

# TRY FOR 5

## RECIPE BOOK

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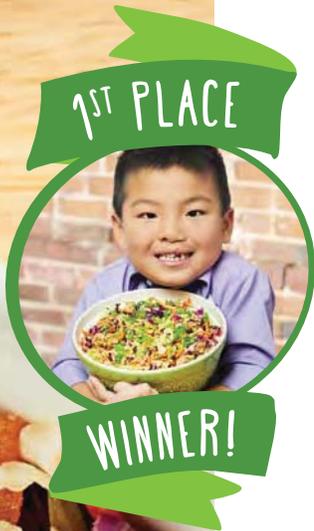
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LOOK FOR THESE ICONS THAT SHOW  
ALL THE COLORS IN EACH RECIPE.





# TOP 5 WINNING RECIPES

## Unrolled Egg Roll

By **Paul J.** of Amery, WI

Serves: 4 ●●●●

### INGREDIENTS

- 2 tablespoons olive oil
- 1 pound lean ground pork
- 6 green onions, sliced, white and green parts separated
- 6 cloves garlic, minced
- 1 tablespoon fresh grated ginger
- 14-ounce bag coleslaw mix (with carrot, purple and green cabbage)
- 3 tablespoons soy sauce or coconut aminos
- 1 tablespoon white vinegar
- 1/4 teaspoon salt
- 1/8 teaspoon ground pepper
- 1 tablespoon toasted sesame seed oil

### INSTRUCTIONS

1. Heat olive oil in a large skillet. Add pork and cook until browned.
2. Add white parts of green onions, garlic and ginger and sauté until fragrant, about 3 minutes.
3. Add coleslaw mix, soy sauce (or, coconut aminos), vinegar and salt and pepper. Cook, stirring frequently, until coleslaw mix is tender, about 5 minutes.
4. Drizzle with sesame seed oil and toss to coat. Serve topped with green parts of green onions.



### ALLERGY ALERT

To make this recipe gluten- and soy-free, use coconut aminos instead of soy sauce. Find more substitutions for allergies and food sensitivities on page 46.

# Rainbow Roll Ups

By **Lila S.** of Amery, WI

Serves: 4-6 ●●●●●

## INGREDIENTS

- 9-ounce package fresh spinach
- 3/4 cup raspberry vinaigrette salad dressing (more or less, to taste)
- 1 cup RED strawberries, chopped
- 1 cup ORANGE cantaloupe or oranges, chopped
- 1 cup YELLOW pineapple or bananas, chopped
- 1 cup GREEN grapes
- 1 cup BLUEberries
- 1 cup PURPLE grapes

## INSTRUCTIONS

1. Wash and chop the RED, ORANGE and YELLOW fruit into bite sized pieces. Wash the GREEN, BLUE and PURPLE fruit.
2. Arrange the fruit onto a plate or platter in the shape of a rainbow.
3. Rinse, then place the spinach in the center of the rainbow.
4. Drizzle the raspberry vinaigrette dressing over the top of the fruit.
5. This colorful snack is served by taking a large spinach leaf into your hand, and using a toothpick to select the fruit of your choice to place inside the spinach leaf. Then roll it up and enjoy!



# Tempeh of Love

By **Freya K.** of St. Paul, MN

Serves: 4-6 ●●●●●

## INGREDIENTS

- 1 1/2 cups corn kernels, fresh off the cob or frozen
- 3/4 cup diced red bell pepper
- 6 ounces of black bean tempeh or 1/2 cup black beans, rinsed
- 1/2 cup green onion
- 1/2 cup brown rice, uncooked (or 1 cup cooked)
- Salsa, to taste
- Mixed greens, to taste

## INSTRUCTIONS

1. Bake tempeh (if using): cut tempeh block into 1 inch squares, bake on sheet sprayed with cooking spray at 350°F for 20 minutes, let cool.
2. Cook brown rice, according to package instructions. Cool before combining with other ingredients.
3. Combine corn, red bell pepper, green onion and brown rice in a medium sized bowl.
4. Add cooled tempeh (or black beans) to bowl.
5. Mix in salsa to taste.
6. Serve on bed of mixed greens.



# Overachievers Rainbow Salad

By **Paul & Rita K.** of Vadnais Heights, MN

Serves: 4 ●●●●●

## INGREDIENTS

- 1/2 cup purple, orange and yellow carrots, chopped
- 3/4 cup cauliflower (or broccoli), chopped
- 1 cup red cabbage (or other greens), chopped
- 3/4 cup cucumber (or zucchini or summer squash), chopped
- 1/2 cup celery, chopped
- 1 apple (or pear), chopped
- 20 cherry tomatoes, cut in half
- 1/3 cup cilantro (or basil or mint), chopped

## DRESSING

Drizzle with olive oil, balsamic vinegar, and salt and pepper, to taste

## INSTRUCTIONS

1. Choose 10 fruits or veggies – use what you already have or buy your favorites.
2. Wash all the fruits and veggies. Chop or rip the fruits and veggies into bite-sized pieces.
3. Fill a bowl with your selection of 10 veggie and fruit ingredients.
4. Add dressing to taste, and mix the ingredients with a spoon.
5. Combine with a whole grain, like wild rice, quinoa, or farro.



# Easy Peasy Blueberry Squeezy

By **Jada M.** of Bloomington, MN

Serves: 6 ●●●●●

## INGREDIENTS

- 1/3 cup plain non-fat Greek yogurt
- 1 teaspoon dill weed
- 1/8–1/4 teaspoon garlic powder, to taste
- 1 orange bell pepper, diced
- 1 medium tomato, diced
- 1/2 cup blueberries, lightly mashed
- 1/2 cup carrots, shredded
- Whole grain pita chips

## INSTRUCTIONS

1. Dice your pepper and tomato.
2. Combine yogurt, dill, onion powder and garlic powder in a small bowl and set aside.
3. Lightly mash blueberries in a big bowl.
4. Combine the diced bell pepper, tomato and carrots with the blueberries.
5. Add homemade dill dip and mix well.
6. Move to a serving bowl and serve with whole grain pita chips.

