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Department of War
OFFICE OF PREPUBLICATION AND SECURITY REVIEW

Mission Ready Meal Kit

Affordable Recipes
from the Military
Community





In the military, readiness is everything. It's the foundation of strength, resilience and success—on the battlefield and at home.

Proper nutrition is not just a personal choice; it's a strategic advantage. High-quality, nutrient-dense foods fuel the energy, focus and endurance that warfighters and their families need to meet the demands of military life. Beyond performance, good nutrition is a powerful tool for disease prevention, overall well-being and sustaining the mission.

We understand that the challenges of military life—long duty hours, deployments and the constant demands of service—can make preparing balanced meals feel like an uphill battle. Yet, across the military community, service members and their families have risen to these challenges, finding innovative and practical ways to prioritize nutrition without compromising on taste or time.

The recipes in this Mission Ready Meal Kit are a testament to that ingenuity. Curated from the military community—including service members, veterans and military spouses—these dishes reflect the creativity and resourcefulness of those who know the demands of military life first-hand. Each recipe is designed to help you take control of your kitchen, offering real, wholesome foods that are simple to prepare, budget-friendly and packed with flavor.

From hearty, crowd-pleasing meals to quick, on-the-go options and globally inspired dishes, this collection has something for everyone. These recipes are more than just meals—they're tools to help you and your family stay fueled, focused and ready for whatever lies ahead.

Wherever duty calls, let this cookbook be your guide to building strength and resilience, one meal at a time. The mission starts here—at the table.

Stephen B. Simmons

Deputy Assistant Secretary of War
for Military Community and Family Policy

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Leah's Greek Chicken and Potatoes

Leah C., Marine Corps Spouse

These lemony chicken and potatoes are a flavorful, one-pan wonder with Greek-inspired flair. Best of all, the oven does most of the work.

Ingredients

- 1 1/2 pounds yellow potatoes, cut into 2-inch chunks
- 1/2 yellow onion, thinly sliced
- 2 Tbsp + 1/4 cup extra virgin olive oil, divided
- 2 1/2 tsp kosher salt, divided
- 1 1/4 tsp black pepper, divided
- 1 1/2 Tbsp dried oregano, divided
- 1/4 cup lemon juice, divided
- 1 (3 1/2 to 4 pound whole) chicken



Instructions

- 1 Preheat oven to 450° F.
- 2 Toss potatoes and onion with 2 Tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1/2 tsp oregano and 2 Tbsp lemon juice. Arrange the tossed vegetables on a sheet pan or oven-safe skillet.
- 3 Pat the chicken dry with paper towels. Then, spatchcock the bird. Place cavity-side up over the potato mixture.
- 4 Mix remaining 1/4 cup oil with 1 Tbsp oregano. Brush a quarter of the mixture on the underside of the chicken. Season with 1/2 tsp of salt and 1/4 tsp pepper.
- 5 Flip the chicken so it's breast-side up. Brush with the remaining oil mixture. Then, drizzle with the remaining 2 Tbsp of lemon juice. Season with the remaining 1 tsp of salt and 1/2 tsp pepper.
- 6 Roast the chicken and potatoes for 30 minutes. After 30 minutes, toss the potatoes and return to oven to roast for 10 to 15 minutes more until the chicken reaches an internal temperature of 155-160° Fahrenheit.
- 7 Remove the pan from the oven. Cover lightly with foil and let the chicken rest for 10 to 15 minutes. Quarter the chicken and serve with the potatoes, drizzling the pan juices on top.

Note: This recipe is shared for general information only and has not been reviewed for compliance with Department of War nutrition standards.

Jackie's Slow Cooker Burrito Bowl

Jackie W., Marine Corps Spouse

The ultimate “set it and forget it” meal! Toss everything in the slow cooker and come home to a burrito bowl packed with flavor.

Ingredients

- 1 1/2 to 2 pounds boneless chicken thighs
- 1 (10-ounce) can Ro*Tel diced tomatoes and green chilies (mild or hot)
- 1 (15-ounce) can black beans, drained
- 1 (14.75-ounce) can Mexican street corn, drained
- 1 cup chicken broth
- 1 packet of taco or fajita seasoning, or make your own:
 - 2 tsp chili powder
 - 1 tsp cumin
 - 1 tsp smoked or regular paprika
 - 1/2 tsp garlic powder
 - 1/2 tsp onion powder
 - 1/2 tsp salt
 - 1/4 tsp black pepper
- 2 to 3 fresh limes
- Toppings (optional):
 - Avocado or guacamole
 - Shredded lettuce
 - Cilantro
 - Cheese
 - Sour cream or Greek yogurt



Instructions

- ① Combine chicken, Ro*Tel, black beans, corn, chicken broth and seasonings in a slow cooker.
- ② Cover and cook for 3 to 4 hours on high or 6 to 7 hours on low.
- ③ Using two forks, shred the chicken directly in the slow cooker pot.
- ④ Stir everything together and squeeze fresh lime juice over the mixture before serving.

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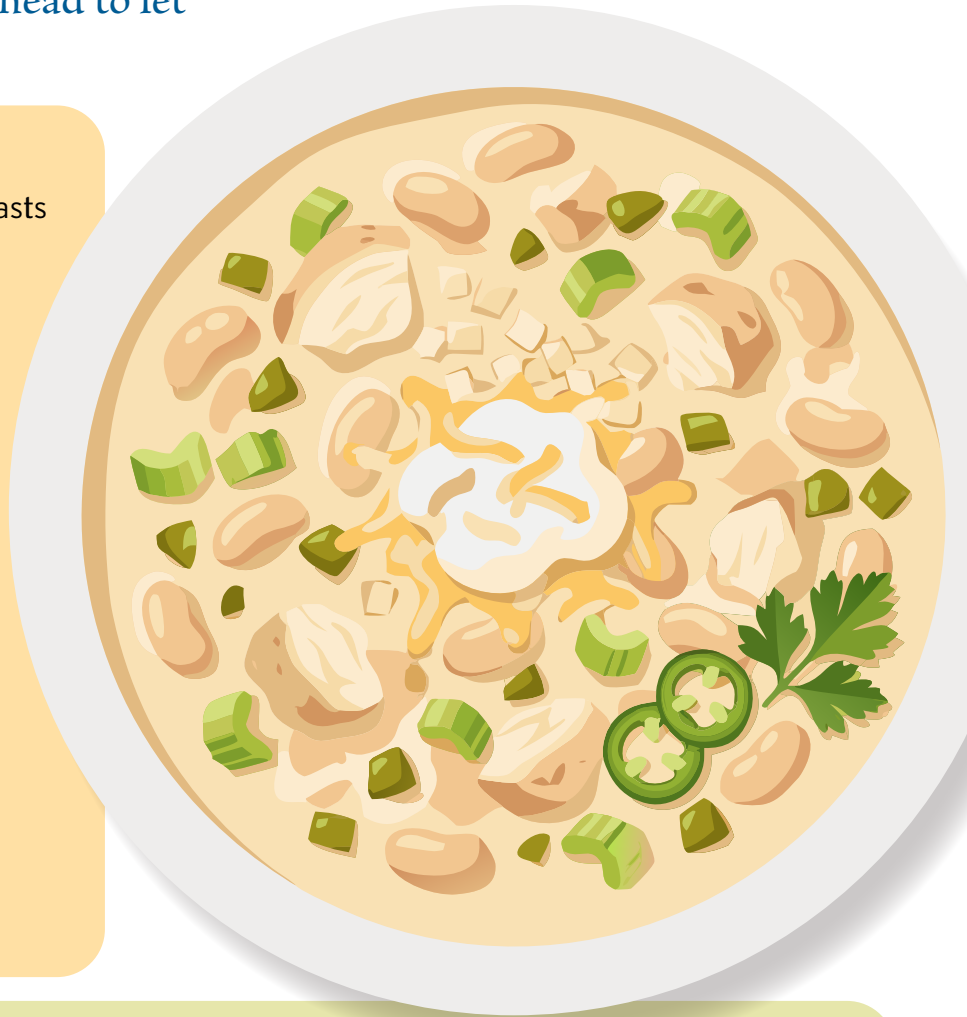
JJ's White Bean Chili

James M., DOW Nutrition Expert

This wholesome chili brings comforting, protein-packed flavor with tender chicken, creamy beans and a subtle kick from the chiles and jalapeños. Tip: Make it a day ahead to let the flavors get even better.

Ingredients

- 3 to 4 boneless, skinless chicken breasts
- Olive oil
- 1 yellow onion, chopped
- 2 to 3 garlic cloves, minced
- 2 to 3 celery stalks, chopped
- Salt and pepper, to taste
- 4 to 5 (15-ounce) cans white beans such as cannellini or Great Northern, drained
- 2 to 4 cups chicken broth
- 1 Tbsp ground cumin
- 1 (4-ounce) can green chiles
- Pickled jalapeños, seeds removed, finely chopped, to taste
- Hot sauce, optional, to taste
- Optional toppings: sour cream, shredded cheese



Instructions

- ① In a large sauté pan, heat olive oil over medium. Once hot, add the chicken and cook until lightly golden, but do not cook completely.
- ② While the chicken is cooking, in a separate large pot, heat olive oil over medium heat. Sauté the onion, garlic and celery. Season with salt and pepper. Cook vegetables until tender.
- ③ When the chicken is 75% cooked, remove from heat and cut into bite-sized pieces. Add the chicken to the pot with the softened vegetables. Turn heat to medium-low and add the beans.
- ④ Add enough chicken broth to achieve desired consistency.
- ⑤ Add cumin, chiles and desired amount of jalapeños. Season with salt and pepper. If desired, add hot sauce.
- ⑥ Simmer on low heat, until chicken is tender and flavors have melded, about 1 to 2 hours.
- ⑦ Divide chili among bowls and finish with desired toppings, like sour cream or cheese.

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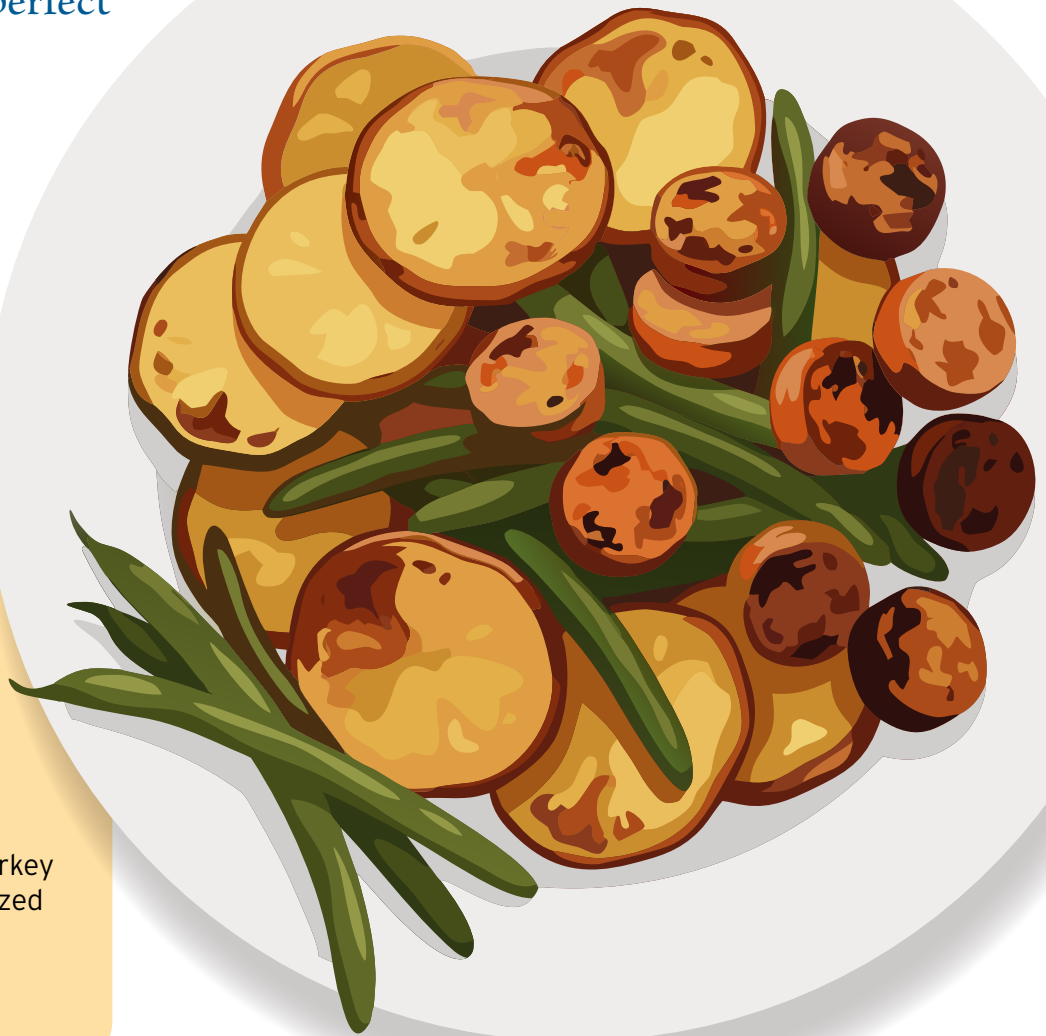
Heidi's Homestyle Turkey Sausage Sauté

Heidi C., Active Duty Air Force Dietitian

This simple, cozy supper turns a few everyday ingredients into a satisfying meal. It's the perfect choice for a quick and comforting weeknight dinner, coming together in one pan with minimal prep.

Ingredients

- 2 to 4 Tbsp vegetable oil
- 2 to 4 medium white potatoes, cut into 1/4-inch slices
- Salt and pepper, to taste
- Optional seasonings, such as garlic and onion powder, to taste
- 1 (12 to 16-ounce) smoked turkey sausage link, cut into bite-sized pieces
- 1 (14.5-ounce) can green beans, drained



Instructions

- ① In a large skillet, heat oil over medium.
- ② Add potatoes to skillet in layers, flipping to ensure even browning. When the potatoes are almost cooked through, season as desired.
- ③ Add turkey sausage. Cook until lightly browned and heated through.
- ④ Add green beans. Cover and cook until potatoes are fork-tender.

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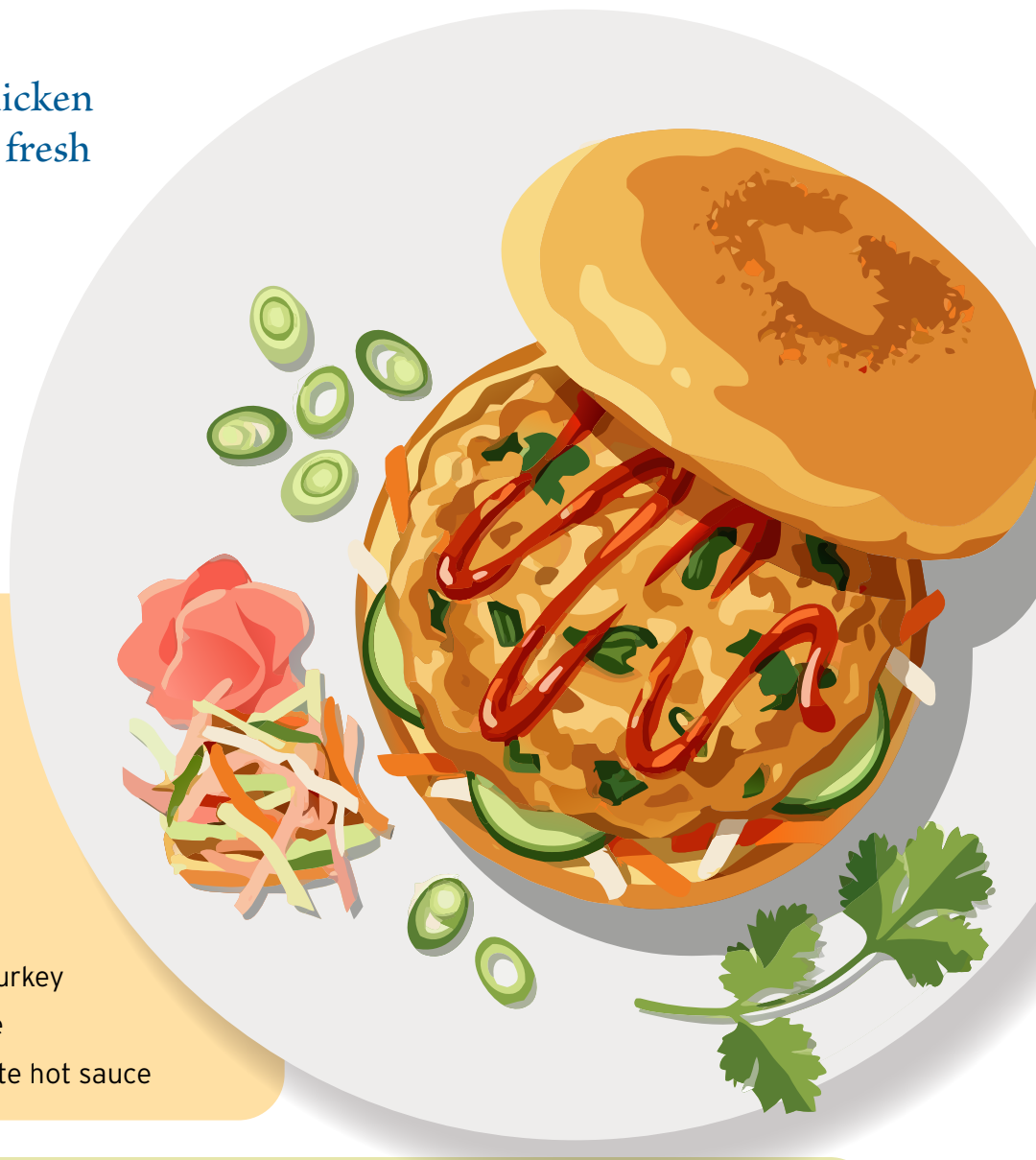
Angela's Asian Chicken Burgers

Angela B., Retired Army Dietitian

These Asian-inspired chicken burgers are packed with fresh ginger, garlic and herbs for bold flavor in every bite. They offer a savory and aromatic twist on the classic American burger.

Ingredients

- 2 Tbsp sesame oil, divided
- 3 to 4 scallions, chopped
- 2 tsp fresh cilantro leaves and stems, finely chopped
- 1 tsp fresh garlic, chopped
- 1 tsp fresh ginger, chopped
- 1 pound ground chicken or turkey
- 1 Tbsp low-sodium soy sauce
- 1 tsp sriracha, or your favorite hot sauce



Instructions

- ① Heat 1 Tbsp oil over medium-low. Sauté scallions, cilantro, garlic and ginger for 1 to 2 minutes, or until fragrant. Remove from heat, and set aside in a large bowl.
- ② Add chicken, remaining 1 Tbsp oil, soy sauce and sriracha to the bowl.
- ③ To prevent sticking, lightly oil your hands. Combine ingredients and form into 4 equal patties, making an indent in the center of each patty.
- ④ In the same skillet, heat to medium. Add more oil if needed. Once hot, add the patties.
- ⑤ Cook for about 3 minutes on each side until golden brown, and internal temperature has reached 165° F.

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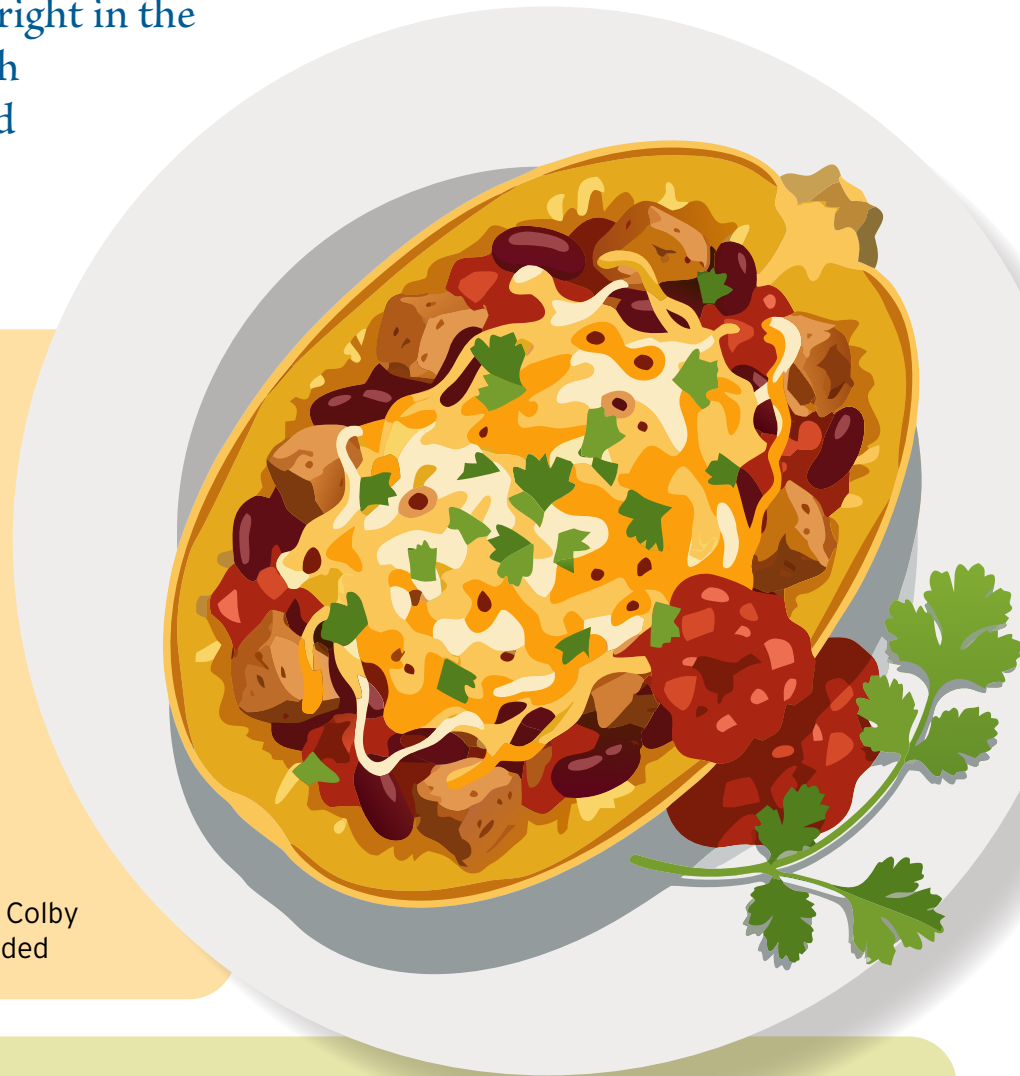
Joanna's Tex-Mex Baked Spaghetti Squash

Joanna R., DOW Civilian and Retired Army Colonel

This bold Tex-Mex spaghetti squash delivers cheesy, comforting casserole flavor in a nutrient-dense, veggie-forward way. Baked right in the squash skin and packed with seasoned chicken, beans and salsa, it's a colorful, tasty twist on a classic.

Ingredients

- 1 medium spaghetti squash
- 1/4 tsp salt
- 1/2 tsp pepper
- 1 pound chicken breast, cut into chunks
- 1 (14-ounce) can red kidney or black beans, drained and rinsed
- 1/2 tsp chili powder
- 1 cup salsa
- 3 Tbsp cilantro, finely chopped
- 2 cups shredded cheese, such as Colby Jack, Tex-Mex or mozzarella, divided



Instructions

- ① Preheat oven to 375° F. Cut spaghetti squash in half and remove seeds with a spoon. Place the halved squash, cut side up, on a rimmed, parchment-lined baking sheet. Season with salt and pepper. Roast until the squash is tender when poked with a fork, about 45 minutes. Remove from oven and let cool for a few minutes. Shred the squash with a fork, keeping the outer rind intact. Remove the shredded squash and set aside. Reserve the rind halves on the baking sheet.
- ② In the meantime, heat a medium-sized skillet over medium. Coat with cooking spray. Add chicken and sauté until golden brown, stirring occasionally.
- ③ Add the shredded squash, beans, chili powder, salsa and cilantro to the skillet. Combine, then remove from heat. Add the mixture to each half of the reserved squash rind. Sprinkle the cheese on top. Return to oven, baking for an additional 10 minutes or until the cheese is melted. Serve hot, garnishing with additional cilantro. Leftover chicken mixture can be baked in a small casserole dish with shredded cheese.

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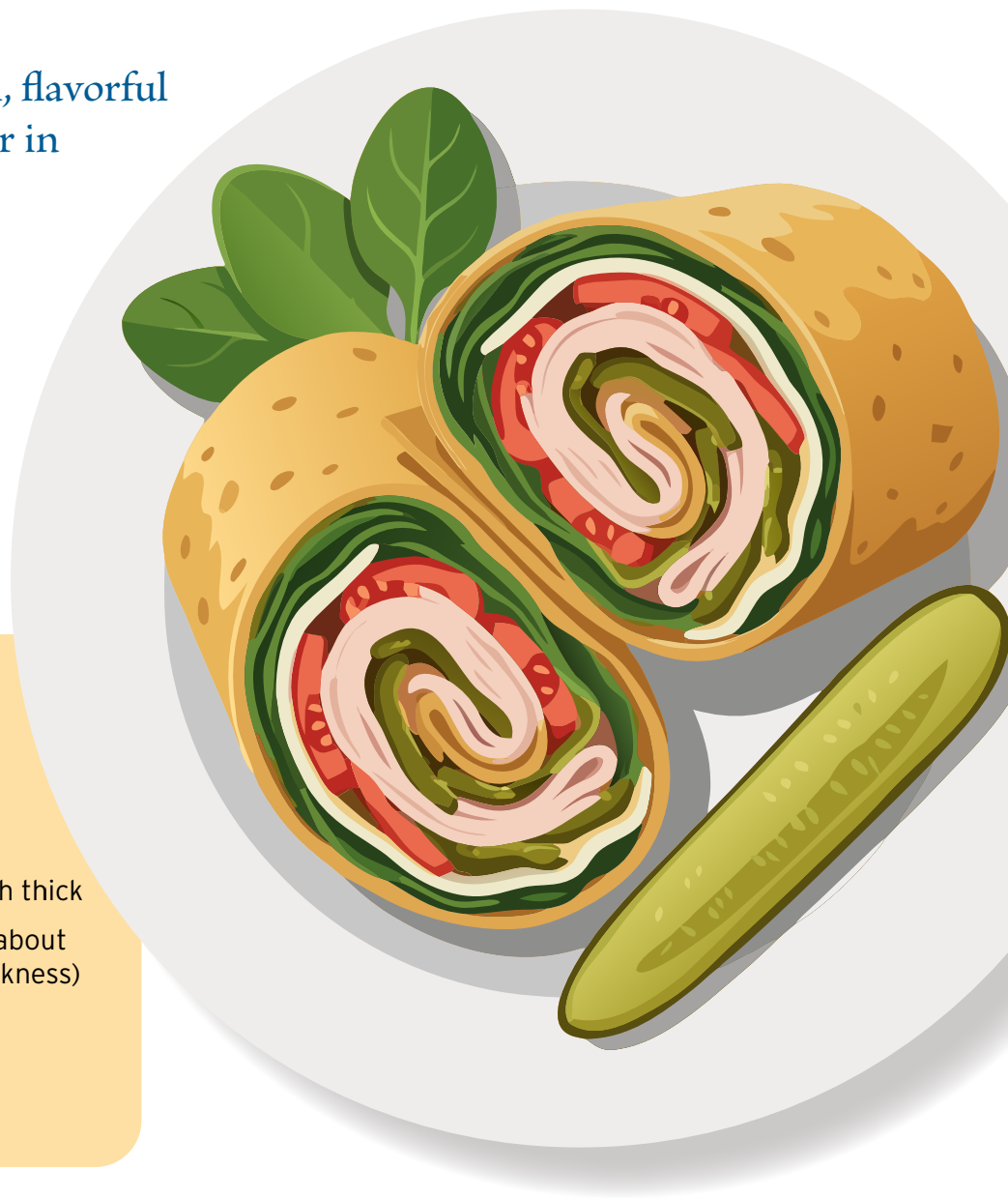
Turkey Green Chili Wrap

Healthy Army Communities

This turkey wrap is a fresh, flavorful option that comes together in minutes. Packed with lean protein, crisp veggies and a mild kick from the roasted green chilies, it's a delicious, easy grab-and-go meal.

Ingredients

- 1 (10-inch) whole grain tortilla
- 1 Tbsp light mayonnaise
- 1 cup fresh spinach
- 2 slices of tomato, about 1/4 inch thick
- 3 ounces sliced turkey breast (about 3 to 4 slices, depending on thickness)
- 2 Tbsp roasted green chilies
- 1 slice provolone
- 1 dill pickle spear



Instructions

- ① Warm the tortilla and place on a cutting board.
- ② Assemble the wrap: spread mayonnaise on the tortilla, followed by the spinach, sliced tomato, turkey, chilies and provolone.
- ③ Tightly roll up. If desired, wrap in deli paper.
- ④ Slice wrap in half at a 45° angle. Serve and enjoy alongside pickle spear.

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Chicken Tinga

Consortium for Health & Military Performance (CHAMP)

This chicken tinga delivers smoky flavor with tender shredded chicken simmered in a rich chipotle tomato sauce.

A versatile, meal-prep-friendly filling for tacos, enchiladas and more, it can be easily tailored to your preferred level of heat by adjusting the amount of chipotle peppers.

Ingredients

- 1 Tbsp canola oil
- 1 medium yellow onion, diced
- 3 Tbsp garlic, minced
- 1 (15-ounce) can diced tomatoes
- 1 (7-ounce) can chipotle peppers, finely chopped
- 1½ tsp chili powder
- 1 tsp cumin
- 1 tsp dried oregano
- 1¼ pounds chicken breast
- 1 tsp salt



Instructions

- ① In a stock pot, heat oil over medium.
- ② Sauté onions and garlic, stirring regularly, until the onions are translucent, about 4 to 5 minutes.
- ③ Add diced tomatoes, chipotle peppers, chili powder, cumin and oregano to the pot. Stir well.
- ④ Bring sauce to a simmer. Add chicken breasts.
- ⑤ Cover and simmer for 25 to 30 minutes more, until chicken has reached an internal temperature of 165° F.
- ⑥ Remove chicken from pot and shred with two forks. Season with salt. Return shredded chicken to pot, stirring to coat in the sauce.
- ⑦ Use as a filling for tacos, enchiladas, burritos or as a topping for tostadas or grain bowls.

Julie's Southwestern Beef Bake Casserole

Julie D., Navy Spouse

This hearty casserole is a real crowd-pleaser, packed with bold Southwestern flavors, delivering creamy, cheesy comfort with a satisfying crunch.

Ingredients

- 1 pound lean ground beef
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 (9-ounce) can whole kernel corn, drained
- 1 (15-ounce) can black beans, drained
- 1 cup medium salsa
- 1 cup plain Greek yogurt or sour cream
- 3 cups tortilla chips, crushed
- 1 cup low-fat shredded cheddar cheese
- 15 cherry tomatoes, sliced in half



Instructions

- ① Preheat oven to 425° F.
- ② Heat a skillet over medium heat. Add the ground beef, chopped onion and garlic. Cook until browned and drain excess liquid. Set aside.
- ③ In a bowl, combine the cooked beef, onion and garlic with the corn, black beans, salsa and yogurt.
- ④ In a casserole dish, layer half the meat mixture, spreading evenly across the bottom of the dish. Layer just enough crushed tortilla chips to cover the meat mixture. Layer just enough shredded cheese to cover the chips. Repeat the process with a layer of the remaining meat mixture, a layer of crushed chips and a final layer of cheese. Arrange the tomato halves on top.
- ⑤ Bake 30 minutes, uncovered. If you prefer less browning of the cheese, bake covered for 20 minutes and uncover in the final 10 minutes.

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Blended Beef and Mushroom Burger

Consortium for Health & Military Performance (CHAMP)

A true American staple, the classic burger gets a flavorful boost with finely chopped mushrooms blended right in. The mushrooms add rich, savory flavor and a boost of nutrients. Juicy, hearty and endlessly customizable, it's a go-to meal everyone can get behind.

Ingredients

- 1 pound 85% lean ground beef
- 3 Tbsp canola oil, divided
- 3 ½ cups white mushrooms, finely chopped
- ½ tsp salt
- ¼ tsp black pepper
- ¼ tsp granulated garlic
- 5 whole wheat hamburger buns
- Toppings, such as lettuce, tomato, onion, avocado and condiments



Instructions

- ① Heat 1 Tbsp oil in a large sauté pan over medium. Add mushrooms and sauté until golden brown, about 5 to 7 minutes. Remove from heat and transfer to a mixing bowl.
- ② Add ground beef, salt, garlic and black pepper to mushrooms. Mix until just combined.
- ③ Form into 5 equal patties, each about 3 ½ inches wide.
- ④ Heat remaining 2 Tbsp oil in the pan. Add burger patties and cook for about 4 minutes on each side. Internal temperature should be 155° F.
- ⑤ Assemble burgers with buns, desired toppings and condiments.

Stuffed Peppers with Beef

Defense Commissary Agency (DeCA)

These stuffed peppers are a hearty, all-in-one meal packed with seasoned beef and savory tomato flavor. Baked until tender and topped with melted cheese, they're a comforting, family-friendly dinner that's as colorful as it is satisfying.

Ingredients

- 1 cup instant brown rice or 1/2 cup quinoa
- 2 tsp olive oil
- 1 garlic clove, minced
- 1/2 large onion, diced
- 1 pound lean ground beef
- 1 (14 to 15-ounce) can diced tomatoes
- 1 (14 to 15-ounce) can low-sodium black beans, drained and rinsed
- 2 tsp chili powder
- 1 (14 to 15-ounce) can tomato sauce, divided
- 5 bell peppers, any color, tops removed and deseeded
- 1 cup shredded cheese



Instructions

- ① Preheat oven to 375° F.
- ② Cook the rice or quinoa according to package instructions. Meanwhile, heat olive oil in a large skillet over medium. Add garlic, onions and beef. Cook until meat is no longer pink. Drain and discard any remaining oil.
- ③ Stir in diced tomatoes, beans and chili powder. Add rice or quinoa and 3/4 of the tomato sauce. Stir until mixed.
- ④ Divide the rice and beef mixture among the peppers. Spoon the remaining tomato sauce on top of each pepper.
- ⑤ Arrange the stuffed peppers onto a baking dish, covering loosely with aluminum foil. Bake for 20 to 25 minutes.
- ⑥ Remove the foil, top with shredded cheese and bake for an additional 10 minutes.

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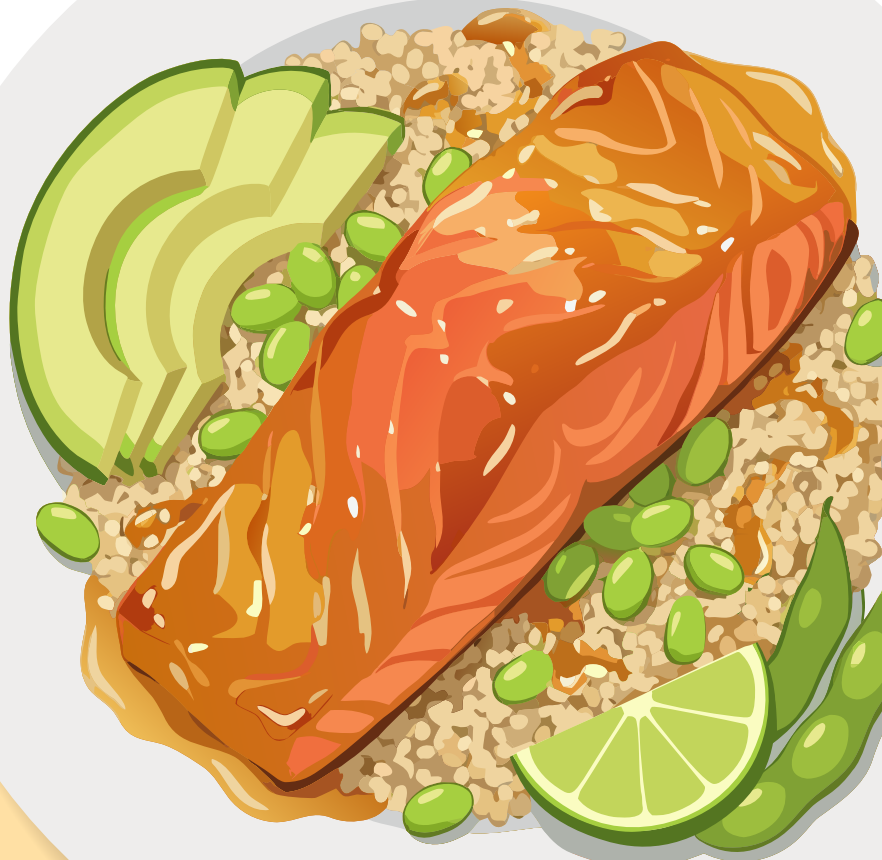
Lindsey's Honey Lime Salmon

Lindsey A., Active Duty Army Spouse

This honey lime salmon bowl pairs tender, oven-roasted salmon with fluffy quinoa, creamy avocado and a sweet, savory soy and citrus sauce for a fresh, nourishing meal. Packed with protein, healthy fats and bright flavors, it's a balanced, wholesome dish that's sure to please.

Ingredients

- 2 pounds salmon, cut into fillets
- Salt and pepper, to taste
- 6 Tbsp honey
- 3 Tbsp low-sodium soy sauce
- 1 lime, zested and juiced (about 1 1/2 to 2 Tbsp juice)
- 1 Tbsp sesame oil
- 2 cups quinoa
- 2 avocados, sliced
- 1 cup edamame, shelled and cooked



Instructions

- ① Preheat oven to 400° F.
- ② Season salmon with salt and pepper. Arrange on a sheet pan and bake for 15 to 20 minutes, depending on desired doneness.
- ③ Meanwhile, prepare the quinoa per package instructions.
- ④ In a bowl, combine honey, soy, lime juice, zest and sesame oil. Set aside.
- ⑤ Divide the quinoa among bowls, adding the salmon on top and pouring the sauce over. Add avocado slices and edamame to each bowl.

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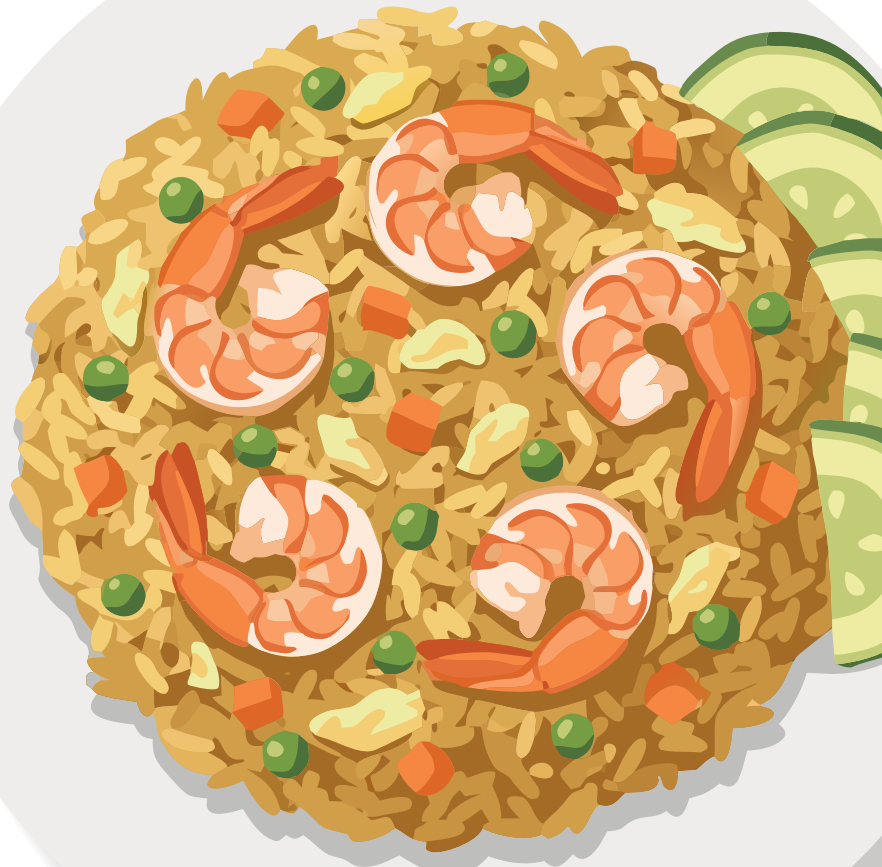
Shrimp Fried Rice

Defense Commissary Agency (DeCA)

With simple prep and easy cleanup, this shrimp fried rice is a flavorful, nutritious meal loaded with tender shrimp, vegetables and umami depth. It comes together faster than delivery, making it a quick, enjoyable option for any night of the week.

Ingredients

- 1 cup uncooked, long-grain rice
- 2 large eggs
- 1 1/3 cup frozen peas and carrots
- 1 pound shrimp, peeled and deveined
- 2 Tbsp sesame oil, divided
- 1 small onion, chopped
- 1 medium zucchini, sliced



Instructions

- 1 In a medium pot, add 1 cup rice and 2 cups of water. Cook according to package instructions, then set aside.
- 2 Meanwhile, crack the eggs into a bowl, season with salt and pepper and beat well with a fork. Heat a frying pan over medium with a spray of cooking oil. Add the eggs and cook for about 1 minute. Flip and cook for 1 more minute. Remove from pan and set aside to cool. Cut into strips.
- 3 Microwave the frozen peas and carrots per package instructions. Set aside.
- 4 Heat a separate pan or wok over medium. Add 1 Tbsp sesame oil. Add shrimp and cook for 2 to 3 minutes on each side. Remove shrimp from heat and set aside.
- 5 Add remaining 1 Tbsp sesame oil to the same pan. Add onion and cook for about 2 minutes. Add sliced zucchini and cook for an additional 2 to 3 minutes. Add cooked rice to the pan, letting it cook for 1 more minute.
- 6 Add sliced egg, peas and carrots, shrimp and soy sauce. Gently toss the ingredients together, allowing the rice to get toasty at the bottom of the pan for an additional minute.

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5-Minute Salmon Quesadillas

Defense Commissary Agency (DeCA)

These speedy salmon quesadillas turn pantry staples into a filling meal in minutes. Crispy on the outside and filled with savory salmon and melted cheese, they're an easy weeknight option topped with fresh greens, Greek yogurt and salsa for a balanced bite.

Ingredients

- 8 (8 to 10-inch) whole wheat tortillas
- 1 (14.75-ounce) can pink salmon, drained and center bone removed
- 1/4 tsp garlic powder
- 2 tsp dried basil
- 2 dashes of salt and pepper
- 1 (3 to 4-ounce) can sliced black olives, drained
- 1/2 cup shredded mozzarella
- Cooking spray, as needed
- 1/2 cup plain nonfat Greek yogurt
- 1/4 to 1/2 cup salsa
- 1 (6 to 10-ounce) bag of any plain mixed salad greens, such as spring mix, baby spinach, romaine, etc.



Instructions

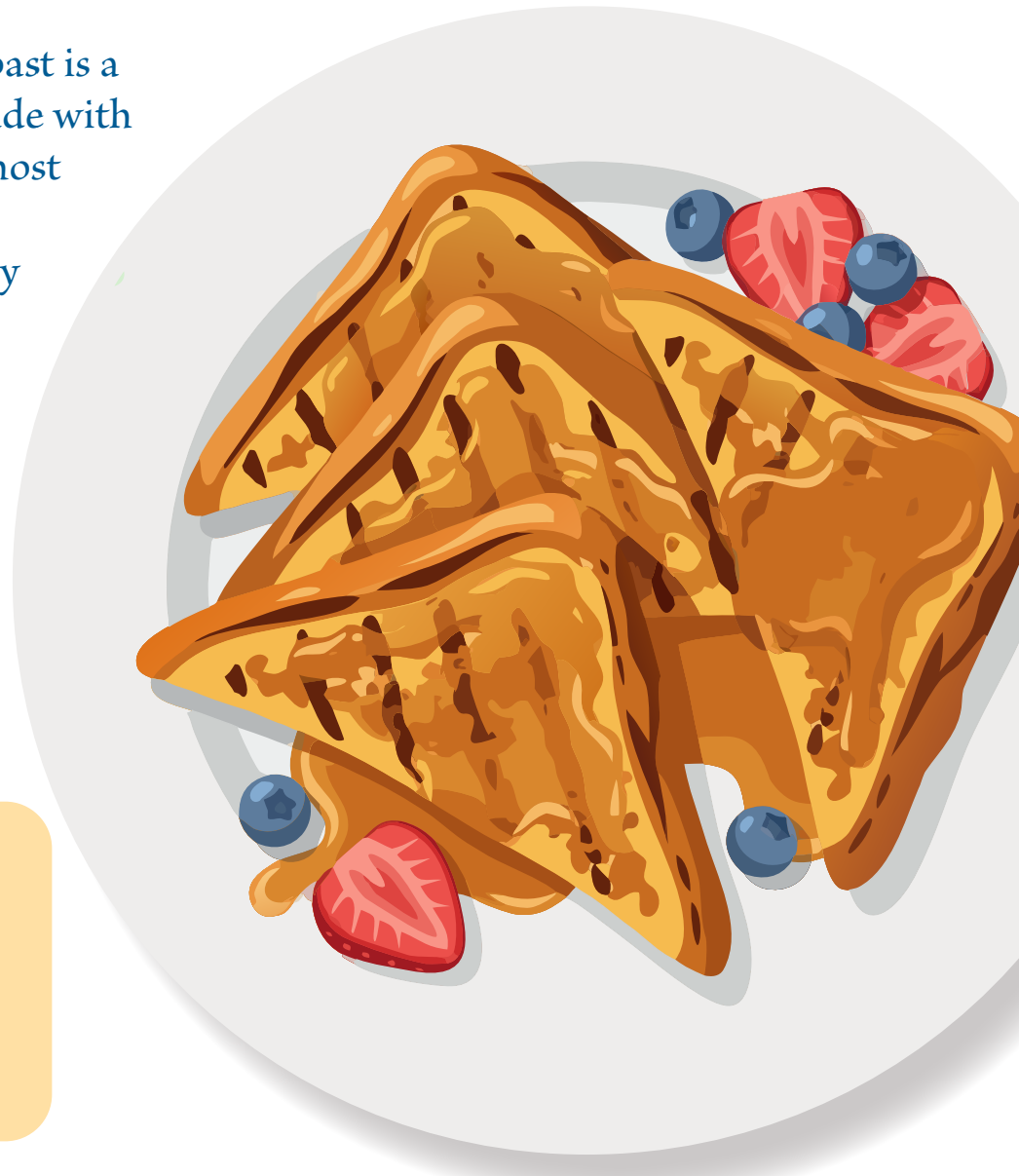
- ① Place salmon in a medium-sized mixing bowl. Using a fork, gently flake apart. Add garlic powder, basil, salt, pepper and olives. Gently combine ingredients.
- ② Heat a skillet over medium. Lightly coat with cooking spray. Place a tortilla on the pan and top with a quarter of the salmon mixture and a quarter of the shredded cheese. Top with another tortilla. Increase heat to medium-high and flip the quesadilla when the bottom tortilla begins to brown. Cook on the other side until the cheese melts.
- ③ Top the quesadilla with a quarter of the salad greens, yogurt and salsa. Repeat the process for the remaining three quesadillas.

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Arletta's Peanut Butter French Toast

Arletta E., Defense Health Agency (DHA) Civilian

This comforting French toast is a budget-friendly classic made with just a few pantry staples most families already have on hand. Make it your own by customizing with your favorite toppings, like fresh fruit, jam or more. The possibilities are endless!



Ingredients

- 1/4 cup boiling water
- 1 to 2 Tbsp peanut butter
- 4 to 6 whole-grain bread slices
- Optional toppings: fruit, jam, preserves or maple syrup

Instructions

- ① In a shallow, heat-safe bowl, pour boiling water over peanut butter. Add more water as needed to create a thin, batter-like consistency. Dip each slice of bread in the mixture.
- ② Meanwhile, heat a nonstick pan or griddle over medium. Cook soaked bread slices until browned on both sides. Remove from heat.
- ③ Top with fruit, jam, preserves or maple syrup.

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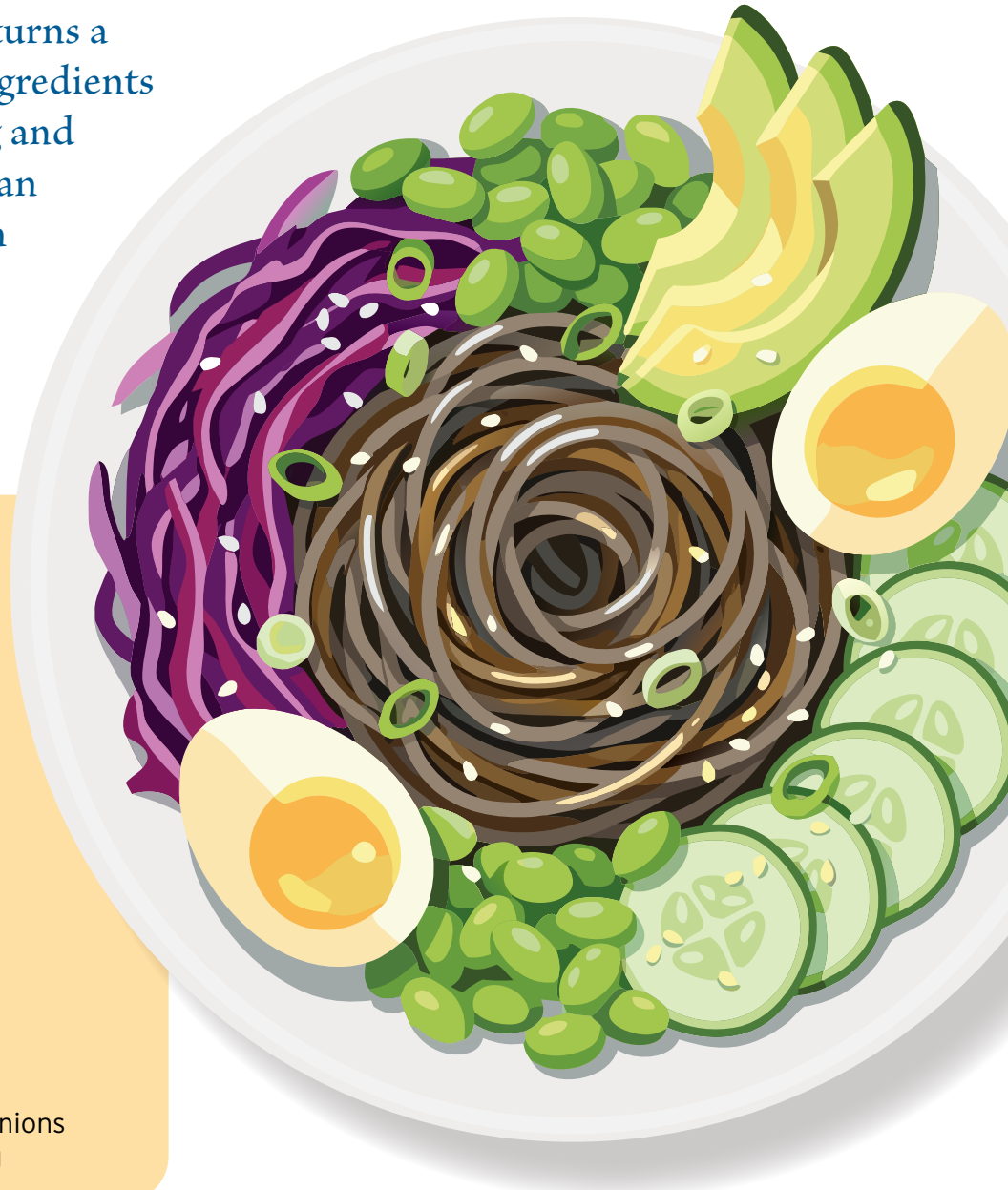
Angela's Soba Noodle Bowl

Angela S., Navy Spouse

This simple noodle bowl turns a handful of ready-to-go ingredients into a vibrant, nourishing and protein-packed meal. It's an effortless option for lunch or dinner when you're short on time.

Ingredients

- 1 (9.5-ounce) package dried soba noodles
- 1/4 cup store-bought sesame vinaigrette
- 1 cup shredded red cabbage
- Half a cucumber, thinly sliced
- 1 cup edamame, shelled and cooked
- 4 hard-boiled eggs, sliced or quartered
- 1 avocado, sliced
- Salt and pepper, to taste
- Optional: thinly sliced green onions and sesame seeds, for serving



Instructions

- 1 Bring a salted pot of water to boil. Cook soba noodles until tender, about 4 minutes. Drain and rinse under cold water. Transfer cooked noodles to a large bowl and toss with vinaigrette. Set aside.
- 2 To serve, divide noodles among four bowls. Top each bowl with shredded cabbage, cucumber, edamame, avocado and an egg. Season avocado and egg with salt and pepper to taste and garnish with green onions and sesame seeds, if desired.

Note: This recipe is shared for general information only and has not been reviewed for compliance with Department of War nutrition standards.

Saunya's Cucumber and Chickpea Salad

Saunya B., Air Force Dietitian

This light, crisp cucumber and chickpea salad comes together in minutes with just a handful of ingredients. Prep it in advance and keep it chilled for a quick, refreshing side whenever you need it.



Ingredients

- 1 (15-ounce) can chickpeas, drained and rinsed
- 1 (15.5-ounce) can red beans, drained and rinsed
- 1/2 cup diced red onion
- 2 cucumbers, sliced
- 3 Tbsp olive oil
- 3 Tbsp lemon juice
- 1/2 tsp salt
- 1/4 tsp pepper

Instructions

- 1 Combine ingredients and refrigerate. Serve cold.

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Kate's Spicy Chickpea-Coconut Curry

Kate R., Army Dietitian

Nothing tastes more like recovery than a soothing yet spicy curry dish. Packed with vibrant vegetables and warming spices, this nourishing plant-based meal brings rich flavor and feel-good comfort in every bite.

Ingredients

- 1 Tbsp canola oil
- 1 large sweet onion, diced
- 1 red or green bell pepper, diced
- 2 red Thai chili peppers, thinly sliced
- 1 (1-inch) piece ginger, grated or finely minced
- 3 cloves garlic, peeled and finely minced
- 2 Tbsp hot madras curry powder
- 2 Tbsp garam masala
- 1/2 Tbsp ground coriander
- 1/2 Tbsp ground turmeric
- 1/2 Tbsp ground cumin
- 2 sweet potatoes, peeled and diced
- 2 (14.5-ounce) cans chickpeas, drained and rinsed well
- 1 1/2 cups vegetable broth
- 1 (14.5-ounce) can light unsweetened coconut milk
- Salt and pepper, to taste
- 2 cups fresh baby spinach



Instructions

- ① In a Dutch oven or cast-iron skillet, heat the oil over medium. Add the onions, bell pepper and Thai chilies. Sauté until the onions are soft and translucent.
- ② Add ginger, garlic, curry powder, garam masala, coriander, turmeric and cumin. Cook, stirring constantly, until the spices are very fragrant. Add the sweet potatoes and chickpeas, followed by the broth. Stir well. Increase heat to high and bring mixture to a boil. Once boiling, reduce heat to low. Cover and simmer for 25 minutes, until the sweet potatoes are fork-tender.
- ③ Remove lid and add coconut milk. Continue to cook, uncovered, until the curry is thick and luscious, about 15 minutes more.
- ④ Season with salt and pepper, to taste. Remove from heat, and stir in the baby spinach until just wilted.
- ⑤ Serve with basmati rice or fresh naan to soak up the sauce. Optionally, serve with yogurt sauce, cucumber raita or mango chutney to offset the heat.

Note: This recipe is shared for general information only and has not been reviewed for compliance with Department of War nutrition standards.

Constance's Butternut Squash Soup

Constance R., Retired Army Medical Service Corps Lieutenant Colonel

Sweet, savory and gently spiced, this slow cooker butternut squash soup is comfort food made simple. Prep it in minutes and let it bubble away in the slow cooker for an effortless meal at the end of a long day.

Ingredients

- 6 cups cubed, peeled butternut squash
- 3 cups vegetable broth
- 1 Tbsp cayenne
- 1 Tbsp smoked paprika
- 1/2 tsp sea salt
- 1/2 tsp pepper
- 1/2 tsp dried oregano
- 1 green apple, diced
- 1 cup diced carrots
- 1 cup diced onions
- 1/2 cup garlic, minced
- 1 can coconut milk
- Optional toppings: sliced jalapeños, soup crackers, pumpkin seeds



Instructions

- ① Combine all ingredients, except coconut milk, in a 6-quart slow cooker.
- ② Cover and cook on low for 6-10 hours, or until the vegetables are soft.
- ③ Insert an immersion blender into the pot and puree until smooth. If you don't have an immersion blender, cool the soup slightly and puree in batches using a blender or food processor. Return to slow cooker.
- ④ Stir in coconut milk and heat thoroughly.
- ⑤ To serve, ladle soup among bowls. Top with jalapeños, soup crackers or pumpkin seeds, as desired.

Note: This recipe is shared for general information only and has not been reviewed for compliance with Department of War nutrition standards.

Greek Quinoa Salad

Consortium for Health & Military Performance (CHAMP)

This Greek quinoa salad is a fresh, flavor-packed dish loaded with crisp vegetables, briny olives, creamy feta and a bright lemon-oregano vinaigrette. It tastes even better after chilling, making it perfect for quick meal prep.

Ingredients

For the quinoa:

- 1 1/4 cup plus 2 Tbsp water
- 1/2 cup plus 3 Tbsp uncooked white, red or tricolor quinoa
- 1/4 tsp salt

For vinaigrette:

- 1 Tbsp plus 1 tsp red wine vinegar
- 2 tsp lemon juice
- 3/4 tsp Dijon mustard
- 1/4 tsp granulated garlic
- 1/4 tsp onion powder
- 1/8 tsp salt
- 1/2 tsp dried oregano
- A pinch of ground black pepper
- 2 Tbsp plus 1 tsp olive oil

For salad:

- 1/2 cup cucumber, diced into 1/2 inch pieces
- 1/2 cup canned chickpeas, drained
- 1/4 cup diced tomato, diced into 1/2 inch pieces
- 1/4 cup diced bell pepper, diced into 1/4 inch pieces
- 1/4 cup crumbled feta
- 1/4 cup pitted Kalamata olives, chopped
- 1 Tbsp red onion, minced
- 2 Tbsp parsley, chopped



Instructions

- 1 In a stock pot over high heat, bring water to a boil. Add quinoa and salt. Reduce heat to low, cover and simmer until water is absorbed, about 15 minutes. Remove from heat and spread onto a sheet pan. Place in fridge to cool for at least 30 minutes.
- 2 In a mixing bowl, whisk together vinegar, lemon juice, Dijon mustard, granulated garlic, onion powder, salt, oregano and pepper. Add olive oil and whisk until well combined.
- 3 In a separate large mixing bowl, combine cooled quinoa, cucumber, chickpeas, tomatoes, bell peppers, feta, olives, onion and parsley. Add vinaigrette to quinoa mixture and mix thoroughly to combine. For best flavor, cover and refrigerate for at least 1 hour prior to serving.

Veggie Burrito Bowl

Defense Commissary Agency (DeCA)

Simple, colorful and adaptable, this veggie burrito bowl makes healthy eating easy. Dress it up with a squeeze of lime or bulk it up with lean meat and a sprinkle of shredded cheese to make it your own.

Ingredients

- 1 1/2 cups instant brown rice
- 1/2 (6-ounce) packet taco seasoning
- 1 (14 to 15-ounce) can low-sodium kidney or black beans, drained and rinsed
- 1 (14-ounce) can low-sodium whole kernel corn, drained
- Half a red onion, diced
- 1 English cucumber, cut into bite-sized pieces
- 1 (12 to 14-ounce) package dark leafy greens, such as baby spinach, baby kale or spring mix
- 3 Tbsp chopped fresh cilantro
- 1/3 cup salsa



Instructions

- ① Cook the instant brown rice according to package instructions.
- ② Meanwhile, add the remaining ingredients to a large bowl. Toss gently to combine.
- ③ Divide rice and bean mixture evenly among 4 bowls and serve.

Note: This recipe is shared for general information only and has not been reviewed for compliance with Department of War nutrition standards.