

## Calorie Density Secrets – Full Meals

### **Corn bread**

3 cups Oat Milk  
3 Tbsp Vinegar

Mix these well.

1 cups Cornmeal  
1 cup (dry) Polenta, Corn Grits, or Cornmeal  
4 tsp Baking Powder  
2 tsp Baking Soda

Mix these well.

Mix both the dry and wet ingredients together and stir **ONLY** until blended. If you over stir you will wind up with a **VERY** tough cornbread.

Pour into an 8X8 (or 9X9) pan or circle.

Bake at 425 for 30 minutes.

### **Hash Browns**

1 Bag Frozen hash browns

Make sure you've purchased hashbrowns frozen without oil. You want potatoes in that bag, nothing else.

Heat a nonstick skillet on the stove. When it's hot, pour in the frozen hashbrowns.

Cover and cook on medium high for 10 – 12 minutes.

Now, flip the hashbrowns and cook for 10 – 12 minutes **WITHOUT** the cover.

Serve with mustard, hummus, baked beans... have fun.

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### **Quesadillas**

Gather the ingredients you want to include in your quesadillas including:

- Corn
- Beans
- Lettuce
- Peppers
- Brown Rice
- Mixed Vegetables (both raw and/or steamed)
- Steamed Broccoli
- Cheeze Sauce (Recipe to follow) (Optional)
- Corn Tortillas

Lay the corn tortillas on a baking sheet. Layer your favorite ingredients on the tortilla. Pour on the cheeze if you'd like. Top with another tortilla and broil until the top is crunchy. Flip the quesadilla and broil on the other side. Once it's crunchy, place quesadilla on a plate and enjoy!

### **Cheeze Sauce**

1 Cup Water  
¼ Nutritional Yeast (Not Brewers or Baking Yeast)  
2 Tbsp Whole Wheat Flour  
1 tsp garlic  
1 tsp salt

Whisk all the ingredients together, pour into a saute pan and bring to a boil, stirring constantly. Once it's thick, it's done.

This recipe keeps a long time in the refrigerator and is wonderful on hot potatoes. It also makes great grilled cheeze sandwiches. You can add salsa to it to make a tasty nacho cheeze.

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### **SNAP**

This is what we make when we need a super fast meal. SNAP stands for: Simple Nutritious Affordable Plan. This recipe was inspired by Registered Dietitian Jeff Novick.

Get your big kettle out and pour in:

4 cups water

A 1 pound bag of frozen mixed vegetables like broccoli, cauliflower, carrots, etc.

A 1 pound bag of frozen starchy vegetables like a peas and carrot blends

A 1 pound bag of frozen corn (we usually add more corn than this because we're corn-hounds)

When all this comes to a good boil, pour in 1 14 ounce box of Instant Brown Rice

Cover and let everything cook for around 12 minutes.

When everything's cooked, add a spice. We like 1 tbsp of smoked paprika, curry, poultry seasoning, taco seasoning, cumin... have fun with this.

Serve with a dash of chili sauce if you're really in the mood for flavor.

### **Spring Rolls**

This meal doesn't have an official recipe. We just pour a ton of raw (or frozen) vegetables into a big bowl. We begin with a:

A base of broccoli slaw

Then we add vegetables including:

Snap Peas

Baby Corn

Water Chestnuts

Frozen peas

Frozen Corn

Frozen Asian Blends

We mix together all the veges, then throw in a few dashes of chili sauce and sprinkle with some corn starch to keep everything from getting too wet.

When everything's mixed we get the last ingredient:

Rice Spring Roll Wrappers (available in the ethnic section of many grocery stores)

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Soak the Spring Roll Wrapper so it's no longer crispy and is instead as flexible as fabric.

Drop a hand full of vegetables and wrap like we show in the video.

Place each roll on a non-stick pan or you can use a parchment paper lined pan as well.

Broil until one side is brown, then flip and broil the next side.

Serve with hot mustard and/or sweet and sour sauce.

### **Potato Crunchers**

First get a large potato, a cutting board, sharp knife, and a plate with some parchment paper on top of it

Slice the potato into thin slices, place the slices on top of the parchment paper. Try to cover as much of the sheet as possible.

Slide the sheet of parchment paper off of the plate, and into your microwave oven.

Depending on the size of the potato, microwave for between 10 – 15 minutes.

If potato is not crisp yet, microwave for 2-8 more minutes.

Once the potato is as crisp as you want it, take the potatoes off of the sheet of parchment paper and place them on top of the plate. The slices should be stuck to each other.

Get a condiment that you enjoy, such as ketchup, mustard, Spicy mustard, or any other type.

Break the chips apart, dip them in the condiment, and enjoy!