**CF Breakfast Recipe:**

**Hearty Scrambled Eggs**

Servings: 6

*Ingredients:*

1 ½ cups Cheddar Cheese, shredded

12 Eggs, beaten

½ teaspoon Salt

¼ teaspoon Pepper

2 tbsp Butter, salted

9 oz. Ham, cut into small cubes

*Directions:*

1. In a small bowl, beat eggs together. Whisk in salt, pepper, and cheddar cheese.
2. Heat butter in a large pan and cook ham over medium heat until lightly browned.
3. Pour egg mixture into pan and gently stir until eggs are cooked to desired consistency.
4. Equally divide scrambled eggs among 6 dishes and serve with toast if desired.

*Nutritional Information:*

Calories: 344

Fat: 26 g

Sodium: 997 mg

Carbohydrates: 2 g

Fiber: 0 g

Protein: 26 g

**CF Lunch Recipe:**

**Three Meat Pizza Flatbread**

Servings: 2

*Ingredients:*

1 10” Whole Wheat Flatbread

½ cup Tomato Sauce

1 cup Mozzarella Cheese, shredded

½ cup Parmesan Cheese, shredded

4 oz. Ground Beef, cooked

¼ cup. Pepperoni, sliced

4 oz. Sausage, pieces

*Directions:*

1. Preheat oven to 450 F.
2. Cook ground beef and sausage together in a large pan until done.
3. Place flatbread on a baking sheet. Evenly spread tomato sauce over flatbread.
4. Evenly sprinkle mozzarella and parmesan cheese over sauce.
5. Sprinkle ground beef and sausage mixture over cheese and place pepperoni slices on top.
6. Place in oven and cook for 15-20 minutes or until cheese is melted and crust is crispy.
7. Divide flatbread in half and serve immediately.

*Nutritional Information: ½ of a flatbread*

Calories: 965

Fat: 61 g

Sodium: 2059 mg

Carbohydrates: 45 g

Fiber: 2.5 g

Protein: 57 g

**CF Dinner Recipe:**

**Cheesy Chicken Mac n Cheese**

Servings: 8

*Ingredients:*

Pasta:

3 cups Whole Wheat Elbow Pasta

8 quarts Water

Chicken Breast:

2 tablespoons Butter

1 pound Chicken Breast, cubed

Sauce:

3 tablespoons Butter

3 tablespoons All-purpose Flour

1 cup Heavy Cream

1 cup Half and Half

3 cups Cheddar Cheese, shredded

½ cup Pepper

Topping:

1 cup Bread Crumbs

¼ cup Butter, melted

*Directions:*

1. Heat oven to 375 F. Cook pasta according to directions and drain once finished. Set aside.
2. In a large pan, heat 2 tablespoons of butter over medium heat. Add chicken to pan and cook until golden brown or no longer pink in the middle, stirring occasionally. Set aside.
3. In a large pot, melt 3 tablespoons of butter over medium heat. Whisk in flour until a paste forms. Gradually stir in heavy cream and milk, bring to a boil. Remove from heat and stir in 2 cups cheese and mix until smooth. Add cooked pasta and chicken and stir altogether. Pour into baking dish and spread out evenly.
4. In a small bowl combine melted butter and bread crumbs.
5. Sprinkle the remaining 1 cup cheese evenly over macaroni. Evenly sprinkle bread crumb mixture over cheese and bake in the oven for 30 minutes.
6. Allow macaroni to cool for 10-15 minutes, evenly divide among 8 bowls and enjoy.

*Nutritional Information per serving:*

Calories: 691

Fat: 44 g

Sodium: 576 mg

Carbohydrates: 46 g

Fiber: 2.5 g

Protein: 28 g

**CF Snack Recipes:**

**Sweet and Salty Trail Mix**

Servings: 4 servings, ¾ cup

*Ingredients:*

½ cup Almonds, salted

½ cup Peanuts, salted

½ cup M&M’s

½ cup Pretzels

½ cup Multi-grain Cheerios

*Directions:*

1. Mix all ingredients together in a bowl.
2. Measure out ¾ cup portions and place into 4 separate ziplock baggies.

*Nutritional Information: ¾ cup serving*

Calories: 388

Fat: 24 g

Sodium: 363 mg

Carbohydrates: 37 g

Fiber: 5 g

Protein: 11 g

**Peanut Butter Energy Bites**

Servings: 6, 4 bites per serving

*Ingredients:*

1 cup Rolled Oats

½ cup Mini Semi-Sweet Chocolate Chips

½ cup Flaxseed, ground

½ cup Crunchy Peanut butter

⅓ cup Honey

1 teaspoon Vanilla Extract

¼ teaspoon Salt

*Directions:*

1. Combined all ingredients together in a small bowl.
2. Form into small balls using your hands and place on baking sheet.
3. Freeze balls until set, about 1 hour.
4. Divide into 6 servings or 4 energy bites each.

*Nutritional Information: 4 bites per serving*

Calories: 351

Fat: 20 g

Sodium: 182 mg

Carbohydrates: 38 g

Fiber: 6 g

Protein: 10 g