

RECIPE FOR

Denver Omelet

NAME OF DISH

FROM THE KITCHEN OF

Katy Soper, MS, RD/LD
Feb. 2021 Alumni Lunch & Learn



INGREDIENTS

- 4-eggs, beaten
- 4-oz low sodium deli ham, chopped
- 1-1 ½ cups of chopped onions & peppers, frozen
- 1-2 Tbsp of olive oil

Toppings: shredded cheese, salsa, avocado or guacamole

SERVES

4

MEAL

Breakfast, Lunch
or Dinner

DIRECTIONS

1. Heat skillet with olive oil over medium heat
2. Add frozen onions & peppers to skillet; cook until fully warmed and no longer frozen
3. Add chopped ham to veggies; cook until warmed
4. Add beaten eggs to ham & veggies; cook until scrambled and fully cooked through.
5. Serve immediately topped with above toppings and a side of fruit salad and whole wheat toast

RECIPE FOR

Salsa Chicken

NAME OF DISH

FROM THE KITCHEN OF

Katy Soper, MS, RD/LD
Feb. 2021 Alumni Lunch & Learn



INGREDIENTS

- 1-1 ½ cups of salsa of your choice
- 2-3 large chicken breasts, frozen
- Cooking spray

Equipment: Instant Pot or slow cooker

SERVES

4-6

MEAL

Lunch or Dinner

DIRECTIONS

Instant Pot Cooking Instructions

1. Spray Instant Pot with cooking spray to prevent sticking
2. Arrange chicken breasts to fit in the bottom of the Instant Pot
3. Cover with salsa to coat
4. Set to Pressure Cook for 28-mins
5. Release steam being mindful to be careful of steam which can burn you
6. Once Instant Pot steam is released, remove lid; use tongs to remove cooked chicken breasts and place in baking dish – shred meat using 2-forks.
7. Serve on tacos, taco salad, or even in baked potatoes; get creative!

Slow Cooker Instructions

1. Spray Slow Cooker with cooking spray to prevent sticking
2. Arrange chicken breasts to fit in the bottom of the Slow Cooker
3. Cover with salsa to coat
4. Set cook time for 5-6 hours
5. Remove lid; use tongs to remove cooked chicken breasts and place in baking dish - shred meat using 2 forks
6. Serve on tacos, taco salad, or even in baked potatoes; get creative!