

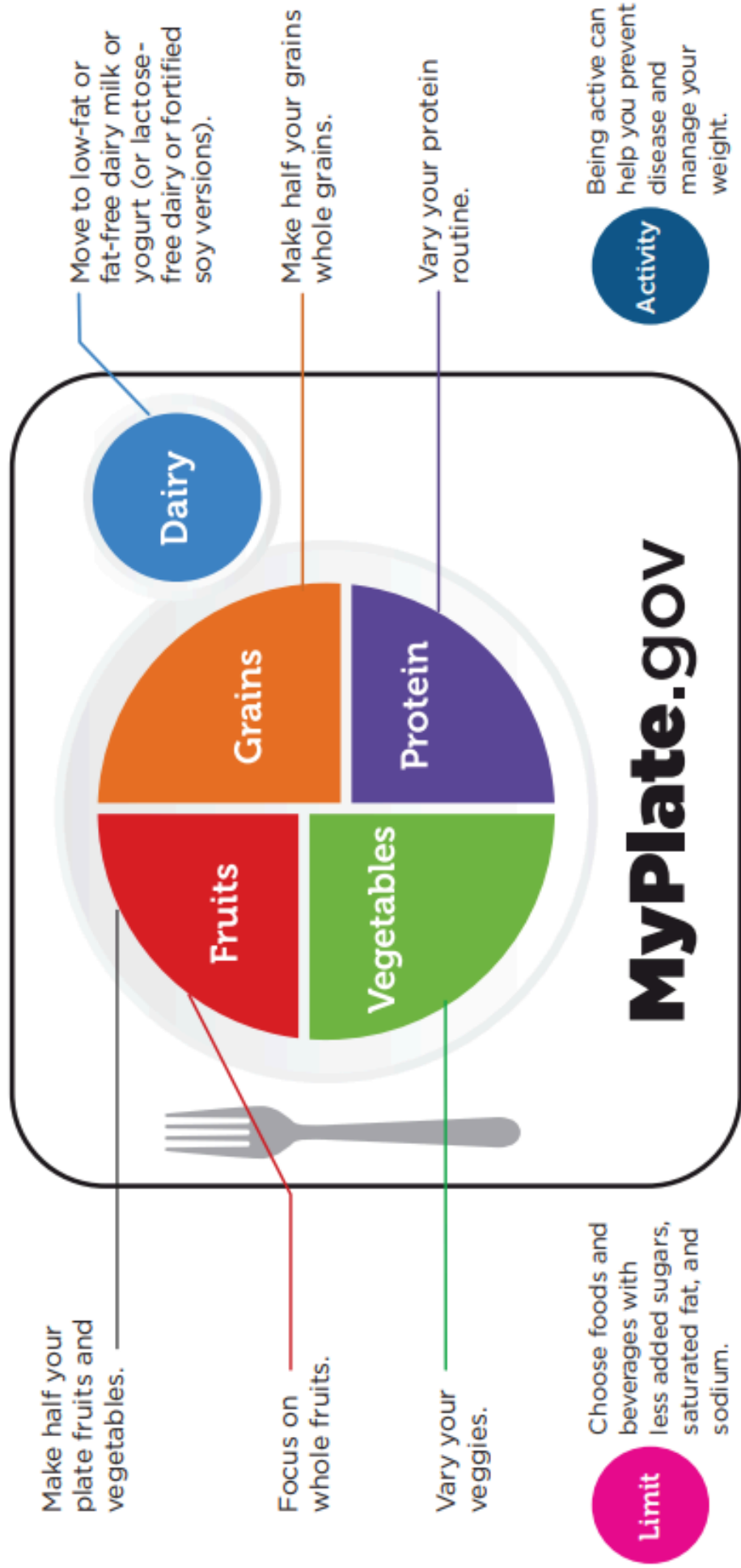
# BUILD YOUR OWN RECIPE BOOK

MAKE COOKING AN ADVENTURE!



# Start *simple* with **MyPlate**

Healthy eating is important at every life stage, with benefits that add up over time, bite by bite. Small changes matter.





<p>Focus on whole fruits like fresh, frozen, canned, or dried.</p> <p>Buy fruits to have them available to add to your meal or eat as a snack. If you buy juice, select 100% fruit juice.</p>	<p>Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.</p> <p>Fresh, frozen, and canned count, too. Look for "reduced sodium" or "no-salt-added" on the label.</p>	<p>Choose whole-grain versions of common foods such as bread, pasta, and tortillas.</p> <p>Not sure if it's whole grain? Check the ingredients list for the words "whole" or "whole grain."</p>	<p>Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.</p> <p>Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.</p>	<p>Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.</p> <p>Lactose intolerant? Try lactose-free milk or a fortified soy beverage.</p>
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## Daily Food Group Targets — Based on a 2,000 Calorie Plan

Visit [MyPlate.gov](https://www.MyPlate.gov)/MyPlatePlan for a personalized plan.

<p><b>2 cups</b></p> <p><i>1 cup counts as:</i></p> <ul style="list-style-type: none"> <li>1 small apple</li> <li>1 large banana</li> <li>1 cup grapes</li> <li>1 cup sliced mango</li> <li>½ cup raisins</li> <li>1 cup 100% fruit juice</li> </ul>	<p><b>2½ cups</b></p> <p><i>1 cup counts as:</i></p> <ul style="list-style-type: none"> <li>2 cups raw spinach</li> <li>1 cup cooked collard, kale, or turnip greens</li> <li>1 small avocado</li> <li>1 large sweet potato</li> <li>1 cup cooked beans, peas, or lentils</li> <li>1 cup cut cauliflower</li> </ul>	<p><b>6 ounces</b></p> <p><i>1 ounce counts as:</i></p> <ul style="list-style-type: none"> <li>1 slice of bread</li> <li>½ cup cooked oatmeal</li> <li>1 small tortilla</li> <li>½ cup cooked brown rice</li> <li>½ cup cooked couscous</li> <li>½ cup cooked grits</li> </ul>	<p><b>5½ ounces</b></p> <p><i>1 ounce counts as:</i></p> <ul style="list-style-type: none"> <li>1 ounce cooked lean chicken, pork, or beef</li> <li>1 ounce tuna fish</li> <li>¼ cup cooked beans, peas, or lentils</li> <li>1 Tbsp peanut butter</li> <li>2 Tbsp hummus</li> <li>1 egg</li> </ul>	<p><b>3 cups</b></p> <p><i>1 cup counts as:</i></p> <ul style="list-style-type: none"> <li>1 cup dairy milk or yogurt</li> <li>1 cup lactose-free dairy milk or yogurt</li> <li>1 cup fortified soy milk or yogurt</li> <li>1½ ounces hard cheese</li> <li>1 cup kefir</li> </ul>
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Choose foods and beverages with less added sugars, saturated fat, and sodium.

Limit:

- Added sugars to <50 grams a day.
- Saturated fat to <22 grams a day.
- Sodium to <2,300 milligrams a day.



Don't forget physical activity!

Being active can help you prevent disease and manage your weight.

Kids ≥ 60 min/day    Adults ≥ 150 min/week

# Understanding the Nutrition Facts Label

Knowing what is in the food you eat is vital to monitoring food intake and making healthy choices. Food labeling is required by the FDA to be put on prepared and packaged foods such as breads, canned foods, drinks, etc. The labels must have the name of the food, its net weight, manufacturing information, an ingredient list, nutrition information, and potential allergens. If you take the time to understand and compare food labels, healthier choices can be made. Food labels give you clues as to what you are eating, and being able to decipher those clues is what will help you succeed in making healthier choices.

Here is a map to help you determine how to interpret the nutrition facts label

<b>1</b>	<b>Nutrition Facts</b>
	8 servings per container
	<b>Serving size 2/3 cup (55g)</b>
<b>2</b>	<b>Amount per serving</b>
	<b>Calories 230</b>
	<b>% Daily Value*</b>
<b>3</b>	<b>Total Fat</b> 8g <b>10%</b>
	Saturated Fat 1g <b>5%</b>
	<i>Trans Fat</i> 0g
<b>4</b>	<b>Cholesterol</b> 0mg <b>0%</b>
	<b>Sodium</b> 160mg <b>7%</b>
<b>5</b>	<b>Total Carbohydrate</b> 37g <b>13%</b>
	Dietary Fiber 4g <b>14%</b>
	Total Sugars 12g
	Includes 10g Added Sugars <b>20%</b>
<b>6</b>	<b>Protein</b> 3g
<b>7</b>	Vitamin D 2mcg 10%
	Calcium 260mg 20%
	Iron 8mg 45%
	Potassium 240mg 6%
	<small>* The % Daily Value (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.</small>

## 1 How much are you eating?

All the information on the Nutrition Facts Label describes one serving. Usually there is more than one serving in a container, so be sure to look at the serving size and servings per container when portioning out a meal or snack. Larger portions increase the number of calories and other nutrients from what is on the label, so it is important to be aware of that.

## 2 Calorie Count

- The calorie count written is PER SERVING.
- The new label has calories in larger print so it is easier for consumers to spot.

## 3 Total Fat

- The four major groups of dietary fat are monounsaturated, polyunsaturated, saturated and trans fats.
- Unsaturated fats have a unique structure that keeps them liquid at room temperature. They come from plants sources in two forms: monounsaturated (such as olive oil) and polyunsaturated (such as corn, canola, or soybean oil) and are considered to be the heart healthy fats. They help your body absorb fat soluble vitamins (A, D, E, K), help maintain cell membrane structure, and act as a storage source of energy that is used between meals.
- Companies are not required to list the amount of unsaturated fat in a product, but you can figure it out by subtracting the saturated fat and trans fats from the total fat count. The amount of fat remaining is the amount of unsaturated fat.
- Saturated fats (such as butter, shortening and lard) are solid at room temperature and come from animal sources, with the exception of palm and coconut oil. These fats are not heart healthy and should be consumed minimally.
- Trans fats are fats that were once unsaturated and then chemically altered to become a solid. These fats are such bad news that the less you consume, the better. As of 2020, no foods produced in the United States will be made using trans fats.

## 4 Cholesterol & Sodium

- Cholesterol is an essential component of every cell in your body. It assists in forming hormones, vitamin D, and digestive factors. You create all the cholesterol you need through your liver, but it is okay to have some cholesterol in your diet.
- Sodium is an electrolyte that helps regulate fluid balance. If too much sodium is in the body, blood pressure will get too high (hypertension) and put you at risk for things such as heart disease, certain cancers, kidney disease, or a stroke. Try to choose foods that are low in sodium.

## 5 Total Carbohydrates

- Carbohydrates are found primarily in plant-based foods such as grains, fruits, vegetables, nuts and legumes. They provide the body with energy in the form of glucose.
- Total Carbohydrates include the total amount of natural sugar, added sugar, starches, and fiber in a product.
- Dietary Fiber is a non-digestible form of carbohydrates that helps with digestion and disease prevention. 14 g. of fiber for every 1,000 calories consumed provide those benefits.
- Total sugars include both natural and added sugars. Natural sugars are those that are naturally occurring in foods such as lactose in milk products and fructose in fruit or vegetables.
- Added sugars refers to sugar added to a product to sweeten it during processing. It is recommended to keep added sugar to less than 10% of your daily calories.

## 6 Protein

- Proteins play a number of roles in the body. They help your body fight off infections, keep your hair and nails strong, provide energy, maintain fluid balances, and help transport nutrients throughout the body. In the U.S., protein deficiency is not as common as in other countries, but without enough of it, protein-related malnutrition can develop and bones could get weaker. On the other hand, over consumption of protein can lead to other health concerns such as kidney stones, heart problems, and some cancers. It is important to consume a balance of about 5 ½ oz. a day from a variety of food sources.

## 7 Micronutrients

- Vitamins are divided into two main categories: water-soluble and fat-soluble. It is important to consume enough vitamins in your diet to aid in growth, reproduction, and overall health. It is very rare that too many vitamins are consumed when they are obtained through food, but over-consumption through supplements can occur and can be toxic. Vitamin D is the only vitamin required to be listed on the label, but companies may choose to include other vitamins. Vitamin D is important for healthy bones and teeth and plays an important role in immunity.
- Minerals are additional micronutrients needed in your body. Nutrition labels are required to list calcium, iron, and potassium. Calcium plays a vital role in bone strengthening. Iron is the master of carrying oxygen from the lungs to various tissues in the need. Having too little iron in your blood can cause dizziness and the feeling of being lightheaded or nauseated. Potassium plays a vital role in muscle contraction, lowering blood pressure, strengthening bones, and balancing fluids in the body.

## Ingredient List

- Have you ever looked at the ingredient list and wondered what foreign language it was written in? You could do research on each ingredient, but if you don't have time, just look for some key factors. First, how many ingredients are there? It is a good rule of thumb to choose foods with few ingredients. With a smaller list there are usually less added sugars and unhealthy additives. The other thing to notice is what the first ingredient is and what the last ingredient is. Ingredients are listed in the amount present going from most abundant to least. If you have a label that lists all sugars first, and healthier additions at the end, you might want to rethink your choice.

Understanding the Nutrition Facts Label can sometimes be a daunting task, but with practice, you will be able to discover many hidden treasures in the foods you eat. This will help you make healthier choices and have an overall healthier diet.



# Create Safe Food

 **CLEAN**

Wash hands, utensils, and cutting boards before and after contact with raw meat, poultry, seafood and eggs.

*United States Department of Health and Human Services, 2018*

 **SEPARATE**

Keep raw meat, poultry, seafood, and eggs away from foods that won't be cooked.

 **COOK**

Use a food thermometer to determine if your food is properly cooked. You can't tell food is safely cooked by how it looks or feels.

 **CHILL**

Refrigerate leftovers and perishable foods within 2 hours. Keep the refrigerator at 40° F or below.



## Safe Minimum Internal Temperatures

MEAT	TEMPERATURE
<b>Beef, Pork, Veal, and Lamb</b> (roast, steaks, chops, fresh or smoked ham)	<b>145° F</b> and allow to rest for at least 3 minutes. (Rest: let meat sit after removing from the heat before cutting or eating it).
<b>Fully Cooked Ham</b> (to reheat)	<b>165° F</b>
<b>Ground Meats</b>	<b>160° F</b>
<b>All Poultry</b> (whole parts or ground)	<b>165° F</b>
<b>Eggs and Egg Dishes</b>	<b>160° F</b>
<b>Leftovers and Casseroles</b>	<b>165° F</b>
<b>Fish and Shellfish</b>	<b>145° F</b>

*United States Department of Agriculture, 2015*

## Clean

**Hands.** Washing hands is an important step when preparing and before eating a meal. Always wash your hands before preparing food and after handling raw meat, poultry, eggs, and seafood.

- 1 Wet** your hands with warm, running water and apply soap.
- 2 Lather** hands by rubbing them together to make bubbles with the soap.
- 3 Scrub** your hands for at least 20 seconds. Make sure to scrub on the top and bottoms of hands, under fingernails and between fingers. Try singing a song like "Twinkle, Twinkle Little Star" to track the time. If you find that you sing it fast, sing it twice.
- 4 Rinse** your hands with warm, running water. Turn faucet off with a clean paper towel. (Remember, it was turned on with dirty hands.)
- 5 Dry** hands with a clean paper towel. Use a paper towel to open the bathroom/restroom door. Throw away the towel.

*Centers for Disease Control and Prevention, 2016*

**Fruits and Vegetables.** Wash all fresh fruits and vegetables in water before peeling, eating, or cooking. Do not use soap. Vegetable brushes are helpful. It is not recommended you wash meat or poultry before cooking.

*United States Department of Agriculture, 2013*

**Surfaces.** Wash cutting boards, dishes, utensils, and counter tops with hot, soapy water before and after preparing food. Wash anything (knives, hands, plates, cutting boards) that touches meat, poultry, and seafood before using it for other foods. Choose plastic or other non-porous cutting boards. Consider using paper towels for kitchen cleanup. If using cloth towels, launder them and switch them out often. Avoid using the same cloth or paper towel for cleaning up foods that should be kept separate.



## Separate

Keep raw meat, poultry, and seafood separate from other foods in your grocery cart, in your refrigerator and as you prepare food.

GROCERY CART AND BAGS	REFRIGERATOR	FOOD PREPARATION
Keep meat, poultry, eggs, and seafood separate from other items in the cart. Use separate plastic bags in the cart for these items, if possible. Make sure to have these items bagged separately from other foods.	Keep meat, poultry, eggs, and seafood separate from other foods in the refrigerator. Make sure that these items are stored in sealed bags or containers. It is best to keep them on the bottom shelf to avoid dripping on other food.	Use one cutting board for cutting raw meat, poultry, and seafood and another board for cutting other foods. (If only one board is available, make sure to wash thoroughly with soap and water after using it to cut raw meat, poultry, and seafood.)



## Cook

Proper cooking kills many types of bacteria that can make people sick. Do not rely on the color or texture of food to determine doneness. The best way to know if meat, poultry, eggs, seafood, leftovers, and casseroles have cooked to a safe temperature is by checking with a food thermometer. Make sure to check the temperature at the thickest part of the food. See the USDA chart on the front page for the recommended safe temperatures.



## Chill

Keep your refrigerator between 38° and 40° F and your freezer at 0° F. Make sure to refrigerate or freeze perishables and leftovers within 2 hours. Marinate food in the refrigerator. Always defrost food in the refrigerator, under cold running water, or in the microwave. Do not thaw food on the counter. Divide large amounts of leftovers into small, shallow containers for quick cooling in the refrigerator. Do not overfill the refrigerator or freezer.

*FIGHT BAC! Partnership for Food Safety Education, 2016*

## ADDITIONAL RESOURCES

### FightBAC.org

Supported by FIGHT BAC!, a food safety education partnership, this site has more information about the core four practices: clean, separate, cook and chill.

## REFERENCES

Centers for Disease Control and Prevention. (2016). *When and How to Wash Your Hands*. Retrieved from <https://www.cdc.gov/handwashing/when-how-handwashing.html>.

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# Spice it Up

15 seasoning blends so good you won't miss the salt!

**Spices are usually defined as** the roots, bark or seeds of various plants. Herbs are usually defined as the leaves. Salt is neither an herb nor a spice!

Most herbs and spices lose flavor and color with age. Each year, test your herbs and spices by sprinkling a small amount into your hand and crushing them; if a distinct aroma is not immediately obvious, your herbs are past their prime. Sealed glass jars are best to lock in flavor and color.

Another way to preserve freshness is to buy whole spices (such as cumin seeds and black peppercorns) and grind them as needed in a coffee grinder (about \$20 retail). This grinder should then be used for spices only and not for other uses.

All these recipes contain negligible amounts of sodium and fat, while many spice blends available in grocery stores are very high in sodium.

## RECIPES

For each seasoning blend, mix all ingredients and store in an airtight container. Ingredients are dried herbs and ground spices, unless otherwise noted.

*Each blend contains 5 mg sodium or less per teaspoon, except as noted.*

### LOWER SODIUM SEASONED SALT *Makes ¼ cup*

- 2 tbsp salt
- 1 tsp paprika
- 1 tbsp onion powder
- ½ tsp chili powder
- ½ tsp garlic powder
- ¼ tsp cayenne
- 1½ tsp celery seed, well-ground
- ½ tsp parsley flakes, well-ground

**260 mg sodium per ¼ tsp, about 25% less than the leading store brand.**

### MEDITERRANEAN BLEND *Makes 4 tsp*

- ½ tsp garlic powder
- ¼ tsp cayenne
- ½ tsp onion powder
- 1 tsp oregano
- ½ tsp cumin
- ½ tsp thyme
- 1 tsp coriander

### LATINO BLEND *Makes 1¼ tbsp*

- ½ tsp garlic powder
- ¼ tsp cayenne
- ½ tsp onion powder
- ½ tsp chili powder
- ½ tsp cumin
- ½ tsp cilantro
- 1 tsp coriander

### THAI BLEND *Makes about 1 tbsp*

- ½ tsp garlic powder
- ¼ tsp cayenne
- ½ tsp onion powder
- ½ tsp ginger
- ½ tsp cumin
- ½ tsp cinnamon
- 1 tsp coriander

### SOUTHERN BLEND *Makes 1/3 cup*

- ¼ cup paprika
- 1 tsp black pepper
- 2 tbsp oregano
- ½ tsp cayenne

**Use 1½ to 2 tsp to coat 1 pound of tofu, tempeh or lean animal protein.**

### SALT SHAKER BLEND #1 *Makes 2½ tsp*

- 1 tbsp onion powder
- 1½ tsp basil
- 1½ tsp dry mustard
- ½ tsp chili powder
- ½ tsp ground celery seed
- ½ tsp paprika



### SALT SHAKER BLEND #2

Makes 3 tbsp

- 2 tsp thyme
- 2 tsp basil
- 2 tsp savory
- 1 tbsp marjoram
- 1 tsp sage



### CURRY BLEND

Makes ½ cup

- 2 tbsp cumin
- 2 tbsp turmeric
- 4 tsp coriander
- 4 tsp dry mustard
- 1 tsp each: allspice, cayenne, cinnamon, ginger

Use 1:1 in place of store-bought



### HERB BLEND

Makes 3 tbsp

- 1 tbsp thyme
- 2 tsp rosemary
- 1 tsp sage
- 1 tbsp marjoram



### TRADITIONAL SEAFOOD BLEND

Makes ½ cup

- 2 tbsp allspice
- 1 tbsp ginger
- 4 tsp celery seed, ground
- 2 tsp salt

185 mg sodium per tsp



### COOKING BLEND

Makes 2½ tbsp

- 2 tsp thyme
- 1 tsp rosemary
- 1 tbsp oregano
- 2 tsp dried minced onion

Use 1 tsp for each pound of lean animal protein. Add ½ tsp for each 2 quarts of soup.



### SPICE RUB BLEND

Makes ½ cup

- 2 tbsp black pepper
- 1 tbsp garlic
- 2 tbsp onion powder

255 mg sodium per tsp



### ALL-PURPOSE BLEND

Makes 3 tbsp

- 1 tsp celery seed
- 1 tbsp basil
- 1 tbsp marjoram

Use 1 tsp per pound of protein food. Use ½ tsp for 2 cups of vegetables.



### TANDOORI BLEND

Makes ¼ cup

- 1 tbsp paprika
- 1 tsp salt
- ½ tsp cardamom

153 mg sodium per tsp



### SALAD BLEND

Makes 3 1/3 tbsp

- 1 tbsp marjoram
- 1 tsp tarragon
- 2 tsp basil

Sprinkle over tossed salads or add 2 tsp for each cup of homemade salad dressing.



Adapted with permission, Preventive Nutrition Services  
410-764-8343, [preventive\\_nutrition@verizon.net](mailto:preventive_nutrition@verizon.net)



# Pantry Ingredients

*Here is a list of healthy foods to keep on hand. You can make many Food Hero recipes and meals with these ingredients.*

## Shelf-Stable

Baking powder  
Baking soda  
Broth or bouillon  
Canned beans (examples: kidney, black, white, garbanzo)  
Canned evaporated milk  
Canned fish (examples: salmon, tuna)  
Canned fruit without sugar (examples: applesauce, peaches, pears, pineapple)  
Canned meat (examples: chicken, pork)  
Canned vegetables (examples: corn, green beans, pumpkin, tomatoes)  
Cornstarch  
Dried beans and peas (examples: black, kidney, lentils, split peas)  
Dry milk  
Fruit juice, 100% (can or bottle)  
Nuts (examples: almonds, peanuts, walnuts)  
Nut butter (examples: almond butter, peanut butter)  
Oil (examples: canola, olive, sesame)  
Prepared sauces (examples: enchilada sauce, salsa, spaghetti sauce, tomato)  
Salt, pepper, spices and herbs (examples: basil, cinnamon, garlic powder)  
Sugar (examples: brown, honey, white)  
Vinegar (examples: cider, white)  
Whole and enriched grains (examples: breads, bulgur, cereal, cornmeal, flour, oatmeal, pasta, popcorn, rice, quinoa, tortillas)

## Refrigerator

Cheese (examples: cheddar, cotija, cottage, mozzarella, queso fresco)  
Condiments (examples: ketchup, hot sauce, mustard, soy sauce)  
Eggs  
Lemon or lime juice  
Margarine or butter  
Milk (dairy or non-dairy)  
Salad dressing  
Tofu  
Yogurt

## Freezer

Frozen fruit (examples: berries, peaches)  
Frozen vegetables (examples: broccoli, corn, green beans, peas)  
Meat, Poultry, Fish (examples: chicken breast, ground beef, salmon)

## Fresh Produce

*that is longer lasting*

Apples  
Avocado (buy unripe)  
Bananas (freeze when over-ripe)  
Broccoli  
Cabbage  
Carrots  
Cauliflower  
Celery  
Citrus (examples: oranges, grapefruit, lemon, lime)  
Mushrooms  
Onions  
Potatoes (examples: white, yellow, sweet)  
Winter squash



# Create a Soup

Create a tasty soup from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each pot of soup serves four adults.

<b>1</b>	<b>Sauté one medium chopped onion</b>
<b>2</b>	<b>Choose one or more vegetables (2-3 cups, chopped) The following can be fresh, canned, or frozen</b>
	<ul style="list-style-type: none"> <li>• Celery</li> <li>• Green pepper</li> <li>• Green beans</li> <li>• Carrots</li> <li>• Peas</li> <li>• Corn</li> <li>• Zucchini</li> <li>• Squash</li> <li>• Mushrooms</li> <li>• Cauliflower</li> <li>• Broccoli</li> <li>• Cabbage</li> </ul>
<b>3</b>	<b>Choose one protein</b>
	<ul style="list-style-type: none"> <li>• 1 (16 oz.) canned beans (pinto, kidney, black, white, chick peas, etc.)</li> <li>• 1 pound beef, chicken, ham, sausage, etc.</li> <li>• 1 (16 oz.) can beef, chicken, ham</li> <li>• 1 cup grated cheese</li> </ul>
<b>4</b>	<b>Choose one starch</b>
	<ul style="list-style-type: none"> <li>• 3 - 4 cups diced potatoes</li> <li>• 2 (16 oz.) canned beans (pinto, kidney, black, white, chick peas, etc.)</li> <li>• 4 oz. whole grain egg noodles, macaroni, pasta</li> <li>• ½ cup uncooked brown rice</li> </ul>
<b>5</b>	<b>Choose a broth or base - you need 4 cups (1 quart)</b>
	<ul style="list-style-type: none"> <li>• 2 (16 oz.) cans vegetable, chicken, or beef broth</li> <li>• 4 cups water and vegetable, chicken, or beef bouillon</li> <li>• 1 can crushed or diced tomatoes and 2-3 cups water</li> <li>• 4 cups milk and bouillon</li> <li>• Any combination of above to make 1 quart</li> </ul>
<b>6</b>	<b>Choose one or more seasonings</b>
	<ul style="list-style-type: none"> <li>• 2-3 teaspoons dried herbs (oregano, basil, cumin, chili powder, thyme, rosemary, parsley, etc.)</li> <li>• Bay leaf</li> <li>• 2-4+ tablespoons fresh herbs</li> <li>• Minced garlic</li> <li>• Salt and pepper to taste</li> </ul>

## Directions

In large pot, cook onion in ¼ cup water or broth until slightly browned. Add vegetables and protein. Brown protein as needed. Add remaining ingredients (except fresh herbs). Partially cover pot and simmer until meat is thoroughly cooked and starch and vegetables are tender (about 20-30 minutes). Add fresh herbs. Season with salt and pepper to taste. Simmer another 5 minutes. Serve.

**Note: Beans can serve as either protein or starch.**

# Soup Recipes

A pantry that is stocked with whole foods will help you create great tasting soups like these!

## AFRICAN BEAN SOUP

- ½ cup water
- 3 tablespoons reduced-sodium soy sauce
- 1 onion, sliced
- 2 small sweet potatoes or yams, peeled and diced (about 2 cups)
- 1 large carrot, thinly sliced
- 1 celery stalk, thinly sliced
- 1 red bell pepper, seeded and diced
- 1 (15 oz.) can crushed tomatoes
- 4 cups vegetable broth
- 1 (15 oz.) can garbanzo beans
- ½ cup chopped fresh cilantro
- 3 tablespoons peanut butter
- 1 - 2 teaspoons curry powder
- 4 cups cooked brown rice

Heat water and soy sauce in a large pot. Add onion and cook over high heat, stirring often, until onion is soft, about 5 minutes. Add remaining ingredients except for rice. Stir to mix, then cover and simmer until vegetables are tender when pierced with a fork, about 15-20 minutes. To serve, place ½ cup cooked rice in a bowl and top it with a generous ladle of soup.

**Yield: 8 servings**

## BLACK BEAN CHILI

- 1 large diced onion
- 1 - 3 minced cloves garlic
- ¼ teaspoon red pepper flakes
- ½ teaspoon cumin
- ½ teaspoon thyme
- 2 (16 oz.) cans vegetable broth
- 1 small can diced green chilies
- 1 (14 oz.) can stewed tomatoes
- 1 (28 oz.) can black beans (3 cups), drained and rinsed
- Cooked brown rice
- Cilantro
- Lime slices
- Grated cheddar cheese

In a Dutch oven, sauté onion, garlic, and pepper flakes in ¼ cup water. Add herbs, broth, and chilies and bring to boil. Add tomatoes and beans. Simmer 1 hour. Remove half of chili, cool slightly, and puree until smooth. Add pureed mixture back into pot and stir to combine. Serve Chili over brown rice. Garnish with cilantro and cheese.

**Yield: 4 servings**

**You can change the taste of basic ingredients in your dish simply by changing the herbs and spices you use. For instance, use these herbs and spices to get these flavors:**

**Mexican**-use cumin, oregano, chili powder, cilantro, and garlic

**Italian**-use basil, oregano, parsley, and garlic

**Asian**-use soy sauce, ginger, garlic, chiles, and turmeric

**Savory/Thanksgiving**-use rosemary, sage, thyme, and parsley



# Create Amazing Veggies

Create delicious and nutritious vegetable dishes from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each dish serves four adults.

<b>1</b>	<b>Choose one or more vegetables to make 4 cups</b>
	<ul style="list-style-type: none"> <li>• Arugula</li> <li>• Asparagus</li> <li>• Avocado</li> <li>• Bamboo Shoots</li> <li>• Bell Pepper</li> <li>• Beets</li> <li>• Bok Choy</li> <li>• Broccoli</li> <li>• Brussels Sprouts</li> <li>• Cabbage</li> <li>• Carrots</li> <li>• Cauliflower</li> <li>• Celery</li> <li>• Collard Greens</li> <li>• Corn</li> <li>• Cucumber</li> <li>• Eggplant</li> <li>• Green Beans</li> <li>• Jalapeno</li> <li>• Jicama</li> <li>• Kale</li> <li>• Leek</li> <li>• Lettuce</li> <li>• Mushrooms</li> <li>• Mustard Greens</li> <li>• Okra</li> <li>• Onion</li> <li>• Parsnip</li> <li>• Peas</li> <li>• Potato</li> <li>• Pumpkin</li> <li>• Radish</li> <li>• Rutabaga</li> <li>• Shallot</li> <li>• Spinach</li> <li>• Squash</li> <li>• Swiss Chard</li> <li>• Sweet Potato</li> <li>• Tomatillo</li> <li>• Tomato</li> <li>• Turnip</li> <li>• Water Chestnut</li> <li>• Watercress</li> <li>• Yam</li> <li>• Zucchini</li> </ul>
<b>2</b>	<b>Choose a cooking method</b>
	<ul style="list-style-type: none"> <li>• <b>Fresh:</b> no cooking method required (salads, veggie trays, etc.).</li> <li>• <b>Roast:</b> Chop vegetables into uniform 1" cubes. Combine with 1-2 tablespoons olive oil and herbs as desired. Put on a baking sheet in single layer. Roast at 425°F til tender, 10-50 minutes depending on vegetable. Stir occasionally. Roasting brings out naturally sweet flavor of vegetables!</li> <li>• <b>Steam:</b> Bring water to a boil in sauce pan with steamer basket. Place vegetables in the steamer. Cover and steam until tender (3-10 minutes depending on vegetable). If vegetables are green, leave lid askew to help retain color. Season as desired.</li> <li>• <b>Sauté:</b> Heat a small amount of oil or water on low heat. Turn heat to medium-high and when pan is hot, add food. Don't over-crowd food. The goal is to create a crust around each piece of food in the pan so that it is browned and crispy outside and tender inside. Do not over-stir.</li> <li>• <b>Grill/broil:</b> Spray grill rack or broiler pan with cooking spray. Heat grill or broiler pan for 10-15 minutes. Add cubed or sliced vegetables. Leave ¼ inch between food items to ensure even cooking. "Flip" vegetables only once during cooking to sear. Use seasonings for flavor; add sticky sauces just before serving or pass sauce around table.</li> <li>• <b>Boil:</b> Place cubed vegetables in large pot and add enough water or stock to barely cover. Cover and bring to low boil over high heat; reduce heat and simmer until vegetables are tender. Do not overcook.</li> </ul>
<b>3</b>	<b>Choose one or more flavors (optional)</b>
	<ul style="list-style-type: none"> <li>• Chopped onion, celery, green pepper, hot pepper</li> <li>• Minced garlic and/or ginger</li> <li>• Lemon juice and/or zest</li> <li>• 1 - 2 teaspoons dried herbs (oregano, basil, cumin, chili powder, thyme, rosemary, sage, dill, etc.)</li> <li>• Salt and pepper to taste</li> <li>• Soy sauce, balsamic vinegar, red wine vinegar, sesame oil, or olive oil</li> </ul>
<b>4</b>	<b>Choose one or more extras (optional)</b>
	<ul style="list-style-type: none"> <li>• ¼ cup breadcrumbs</li> <li>• 2 tablespoons grated parmesan cheese</li> <li>• ¼ cup grated cheddar or mozzarella cheese</li> </ul>

**Directions**

Select vegetables and cooking method. Choose flavors and extras. Cook according to instructions above. Add extras before serving.

# Amazing Veggie Recipes

A pantry that is stocked with whole foods will help you create great tasting vegetables like these!

## ROASTED POTATOES

- 1 tablespoon olive oil
- 1 teaspoon paprika
- $\frac{3}{4}$  teaspoon chili powder
- $\frac{1}{2}$  teaspoon salt
- $\frac{3}{4}$  teaspoon pepper
- 6 cups diced baking potato
- Cooking spray
- Aluminum foil

Preheat oven to 400°F . Combine all ingredients in a large bowl and stir to coat potatoes in seasonings and oil. Line baking sheet with foil and spray with cooking spray. Spread potatoes on sheet in a single layer. Bake 30 minutes or until browned.

**Yield: 5 (1 cup) servings**

## SWEET SEASONED CARROTS

- 6 – 8 large carrots, thin sliced on the diagonal
- 1 yellow onion, diced
- 1 teaspoon butter
- 1 – 2 tablespoons brown sugar
- $\frac{1}{2}$  -  $\frac{3}{4}$  teaspoon Italian seasoning
- Salt and pepper to taste

Place carrots, onion, and butter in large skillet with just enough water to cover carrots. Bring to boil, reduce heat, and simmer until water is evaporated and carrots are tender but not mushy.

Add brown sugar and seasonings. Stir well to coat each carrot with seasoning and cook another 5 minutes.

**Yield: 4 servings**

**You can change the taste of basic ingredients in your dish simply by changing the herbs and spices you use. For instance, use these herbs and spices to get these flavors:**

**Mexican**-use cumin, oregano, chili powder, cilantro, and garlic

**Italian**-use basil, oregano, parsley, and garlic

**Asian**-use soy sauce, ginger, garlic, chiles, and turmeric

**Savory/Thanksgiving**-use rosemary, sage, thyme, and parsley



# Create a Salad

Create a delicious salad from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each salad serves four adults.

<b>1</b>	<b>Choose one base</b>
	<ul style="list-style-type: none"> <li>• <b>Lettuce or salad greens:</b> Romaine, spring greens, arugula, etc.</li> <li>• <b>Whole wheat pasta or noodles:</b> 2 cups pasta or 3 cups noodles, 6 cups water: Heat water until it boils. Stir in pasta or noodles. Cook until tender, about 10 minutes. Drain.</li> <li>• <b>Brown rice:</b> 1 cup rice, 2 cups water: Combine rice and water. Bring to boil. Turn heat to low and cover pan with lid. Simmer until water is absorbed, about 45 minutes.</li> <li>• <b>Potatoes:</b> 3 cups diced red, yellow, or gold potatoes, 6 cups water. Heat water until it boils. Add potatoes and cook until tender, about 10 minutes. Drain.</li> <li>• <b>Whole grain:</b> Cooked wheat berries, quinoa, barley, etc., or dense whole grain bread torn in bite size pieces and toasted.</li> </ul>
<b>2</b>	<b>Choose one protein</b>
	<ul style="list-style-type: none"> <li>• 1 (15 oz.) can or 2 cups cooked dried beans (pinto, black, white, kidney, lentils, etc.)</li> <li>• ½ pound cooked ground beef</li> <li>• 1½ cups cooked and diced chicken, turkey, ham, beef, fish, or pork</li> <li>• 2 cups chopped hard-boiled eggs</li> <li>• 1-2 (6-8 oz.) canned beef, chicken, tuna, salmon, or other fish</li> <li>• 1 (12-16 oz.) package extra firm tofu, drained and marinated in soy sauce and fruit juice</li> </ul>
<b>3</b>	<b>Tomato, cucumber, broccoli, carrots, corn, green beans, peas, squash, etc.</b>
	<ul style="list-style-type: none"> <li style="width: 33%;">• 2 cups fresh vegetables</li> <li style="width: 33%;">• 2 cups frozen vegetables, thawed and cooked</li> <li style="width: 33%;">• 1-2 (15 oz.) cans of vegetables</li> </ul>
<b>4</b>	<b>Choose one or more fruits (optional)</b>
	<ul style="list-style-type: none"> <li>• Apple, orange, raisins, dried cranberries, etc.</li> </ul>
<b>5</b>	<b>Choose one or more flavors</b>
	<ul style="list-style-type: none"> <li style="width: 50%;">• ½ - 1 cup diced onion, celery, green pepper</li> <li style="width: 50%;">• 2-4 tablespoons fresh herbs or 1-2 teaspoons dried herbs (oregano, basil, cumin, chili powder, thyme, rosemary, sage, etc.)</li> <li style="width: 50%;">• ¼ cup sliced black olives</li> <li style="width: 50%;">• Salt and pepper to taste</li> <li style="width: 50%;">• ½ cup salsa</li> </ul>
<b>6</b>	<b>Choose one dressing (optional)</b>
	<ul style="list-style-type: none"> <li>• If desired and/or as necessary, use a fat-free or low-fat dressing to help hold the salad ingredients together, add flavor, and keep salad from being too dry.</li> </ul>
<b>7</b>	<b>Choose one or more toppings (optional)</b>
	<ul style="list-style-type: none"> <li>• ¼ cup slivered almonds, chopped walnuts or pecans</li> <li>• 2 tablespoons grated parmesan cheese</li> <li>• ¼ cup grated cheddar or mozzarella cheese</li> </ul>

## Directions

Select a food from each category or use your own favorites. Combine all ingredients except dressing and toppings in a large salad bowl. Either dress salad before serving or allow family members to add dressing and toppings as desired.



# Salad Recipes

A pantry that is stocked with whole foods will help you create great tasting salads like these!

## TACO SALAD

- 1 onion, chopped
- 2 cups frozen corn
- 3 large tomatoes, diced
- 1 (15 oz.) can kidney or pinto beans, drained
- 1 cup cooked brown rice
- 1–2 teaspoons chili powder
- 1 teaspoon dried oregano, divided
- ¼ cup chopped fresh cilantro
- ½ cup salsa
- 1 head romaine lettuce, chopped
- Crumbled tortilla chips
- Shredded cheese
- Lime wedges
- Sour cream or Greek yogurt (optional)

Heat small amount of water or vegetable broth in large nonstick skillet over medium heat. Add onion and corn and cook until the onion begins to brown, about 5 minutes. Remove from heat and add diced tomatoes, beans, rice, chili powder, and oregano. Stir to combine. Mix cilantro into salsa. Toss lettuce in a large bowl with the bean/rice mixture. Serve sprinkled with tortilla chips and cheese, with lime wedges and salsa at table.

**Yield: 4 servings**

## THAI NOODLE SALAD

- 10 ounces spaghetti noodles, cooked and cooled
- ¼ cup rice vinegar or red wine vinegar
- 3 tablespoons soy sauce
- 3 tablespoons lime juice
- 3 tablespoons sugar
- 1 teaspoon minced garlic
- ¼ teaspoon red chili flakes (optional)
- ¼ teaspoon sesame oil (optional)
- 1 (15 oz.) can chickpeas, drained and rinsed
- ¾ cup shredded carrots
- 2 green onions, finely diced
- 1 cup bell pepper, diced
- 1 cup frozen peas, thawed
- ½ cup chopped peanuts
- ½ cup chopped cilantro

Place noodles in large bowl. In small bowl, combine vinegar, soy sauce, lime juice, sugar, garlic, red chili flakes, and sesame oil. Stir to combine and dissolve sugar. Pour over noodles. Add chickpeas, carrots, green onions, bell pepper, and peas. Stir to coat veggies with dressing. Add peanuts and cilantro just before serving. Toss to mix.

**Yield: 4 servings**

**Simple Salad Dressing:** Mix together 3 tablespoons balsamic vinegar, 2 tablespoons Dijon mustard, 1 tablespoon maple syrup or honey. Especially good on green, grain, and pasta salads!

**You can change the taste of basic ingredients in your dish simply by changing the herbs and spices you use. For instance, use these herbs and spices to get these flavors:**

**Mexican**-use cumin, oregano, chili powder, cilantro, and garlic

**Italian**-use basil, oregano, parsley, and garlic

**Asian**-use soy sauce, ginger, garlic, chiles, and turmeric

**Savory/Thanksgiving**-use rosemary, sage, thyme, and parsley



# Create a Grain Bowl

Create a satisfying grain bowl. Let your family express themselves! Individual grain bowls are a great way to use leftovers, allow for personal tastes, and enjoy whole grains.

- 1 Prepare a base (3/4 cup cooked per serving)**
  - Prepare a grain; cook according to package directions or use leftovers from a previous meal. Add extra flavor by cooking in low-sodium chicken or vegetable broth.
    - Quinoa, brown rice, white rice, barley, oats, wild rice blend, whole grain pasta in a variety of shapes or vegetable-based pasta
- 2 Select a variety of fruits or vegetables (1-2 cups vegetables or fruit)**
  - Vegetables (raw, roasted, steamed, or sautéed)
    - Avocados, carrots, zucchini, broccoli, winter squash, sweet potatoes, green beans, radishes, asparagus, peppers, mushrooms, broccoli, cauliflower, snap peas, green onions, celery, cherry tomatoes, spinach, beets, cucumbers, corn, tomatoes, jicama, cabbage, leafy greens (kale, arugula, spring mix lettuce)
  - Fruits (fresh, canned, frozen)
    - Mandarin oranges, mangoes, pineapple, berries, apples, grapes, nectarines, peaches, bananas, raisins, fruit in season (on sale), pomegranate arils
- 3 Choose a protein (1/3 cup cooked or 2-3 tablespoons; if using meat, cut in bite size pieces)**
  - Egg (over easy, sunny side up, or scrambled)
  - Legumes
    - Garbanzo beans, black beans, small red beans, pinto beans, white beans
  - Lentils
  - Meat protein sautéed or left over from another meal, prepared with salt and pepper or marinated ahead of time for flavor
    - Chicken, beef, pork, turkey, fish, shrimp
- 4 Select a sauce or dressing (about 2 tablespoons per bowl)**
  - Teriyaki, red chili sauce, marinara, salsa, salad dressings, soy sauce, seasoned rice vinegar, BBQ sauce, pesto, olive oil, lemon or lime juice
  - Make your own dressing
- 5 Choose one or more toppings (1-2 tablespoons)**
  - Cilantro, sesame seeds, tortilla strips, nuts, avocados, green onions, grated cheese, dried fruit, raisins, cranberries, parmesan cheese, bacon crumbles, feta cheese, croutons, crispy rice noodles, roasted chickpeas, fresh diced tomatoes, olives

## Directions

In a bowl, add a base layer of the prepared grain. On top of the grain, place the vegetables or fruit, covering  $\frac{3}{4}$  of the bowl, saving room for the protein. If using meat, cut into bite-sized pieces. Add prepared protein to the bowl. Drizzle with chosen sauce or dressing, and garnish with a topping. Enjoy!

**You can change the taste of basic ingredients in your dish simply by changing the herbs and spices you use. For instance, use these herbs and spices to get these flavors:**

**Mexican**-use cumin, oregano, chili powder, cilantro, and garlic

**Italian**-use basil, oregano, parsley, and garlic

**Asian**-use soy sauce, ginger, garlic, chiles, and turmeric

**Savory/Thanksgiving**-use rosemary, sage, thyme, and parsley

# Grain Bowl Recipes

A pantry that is stocked with whole foods will help you create great tasting grain bowls like these!

## Breakfast Bowl

- ¾ cup preferred grain, cooked
- 1 cup low-fat milk (or milk alternative such as soy, almond, rice, or coconut milk)
- 1 teaspoon brown sugar
- ½ teaspoon cinnamon or ½ teaspoon vanilla

Heat through or serve cold.

Add fresh or dried fruit and nuts. Suggestions: diced apples, orange segments, bananas, fresh strawberries, golden raisins, dried cranberries, slivered almonds, chopped pecans.

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## Latin influence

Try a combination of these toppings on your favorite whole grain base: corn kernels, black beans, diced tomatoes, diced avocado, cilantro, salsa, or pico de gallo.

### LATIN CREAMY DRESSING

- ½ cup light sour cream or plain Greek yogurt
- 1 tablespoon chipotle paste (can substitute with ½ teaspoon of chili powder and ½ teaspoon of cumin)
- 1 clove garlic, pressed or finely chopped
- Juice of ½ lime or 1 tablespoon of bottled lime juice
- ½ teaspoon of granulated sugar (optional to help with the tartness of the lime and sour cream)
- Pinch of salt to taste
- 1-2 tablespoons of milk to thin out to preferred consistency

Mix in a small bowl until smooth. Drizzle over the grain bowl.

## Mediterranean influence

Try a combination of these on your favorite whole grain base: tomatoes, cucumbers, feta cheese, beets, garbanzo beans (can marinate in dressing), kalamata olives or marinated artichokes, fresh lemon wedges, greens like spring mix or arugula.

### GREEK DRESSING

- 1 tablespoon lemon juice
- 3 tablespoons red wine vinegar
- ½ cup extra virgin olive oil
- 1 tablespoon dried oregano
- ¾ teaspoon salt
- ½ teaspoon pepper
- ¼ teaspoon garlic powder or 1 clove of fresh garlic, minced

Add all ingredient to a jar with a lid and give it a good shake. Store leftovers in refrigerator.

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## Asian influence

Try any combination of the following before dressing with peanut sauce: whole wheat spaghetti, marinated teriyaki chicken, shredded purple cabbage, bean sprouts, julienne carrots, cilantro, chopped roasted peanuts.

### PEANUT SAUCE

- 3 tablespoons creamy peanut butter
- 1 tablespoon lime juice
- 1 tablespoon reduced sodium soy sauce
- 2 teaspoons brown sugar
- 2-3 tablespoons water or chicken broth
- Red pepper flakes for spice (optional)

Warm ingredients in microwave or on a stove top. Whisk together peanut butter, lime juice, soy sauce, brown sugar, red pepper flakes (optional), and 2-3 tablespoons water or chicken broth in a small bowl; set aside until ready to dress your grain bowl.



# Create Easy Eggs

Create a tasty omelet from simple foods. Just follow each step. Use your imagination!  
 Each omelet serves one adult.

- 1 Prepare fillings of choice; set aside**
  - **Vegetables**—onion, green pepper, mushroom, tomato, salsa, green chili, broccoli, squash, etc.
  - **Grated cheese**—cheddar, mozzarella, Swiss, American, parmesan, feta, etc.
  - **Cooked meat**—ham, bacon, Canadian bacon, chicken, etc.
- 2 Crack two eggs in a small bowl**
- 3 Add salt, pepper, water, and herbs to bowl and gently stir.**
  - **Water:** 2 tablespoons
  - **Herbs:** 1 tablespoon of chives and/or parsley (optional)
- 4 Heat omelet pan or non-stick skillet over medium-high heat. Spray with cooking spray.**
- 5 Add egg mixture to pan and tilt to evenly coat bottom of pan with eggs.**
- 6 Pull cooked egg from edge of pan with spatula and let liquid eggs run underneath.**
- 7 Add fillings down center of omelet.**
- 8 Fold omelet in thirds and slide onto plate.**

## Directions

The pan should be hot when you add the cooking spray so that it sizzles. Pour the egg mixture into the pan. Spread the mixture evenly over the bottom of the pan. Gently start pulling the cooked egg to the center of the pan and let the liquid egg run underneath. When the eggs are mostly set but the top is still a little runny, add any filling of choice. Fold the omelet with a spatula and carefully slide it onto a plate.

## Omelet Recipes

A pantry that is stocked with whole foods will help you create great tasting skillet meals like these!

### MEXICAN STYLE OMELET FILLING

- Pinto or black beans—refried or whole
- Salsa
- Avocado slices
- Monterey Jack cheese
- Cumin and chili powder (added to eggs)

### GARDEN STYLE OMELET FILLING

- Sliced mushrooms
- Sliced yellow summer squash
- Sliced zucchini
- Diced red pepper
- Diced onion
- Parmesan cheese
- Basil and garlic powder (added to eggs)

## No time for an omelet? Here are some other quick and easy ways to make eggs.

<b>Hard Boiled Egg</b>	Cover eggs with water in a pot. Cover pot and bring to a boil. Remove from heat and let stand, covered for 20 minutes. Remove eggs and rinse under cold running water. Store in the refrigerator for up to 1 week.
<b>Scrambled Eggs</b>	Crack eggs into a bowl. Add 1 tbsp. of low-fat milk or water per egg. Mix together using fork or whisk. Heat skillet over medium heat. Spray with non-stick cooking spray. Pour eggs into pan. Stir occasionally until eggs are firm.
<b>Microwave Scrambled Egg</b>	Combine 2 eggs and 2 tbsp. of low-fat milk or water in a microwave safe dish. Microwave on high for 45 seconds. Stir. Microwave on high for another 45 seconds or until eggs are set and firm.
<b>Frittata</b> Similar to an omelet, but easier to make to feed a crowd.	<ul style="list-style-type: none"><li>• Prepare filling ingredients, precook any that you may want cooked (onions, mushrooms, etc.).</li><li>• Crack 6 to 10 eggs into bowl and whisk them.</li><li>• Heat large skillet sprayed with cooking oil over medium heat.</li><li>• Gently stir filling ingredients into eggs.</li><li>• Pour entire mixture into skillet, cover, and cook over low heat for 10-20 minutes, or until center is set.</li><li>• If top is still a little runny, you can stick the pan under the boiler for a minute or so to set the top.</li><li>• Cut into wedges and serve.</li></ul>



# Create a Fruity Dessert

Create a delicious fruity dessert from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each dish serves four adults.

## 1 Choose one or more fruits to make 4 cups

- |              |                |               |                 |               |
|--------------|----------------|---------------|-----------------|---------------|
| • Apple      | • Chokecherry  | • Grapes      | • Mango         | • Pineapple   |
| • Apricot    | • Clementine   | • Guava       | • Nectarine     | • Plum        |
| • Banana     | • Coconut      | • Honeydew    | • Orange        | • Pomegranate |
| • Blackberry | • Cranberry    | • Huckleberry | • Papaya        | • Raspberry   |
| • Blueberry  | • Dragon fruit | • Kiwi        | • Passion Fruit | • Rhubarb     |
| • Cantaloupe | • Elderberry   | • Lemon       | • Peach         | • Strawberry  |
| • Cherry     | • Grapefruit   | • Lime        | • Pear          | • Watermelon  |

## 2 Choose a preparation method

- **Fresh:** Just wash, peel, and slice before enjoying the fruit.
- **Crumble:** Preheat oven to 375° F. Cut fruit into uniform 1" cubes and layer on the bottom of a 9" baking dish. Combine the topping ingredients together in another bowl. Distribute the topping mixture evenly over the fruit. Bake for 35-40 minutes or until the fruit is bubbling and the topping is golden brown.
  - Crumble Topping**
    - ½ cup oats
    - ¼ cup brown sugar
    - ¼ cup whole-wheat flour
    - 2 tablespoons canola oil
    - 1 teaspoon cinnamon
- **Parfait:** Wash and cut fruit into bite-sized pieces. Choose any variety of base ingredients and toppings; layer base, fruit, and toppings. Enjoy!
  - **Base:** yogurt (Greek), cottage cheese, oats, pudding
  - **Toppings:** crumble topping from above, granola, nuts, honey, crumbled graham crackers

### Directions

Select fruit and preparation method. Follow instructions for desired method. The options and combinations are truly endless, so use your creativity in putting the fruity dessert together and the whole family is sure to enjoy your creation.

# Fruity Dessert Recipes

A pantry that is stocked with whole foods will help you create great tasting fruity desserts like these!

## RHUBARB AND STRAWBERRY CRUMBLE

### Filling:

- 4 cups rhubarb, cut into ½" pieces
- 2 cups strawberries, quartered
- ½ cup sugar
- 2 tablespoons whole-wheat flour

### Crumble Topping:

- ½ cup rolled oats
- ½ cup whole-wheat flour
- ½ cup brown sugar
- 1 tablespoon butter, softened
- 1 tablespoon canola oil
- 1 tablespoon fruit juice (any flavor)
- ¼ cup chopped nuts

Preheat oven to 375°F. In a large bowl, toss together rhubarb, strawberries, sugar, and flour. Place this mixture in a 9" square baking dish. In the same bowl, combine oats, flour, brown sugar, butter, and oil. With a fork or your fingers, combine the ingredients until the mixture is crumbly. Stir in the juice and nuts until evenly moistened. Distribute the topping mixture over the fruit. Bake for 35-40 minutes, or until the fruit is bubbling and the topping is golden.

## MAKE-AHEAD FRUIT AND YOGURT PARFAITS

- 6 ounces low-fat yogurt
- 1/3 cup old fashioned oats, uncooked
- 2 tablespoons skim milk
- 1 cup fruit of choice

In a bowl combine yogurt, oats, and milk. Stir to combine. Layer with the fruit in a mason jar or any other container. Refrigerate for a few hours or overnight.

**Yield: 1 serving**



# Create a Kabob

Create a delicious kabob any time of year using simple, fresh ingredients. Choose an item from each category and follow the directions. Use your imagination! Each batch of kabobs serves 4 adults.

## 1 Prepare one or two proteins

- 1 pound raw chicken, pork tenderloin, beef sirloin, sausage or salmon cut into 1- to 1½-inch pieces
- 4-6 partially cooked bacon strips, cut into thirds
- 15-20 shrimp, peeled and deveined
- 1 pound extra-firm or super-firm tofu, drained and pressed, cut into 1- to 1½-inch pieces

## 2 Marinate protein

### Marinade suggestions:

- **Lemon garlic:** 1/3 cup olive oil, 1/3 cup lemon juice (2-3 lemons if fresh), 1 ½ tablespoons soy sauce, 2 cloves minced garlic, ½ teaspoon oregano, ¼ teaspoon salt, ¼ teaspoon pepper
- **Mediterranean:** 1/3 cup olive oil, ½ teaspoon garlic powder, ½ teaspoon onion powder, 1 teaspoon oregano, ½ teaspoon cumin, ½ teaspoon thyme, ¼ teaspoon cayenne pepper
- **Honey garlic:** ¼ cup olive oil, 1/3 cup soy sauce, 1/3 cup honey, ¼ teaspoon black pepper, 2 cloves minced garlic
- **Mexican:** ¼ cup olive oil, juice from 1 lime, 2 cloves minced garlic, 1 teaspoon chili powder, ½ teaspoon cumin, ½ teaspoon salt, ¼ teaspoon pepper
- **Honey mustard:** ¼ cup honey, 1/3 cup mustard, ½ teaspoon paprika, ½ teaspoon salt, ½ teaspoon pepper, 2 teaspoons apple cider vinegar, ½ teaspoon garlic powder, ¼ teaspoon cayenne pepper, 1 tablespoon olive oil
- **Hawaiian teriyaki:** ½ cup brown sugar, ½ cup soy sauce, ¼ cup pineapple juice, 2 cloves minced garlic, ¼ teaspoon pepper, ½ teaspoon salt
- **Honey soy:** 2 tablespoons honey, 3 tablespoons soy sauce, 1 tablespoon minced garlic, ½ tablespoon minced ginger
- **Italian:** ½ cup olive oil, 1/3 cup soy sauce, ¼ cup lemon juice, ¼ cup Worcestershire sauce, 1 tablespoon garlic powder, 1 tablespoon Italian seasoning, 1 teaspoon pepper, ½ teaspoon salt

Place protein and oil/marinade in a bowl or gallon bag, seal and store in fridge. Let protein marinate in the fridge for 8 hours or overnight.

## 3 Prepare produce

- 1-2 bell peppers (red, orange, yellow or green), red or sweet onion, or mushrooms, sliced into 1-inch sections.
- 1 zucchini, yellow squash, eggplant or 2 potatoes, diced into 1- to 1½-inch cubes
- 10-15 cherry or grape tomatoes, whole
- ½ head of broccoli or cauliflower pieces
- 2-3 ears of corn (on the cob, cut into 1-inch sections)
- 4-5 beets, cut into 1-inch chunks
- 2 sweet potatoes, diced into 1-1½-inch cubes
- 1 can or 1 pineapple, chunked
- ½ cantaloupe or honeydew, diced into 1-1½-inch cubes
- Small strawberries, whole or large strawberries, halved
- Red or green grapes
- ½ watermelon, diced into 1-1½-inch cubes
- 2-3 bananas, cut into 1-inch chunks

## Directions

Build your kabob. Use a metal skewer, wooden skewer (soaked in water for 5-10 minutes beforehand) or sheet pan (if cooking in oven, or skewers are unavailable). Build your kabob using a pattern of the protein and produce (e.g., bell pepper, onion, pineapple, marinated chicken, and bacon). Repeat two or three times until skewer is full. Repeat, using all remaining ingredients.



Preheat your grill on medium-high heat to 400° F. Place skewers on the grill. Rotate every 5-10 minutes until protein reaches desired internal temperature, about 20-30 minutes. Remove and enjoy!

If cooking your kabobs in the oven, preheat to 350° F. Cook for 30 minutes, or until protein reaches desired internal temperature. Remove pan from oven and turn broiler on low. Place pan back in oven. Keep an eye on your veggies and meat; you just want a light char. Rotate and broil each side 3-5 minutes to achieve the charred look and flavor you would get from a grill.

## Kabob Recipes

A pantry that is stocked with whole foods will help you create great tasting kabobs like these!

### **GARLIC PARMESAN STEAK KABOBS**

- 1/3 cup olive oil
- ¼ cup parmesan cheese, grated
- 2 cloves garlic, minced
- 1 pound beef sirloin, cut into 1- to 1½-inch pieces
- Mushrooms, whole or sliced
- 1 green bell pepper, cut into 1½-inch pieces
- 1 onion, sliced into 1½-inch pieces

Combine olive oil, parmesan cheese and garlic in a small bowl. Mix until combined. Add to a bag with the beef pieces. Let marinate for 8 hours or overnight. Prepare vegetables. Using metal or wood skewers, thread the beef, mushrooms, green bell pepper and onion.

Heat grill to medium-high heat. Cook kabobs, rotating every 5-6 minutes until internal temperature of meat reaches 145° F. Remove from heat and let rest for at least 3 minutes. Enjoy!

### **FRUITY DESSERT KABOB**

- 10-15 small strawberries, whole or 5-8 large strawberries, halved
- 2-3 bananas, cut into 1-inch chunks
- 1 can or 1 pineapple, chunked
- ½ cantaloupe or honeydew, cut into 1- to 1½-inch cubes
- honey, to taste

Using metal or wood skewers, thread the strawberries, bananas, pineapple and melon. Heat grill to medium-high heat. Cook fruit kabobs, rotating every 2-3 minutes, until fruit is slightly charred. Remove from heat and drizzle with honey, to taste. Enjoy!

### **HONEY GARLIC CHICKEN KABOBS**

- ¼ cup olive oil
- 1/3 cup soy sauce
- 1/3 cup honey
- ¼ teaspoon black pepper
- 2 cloves garlic, minced
- 1 pound chicken, cut into 1-1½-inch pieces
- 1 red bell pepper, cut into 1-inch pieces
- 1 orange bell pepper, cut into 1-inch pieces
- 1 red onion, sliced into 1-inch pieces
- 1 can pineapple chunks, canned in water or 100% juice

Combine olive oil, soy sauce, honey, black pepper and garlic cloves in a small bowl. Mix until combined. Add to a bag with chicken pieces. Let marinate for at least 8 hours. Prepare produce. Using metal or wood skewers, thread the chicken, bell peppers, onion and pineapple.

Heat grill to medium-high heat. Cook kabobs, rotating every 5-6 minutes until chicken reaches an internal temperature of 165° F. Serve with brown rice.



# Create a Pizza

Create a delicious pizza from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each pizza serves four adults.

## 1 Choose/Prepare a crust

- **Options:** homemade crust (see recipe below), premade crust from store, flour tortilla, flat bread, pita bread, English muffin, bagel, French bread.

### Whole-Wheat Pizza Dough Recipe

- 2 cups whole-wheat flour
- 1 ½ tablespoons yeast
- 1 teaspoon salt
- 1 ½ teaspoons sugar
- ¾ – 1 ¼ cups warm water
- 1 teaspoon canola oil (optional)

## 2 Choose a sauce

- Tomato paste thinned with water or tomato sauce + basil + oregano + pepper
- Refried beans or bean dip
- Barbeque sauce
- Sweet chili sauce (found in Asian aisle of grocery store)
- Peanut sauce – peanut butter thinned with hot water + soy sauce + sugar + garlic + crushed red pepper
- Hummus
- Salsa

## 3 Choose flavors

- 1 – 2 teaspoons dried herbs as needed according to sauce (oregano, basil, cumin, chili powder, ginger, soy sauce, garlic, crushed red pepper, etc.)
- Salt and pepper to taste

## 4 Choose toppings

- |                |                 |                     |               |           |
|----------------|-----------------|---------------------|---------------|-----------|
| • Tomato       | • Jalapeno      | • Corn              | • Broccoli    | • Sausage |
| • Spinach      | • Mushroom      | • Squash            | • Eggplant    | • Cheese  |
| • Onion        | • Banana pepper | • Carrot            | • Chicken     |           |
| • Green pepper | • Olive         | • Pineapple         | • Ham         |           |
| • Red pepper   | • Avocado       | • Dried cranberries | • Ground beef |           |

## Directions

Prepare homemade crust and set aside to rise. Preheat oven to 425°F. Prepare sauce and toppings. Spray baking pan or pizza pan with cooking spray. Roll crust out and place on pan. Top with sauce and toppings. Bake approximately 10-12 minutes or until crust is cooked and sauce is bubbly.

# Pizza Recipes

A pantry that is stocked with whole foods will help you create great tasting homemade pizzas like these!

## MEXICAN SPICY BEAN PIZZA

- 1 whole-wheat pizza crust (see below)
- 1 (6 oz.) can tomato paste
- ½ to 1 (15 oz.) can refried beans
- 1 cup frozen corn, thawed
- ¼ cup sliced bell pepper
- ¼ cup thinly sliced red onion
- ½ cup grated Monterey jack cheese (optional)
- ½ teaspoon red pepper flakes (optional)
- ¼ cup chopped fresh cilantro
- ¼ cup mango

Preheat oven to 425°F. Put pizza crust on baking sheet or pizza pan. Spread tomato paste and refried beans over crust. Arrange corn, bell pepper, and onion over beans. Sprinkle with cheese and red pepper flakes. Bake 15 minutes or until hot and bubbly. Garnish with fresh cilantro.

**Yield: 4 servings**

## WHOLE-WHEAT PIZZA DOUGH

- 2 cups whole-wheat flour
- 1 ½ tablespoons yeast
- 1 teaspoon salt
- 1 ½ teaspoons sugar
- ¾ – 1 ¼ cups warm water
- 1 teaspoon canola oil (optional)

Mix dry ingredients in bowl. Add water and oil and mix well. Take dough out of the bowl and knead a few times to incorporate all of the flour. Form dough into ball. Let rise 10 minutes while covered with clean towel. Roll out in pizza shape. Cover with favorite toppings.

**You can change the taste of basic ingredients in your dish simply by changing the herbs and spices you use. For instance, use these herbs and spices to get these flavors:**

**Mexican**-use cumin, oregano, chili powder, cilantro, and garlic

**Italian**-use basil, oregano, parsley, and garlic

**Asian**-use soy sauce, ginger, garlic, chiles, and turmeric

**Savory/Thanksgiving**-use rosemary, sage, thyme, and parsley

## CARAMELIZED ONION AND MUSHROOM PIZZA

- 1 small yellow onion, halved and thinly sliced
- 1 teaspoon olive oil
- ¼ cup water or broth
- Pinch of sugar
- 1 teaspoon balsamic vinegar
- 2 large whole wheat flour tortillas or flat bread
- Cooking spray
- ¼ cup shredded parmesan cheese (optional)
- 6 – 8 button mushrooms, thinly sliced
- Salt and pepper to taste

Preheat oven to 450° F. Sauté the sliced onions in olive oil and small amount of water or broth and cook 30 minutes or more, stirring occasionally, until the onions reach a dark brown color. Add water in small amounts as needed to keep onions from burning. Add a pinch of sugar and the balsamic vinegar. Cook a few more minutes and remove from heat. Line baking sheet with parchment paper and spray with cooking spray. Place tortillas or flatbread on baking sheet and lightly spray each one with cooking spray. Sprinkle each tortilla with cheese, then mushrooms, then caramelized onions, then salt and pepper. Bake until the crust is crisp and brown, 5-10 minutes.

**Yield: 2 servings**



# Create a Quick Bread

## CREATE A SAVORY QUICK BREAD

Create a delicious savory quick bread from simple foods. Just follow each step and use your imagination! Each quick bread makes 12 slices.

1	In a liquid measuring cup
	<ul style="list-style-type: none"> <li>• Place 2 teaspoons lemon juice or vinegar, add milk (dairy, soy, or almond) to make <math>\frac{3}{4}</math> cup, let sit for 5 minutes.</li> <li>• <b>Other options:</b> <math>\frac{3}{4}</math> cup buttermilk; <math>\frac{3}{4}</math> cup plain yogurt</li> </ul>
2	In large bowl
	<ul style="list-style-type: none"> <li>• Lightly beat 2 eggs with fork OR mix 2 tablespoons ground flax seed with 6 tablespoons warm water. <b>Stir in:</b> <ul style="list-style-type: none"> <li>• <math>\frac{1}{2}</math> cup pureed white or pinto beans OR <math>\frac{1}{4}</math> cup oil</li> <li>• Milk mixture from step one</li> </ul> </li> </ul>
3	Add flavor to bowl (select one)
	<ul style="list-style-type: none"> <li>• 1-2 teaspoons dried thyme, sage, rosemary, parsley, basil, chili powder, cumin, or combination of several (optional)</li> <li>• 1-2 teaspoons garlic powder</li> </ul>
4	Add dry ingredients to bowl
	<ul style="list-style-type: none"> <li>• 1 <math>\frac{2}{3}</math> cup whole wheat flour</li> <li>• <math>\frac{2}{3}</math> cup oatmeal or cornmeal</li> <li>• <math>\frac{1}{4}</math> cup sugar</li> <li>• 2 teaspoons baking powder</li> <li>• <math>\frac{1}{2}</math> teaspoon baking soda</li> <li>• <math>\frac{1}{4}</math> teaspoon salt</li> </ul>
5	Add extras to bowl (optional): Gently fold in any of the following as desired (do NOT over-mix):
	<ul style="list-style-type: none"> <li>• <math>\frac{1}{2}</math>-1 cup any of following: onion, green onion, corn, chives, jalapeno, green chili, bell pepper, olives</li> <li>• <math>\frac{1}{2}</math> cup fresh or canned vegetables like shredded zucchini or carrot or pumpkin puree</li> <li>• 2 tablespoons tomato paste</li> <li>• <math>\frac{1}{2}</math> cup shredded cheese</li> <li>• <math>\frac{1}{2}</math> cup chopped nuts/seeds like walnuts, pecans, or almonds</li> <li>• <math>\frac{1}{4}</math> cup or less sunflower seeds, sesame seeds, poppy seeds</li> </ul>

### Directions

Combine ingredients in order listed. Stir to incorporate ingredients, but do not over mix. Pour batter into loaf pan sprayed with cooking spray and bake in preheated oven at 350° F for 40-50 minutes or until toothpick comes out clean. Cool slightly and remove from pan. Slice to serve. **Option:** Bake in muffin tins for 18-20 minutes.

### Suggested combinations:

- Corn meal, onion, corn, jalapeno or green chili, chili powder, cumin
- Green onion, cheddar cheese, sesame seeds
- Onion, bell pepper, tomato paste, mozzarella cheese

## CREATE A SWEET QUICK BREAD

Create a delicious sweet quick bread from simple foods. Just follow each step and use your imagination! Each quick bread makes 12 slices.

<b>1</b>	<b>In a liquid measuring cup</b> <ul style="list-style-type: none"><li>Place 2 teaspoons lemon juice or vinegar, Add milk (dairy, soy, or almond) to make <math>\frac{3}{4}</math> cup, let sit for 5 minutes.</li><li><b>Other options:</b> <math>\frac{3}{4}</math> cup buttermilk; <math>\frac{3}{4}</math> cup yogurt</li></ul>
<b>2</b>	<b>In large bowl</b> <ul style="list-style-type: none"><li>Lightly beat 2 eggs with fork OR mix 2 tablespoons ground flax seed with 6 tablespoons warm water. <b>Stir in:</b><ul style="list-style-type: none"><li><math>\frac{1}{2}</math> cup pureed white or pinto beans OR <math>\frac{1}{2}</math> cup applesauce OR <math>\frac{1}{2}</math> cup mashed banana OR <math>\frac{1}{4}</math> cup oil</li><li>1 teaspoon vanilla</li><li>Milk mixture from step one</li></ul></li></ul>
<b>3</b>	<b>Add flavor to bowl (select one)</b> <ul style="list-style-type: none"><li>1-2 teaspoons extract such as lemon, almond, coconut, banana</li><li>1-2 teaspoons cinnamon or ginger or allspice or combination of several</li><li><math>\frac{1}{4}</math>-<math>\frac{1}{2}</math> teaspoon nutmeg or clove or cardamom or combination</li><li>2-3 tablespoons zest from lemon, lime or orange</li></ul>
<b>4</b>	<b>Add dry ingredients to bowl</b> <ul style="list-style-type: none"><li>1 <math>\frac{3}{4}</math> cup whole wheat flour</li><li><math>\frac{3}{4}</math> cup oatmeal</li><li><math>\frac{1}{2}</math> cup sugar (if using applesauce or banana in step 2, use only <math>\frac{1}{4}</math> cup sugar)</li><li>2 teaspoons baking powder</li><li><math>\frac{1}{2}</math> teaspoon baking soda</li><li><math>\frac{1}{4}</math> teaspoon salt</li></ul>
<b>5</b>	<b>Add extras to bowl (optional): Gently fold in any of the following as desired (do NOT over-mix):</b> <ul style="list-style-type: none"><li><math>\frac{1}{2}</math> cup fresh, canned, or dried fruit like chopped apple, blueberry, peach, cherry, raisins, dried cranberry, dried apricot, OR <math>\frac{1}{2}</math> cup fresh vegetables like shredded zucchini or carrot or pumpkin puree</li><li><math>\frac{1}{2}</math> cup chopped nuts/seeds like walnut, pecan, almond</li><li><math>\frac{1}{4}</math> cup or less sunflower seed, sesame seed, poppy seed</li></ul>

### Directions

Combine ingredients in order listed. Stir to incorporate ingredients, but do not over mix. Pour batter into loaf pan sprayed with cooking spray and bake in preheated oven at 350°F for 40-50 minutes, or until toothpick comes out clean. Cool slightly and remove from pan. **Option:** Bake in muffin tins for 18-20 minutes.

### Suggested combinations:

- Lemon zest, dried cranberries, poppy seeds
- Pumpkin puree, cinnamon, pecans
- Cinnamon, cloves, zucchini, walnuts
- Orange zest, diced tart apple, dried cranberries



# Create a Sandwich/Wrap

Create a tasty sandwich, wrap, or pocket from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each serves one adult.

<b>1</b>	<b>Choose one wrap</b>					
	<ul style="list-style-type: none"> <li>• 2 slices of whole grain bread</li> <li>• 1 whole grain bun or roll</li> <li>• 1 corn or whole wheat tortilla</li> <li>• ½ whole wheat pita</li> </ul>					
<b>2</b>	<b>Choose one or more proteins</b>					
	<ul style="list-style-type: none"> <li>• Cooked dried beans (pinto, black, chick pea, kidney, etc.)</li> <li>• Peanut or almond butter</li> <li>• Hummus</li> <li>• Refried beans</li> <li>• Cooked, sliced, or cubed roast, chicken, turkey, or ham</li> <li>• Sliced, cubed, or shredded cheese</li> <li>• Hard-boiled or scrambled egg</li> </ul>					
<b>3</b>	<b>Choose one or more fillings</b>					
	<table border="0" style="width: 100%; border-collapse: collapse;"> <tr> <td style="vertical-align: top; width: 20%;"> <ul style="list-style-type: none"> <li>• Lettuce</li> <li>• Spinach</li> <li>• Tomato</li> <li>• Onion</li> <li>• Sprouts</li> </ul> </td> <td style="vertical-align: top; width: 20%;"> <ul style="list-style-type: none"> <li>• Green pepper</li> <li>• Banana pepper</li> <li>• Celery</li> <li>• Olives</li> <li>• Pickles</li> </ul> </td> <td style="vertical-align: top; width: 20%;"> <ul style="list-style-type: none"> <li>• Potato</li> <li>• Avocado</li> <li>• Corn</li> <li>• Shredded carrot</li> <li>• Apple</li> </ul> </td> <td style="vertical-align: top; width: 20%;"> <ul style="list-style-type: none"> <li>• Grapes</li> <li>• Pear</li> <li>• Pineapple</li> <li>• Jam</li> <li>• Jelly</li> </ul> </td> <td style="vertical-align: top; width: 20%;"> <ul style="list-style-type: none"> <li>• Honey</li> <li>• Nuts (walnuts, pecans, almonds, pine nuts)</li> </ul> </td> </tr> </table>	<ul style="list-style-type: none"> <li>• Lettuce</li> <li>• Spinach</li> <li>• Tomato</li> <li>• Onion</li> <li>• Sprouts</li> </ul>	<ul style="list-style-type: none"> <li>• Green pepper</li> <li>• Banana pepper</li> <li>• Celery</li> <li>• Olives</li> <li>• Pickles</li> </ul>	<ul style="list-style-type: none"> <li>• Potato</li> <li>• Avocado</li> <li>• Corn</li> <li>• Shredded carrot</li> <li>• Apple</li> </ul>	<ul style="list-style-type: none"> <li>• Grapes</li> <li>• Pear</li> <li>• Pineapple</li> <li>• Jam</li> <li>• Jelly</li> </ul>	<ul style="list-style-type: none"> <li>• Honey</li> <li>• Nuts (walnuts, pecans, almonds, pine nuts)</li> </ul>
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<b>4</b>	<b>Choose one or more spreads (optional)</b>					
	<ul style="list-style-type: none"> <li>• Low-fat mayonnaise, mustard, ketchup, ranch dressing, Italian dressing, hummus, etc.</li> </ul>					

## Directions

Some wraps or sandwiches are better eaten cold and others are better cooked.

**For a cold wrap/sandwich:** Select foods from each category. Place spread directly on bread or tortilla or inside pita pocket. Build wrap by placing remaining ingredients on one side of bread or tortilla or inside pita pocket. Cover sandwich with other slice of bread or roll up tortilla.

**For a cooked wrap:** Select foods from each category. Cook filling ingredients in 1 tablespoon water or broth until soft. Add protein and heat through. Add spread to moisten the mixture. Place mixture on one side of bread or tortilla or inside pita pocket. Cover sandwich with other slice of bread or roll up tortilla.

# Sandwich/Wrap Recipes

A pantry that is stocked with whole foods will help you create great tasting wraps or sandwiches like these!

## HEARTY VEGGIE QUESADILLAS

- ½ cup cooked pinto or black beans
- 1 medium tomato, chopped
- ½ bell pepper, chopped
- 1 green onion, chopped
- 1 carrot, peeled and grated
- 2 (6 inch) whole-wheat flour tortillas
- 2 tablespoons salsa
- Lettuce
- ½ cup of cheddar cheese

Combine beans, tomato, pepper, onion, and carrots in medium bowl. Set aside. Warm skillet over medium heat. Place a tortilla in pan and warm one side, then flip tortilla over. Place half of ingredients from bowl on one side of tortilla and fold tortilla in half over the filling. Cook about 3 minutes or until filling is heated through. Transfer quesadilla to a plate and keep warm. Repeat for 2nd quesadilla.

**Yield: 2 servings**

*Use your imagination and add any veggie, bean, or cooked rice that you have on hand to your quesadilla.*

## CHICKPEA PITAS WITH NUTTY SAUCE

- 2 cans chickpeas, drained and rinsed
- 4 ribs celery, diced
- ¼ cup red onion, finely diced
- 1 teaspoon dried basil
- ¼ cup fresh parsley, chopped
- 1 ripe avocado, diced
- ½ cup walnuts
- ½ cup water
- 1½ teaspoons red wine vinegar
- 2 teaspoons mustard
- ½ teaspoon garlic powder
- Romaine lettuce or fresh spinach
- 3 whole wheat pita pockets, cut in half

In medium bowl, lightly crush chickpeas with vegetable masher. Add celery, onion, basil, parsley, and avocado. Stir to mix well. In blender or food processor, place walnuts, water, vinegar, mustard, and garlic powder. Blend until smooth. Add blender ingredients to chickpea mixture and mix well. Place lettuce or spinach in each pita pocket then add chickpea mixture.

**Yield: 6 servings**

**You can change the taste of basic ingredients in your dish simply by changing the herbs and spices you use. For instance, use these herbs and spices to get these flavors:**

**Mexican**-use cumin, oregano, chili powder, cilantro, and garlic

**Italian**-use basil, oregano, parsley, and garlic

**Asian**-use soy sauce, ginger, garlic, chiles, and turmeric

**Savory/Thanksgiving**-use rosemary, sage, thyme, and parsley



# Create a Skillet Meal

Create a tasty skillet meal from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each meal serves four adults.

<b>1</b>	<b>Choose one protein</b>
	<ul style="list-style-type: none"> <li>• 1 (15 oz.) can or 2 cups cooked dried beans (pinto, black, white, kidney, etc.)</li> <li>• ½ pound ground beef</li> <li>• 1 pound chicken, turkey, pork chops, fish, or ham</li> <li>• 1 (6-8 oz.) can beef, chicken, tuna, salmon, or other fish</li> <li>• 1 (12-16 oz.) package extra firm tofu, drained and cubed</li> </ul>
<b>2</b>	<b>Choose one starch</b>
	<ul style="list-style-type: none"> <li>• 1 cup uncooked rice</li> <li>• 2 cups uncooked pasta</li> <li>• 4 cups uncooked noodles</li> <li>• 2-3 cups cubed raw potatoes</li> </ul> <p><b>Optional:</b> cook starch beforehand and top with skillet contents (example – sweet' n sour chicken over rice). Reduce liquid and sauce in recipe.</p>
<b>3</b>	<b>Choose one or more flavors</b>
	<ul style="list-style-type: none"> <li>• ½ cup chopped onion, celery, green pepper</li> <li>• 1 – 2 cloves minced garlic</li> <li>• ½ cup salsa</li> <li>• 1 – 2 teaspoons dried herbs (oregano, basil, cumin, chili powder, thyme, rosemary, sage, etc.)</li> <li>• Salt and pepper to taste</li> </ul>
<b>4</b>	<b>Choose one to three vegetables</b>
	<ul style="list-style-type: none"> <li>• Broccoli, carrots, corn, green beans, peas, squash, mixed veggies, etc.</li> <li>• 2 cups fresh vegetables</li> <li>• 2 cups frozen vegetables</li> <li>• 1-2 (15 oz.) canned vegetables</li> </ul>
<b>5</b>	<b>Choose one liquid as needed*</b>
	<ul style="list-style-type: none"> <li>• 1 ½ cups water, broth, tomato juice, milk, etc.</li> </ul>
<b>6</b>	<b>Choose one sauce (optional)</b>
	<ul style="list-style-type: none"> <li>• 1 (10 oz.) can soup (cream of mushroom, cream of chicken, cream of celery, tomato, cheese, etc.)</li> <li>• 1 (15 oz.) can diced tomatoes with juice</li> <li>• <b>2 cups gravy:</b> <ul style="list-style-type: none"> <li>• 2 tablespoons cornstarch OR 4 tablespoons flour</li> <li>• ¼ cup COLD water</li> <li>• 2 cups HOT chicken, beef, or vegetable stock</li> </ul> </li> </ul> <p style="margin-left: 400px;"><i>Mix cornstarch or flour into cold water with fork. Make sure you have no lumps. Slowly add mixture to boiling stock, stirring constantly. Reduce heat and continue to cook and stir with whisk until thickened.</i></p>
<b>7</b>	<b>Choose one or more toppings</b>
	<ul style="list-style-type: none"> <li>• 2 tablespoons grated parmesan cheese</li> <li>• ¼ cup grated cheddar or mozzarella cheese or breadcrumbs</li> </ul>

## Directions

Select a food from each category or use your own favorites. Brown meat, if using. Add remaining ingredients to pan, cook over medium heat, stirring frequently to prevent sticking and burning, until meat is thoroughly cooked and vegetables and starches are tender, 15-45 minutes. Add toppings if desired.

**\*Add more liquid as needed to allow starch to cook, to prevent dish from becoming too dry, and/or from sticking/burning.**



# Skillet Meal Recipes

A pantry that is stocked with whole foods will help you create great tasting skillet meals like these!

## SPANISH MACARONI

- ½ cup onion, chopped
- ½ green pepper, chopped
- 1 ½ cups water
- 1 (8 oz.) can tomato sauce
- 1 (15 oz.) can tomatoes
- 2 (15 oz.) cans pinto or kidney beans, drained and rinsed
- 2 teaspoons chili powder
- 1 teaspoon cumin
- 1 ½ cups macaroni (uncooked)

In large skillet, sauté onion in 1 tablespoon water on medium heat until translucent. Add green pepper and cook another 2 minutes. Add remaining ingredients, except macaroni, and cook until vegetables are tender. Stir macaroni into mixture and reduce heat to low. Cover and cook until macaroni is tender, 10-15 minutes, adding additional water as needed.

**Yield: 4 servings**

## SKILLET PENNE WITH VEGGIES

- 2 cups vegetable broth
- 2 cups water
- 2 ½ cups whole grain penne
- 1 small tomato, chopped
- 2 small zucchinis, chopped
- 1 (15 oz.) can cannellini beans, drained and rinsed
- 1 ½ teaspoons dry basil or ¼ cup chopped fresh basil
- ¼ cup parmesan cheese

In large nonstick skillet, cook penne in broth and water over high heat until penne is tender, about 12-15 minutes. Add tomato, zucchini, beans, and dried basil (if using fresh basil, add after veggies have cooked). Cook until veggies are tender. Stir in cheese and fresh basil if using.

**Yield: 4 servings**

**You can change the taste of basic ingredients in your dish simply by changing the herbs and spices you use. For instance, use these herbs and spices to get these flavors:**

**Mexican**-use cumin, oregano, chili powder, cilantro, and garlic

**Italian**-use basil, oregano, parsley, and garlic

**Asian**-use soy sauce, ginger, garlic, chiles, and turmeric

**Savory/Thanksgiving**-use rosemary, sage, thyme, and parsley



# Create a Smoothie

Create a delicious and nutritious smoothie from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each smoothie serves 1 adult.

- |          |  |
|----------|--|
| <b>1</b> | <b>Choose produce (2-3 cups)</b> <ul style="list-style-type: none"><li>• <b>Fruit:</b> fresh, frozen, or canned such as strawberry, raspberry, blackberry, blueberry, cranberry, banana, pineapple, peach, pear, plum, cherry, melon, apple, kiwi, mango, papaya, orange, lemon, lime.</li><li>• <b>Vegetable:</b> fresh spinach, chard, kale, green pepper, avocado, carrot, cooked, frozen, or canned pumpkin, squash, sweet potato, peas.</li></ul> |
| <b>2</b> | <b>Choose a liquid (½ to 1½ cups, depending on desired consistency)</b> <ul style="list-style-type: none"><li>• <b>Water:</b> inexpensive, easy, and calorie free.</li><li>• <b>Milk:</b> dairy, soy, almond, rice, hemp, coconut, etc.</li><li>• <b>Fruit Juice:</b> use sparingly for added flavor, and combine with water or milk.</li></ul>  |
| <b>3</b> | <b>Choose extras (optional)</b> <ul style="list-style-type: none"><li>• ¼ to ½ cup raw oats</li><li>• 1-2 tablespoons peanut butter</li><li>• 1-2 tablespoons ground flax seed</li><li>• 1-2 tablespoons chia seed</li><li>• ½ diced avocado</li><li>• ½ cup yogurt</li><li>• cinnamon, nutmeg, vanilla</li><li>• ice as needed</li></ul>  |

## Directions

Select a food from each category, or use your own favorites. Combine all ingredients in blender or food processor in order listed. Blend until smooth. **HINT:** You will need minimal to no ice if using mostly frozen produce. You will need more ice if using fresh, canned, or cooked produce. Do not overload blender, and chop any large pieces of fruit or vegetables for the best texture.

# Smoothie Recipes

A pantry that is stocked with good whole foods will help you create great tasting smoothies like these!

## POPEYE SMOOTHIE

- 6-8 ounces yogurt, any flavor
- ½ cup skim milk
- ½ fresh or frozen banana
- ½ cup fresh or frozen fruit
- 1 cup packed fresh spinach

Combine all ingredients in blender and blend until smooth.

*Yield: 1 big delicious smoothie*

*\*Surprised to see spinach in a smoothie? Don't worry, you won't taste it at all, and it really boosts the nutrition of this great smoothie!*

## MANGO AVOCADO SMOOTHIE

- 1 fully ripened avocado, pitted and peeled
- 2 cups frozen mango or other frozen fruit (not thawed)
- 1 cup orange juice
- 1 cup water

Combine all ingredients in blender and blend until smooth.

*Yield: 2 large or 4 small smoothies*

*\* The avocado gives the smoothie a rich, smooth texture!*



# Create a Stir Fry

Create a delicious stir fry dish from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each stir fry serves four adults.

<b>1</b>	<b>Prepare one protein</b>									
	<ul style="list-style-type: none"> <li>• 1–2 cups cooked beans or lentils</li> <li>• 1 package firm tofu cut into ½ inch cubes</li> <li>• 1 pound raw chicken, beef, or pork cut into bite-sized pieces</li> </ul>									
<b>2</b>	<b>Marinate protein</b>									
	<ul style="list-style-type: none"> <li>• 1 tablespoon soy sauce + 1 tablespoon water, chicken broth or apple juice</li> </ul>									
<b>3</b>	<b>Prepare produce</b>									
	<ul style="list-style-type: none"> <li>• 1 onion, cut in wedges + 1 – 2 cloves garlic, minced + 1 tablespoon grated ginger +</li> <li>• 2 cups fresh vegetables from choices below:             <table border="0" style="margin-left: 20px;"> <tr> <td>• Carrots</td> <td>• Celery</td> <td>• Bean sprouts</td> </tr> <tr> <td>• Cabbage</td> <td>• Green pepper</td> <td>• Zucchini</td> </tr> <tr> <td>• Mushrooms</td> <td>• Red pepper</td> <td>• Yellow squash</td> </tr> </table> </li> </ul>	• Carrots	• Celery	• Bean sprouts	• Cabbage	• Green pepper	• Zucchini	• Mushrooms	• Red pepper	• Yellow squash
• Carrots	• Celery	• Bean sprouts								
• Cabbage	• Green pepper	• Zucchini								
• Mushrooms	• Red pepper	• Yellow squash								
<b>4</b>	<b>Warm skillet on very low heat</b>									
<b>5</b>	<b>Make a sauce of glaze</b>									
	<ul style="list-style-type: none"> <li>• <b>Sauce:</b> ¼ cup vegetable or chicken broth, ¼ cup soy sauce, 1-2 teaspoons sugar, 2-4 teaspoons vinegar.</li> <li>• <b>Glaze:</b> 2 teaspoons cornstarch, 2 tablespoons water, broth or apple juice.</li> </ul>									
<b>6</b>	<b>Turn heat under skillet to medium-high</b>									
	<ul style="list-style-type: none"> <li>• Make sure all ingredients are close at hand.</li> </ul>									

## Directions

Add 2–4 tablespoons water or broth to pan. When hot, add half of protein. Stir fry until well browned and cooked through, about 2-3 minutes. Transfer to clean bowl, add more water, and stir fry remaining protein the same way. Transfer to bowl. Cooking the protein in batches helps to keep pan hot.

Add more water to pan. Add onion and stir fry until browned but still crisp, about 1 minute. Add garlic and ginger; stir. Add half of vegetables and stir a few minutes, then add remaining vegetables. Stir fry until vegetables are tender-crisp. Do not overcook vegetables.

Return protein to pan and stir in sauce until everything is well coated. Add glaze and stir until sauces in pan are glossy.

Serve immediately with noodles or rice.

# Stir Fry Recipes

A pantry that is stocked with whole foods will help you create great tasting stir fries like these!

## FLAVORFUL VEGGIE STIR FRY

- 1 (16 oz.) package extra firm tofu
- 1 tablespoon sugar
- 5 tablespoons soy sauce, divided
- ¼ cup apple juice or vegetable broth
- 3 cups broccoli florets, cut in bite-sized pieces
- 2 medium carrots, thinly sliced
- 1 (6 oz.) package frozen pea pods, thawed
- 2 tablespoons chopped onion
- 1 (8 oz.) can sliced water chestnuts, un-drained
- 2 tablespoons cornstarch
- Hot cooked rice, spaghetti noodles, or soba noodles

Cut tofu into 1-inch cubes and place on baking sheet. In a bowl, combine sugar, 3 tablespoons soy sauce, and apple juice or water until smooth. Pour over tofu and set aside. In a large skillet over medium-high heat, stir fry broccoli, carrots, pea pods, and onion in 1 tablespoon water or broth for 1 minute. Stir in water chestnuts. Cover and simmer for 4 minutes; remove from pan and keep warm. In the same skillet, stir fry tofu until outside is crispy. Return vegetables to pan. Combine 2 tablespoons soy sauce and cornstarch. Mix well and pour over vegetables. Stir fry until glossy. Serve over rice or noodles.

**Yield: 4 servings**

## TERIYAKI CHICKEN

- 2-3 chicken breasts
- ½ cup soy sauce
- ½ teaspoon ground ginger
- 1 clove garlic, minced
- ½ cup water
- 2 tablespoons sugar
- 1 large onion, chopped
- 1-2 green peppers chopped
- 1 cup sliced mushrooms
- 2 tablespoons cornstarch
- 2 tablespoons water

Cut chicken into 1-inch cubes. Combine soy sauce, ginger, garlic, ½ cup water, and sugar in small bowl. Add chicken and soak 30–60 minutes. Over medium-high heat, stir fry chicken in water or broth until done. Remove from pan and keep warm. Add vegetables to pan and stir fry until crisp tender. Add chicken back into pan. Combine cornstarch and water; add to pan and cook until thick. Serve with hot brown rice.

**Yield: 4-6 servings**

**You can change the taste of basic ingredients in your dish simply by changing the herbs and spices you use. For instance, use these herbs and spices to get these flavors:**

**Mexican**-use cumin, oregano, chili powder, cilantro, and garlic

**Italian**-use basil, oregano, parsley, and garlic

**Asian**-use soy sauce, ginger, garlic, chiles, and turmeric

**Savory/Thanksgiving**-use rosemary, sage, thyme, and parsley



# Create a Casserole

Create a tasty casserole from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each casserole serves four adults.

1	Choose one starch
	<ul style="list-style-type: none"> <li>• <b>Brown Rice:</b> 1 cup rice, 2 cups water: Combine rice and water. Bring to boil. Turn heat to low and cover pan with lid. Simmer until water is absorbed, about 45 minutes.</li> <li>• <b>Whole grain pasta or noodles:</b> 2 cups pasta or 3 cups noodles, 6 cups water: Heat water until it boils. Stir in pasta or noodles. Cook until tender, about 10 minutes. Drain. Look on the package for specific instructions.</li> <li>• <b>Potatoes:</b> 3 cups diced potatoes, 6 cups water. Heat water until it boils. Add potatoes and cook until tender, about 10 minutes. Drain.</li> <li>• <b>Whole grain tortilla:</b> Flour or corn.</li> </ul>
2	Choose one protein
	<ul style="list-style-type: none"> <li>• 1 (15 oz.) can or 2 cups cooked dried beans or lentils (pinto, black, white, kidney, etc.)</li> <li>• ½ pound cooked ground beef</li> <li>• 1½ cups cooked and diced chicken, turkey, ham, beef, fish, or pork</li> <li>• 2 cups chopped hard-boiled eggs</li> <li>• 1 (6-8 oz.) can beef, chicken, tuna, salmon, or other fish</li> <li>• 1 (12-16 oz.) package extra firm tofu, drained</li> </ul>
3	Choose one to three vegetables: Broccoli, carrots, corn, green beans, peas, squash, mixed veggies
	<ul style="list-style-type: none"> <li style="width: 33%;">• 2 cups fresh vegetables, cooked</li> <li style="width: 33%;">• 2 cups frozen vegetables, cooked</li> <li style="width: 33%;">• 1-2 (15 oz.) canned vegetables</li> </ul>
4	Choose one sauce
	<ul style="list-style-type: none"> <li>• 1 (10 oz.) can soup (cream of mushroom, cream of chicken, cream of celery, tomato, cheese, etc.)</li> <li>• 1 (15 oz.) can diced tomatoes with juice</li> <li>• <b>2 cups gravy:</b> <ul style="list-style-type: none"> <li>• 2 tablespoons cornstarch OR 4 tablespoons flour</li> <li>• ¼ cup COLD water</li> <li>• 2 cups HOT chicken, beef, or vegetable stock</li> </ul> </li> </ul> <p style="margin-left: 400px;"><i>Mix cornstarch or flour into cold water with fork. Make sure you have no lumps. Slowly add mixture to boiling stock, stirring constantly. Reduce heat and continue to cook and stir with whisk until thickened.</i></p>
5	Choose one or more flavors
	<ul style="list-style-type: none"> <li>• ½ cup chopped onion, celery, green pepper, or salsa</li> <li>• ¼ cup sliced black olives</li> <li>• 1 - 2 cloves garlic, crushed</li> <li>• Cook onion, garlic, celery, and peppers in small amount of water or broth</li> <li>• 1 - 2 teaspoons dried herbs (oregano, basil, cumin, chili powder, thyme, rosemary, sage, etc.)</li> <li>• Salt and pepper to taste</li> </ul>
6	Choose one or more topping (optional)
	<ul style="list-style-type: none"> <li>• ¼ cup breadcrumbs, 2 tablespoons grated parmesan cheese, ¼ cup grated cheddar or mozzarella cheese</li> </ul>

## Directions

Select a food from each category or use your own favorites. Combine all ingredients except toppings in a 9x13 pan coated with cooking spray. Bake at 350° F until bubbly (30-45 minutes). Add toppings and return to oven for about 10 minutes.

# Casserole Recipes

A pantry that is stocked with good whole foods will help you create great tasting casseroles like these.

## POTLUCK CHICKEN CASSEROLE

- ½ cup chopped fresh mushrooms
- 3 tablespoons finely chopped onion
- 2 garlic cloves, minced
- 1 tablespoon canola oil
- 3 tablespoons flour
- 1¼ cups milk
- 4 cups cooked and cubed chicken
- 3 cups cooked rice
- 1 cup chopped celery
- 1 cup frozen peas, thawed
- 1 tablespoon lemon juice
- ½ teaspoon salt
- ½ teaspoon pepper
- ¾ cup crushed corn flakes or breadcrumbs

Sauté mushrooms, onion, and garlic in canola oil until tender. Stir in flour, then gradually add milk and bring to a boil. Cook and stir for 2 minutes or until mixture is thickened and bubbling. Remove from heat and add chicken, rice, celery, peas, lemon juice, salt, and pepper. Mix well and spoon into 9x13 baking dish. Sprinkle corn flakes or breadcrumbs over casserole. Bake uncovered at 350° F for 30 minutes or until bubbly.

**Yield: 8-10 servings**

## STUFFED PEPPERS

- 4 bell peppers, any color
- 2 medium onions, chopped
- 3 cloves garlic, minced
- 2 cups (or 15 oz. can) cooked, drained black beans
- 2 cups fresh or frozen corn
- 2 cups cooked brown rice
- 1 (15 oz.) can diced tomatoes
- Juice from one lime
- 1 tablespoon balsamic vinegar
- 1 teaspoon ground cumin
- ½ teaspoon chili powder
- ½ teaspoon salt

Preheat oven to 400° F. Slice peppers in half lengthwise, remove seeds, and set aside. Sauté onion and garlic in ¼ cup water over medium heat until they are soft. Add remaining ingredients and heat through. Fill pepper halves with bean mixture, piling each pepper high. Place peppers on baking sheet, cover with foil, and bake 30 minutes or until peppers are tender.

**Yield: 4-6 servings**

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