Eating Healthy in a SNAP

RECIPE BOOK

Eating Healthy in a SNAP is a recipe book designed by your South Carolina DHEC SNAP-Education Team. These dishes are easy, healthy, budget-friendly, and will keep that tasty Southern flare that we all enjoy!

All the *It's Your Health Take Charge* participants will explore some of these recipes in our classes. Each recipe follows our recommendations for improving your plate: increasing fiber and limiting added sugars, salt, and saturated fat intake. Eating healthy doesn't have to be hard!

We hope you love these recipes. Feel free to share them with friends, family, and neighbors. Our goal is to help everyone discover that eating healthy can happen in a SNAP!

Recipe Guidelines:
Sodium: contains 600mg (or less) per serving or less than 20% of the % Daily Value
Added Sugar: less than 12g per serving
Saturated Fat: less than 20% of the % Daily Value

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Kitchen Tips

Cooking Tools

Here are the cooking tools commonly used in our recipes!

Cooking Terms

Here are some commonly used cooking terms you will see throughout the recipe book.

Bake
To cook food in an oven with dry heat.

Beat
To stir rapidly to make a mixture smooth, using a whisk, spoon or mixer.

Boil
To cook food quickly in heated liquid. The liquid moves rapidly, and large bubbles keep breaking the surface. Often used for vegetables and pasta.

Broil
To cook food directly under the heat source of a gas or electric oven. Often used for fish and tender cuts of meat.

Brown
To cook quickly over high heat, usually on top of the stove, so the surface of the food turns brown and the inside stays moist.

Chop
To cut into pieces, which can vary in size.

Cubed
To cut into square pieces, usually about ½ inch per side.

Dice
To cut into small, even cubes, usually about ¼ inch per side.

Grill
To cook food directly on the heat source of a gas, charcoal, of wood grill. Often used for fish, tender cuts of meat, and vegetables.

Mince
To cut food into even smaller pieces than diced.

Mix
To beat or stir two or more foods together until they are combined.

Roast
To cook by dry heat, usually in an oven.

Sauté
To cook food in a small amount of fat or oil on top of a stove. Heat the fat until hot (but not smoking), add the food, and cook to stated time or tenderness.

Simmer
To cook food slowly in heated liquid. Small bubbles should break the surface. Often used for meats and stews that benefit from slow cooking.

Slice
To cut into wide, thin pieces.

Steam
To cook food quickly in a covered pot by the moist heat made from a small amount of heated liquid.

Whisk
To beat ingredients with a fork or a “whisk.” This adds air and increases the volume. The mixture appears light and fluffy.

SHARE OUR STRENGTH'S COOKING MATTERS

Source:
Cooking Matters - shareourstrength.org/about#cooking-matters

Measure Up Cheat Sheet

Common Changes While You Cook:

Teaspoons	Tablespoons	Cups	Ounces	Pints	Quarts	Gallons
3 teaspoons	1 Tablespoon	1/16 cup	½ oz			
6 teaspoons	2 Tablespoons	⅛ cup	1 oz			
	4 Tablespoons	¼ cup	2 oz			
	8 Tablespoons	½ cup	4 oz	¼ pint		
	12 Tablespoons	¾ cup	6 oz			
	16 Tablespoons	1 cup	8 oz	½ pint		
		2 cups	16 oz	1 pint		
		4 cups	32 oz	2 pints	1 quart	
		8 cups	64 oz	4 pints	2 quarts	
		16 cups	128 oz	8 pints	4 quarts	1 gallon

Common Abbreviations:

You might see these common abbreviations in other recipes:

Teaspoon = t or tsp

Tablespoon = T or Tbs or Tbsp

Ounce = oz

Fluid Ounce = fl or fl oz

Cup = c

Pint = pt

Quart = qt

Gallon = gal

Pound = lb

Common Measuring Terms:

You may see these terms within our recipe book. Here is what they mean:

- **"Even" or "Level"** – Measure the exact amount (so the ingredient is level with the top of the cup, bowl, spoon). If the recipe doesn't specify, measure this way.
- **"Firmly Packed"** – Press as much of the ingredient as you can fit into the measuring tool. For example, press the brown sugar tightly into the measuring cup.
- **"Pinch" or "Dash"** – A small amount, usually less than ⅛ of a teaspoon.

SHARE OUR STRENGTH'S COOKING MATTERS

Source:
Cooking Matters - shareourstrength.org/about#cooking-matters

Food Safety

1 in 6 Americans get sick from food poisoning each year. Use these food handling tips to keep you safe.

Temperature Check

Danger Zone

- Harmful bacteria multiply rapidly in temperatures between 40 degrees and 140 degrees Fahrenheit (F). This temperature range is called the "Danger Zone."
- Keep cooked food safe to eat by maintaining a temperature of 135 degrees F or hotter.
- Keep cold food safe to eat by maintaining a temperature at or below 40 degrees F.

The Two-Hour Rule

Throw away any perishable foods that have been out at room temperature for 2 hours or more. Toss them after 1 hour if they have been sitting out at temperatures of 90 degrees F or hotter, such as food served at a picnic or outdoor family reunion.

Internal Temperatures

- Use a food thermometer to be sure food is safe to eat.
- Place a thermometer in the thickest part of the food, away from the bone.
- Wash the thermometer with hot, soapy water after each use.

Safe Internal Temperatures

- Fish, roasts, steaks, and chops (beef, pork, veal, and lamb) 145 degrees F.
- Egg dishes and ground meats (beef, pork, veal, and lamb) 160 degrees F.
- Stuffing, all poultry (chicken and turkey), casseroles, reheated leftovers 165 degrees F.

Cooling

Lower the temperature of hot food as quickly as possible to get it through the temperature danger zone of 140 degrees F and 40 degrees F. To safely cool food, transfer hot foods to shallow pans (4 inches deep or less).

Storage

- Promptly store refrigerated or frozen items.
- Store frozen foods in airtight containers or packaging.
- Keep freezer temperature at or below 0 degrees F.
- Keep refrigerator temperature at or below 40 degrees F.

Product	Refrigerator (40 degrees F)	Freezer (0 degrees F)
Fresh eggs, in shell	3–5 weeks	Do not freeze
Hot dogs and luncheon meats, unopened	2 weeks	1–2 months
Hot dogs and luncheon meats, opened	3–7 days	1–2 months
Ground meat and stew meat	3–5 days	3–4 months
Beef, lamb, veal, and pork chops	3–5 days	4–6 months
Cooked meat, poultry and casseroles	3–4 days	2–4 months
Cooked meat and poultry in sauce	1–2 days	2–4 months
Whole poultry or poultry pieces	1–2 days	9–12 months
Leftover pizza	3–4 days	1–2 months
Cheese, hard or grated	6–12 weeks	6–12 months
Milk	1 week	3 months
Yogurt	1–2 weeks	1–2 months

Freezing

Freeze food in portions you will use one at a time. Seal the food to keep the moisture out by using plastic wrap, freezer bags, or plastic containers.

Thawing

Never thaw foods on the counter at room temperature.

Refrigerator: Place food on the lowest shelf until it is no longer frozen. It will then keep for 2 to 5 days.

Cold water: Submerge the food, packed in an airtight container or a leak-proof bag, in cold water. Cook foods defrosted in cold water right after thawing.

Microwave: Cook microwave-defrosted foods right after thawing. Some parts of the food may have started to cook while defrosting.

SHARE OUR STRENGTH'S COOKING MATTERS

Source:
Centers for Disease Control and Cooking Matters - shareourstrength.org/about#cooking-matters

Cutting Back on Salt

Follow these tips to add a little spice to your life!

These spice mixes can be made right at home. Mix spices together in a small bowl. Store in an airtight container for up to 3 months.

Taco Seasoning

4 ½ teaspoons chili powder
4 ½ teaspoons ground cumin
¼ teaspoon garlic powder
¼ teaspoon onion powder
¼ teaspoon dried oregano leaves
¼ teaspoon salt

Table Shake

½ teaspoon garlic powder
1 ½ teaspoon dry mustard
1 ½ teaspoon basil leaves
½ teaspoon ground celery seed
½ teaspoon paprika
½ teaspoon chili powder

Italian Seasoning

1 Tablespoon dried basil leaves
1 Tablespoon dried oregano leaves
1 Tablespoon dried rosemary leaves
1 Tablespoon dried Thyme leaves

Mediterranean Blend

½ teaspoon garlic powder
½ teaspoon onion powder
½ teaspoon ground cumin
1 teaspoon ground coriander
¼ teaspoon ground red pepper
1 teaspoon oregano leaves
½ teaspoon thyme leaves

Thai Blend

½ teaspoon garlic powder
½ teaspoon onion powder
½ teaspoon ground cumin
1 teaspoon ground coriander
¼ teaspoon red pepper
½ teaspoon ground ginger
⅛ teaspoon ground cinnamon

Jerk Seasoning

1 Tablespoon dried thyme leaves
1 teaspoon ground allspice
1 teaspoon ground cinnamon
1 teaspoon ground cloves
1 teaspoon garlic powder
1 teaspoon cayenne pepper

SHARE OUR STRENGTH'S COOKING MATTERS

Source:
Cooking Matters - shareourstrength.org/about#cooking-matters
McCormick - mccormick.com

Breakfast

Applesauce Oatmeal

SERVING SIZE: 1 CUP
PREP TIME: 5 MINUTES
SERVINGS: 1
TOTAL TIME: 10 MINUTES

Ingredients:

- ½ cup 1% low-fat milk, unsweetened plain almond milk, or unsweetened soy milk
- ½ cup quick-cooking oats
- ½ cup unsweetened applesauce
- 1 teaspoon pure maple syrup
- ¼ teaspoon ground cinnamon

Directions:

1. In a small saucepan, heat milk over medium heat until steaming hot, but not boiling.
2. Add oats and cook, stirring until creamy, 1 to 2 minutes.
3. Remove the saucepan from heat and add applesauce, maple syrup, and cinnamon.

Nutrition Facts

1 servings per container
Serving size **1 cup (291g)**

Amount per serving	
Calories	**270**
	% Daily Value*
Total Fat 4g	**5%**
Saturated Fat 1g	**6%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 60mg	**3%**
Total Carbohydrate 52g	**19%**
Dietary Fiber 5g	**19%**
Total Sugars 22g	
Includes 4g Added Sugars	**8%**
Protein 10g	
Vitamin D 1.5mcg	8%
Calcium 190mg	15%
Iron 2.2mg	10%
Potassium 430mg	10%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Applesauce, Unsweetened, Milk, Low Fat, Quick Oats, Dry, Syrup, Maple, Cinnamon, Ground
Contains: Milk

SNAP-Ed Tips:

- You can add fresh, chopped apples or substitute your favorite fruit.
- This oatmeal can be stored in a sealed container, put in the refrigerator, and consumed cooled as overnight oats!
- You can use 1 teaspoon of honey, brown sugar or maple-flavored syrup in place of pure maple syrup. Honey is not recommended for children under 1 year old.

Blueberry Carrot Multigrain Muffins

SERVING SIZE: 1 MUFFIN
PREP TIME: 15 MINUTES
SERVINGS: 12
TOTAL TIME: 35 MINUTES

Ingredients:

- Cooking spray
- ¾ cup all-purpose flour
- ¾ cup whole-wheat flour
- ¾ cup sugar
- ½ teaspoon salt
- 2 teaspoons baking powder
- 2 teaspoons ground cinnamon
- ½ teaspoon ground nutmeg
- ⅓ cup canola oil
- ¾ cup grated carrots, prepared in advance
- 1 egg
- ⅓ cup 1% low-fat milk, unsweetened plain almond milk, or unsweetened soymilk
- ½ cup unsweetened applesauce
- 2 cups blueberries (fresh or frozen)

Directions:

1. Preheat oven to 400 degrees F.
2. Lightly coat a 12-cup muffin pan with cooking spray.
3. In a large mixing bowl, mix all dry ingredients (flours, sugar, salt, baking powder, cinnamon, and nutmeg).
4. In a separate medium mixing bowl, blend canola oil, egg, milk, applesauce, and grated carrot until smooth.
5. Fold the liquid ingredients into the large bowl with the dry ingredients.
6. Stir in blueberries and mix well.
7. Fill each muffin cup about ¾ full.
8. If desired, sprinkle additional cinnamon on top of each muffin
9. Bake muffins for 20 minutes or until the muffin tops are golden brown. To ensure fully baked, insert a toothpick into the center of the muffin. If ready, toothpick will come out clean.

Recipe Inspired by *Food Hero foodhero.org/recipes/healthy-recipes*

Nutrition Facts

12 servings per container

Serving size	**1 muffin (89g)**
Amount per serving	
Calories	**180**
	% Daily Value*
Total Fat 7g	**9%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 190mg	**8%**
Total Carbohydrate 29g	**11%**
Dietary Fiber 2g	**8%**
Total Sugars 16g	
Includes 12g Added Sugars	**24%**
Protein 3g	
Vitamin D 0.2mcg	0%
Calcium 70mg	6%
Iron 0.9mg	6%
Potassium 100mg	2%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Blueberries, unsweetened, Sugar, Applesauce, Unsweetened, Flour, All Purpose, White, Flour, Whole Wheat, Carrots, Milk, Low Fat, Canola Oil, Egg, Baking Powder, Cinnamon, Ground, Salt, Table, Nutmeg, Ground
Contains: Eggs, Milk, Wheat

SNAP-Ed Tips:

- To make 100% whole-wheat muffins, use a total of 1 ½ cups whole-wheat flour and remove the all-purpose flour from ingredients.
- Carrots can either be purchased shredded or grated at home with a food processor or grater.
- If using sweetened applesauce, remove 1 ½ teaspoons of sugar from the measured amount in the ingredients list.

Breakfast Carrot Cookies

SERVING SIZE: 1 COOKIE
PREP TIME: 10 MINUTES
SERVINGS: 18
TOTAL TIME: 30 MINUTES

Ingredients:

- ½ cup brown sugar
- ⅓ cup canola oil
- 2 Tablespoons unsalted butter, softened
- 1 egg
- 1 teaspoon vanilla
- ½ teaspoon ground nutmeg
- ¼ teaspoon salt
- ¾ cup whole-wheat flour
- ½ cup all-purpose flour
- ½ cup finely grated carrots
- ¾ cup rolled oats
- ⅓ cup dried cranberries or raisins
- ⅓ cup chopped pecans
- 4 ounces plain low-fat yogurt (optional topping)

Directions:

1. Preheat oven to 350 degrees F.
2. Line two baking sheets with parchment paper.
3. In a large mixing bowl, beat in brown sugar, canola oil, and butter with a mixer on medium for 30 seconds.
4. Beat in egg, vanilla, ground nutmeg, and salt.
5. Beat in both flours and carrots.
6. Stir in oats, cranberries, and pecans.
7. Scoop 2 Tablespoons (⅛ cup) together and mound onto a cookie sheet.
8. Bake 10 to 12 minutes or until bottoms are golden brown.
9. If desired, drizzle low-fat yogurt topping on cookies.

Nutrition Facts

18 servings per container

Serving size	**1 cookie (32g)**
Amount per serving	
Calories	**130**
	% Daily Value*
Total Fat 7g	**9%**
Saturated Fat 1.5g	**7%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 75mg	**3%**
Total Carbohydrate 15g	**6%**
Dietary Fiber 1g	**5%**
Total Sugars 6g	
Includes 4g Added Sugars	**8%**
Protein 2g	
Vitamin D 0.1mcg	0%
Calcium 10mg	0%
Iron 0.7mg	4%
Potassium 80mg	0%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Flour, Whole Wheat, Sugar, Brown, Packed, Oil, Canola, Flour, All Purpose Wheat, White, Enriched, Unbleached, whole grain rolled oats, Carrots, Grated, Egg, Raw, Raisins, Seedless, Pecans, Chopped, Butter, Unsalted, Vanilla Extract, Baking Soda, Salt, Table, Nutmeg, Ground

May contains: Eggs, Milk, Tree Nuts, Wheat

SNAP-Ed Tips:

- You can substitute finely grated zucchini for carrots.

Build Your Own Whole-Grain Waffle

SERVING SIZE: 1 WAFFLE
PREP TIME: 10 MINUTES
SERVINGS: 1
TOTAL TIME: 15 MINUTES

Ingredients:

- 1 whole-grain or multigrain frozen waffle
- 1 Tablespoon natural peanut butter, other nut butter, or low-fat yogurt
- ¼ cup sliced fruit (banana, strawberries, blueberries)
- 1 Tablespoon chopped nuts, chia seeds, or unsweetened coconut flakes
- 1 teaspoon cinnamon

Directions:

1. Toast waffle in toaster or oven per box directions.
2. Spread choice of nut butter or yogurt on top of waffle.
3. Top with sliced fruit.
4. If desired, sprinkle with choice of nuts, chia seeds, or unsweetened coconut flakes.
5. Garnish with cinnamon.

Nutrition Facts

1 servings per container

Serving size	**1 waffle (98g)**
Amount per serving	
Calories	**250**
	% Daily Value*
Total Fat 14g	**18%**
Saturated Fat 2.5g	**11%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 250mg	**11%**
Total Carbohydrate 29g	**10%**
Dietary Fiber 6g	**21%**
Total Sugars 7g	
Includes 1g Added Sugars	**2%**
Protein 8g	
Vitamin D mcg	0%
Calcium 90mg	6%
Iron 3.3mg	20%
Potassium 330mg	8%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Banana, Waffles, Nutri-Grain, Low Fat, Natural Peanut Butter, Nuts, Walnut, Chopped, Cinnamon, Ground

Contains: Milk, Tree Nuts, Peanuts, Wheat

SNAP-Ed Tips:

- Pick and choose the toppings of your choice!
- This breakfast option makes a great sweet snack or dessert as well!
- The nutrition facts label is for 1 waffle + 1 tablespoon peanut butter + ¼ cup sliced banana + 1 tablespoon chia seeds + 1 teaspoon cinnamon.

Chocolate Peanut Butter Banana Smoothie

SERVING SIZE: 1 SMOOTHIE
PREP TIME: 10 MINUTES
SERVINGS: 1
TOTAL TIME: 10 MINUTES

Ingredients:

- 1 cup of unsweetened plain almond milk, unsweetened soymilk, or 1% low-fat milk
- 1 banana, frozen
- 1 Tablespoon natural peanut butter or another nut butter
- 1 Tablespoon cocoa powder
- 1½ teaspoon pure maple syrup or maple-flavored syrup
- 4 to 6 ice cubes

Directions:

1. Place all ingredients in a blender. Blend until smooth and desired texture is met. Pour into a glass and enjoy.

Nutrition Facts

1 servings per container
Serving size 1 smoothie (411g)

Amount per serving	
Calories	**280**
	% Daily Value*
Total Fat 12g	**15%**
Saturated Fat 2.5g	**11%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 250mg	**11%**
Total Carbohydrate 44g	**16%**
Dietary Fiber 7g	**25%**
Total Sugars 24g	
Includes 6g Added Sugars	**12%**
Protein 7g	
Vitamin D 2.6mcg	15%
Calcium 510mg	40%
Iron 2.3mg	15%
Potassium 800mg	15%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Almond Milk, Unsweetened, Banana, Natural Peanut Butter, Syrup, Maple, Cocoa
Contains: Nuts, Milk, Soy, Tree Nuts

SNAP-Ed Tips:

- Sunflower butter is a great swap for anyone with peanut or tree nut allergies.
- To add a serving of vegetables to your smoothie, add 1/2 cup of frozen cauliflower.

Chocolate Strawberry French Toast

SERVING SIZE: 1 PIECE
PREP TIME: 15 MINUTES
SERVINGS: 4
TOTAL TIME: 35 MINUTES

Ingredients:

- 8 medium strawberries
- 3 Tablespoons unsweetened cocoa powder
- 2 Tablespoons sugar
- 1 large egg
- ½ cup 1% low-fat milk
- 1 teaspoon ground cinnamon
- Cooking spray
- 4 slices whole-wheat bread

Directions:

1. Rinse and chop strawberries to ⅛-inch thick slices.
2. In a small mixing bowl, whisk cocoa powder and sugar together with a fork. Set aside.
3. In a second small mixing bowl, beat egg with a fork until well blended.
4. Add milk and cinnamon to egg. Beat an additional minute.
5. Coat medium skillet or grill pan with cooking spray. Heat over medium heat.
6. Dip one piece of bread in the egg mixture. Flip to coat both sides. Remove bread from mixture, shake off excess egg coating, and place quickly in hot skillet. Cook until golden brown, about 2-3 minutes per side. Remove from pan.
7. Repeat steps 5 and 6 until each piece of bread has been cooked.
8. Top each piece of bread with 3 tablespoons sliced strawberries. Dust generously with cocoa mixture.

Nutrition Facts

4 servings per container
Serving size **1 piece (129g)**

Amount per serving	
Calories	**150**
	% Daily Value*
Total Fat 3g	**4%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 180mg	**8%**
Total Carbohydrate 26g	**10%**
Dietary Fiber 5g	**17%**
Total Sugars 12g	
Includes 6g Added Sugars	**12%**
Protein 7g	
Vitamin D 0.8mcg	4%
Calcium 90mg	6%
Iron 2.2mg	10%
Potassium 120mg	2%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Strawberries, Milk, Low Fat, 1%, Bread, Wheat, Eggs, Sugar, White Granulated, Cocoa Powder, Cinnamon
Contains: Eggs, Milk, Wheat

SNAP-Ed Tips:

- You can replace strawberries with other fruit(s) such as sliced banana, blackberries, or blueberries.

SHARE OUR STRENGTH'S COOKING MATTERS

Source:
Cooking Matters - shareourstrength.org/about#cooking-matters

Egg Muffin Delights

SERVING SIZE: 1 MUFFIN
PREP TIME: 15 MINUTES
SERVINGS: 12
TOTAL TIME: 55 MINUTES

Ingredients:

- 1 Tablespoon canola oil
- ⅓ cup chopped green bell pepper
- ⅓ cup chopped yellow onion
- ⅓ cup shredded carrots
- ⅓ cup chopped mushrooms
- 12 medium eggs
- ½ cup low-fat shredded Monterey jack or cheddar cheese
- 1 teaspoon dried oregano
- 1 Tablespoon dried parsley
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- Cooking spray

Directions:

1. Preheat oven to 350 degrees F.
2. In a medium skillet over medium-high heat, heat canola oil and add veggies (green pepper, onions, and carrots). Sauté for 3–4 minutes.
3. Add mushrooms to skillet and continue cooking for 5 minutes.
4. In a large mixing bowl, add eggs and whisk with a fork. Add cheese, oregano, parsley, salt, pepper, and whisk.
5. Add veggies to egg mixture, whisk with fork.
6. Coat muffin pan with cooking spray.
7. Fill each muffin cup ¾ of the way full of egg mixture.
8. Bake until egg muffins are firm, about 35 minutes. A thermometer inserted should read 160 degrees F.

Nutrition Facts

12 servings per container
Serving size **1 muffin (67g)**

Amount per serving	
Calories	**100**
	% Daily Value*
Total Fat 7g	**9%**
Saturated Fat 2g	**11%**
Trans Fat 0g	
Cholesterol 185mg	**62%**
Sodium 200mg	**9%**
Total Carbohydrate 2g	**1%**
Dietary Fiber 0g	**0%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 8g	
Vitamin D 1mcg	6%
Calcium 70mg	6%
Iron 0.9mg	6%
Potassium 100mg	2%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Egg, Low-fat Cheddar Cheese, Onions, Carrots, Mushrooms, Oil, Canola, Bell Pepper Green, Salt, Parsley, Dried, Pepper, Black, Ground
Contains: Eggs, Milk

SHARE OUR STRENGTH'S COOKING MATTERS

Source:
Cooking Matters - shareourstrength.org/about#cooking-matters

Fruit & Yogurt Parfait

SERVING SIZE: 1 PARFAIT
PREP TIME: 10 MINUTES
SERVINGS: 4
TOTAL TIME: 10 MINUTES

Ingredients:

- 2 cups sliced fruit (fresh or thawed frozen, such as peaches, bananas, strawberries, or blueberries)
- 2 cups low-fat plain Greek yogurt or low-fat plain yogurt
- 1 cup granola
- 2 Tablespoons nuts (such as almonds, walnuts, pecans)

Directions:

1. For each parfait: Place ¼ cup yogurt in a bowl or cup, followed by ¼ cup sliced fruit and 2 tablespoons of granola. Repeat these steps once more to have two layers of yogurt, fruit, and granola.
2. Top each parfait with ½ tablespoon of nuts.

SHARE OUR STRENGTH'S COOKING MATTERS

Recipe Source:
Cooking Matters - shareourstrength.org/about#cooking-matters

Nutrition Facts

4 servings per container
Serving size **1 parfait (222g)**

Amount per serving	
Calories	**260**
	% Daily Value*
Total Fat 9g	**12%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 10mg	**4%**
Sodium 135mg	**6%**
Total Carbohydrate 31g	**11%**
Dietary Fiber 3g	**10%**
Total Sugars 19g	
Includes 7g Added Sugars	**14%**
Protein 15g	
Vitamin D mcg	0%
Calcium 150mg	10%
Iron 1mg	6%
Potassium 340mg	8%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Yogurt, Greek, Plain, low-fat, Peach, Slices, Granola, Almonds
Contains: Milk, Tree Nuts

SNAP-Ed Tips:

- Greek yogurt has a thicker texture and a much higher protein content than traditional low-fat yogurt.
- No granola? You can swap granola with a whole-grain cereal.
- Optional topping: 1 Tablespoon of unsweetened coconut flakes and fresh mint leaves.

Hearty Egg Burritos

SERVING SIZE: 1 BURRITO
PREP TIME: 20 MINUTES
SERVINGS: 4
TOTAL TIME: 40 MINUTES

Ingredients:

- 1 teaspoon canola oil
- 1 (15.5-ounce) can black beans, no salt added, drained and rinsed
- 3 green onions, sliced
- 1 medium green or red bell pepper, diced
- 1 teaspoon minced garlic
- ¾ teaspoon ground cumin, divided
- ¼ teaspoon ground black pepper
- 4 large eggs
- Cooking spray
- 4 (8-inch) whole-wheat flour tortillas
- ¼ cup low-fat shredded cheddar cheese
- ⅓ cup nonfat plain yogurt (optional)
- ½ cup salsa (optional)
- ¼ cup fresh cilantro, chopped (optional)

Directions:

1. In a medium skillet over medium heat, heat canola oil. Add beans, green onions, bell pepper, and garlic. Cook until peppers are soft, about 3 minutes. Add ½ teaspoon ground cumin and black pepper. Transfer mixture to a plate.
2. In a small mixing bowl, crack eggs. Add remaining ¼ teaspoon cumin. Beat mixture lightly with a fork.
3. Wipe the skillet with a paper towel. Coat skillet with cooking spray. Heat at medium-low heat and add egg mixture. Cook, stirring occasionally, until eggs are as firm as desired, about 3-5 minutes. If desired, add chopped cilantro.
4. Spoon egg mixture into the center of each tortilla, dividing evenly. Add beans and vegetables. Sprinkle cheese on top.
5. If desired, add a dollop of yogurt and salsa to each tortilla. Fold tortilla over mixture and serve.

Nutrition Facts

4 servings per container
Serving size **1 burrito (274g)**

Amount per serving	
Calories	**370**
	% Daily Value*
Total Fat 12g	**15%**
Saturated Fat 3g	**16%**
Trans Fat 0g	
Cholesterol 175mg	**58%**
Sodium 560mg	**24%**
Total Carbohydrate 46g	**17%**
Dietary Fiber 10g	**36%**
Total Sugars 3g	
Includes 0g Added Sugars	**0%**
Protein 22g	
Vitamin D 3mcg	15%
Calcium 180mg	15%
Iron 2.9mg	15%
Potassium 350mg	8%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Beans, Black, Whole Wheat Tortilla, Eggs, Pepper, Bell, Cheese, Cheddar, Low Fat, Onions, Scallion, Oil, Vegetable, Garlic Clove, Cumin, Ground, Pepper, Black, Ground
Contains: Eggs, Milk, Wheat

SNAP-Ed Tips:

- You can add more vegetables to sauté such as mushrooms, yellow onion, and tomatoes.

SHARE OUR STRENGTH'S COOKING MATTERS

Recipe Source:
Cooking Matters - shareourstrength.org/about#cooking-matters

Orange Oatmeal Pancakes

SERVING SIZE: 2 (4") PANCAKES
PREP TIME: 20 MINUTES
SERVINGS: 6
TOTAL TIME: 30 MINUTES

Ingredients:

- ½ cup all-purpose flour
- ½ cup whole-wheat flour
- ½ cup quick-cooking oats
- 1 Tablespoon baking powder
- ¼ teaspoon salt
- 1 large egg
- ¾ cup orange juice
- ½ cup nonfat skim milk
- 2 Tablespoons canola oil
- Cooking spray

Directions:

1. In a large mixing bowl, combine both flours, oats, baking powder, and salt. Mix well.
2. In another large mixing bowl, crack egg. Beat lightly with a fork.
3. Add orange juice, milk, and canola oil to egg. Mix well.
4. Spray large skillet with cooking spray and heat on stove top over medium-high heat.
5. Add wet ingredients to dry ingredients. Stir until dry ingredients are moistened. Do not over mix.
6. Pour ¼ cup batter into hot pan for each pancake. Adjust heat as needed to avoid burning.
7. Flip pancakes when bubbles appear on top of the batter and the edges are slightly browned, about 3-4 minutes. Cook until second side is slightly browned, about 2-3 additional minutes.

Nutrition Facts

6 servings per container
Serving size 2 pancakes (94g)

Amount per serving	
Calories	**170**
	% Daily Value*
Total Fat 6g	**8%**
Saturated Fat 0.5g	**4%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 240mg	**11%**
Total Carbohydrate 26g	**9%**
Dietary Fiber 2g	**7%**
Total Sugars 4g	
Includes 0g Added Sugars	**0%**
Protein 5g	
Vitamin D 0.4mcg	2%
Calcium 180mg	15%
Iron 1.5mg	8%
Potassium 380mg	8%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Orange Juice, Milk, Non Fat, Flour, All Purpose, Flour, Whole Wheat, Egg, Quick Oats, Oil, Canola, Baking Powder, Low Sodium, Salt, Table
Contains: Eggs, Milk, Wheat

SNAP-Ed Tips:

- If desired, add 3 tablespoons of chopped nuts to pancake batter.
- You can freeze leftover pancakes. Layer waxed paper between each pancake and stack pancakes in freeze safe plastic bag. Freeze for no more than 6 weeks.

SHARE OUR STRENGTH'S COOKING MATTERS

Source:
Cooking Matters - shareourstrength.org/about#cooking-matters

Rosemary's Banana Bread

SERVING SIZE: 1 SLICE
PREP TIME: 25 MINUTES
SERVINGS: 16
TOTAL TIME: 1 HOUR AND 15 MINUTES

Ingredients:

- 2 cups whole-wheat flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon vanilla
- 1 stick unsalted light butter, softened
- ½ cup Splenda® brown sugar blend, firmly packed
- 2 eggs
- 1 cup mashed ripe bananas (about 2–3 medium bananas)
- ¼ cup plain Greek yogurt
- ¼ teaspoon ground cinnamon
- 1 cup chopped nuts (optional)
- ½ cup dark chocolate chips (optional)
- 1 Tablespoon rosemary (optional)
- Cooking spray

Directions:

1. Preheat oven to 350 degrees F.
2. Mix flour, baking soda, and salt in a small mixing bowl, set aside.
3. In a large mixing bowl, beat butter and brown sugar; add vanilla and eggs, beating in thoroughly. Lightly blend in bananas.
4. Add dry ingredients ⅓ cup at a time to brown sugar mixture in large mixing bowl, alternating with a spoonful of Greek yogurt until gone. If desired, fold in optional ingredients.
5. Coat loaf pan (9x5x3) with cooking spray.
6. Pour mixture into greased loaf pan. Sprinkle ground cinnamon on top and bake for 50 minutes at 350 degrees F.

Nutrition Facts

16 servings per container
Serving size **1 slice (57g)**

Amount per serving	
Calories	**150**
	% Daily Value*
Total Fat 5g	**6%**
Saturated Fat 3g	**14%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 240mg	**10%**
Total Carbohydrate 21g	**8%**
Dietary Fiber 2g	**7%**
Total Sugars 8g	
Includes 6g Added Sugars	**12%**
Protein 4g	
Vitamin D 0.1mcg	0%
Calcium 20mg	0%
Iron 0.8mg	4%
Potassium 140mg	2%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Banana, Flour, Whole Wheat, Butter, Stick, Light, Unsalted, Egg, Splenda Sugar Blend, Brown, Yogurt, Greek, Plain, low-fat, Salt, Table, Baking Soda, Vanilla Extract
Contains: Eggs, Milk, Wheat

Very Berry Satisfying Smoothie

SERVING SIZE: 1 SMOOTHIE
PREP TIME: 10 MINUTES
SERVINGS: 1
TOTAL TIME: 10 MINUTES

Ingredients:

- ½ cup frozen berries (blueberries, strawberries, mixed berries)
- ¼ cup frozen tropical fruit of choice (mango, pineapple, peach)
- ½ frozen banana
- ¾ to 1 cup frozen riced cauliflower
- ½ cup plain Greek or plain low-fat yogurt
- 1 cup of unsweetened plain almond milk, unsweetened soymilk, or 1% low-fat milk

Directions:

1. Place all ingredients in a blender. Blend until smooth and desired texture is met. Pour into a glass and enjoy.

Nutrition Facts

1 servings per container
Serving size 1 smoothie (664g)

Amount per serving	
Calories	**260**
	% Daily Value*
Total Fat 6g	**8%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 10mg	**4%**
Sodium 240mg	**11%**
Total Carbohydrate 39g	**14%**
Dietary Fiber 7g	**26%**
Total Sugars 24g	
Includes 0g Added Sugars	**0%**
Protein 17g	
Vitamin D 2.4mcg	10%
Calcium 650mg	50%
Iron 2mg	10%
Potassium 900mg	20%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Almond milk, Cauliflower, Yogurt, Greek, Plain, low-fat, Blueberries, Banana, Peaches
Contains: Milk, Soy, Tree Nuts

SNAP-Ed Tips:

- You cannot taste the frozen cauliflower in the smoothie! It adds texture and creaminess while adding a serving of vegetable! You can make this smoothie with ½ cup frozen or fresh spinach instead of riced cauliflower.
- This smoothie is a great breakfast choice!
- If you want to make this as a snack, half the recipe!
- Want to try a smoothie bowl? Place smoothie in a serving bowl and top with chia seeds, nuts, coconut flakes, and/or a handful of fresh fruit.

Salads

Northwest Apple Salad

SERVING SIZE: ¾ CUP
PREP TIME: 10 MINUTES
SERVINGS: 4
TOTAL TIME: 5 MINUTES

Ingredients:

- 2 medium green apples
- 2 Tablespoons dried fruit, such as raisins or cranberries
- 2 Tablespoons plain low-fat yogurt
- 1 Tablespoon walnuts, chopped
- 1 Tablespoon honey (optional)

Directions:

1. Rinse and remove cores from apples. Cut into 1-inch pieces. Place in medium mixing bowl.
2. Add dried fruit, yogurt and walnuts.
3. Mix well and serve.

Nutrition Facts

4 servings per container

Serving size	**3/4 cup (97g)**
Amount per serving	
Calories	**70**
	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 16g	**6%**
Dietary Fiber 3g	**9%**
Total Sugars 12g	
Includes 0g Added Sugars	**0%**
Protein 1g	
Vitamin D mcg	0%
Calcium 10mg	0%
Iron 0.3mg	0%
Potassium 140mg	2%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Apple, Medium, Raisins, Seedless, Nuts, Walnut, Chopped
Contains: Tree nuts, milk

SHARE OUR STRENGTH'S COOKING MATTERS

Source:
Cooking Matters - shareourstrength.org/about#cooking-matters

SNAP-Ed Tips:

- Honey is not recommended for children under 1 year old.

Spinach & Strawberry Pecan Salad

SERVING SIZE: 1 CUP
PREP TIME: 15 MINUTES
SERVINGS: 12
TOTAL TIME: 15 MINUTES

Ingredients:

- 10-ounces fresh spinach (about 12 cups)
- 2 ½ cups sliced strawberries (16-ounce container)
- 1 cup crumbled Gorgonzola cheese
- ½ cup chopped pecans
- ⅓ cup balsamic vinegar
- 1 Tablespoon honey
- ¼ cup olive oil
- Ground black pepper to taste

Directions:

1. Combine the spinach, strawberries, Gorgonzola cheese, and pecans in a large mixing bowl.
2. Stir the balsamic vinegar and honey together in a small mixing bowl; slowly add the olive oil into the mixture while whisking continuously.
3. Drizzle the dressing over the salad just before serving. Add desired black pepper for additional seasoning.

Nutrition Facts

12 servings per container

Serving size	**1 cup (86g)**
Amount per serving	
Calories	**150**
	% Daily Value*
Total Fat 12g	**15%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 15mg	**4%**
Sodium 200mg	**9%**
Total Carbohydrate 7g	**3%**
Dietary Fiber 2g	**6%**
Total Sugars 4g	
Includes 1g Added Sugars	**3%**
Protein 4g	
Vitamin D mcg	0%
Calcium 100mg	8%
Iron 1mg	6%
Potassium 210mg	4%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Strawberries, Spinach, raw, Cheese, Gorgonzola, Crumbled, Vinegar, Balsamic, Pecans, Chopped, Oil, Olive, Honey
Contains: Tree Nuts, Milk

SNAP-Ed Tips:

- You can replace the Gorgonzola cheese with feta, blue or goat cheese.
- Honey is not recommended for children under 1 year old.

White Bean, Red Onion, & Tomato Salad

SERVING SIZE: ½ CUP
PREP TIME: 20 MINUTES
SERVINGS: 8
TOTAL TIME: 20 MINUTES

Ingredients:

- 1 (15.5-ounce) can Cannellini beans (white kidney beans)
- 1 Tablespoon olive oil
- 2 teaspoons ground black pepper
- ½ teaspoon garlic powder
- ¼ teaspoon salt
- 3 medium ripe tomatoes, diced
- ¼ cup red onion, diced
- 2 Tablespoons fresh oregano, diced

Directions:

1. Drain and rinse beans.
2. Place beans into a small mixing bowl.
3. Add olive oil, black pepper, garlic powder, salt, tomatoes, onions and oregano.
4. Mix gently and serve.

Nutrition Facts

8 servings per container

Serving size	**1/2 cup (109g)**
Amount per serving	
Calories	**70**
	% Daily Value*
Total Fat 2g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 135mg	**6%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 4g	**14%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 4g	
Vitamin D mcg	0%
Calcium 60mg	4%
Iron 1.8mg	10%
Potassium 250mg	6%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Cannellini, White Kidney, Tomatoes, Red, Onions, Chopped, Olive oil, Oregano, Ground, Salt, Table, Garlic Powder, Pepper, Black, Ground

SNAP-Ed Tips:

- Replace Cannellini beans with any other white bean, such as Great Northern beans.

Minty Watermelon Cucumber Salad

SERVING SIZE: 1 CUP
PREP TIME: 20 MINUTES
SERVINGS: 8
TOTAL TIME: 30 MINUTES

Ingredients:

- 4 cups cubed seedless watermelon
- 1 medium cucumber, halved lengthwise and sliced
- 3 green onions, chopped
- 2 Tablespoons minced fresh mint
- 2 Tablespoons balsamic vinegar
- 2 Tablespoons olive oil
- ¼ teaspoon salt
- ¼ teaspoon pepper

Directions:

1. In a large mixing bowl, combine watermelon, cucumbers, green onions, and mint.
2. In a small mixing bowl, whisk balsamic vinegar, oil, salt, and pepper. Pour over salad and toss to coat.
3. Serve immediately or cover and refrigerate up to 2 hours before serving.

Recipe adapted from Taste of Home — tasteofhome.com

Nutrition Facts

8 servings per container

Serving size	**1 cup (127g)**
Amount per serving	
Calories	**60**
	% Daily Value*
Total Fat 3.5g	**5%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 75mg	**3%**
Total Carbohydrate 8g	**3%**
Dietary Fiber 1g	**2%**
Total Sugars 6g	
Includes 0g Added Sugars	**0%**
Protein 1g	
Vitamin D mcg	0%
Calcium 20mg	0%
Iron 0.4mg	2%
Potassium 160mg	4%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Watermelon, Cucumber, Onions, Green, Vinegar, Balsamic, Oil, Olive, Salt, Table, Pepper, Black, Ground

Easy Broccoli Salad

SERVING SIZE: 1 CUP
PREP TIME: 15 MINUTES
SERVINGS: 7
TOTAL TIME: 1 HOUR 20 MINUTES

Ingredients:

- 6 cups broccoli (approximately 6 large crowns)
- 1 medium purple onion, diced
- 1 cup raisins
- 1 Tablespoon sugar
- ½ cup bacon bits
- 2 Tablespoons lemon juice
- ¾ cup low-fat mayonnaise

Directions:

1. Chop broccoli into 1-inch pieces. Place in large mixing bowl.
2. Add onion, raisins, sugar, bacon bits, lemon juice, and mayonnaise.
3. Mix all ingredients.
4. Cover & chill in the refrigerator for 1 hour.
5. Serve.

Nutrition Facts

7 servings per container

Serving size	**1 cup (158g)**
Amount per serving	
Calories	**230**
	% Daily Value*
Total Fat 13g	**16%**
Saturated Fat 2g	**9%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 380mg	**16%**
Total Carbohydrate 27g	**10%**
Dietary Fiber 4g	**13%**
Total Sugars 18g	
Includes 2g Added Sugars	**3%**
Protein 5g	
Vitamin D mcg	0%
Calcium 60mg	4%
Iron 1mg	6%
Potassium 420mg	8%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Broccoli, Onions, Sweet, Mayonnaise, Reduced Fat, Raisins, Seedless, Bacon Bits, Juice, Lemon, Sugar, White Granulated
Contains: Eggs

Soups

Autumn Vegetable Soup

SERVING SIZE: ½ CUP
PREP TIME: 25 MINUTES
SERVINGS: 5
TOTAL TIME: 1 HOUR

Ingredients:

- 1 Tablespoon olive oil
- 3 medium carrots, cut into ¼-inch slices
- 1 large yellow onion, diced
- 2 cloves garlic, minced (about 2 teaspoons)
- 1 medium sweet potato, cut into ½ -inch cubes
- ¼ teaspoon allspice
- ¼ teaspoon ground black pepper
- ¼ teaspoon dried basil
- 1 quart (32-ounces) low-sodium chicken broth
- 1 (14.5-ounce) can no salt added diced tomatoes
- 1 ½ teaspoons dried thyme or 4 sprigs fresh thyme
- 2 cups coarsely chopped collards or kale
- 1 (15.5-ounce) can low-sodium chickpeas (garbanzo beans)
- Dash of red pepper flakes (optional)

Directions:

1. In a large saucepan, heat olive oil over medium heat.
2. Add diced carrots and onions and cook for about 5-6 minutes.
3. Add garlic and cook for an additional minute.
4. Add sweet potato, allspice, black pepper, and basil. Stir.
5. Add broth, tomatoes with their juice, and thyme.
6. Bring to a boil, reduce heat to medium, cover and simmer for 10 minutes.
7. Add collards or kale and chickpeas and cook uncovered until sweet potatoes are tender and kale is wilted, about 10 minutes.
8. If using fresh thyme sprigs, discard prior to serving.

Nutrition Facts

5 servings per container
Serving size 1 1/2 cups (550g)

Amount per serving	
Calories	**250**
	% Daily Value*
Total Fat 6g	**8%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 280mg	**12%**
Total Carbohydrate 39g	**14%**
Dietary Fiber 10g	**34%**
Total Sugars 13g	
Includes 0g Added Sugars	**0%**
Protein 11g	
Vitamin D mcg	0%
Calcium 170mg	15%
Iron 3.1mg	15%
Potassium 760mg	15%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Chicken Broth, Low Sodium, Canned, Chickpeas, Low Sodium, Tomatoes, Diced, Canned, No Salt Added, Onions, Sweet, Raw, Potatoes, Sweet, Carrots, Kale, Oil, Olive, Garlic, Minced, Thyme, Ground, Pepper, Black, Ground, Allspice, Ground

Italian Turkey Sausage, White Bean, & Kale Soup

SERVING SIZE: ½ CUP
PREP TIME: 10 MINUTES
SERVINGS: 6
TOTAL TIME: 45 MINUTES

Ingredients:

- 1 ½ teaspoon olive oil
- 1-pound ground Italian turkey sausage
- 1 yellow onion, diced
- 1 cup chopped carrots
- 1 teaspoon minced garlic
- 1 (15.5-ounce) can cannellini beans (white kidney beans), drained and rinsed
- 4 cups low-sodium chicken broth
- 2 cups water
- 1 small pinch of dried red pepper flakes (per desired heat)
- ¼ teaspoon ground black pepper
- ¼ teaspoon ground oregano
- 6 cups kale leaves, stems removed

Directions:

1. Heat olive oil over medium-high heat in a medium saucepan.
2. Add turkey sausage to saucepan, breaking it up into bite size pieces with a spatula.
3. When completely cooked, add onion and carrot. Sauté until soft, about 5 minutes.
4. Add garlic and sauté additional 2 minutes, being careful not to let garlic burn.
5. Add beans, chicken broth, water, and all seasonings. Stir thoroughly and simmer on low heat for 10 minutes, covered.
6. Add kale and simmer for additional 10 minutes, covered. Serve hot.

Recipe Inspired by *SkinnyTaste www.skinnytaste.com/recipe-index/*

Nutrition Facts

6 servings per container
Serving size **1 1/2 cups (532g)**

Amount per serving	
Calories	**280**
	% Daily Value*
Total Fat 7g	**9%**
Saturated Fat 1g	**6%**
Trans Fat 0g	
Cholesterol 25mg	**9%**
Sodium 470mg	**20%**
Total Carbohydrate 31g	**11%**
Dietary Fiber 7g	**24%**
Total Sugars 5g	
Includes 0g Added Sugars	**0%**
Protein 25g	
Vitamin D 0.1mcg	0%
Calcium 220mg	15%
Iron 3.8mg	20%
Potassium 1430mg	30%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Chicken Broth, Low Sodium, Water, Turkey Sausage, White Kidney Beans, Onions, Carrots, Oil, Olive, Garlic Clove, Chili Pepper Red Flakes, Pepper, Ground, Black, Oregano, Ground

SNAP-Ed Tips:

- This is a perfect soup for a cold winter or rainy day!
- Kale is full of Vitamin K which helps our blood clot.

Turkey Chili with Vegetables

SERVING SIZE: 1 CUP
PREP TIME: 20 MINUTES
SERVINGS: 8
TOTAL TIME: 50 MINUTES

Ingredients:

- 1 Tablespoon canola oil
- 1-pound ground turkey, 93% lean
- 1 medium onion, diced
- 2 medium carrots, diced
- 1 Tablespoon minced garlic
- 1 large green bell pepper, diced
- 6 Tablespoons chili powder, divided
- 2 Tablespoons ground cumin, divided
- 1 (15.5-ounce) can red or white kidney (cannellini) beans, no salt added, drained and rinsed
- 2 (14.5-ounce) cans no salt added diced tomatoes
- 1 cup water
- ½ teaspoon salt
- 1 medium lime, rinsed and cut into ½-inch wedges (optional)
- ⅔ cup low-fat plain or Greek yogurt (optional)

Directions:

1. In a large saucepan, heat oil over medium-high heat. Add turkey and brown.
2. Add onions, carrots, garlic, green pepper, 3 tablespoons chili powder, and 1 tablespoon cumin to saucepan. Cook until onions are soft, and carrots are somewhat tender, about 5 minutes.
3. Add beans, tomatoes, water, salt, and remaining chili powder and cumin.
4. Lower heat to medium. Cover and cook until all flavors have blended, about 15 minutes.
5. If using lime and yogurt, squeeze juice from lime wedges on top of chili or serve on the side. Top each serving with 1 tablespoon yogurt.

Nutrition Facts

8 servings per container

Serving size	**1 cup (299g)**
Amount per serving	
Calories	**240**
	% Daily Value*
Total Fat 10g	**13%**
Saturated Fat 2g	**11%**
Trans Fat 0g	
Cholesterol 60mg	**20%**
Sodium 510mg	**22%**
Total Carbohydrate 21g	**8%**
Dietary Fiber 7g	**26%**
Total Sugars 6g	
Includes 0g Added Sugars	**0%**
Protein 20g	
Vitamin D 0.1mcg	0%
Calcium 110mg	8%
Iron 4.1mg	25%
Potassium 480mg	10%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Tomatoes, Diced, Canned, No Salt Added, Ground Turkey, 93% Lean, 7% Fat, Beans, Kidney, Canned, Onions, Sweet, Raw, Carrots, Pepper, Bell, Green, Chili Powder, Canola Oil, Garlic Clove, Cumin, Ground, Salt, Table

SNAP-Ed Tips:

- To avoid excess sodium, leave out salt if unable to find no salt added diced tomatoes.
- Save time by purchasing pre-chopped green pepper and onions but it will cost you more.
- Try black beans or chickpeas in place of kidney beans.
- Chili can be frozen in batches to eat later. Store in an airtight container in the freezer for up to 2 weeks.

SHARE OUR STRENGTH'S COOKING MATTERS

Recipe adapted from:
Cooking Matters — shareourstrength.org/about#cooking-matters

Chicken Vegetable Soup

SERVING SIZE: 1 CUP
PREP TIME: 20 MINUTES
SERVINGS: 8
TOTAL TIME: 4 HOURS 30 MINUTES

Ingredients:

- 1-¼ pounds boneless, skinless chicken breast
- 3 cups peeled, sliced carrots (about 1 pound)
- 3 cups chopped celery
- 2 medium zucchinis, diced
- 1 (14.25-ounce) can low-sodium chicken broth
- 6 cups water
- 3 bay leaves
- 2 teaspoons Italian seasoning
- 1 Tablespoon garlic powder
- ½ teaspoon ground black pepper
- 2 Tablespoons dried dill
- 1 (12-ounce) bag egg noodles, cooked according to directions (optional)

Directions:

1. Add chicken breasts to a 6-quart (or larger) slow cooker. Top with carrots, celery, zucchini, chicken broth, water, bay leaves, Italian seasoning, garlic powder, and black pepper.
2. Cover slow cooker with lid and cook until chicken is fully cooked, about 4 hours on high heat (or 8 hours on low heat).
3. Remove and discard bay leaves from soup. Transfer chicken to a medium mixing bowl. Stir in dill. Turn off heat but leave soup covered to keep warm.
4. Let chicken cool and then cut into bite-size pieces or shred with fork. Return chicken to soup mixture and stir. Serve.
5. If using noodles, serve 1 cup soup mixture over 1 cup noodles.

SOUP MIXTURE ONLY

Nutrition Facts

8 servings per container
Serving size **1 cup (438g)**

Amount per serving	
Calories	**110**
	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 40mg	**14%**
Sodium 310mg	**13%**
Total Carbohydrate 10g	**4%**
Dietary Fiber 3g	**11%**
Total Sugars 4g	
Includes 0g Added Sugars	**0%**
Protein 17g	
Vitamin D mcg	0%
Calcium 80mg	6%
Iron 1.4mg	8%
Potassium 470mg	10%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Water, Chicken, Breasts, Boneless, Skinless, Chicken Broth, Low Sodium, Squash, Summer, Zucchini, Carrots, Celery, Diced, Dill Seed, Garlic Powder, Seasoning, Italian Medley, Pepper, Black, Ground

SNAP-Ed Tips:

- Substitute 1 cup fresh chopped dill for dried dill.
- **Nutrition Information for 1 cup soup + 1 cup noodles:** 270 calories, 3.5 g total fat, 0.5 g saturated fat, 320 mg sodium, 40 g total carb, 4 g dietary fiber, 23 g protein

Recipe Source:
Inspired by American Heart Association www.recipes.heart.org

Brunswick Stew

SERVING SIZE: 1 ½ CUPS
PREP TIME: 20 MINUTES
SERVINGS: 5
TOTAL TIME: 1 HOUR

Ingredients:

- 1 Tablespoon vegetable oil
- 1 yellow onion, diced
- 1 green bell pepper, diced
- 2 cups diced chicken breast (10-ounces)
- 2 ½ cups low-sodium chicken broth
- 1 cup water
- 1 (14.5-ounce) can no salt added diced tomatoes
- 1 ¼ cups frozen lima beans
- 1 ¼ cups frozen whole kernel corn
- 1 ½ cups frozen baby cut okra
- 1 teaspoon oregano
- 1 teaspoon ground black pepper
- ½ teaspoon garlic powder
- ¼ teaspoon salt

Directions:

1. Heat vegetable oil in a large skillet over medium heat. Add onion and green pepper and sauté for 3-5 minutes until tender.
2. Add diced chicken to skillet and cook on medium heat until chicken is cooked through.
3. Transfer mixture into a large saucepan. Add all remaining ingredients.
4. Bring stew to a boil.
5. Reduce heat to medium-low. Cover and simmer for 30 minutes. Stirring occasionally.

Nutrition Facts

5 servings per container
Serving size **1 1/2 cups (534g)**

Amount per serving	
Calories	**250**
	% Daily Value*
Total Fat 6g	**8%**
Saturated Fat 1g	**4%**
Trans Fat 0g	
Cholesterol 40mg	**14%**
Sodium 330mg	**14%**
Total Carbohydrate 32g	**11%**
Dietary Fiber 7g	**26%**
Total Sugars 9g	
Includes 0g Added Sugars	**0%**
Protein 22g	
Vitamin D mcg	0%
Calcium 110mg	8%
Iron 2.6mg	15%
Potassium 940mg	20%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Chicken Broth, Low Sodium, Tomatoes, Canned, No Salt Added, Onions, Sweet, Chicken, Breast, Boneless, Skinless, Okra, Sliced, Water, Beans, Lima, Baby, Corn, Yellow, Whole Kernel, Pepper, Bell, Green, Oil, Vegetable, Salt, Table, Garlic Powder, Pepper, Black, Ground, Oregano, Ground

SNAP-Ed Tips:

- Replace any of the frozen vegetables in the recipe for fresh or canned. Look for no salt added!
- Replace chicken breast with boneless skinless chicken thighs, chopped and cooked.

Entrees

Turkey Tacos

SERVING SIZE: ⅓ CUPS
PREP TIME: 10 MINUTES
SERVINGS: 12
TOTAL TIME: 30 MINUTES

Ingredients:

- Cooking spray
- 1 large carrot, grated
- 1-pound ground turkey, 85% lean
- 1 (15.5-ounce) can low-sodium pinto beans, drained and rinsed
- 1 (15.5-ounce) can no salt added chopped or crushed tomatoes
- 1 Tablespoon chili powder
- 1 Tablespoon garlic powder
- 1 Tablespoon ground cumin
- 1 teaspoon dried oregano
- ¼ teaspoon salt
- ½ teaspoon ground black pepper
- 12 corn hard taco shells
- ½ cup reduced-fat shredded cheddar cheese
- 2 large tomatoes, chopped
- ½ medium head iceberg lettuce (or lettuce of your choice), chopped or shredded

Directions:

1. Preheat oven to 325 degrees F.
2. Coat a large skillet with cooking spray. Heat over medium-high heat. Add turkey and brown.
3. Add carrots, beans, canned tomatoes, chili powder, garlic powder, cumin, oregano, salt, and black pepper. Stir well.
4. Reduce heat to medium. Cook until thickened, about 20 minutes.
5. While mixture is cooking, bake taco shells for 7 minutes.
6. Fill taco shell with ⅓ cup meat mixture, 1 tablespoon cheese, 1-2 tablespoons fresh tomatoes, lettuce as desired.

Nutrition Facts

12 servings per container

Serving size	1 taco (177g)
Amount per serving	
Calories	**200**
	% Daily Value*
Total Fat 10g	**13%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 260mg	**11%**
Total Carbohydrate 18g	**7%**
Dietary Fiber 6g	**23%**
Total Sugars 2g	
Includes 0g Added Sugars	**0%**
Protein 12g	
Vitamin D 0.2mcg	0%
Calcium 240mg	20%
Iron 2.2mg	10%
Potassium 370mg	8%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Tomatoes, Whole, Canned, without Salt Added, Beans, Pinto, Canned, Low Sodium, Ground Turkey, 85% Lean, Raw, Tomatoes, Red, Taco Shells, Yellow Corn, Whole Grain, Lettuce, Iceberg, Cheese, Cheddar, Reduced Fat Milk, Shredded, Carrots, Baby, Garlic Powder, Chili Powder, Cumin, Ground, Oregano, Pepper, Black, Ground
May contains: Milk

SNAP-Ed Tips:

- Top tacos with any veggies, hot sauce, salsa, low-fat sour cream, or low-fat plain Greek yogurt.
- Make soft tacos using soft corn or whole-wheat 6" tortillas.

SHARE OUR STRENGTH'S COOKING MATTERS

Recipe Inspired by:
Cooking Matters — shareourstrength.org/about#cooking-matters

Turkey & Bean Sloppy Joes

SERVING SIZE: ⅓ CUP MEAT MIXTURE
PREP TIME: 10 MINUTES
SERVINGS: 8
TOTAL TIME: 20 MINUTES

Ingredients:

- ½ cup ketchup, preferably without high fructose corn syrup
- 2 Tablespoons pure or maple flavored syrup
- 1 Tablespoon apple cider vinegar
- 2 teaspoons yellow mustard
- ⅓ cup + 1 teaspoon water, divided
- 1 teaspoon chili powder
- ¼ teaspoon garlic powder
- ¼ teaspoon allspice
- ¼ teaspoon celery seed
- ¼ teaspoon ground black pepper
- Cooking spray
- ½ cup finely diced yellow onion
- 1-pound ground turkey, 93% lean
- 1 (15-ounce) can low-sodium red kidney beans, drained and rinsed
- 1 teaspoon cornstarch
- 1 whole wheat bun

Directions:

1. For the sauce, in a small mixing bowl whisk together ketchup, maple syrup, vinegar, mustard, ⅓ cup water and all spices.
2. Spray a medium saucepan with cooking spray and heat over medium heat.
3. Add diced onions and sauté 2-3 minutes.
4. Add ground turkey and brown for about 8 minutes on medium-high heat.
5. Add beans and sauce until mixture is well combined.
6. Bring mixture to a simmer.
7. Use the empty bowl that the sauce was in to whisk together the cornstarch with a teaspoon of water. Pour into the meat mixture and stir until combined.
8. Cover the saucepan and simmer over low heat for an additional 5 minutes or until the sauce has thickened and the mixture is heated to desired temperature.
9. Remove from heat and add ⅓ cup to a whole-wheat bun.

Nutrition Facts

8 servings per container
Serving size 1 sloppy joe (193g)

Amount per serving	
Calories	**250**
	% Daily Value*
Total Fat 6g	**8%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 40mg	**14%**
Sodium 390mg	**17%**
Total Carbohydrate 31g	**11%**
Dietary Fiber 5g	**19%**
Total Sugars 10g	
Includes 3g Added Sugars	**6%**
Protein 18g	
Vitamin D 0.2mcg	0%
Calcium 100mg	8%
Iron 2.3mg	15%
Potassium 430mg	10%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Beans, Red Kidney, Canned, Low Sodium, Ground Turkey, 93% Lean, Whole Wheat Bun, Ketchup, Onions, Sweet, Raw, Water, Syrup, Maple, Vinegar, Cider, Mustard, Yellow, Cornstarch, Chili Powder, Garlic Powder, Pepper, Black, Ground, Celery Seeds, Allspice, Ground
May contains: Wheat

SNAP-Ed Tips:

- Vegetarian? Replace the ground turkey with two additional cans of drained and rinsed beans, such as pinto beans and cannellini beans (white kidney beans)!

Mama's Mighty Turkey Spaghetti

SERVING SIZE: 1 CUP MEAT MIXTURE + 1 CUP SPAGHETTI
PREP TIME: 15 MINUTES
SERVINGS: 7
TOTAL TIME: 35 MINUTES

Ingredients:

- Cooking spray
- 1-½ pounds lean ground turkey (choose at least 90% lean)
- 1 (14.5-ounce) can diced tomatoes, reserve liquid
- 1 (14.5-ounce) can no salt added tomato sauce
- 1 large green bell pepper, chopped
- 1 medium onion, chopped
- 1 (8-ounce) can mushrooms, drained and rinsed
- 2 cloves garlic, minced (1 teaspoon minced garlic)
- 1 teaspoon ground oregano
- ¼ teaspoon ground black pepper
- 1-pound 100% whole-wheat spaghetti

Directions:

1. Spray a large skillet with cooking spray and heat over medium-high heat.
2. Add turkey and cook stirring occasionally for 7 minutes. Drain fat.
3. Add tomatoes, tomato sauce, green bell pepper, onion, mushrooms, garlic, oregano, and black pepper.
4. Bring to a boil; reduce heat. Simmer, covered for 15 minutes, stirring occasionally.
5. Uncover and simmer for 15 more minutes.
6. Meanwhile, cook spaghetti according to package directions; drain well.
7. Serve each plate with 1 cup sauce over 1 cup spaghetti.

Nutrition Facts

7 servings per container
Serving size **2 cups (377g)**

Amount per serving	
Calories	**430**
	% Daily Value*
Total Fat 10g	**13%**
Saturated Fat 2.5g	**12%**
Trans Fat 0g	
Cholesterol 70mg	**24%**
Sodium 240mg	**10%**
Total Carbohydrate 60g	**22%**
Dietary Fiber 9g	**31%**
Total Sugars 11g	
Includes 0g Added Sugars	**0%**
Protein 29g	
Vitamin D 0.5mcg	2%
Calcium 70mg	6%
Iron 4.5mg	25%
Potassium 760mg	15%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Ground Turkey, 93% Lean, 7% Fat, Spaghetti, Whole Wheat, Tomato Sauce, Tomatoes, Onions, Mushrooms, Pepper, Bell, Green, Garlic Clove, Oregano, Ground, Pepper, Black, Ground
Contains: Wheat

Turkey Burger

SERVING SIZE: 1 BURGER PATTY
PREP TIME: 10 MINUTES
SERVINGS: 4
TOTAL TIME: 30 MINUTES

Ingredients:

- ½ green bell pepper, chopped
- ¼ small red onion, diced
- 1-pound lean ground turkey, 93% lean
- 1 ½ teaspoons garlic powder
- 1 ½ teaspoons onion powder
- 1 teaspoon parsley flakes
- 1 teaspoon ground black pepper
- ½ teaspoon salt
- 1 Tablespoon canola oil
- ¼ cup water

Directions:

1. In a medium mixing bowl, combine bell pepper, onion, ground turkey, and all spices.
2. Divide evenly into 4 patties, about 4 inches across.
3. Heat oil in a large skillet over medium heat. Add burgers and cook until browned on both sides, about 5 minutes per side. Add water to the pan. Cover and cook about 8-10 additional minutes, until the burgers reach internal temperature of 165 degrees F.

Nutrition Facts

4 servings per container
Serving size 1 patty (185g)

Amount per serving	
Calories	**220**
	% Daily Value*
Total Fat 13g	**17%**
Saturated Fat 2.5g	**14%**
Trans Fat 0g	
Cholesterol 85mg	**28%**
Sodium 370mg	**16%**
Total Carbohydrate 5g	**2%**
Dietary Fiber 1g	**4%**
Total Sugars 2g	
Includes 0g Added Sugars	**0%**
Protein 22g	
Vitamin D 0.5mcg	2%
Calcium 40mg	4%
Iron 1.6mg	8%
Potassium 350mg	8%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Ground Turkey, 93% Lean, 7% Fat, Pepper, Bell, Onions, Oil, Canola, Garlic Powder, Onion Powder, Salt, Table, Pepper, Black, Ground, Parsley, Dried

SHARE OUR STRENGTH'S COOKING MATTERS

Recipe inspired by:
Cooking Matters — shareourstrength.org/about#cooking-matters

SNAP-Ed Tips:

- Serve burger on a whole-wheat bun with lettuce, tomato, and onion. Pairs nicely with our White Bean, Red Onion, & Tomato Salad.
- Substitute ground chicken or beef for ground turkey. Look at the label to pick an option that is at least 90% lean.

Easy Chicken Fried Rice

SERVING SIZE: 1 CUP
PREP TIME: 15 MINUTES
SERVINGS: 7
TOTAL TIME: 60 MINUTES

Ingredients:

- 1 Tablespoon canola oil
- 1 ½ pounds boneless skinless chicken breast, cut into ½ inch cubes
- 1 cup water
- ⅔ cup instant brown rice
- 1 package (10-ounce) frozen riced-cauliflower
- 4 cloves garlic, minced (2 teaspoons minced garlic)
- ½ cup chopped green onion
- 1 cup frozen green peas
- 1 cup shredded carrots
- 3 Tablespoons low-sodium soy sauce
- 1 Tablespoon tahini
- 2 Tablespoons brown sugar
- 1 clove garlic, minced (½ teaspoon minced garlic)
- 1 teaspoon chili garlic sauce (can leave out if you prefer less spice)

Directions:

1. In a large skillet over medium-high heat, heat oil. Add chicken and cook about 4-5 minutes per side or until no longer pink, reaching internal temperature of 165 degrees F. Remove from heat.
2. Meanwhile, bring 1 cup water to a boil in a large saucepan. Add rice, stir, and cover. Boil on medium-high heat for 8-10 minutes, stirring occasionally.
3. Prepare riced cauliflower according to package instructions.
4. Add garlic, green onion, peas, carrots, and soy sauce to the skillet. Cook over medium-high heat for 3-4 minutes stirring frequently.
5. Add brown rice, riced cauliflower, and remaining sauce to the skillet and stir. Cook over medium-high heat for 3-4 minutes, stirring frequently.
6. Serve immediately with extra chili garlic sauce or Sriracha for heat (optional).

Recipe inspired by: *Minimalist Baker*

Nutrition Facts

7 servings per container

Serving size	**1 cup (216g)**
Amount per serving	
Calories	**260**
	% Daily Value*
Total Fat 6g	**8%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 70mg	**24%**
Sodium 380mg	**16%**
Total Carbohydrate 24g	**9%**
Dietary Fiber 3g	**12%**
Total Sugars 6g	
Includes 2g Added Sugars	**5%**
Protein 27g	
Vitamin D mcg	0%
Calcium 50mg	4%
Iron 1.6mg	8%
Potassium 600mg	15%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Chicken, Breast, Boneless, Skinless, Cauliflower, Peas, Green, Rice, Brown, Dry, Carrots, Grated, Sauce, Soy, Low Sodium, Onions, Scallion, Sugar, Brown, Garlic Clove, Tahini, Canola Oil, Chili Garlic Sauce

Contains: Soy, Wheat

SNAP-Ed Tips:

- Substitute 8-ounces extra firm tofu for a plant-based/ vegan dish option.

Kaiya's Slow Cooker Chicken Salad

SERVING SIZE: 1 CUP
PREP TIME: 15 MINUTES
SERVINGS: 6
TOTAL TIME: 5 HOURS

Ingredients:

- 1-pound chicken breast
- 4 stalks celery, chopped and divided
- 1 teaspoon Mrs. Dash® Table Blend seasoning
- 2 cups low-sodium chicken broth
- ⅛ cup light mayonnaise
- ⅓ cup nonfat plain Greek yogurt
- 1 medium apple, chopped
- 1 cup grapes, halved
- 1 teaspoon lemon juice
- 1 Tablespoon poppy seed salad dressing

Directions:

1. Place chicken, half of the celery, seasoning and broth in a slow cooker on high for 4 hours (or low for 6-8 hours) reaching internal temperature of 165 degrees F.
2. Remove chicken from slow cooker. Drain broth contents.
3. Use two forks to shred the chicken. Allow chicken to cool at room temperature, about 15 minutes.
4. Meanwhile, in a medium mixing bowl, combine mayonnaise, Greek yogurt, apple, grapes, lemon juice, and poppy seed dressing. Add chicken and stir contents.
5. Refrigerate for 30 minutes and serve.

Nutrition Facts

6 servings per container
Serving size **1 cup (259g)**

Amount per serving	
Calories	**200**
	% Daily Value*
Total Fat 10g	**12%**
Saturated Fat 2.5g	**12%**
Trans Fat 0g	
Cholesterol 50mg	**17%**
Sodium 150mg	**7%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 1g	**5%**
Total Sugars 8g	
Includes 0g Added Sugars	**0%**
Protein 18g	
Vitamin D 0.3mcg	0%
Calcium 40mg	4%
Iron 0.9mg	6%
Potassium 330mg	8%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Broth, Chicken, Low Sodium, Chicken, Breast, Apple, Celery, Grapes, Yogurt, Greek, nonfat, plain, light mayonnaise, salad dressing, Creamy Poppy seed, Juice, Lemon, MRS. DASH Seasoning, Table Blend
Contains: Eggs, Milk

SNAP-Ed Tips:

- Serve chicken salad on a lettuce wrap with 100% whole-wheat crackers, on two slices of whole-wheat bread, or scoop on your favorite salad greens.
- Substitute Mrs. Dash® with the Table Shake blend (see blend recipe under Cutting Back on Salt page in SNAP Kitchen Tips).

Colorful Quesadillas

SERVING SIZE: 1 QUESADILLA
PREP TIME: 10 MINUTES
SERVINGS: 8
TOTAL TIME: 20 MINUTES

Ingredients:

- 4-ounces Neufchatel cream cheese (⅓ less fat), softened
- ¼ teaspoon garlic powder, divided
- ¼ teaspoon cumin, divided
- ¼ teaspoon onion powder, divided
- ¼ teaspoon ground black pepper, divided
- ¼ teaspoon chili powder, divided
- 1 (8-ounce) can chicken, drained and shredded
- 8 (8-inch) whole-wheat tortillas
- 1 cup chopped yellow onion
- 1 cup chopped red or green bell peppers
- 1 (9-ounce) box chopped frozen spinach, thawed, and remove extra water (See tip below)
- ½ cup reduced-fat shredded Mexican blend or cheddar cheese
- Cooking spray

Directions:

1. In a small mixing bowl, mix cream cheese with ⅛ teaspoon of each spice. Set aside.
2. In another small mixing bowl, season chicken with ⅛ teaspoon of each spice Set aside.
3. On the tortilla, spread 1 tablespoon of cream cheese mixture. Sprinkle 2 tablespoons of seasoned chicken, 2 tablespoons of onion, 2 tablespoons of bell pepper, 2 tablespoons of spinach, and 1 tablespoon shredded cheese.
4. Fold tortillas in half. Set aside. Be careful not to overstuff tortilla or it will fall apart in skillet.
5. Coat large skillet or grill pan with cooking spray and heat over medium heat.
6. Place 2 folded quesadillas on large skillet. Cook for about 2 minutes on each side, or until golden brown.
7. Remove quesadillas from skillet and place on plate to let cool.
8. Cut quesadillas into 4 wedges using knife or pizza cutter. Serve warm with salsa on the side.

Nutrition Facts

8 servings per container
Serving size 1 quesadilla (156g)

Amount per serving	
Calories	**300**
	% Daily Value*
Total Fat 12g	**15%**
Saturated Fat 5g	**27%**
Trans Fat 0g	
Cholesterol 40mg	**14%**
Sodium 600mg	**26%**
Total Carbohydrate 30g	**11%**
Dietary Fiber 5g	**17%**
Total Sugars 2g	
Includes 0g Added Sugars	**0%**
Protein 18g	
Vitamin D 0.1mcg	0%
Calcium 220mg	15%
Iron 0.7mg	4%
Potassium 180mg	4%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Whole Wheat Tortilla, Chicken, Pepper, Bell, Green, Cheese, Neufchatel, Cheese, Mexican, Blend, Reduced Fat, Onions, Spinach, Garlic Powder, Pepper, Black, Ground, Onion Powder, Cumin, Ground, Chili Powder
Contains: Milk, Wheat

SNAP-Ed Tips:

- Place thawed frozen spinach in a strainer, press out water with a spatula. If you prefer fresh spinach, swap frozen for 2 cups chopped fresh.
- Want a vegetarian quesadilla? Replace the shredded chicken with a 14-ounce can of black beans, drained and rinsed.
- Rinse chicken in a strainer to help reduce sodium intake!
- Animal foods such as high fat beef, poultry with skin, lard, cream, butter, cheese, and whole milk, are high in saturated fat and can raise your "bad" cholesterol (LDL) levels. This recipe has been modified by reducing butter and cheese for your health. Limit the amount of saturated fat you eat each day to less than 10% of your total calories (22 g for a 2,000-calorie diet).
  This recipe challenges the Heart Smart guidelines because it's a little high in saturated fat and sodium, but we couldn't leave it out of our cookbook because our participants love it! Not to mention, it is affordable, quick, and loaded with veggies and flavor! Therefore, prepare once in a while.

Recipe Inspired by: *Iowa State University Extension*

Oven "Fried" Chicken

SERVING SIZE: 3 OUNCES COOKED
PREP TIME: 30 MINUTES
SERVINGS: 4
TOTAL TIME: 40 MINUTES

Ingredients:

- Cooking spray
- 2 cups whole-wheat crackers
- 1 teaspoon dried basil
- 1 teaspoon garlic powder
- 1 teaspoon ground black pepper
- 1-pound boneless, skinless chicken breast, fresh or frozen and thawed
- 3 Tablespoons low-fat or nonfat milk

Directions:

1. Preheat oven to 400 degrees F.
2. Place crackers and seasonings in a gallon-sized plastic bag with a tight-fitting seal. Crush crackers using a rolling pin until finely crumbed. Shake and set aside.
3. On a cutting board, remove all visible fat from chicken. Cut chicken to make strips (roughly 1 x 5 inches each). Lightly pat strips dry with paper towels.
4. Pour milk into a small mixing bowl. Dip each chicken strip into the milk and place into the cracker mixture bag. Seal bag and shake until chicken is completely coated.
5. Coat a baking sheet with cooking spray. Place chicken on sheet.
6. Bake for 7-10 minutes, or until chicken is tender and no longer pink, reaching internal temperature of 165 degrees F.

Nutrition Facts

4 servings per container
Serving size 3oz cooked (113g)

Amount per serving	
Calories	**220**
	% Daily Value*
Total Fat 6g	**8%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 55mg	**19%**
Sodium 260mg	**11%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 3g	**11%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 21g	
Vitamin D mcg	0%
Calcium 30mg	2%
Iron 1.3mg	8%
Potassium 380mg	8%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Chicken, Breast, Crackers, Whole Wheat, Milk, Low Fat, 1%, Garlic Powder, Pepper, Black, Ground, Basil Leaves, Dried
Contains: Milk, Wheat

SNAP-Ed Tips:

- Use whole-wheat breadcrumbs in place of whole-wheat crackers.

Chicken Creole

SERVING SIZE: 1 CUP
PREP TIME: 15 MINUTES
SERVINGS: 7
TOTAL TIME: 30 MINUTES

Ingredients:

Sauce

- 1 cup no salt added tomato sauce
- ¼ cup brown sugar, firmly packed
- 2 Tablespoons vinegar
- ¼ teaspoon allspice

Creole

- 1-½ -pounds boneless skinless chicken breast
- Cooking spray
- ¼ cup water
- 1 (14.75-ounce) can no salt added diced tomatoes, reserve liquid
- 1-½ cups chopped green bell pepper
- ½ cup chopped celery
- ¼ cup chopped onion
- 1 (16-ounce) bag frozen cut okra
- 1 Tablespoon dried basil
- 1 Tablespoon dried parsley
- ¼ teaspoon celery seed
- ¼ teaspoon crushed red pepper

Nutrition Facts

7 servings per container

Serving size	1 cup (314g)
Amount per serving	
Calories	**170**
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 55mg	19%
Sodium 350mg	15%
Total Carbohydrate 21g	8%
Dietary Fiber 4g	16%
Total Sugars 15g	
Includes 7g Added Sugars	14%
Protein 22g	
Vitamin D mcg	0%
Calcium 80mg	6%
Iron 1.5mg	8%
Potassium 330mg	8%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Chicken, Breasts, Tomatoes, Okra, Sauce, Tomato, Pepper, Bell, Green, Brown Sugar, Celery, Onions, Vinegar, Distilled, Garlic Clove, Basil Leaves, Dried, Parsley, Dried, Allspice, Ground

Directions:

1. In a medium mixing bowl, prepare sauce by combining tomato sauce, brown sugar, vinegar, and allspice. Stir until blended.
2. Dice chicken into ¼ -inch cubes.
3. Coat a large skillet with cooking spray. Heat skillet over medium-high heat.
4. Add chicken and water to skillet. Cook each side for 3 minutes or until no longer pink.
5. Reduce heat to medium.
6. Add chili sauce, canned tomatoes, bell pepper, celery, onion, okra, and all seasonings. Bring to a boil; reduce heat to low, cover, and simmer for 10 minutes.

SNAP-Ed Tips:

- Serve 1 cup creole over ⅔ cup brown rice or whole-wheat pasta.

Cheesy Chicken & Broccoli Casserole

SERVING SIZE: 1/12 DISH
PREP TIME: 40 MINUTES
SERVINGS: 12
TOTAL TIME: 1 HOUR AND 5 MINUTES

Ingredients:

- 1-½-pounds boneless skinless chicken breast
- 1 Tablespoon vegetable oil
- 1 yellow onion, chopped
- 1 green bell pepper, chopped
- 1 cup low-sodium chicken broth
- 1 (10.5-ounce) can Healthy® or Healthy Request® cream of mushroom soup
- 1 teaspoon ground black pepper
- 2 teaspoons garlic powder
- 1 teaspoon salt
- 2 cups instant brown rice, cooked according to directions (about 4 cups cooked)
- 2 (4-ounce) canned mushrooms, drained and rinsed
- 2 cups chopped broccoli (fresh or frozen)
- Cooking spray
- ¾ cup reduced-fat shredded cheddar cheese

Directions:

1. Preheat oven to 350 degrees F.
2. Dice chicken into ¼-inch cubes.
3. Heat oil in a medium saucepan over medium-high heat. Add onion and bell pepper. Sauté until tender.
4. In a large mixing bowl, combine broth, soup, and all spices. Mix well.
5. Add cooked rice, sautéed vegetables, mushrooms, and broccoli to the bowl. Mix well.
6. Using the same medium saucepan, cook chicken for about 5-7 minutes, or until no longer pink, reaching internal temperature of 165 degrees F.
7. Combine chicken with vegetable/soup mixture.
8. Coat a casserole dish with cooking spray. Pour mixture into dish and bake uncovered for 18 minutes.
9. Sprinkle with cheese and bake for an additional 6 minutes, until cheese is melted.
10. Serve immediately.

Recipe Inspired by: *USDA*

Nutrition Facts

12 servings per container
Serving size 1/12th dish (232g)

Amount per serving		% Daily Value*
Calories	**280**	
Total Fat 8g		**10%**
Saturated Fat 2.5g		**13%**
Trans Fat 0g		
Cholesterol 50mg		**17%**
Sodium 410mg		**18%**
Total Carbohydrate 32g		**12%**
Dietary Fiber 3g		**10%**
Total Sugars 3g		
Includes 0g Added Sugars		**0%**
Protein 21g		
Vitamin D 0.1mcg		0%
Calcium 140mg		10%
Iron 1.2mg		6%
Potassium 430mg		10%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Chicken, Breast, Rice, brown, Onions, Sweet, Broccoli, Cream of Mushroom Soup, Low Sodium, Chicken Broth, Low Sodium, Mushrooms, Cheese, Cheddar, Reduced Fat, Pepper, Bell, Green, Oil, Vegetable, Salt, Garlic Powder, Pepper, Black, Ground
Contains: Milk

SNAP-Ed Tips:

- To reduce sodium and fat, look for a Healthy® or Healthy Request® cream of mushroom soup.
- If desired, replace cream of mushroom soup with cream of broccoli soup

Italian Chicken Casserole

SERVING SIZE: 1 CUP
PREP TIME: 30 MINUTES
SERVINGS: 11
TOTAL TIME: 55 MINUTES

Ingredients:

- 4 cups water
- 2 ¾ cups whole-wheat spiral pasta, uncooked
- 1 Tablespoon canola oil
- ¾ cup chopped onion
- ½ cup chopped celery
- ½ teaspoon garlic powder (1 ½ Tablespoons minced garlic)
- 1 ½ -pounds chicken breast, cooked
- 1 (12-ounce) bag Italian blend frozen veggies
- 1 ½ cups low-sodium chicken broth
- 1 cup 1% low-fat milk
- 1 cup reduced-fat shredded cheddar cheese
- 2 Tablespoons dried parsley flakes
- 1 ½ teaspoon dried thyme
- ½ teaspoon paprika
- ½ teaspoon ground black pepper
- Cooking spray
- 1 cup cornflakes, crushed

Directions:

1. Preheat oven to 350 degrees F.
2. In a medium saucepan, bring 4 cups of water to a boil and cook pasta for about 7 minutes.
3. Heat oil in a large skillet on medium-high heat. Add onion, celery, garlic powder and sauté until tender for about 5 minutes.
4. Drain pasta and place in a large mixing bowl. Add onion mixture, chicken, frozen veggies, broth, milk, cheese, parsley, thyme, paprika, and black pepper.
5. Spray 13 x 9-inch casserole dish with cooking spray. Pour mixture into dish.
6. Cover and bake for 25 minutes.
7. Remove from oven and sprinkle cornflakes on top. Spray the casserole with cooking spray.
8. Bake uncovered for an additional 15 minutes.
9. Remove from oven and serve warm.

Nutrition Facts

11 servings per container

Serving size	**1 cup (204g)**
Amount per serving	
Calories	**250**
	% Daily Value*
Total Fat 6g	**8%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 150mg	**6%**
Total Carbohydrate 28g	**10%**
Dietary Fiber 4g	**13%**
Total Sugars 4g	
Includes 0g Added Sugars	**0%**
Protein 23g	
Vitamin D 0.4mcg	2%
Calcium 140mg	10%
Iron 2mg	10%
Potassium 370mg	8%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Chicken, Breast, Chicken Broth, Low Sodium, Italian blend frozen vegetables, Pasta, Whole Wheat, Milk, low fat (1%), Onions, Reduced Fat Cheese, Celery, Corn Flakes Cereal, Oil, Canola, Garlic Powder, Parsley, Dried, Thyme, Fresh, Pepper, Black, Ground, Paprika
Contains: Wheat, Milk

SNAP-Ed Tips:

- To save time, use leftover chicken or prepare chicken in the crockpot with low-sodium chicken broth the day before.

Goulash (Hamburger Veggie Skillet)

SERVING SIZE: 1 CUP
PREP TIME: 10 MINUTES
SERVINGS: 9
TOTAL TIME: 30 MINUTES

Ingredients:

- Cooking spray
- 1-pound ground beef, 93% lean
- 2 cloves garlic, minced (1 teaspoon minced garlic)
- 1 yellow onion, chopped
- 2 bell peppers (any color), chopped
- 2 Tablespoons Italian seasoning
- 1 teaspoon dried basil
- ¼ teaspoon ground black pepper
- 1 (16-ounce) jar all-natural pasta sauce
- 1 (14.5-ounce) can no salt added diced tomatoes
- 1-pound whole-wheat macaroni, cooked and strained according to directions
- 1 cup reduced-fat shredded cheddar cheese

Directions:

1. Coat large skillet with cooking spray. Add ground beef, minced garlic, onion and bell peppers, cook meat until reaching internal temperature of 160 degrees F.
2. Add remaining ingredients except macaroni and cheese. Simmer for about 7-10 minutes, stirring occasionally.
3. Add cooked macaroni and simmer for about 3 minutes.
4. Top with cheese and serve warm.

Nutrition Facts

9 servings per container

Serving size	**1 cup (274g)**
Amount per serving	
Calories	**340**
	% Daily Value*
Total Fat 7g	**9%**
Saturated Fat 3.5g	**17%**
Trans Fat 0g	
Cholesterol 40mg	**14%**
Sodium 300mg	**13%**
Total Carbohydrate 50g	**18%**
Dietary Fiber 7g	**25%**
Total Sugars 9g	
Includes 0g Added Sugars	**0%**
Protein 23g	
Vitamin D 0.1mcg	0%
Calcium 170mg	15%
Iron 3.8mg	20%
Potassium 380mg	8%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Beef, Ground, 93% Lean / 7% Fat, Macaroni, Whole Wheat, Pasta Sauce, No Salt Added, Onions, Sweet, Pepper, Bell, Cheese, Reduced Fat, Italian Seasoning Blend, Garlic Clove, Basil, Ground, Pepper, Black, Ground
Contains: Milk, Wheat

SNAP-Ed Tips:

- Replace the cheddar cheese with parmesan cheese if desired.
- To cut back on fat, replace ground beef with 96% lean ground turkey.

Lindsay's Beef Casserole

SERVING SIZE: 1 CUP
PREP TIME: 5 MINUTES
SERVINGS: 10
TOTAL TIME: 55 MINUTES

Ingredients:

- 6 cups water
- 1 large head of cabbage, chopped
- 1 Tablespoon olive oil
- ¼ teaspoon ground black pepper
- ¼ teaspoon salt
- 2-pounds ground beef, 93% lean
- 1 (15-ounce) can diced tomatoes with green chilies, drained and rinsed (such as Rotel®)
- 1 (15-ounce) can no added salt tomatoes with green chilies, drained and rinsed (such as Rotel®)
- 1-½ cups reduced-fat shredded cheddar cheese, divided
- ½ cup lite ranch dressing
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- Cooking spray

Directions:

1. Preheat oven to 350 degrees F.
2. Brown beef in a large skillet over medium-high heat until no longer pink, reaching internal temperature of 160 degrees F. Drain off fat and set aside.
3. Add 6 cups of water to a large saucepan. Add cabbage, olive oil, pepper, and salt. Boil over medium-high heat for 25 minutes. Strain liquid using colander and add to beef mixture.
4. Add cabbage, ground beef, tomatoes, ¾ cup of cheese, ranch dressing, garlic powder, and onion powder. Mix.
5. Spray 13 x 9-inch casserole dish with cooking spray.
6. Transfer mixture to dish, sprinkle with remaining cheese, and cover with aluminum foil. Bake for 25 minutes.

Nutrition Facts

10 servings per container
Serving size 1 cup (302g)

Amount per serving	
Calories	**270**
	% Daily Value*
Total Fat 13g	**16%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 60mg	**20%**
Sodium 480mg	**21%**
Total Carbohydrate 13g	**5%**
Dietary Fiber 4g	**14%**
Total Sugars 5g	
Includes 0g Added Sugars	**0%**
Protein 25g	
Vitamin D 0.1mcg	0%
Calcium 190mg	15%
Iron 3mg	15%
Potassium 560mg	10%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Cabbage, Beef, Ground, 93% Lean / 7% Fat, Tomatoes, chopped green chili peppers, less than 2% of salt, calcium chloride, cilantro, Tomatoes, water, chopped green chilies, Reduced Fat Monterey Jack Cheese, Salad Dressing, Ranch, Reduced Fat, Oil, Olive, Salt, Table, Garlic Powder, Onion Powder, Pepper, Black, Ground
Contains: Milk

SNAP-Ed Tips:

- This is a great make ahead weeknight recipe! Prepare recipe following steps 2-5 and place in refrigerator for up to 2 days. Preheat oven to 350 degrees F and bake as directed.
- Replace lite ranch dressing with a Greek yogurt-based ranch dressing, such as Hidden Valley Greek Yogurt Ranch Dressing®.
- To cut back on fat, replace ground beef with 96% lean ground turkey.
- Animal foods such as high fat beef, poultry with skin, lard, cream, butter, cheese, and whole milk, are high in saturated fat and can raise your "bad" cholesterol (LDL) levels. This recipe has been modified by reducing butter and cheese for your health. Limit the amount of saturated fat you eat each day to less than 10% of your total calories (22 g for a 2,000-calorie diet).

Seasoned Meat Loaf

SERVING SIZE: ⅕ LOAF
PREP TIME: 15 MINUTES
SERVINGS: 5
TOTAL TIME: 65 MINUTES

Ingredients:

Sauce

- ¼ cup + 2 Tablespoons ketchup, divided
- 2 teaspoons Worcestershire sauce

Loaf

- 1 teaspoon olive oil
- ½ yellow onion, chopped
- ½ green bell pepper, chopped
- 1-¼-pounds ground beef, 93% lean
- 10 whole-wheat crackers, crushed
- 1 large egg
- 1 teaspoon marjoram
- ¼ teaspoon pepper
- Cooking spray

Directions:

1. Preheat oven to 350 degrees F.
2. In a small mixing bowl, combine 2 tablespoons of the ketchup with Worcestershire sauce.
3. In a small skillet heat oil over medium heat. Add onion and bell pepper. Sauté for 5 minutes. Remove from heat.
4. In a medium mixing bowl, combine beef, sautéed onion and bell pepper, crackers, egg, ¼ cup ketchup, marjoram, and pepper. Using clean hands, mix all ingredients well.
5. Coat loaf pan with cooking spray. Add meat mixture to pan and cover with sauce.
6. Bake uncovered for 55 minutes, reaching internal temperature of 165 degrees F.
7. Remove from oven and let sit for 5 minutes before serving.

Recipe Inspired by *SkinnyTaste www.skinnytaste.com/recipe-index/*

Nutrition Facts

5 servings per container

Serving size	**1 slice (185g)**
Amount per serving	
Calories	**270**
	% Daily Value*
Total Fat 11g	**14%**
Saturated Fat 3.5g	**19%**
Trans Fat 0g	
Cholesterol 110mg	**36%**
Sodium 390mg	**17%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 1g	**4%**
Total Sugars 6g	
Includes 4g Added Sugars	**7%**
Protein 26g	
Vitamin D 0.3mcg	0%
Calcium 20mg	0%
Iron 3mg	15%
Potassium 450mg	10%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Beef, Ground, 93% Lean / 7% Fat, Ketchup, Onions, Chopped, Pepper, Bell , Green, Egg, Crackers, Wheat, Whole Grain, Sauce, Worcestershire, Oil, Olive, Marjoram, Ground, Pepper, Black, Ground
Contains: Eggs, Wheat

SNAP-Ed Tips:

- To cut back on fat, replace ground beef with 96% lean ground turkey.
- Look for an all-natural ketchup without high fructose corn syrup.
- Pairs great with our Spicy Okra and any non-starchy vegetable side!

Barbecue Pork

SERVING SIZE: ⅛ DISH
PREP TIME: 10 MINUTES
SERVINGS: 8
TOTAL TIME: 4 HOURS

Ingredients:

- 2-pounds pork shoulder roast, trimmed and cut into 1-inch cubes
- 1 yellow onion, diced
- ¾ cup water
- ½ cup ketchup
- ¼ cup vinegar (white wine or apple cider)
- 1 teaspoon chili powder
- ½ teaspoon paprika
- ½ teaspoon garlic powder
- ½ teaspoon ground mustard
- ½ teaspoon cumin
- ½ teaspoon ground black pepper

Directions:

1. In a slow cooker, combine all listed ingredients. Mix well.
2. Cover and simmer for 4 hours or until meat easily falls apart, reaching internal temperature of 160 degrees F.
3. Remove all visible fat.
4. Shred the meat with two forks. Serve warm.

Nutrition Facts

8 servings per container
Serving size **1 serving (200g)**

Amount per serving	
Calories	**180**
	% Daily Value*
Total Fat 7g	**9%**
Saturated Fat 2.5g	**11%**
Trans Fat 0g	
Cholesterol 70mg	**23%**
Sodium 220mg	**10%**
Total Carbohydrate 8g	**3%**
Dietary Fiber 1g	**2%**
Total Sugars 5g	
Includes 0g Added Sugars	**0%**
Protein 22g	
Vitamin D 0.7mcg	4%
Calcium 30mg	2%
Iron 1.7mg	10%
Potassium 500mg	10%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Pork, Shoulder, Onions, Sweet, Water, Ketchup, Vinegar, Cider, Chili Powder, Garlic Powder, Cumin, Ground, Pepper, Black, Ground, Paprika, Mustard, Ground

SNAP-Ed Tips:

- To make it a sandwich, serve on a whole-wheat hamburger bun.
- Pork loin roast can also be used instead of pork shoulder roast.
- Look for an all-natural ketchup without high fructose corn syrup.

Pepper Crusted Pork Loin

SERVING SIZE: 4–OUNCES COOKED
PREP TIME: 10 MINUTES
SERVINGS: 6
TOTAL TIME: 60 MINUTES

Ingredients:

- Cooking spray
- 3 Tablespoons Dijon mustard
- 1 Tablespoon 1% low-fat milk or low-fat buttermilk
- 2 teaspoons fresh thyme or 1 teaspoon dried thyme
- 2 teaspoons ground pepper
- ¼ teaspoon salt
- ⅔ cup soft breadcrumbs
- 1 ½-pounds whole boneless pork loin

Directions:

1. Preheat oven to 425 degrees F.
2. Coat 13 x 9-inch casserole dish with cooking spray and place pork in dish.
3. In a small mixing bowl, combine mustard, buttermilk, thyme, pepper, salt, and breadcrumbs. Whisk with a fork.
4. Pour breadcrumb mixture onto meat.
5. Cover with aluminum foil and bake for 15 minutes.
6. Uncover meat and bake for an additional 35-40 minutes, reaching internal temperature of 160 degrees F.
7. Let stand for 5 minutes before serving.

Nutrition Facts

6 servings per container
Serving size **4 ounces (113g)**

Amount per serving	
Calories	**160**
	% Daily Value*
Total Fat 3.5g	**5%**
Saturated Fat 1g	**6%**
Trans Fat 0g	
Cholesterol 50mg	**16%**
Sodium 360mg	**16%**
Total Carbohydrate 8g	**3%**
Dietary Fiber 1g	**2%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 21g	
Vitamin D 0.2mcg	0%
Calcium 30mg	2%
Iron 1.5mg	8%
Potassium 540mg	10%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Pork, Loin, Tenderloin, Bread Crumbs, Plain, Milk, Low Fat, Mustard, Dijon, Pepper, Black, Ground, Thyme, Fresh
May contain: Milk, Wheat

Baked Pork Chops

SERVING SIZE: 3-OUNCES COOKED
PREP TIME: 15 MINUTES
SERVINGS: 4
TOTAL TIME: 50 MINUTES

Ingredients:

- 1-pound boneless pork loin chops
- 1 egg
- 1 cup skim milk
- ½ cup whole-wheat cracker crumbs
- ¼ teaspoon salt
- ¼ teaspoon chili powder
- 1 teaspoon garlic powder
- ½ teaspoon ground black pepper
- Cooking spray

Directions:

1. Preheat oven to 375 degree F.
2. Trim any fat from pork chops.
3. In a large shallow bowl, beat egg with milk until combined well.
4. Place pork chops in milk mixture; let sit for 5 minutes, flipping pork chops once at the halfway point.
5. Meanwhile, mix cracker crumbs, salt, chili powder, garlic powder, and black pepper.
6. Remove pork chops from the milk mixture and coat each side with crumbs.
7. Coat a baking sheet with cooking spray. Place pork chops on baking sheet and bake for 20 minutes.
8. Flip pork chops and bake an additional 15 minutes, reaching internal temperature of 160 degrees F.

Nutrition Facts

4 servings per container
Serving size 3oz cooked (113g)

Amount per serving	
Calories	**230**
	% Daily Value*
Total Fat 14g	**18%**
Saturated Fat 4.5g	**22%**
Trans Fat 0g	
Cholesterol 65mg	**22%**
Sodium 270mg	**12%**
Total Carbohydrate 6g	**2%**
Dietary Fiber 1g	**3%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 22g	
Vitamin D 0.5mcg	2%
Calcium 20mg	0%
Iron 0.8mg	4%
Potassium 380mg	8%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Pork, Center Loin, Boneless, Crackers, Whole Wheat, Milk, Non Fat, Eggs, Garlic Powder, Salt, Table, Pepper, Black, Ground, Chili Powder
Contains: Eggs, Milk, Wheat

SNAP-Ed Tips:

- For whole-grain crackers, look for the word "whole" as the first ingredient.
- Use panko crumbs as an alternative to whole-wheat cracker crumbs.

Quick Tuna Casserole

SERVING SIZE: 1 CUP
PREP TIME: 10–15 MINUTES
SERVINGS: 6
TOTAL TIME: 40 MINUTES

Ingredients:

- 1 cup water
- 5-ounces egg noodles
- 1 (10.5-ounce) can Healthy® or Healthy Request® cream of mushroom soup
- ⅓ cup 1% low-fat milk
- ¼ teaspoon cumin
- ¼ teaspoon cayenne pepper
- ⅛ teaspoon garlic powder
- 2 (6.5-ounce) cans tuna, packed in water, drained
- 1 cup frozen green peas
- Cooking spray
- 10 whole-wheat saltine crackers, crushed

Directions:

1. Preheat oven to 350 degrees F.
2. In a large saucepan, bring water to a boil. Add egg noodles, stir, and cook for 2 minutes.
3. Remove the saucepan from heat, cover, and let stand for 10 minutes.
4. Meanwhile, in a medium mixing bowl, add soup, milk, cumin, cayenne pepper, and garlic powder. Mix ingredients together.
5. Using a colander, strain water from noodles. Add noodles, tuna, and peas to the bowl.
6. Coat a casserole dish with cooking spray.
7. Pour tuna mixture into dish and cover with cracker crumbs.
8. Bake for 30 minutes.

Nutrition Facts

6 servings per container

Serving size	**1 cup (233g)**
Amount per serving	
Calories	**250**
	% Daily Value*
Total Fat 3.5g	**4%**
Saturated Fat 0.5g	**4%**
Trans Fat 0g	
Cholesterol 65mg	**21%**
Sodium 510mg	**22%**
Total Carbohydrate 32g	**12%**
Dietary Fiber 3g	**12%**
Total Sugars 6g	
Includes 0g Added Sugars	**0%**
Protein 20g	
Vitamin D 1.4mcg	6%
Calcium 130mg	10%
Iron 2.2mg	10%
Potassium 600mg	15%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Tuna, Chunk Light in Water, Soup, Cream of Mushroom, Peas, Green, Milk, low fat (1%), Egg Noodles, Crackers, Saltines, Whole Wheat, Garlic Powder, Cumin, Ground, Pepper, Cayenne, Ground
Contains: Fish, Eggs, Milk, Wheat

SNAP-Ed Tips:

- For whole-grain crackers, look for the word "whole" as the first ingredient.
- Use panko crumbs as an alternative to whole-wheat cracker crumbs.

Salmon Patties

SERVING SIZE: 1 PATTY
PREP TIME: 10 MINUTES
SERVINGS: 6
TOTAL TIME: 20 MINUTES

Ingredients:

- 1 (15.5-ounce) can salmon, drained
- 1 cup crushed whole-grain crackers (about 28 whole grain crackers)
- ½ cup chopped yellow onion
- ½ cup chopped green bell pepper
- 2 large eggs, lightly beaten
- ½ cup low-fat milk
- ½ teaspoon ground black pepper
- ½ teaspoon garlic powder
- ½ teaspoon paprika
- 1 teaspoon dried dill
- 1 Tablespoon olive oil

Directions:

1. Place salmon in a medium sized mixing bowl. Flake salmon using a fork or clean hands until very fine.
2. Add crackers, onion, bell pepper, eggs, milk, black pepper, garlic powder, paprika, and dried dill to salmon. Mix thoroughly.
3. Shape salmon mixture into 6 patties and rest on a plate.
4. Heat oil in a large skillet over medium heat. Add patties and brown both sides until thoroughly cooked, reaching internal temperature of 145 degrees F.

Nutrition Facts

6 servings per container

Serving size	**1 patty (157g)**
Amount per serving	
Calories	**210**
	% Daily Value*
Total Fat 8g	**11%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 125mg	**41%**
Sodium 420mg	**18%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 1g	**5%**
Total Sugars 2g	
Includes 0g Added Sugars	**0%**
Protein 22g	
Vitamin D 10.9mcg	50%
Calcium 90mg	6%
Iron 1.6mg	8%
Potassium 370mg	8%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Salmon, Milk, Low Fat, Pepper, Sweet, Red, Egg, Onions, Crackers, Saltine, Whole Grain, Oil, Olive, Garlic Powder, Paprika, Pepper, Black, Ground, Dill Weed, Dried
Contains: Eggs, Milk, Fish, Wheat

SNAP-Ed Tips:

- Serve patty on a whole-wheat bun with lettuce, tomato, and onion. Pairs nicely with our Broccoli Salad.

Baked Flaked Fish

SERVING SIZE: 3-OUNCES COOKED
PREP TIME: 10 MINUTES
SERVINGS: 8
TOTAL TIME: 35 MINUTES

Ingredients:

- 2-pounds fish fillets, such as tilapia or cod
- 4 cups cornflakes, finely crushed
- ⅓ cup whole-wheat flour
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 2 large eggs
- ¼ cup nonfat skim milk
- Cooking spray

Directions:

1. Preheat oven to 375 degrees F.
2. Cut fillets evenly into 8 pieces.
3. Add crushed cornflakes to a medium bowl and set aside.
4. In a second medium bowl, mix flour, salt and black pepper.
5. In a third medium bowl, add eggs and milk. Whisk with a fork.
6. Coat both sides of fish in the following order: flour, egg mixture, and lastly cornflakes.
7. Coat a baking sheet with cooking spray. Place fillets on baking sheet. Coat fish with additional cooking spray.
8. Bake for 15-20 minutes, reaching internal temperature of 145 degrees F.
9. Meanwhile, prepare tartar sauce (see recipe on next page).

Nutrition Facts

8 servings per container
Serving size 3oz cooked (113g)

Amount per serving	
Calories	**150**
	% Daily Value*
Total Fat 2.5g	**3%**
Saturated Fat 1g	**4%**
Trans Fat 0g	
Cholesterol 75mg	**26%**
Sodium 190mg	**8%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 1g	**3%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 19g	
Vitamin D 3.2mcg	15%
Calcium 20mg	0%
Iron 2.8mg	15%
Potassium 300mg	6%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Tilapia, Cereal, Corn Flakes, Egg, Milk, Non Fat, Flour, Whole Wheat, Salt, Table, Pepper, Black, Ground
Contains: Fish, Wheat, Eggs, Milk

SHARE OUR STRENGTH'S COOKING MATTERS

Recipe Source:
Cooking Matters — shareourstrength.org/about#cooking-matters

Tartar Sauce

SERVING SIZE: 2 TABLESPOONS
PREP TIME: 5 MINUTES
SERVINGS: 8
TOTAL TIME: 5 MINUTES

Ingredients:

- ½ cup light mayonnaise
- ½ plain nonfat yogurt
- 3 Tablespoons sweet pickle relish
- ¼ teaspoon ground black pepper
- 2 Tablespoons lemon juice

Directions:

1. In a small mixing bowl, combine mayonnaise and yogurt. Whisk with a fork. Add relish, black pepper, and lemon juice, mix well.
2. Serve immediately on top of fish or serve on the side.

Nutrition Facts

8 servings per container
Serving size 2 tablespoons (40g)

Amount per serving	
Calories	**70**
	% Daily Value*
Total Fat 5g	**6%**
Saturated Fat 1g	**4%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 150mg	**7%**
Total Carbohydrate 5g	**2%**
Dietary Fiber 0g	**0%**
Total Sugars 4g	
Includes 4g Added Sugars	**7%**
Protein 1g	
Vitamin D mcg	0%
Calcium 30mg	2%
Iron 0.1mg	0%
Potassium 50mg	0%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Yogurt, Plain, Non Fat, Light Mayonnaise, Relish, Pickle, Lemon juice, Pepper, Black, Ground
Contains: Eggs, Milk

SHARE OUR STRENGTH'S COOKING MATTERS

Recipe Source:
Cooking Matters — shareourstrength.org/about#cooking-matters

Catfish Stew & Rice

SERVING SIZE:
1 CUP STEW 1/2 CUP RICE
PREP TIME: 30 MINUTES
SERVINGS: 8
TOTAL TIME: 60 MINUTES

Ingredients:

- 2 medium potatoes, peeled and quartered
- 1 (14.5-ounce) can no salt added diced tomatoes, reserve liquid
- 1 cup diced yellow onion
- ½ cup diced carrots
- 2 bell peppers (any color), diced
- 1 cup water
- 1 Tablespoon minced garlic
- ½ medium cabbage head, coarsely chopped *(yields about 6 cups chopped cabbage)*
- 1-pound catfish fillets
- ¼ teaspoon garlic powder
- ¼ teaspoon chili powder
- ¼ teaspoon ground black pepper
- ¼ teaspoon parsley flakes
- ½ teaspoon salt
- 2 cups instant brown rice, cooked according to directions (yield 4 cups)

Directions:

1. In a large saucepan, combine potatoes, tomatoes, onion, carrots, bell peppers, water, and minced garlic. Bring to a boil. Reduce heat to medium, cover, and cook for 10 minutes.
2. Add cabbage to saucepan. Return to a boil. Reduce heat to medium, and cook for 5 minutes, stirring occasionally.
3. Meanwhile, cut fillets into 2-inch lengths.
4. In a small mixing bowl, combine garlic powder, chili powder, black pepper, parsley flakes and salt. Mix the seasonings and spread evenly onto fish.
5. Add fish, cover, and reduce heat to a simmer. Simmer for about 5 minutes until fish flakes easily with a fork, reaching internal temperature of 145 degrees F.
6. Serve over hot, cooked brown rice.

Nutrition Facts

8 servings per container
Serving size **1 serving (352g)**

Amount per serving	
Calories	**250**
	% Daily Value*
Total Fat 4.5g	**6%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 170mg	**8%**
Total Carbohydrate 38g	**14%**
Dietary Fiber 5g	**18%**
Total Sugars 5g	
Includes 0g Added Sugars	**0%**
Protein 13g	
Vitamin D 0.1mcg	0%
Calcium 50mg	4%
Iron 1.4mg	8%
Potassium 530mg	10%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Catfish, Cabbage, Tomatoes, Potatoes, Pepper, Bell, Green, Onions, Carrots, Garlic, Salt, Garlic Powder, Chili Powder, Pepper, Black, Parsley Flakes, Dried
Contains: Fish

SNAP-Ed Tips:

- Sprinkle crushed red pepper flakes on top of the stew to spice it up!
- Cannot find "no salt added" diced tomatoes? You can use a regular can! Just leave the salt out of the recipe to make sure the sodium level stays in a healthy range!

Grilled Fish Tacos with Peach Salsa

SERVING SIZE: 2 TACOS
PREP TIME: 20 MINUTES
SERVINGS: 4
TOTAL TIME: 30 MINUTES

Ingredients:

Salsa

- 1 (15.25-ounce) can peach halves, drained, rinsed, and chopped (yields about 1 cup)
- 1 small jalapeno, seeded and chopped
- 1 green bell pepper, diced
- 1 red onion, chopped
- 1 ½ teaspoons lime juice
- 1 ½ teaspoons lemon juice
- 1 ½ teaspoons ground black pepper
- 1 avocado, cubed (optional)

Fish

- 4 tilapia fillets (about 1-pound), halved
- 1 Tablespoon chili powder
- ¼ teaspoon low-sodium Adobo seasoning
- 1 package low-sodium Sazon seasoning
- Cooking spray
- 8 (6-inch) corn tortillas

Directions:

1. In a medium mixing bowl, combine chopped peaches, jalapeno, bell pepper, red onion, lime juice, lemon juice, and black pepper. If desired, add avocado. Mix all ingredients, cover, and refrigerate until ready to use.
2. Using paper towels, pat fish dry, and transfer to a plate.
3. In a small mixing bowl, combine chili powder, low-sodium Adobo and Sazon packet.
4. Cover fish with spice mixture.
5. Coat grill pan or skillet with cooking spray. Heat over medium-high heat.
6. Add fish and cook for about 4 minutes on each side, reaching an internal temperature of 145 degrees F.
7. To serve, fill each tortilla with ½ fish fillet and about ⅓ cup of salsa.

Recipe Inspired by *USDA ChooseMyPlate*

Nutrition Facts

4 servings per container
Serving size **1 serving (354g)**

Amount per serving	
Calories	**240**
	% Daily Value*
Total Fat 3g	**4%**
Saturated Fat 0.5g	**4%**
Trans Fat 0g	
Cholesterol 55mg	**19%**
Sodium 290mg	**13%**
Total Carbohydrate 28g	**10%**
Dietary Fiber 4g	**15%**
Total Sugars 10g	
Includes 0g Added Sugars	**0%**
Protein 26g	
Vitamin D 3.5mcg	20%
Calcium 50mg	4%
Iron 2mg	10%
Potassium 640mg	15%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Tilapia, Peaches, Onions, Sweet, Raw, Tortillas, Corn, Pepper, Bell, Green, Pepper, Jalapeno, Chili Powder, Juice, Lime, Juice, Lemon, Sazon low-sodium seasoning, Pepper, Black, Ground, Seasoning Blend, Adobo
Contains: Fish

SNAP-Ed Tips:

- Look for Adobo and Sazon in the international aisle of your grocery store.
- Make Adobo seasoning using 1 teaspoon chili powder, 1 teaspoon garlic powder, 1½ teaspoons ground cumin, 1½ teaspoons onion powder, 1½ teaspoons black pepper, ½ tablespoon paprika, and 1 tablespoon salt.
- If desired, replace tilapia with cod or your favorite lite fish or seafood.

The Works Pizza

SERVING SIZE: 1 SLICE
PREP TIME: 15 MINUTES
SERVINGS: 8
TOTAL TIME: 30 MINUTES

Ingredients:

- 1 Tablespoon canola oil
- 1 yellow onion, chopped
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 2 medium tomatoes, chopped
- Cooking spray
- 1 prepared whole-wheat pizza crust
- ¼ teaspoon dried basil
- ¼ teaspoon dried oregano
- ¼ teaspoon dried parsley
- 1 (8-ounce) can no salt added tomato sauce
- 1 cup reduced-fat shredded mozzarella cheese
- 1 (4-ounce) can mushrooms, drained and rinsed
- 15 (2-inch diameter) turkey pepperoni slices

Directions:

1. Preheat oven to 450 degrees F.
2. Heat oil in a large skillet over medium-high heat. Sauté onions and peppers for 3 minutes. Remove from heat and stir in tomatoes.
3. Coat a baking sheet with cooking spray. Place the crust in center of sheet.
4. In a small mixing bowl, combine basil, oregano, parsley, and tomato sauce. Spread a layer of sauce across dough.
5. Sprinkle dough with cheese, followed by onion and pepper mixture.
6. Top pizza with mushrooms and turkey pepperoni.
7. Bake pizza until cheese is melted and crust is browned on the sides and bottom, about 10-15 minutes. Remove from oven.
8. Let rest for 2 minutes. Using a sharp knife or pizza cutter, cut into 8 pieces.

Nutrition Facts

8 servings per container
Serving size 1 slice (210g)

Amount per serving	
Calories	**240**
	% Daily Value*
Total Fat 11g	**14%**
Saturated Fat 4.5g	**24%**
Trans Fat 0g	
Cholesterol 25mg	**8%**
Sodium 510mg	**22%**
Total Carbohydrate 26g	**9%**
Dietary Fiber 5g	**18%**
Total Sugars 7g	
Includes 0g Added Sugars	**0%**
Protein 14g	
Vitamin D 0mcg	0%
Calcium 220mg	15%
Iron 0.5mg	2%
Potassium 290mg	6%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Onions, Whole Wheat Pizza Crust, Tomatoes, Mozzarella, Low Moisture Part Skim, Sauce, Tomato, Pepper, Bell, Mushrooms, Turkey Pepperoni, Oil, Canola, Oregano, Ground, Basil Leaves, Dried, Parsley, Dried
Contains: Milk, Wheat

SNAP-Ed Tips:

- Make your own whole-wheat pizza dough or choose a frozen or refrigerated pizza dough.

SHARE OUR STRENGTH'S COOKING MATTERS

Recipe Source:
Cooking Matters — shareourstrength.org/about#cooking-matters

Tomato Pie

SERVING SIZE: 1 SLICE
PREP TIME: 20 MINUTES
SERVINGS: 8
TOTAL TIME: 60 MINUTES

Ingredients:

- 1 (9-inch) deep dish pie shell
- 3 cups chopped tomatoes (about 3-4 medium tomatoes)
- ½ teaspoon ground black pepper
- 1 Tablespoon dried basil (¼ cup chopped fresh basil)
- 1 cup reduced-fat shredded sharp cheddar cheese
- ⅔ cup reduced-fat shredded Monterey Jack cheese
- ½ cup light mayonnaise
- ½ cup chopped yellow or red onion (about ½ onion)

Directions:

1. Preheat oven to 350 degrees F.
2. Bake the pie shell for 10 minutes, or until lightly browned.
3. Meanwhile, pat tomatoes with a paper towel to remove moisture.
4. In a medium mixing bowl, combine pepper, basil, cheddar, Monterey Jack cheese, and mayonnaise.
5. Layer the pie shell with onion, tomatoes, and basil.
6. Spread the cheese mixture over the tomatoes.
7. Bake for 30-40 minutes, or until browned and bubbly.

Nutrition Facts

8 servings per container
Serving size **1 slice (159g)**

Amount per serving	
Calories	**290**
	% Daily Value*
Total Fat 19g	**24%**
Saturated Fat 8g	**42%**
Trans Fat 0g	
Cholesterol 30mg	**9%**
Sodium 580mg	**25%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 2g	**6%**
Total Sugars 5g	
Includes 0g Added Sugars	**0%**
Protein 11g	
Vitamin D 0mcg	0%
Calcium 480mg	35%
Iron 0.4mg	2%
Potassium 200mg	4%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Tomatoes, Mild Cheddar, 2 % Reduced Fat Milk, Pie Crust, Frozen, Mayonnaise, Light, Onions, Cheese, Monterey Jack, Low Fat, Basil Leaves, Dried, Pepper, Black, Ground
Contains: Eggs, Milk, Wheat

SNAP-Ed Tips:

- Add another vegetable if you would like! You can add 1 cup of diced broccoli, squash, or corn.
- To prevent a watery pie, be sure the tomatoes are thoroughly drained and dried.
- This southern favorite is perfect for any summer cookout! This recipe challenges the Heart Smart guidelines because it's a little high in saturated fat and sodium, but we couldn't leave it out of our cookbook because our participants love it! Not to mention, it is affordable, quick, and loaded with veggies and flavor! Therefore, prepare once in a while.
- Animal foods such as high fat beef, poultry with skin, lard, cream, butter, cheese, and whole milk, are high in saturated fat and can raise your "bad" cholesterol (LDL) levels. This southern favorite recipe has been modified by reducing butter and cheese for your health. Limit the amount of saturated fat you eat each day to less than 10% of your total calories (22 g for a 2,000-calorie diet).

Vegetables & Sides

Fruit & Nut Slaw

SERVING SIZE: 1 CUP
PREP TIME: 30 MINUTES
SERVINGS: 8
TOTAL TIME: 1 HOUR AND 30 MINUTES
(INCLUDES CHILLING TIME)

Ingredients:

- ½ cabbage head (red, purple, or green), thinly sliced (about 5 cups shredded cabbage)
- 1 carrot, grated or shredded
- ½ cup dried raisins or dried cranberries
- 2 medium apples, thinly sliced
- ⅓ cup chopped pecans, walnuts, or slivered almonds
- ⅓ cup white wine vinegar
- 2 Tablespoons sugar
- 2 teaspoons olive oil
- ¾ teaspoon salt
- ½ teaspoon ground black pepper

Directions:

1. In a large mixing bowl, combine cabbage, shredded carrot, dried fruit, apples, and nuts.
2. In a small mixing bowl, whisk vinegar, sugar, oil, salt, and black pepper. Pour over cabbage mixture and stir.
3. Refrigerate at least one hour prior to serving.

Recipe adapted from *Food Hero foodhero.org/recipes/healthy-recipes*

Nutrition Facts

8 servings per container

Serving size	**1 cup (126g)**
Amount per serving	
Calories	**120**
	% Daily Value*
Total Fat 4.5g	**6%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 230mg	**10%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 3g	**12%**
Total Sugars 16g	
Includes 3g Added Sugars	**6%**
Protein 1g	
Vitamin D mcg	0%
Calcium 30mg	2%
Iron 0.6mg	4%
Potassium 240mg	6%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Apple, Medium, Cabbage, Shredded, Vinegar, Distilled, Raisins, Seedless, Carrots, Pecans, Chopped, Sugar, White Granulated, Oil, Olive, Salt, Table, Pepper, Black, Ground

Contains: Tree Nuts

SNAP-Ed Tips:

- For a more colorful dish, try a mix of red, purple, and green cabbage.

Spicy Okra

SERVING SIZE: 1 CUP
PREP TIME: 15 MINUTES
SERVINGS: 4
TOTAL TIME: 30 MINUTES

Ingredients:

- 1 Tablespoon canola oil
- 1 yellow onion, diced
- 2 medium tomatoes, chopped
- ¼ (4-ounce) can mild diced green chilies, drained
- 2 cups baby cut okra, frozen
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 2 cloves garlic, minced (1 teaspoon minced garlic)
- ½ teaspoon ground cumin

Directions:

1. Heat oil in a medium skillet over medium-high heat. Sauté onion for 3 minutes or until lightly browned.
2. Add tomatoes and chilies to skillet. Cook for additional 8 minutes, stirring often.
3. Add okra and continue to stir gently for 5 minutes or until okra is tender.
4. Stir in all seasonings, let simmer for 2-3 minutes and serve.

Recipe adapted from *FoodTalk foodtalk.org/en/recipes*

Nutrition Facts

4 servings per container
Serving size **1 cup (234g)**

Amount per serving
Calories **90**

	% Daily Value*
Total Fat 4g	**5%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 310mg	**13%**
Total Carbohydrate 13g	**5%**
Dietary Fiber 4g	**13%**
Total Sugars 8g	
Includes 0g Added Sugars	**0%**
Protein 3g	
Vitamin D mcg	0%
Calcium 90mg	6%
Iron 0.8mg	4%
Potassium 380mg	8%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Onions, Sweet, Okra, Sliced, Tomatoes, Red, Pepper, Jalapeno, Oil, Canola, Garlic Clove, Salt, Table, Cumin, Ground, Pepper, Black, Ground

SNAP-Ed Tips:

- If more heat is desired, add another 1 ounce of mild chilies to recipe.
- If using fresh okra, rinse and cut into ½-inch slices.
- 1 (14.5-ounce) can of no salt added diced tomatoes can be substituted for fresh tomatoes.

Greens with Beans

SERVING SIZE: ½ CUP
PREP TIME: 15 MINUTES
SERVINGS: 8
TOTAL TIME: 30 MINUTES

Ingredients:

- 1-pound bag fresh cut collard greens, kale, spinach, or mustard greens
- 1 ½ Tablespoons canola oil
- ½ sweet onion, diced
- 1 teaspoon minced garlic
- ¼ cup reduced sodium chicken broth
- 1 (15.5-ounce) can white kidney (cannellini) beans, drained and rinsed
- 1 Tablespoon white wine vinegar

Directions:

1. Trim all stems from greens and wash.
2. Heat oil in large skillet over medium-high heat. Add onion and cook until lightly browned.
3. Add garlic and broth to skillet. Bring to a boil.
4. Add handfuls of greens to the skillet, stirring and cooking down until all greens can fit into the skillet. Cook greens until tender.
5. Stir in beans and vinegar.
6. Serve hot & enjoy!

Recipe adapted from *FoodTalk foodtalk.org/en/recipes*

Nutrition Facts

8 servings per container

Serving size	**1/2 cup (145g)**
Amount per serving	
Calories	**110**
	% Daily Value*
Total Fat 3g	**4%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 220mg	**9%**
Total Carbohydrate 16g	**6%**
Dietary Fiber 5g	**17%**
Total Sugars 2g	
Includes 0g Added Sugars	**0%**
Protein 6g	
Vitamin D mcg	0%
Calcium 110mg	8%
Iron 2.7mg	15%
Potassium 500mg	10%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Collard greens, Beans, White, Onions, Sweet, Chicken Broth, Reduced Sodium, Oil, Vinegar, Distilled, Garlic Clove

SNAP-Ed Tips:

- If bought uncut, slice greens into strips.
- Don't overcook greens or else they'll lose their bright green color!
- Add more vinegar and/or garlic to your taste.

Succotash

SERVING SIZE: 1 CUP
PREP TIME: 10 MINUTES
SERVINGS: 8
TOTAL TIME: 40 MINUTES

Ingredients:

- 2 cups baby lima beans, frozen
- 2 Tablespoons olive oil
- 1 cup chopped sweet onion
- ¼ cup diced green onion
- 1 cup fresh or frozen okra, diced
- 1 clove garlic, minced (1 teaspoon minced garlic)
- 3 cups corn kernels, frozen
- ½ teaspoon ground black pepper
- ½ teaspoon salt
- 2 cups cherry tomatoes, cut in half
- 1 Tablespoon salted butter
- ¼ cup fresh basil (½ teaspoon dried basil)
- 1 teaspoon cayenne pepper, smoked paprika or hot sauce (optional)

Directions:

1. In a medium saucepan, add lima beans and enough water to cover. Bring to a boil and reduce heat to simmer for 20-30 minutes, or until desired tenderness. Strain and set aside.
2. Meanwhile, in a large saucepan heat oil on medium heat. Add sweet onions, green onions, okra, and garlic. Sauté for 7-8 minutes, until okra has browned.
3. Stir in corn, strained beans, pepper, and salt. Cook and stir until corn is tender and bright, about 7 minutes.
4. Stir butter in until melted. Remove from heat.
5. Add tomatoes and basil. Stir well. Garnish with additional fresh basil and serve warm.

Nutrition Facts

8 servings per container

Serving size	**(189g)**
Amount per serving	
Calories	**150**
	% Daily Value*
Total Fat 3g	**4%**
Saturated Fat 1.5g	**6%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 220mg	**9%**
Total Carbohydrate 28g	**10%**
Dietary Fiber 5g	**18%**
Total Sugars 4g	
Includes 0g Added Sugars	**0%**
Protein 7g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1.5mg	8%
Potassium 520mg	10%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Corn, Yellow, Sweet, Tomatoes, Red, Beans, Lima, Baby, Frozen, Onions, Chopped, Okra, Onions, Scallion, Butter, Salted, Basil, Fresh, Salt, Table, Garlic Clove, Pepper, Black, Ground

SNAP-Ed Tips:

- If desired, replace frozen corn with canned corn. Be sure to drain and rinse!

Oven Roasted Vegetables

SERVING SIZE: ½ CUP
PREP TIME: 15 MINUTES
SERVINGS: 14
TOTAL TIME: 30 MINUTES

Ingredients:

- Cooking spray
- 1 zucchini, chopped
- 1 yellow squash, chopped
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 1-pound fresh asparagus, chopped
- 1 red onion, chopped
- 2 Tablespoons olive oil
- ¼ teaspoon salt
- 1 teaspoon ground black pepper

Directions:

1. Preheat oven to 450 degrees F.
2. Coat a large casserole dish with cooking spray.
3. In a large mixing bowl, combine all vegetables. Toss with olive oil, salt, and black pepper.
4. Pour vegetables on a baking sheet.
5. Roast for 15 minutes, stirring occasionally until the vegetables are lightly browned and tender.

Recipe adapted from *The South Beach Diet Cookbook.*

Nutrition Facts

14 servings per container
Serving size **1/2 cup (102g)**

Amount per serving	
Calories	**40**
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 45mg	**2%**
Total Carbohydrate 5g	**2%**
Dietary Fiber 1g	**5%**
Total Sugars 3g	
Includes 0g Added Sugars	**0%**
Protein 1g	
Vitamin D mcg	0%
Calcium 20mg	0%
Iron 1mg	6%
Potassium 200mg	4%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Asparagus, Onions, Sweet, Squash, Summer, Zucchini, Pepper, Bell, Yellow, Pepper, Bell, Red, Squash, Summer, Oil, Olive, Pepper, Black, Ground, Salt

SNAP-Ed Tips:

- Add extra flavor to your vegetables with herbs such as dried basil, oregano, thyme, or sage.

Orange Glazed Carrots

SERVING SIZE: ¾ CUP
PREP TIME: 15 MINUTES
SERVINGS: 4
TOTAL TIME: 40 MINUTES

Ingredients:

- 1-pound carrots
- 1 cup orange juice
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- ½ teaspoon dried basil

Directions:

1. In a large saucepan, add water until ½ full (about 8 cups). Bring to a boil.
2. Meanwhile, rinse, peel, and slice carrots into ¼-inch slices.
3. In a medium skillet over medium heat, heat orange juice until liquid thickens and reduces by about ¾. Watch carefully after it reduces by ½ so that it does not boil dry in the pan. Juice may take up to 20 minutes to reduce.
4. Add carrots to the boiling water. Cook until slightly soft but still a bit crunchy, about 7-10 minutes.
5. In a colander, drain carrots.
6. In a medium mixing bowl, add carrots, salt, pepper, basil, and orange juice sauce. Toss until carrots are fully coated. Taste and adjust seasonings as needed.

Nutrition Facts

4 servings per container
Serving size 3/4 cup (176g)

Amount per serving	
Calories	**70**
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 220mg	**10%**
Total Carbohydrate 17g	**6%**
Dietary Fiber 3g	**12%**
Total Sugars 11g	
Includes 0g Added Sugars	**0%**
Protein 2g	
Vitamin D mcg	0%
Calcium 50mg	4%
Iron 0.5mg	2%
Potassium 490mg	10%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Carrots, Juice, Orange, Salt, Table, Pepper, Black, Ground, Basil Leaves, Dried

SNAP-Ed Tips:

- Try parsnips in place of carrots.
- If desired, use other dried herbs like dill or parsley instead of basil.

SHARE OUR STRENGTH'S COOKING MATTERS

Recipe Source:
Cooking Matters — shareourstrength.org/about#cooking-matters

Ratatouille

SERVING SIZE: 1 ½ CUP
PREP TIME: 20 MINUTES
SERVINGS: 4
TOTAL TIME: 60 MINUTES

Ingredients:

- 3 Tablespoons canola oil
- 2 teaspoons dried basil
- 2 teaspoons dried oregano
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 2 cloves garlic, minced (1 teaspoon minced garlic)
- 1 small red onion, diced
- 1 eggplant, cubed
- 1 zucchini, cubed
- 1 yellow squash, cubed
- Cooking spray
- 1 large tomato, cubed

Directions:

1. Preheat oven to 425 degrees F.
2. In a large mixing bowl, combine oil, seasonings, and all vegetables except tomato. Toss until veggies are well coated.
3. Coat a large casserole dish with cooking spray. Pour vegetables into dish and bake for 20 minutes.
4. Add tomato to dish. Bake for an additional 15-20 minutes, until vegetables are golden crisp.

Nutrition Facts

4 servings per container
Serving size **1 1/2 cups (374g)**

Amount per serving	
Calories	**180**
	% Daily Value*
Total Fat 11g	**14%**
Saturated Fat 1g	**4%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 310mg	**13%**
Total Carbohydrate 21g	**8%**
Dietary Fiber 7g	**25%**
Total Sugars 13g	
Includes 0g Added Sugars	**0%**
Protein 4g	
Vitamin D mcg	0%
Calcium 70mg	6%
Iron 1.5mg	8%
Potassium 800mg	15%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Eggplant, Onions, Tomatoes, Squash, Summer, Zucchini, Oil, Canola, Garlic Clove, Oregano, Ground, Salt, Table, Basil Leaves, Dried, Pepper, Black, Ground

SNAP-Ed Tips:

- Serve Ratatouille over sautéed spinach, brown rice, grits, or with a piece of whole-grain bread. Pairs well with eggs for breakfast!
- If desired, top with parmesan cheese.

SHARE OUR STRENGTH'S COOKING MATTERS

Recipe Inspired by:
Cooking Matters — shareourstrength.org/about#cooking-matters

Summer Squash Casserole

SERVING SIZE: ¾ CUP
PREP TIME: 10 MINUTES
SERVINGS: 11
TOTAL TIME: 50 MINUTES

Ingredients:

- 3-pounds yellow squash, sliced
- 1 onion, chopped
- 2 Tablespoons unsalted butter
- ½ cup low-fat evaporated milk
- 8-ounces reduced-fat American cheese singles (or block cheese, such as Velveeta®)
- 1 Tablespoon cornstarch
- ¼ teaspoon ground black pepper
- Cooking spray
- 10 whole-wheat saltine crackers, crushed

Directions:

1. Preheat oven to 350 degrees F.
2. In a large saucepan, add water until ½ full (about 8 cups). Bring to a boil.
3. Add squash and onions to saucepan. Boil for 7 minutes. Remove from heat and strain in colander.
4. Meanwhile, place butter and milk in a small saucepan. Simmer over low heat until butter is melted.
5. Stir in cheese, cornstarch, and pepper, until sauce thickens.
6. Combine squash, onions, and sauce mixture in the large saucepan.
7. Coat a medium casserole dish with cooking spray. Pour mixture into dish.
8. Cover dish with cracker crumbs.
9. Bake uncovered for 20-30 minutes. Serve warm.

Nutrition Facts

11 servings per container
Serving size 3/4 cup (192g)

Amount per serving	
Calories	**120**
	% Daily Value*
Total Fat 6g	**7%**
Saturated Fat 3.5g	**17%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 380mg	**16%**
Total Carbohydrate 13g	**5%**
Dietary Fiber 2g	**7%**
Total Sugars 7g	
Includes 0g Added Sugars	**0%**
Protein 6g	
Vitamin D 0.5mcg	2%
Calcium 170mg	15%
Iron 0.7mg	4%
Potassium 470mg	10%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Squash, Summer, Onions, Cheese, Cheddar or American, 2% fat, Crackers, Saltines, Whole Wheat, Butter, Unsalted, Cornstarch, Pepper, Black, Ground
Contains: Milk, Wheat

SNAP-Ed Tips:

- Animal foods such as high fat beef, poultry with skin, lard, cream, butter, cheese, and whole milk, are high in saturated fat and can raise your "bad" cholesterol (LDL) levels. This recipe has been modified by reducing butter and cheese for your health. Limit the amount of saturated fat you eat each day to less than 10% of your total calories (22 g for a 2,000-calorie diet).
- This recipe challenges the Heart Smart guidelines because it's a little high in saturated fat and sodium, but we couldn't leave it out of our cookbook because our participants love it! Not to mention, it is affordable, quick, and loaded with veggies and flavor! Therefore, prepare once in a while.

Brown Rice Pilaf

SERVING SIZE: ⅔ CUP
PREP TIME: 5 MINUTES
SERVINGS: 8
TOTAL TIME: 25 MINUTES

Ingredients:

- 1 ½ cups water
- 1 cup low-sodium chicken broth
- 3 cups instant brown rice, uncooked
- ¼ cup chopped or slivered almonds
- 2 teaspoons dried parsley
- 2 teaspoons garlic powder
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- ½ teaspoon onion powder

Directions:

1. In a medium saucepan, combine water and broth. Bring to a boil.
2. Stir in rice and return to a boil.
3. Reduce heat to medium-low. Add almonds and all seasonings. Stir, cover saucepan, and simmer for 5 minutes.
4. Remove from heat and stir. Cover and let stand for 5 minutes.
5. Fluff lightly with a fork and serve warm.

Recipe Inspired by *USDA Healthy Eating on a Budget Cookbook*

Nutrition Facts

8 servings per container
Serving size **2/3 cup (151g)**

Amount per serving	
Calories	**290**
	% Daily Value*
Total Fat 4g	**5%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 90mg	**4%**
Total Carbohydrate 58g	**21%**
Dietary Fiber 3g	**11%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 7g	
Vitamin D mcg	0%
Calcium 20mg	0%
Iron 1.1mg	6%
Potassium 220mg	4%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Rice, brown, Chicken Broth, Low Sodium, Almonds, Slivered, Garlic Powder, Salt, Table, Onion Powder, Parsley, Dried, Pepper, Black, Ground
Contains: Tree Nuts

SNAP-Ed Tips:

- Serve this dish with our Chicken Creole or Ratatouille.
- Substitute dry Italian seasoning in place of the dried parsley.
- The almonds add a great crunch in this dish but can be left out. Substitute the almonds for pine nuts.

New Potatoes with Green Onion Vinaigrette

SERVING SIZE: ½ CUP
PREP TIME: 5 MINUTES
SERVINGS: 8
TOTAL TIME: 30 MINUTES

Ingredients:

- 2-pounds medium new potatoes (about 8-10 potatoes)
- ½ cup white wine vinegar
- ½ cup canola oil
- 1 Tablespoon mustard
- 1 Tablespoon sugar
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 2 green onions, chopped

Directions:

1. Wash the new potatoes. Peel a strip around the center of each new potato leaving the skin on top and lower bottom of each potato.
2. Place potatoes in a large saucepan. Cover potatoes with water. Boil until tender, about 20 minutes.
3. Meanwhile, in a large mixing bowl, whisk vinegar, oil, mustard, sugar, salt and pepper together. Add the green onions and stir.
4. Drain potatoes in a colander. Using a large cutting board, quarter potatoes.
5. Add the potatoes to the mixing bowl. Stir well and serve warm.

Nutrition Facts

8 servings per container
Serving size **1/2 cup (150g)**

Amount per serving	
Calories	**220**
	% Daily Value*
Total Fat 14g	**18%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 190mg	**8%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 2g	**8%**
Total Sugars 3g	
Includes 1g Added Sugars	**3%**
Protein 2g	
Vitamin D mcg	0%
Calcium 20mg	0%
Iron 1mg	6%
Potassium 540mg	10%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Potatoes, New, Vinegar, White Wine, Oil, Canola, Onions, Scallion, Mustard, Yellow, Sugar, Salt, Table, Pepper, Black, Ground

SNAP-Ed Tips:

- New potatoes are also called baby potatoes and sometimes creamers.

Baked Broccoli Mac and Cheese

SERVING SIZE: 1 CUP
PREP TIME: 10 MINUTES
SERVINGS: 8
TOTAL TIME: 35 MINUTES

Ingredients:

- 1 ½ cups whole-grain pasta (rotini, penne, or elbow)
- 2 cups fresh broccoli florets
- 1 ½ Tablespoons butter
- ¼ cup flour
- ¼ cup minced onion
- 2 cups 1% low-fat milk
- 1 cup fat-free chicken broth
- ⅛ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 cups reduced-fat shredded sharp cheddar cheese
- Cooking spray
- 2 Tablespoons grated parmesan cheese
- ¼ cup seasoned breadcrumbs

Directions:

1. Preheat oven to 375 degrees F.
2. In a large saucepan, cook pasta and broccoli in water according to pasta box directions.
3. Drain pasta and broccoli in a colander. Set aside.
4. Heat a large skillet over low heat. Add butter to melt.
5. Add flour and whisk, 2-3 minutes.
6. Add onion and sauté for 2 minutes.
7. Add milk, chicken broth, salt, and pepper. Whisk ingredients and raise heat to medium-high until mixture comes to a boil. Cook for 5 minutes or until the sauce becomes smooth and thick.
8. If the sauce does not thicken after 5 minutes of boiling, add 1-2 tablespoons of flour and let boil for another 5 minutes, stirring frequently.
9. Once the sauce is thick, remove from heat, and add cheddar cheese. Mix well until cheese is melted.
10. Add cooked pasta and broccoli. Mix well.
11. Coat large casserole dish with cooking spray.
12. Pour mixture into dish. Sprinkle with parmesan cheese and breadcrumbs.
13. Bake for 15-20 minutes. Lastly, for lightly browned breadcrumbs, broil for 1 minute.

Recipe adapted from
SkinnyTaste www.skinnytaste.com/recipe-index

Nutrition Facts

8 servings per container

Serving size	**1 cup (182g)**
Amount per serving	
Calories	**240**
	% Daily Value*
Total Fat 10g	**12%**
Saturated Fat 6g	**28%**
Trans Fat 0g	
Cholesterol 30mg	**9%**
Sodium 500mg	**22%**
Total Carbohydrate 28g	**10%**
Dietary Fiber 4g	**13%**
Total Sugars 6g	
Includes 0g Added Sugars	**0%**
Protein 15g	
Vitamin D 0.7mcg	4%
Calcium 390mg	30%
Iron 1.6mg	8%
Potassium 240mg	6%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Milk, Low Fat, Broccoli, Chopped, Cheese, Cheddar, Sharp, Reduced Fat, Pasta, Whole Wheat, Fat Free Chicken Broth, Flour, Onions, Chopped, Bread Crumbs, Butter, Unsalted, Cheese, Parmesan
Contains: Milk, Wheat

SNAP-Ed Tips:

- Animal foods such as high fat beef, poultry with skin, lard, cream, butter, cheese, and whole milk, are high in saturated fat and can raise your "bad" cholesterol (LDL) levels. This recipe has been modified by reducing butter and cheese for your health. Limit the amount of saturated fat you eat each day to less than 10% of your total calories (22 g for a 2,000-calorie diet).
- This recipe challenges the Heart Smart guidelines because it's a little high in saturated fat and sodium, but we couldn't leave it out of our cookbook because our participants love it! Not to mention, it is affordable, quick, and loaded with veggies and flavor! Therefore, prepare once in a while.

Spicy Pasta

SERVING SIZE: ½ CUP
PREP TIME: 15 MINUTES
SERVINGS: 9
TOTAL TIME: 30 MINUTES

Ingredients:

- 2 Tablespoons chopped onion
- 2 cloves garlic, minced (1 teaspoon minced garlic)
- 1 teaspoon olive oil
- 1 cup sliced mushrooms
- 10-ounces frozen spinach, thawed and drained
- 1 (14.5-ounce) can no salt added diced tomatoes, drained, and rinsed
- ⅛ teaspoon crushed red pepper
- 2 cups whole-wheat penne or ziti, cooked according to directions
- 2 Tablespoons grated parmesan cheese
- ¼ teaspoon dried basil leaves

Directions:

1. In a 1.5-quart microwave bowl, combine onion, garlic, and oil. Stir and microwave for 1 minute.
2. Add mushrooms, tomatoes, spinach, and red pepper flakes. Stir, cover, and microwave for 7 minutes, stirring once halfway through.
3. In a large mixing bowl, combine pasta and veggie mixture.
4. Sprinkle with parmesan cheese and garnish with basil.

Nutrition Facts

9 servings per container

Serving size	**1/2 cup (117g)**
Amount per serving	
Calories	**120**
	% Daily Value*
Total Fat 2.5g	**3%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 50mg	**2%**
Total Carbohydrate 21g	**8%**
Dietary Fiber 4g	**14%**
Total Sugars 3g	
Includes 0g Added Sugars	**0%**
Protein 6g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 1.8mg	10%
Potassium 290mg	6%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Tomatoes, Spinach, Pasta, Whole Wheat, Mushrooms, White, Onions, Chopped, Oil, Olive, Cheese, Parmesan, Grated, Garlic Clove, Crushed Red Pepper, Basil Leaves, Dried
Contains: Milk, Wheat

SNAP-Ed Tips:

- For a vegetarian entrée, follow recipe as directed and divide into two 2 ¼ cup servings.

Rainbow Pasta Salad with Honey Balsamic Vinaigrette

SERVING SIZE: 1 ½ CUPS
PREP TIME: 35 MINUTES
SERVINGS: 12
TOTAL TIME: 2 HOURS

Ingredients:

- 1 (16-ounce) box whole-grain rotini pasta, cooked per box directions
- 1 ½ cups cauliflower florets, chopped
- 1 ½ cups broccoli florets, chopped
- 1 cup diced red onion (½ large red onion)
- 1 yellow bell pepper, diced
- 3 carrots, peeled and chopped
- 1-pint grape tomatoes, halved
- 1 orange bell pepper, diced
- 1 (4.25-ounce) can chopped black olives
- 1 cup reduced-fat feta cheese crumbles (optional)

Dressing

- ⅓ cup balsamic vinegar
- ½ cup olive oil
- 3 Tablespoons honey
- ½ teaspoon ground black pepper
- ¼ teaspoon salt
- 1 Tablespoon lemon juice

Directions:

1. In a small mixing bowl, whisk together all dressing ingredients.
2. In a colander, drain and rinse pasta with cold water.
3. Pour cooked pasta in a large mixing bowl. Add all ingredients and dressing. Mix well.
4. Store in the refrigerator for at least one hour prior to serving.

Nutrition Facts

12 servings per container
Serving size **1 1/2 cups (176g)**

Amount per serving	
Calories	**280**
	% Daily Value*
Total Fat 11g	**14%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 150mg	**6%**
Total Carbohydrate 40g	**15%**
Dietary Fiber 6g	**22%**
Total Sugars 9g	
Includes 4g Added Sugars	**9%**
Protein 6g	
Vitamin D mcg	0%
Calcium 40mg	4%
Iron 2.5mg	15%
Potassium 390mg	8%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Pasta, Whole Grain, Tomatoes, Red, Pepper, Bell, Yellow, Carrots, Onions, Chopped, Cauliflower, Chopped, Olives, Black, Ripe, Canned, Pepper, Sweet, Red, Oil, Olive, Broccoli, Vinegar, Balsamic, Honey, Juice, Lemon, Salt, Table, Pepper, Black, Ground
Contains: Wheat

SNAP-Ed Tips:

- Honey is not recommended for children under 1 year old.

Sweet Potato Fries

SERVING SIZE: ½ CUP (15 FRIES)
PREP TIME: 15 MINUTES
SERVINGS: 5
TOTAL TIME: 35 MINUTES

Ingredients:

- 2 large sweet potatoes
- 1 teaspoon paprika
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ⅛ teaspoon cayenne pepper
- ½ teaspoon garlic powder
- 1 Tablespoon olive oil
- Cooking spray

Directions:

1. Preheat oven to 450 degrees F.
2. Scrub and rinse sweet potatoes. Pat dry with a paper towel or kitchen towel.
3. Leaving skin on, cut sweet potatoes in half and then cut into French fry strips, about ½-inch wide.
4. In a large mixing bowl, mix paprika, salt, black pepper, cayenne pepper, and garlic powder. Add olive oil. Whisk until there are no lumps.
5. Add sweet potato strips to the bowl and toss until well coated.
6. Coat baking sheet with cooking spray. Place sweet potato strips in a single layer on the sheet.
7. Bake for 15 minutes. Flip fries and bake for an additional 5-10 minutes, or until tender.

SHARE OUR STRENGTH'S COOKING MATTERS

Recipe adapted from:
Cooking Matters — shareourstrength.org/about#cooking-matters

Nutrition Facts

5 servings per container
Serving size **1/2 cup (56g)**

Amount per serving	
Calories	**70**
	% Daily Value*
Total Fat 3g	**4%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 260mg	**11%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 2g	**6%**
Total Sugars 2g	
Includes 0g Added Sugars	**0%**
Protein 1g	
Vitamin D mcg	0%
Calcium 20mg	0%
Iron 0.5mg	2%
Potassium 190mg	4%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Potatoes, Sweet, Oil, Olive, Salt, Table, Paprika, Garlic Powder, Pepper, Black, Ground, Pepper, Cayenne, Ground

SNAP-Ed Tips:

- Keeping the skin on potatoes provides more fiber and nutrients, such as vitamin A and potassium!
- For a sweet flavor, replace the cayenne pepper and garlic powder with 1 teaspoon ground cinnamon and 1 tablespoon brown sugar.

Snacks & Desserts

Mango Salsa

SERVING SIZE: ½ CUP
PREP TIME: 20 MINUTES
SERVINGS: 6
TOTAL TIME: 1 HOUR AND 20 MINUTES
(INCLUDES CHILLING TIME)

Ingredients:

- 1 lime, halved
- 2 large ripe mangoes, peeled and diced
- 1 small cucumber, diced
- 2 green onions, chopped
- ¼ red onion, diced
- 1 medium jalapeno pepper, seeded and diced
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1 green bell pepper, diced (optional)
- ¼ cup fresh cilantro or parsley, chopped (optional)

Directions:

1. In a medium mixing bowl, squeeze juice from lime. Remove seeds.
2. Add all other ingredients to the bowl and mix well.
3. Cover and refrigerate for at least one hour prior to serving.

Nutrition Facts

6 servings per container

Serving size	**1/2 cup (150g)**
Amount per serving	
Calories	**60**
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 200mg	**9%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 2g	**8%**
Total Sugars 11g	
Includes 0g Added Sugars	**0%**
Protein 1g	
Vitamin D mcg	0%
Calcium 30mg	2%
Iron 0.5mg	2%
Potassium 240mg	6%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Mango, Cucumber, Red Onion, Lime, Onions, Green, Pepper, Jalapeno, Salt, Table, Pepper, Black, Ground

SHARE OUR STRENGTH'S COOKING MATTERS

Recipe Inspired by:
Cooking Matters — shareourstrength.org/about#cooking-matters

SNAP-Ed Tips:

- Mangoes not in season? Try using frozen diced mango.
- Substitute frozen peaches or pineapple for the mango.
- Serve salsa as a dip with 100% whole-grain tortilla chips or as a topping for fresh fish, pork, or tacos.

Corn and Bean Salsa

SERVING SIZE: ¾ CUP
PREP TIME: 20 MINUTES
SERVINGS: 9
TOTAL TIME: 1 HOUR AND 25 MINUTES
(INCLUDES CHILLING TIME)

Ingredients:

- ¼ cup olive oil
- 2 teaspoons sugar
- ¼ cup white wine vinegar
- 1 teaspoon chili powder
- ½ teaspoon salt
- 1-pound Roma tomatoes, seeded and diced
- 1 (15.25-ounce) can black-eyed peas, drained and rinsed
- 1 (15.25-ounce) can black beans, drained and rinsed
- 1 (15.25-ounce) can sweet corn, drained and rinsed (see notes)
- 1 large red onion, diced
- ½ cup diced green bell pepper
- ½ cup diced red bell pepper
- ¼ cup chopped fresh cilantro or parsley

Directions:

1. In a large mixing bowl, whisk olive oil, sugar, white wine vinegar, chili powder, and salt.
2. Add tomatoes, black-eyed peas, beans, corn, red onion, and bell peppers. Mix well.
3. Stir in cilantro.
4. Cover and refrigerate for at least one hour prior to serving.

Recipe adapted from *Culinary Hill culinaryhill.com*

Nutrition Facts

9 servings per container
Serving size 3/4 cup (261g)

Amount per serving	
Calories	**260**
	% Daily Value*
Total Fat 13g	**17%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 220mg	**10%**
Total Carbohydrate 32g	**11%**
Dietary Fiber 7g	**27%**
Total Sugars 7g	
Includes 1g Added Sugars	**2%**
Protein 6g	
Vitamin D mcg	0%
Calcium 80mg	6%
Iron 2.1mg	10%
Potassium 600mg	15%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Tomato, Red, Beans, Black, Canned, Corn, Yellow, Sweet, Canned, Onions, Sweet, Peas, Blackeyed, Pepper, Green, Oil, Olive, Vinegar, White Wine, Cilantro, Sugar, White Granulated, Salt, Table, Chili Powder

SNAP-Ed Tips:

- Substitute 1 cup frozen or fresh corn for canned corn.
- Serve with celery or 100% whole-grain chips.
- Substitute 2 teaspoons Splenda® for sugar.

Simple Hummus

SERVING SIZE: ¼ CUP
PREP TIME: 10 MINUTES
SERVINGS: 10
TOTAL TIME: 1 HOUR AND 10 MINUTES
(INCLUDES CHILLING TIME)

Ingredients:

- 1 lemon, halved
- 1 (15.5-ounce) can garbanzo beans (chickpeas), drained and rinsed
- ½ cup warm water
- 1 Tablespoon nonfat plain Greek yogurt
- 1 Tablespoon tahini
- 2 Tablespoons olive oil
- 2 cloves garlic, minced (1 teaspoon minced garlic)
- 1 teaspoon salt
- ¼ teaspoon ground black pepper

Directions:

1. In a small mixing bowl, squeeze juice from lemon. Discard seeds. Should yield about ⅓ cup juice.
2. Pour beans, lemon juice, water, yogurt, tahini, oil, and spices into blender.
3. Blend mixture until creamy.
4. Cover and refrigerate 1 hour prior to serving.

SHARE OUR STRENGTH'S COOKING MATTERS

Recipe Inspired by:
Cooking Matters — shareourstrength.org/about#cooking-matters

Nutrition Facts

10 servings per container
Serving size 1/4 cup (73g)

Amount per serving	
Calories	**70**
	% Daily Value*
Total Fat 4.5g	**6%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 360mg	**16%**
Total Carbohydrate 8g	**3%**
Dietary Fiber 3g	**9%**
Total Sugars 2g	
Includes 0g Added Sugars	**0%**
Protein 3g	
Vitamin D mcg	0%
Calcium 30mg	2%
Iron 0.7mg	4%
Potassium 90mg	0%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Beans, Chickpeas, Garbanzo, Lemon, Oil, Olive, Tahini, Yogurt, Greek, nonfat, plain, Salt, Table, Garlic Clove, Pepper, Black, Ground
Contains: Milk

SNAP-Ed Tips:

- This fresh and flavorful hummus is great paired with carrots, cucumber slices or whole-wheat pita!
- Look for tahini in the international aisle of your grocery store.

Make Your Own Trail Mix

SERVING SIZE: ⅓ CUP
PREP TIME: 10 MINUTES
SERVINGS: 9
TOTAL TIME: 10 MINUTES

Ingredients:

- ½ cup dried fruit
  Choose from cranberries, raisins, pineapple, banana chips, mango slices
- ½ cup unsalted nuts
  Choose from peanuts, cashews, sunflower seeds, almonds, walnuts
- 1 cup crunchy grains
  Choose from low-fat granola, whole-grain cereal, unsalted pretzels
- ½ cup "sweet"
  Choose from semi-sweet chocolate chips, white chocolate chips, yogurt-covered chips, shredded unsweetened coconut, mini-marshmallows

Directions:

1. Combine dried fruit, unsalted nuts, crunchy grain, and "sweet" into an air-tight container. Shake to mix.

Nutrition Facts

9 servings per container

Serving size	**1/3 cup (41g)**
Amount per serving	
Calories	**200**
	% Daily Value*
Total Fat 11g	**14%**
Saturated Fat 3g	**14%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 45mg	**2%**
Total Carbohydrate 22g	**8%**
Dietary Fiber 2g	**9%**
Total Sugars 14g	
Includes 3g Added Sugars	**6%**
Protein 5g	
Vitamin D mcg	0%
Calcium 10mg	0%
Iron 1.2mg	6%
Potassium 130mg	2%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Peanuts, Unsalted, Granola, Chocolate, Semisweet, Chips, Cranberries, Dried
Contains: Peanuts, Wheat, Milk

SHARE OUR STRENGTH'S COOKING MATTERS

Recipe Source:
Cooking Matters — shareourstrength.org/about#cooking-matters

SNAP-Ed Tips:

- Make ahead. Use snack-size plastic bags for a healthy snack on the go!
- This is a nutrient-dense snack. Remember to keep portion sizes small.
- **Nutrition Facts Label is for a serving of the following trail mix:** ½ cup dried cranberries, ½ cup unsalted peanuts, 1 cup low-fat granola, ½ cup semi-sweet chocolate chips.

Peanut Butter & Banana Pockets

SERVING SIZE: 1 POCKET
PREP TIME: 10 MINUTES
SERVINGS: 4
TOTAL TIME: 25 MINUTES

Ingredients:

- 3 Tablespoons natural peanut butter or another nut butter
- 1 ½ teaspoons honey
- ¼ teaspoon ground cinnamon
- 4 (8-inch) whole-wheat flour tortillas
- 3 ripe bananas, sliced ¼-inch thick
- Cooking spray

Directions:

1. In a small mixing bowl, combine peanut butter, honey, and cinnamon.
2. Spread 1 tablespoon of the peanut butter mixture on one half of each tortilla.
3. Divide the banana slices evenly among tortillas. Arrange in a single layer over the peanut butter mixture. Fold each tortilla in half.
4. Coat a large skillet with cooking spray and heat over medium-high heat.
5. Place folded tortillas in the skillet. Cook for 1-2 minutes on each side, or until golden brown.

SHARE OUR STRENGTH'S COOKING MATTERS

Recipe Source:
Cooking Matters — shareourstrength.org/about#cooking-matters

Nutrition Facts

4 servings per container
Serving size **1 pocket (160g)**

Amount per serving
Calories **330**

	% Daily Value*
Total Fat 11g	**14%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 390mg	**17%**
Total Carbohydrate 52g	**19%**
Dietary Fiber 7g	**26%**
Total Sugars 14g	
Includes 2g Added Sugars	**4%**
Protein 10g	
Vitamin D mcg	0%
Calcium 40mg	4%
Iron 0.4mg	2%
Potassium 320mg	6%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Banana, Whole Wheat Tortilla, Peanut Butter, Natural, Creamy, Honey, Cinnamon, Ground
Contains: Peanuts, Wheat

SNAP-Ed Tips:

- To serve as a dessert, sprinkle a few semi-sweet chocolate chips inside the tortilla before cooking.
- Sunflower butter is a great swap for anyone with peanut or tree nut allergies.
- Honey is not recommended for children under 1 year old.

Fruit Cup

SERVING SIZE: ½ CUP
PREP TIME: 10 MINUTES
SERVINGS: 6
TOTAL TIME: 10 MINUTES

Ingredients:

- 2 navel oranges, peeled and sliced into ½-inch pieces
- 2 kiwis, peeled and cubed
- 1 medium banana, sliced into ½-inch pieces
- 1 cup seedless red or green grapes, halved
- ½ cup low-fat vanilla yogurt
- 1 Tablespoon honey or brown sugar

Directions:

1. In a medium mixing bowl, combine oranges, kiwi, banana, and grapes.
2. Divide fruit among six serving bowls.
3. In a small mixing bowl, combine yogurt and honey or brown sugar.
4. Dollop yogurt mixture (1 ½ tablespoons) over the fruit. Serve immediately.

Nutrition Facts

6 servings per container

Serving size **1/2 cup (143g)**

Amount per serving	
Calories	**100**
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 10mg	**1%**
Total Carbohydrate 25g	**9%**
Dietary Fiber 2g	**8%**
Total Sugars 19g	
Includes 3g Added Sugars	**6%**
Protein 2g	
Vitamin D 0.2mcg	0%
Calcium 50mg	4%
Iron 0.3mg	0%
Potassium 320mg	6%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Orange, Navel, Kiwi Fruit, Grapes, Red or Green, Banana, Yogurt, Vanilla, Low Fat, Honey
Contains: Milk

SNAP-Ed Tips:

- To increase protein, replace low-fat vanilla Greek yogurt with low-fat vanilla yogurt.
- Substitute fruit with any of your favorites such as strawberries, blueberries, or peaches.
- Honey is not recommended for children under 1 year old.

Banana Oatmeal Cookies

SERVING SIZE: 1 COOKIE
PREP TIME: 10 MINUTES
SERVINGS: 14
TOTAL TIME: 25 MINUTES

Ingredients:

- 2 ripe bananas
- 1 cup quick or old-fashioned oats
- ½ teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- ⅓ cup semi-sweet chocolate chips
- Cooking spray

Directions:

1. Preheat oven to 350 degrees F.
2. In a medium mixing bowl, mash the bananas with a fork until smooth.
3. Add the oats, vanilla, cinnamon, and chocolate chips. Mix well.
4. Coat a baking sheet with cooking spray.
5. Scoop dough with a large spoon and place on baking sheet to make 14 cookies.
6. Bake for 10-15 minutes until the edges of the cookies are set and lightly browned. Remove cookies from the oven. Cool before serving.

Recipe adapted from *Food Hero foodhero.org/recipes/healthy-recipes*

Nutrition Facts

14 servings per container

Serving size	**1 cookie (27g)**
Amount per serving	
Calories	**60**
	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 1g	**4%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 10g	**4%**
Dietary Fiber 1g	**5%**
Total Sugars 4g	
Includes 0g Added Sugars	**0%**
Protein 1g	
Vitamin D mcg	0%
Calcium 10mg	0%
Iron 0.4mg	2%
Potassium 100mg	2%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Banana, Quick Oats, Chocolate, Semisweet, Chips, Vanilla Extract, Cinnamon, Ground

SNAP-Ed Tips:

- Substitute chocolate chips with raisins, nuts, dried cranberries, or butterscotch chips. Adding nuts will add a nice crunch to the cookie.
- Best stored in the refrigerator. These make a great on-the-go snack!

Black Bean Brownies

SERVING SIZE: 1 BROWNIE
PREP TIME: 15 MINUTES
SERVINGS: 16
TOTAL TIME: 45 MINUTES

Ingredients:

- 3 large eggs
- 3 Tablespoons olive oil
- 1 teaspoon vanilla extract
- 1 (15-ounce) can low-sodium black beans, drained and rinsed
- ½ cup brown sugar, firmly packed
- ⅓ cup unsweetened cocoa powder
- ⅓ cup chocolate, peanut butter, or butterscotch chips
- ½ cup chopped nuts (optional)
- Cooking spray

Directions:

1. Preheat oven to 350 degrees F.
2. In a large mixing bowl, whisk eggs, oil, and vanilla.
3. Add beans and mash with fork until beans are barely visible, about 5 minutes.
4. Stir in sugar, cocoa, and chocolate chips with a spatula until mixed well.
5. Coat a 8 x 8-inch baking dish with cooking spray.
6. Pour batter into dish. Bake for 25-30 minutes.
7. Check to see if brownies are fully baked by inserting a knife into the center of the brownies. The knife should come out clean.
8. Let cool completely before cutting into 16 squares.

Nutrition Facts

16 servings per container
Serving size **1 brownie (52g)**

Amount per serving	
Calories	**110**
	% Daily Value*
Total Fat 5g	**6%**
Saturated Fat 1g	**6%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 55mg	**2%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 2g	**9%**
Total Sugars 9g	
Includes 7g Added Sugars	**13%**
Protein 3g	
Vitamin D 0.2mcg	0%
Calcium 20mg	0%
Iron 1.4mg	8%
Potassium 120mg	2%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Beans, Black, Canned, Low Sodium, Egg, Sugar, Brown, Packed, Chocolate, Semisweet, Chips, Oil, Olive, Cocoa Powder, Unsweetened, Vanilla Extract
Contains: Eggs, Milk

SNAP-Ed Tips:

- Adding nuts will give texture and crunch to the brownies!

SHARE OUR STRENGTH'S COOKING MATTERS

Recipe adapted from:
Cooking Matters — shareourstrength.org/about#cooking-matters

Blueberry Peach Crisp

SERVING SIZE: ⅛ OF CRISP
PREP TIME: 15 MINUTES
SERVINGS: 8
TOTAL TIME: 55 MINUTES

Ingredients:

- 1 ¼ cups sliced peaches (fresh or frozen, about 10 slices)
- 1 ¼ cups blueberries (fresh or frozen)
- 1 ½ Tablespoons lemon juice
- 2 Tablespoons Splenda® brown sugar blend, firmly packed
- 1 Tablespoon whole-wheat flour
- ½ teaspoon ground cinnamon
- Cooking spray

Topping

- ¼ cup Splenda® brown sugar blend, firmly packed
- 1 cup old-fashioned oats
- ½ cup whole-wheat flour
- ½ teaspoon ground cinnamon
- ½ stick unsalted butter, melted

Directions:

1. Preheat oven to 375 degrees F.
2. If fruit is frozen, thaw per package instructions.
3. In a large mixing bowl, combine peaches, blueberries, lemon juice, 2 tablespoons Splenda®, 1 tablespoon whole-wheat flour, and ½ teaspoon ground cinnamon. Mix well.
4. Coat pie dish with cooking spray.
5. Pour mixture into dish. Spread evenly.
6. Combine all topping ingredients into the same large mixing bowl. Spread evenly over the dish.
7. Bake uncovered for 40 minutes or until top is lightly browned.

Nutrition Facts

8 servings per container
Serving size **1/8th dish (86g)**

Amount per serving	
Calories	**180**
	% Daily Value*
Total Fat 7g	**9%**
Saturated Fat 3.5g	**19%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 0mg	**0%**
Total Carbohydrate 28g	**10%**
Dietary Fiber 3g	**11%**
Total Sugars 13g	
Includes 9g Added Sugars	**18%**
Protein 3g	
Vitamin D mcg	0%
Calcium 20mg	0%
Iron 0.9mg	6%
Potassium 130mg	2%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Blueberries, Unsweetened, Peach, Slices, Quick Oats, SPLENDA Sugar Blend, Brown, Flour, Whole Wheat, Butter, Unsalted, Juice, Lemon, Cinnamon, Ground
Contains: Wheat

SNAP-Ed Tips:

- Replace sliced apples for blueberries and peaches to make an apple crisp!

SHARE OUR STRENGTH'S COOKING MATTERS

Recipe Inspired by:
SkinnyTaste and Cooking Matters — shareourstrength.org/about#cooking-matters

Old-Fashioned Bread Pudding

SERVING SIZE: ½ CUP
PREP TIME: 20 MINUTES
SERVINGS: 9
TOTAL TIME: 50 MINUTES

Ingredients:

- Cooking spray
- 10 slices of whole-wheat bread
- 3 large eggs
- 1 ½ cups 1% low-fat milk
- ¼ cup brown sugar, firmly packed
- 1 Tablespoon vanilla extract
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground cloves
- 1 Tablespoon plus 1 teaspoon sugar
- ½ cup raisins (optional)
- ½ cup pecans, chopped (optional)

Directions:

1. Preheat oven to 350 degrees F.
2. Coat an 8 x 8-inch baking dish with cooking spray.
3. In the dish, lay the slices of bread in two rows, overlapping them like shingles.
4. In a medium mixing bowl, whisk eggs, milk, brown sugar, and vanilla. Pour over the bread.
5. In a small mixing bowl, combine cinnamon, nutmeg, cloves, and sugar. If desired, add raisins and pecans to the bowl.
6. Pour mixture over bread.
7. Bake for 30 minutes or until it is lightly browned. Serve warm.

Nutrition Facts

9 servings per container

Serving size	**1/2 cup (95g)**
Amount per serving	
Calories	**150**
	% Daily Value*
Total Fat 3g	**4%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 65mg	**21%**
Sodium 170mg	**7%**
Total Carbohydrate 22g	**8%**
Dietary Fiber 2g	**7%**
Total Sugars 11g	
Includes 8g Added Sugars	**16%**
Protein 7g	
Vitamin D 0.8mcg	4%
Calcium 110mg	8%
Iron 1.1mg	6%
Potassium 170mg	4%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Milk, Low Fat, Bread, Whole Wheat, Egg, Sugar, Brown, Packed, Sugar, Vanilla Extract, Cinnamon, Ground, Nutmeg, Ground, Cloves, Ground

Contains: Eggs, Milk, Wheat

SNAP-Ed Tips:

- Serve with a scoop of vanilla frozen yogurt or ice cream.

NOTES

NOTES

Eating Healthy in a SNAP Recipe Book

was written by

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