

Pineapple Muffins



Ingredients

- 2 cups self rising flour
- 1 cup white sugar
- 2 cups fresh pineapple (mashed, including juice)
- 12-14 small chunks of fresh pineapple, optional

Instructions

1. Preheat the oven to 325 F.
2. Using cooking spray, spray a muffin tin.
3. Combine the first three ingredients in a bowl and mix well.
4. Scoop into prepared muffin tins and fill 2/3 full. Try not to overfill as these will rise well.
5. Place 1 fresh pineapple chunk in the center of each muffin. It does not have to be covered with batter, as the batter will rise and cover the pineapple while cooking. This is an optional step.
6. Bake for 20 minutes until done and lightly browned. Cool before serving.

Adapted from 5dollar dinners.com



Cabbage Salad with Citrus Dressing



Ingredients

- 9 cups chopped cabbage (1-inch pieces; about 1/2 large head)
- 3 tablespoons oil, divided
- 1/2 teaspoon salt, divided
- 1/4 teaspoon ground pepper
- 2 tablespoons lime juice
- 1 tablespoon orange juice
- 1/2 teaspoon ground cumin
- 1/4 teaspoon crushed red pepper
- 1/4 cup roughly chopped fresh cilantro, optional
- 1 scallion, sliced, optional

Instructions

1. Preheat to 425°F.
2. Put the cabbage, oil, salt, and pepper into a large bowl. Stir everything together until the oil and spices cover the vegetables completely.
3. Spread in an even layer on a baking sheet(s).
4. Roast until tender and golden on the edges, 20 to 25 minutes.
5. While that cooks, mix the lime and orange juices, the rest of the oil, the cumin, red pepper, and salt in a small bowl. Use a whisk to combine them well.
6. Transfer the roasted cabbage to the bowl with the dressing.
7. Add sliced scallion and 1/4 cup cilantro if using and mix until coated.
8. Let stand for 15 minutes to allow the flavors to blend.
9. Serve and enjoy!

Adapted from eatingwell.com

NEXT BOX:



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Teriyaki Glazed Sweet Potatoes



Ingredients

- 2-3 sweet potatoes
- $\frac{2}{3}$ cup teriyaki sauce
- 2 green onions
- 1-2 teaspoon sesame seeds

For the Teriyaki Sauce

- 1 cup water
- $\frac{1}{4}$ cup low sodium soy sauce
- 5 teaspoons packed brown sugar
- $\frac{1}{2}$ Tablespoon honey
- $\frac{1}{2}$ teaspoon ground ginger
- $\frac{1}{2}$ teaspoon garlic powder
- 2 Tablespoon cornstarch
- $\frac{1}{4}$ cup cold water

Instructions

1. Preheat the oven to 375F. Line a rimmed baking sheet with parchment paper and spray lightly with cooking spray or oil.
2. If making your own sauce, heat 1 cup water, soy sauce, sugar, honey, ginger, and garlic in a saucepan till warm (about 2 minutes).
3. Whisk together the cornstarch and cold water until dissolved. Whisk into soy sauce mixture. Allow sauce to cook for 5-6 minutes and thicken.
4. Toss sweet potatoes with teriyaki sauce. Spread evenly on the baking sheet. Roast for 35 minutes, making sure to flip after 10 minutes and after 25 minutes.
5. Remove from the oven and plate. Top with green onion and sesame seeds.

Adapted from ncsweetpotatoes.com

Street Corn Pasta Salad



Ingredients

- 6 ounces small whole-wheat pasta such as reginetti or elbows (about 2 $\frac{1}{2}$ cups)
- 1 Tablespoon oil
- 3 cups fresh corn kernels (from 4 to 5 ears)
- $\frac{1}{2}$ cup plain yogurt
- 1 tablespoon lime juice
- $\frac{1}{2}$ teaspoon salt
- 1 small clove garlic, grated or minced, or $\frac{1}{4}$ teaspoon garlic powder
- 4 tablespoons crumbled cotija or queso fresco cheese, divided
- 2 tablespoons chopped fresh cilantro
- $\frac{1}{4}$ teaspoon smoked paprika, divided

Instructions

1. Bring a pot of water to a boil and cook pasta according to package directions.
2. When done, drain and set aside on a baking sheet to cool.
3. Heat 1 Tablespoon of oil in a pan over medium-high heat.
4. Add 3 cups corn; cook, undisturbed, until blistered, about 2 minutes.
5. After 2 minutes stir the corn often and cook until it is charred in many spots, about 4-6 minutes.
6. Transfer to the baking sheet with the pasta.
7. Let cool to room temperature, about 15 minutes.
8. Meanwhile, combine yogurt, lime juice, salt, garlic, cilantro and paprika together in a large bowl or cup; whisk until well combined.
9. Transfer the pasta and corn into a large bowl and pour the dressing mixture in.
10. Add cheese.
11. Gently mix to combine.
12. Serve and enjoy!

Adapted from eatingwell.com