

Root Vegetable Hash



Breakfast Egg Cups



Banana Baked Oatmeal



Sweet Potatoes with Apples and Raisins



# We appreciate your partnership

## Sharing recipes from our table to yours

Food is a basic human need, yet everyday thousands of our neighbors struggle to have enough food on their plates. At Greater Pittsburgh Community Food Bank, we work to ensure that anyone who needs a healthy meal can get one. You help ensure that all our neighbors have enough food for today, tomorrow and a lifetime.

We'd love to hear from you! You can tell us how you enjoyed these recipes and send pictures of your creations to [friends@pittsburghfoodbank.org](mailto:friends@pittsburghfoodbank.org).



# Root Vegetable Hash

**Cuisine:** 30 Minute Meals, Heart Healthy, Gluten Free, Diabetes Friendly, Vegetarian  
**Difficulty:** Medium



# Breakfast Egg Cups

**Cuisine:** Diabetes Friendly, Gluten Free, Vegetarian, 30 Minute Meals  
**Difficulty:** Medium

  
**Servings**  
4 servings

  
**Prep time**  
10 minutes

  
**Cooking time**  
10 minutes

  
**Calories**  
130 kcal

## INSTRUCTIONS

1. Heat oil in a large skillet over medium heat.
2. Add potato, carrot, beet, sweet potato, and onion to a large bowl. Stir to mix vegetables.
3. Add vegetables to the skillet. Spread vegetables in an even layer to cover the bottom of the skillet. Cook for 5 minutes.
4. Season with salt and black pepper.
5. Use a spatula to flip the vegetables so they do not burn. Cook for 5 minutes.

## INGREDIENTS

2 tsp oil  
1 cup potato, shredded  
1 cup carrot, shredded  
1 cup beet, shredded  
1 cup sweet potato, shredded  
1 onion, thinly sliced  
1/4 tsp salt  
1/4 tsp black pepper

**Nutrition Facts (per serving):**  
130 calories; fat 2.5g; saturated fat 0g; trans fat 0g; cholesterol 0mg; sodium 210mg; carbohydrates 24g; dietary fiber 4g; sugar 7g; protein 3g; vitamin d 0mcg; calcium 36mg; iron 1mg; potassium 569mg

Serving Size: 1/2 cup

  
**Servings**  
6 servings

  
**Prep time**  
5 minutes

  
**Cooking time**  
25 minutes

  
**Calories**  
60 kcal

## INSTRUCTIONS

1. Preheat oven to 350°. Spray six cups of a muffin tin with non-stick cooking spray.
2. Crack eggs into a bowl. Beat eggs.
3. Add milk, spinach, salt, and black pepper. Stir to mix.
4. Pour egg mixture into 6 muffin cups. Bake for 20 to 25 minutes, until the tops of the egg cups are puffed.
5. Store in an airtight container in the refrigerator for 1 week. To reheat, cook in the microwave for 45 to 60 seconds until hot.

## INGREDIENTS

Non-stick cooking spray  
4 eggs  
1/4 cup low-fat milk  
1 cup frozen spinach, thawed  
1/4 tsp salt  
1/8 tsp black pepper

**Nutrition Facts (per serving):**  
60 calories; fat 3.5g; saturated fat 1g; trans fat 0g; cholesterol 125mg; sodium 190mg; carbohydrates 1g; dietary fiber 0g; sugar 1g; protein 5g; vitamin d 1mcg; calcium 45mg; iron 1mg; potassium 46mg

Serving Size: 1 Egg Cup



# Banana Baked Oatmeal

**Cuisine:** Heart Healthy, Diabetes Friendly, Vegetarian  
**Difficulty:** Hard



# Sweet Potatoes with Apples and Raisins

**Cuisine:** Diabetes Friendly, Gluten Free, Heart Healthy, Vegetarian  
**Difficulty:** Medium

  
**Servings**  
6 servings

  
**Prep time**  
10 minutes

  
**Cooking time**  
30 minutes

  
**Calories**  
210 kcal

## INSTRUCTIONS

1. Preheat oven to 350°.
2. Add oats, raisins, cinnamon, baking powder, and salt to a bowl. Stir to mix.
3. In a separate bowl, mash the banana with a fork. Add milk and egg. Add vanilla, if using. Stir to mix.
4. Add wet ingredients to the dry ingredients. Stir to mix.
5. Pour oatmeal mixture into an 8-inch by 8-inch baking dish or bread pan. Bake for 25-30 minutes.

## INGREDIENTS

2 cups rolled or quick oats  
1/2 cup raisins  
2 tsp cinnamon  
1/2 tsp baking powder  
1/4 tsp salt  
2 bananas, peeled  
1 cup low-fat milk  
1 egg  
1 tsp vanilla

**Nutrition Facts (per serving):**  
210 calories; fat 3.5g; saturated fat 1g; trans fat 0g; cholesterol 30mg; sodium 125mg; carbohydrates 41g; dietary fiber 5g; sugar 16g; protein 7g; vitamin d 1mcg; calcium 132mg; iron 1mg; potassium 409mg

Serving Size: 3/4 Cup

  
**Servings**  
4 servings

  
**Prep time**  
10 minutes

  
**Cooking time**  
50 minutes

  
**Calories**  
180 kcal

## INSTRUCTIONS

1. Preheat oven to 375°.
2. Add chopped sweet potato and apple to a large mixing bowl.
3. Add raisins, oil, orange juice, cinnamon, and salt to the bowl. Stir to mix.
4. Spray a baking dish with non-stick cooking spray.
5. Pour sweet potato, apple, and raisin mixture into the baking dish. Cover baking dish with an oven-safe lid or aluminum foil.
6. Bake for 50 minutes.

## INGREDIENTS

Non-stick cooking spray  
1/2 tsp cinnamon  
1/8 tsp salt  
1/2 cup raisins  
2 cups sweet potato, peeled and chopped  
2 cups apple, chopped  
2 tbsp orange juice  
2 tsp oil

**Nutrition Facts (per serving):**  
180 calories; fat 2.5g; saturated fat 0g; trans fat 0g; cholesterol 0mg; sodium 125mg; carbohydrates 39g; dietary fiber 4g; sugar 25g; protein 2g; vitamin d 0mcg; calcium 35mg; iron 1mg; potassium 464mg

Serving Size: 2/3 cup