per serving, 7g fat per serving, 4g saturated fat per serving

Ingredients:

- 2 cups chopped broccoli
- 4 prepackaged crepes, 8 inches each
- 4 ounces reduced-sodium turkey breast, sliced
- 1/2 cup finely shredded reduced-fat Colby Jack cheese

Directions:

Heat the oven to 350 F. Lightly coat a baking dish with cooking spray.

In a pot fitted with a steamer basket, bring 1 inch of water to a boil. Add the broccoli. Cover and steam until tender-crisp, about 5 to 7 minutes.

Heat the crepes in the microwave for 30 seconds to 1 minute, or according to package directions. Place 1/4 of the turkey, 1/4 cup steamed broccoli and 2 tablespoons cheese on each crepe. Roll up and place seam-side down in the prepared baking dish. Bake until the cheese melts, about 5 minutes. Serve immediately.

Source: "Turkey and Broccoli Crepe." *Mayo Clinic*, Mayo Foundation for Medical Education and Research, 15 Sept. 2017, www.mayoclinic.org/healthy-lifestyle/recipes/turkey-and-broccoli-crepe/rcp-20049844.