

# It's Earth Day!

Celebrate our incredible planet by enjoying delicious, nourishing and beautiful food! Keep it simple or make it bright and bold depending on what you have available.

## MUSIC

Check out National Geographics Earth Day WILD playlist on Spotify.

*[click here to access the playlist](#)*



BOISE STATE UNIVERSITY

Spark new conversation with family, friends or roommates with the questions of the night:

- What about humanity inspires you?
- What about the earth inspires you?



There's something relaxing and special about spending time in the outdoors. Don't forget that it's still important to get outside, move your body, and enjoy the sunshine. The stay at home order allows responsible outdoor recreation in your local area. It is your responsibility to stay up to date and respect the health of others' when recreating outside.

If you are staying indoors, you can still enjoy nature virtually. It's National Parks Week and the National Parks Service is inviting you to bask in the beauty of nature wherever you are! Check out the link in the email for sights, sounds, and ways to join in on the celebration.

**BRONCO FAMILY TABLE MEAL KITS**  
brought to you by BRONCOFIT

# RECIPES

## DIY SALAD BAR

Serves 4

### INGREDIENTS:

- 8 cups leafy salad greens, washed
- 8-12 oz. leftover cooked chicken, ham, turkey or fish, or a combo (substitute beans/lentils/tofu as desired)
- 4 oz. cheese
- 1 medium apple
- 1 bunch grapes
- 1/2 small cucumber
- 1 pint grape tomatoes or 1 large tomato
- 2 medium carrots
- 2 hard-boiled eggs (optional)
- 1/2 cup almonds or walnuts (substitute pumpkin or sunflower seeds as desired)
- Salad dressing of your choice

### DIRECTIONS:

Pile greens into a large bowl or platter. Cut meats into bite-sized pieces. Cube or shred cheeses. Arrange in small bowls or on a plate. Prepare the other vegetables and fruits as needed — dice apples, slice cucumbers, cut grapes and tomatoes in half as needed, slice carrots — and place in small bowls or arrange in piles on a platter. Cut hard boiled eggs in quarters and place in a small bowl. Place nuts or seeds in a small bowl. Set out your family's favorite salad dressings and let everyone make their own salads!

## QUINOA SALAD

Serves 4

### INGREDIENTS:

- 1 cup of quinoa
- 2 kernels from 2 ears of corn, or 1 can of corn
- 1 (15 oz.) can black beans, rinsed and drained
- 1 red or green pepper, chopped in ½ inch squares
- 2 scallions, washed and chopped
- ½ cup parsley or cilantro, washed and chopped
- 1 mango, peach or nectarine, peeled and chopped into small cubes (could use canned or thawed frozen fruit)
- Italian or homemade dressing
- Salt and pepper, to taste
- Juice from half a lemon or lime

### DIRECTIONS:

Start with one part quinoa and two parts water. Bring water to a boil, then add quinoa. Cover the pan and turn the heat to very low for 15 minutes. Let the quinoa cool, then mix together with all the other ingredients. Add Italian or homemade salad dressing to taste. Serve cold or at room temperature.

This weeks recipes are from [thefamilydinnerproject.org](http://thefamilydinnerproject.org)

# FIESTA WRAPS

Serves 6

## INGREDIENTS:

- ¼ cup quinoa, dry
- 2 ¼ cups canned low-sodium black beans, drained, rinsed
- ¼ cup fresh red bell pepper, seeded, diced
- ¼ cup Fresh red onions, peeled, diced
- ½ cup Fresh carrots, peeled, shredded
- ¼ cup cheddar cheese, shredded (1 oz)
- 1 tsp Chili powder
- 1 ¼ tsp Ground cumin
- 1 ¼ tsp Fresh Lime juice
- 6 Whole-wheat tortillas, 6"
- 1 Tbsp Vegetable oil

## DIRECTIONS:

Preheat oven to 325 °F. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa and ¾ cup water in a small pot. Cover and bring to a boil. Turn heat down to low and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Fluff with a fork and set aside. A rice cooker may be used with the same quantity of quinoa and water. Place black beans in a large mixing bowl. Lightly mash beans by squeezing them using gloved hands (at least 50 percent of the beans should appear whole). Be careful not to over-mash beans. To make filling, add to the mashed beans the quinoa, red peppers, red onions, carrots, cheese, chili powder, cumin, and lime juice. For each wrap, place ½ cup of filling on the bottom half of tortilla and roll in the form of a burrito. The wrap may also be folded in half like a taco. Brush filled wraps lightly with vegetable oil and place on a baking sheet. Bake for 10 minutes at 325 °F. Wraps will be lightly brown. Serve hot.

# THE EASIEST COOKIES IN THE WORLD

Yields: 2 dozen cookies

## INGREDIENTS:

- 2 overripe bananas
- 1 cup quick oats
- ½ cup chocolate chips

## DIRECTIONS:

Using a fork mash the bananas in a bowl. The consistency should be gooey, try to get the lumps out. Pour in oats and chocolate chips and mix well. With moist hands form 2-inch balls of mixture, place on greased cookie sheet about 1 inch apart.

Bake at 350 degrees  
For 15 to 20 minutes or  
until golden brown.

Let cool and enjoy!  
Try adding raisins, craisins or  
your favorite nut for variety.

