



# DINE *with your* DOG



SIMPLE & HEALTHY RECIPES YOU CAN SHARE WITH YOUR DOG



## HOW (AND WHY!) TO USE THIS BOOK:

The recipes in this book can be enjoyed by both you and your dog and are **simple** and **inexpensive** at only \$1 to \$2 per serving. These recipes are not meant to replace your dog's usual diet but can be fed during times when their usual dog food is running low or is not available. The serving chart on each page tells you the amount to feed your dog **per day** based on his or her weight. Use this as a guideline when feeding the recipe alone. If combining with a half portion of kibble use half ( $\frac{1}{2}$ ) of the serving size on the serving chart.



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## CHEESY SWEET POTATO & BLACK BEAN BAKE

### Ingredients:

- 1 tsp. vegetable oil
- 1 ½ C instant brown rice, cooked
- 1 (14.5 oz) can black beans, rinsed
- 2 (14.5 oz) cans diced tomatoes, no garlic or onion seasoning
- 2 C sweet potato, peeled and diced in ¼ inch pieces
- 2 C cheese, shredded (cheddar, mozzarella, Italian blend, etc.)

### Directions:

1. Preheat oven to 400°F and lightly coat a 13x9 inch baking dish with oil
2. Combine rice, beans, tomatoes, sweet potatoes, and 1 C of cheese and spread evenly into the pan
3. Cover with foil, bake for 45 min or until the potatoes are tender
4. Sprinkle remaining cheese on top and bake, uncovered another 5 min until cheese is lightly browned.



**FOR HUMANS:** Cool slightly and cut into 6 (4x4 inch) squares for serving

**FOR DOGS:** Cool at least 10 minutes and serve using the chart below

### WHERE ARE THE ONIONS??

- Onions are a common casserole ingredient that can be harmful to dogs so they are not included in this recipe. If you love onions, you can cook some separately and add them to your plate!

### NUTRITION (PER SQUARE):

- Calories: 380
- Total Fat: 13 g
- Total Carbohydrate: 53 g
- Protein: 17 g

| Dog Weight (lbs.) | Squares<br>*per day |
|-------------------|---------------------|
| 2.5 – 8           | ½                   |
| 9 – 18            | 1                   |
| 19 – 39           | 2                   |
| 40 – 59           | 2 ¾                 |
| 60 – 79           | 3 ¾                 |
| 80 – 99           | 4 ½                 |



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## VEGETABLE OMELET

### Ingredients:

- 1 tsp. vegetable oil
- 1 small sweet potato, peeled and sliced thin (1/4-inch)
- 5 large eggs
- 2 C frozen spinach, thawed and pressed dry (measure frozen)
- 1 Roma tomato, sliced thin
- ½ C reduced-fat cheese, shredded (feta, mozzarella, cheddar, etc.)
- ¼ tsp. salt and black pepper to taste

### Directions:

1. Preheat oven to 400°F and lightly coat 8x8 inch dish with oil
2. Layer sweet potato slices in bottom of dish. Bake for 20 minutes or until sweet potatoes are softened
3. Whisk eggs, salt, and pepper in a small bowl, mix in spinach and cheese, and pour over sweet potato in an even layer. Top with tomato.
4. Cover with foil and bake for 10-15 minutes until springy to the touch and cooked through. Cut into 4 squares and cool slightly before serving.



### FOR HUMANS:

Serving size: 1 square

### FOR DOGS:

Cool at least 5 minutes and serve using the chart below

### POWER BREAKFAST!

- Whether you are going to work or to the dog park, this dish packs protein and vegetables for a yummy way to fuel your day!

### NUTRITION (PER SQUARE):

- Calories: 195
- Total Fat: 9 g
- Total Carbohydrate: 10 g
- Protein: 14 g

| Dog Weight (lbs.) | Squares<br>*per day |
|-------------------|---------------------|
| 2.5 – 8           | 1                   |
| 9 – 18            | 2                   |
| 19 – 39           | 3 ¾                 |
| 40 – 59           | 5 ½                 |
| 60 – 79           | 7 ½                 |
| 80 – 99           | 8 ½                 |



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## BLACK BEAN & CHEESE QUESADILLAS

### Ingredients:

- 4 whole wheat tortillas
- 1 (14.5 oz.) can black beans, rinsed
- 1 bell pepper, chopped
- 1 C chopped spinach (fresh or frozen, thawed and pressed dry)
- 1 C low-fat cheddar cheese, shredded
- 4 tsp. vegetable oil, divided
- 1 tsp. cumin (or to taste)

### Directions:

- 1.Heat 1 tsp. oil in skillet, medium heat.
- 2.Add peppers, spinach, beans, and cumin to skillet. Cook for 3-5 minutes,
- 3.Pour vegetable mixture into bowl and set aside.
- 4.Add 1 tsp. oil to skillet on medium heat. Place one tortilla in skillet and sprinkle ¼ C cheese over tortilla. Spoon ¼ veggie mixture onto half of the tortilla and fold the tortilla in half.
- 5.When the bottom begins to brown, carefully flip the tortilla to brown the other side.
- 6.Once the cheese is fully melted, remove from the pan and slice into 3 wedges.
- 7.Repeat steps with remaining tortillas and ingredients.

stirring occasionally until peppers are tender.



**FOR HUMANS:** Serve each tortilla with a spoonful of sour cream or salsa for a filling lunch

**FOR DOGS:** Cool at least 10 minutes and serve using the chart below

### PARTY TIME!

- These quesadillas make great party snacks! Just cut each tortilla into 3 wedges and serve with spoonful of sour cream or salsa (for 2-legged friends only!)

### NUTRITION (PER TORTILLA):

- Calories: 330
- Total Fat: 11 g
- Total Carbohydrate: 44 g
- Protein: 18 g

| Dog Weight (lbs.) | Tortillas<br>*per day |
|-------------------|-----------------------|
| 2.5 – 8           | 2/3                   |
| 9 – 18            | 1 ¼                   |
| 19 – 39           | 2 ¼                   |
| 40 – 59           | 3 ¼                   |
| 60 – 79           | 4 ¼                   |
| 80 – 99           | 5                     |



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## TUNA ZUCHINNI FETTUCCINI

### Ingredients:

- ½ lb. fettuccini (or any pasta)
- 2 Tbsp. butter
- 2 cans chunk light tuna fish, drained and pressed
- 2 small zucchini cut into half moons or diced (about 2 C)
- 1 (14.5 oz.) can diced tomatoes, drained
- 1 C grated parmesan cheese

### Directions:

1. Cook pasta according to box directions, drain, toss with butter
2. Steam zucchini in microwave until tender
3. In a large mixing bowl, combine tuna, zucchini, and tomatoes and toss until evenly mixed.
4. Plate 1 C cooked pasta and top with ½ cup of the tuna and vegetable mixture and sprinkle with parmesan cheese



**FOR HUMANS:** Top with black pepper to taste and serve immediately

**FOR DOGS:** Cool at least 5 minutes and serve using the chart below

### LOAD UP THE VEGGIES!

- Is zucchini out of season? Do you have other fresh or frozen vegetables in the house? Use them in this recipe! Almost any vegetable will taste great in this pasta dish – broccoli, mushrooms, tomatoes, asparagus, green beans, etc!

### NUTRITION (PER 1 ½ CUPS):

- Calories: 460
- Total Fat: 13 g
- Total Carbohydrate: 51 g
- Protein: 35 g

| Dog Weight (lbs.) | Cups per day |
|-------------------|--------------|
| 2.5 – 8           | ¾            |
| 9 – 18            | 1 ½          |
| 19 – 39           | 2 ½          |
| 40 – 59           | 3 ½          |
| 60 – 79           | 4 ½          |
| 80 – 99           | 5 ½          |



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## IMPORTANT NOTES:

- Feel free to change the ingredients in these recipes for your own tastes and what you have on hand, but when feeding your dog it is best to use the ingredients as recommended in this booklet. There are many human food items that can be toxic to dogs or at the very least cause an upset stomach.
- Foods to never feed your dog:
  - Grapes and raisins
  - Onions, garlic, leeks, scallions, chives, and shallots
  - Chocolate
  - Coffee, soda, or other caffeinated drinks
  - Xylitol: a sugar-free sweetener commonly found in some peanut butters, gum, candy, toothpaste, mouthwash, and vitamins or cough drops
  - Leftover chicken bones, ribs, etc. – they can easily crack and cause choking or internal damage
  - Alcoholic beverages and other mind-altering substances
- Having trouble making the dog food bag last all month? Feed these recipes in addition to a smaller portion of dog food to extend the life of each bag of food. For example use  $\frac{1}{2}$  serving size of the recipe when added to  $\frac{1}{2}$  of your dog's usual kibble. Your dog can eat these meals for up to 2 weeks at a time but are not recommended as a long-term diet.
- Save money on treats! Just like humans, dogs can benefit from eating more vegetables! Save yourself some money and improve your dog's diet by using scraps of raw vegetables as treats instead of milk-bones or other commercial treats. Dogs especially love carrots, sweet potato, zucchini, squash, or celery.