

Making it delicious

Leprechaun Muffins

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Ingredients:

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1/2 - 3/4 cup sugar
- 2 tsp. baking powder
- 1/2 tsp. baking soda
- 1 1/2 tsp. cinnamon
- 1/2 tsp. salt
- 1/4 cup oil
- 3/4 cup milk
- 6 oz. baby spinach
- 1/2 cup mashed banana
- 2 tsp. vanilla extract



Instructions:

- Preheat oven to 350°F and line two 12-cup muffin pans with paper liners.
- Whisk together dry ingredients in a large bowl: flours, sugar, baking powder, baking soda, cinnamon, and salt. Set aside.
- In a blender, place oil, milk, spinach, bananas, and vanilla. Blend on high for about 30 seconds or until completely puréed.
- Pour puréed mixture into dry mixture and fold together with a rubber spatula until completely combined.
- Fill muffin cups about $\frac{2}{3}$ full (this recipe will make 12-16 muffins) and bake for 18-20 minutes or until a toothpick inserted into the center comes out clean.

Recipe adapted from: thegreenforks.com/popeye-muffins

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Sunny-Side-Up Shamrocks

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Ingredients:

- 1 green bell pepper
 - 4 eggs
 - 1-2 Tbsp. butter or oil
 - Salt & pepper
- Additional topping ideas:
- fresh herbs
 - chopped chives
 - hot sauce



Instructions:

- Cut the bell pepper crosswise into 3/4" rings.
- In a skillet over medium-high heat, melt the butter. Lay the pepper rings in the pan, cook for 1 minute and then flip.
- Crack an egg into the middle of each pepper ring. Season the eggs to taste with salt and pepper.
- Reduce the heat to medium-low, place a lid on the pan and cook until the egg whites are set, and the yolks are cooked to your preference, about 3-5 minutes.
- Finish with toppings, if desired.

Recipe adapted from: www.happy-mothering.com "Shamrock Fried Eggs For St. Patrick's Day"

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Shamrock Smoothie

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Ingredients:

- 1 banana
- 10 fresh mint leaves
- 2 cups baby spinach
- 1 cup milk
- 1/4 tsp. vanilla extract
- 1 cup ice cubes



Instructions:

- Combine all ingredients in a blender until smooth and frothy!

Recipe adapted from superhealthykids.com

Lucky Green Smoothie

Ingredients:

- 1 apple*
- 1 banana*
- 2 cups fresh spinach or kale
- 1-2 cups water or milk

*Or 2 cups of fruit, fresh and/or frozen



Instructions:

- Put all the ingredients into a blender, starting with less water/milk and adding more if desired. Blend until very smooth.

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Rainbow Kebabs



Ingredients:

- Strawberries, raspberries or watermelon
- Orange or cantaloupe
- Pineapple, mango or banana
- Kiwi or green grapes
- Blueberries
- Purple grapes



Instructions:

- Arrange the fruit in rainbow order on bamboo skewers (or just on a plate or cutting board).

Optional: serve with yogurt and/or mini marshmallow “clouds”

Rainbow Quesadillas

Ingredients:

- 8-inch tortilla
- Shredded cheese
- Chopped rainbow colored veggies, such as:
Tomatoes, bell peppers, sweet potato or butternut squash (cooked), corn, yellow squash, zucchini, spinach, broccoli, red cabbage, or red onion



Instructions:

Lay tortilla in a heated pan and sprinkle cheese over one half. Arrange the chopped veggies over the cheese in a rainbow. Sprinkle more cheese over the veggies, and fold the tortilla over the cheese. Cook until the bottom tortilla is toasted; flip the quesadilla and cook for 2 more minutes. Transfer to a cutting board and cut into quarters.

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Avocado Ranch Dip

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Ingredients:

- 2/3 cup avocado, mashed
- 2/3 cup plain yogurt
- 1 1/4 teaspoon white vinegar
- 3/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 2 teaspoons dried parsley
- 1/2 teaspoon dried dill
- 1/2 teaspoon salt



Instructions:

- Mash the avocado well with a fork until smooth, and then mix in the remaining ingredients. Enjoy with sliced fresh veggies!

Recipe adapted from: twohealthykitchens.com

Pot 'o' Gold Dip

Ingredients:

- 1/4 cup mustard
- 1/4 cup honey
- 1/4 cup plain yogurt
- 1/4 tsp. salt (or to taste)



Instructions:

- Stir together the mustard, honey, and yogurt until smooth. Add the salt to taste. Enjoy with sliced fresh veggies, soft pretzels, or chicken nuggets!

Recipe adapted from: [The Natural Nurturer](http://TheNaturalNurturer.com) & [Cupcakes and Kale Chips](http://CupcakesandKaleChips.com)

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Tangy Cucumber Crunch

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Ingredients:

- 1/4 cup light-colored vinegar
 - 2 Tbsp. olive oil or vegetable oil
 - 2 tsp. sugar
 - 1/2 tsp. salt
 - Ground black pepper to taste
 - 1 medium cucumber
 - 1 green pepper, diced*
 - 1 cup small broccoli florets*
- Optional:
- 1 Tbsp. finely chopped chives or onion
 - 1 Tbsp. chopped fresh parsley

*Or other green vegetable, such as zucchini, green beans, snap peas, celery, or more cucumber



Recipe adapted from www.thekitchn.com

Instructions:

- Place the vinegar, oil, sugar, salt and pepper in a medium bowl and whisk to combine.
- Thinly slice the cucumber.
- Add the cucumbers, bell pepper, and broccoli (or other green vegetables of choice) to the vinegar & oil mix.
- Add the chives or onion, if using, and toss to combine.
- Refrigerate for at least 30 minutes, then toss to redistribute the dressing before serving.



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