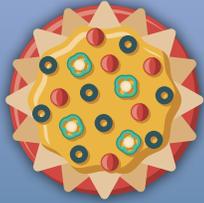


# QUARANTINE EATS



To flatten the curve, we're all limiting trips to the grocery store. And even when you do go out — or place a delivery order — some items on your wish list aren't in stock. Bummer! So, here are a few recipes designed to use what you probably already have on hand. And if all else fails, support a local restaurant by ordering takeout or delivery.



## BREAKFAST

### Versatile Quiche

Quiche might be out of fashion, but it's so delish and a great fit for just about any meal!

#### INGREDIENTS

- 1 prepared pie crust (deep dish works best)
- 3/4 C chopped onion
- 2 T butter\*
- 1 10-oz package frozen spinach, thawed and squeezed dry\*
- 2 T flour
- 1/2 T salt
- 1/4 T black pepper
- 1/4 T nutmeg
- 1/8 T cayenne pepper
- 1 T Worcestershire sauce
- 2 eggs, beaten
- 1 C grated cheese\*
- 1/3 C Parmesan cheese\*
- 1 1/4 C milk

#### INSTRUCTIONS

Prick thawed pie shell and bake at 400° for 8 minutes or until slightly brown. Sauté onions in butter. Add spinach and cook 2 minutes. Add flour and next 5 ingredients. Mix well. In a bowl, combine egg, cheeses and milk. Add in spinach mixture, stir and pour into pie shell and bake at 350° for 45 to 60 minutes or until a knife inserted in the center comes out clean.

\*This quiche is versatile because there are a lot of possible substitutes depending on what's in your pantry or fridge. No butter? Sub olive oil. No Parmesan? Leave it out. Don't have a full cup of one certain type of grated cheese? Toss in whatever you've got (mozzarella and cheddar are nice). No spinach? Broccoli, kale or any veg will work. You could even add bacon or ham. It will still turn out great even if you don't have one of the spices/seasonings.

#### OTHER BREAKFAST OPTIONS:

**Yogurt with homemade granola.** Layer it in a fancy glass parfait-style and you'll think you've ordered room service while on vacation.

**Banana blender pancakes.** Because you can't bring yourself to make one more loaf of banana bread.

## LUNCH

### Burrito Bowls

Sandwiches are easy, but boring. Shake things up with a healthy bowl.



#### INGREDIENTS

- **Ground beef taco meat, shredded chicken, or carnitas**
- Brown or white rice
- Black beans
- Salsa
- Sautéed peppers and onions
- Guacamole or sliced avocado
- Shredded cheese
- Sour cream
- Frozen corn, thawed
- Various hot sauces

#### INSTRUCTIONS

Layer ingredients into individual bowls and create an at-home version of your favorite restaurant chain's burrito bowl.

#### OTHER LUNCH OPTIONS:

**A very indulgent, nap-inducing one-pot mac & cheese.** Add frozen peas or chopped broccoli to counteract some of that cheese.

**Broccoli and quinoa casserole.** Loaded with protein and fiber, but not lacking flavor.

# AFTERNOON SNACK

## Roasted Chickpeas

It's hard to stay out of the fridge when you're home all day. Avoid the temptation of grabbing a packaged item and slow things down with a healthy snack.

### INGREDIENTS

- 1 can chickpeas, rinsed and dried on a kitchen towel
- 1-1½ T olive oil
- Salt & pepper
- Other seasonings of your choice (optional, but garlic powder or chili-lime powder work great)

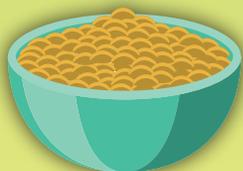
### INSTRUCTIONS

Preheat oven to 450°. Line a baking sheet with parchment paper. Dump dried chickpeas onto lined cookie sheet. Add olive oil and toss with hands or spoon. Add salt, pepper and optional seasonings (if using) and toss again. Roast for 15-20 minutes, shaking pan every 5 minutes or so to turn peas, or until a dark brown. These are best eaten right after cooking since they will lose crispness over time.

### OTHER SNACK OPTIONS:

Keep it simple with slices of apple and a side of peanut butter for dipping.

**Try a smoothie.** We could all use a bit more greens and fiber right now.



# DINNER

## Homemade Pizza

Calling for pizza delivery is easy, but you can never please everyone with your topping choices. So, bring the pizzeria to your house.



### INGREDIENTS

- Fat-free plain Greek yogurt (½ C per adult)
- Self-rising flour (1/2 C per adult plus more for kneading and rolling dough)
- Salt & pepper to taste
- Pizza or Italian seasoning (optional)
- Jarred marinara sauce
- Shredded mozzarella
- Your favorite pizza toppings (pepperoni, ham, onion, green pepper and mushrooms, to name a few)

### INSTRUCTIONS

Preheat oven to 415°. In a large bowl, combine 1 part yogurt with 1 part flour. **(For example, if you are making 2 pizzas for 2 adults, 1 C of yogurt and 1 C of flour.)** Add salt and pepper to taste and any other seasonings (if using). Combine using a fork, working the flour into the yogurt. If dough is too wet to handle, sprinkle in some more flour and combine. Repeat until you can pick up the dough without large clumps sticking to your hands.

Flour workstation, such as a large cutting board or countertop. Flour a rolling pin. **Divide dough into number of pizzas you want to make.** Take one dough portion and place on floured workstation. Knead for 1 minute, adding flour to workstation if dough sticks. Form dough into a ball and begin rolling out. Turn the dough each time you make a pass with the rolling pin, flouring rolling pin and workstation if dough sticks. Aim for a circle, but an oval shape is fine, too. Roll until desired thickness is reached.

Prick rolled dough with a fork and place on baking sheet lined with parchment paper or a pizza stone. Repeat with other dough portions. **Cook for 8 to 10 minutes or until dough is lightly browned.** Remove pizza crusts from oven. Add sauce and toppings — extra points for creativity — and return to oven until cheese is melted, approximately 5 minutes. Cool for 2 minutes, cut and enjoy!

Recipe adapted from [Skinnytaste](#).

### OTHER DINNER OPTIONS:

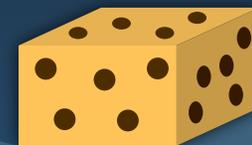
**Lentil soup** Healthy and pantry friendly. Upside: leftovers for lunch tomorrow!

**Charcuterie** A perfect way to make a quarantine meal feel a bit more elegant. Bonus: Fewer dishes to wash!

# DESSERT

## Blondies

Sweet treats keep us sane! This dessert is a crowd-pleaser with minimal cleanup.



### INGREDIENTS

- ½ C unsalted butter
- 1 C light brown sugar
- 1 egg
- 1 T vanilla
- 1 C all-purpose flour
- ½ T salt
- 1 C (6 oz) semi-sweet chocolate chips\*
- Chopped walnuts (optional)

### INSTRUCTIONS

Preheat oven to 350°. In a medium saucepan over medium heat, melt butter and then remove from heat. Add sugar and stir until dissolved. Beat one minute with a hand mixer. Add egg and vanilla and beat until fluffy. Stir in flour and salt until blended, then fold in chocolate chips. Spread batter into a greased 8" square pan. Bake 25-30 minutes until toothpick comes out barely clean.

\*Most any type of chocolate chip (or even butterscotch) would work here.

### OTHER DESSERT OPTIONS:

Chocolate-dipped **pretzels** and **bananas**. The kids will have a blast helping make these.

**Butterscotch potato chip cookies** are the perfect way to combine a few quarantine stress-eating favorites. We know they sound weird, but just trust us.