



SPECIAL OLYMPICS MAINE

RECIPES AND TIPS
TO IMPROVE YOUR
KITCHEN SKILLS

Grace and Megan

Recipe Book

SPECIAL OLYMPICS
MAINE





Green Smoothie

Ingredients

Spinach
Banana
Strawberries
Blueberries
Almond Milk
Ice

*You will need a blender
for this recipe*

Directions

1. Add a small handful of spinach to a blender
2. Add half a banana, strawberry, and blueberries to blender
(You can as much of each as you want, just make sure you leave room for almond milk/ice)
3. Add almond milk to the blender to the "fill line"
 - a. If your blender does not have a fill line, make sure fruit is covered- do not over fill the blender, leave a small gap at the top to allow the fruit to move if needed

Bonus Tip:

Feel free to customize the smoothie to your liking, adding in mango or any additional fruit you may have at home like mango or apples, or swapping out the almond milk for orange juice!

Green Smoothies are great for your digestive system, and a great way to start off your morning with some fruits and vegetables. They're also a nutritious on the go breakfast that can be great for busy mornings!



Breakfast Burrito

Ingredients

Tortilla
Meat of protein
Eggs
Cheese
Salt / Pepper

*You will need a stove/ pan
for this recipe*

Directions

1. Cook egg to your preference (scrambled, over easy, etc.)
2. Prepare protein of choice to your liking (Cook bacon, chorizo, ground beef, beans etc.)
3. Heat tortilla on a pan or in the microwave for 10-15 seconds
4. Place your eggs, meat/beans, cheese, and any additional ingredients in the center of the tortilla
5. Roll up the tortilla

Bonus Tip:

Feel free to customize the burrito with whatever you have around the house, or with your favorite vegetables! Adding peppers and onions for hot sauce for extra flavor! If you have trouble wrapping your burrito, or added too much, add an extra tortilla and try a breakfast quesadilla!

Breakfast burritos are a protein-packed, satisfying meal that can be prepped ahead and quickly reheated. Their versatility allows for endless variations, keeping breakfast both convenient and exciting.



Avocado Toast

Ingredients

Bread

Avocado

Salt/Pepper

*You will need a toaster
for this recipe*

Directions

1. Toast your bread
2. Prepare your avocado
 - a. Cut the avocado in half, remove the pit, scoop the avocado into a bowl
 - b. Mash the avocado with a fork until smooth
 - c. Add a pinch of salt
 - d. Add any additional flavors you enjoy (lemon juice, garlic salt, pepper)
3. Assemble: Spread your avocado mix on your toast, adding any additional toppings you would like

Bonus Tip:

Feel free to customize your toast with your favorite breakfast toppings! (Just an idea... tomato, bacon bits, and balsamic glaze...delish!

Add an egg cooked to your liking for an extra source of protein!

Avocado's are a great source of fiber which helps with your digestive system! Avocado toast is a quick, simple, and cost effective breakfast that can be eaten on the go!



Breakfast Parfait

Ingredients

Yogurt
Granola
Blueberries
Strawberries

Directions

1. Prepare your container (bowl, cup, or jar)
2. Place a layer of Greek yogurt (this should be about half a cup)
3. Place a thin layer of granola/ fruit
4. Place another layer of granola/ fruit
5. Top with an additional toppings like almonds, additional fruit, coconut shavings, or honey!

Bonus Tip:

Feel free to customize your toast with your favorite fruits or add honey for a little extra sweetness! If you're taking this on the go prepare it in a jar like either a mason jar or an old cleaned out salsa jar!

Using Greek yogurt will provide a great source of protein to keep you feeling full for longer! Parfaits can be prepared the night before if you have to get out the door quickly, and adding fruit is a great source of fiber and vitamins and minerals that your body uses throughout the day!



Egg Muffins

Ingredients

Eggs
Milk
Diced Vegetables
Salt/ Pepper

You will need a muffin tin and stove for this recipe

Directions

1. Preheat oven to 375 degrees
2. Whisk eggs and milk together, then mix in diced vegetables of your choice
3. Grease your muffin tin
4. Pour egg and vegetable mix into your muffin tin
5. Bake 20-25 minutes or until eggs are set
6. Let your eggs cool slightly before removing from the tin

Bonus Tip:

Feel free to add some extra protein! Whether it's cut up lunch meat, bacon bits, leftover taco meat, or beans, adding protein is a great way to stay fueled up until lunch!
Add some extra cheese for flavor and healthy fats!

Eggs are a great source of high-quality protein, vitamins, and minerals. They support muscle health and energy. Overall egg bites are quick and easy to make and are a perfect breakfast to take on the go!



Chicken Pesto Panini

Ingredients

Chicken
Pesto
Break
Tomato
Mozzarella

*You will need a stove
and pan for this recipe*

Directions

1. Prepare your chicken if needed (if lunch meat prep is not needed)
2. Prepare bread of choice
3. Cut tomatoes / mozzarella
4. Assembly:
 - a. Spread a layer of pesto
 - b. Layer a slice of tomato/ mozzarella/ chicken
5. Toast: Cook the panini over medium heat on a pan (4-5 min each side)- place on a baking sheet and cook in the oven for 5 min, or even cook in a toaster oven!

Bonus Tip:

Add a drizzle of balsamic glaze for a little extra flavor! Don't want to cook chicken?... use prepared lunch meats!

This sandwich can be made quickly, and even wrapped up in tin foil to bring for lunch on the go! This panini is rich in protein and nutrients, and doesn't take a lot of ingredients, you might even already have these ingredients lying around!



Pasta Salad

Ingredients

Pasta
Tomatoes
Cucumbers
Feta
Peppers
Red Onion
Spinach
Italian Dressing

Directions

1. Cook your choice of pasta (its best use a shorter shape of pasta like bow ties, penne, or cavatappi)
2. Prepare your other ingredients (dice into small bite size pieces) : Tomatoes, cucumbers, peppers, red onion, spinach, feta
3. Wait for pasta to cool (It can be helpful to run the cooked pasta under cool water to bring the temperature down faster)
4. Place all ingredients in a large mixing bowl
5. Pour a cup of Italian dressing and mix!

Bonus Tip:

Add in extra ingredients like protein to round out your meal! Or swap out/ add ingredients as you choose! For example swap out feta for cheddar cheese! Pasta salad can be made with any extra ingredients you have left hanging around! Do you have an extra half an onion left over from a different recipe?... throw it in some pasta salad!

Pasta salad is versatile and easy to prepare in advance, offering a balanced mix of nutrients and convenience for quick meals or gatherings. It's easily customizable to fit various dietary preferences.



Tuna Melt

Ingredients

Bread
Tuna
Mayo
Cheese

*You will need a stove
and pan for this recipe*

Directions

1. Prepare your Tuna (mixing in mayo until desired taste)
2. Spread tuna mixture evenly on a slice of bread
3. Add cheese/ other ingredients
4. Place another piece of bread
5. Grill the sandwich until golden brown on both sides and cheese is melted (about 3-4 minutes on each side- on medium heat)

Bonus Tip:

Adding pickles or pickled jalapenos for some extra flavor, or adding spinach and tomato to keep it light/ get some extra nutrients)

This is a great, well balanced meal that's rich in lean protein and low in fat, easy to throw together, it is highly customizable to keep your taste buds happy!



Protein Bites

Ingredients

Oats

Nut Butter

Honey/ Maple Syrup

Protein Powder

Mini Chocolate Chips/

Dried Fruit (Optional)

*You will need a freezer and
baking sheet for this recipe*

Directions

1. Prepare ingredients
 - a. 1 cup of oats
 - b. 1/2 cup of nut butter (ex. peanut or almond)
 - c. 1/4 cup of honey or maple syrup
 - d. 1/4 cup of protein powder (vanilla or chocolate)
 - e. 1/4 cup of mini chocolate chips or dried fruit (optional)
2. Combine and mix all ingredients
3. Roll into small balls
4. Chill: Place the bites on a baking sheet and refrigerate for at least 30 min

Bonus Tip:

Dark chocolate chocolate chips are not only delicious but also have added benefits!
Add pretzel bits for a sweet and salty treat!

Protein bites can be premade and have a long life when kept in the freezer, these are a great way to get a quick snack in the morning to carry you through to lunch, or from lunch until dinner! These are rich in protein which is what keeps us feeling full for longer!



Trail Mix

Ingredients

Granola
Mixed Nuts
Dried Fruit
Pretzels
Seeds
Chocolate Chips/ M&Ms

Directions

1. Decide what you would like in your trail mix
 - a. Mixed Nuts
 - b. Dried fruits
 - c. Seeds
2. Mix ingredients in a large bowl
3. It can be helpful to make larger portions and then separate it out into smaller containers/ bags

Bonus Tip:

Trail mix can be made with things you have laying around the house! Adding in popcorn, cheese itz, pretzels, and whatever you have laying around to make a balanced snack!

Trail mix can provide a boost of energy to get you through the day, its also a great snack to have pre-workout or sporting event! Its a nutrient dense snack that is perfect for on the go, keeping you full for longer.



Popcorn

Ingredients

Popcorn

Flavoring of choice

Directions

1. Cook popcorn (either on the stove or microwave)
 - a. Cook based off of package instructions
2. Add flavoring! (See below for flavoring options)
 - a. White cheddar
 - b. Cinnamon Sugar
 - c. Nacho
 - d. Ranch
 - e. Sour Cream & Onion

Bonus Tip:

Yes its delicious to add loads of butter to your popcorn like they do at the movies, but they also make delicious, more health conscious popcorn flavorings that are delicious!

Popcorn is a great low calorie food that's rich in fiber (food for the digestive system) and can be quickly customized to whatever you're craving that day! The bonus is there is little to no prep and it's easy to make!



Chicken Quesadilla

Ingredients

Tortilla

Chicken

Corn

Black beans

Cheese

*You will need a stove/ pan
for this recipe*

Directions

1. Cook chicken thoroughly with desired flavor
 - a. Shred the chicken after cooking
2. Place tortilla in a pan
3. Sprinkle shredded cheese evenly over half of the tortilla
4. Add additional fillings on top of the cheese
 - a. Add corn, black beans, and other desired ingredients
5. Fold the tortilla in half
6. Cook for 2-3 minutes on each side, or until the cheese is melted and the tortilla is golden brown
7. Cut into wedges

Bonus Tip:

Add peppers, tomatoes, salsa, or onions for extra flavor! Serve with guacamole, or add avocado slices in your tortilla for extra flavor, avocado's are a great source of fiber which helps with your digestive system!

Quesadillas are a great meal option after a busy day! Adding chicken and beans packs the meal with protein so that you stay full all night! Quesadillas are also highly customizable. Add different vegetables like peppers and onions for a fajita inspired meal, or even buffalo sauce for a bit of spice!



Egg Roll in a Bowl

Ingredients

Ground Pork or Chicken
Shredded Coleslaw Mix
Soy Sauce
Sesame Oil
Garlic (Minced)
Green Onions
Salt/Pepper

You will need a stove/ pan for this recipe

Directions

1. Cook your meat
 - a. Heat a large skillet over medium heat, cook meat until browned, draining excess fat
2. Stir in mixed garlic and cook for 1 min
3. Add shredded coleslaw and green onion to skillet and cook for 3-4 min until vegetables are tender
4. Add 2 tablespoons of soy sauce, and 1 tablespoon of sesame oil (More can be added depending on preference)
5. Add salt and pepper to taste

Bonus Tip:

Add in your favorite veggies for added flavor! Carrots are a simple addition to help boost the nutritional content of your meal and might help clean out the fridge too!

Egg roll in a bowl is a great, easy, cost effective meal to throw into your regular rotation to help keep meal planning fresh! This meal is packed with protein from meat and vitamins from vegetables!



Taco Soup

Ingredients

Ground Beef or Turkey
Onion (chopped)
Black beans
Corn
Diced Tomatoes
Diced Tomatoes w/ green chilies
Taco Seasoning (1 Packet)
Chicken or Beef Broth (2 cups)

You will need a stove and pan for this recipe

Directions

1. Prepare your meat
 - a. Prepare in a large pot- cooking your ground meat with your chopped onion
2. Add clean and drain your black beans, corn and add to the pot
3. Add in diced tomatoes, tomatoes with green chilies, and taco seasoning, and packet of taco seasoning
4. Pour in 2 cups of broth and bring mixture to a boil
5. Reduce heat and let it simmer for 10-15min to allow flavors to meld

Bonus Tip:

If you don't like one of the ingredients, remove it! For example if you don't like spice remove the green chilies, or a fun fact sprinkling cheese on top or eating with a serving of sour cream will help take down the spice!

Taco soup is an easy meal to throw together, you might already have most of the ingredients on hand! This meal is packed with protein, fiber, and vegetables. It's also low in calories and easy to customize to fit your dietary needs.



Date Bites

Ingredients

Dates (Pitted) (1 cup)
Roasted Peanuts (1 cup)
Smooth Nut Butter (1/2 cup)
Dark Chocolate Chips (1/2 cup)
Coconut Oil (1 tablespoon)

You will need a blender/ food processor, freezer, and baking dish for this recipe

Directions

1. Blend Dates in a food processor until smooth
2. Mix in the peanut butter until its well combined
3. Assemble:
 - a. Line small baking dish with parchment paper
 - b. Press the date mixture evenly into the bottom of the dish
 - c. Sprinkle roasted peanuts on top, pressing them into the date mixture
4. Chill: Refrigerate for at least one hour to set
5. Melt chocolate chips and coconut oil together in the microwave or double boiler
6. Spread the melted chocolate over chilled date mixture
7. Final Chill: Refrigerate again until the chocolate is set
8. Cut into bars and enjoy!

Bonus Tip:

If you're a fan of sweet and salty, crush up pretzels and add them on top, or sprinkle on some sea salt!

Dates provide natural sweetness and are high in fiber, peanuts and peanut butter offer protein and healthy fats! These are a great sweet treat to curve your sweet tooth, but they contain fewer additives and refined sugars, some say they even taste like a snickers bar!



Frozen Yogurt Bark

Ingredients

Greek Yogurt (2 Cups)
Honey/ Maple Syrup (2tbsp)
Mixed Berries (2 cups)
Nuts/ Seeds (1/4)
Granola (Optional)

*You will need a baking sheet,
parchment paper, and freezer for
this recipe*

Directions

1. In a bowl, mix Greek yogurt with honey or maple syrup
2. Spread the yogurt mixture evenly on a parchment- lined baking sheet
3. Top with berries, buts, and granola
4. Freeze for at least 2 hours, or until firm
5. Break into pieces and enjoy!

Bonus Tip:

If you're looking for a sweet treat, add in dark chocolate chips to your bark! Add any extra fruit or nuts that you have on hand!

Greek yogurt is high in protein and contains probiotics which are great for digestion.
Berries are packed with vitamins and antioxidants and fiber!



Apple Treats

Ingredients

Apples

Nut Butter

Granola

Other toppings of your choice..

Dark Chocolate Chips (Optional)

Honey (Optional)

Maple Syrup (Optional)

Directions

1. Prepare your apple slices
 - a. (For best practice) Cut your apple horizontally, and cut out the core
2. Evenly coat your apple on one side with your nut butter of choice
3. Sprinkle granola on your nut butter
4. Add additional toppings to your liking

Bonus Tip:

These sweet treats are highly customizable! Swap nut butter for Nutella for a chocolatey treat! The toppings are endless... peanuts, seeds, crushed up pretzels, maple syrup drizzle, the possibilities are endless!

Apples are rich in fiber, vitamin C, and low in calories! Combined with peanut butter they are a low calorie, cost effective snack that you might already have at home!



Frozen Banana Bites

Ingredients

Bananas

Dark Chocolate Chips (1/2 cup)

Coconut Oil (1 tablespoon)

Crushed Nuts

You will need a baking sheet and freezer for this recipe

Directions

1. Prepare Bananas
 - a. Cut bananas into small coin size slices
2. Prepare Chocolate:
 - a. Melt Chocolate and coconut oil in the microwave or a double boiler
3. To prepare bananas you can either dip and roll the bananas in the chocolate or place the bananas on baking sheet and drizzle chocolate over top
4. Sprinkle crushed nuts, or additional toppings
5. Let the bananas chill in the freezer for 15-20 min to harden the chocolate

Bonus Tip:

If you're a fan of sweet and salty, crush up pretzels and add them on top, or sprinkle on some sea salt!

Dates provide natural sweetness and are high in fiber, peanuts and peanut butter offer protein and healthy fats! These are a great sweet treat to curve your sweet tooth, but they contain fewer additives and refined sugars, some say they even taste like a snickers bar!