

FREE!



**CHOOSE
HOMEMADE**

2025 NUTRITION CALENDAR



RECIPES

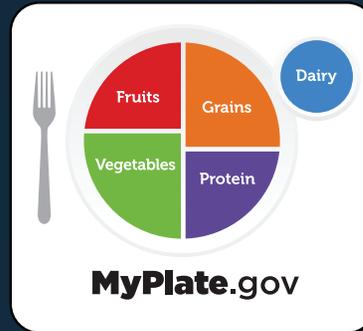


HELP US IMPROVE THIS CALENDAR. TAKE OUR SURVEY & LET US KNOW WHAT YOU THINK!

We keep busy families in mind every step of the way when creating our unique recipes.

Our promise is that **CHOOSE HOMEMADE** recipes are:

- Quick, tasty & healthy
- Easy to prepare & require minimal cleanup
- Made using common ingredients
- Taste-tested & chosen by Oklahoma families
- Certified healthy by our registered dietitians
- Developed using the MyPlate food groups



LOOK FOR THESE ICONS THROUGHOUT THE CALENDAR WHEN CHOOSING RECIPES

SCAN QR CODE TO LEARN MORE



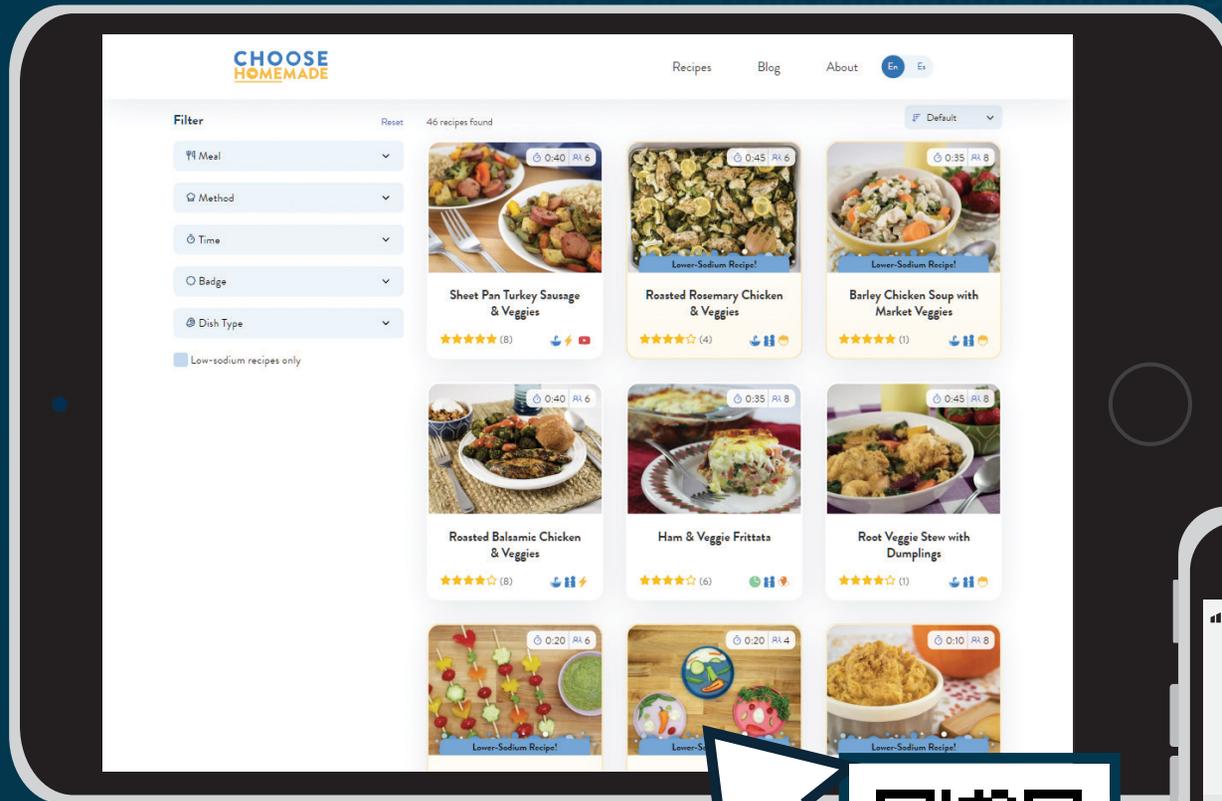
RECIPE COST PER SERVING

All Choose Homemade recipes include a cost per serving meeting the USDA's low to moderate-cost Thrifty Food Plan that estimates the cost of a healthy diet. Recipe costs are calculated from a national chain grocery store in May 2024.

LOOK FOR COST PER SERVING TAG! →

COST PER SERVING \$1.61

CONNECT WITH US

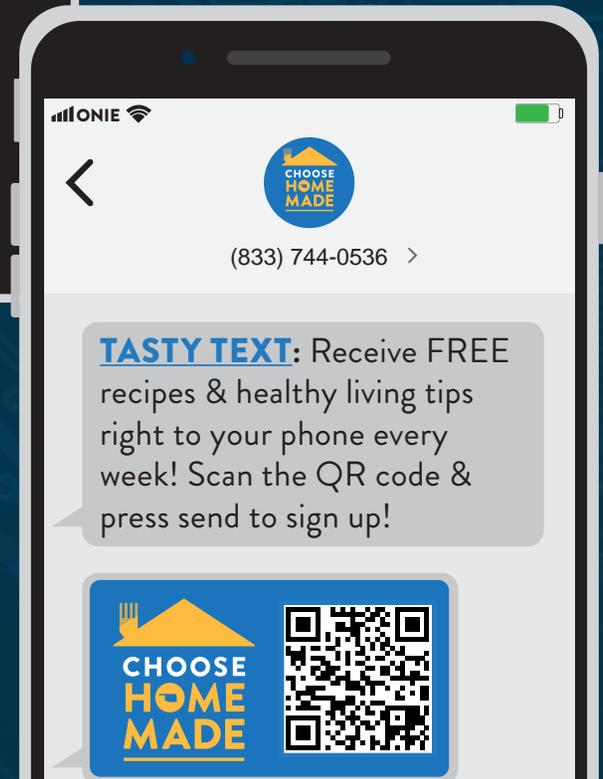


SEARCH OUR RECIPES BY:

- MEAL TYPE
- COOKING METHOD
- INGREDIENT
- PREP TIME
- AND MORE!

FIND MORE RECIPES AT
CHOOSEHOMEMADE.ORG

EL BUSCADOR DIGITAL TAMBIÉN ESTÁ
DISPONIBLE EN ESPAÑOL
ELIGECASERO.ORG



MAKING SENSE OF NUTRITION LABELS

Serving Size

- All numbers on the label are based on 1 **Serving Size**. Each label shows how many servings per container.
- **Example:** If you eat 2 servings, multiply all label numbers by 2. If you eat 1/2 serving, cut all numbers in half.

Carbohydrates

- Aim for 300g **Total Carbohydrates** a day.
- Aim for at least 28g of **Fiber** a day.
- Fiber helps digest food & makes you feel full longer.
- **Added Sugars** are sugars added in processing & do not occur naturally in the product.
- **Example:** Milk has lactose, a naturally occurring sugar. Chocolate milk has added sugars from the chocolate syrup beyond the naturally occurring lactose.

Vitamins & Minerals

- Aim for 100% of all vitamins & minerals a day.
- The item is a good source of a vitamin or mineral if the %DV is 10% or more; a great source is 20% or more.
- **Vitamin D** helps absorb calcium & improves bone health.
- **Potassium** helps regulate blood pressure.

Nutrition Facts

16 servings per container
Serving size 1 cup (240mL)

Amount per serving
Calories 140

% Daily Value*

Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	4%
Sodium 180mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes 7g Added Sugars	13%

Protein 8g

Vitamin D 2.5mcg	10%
Calcium 298mg	25%
Iron 0mg	0%
Potassium 420mg	8%

* 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.

Calories

- **Calories** are the energy supplied by food. If it is not burned, it will be stored in the body as fat.

Fat & Sodium

- Aim for less than 78g of **Total Fat** a day.
- Aim for less than 20g of **Saturated Fat** a day.
- Aim for less than 2,300mg of **Sodium** a day.
- Drain & rinse canned foods to reduce sodium up to 41%.
- Choose *no-salt-added* or *low-sodium* foods.

Protein

- Aim for 20g of **Protein** a meal, 50-60g a day.
- Eat small servings of lean meat, fish & poultry.
- Look for protein sources other than meat, such as beans. These usually have less saturated fat & more fiber.

Nutrients to get more of:

Dietary Fiber: ≥28g
Vitamin D: ≥20mcg
Calcium: ≥1300mg
Iron: ≥18mg
Potassium: ≥4700mg

Nutrients to get less of:

Saturated Fat: ≤20g
Trans Fat: 0g
Sodium: ≤2300mg
Added Sugars: ≤50g

Ingredient List: Ingredients are listed in descending order by weight of the ingredient from most to least.

Salt Check MATCH

1 **for** **1**
mg sodium calorie

DAILY
GOAL:

GOOD!

BAD!

Aim for
less than
2300mg
of sodium
per day

Nutrition Facts	
12 servings per container	
Serving size	(55g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 8mg	3%
Sodium 90mg	4%
Total Carbohydrate 37g	13%

Nutrition Facts	
12 servings per container	
Serving size	(55g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 8mg	3%
Sodium 270mg	12%
Total Carbohydrate 37g	13%

Look for  recipes!

JANUARY

Chicken Pot Tots



SERVINGS

EST TIME

8

45 min

Ingredients:

Non-stick cooking spray
2 Tbsp olive oil
1 lb boneless, skinless chicken breasts, diced
1 medium yellow onion, diced
2 tsp garlic powder
1/2 tsp black pepper
1 (12 oz) bag frozen mixed vegetables
1 (14.5 oz) can chicken broth
1/2 cup 1% low-fat milk
1/4 cup all-purpose flour
1 (32 oz) bag frozen tater tots

Preparation:

1. Preheat oven to 375°F. Lightly coat a large baking dish with non-stick spray. Set aside.
2. In a large skillet, heat oil over medium-high. Add chicken, onion, garlic powder & pepper. Cook 3-5 minutes, stirring occasionally until onion is tender. Add vegetables & cook 2-3 minutes, until slightly defrosted.
3. In a medium bowl, add broth, milk & flour. Whisk to combine. Add mixture to skillet, bring to a boil, then reduce heat to medium-low. Simmer 5-7 minutes, stirring occasionally.
4. Add pot pie filling to baking dish spreading evenly & top with a layer of tater tots.
5. Bake 25-30 minutes, until tater tots are golden brown & crispy.

Nutrition Facts

8 servings per recipe
Serving size (301g)

Amount per serving
Calories 370

	% Daily Value*
Total Fat 18g	21%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 610mg	27%
Total Carbohydrate 38g	14%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D 0.2mcg	2%
Calcium 30mg	2%
Iron 1.2mg	6%
Potassium 730mg	15%

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COST PER SERVING

\$1.61

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>TIP</p> <p>Can't find tater tots? Top with frozen hash browns.</p>	<p>DECEMBER</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30 31</p>		<p>FEBRUARY</p> <p>S M T W T F S</p> <p>1</p> <p>2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28</p>		<p>1</p> <p>NEW YEARS DAY</p> <p>KWANZAA ENDS</p>	<p>2</p> <p>HANNUKAH ENDS</p>	<p>3</p>
	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	<p>20</p> <p>MARTIN LUTHER KING JR. DAY</p>	21	22	23	24	25
	26	27	28	<p>29</p> <p>LUNAR NEW YEAR</p>	30	31	

FEBRUARY

Lemon Ricotta Cookies



SERVINGS

EST TIME

6

30 min

Ingredients:

- 1/2 cup sugar
- 1 large egg
- 1 (15 oz) container whole ricotta cheese
- 1 tsp vanilla
- 1 lemon, zested & juiced
- 2 cups all-purpose flour
- 1 tsp baking powder
- 1/4 tsp baking soda
- 1/2 tsp salt
- Non-stick cooking spray
- 2 Tbsp poppy seeds

Preparation:

- In a large bowl, add sugar, egg, ricotta, vanilla, lemon zest & lemon juice. Mix well to combine.
- In a medium bowl, add flour, baking powder, baking soda & salt. Whisk to combine.
- Gradually add dry ingredients to wet ingredients. Mix well to combine. Refrigerate dough at least 2 hours before baking.
- Preheat oven to 350°F. Lightly coat 2 large baking sheets with cooking spray.
- Spray hands with cooking spray. Shape 12 dough balls & space evenly on baking sheet. Top with poppy seeds.
- Bake 15-20 minutes, or until cookies are lightly golden brown. Cool completely before serving.

Nutrition Facts

6 servings per recipe
Serving size (135g)

Amount per serving
Calories 310

	% Daily Value*
Total Fat 11g	14%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 220mg	10%
Total Carbohydrate 40g	15%
Dietary Fiber 1g	4%
Total Sugars 13g	
Includes 12g Added Sugars	24%
Protein 13g	
Vitamin D 0.3mcg	2%
Calcium 300mg	25%
Iron 2.2mg	10%
Potassium 150mg	4%

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COST PER SERVING

\$0.90

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

TIP

Save time & prep dough in advance. Refrigerate overnight.



JANUARY							MARCH						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4							1
5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28	29
							30	31					

1

FIRST DAY OF BLACK HISTORY MONTH

2

GROUNDHOG DAY

3

4

5

6

7

8

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10

11

12

13

14

VALENTINE'S DAY

15

16

17

PRESIDENTS' DAY

18

19

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21

22

23

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25

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27

28

RAMADAN BEGINS AT SUNDOWN

MARCH

Sesame Salmon



SERVINGS

EST TIME

5

30 min

Ingredients:

- 2 cups instant white rice
- 2 Tbsp low sodium soy sauce
- 1 Tbsp rice vinegar
- 3 cloves garlic, minced
- 1 Tbsp honey
- 1 Tbsp sesame oil
- 2 Tbsp canola oil
- 1 lb salmon filets, cubed
- 1 cup shredded carrots
- 1 cucumber, sliced
- 2 green onions, sliced
- 1 (12 oz) bag frozen shelled edamame

Preparation:

1. Prepare rice according to package directions, set aside.
2. In a small bowl, add soy sauce, vinegar, garlic, honey & sesame oil. Whisk to combine & set aside.
3. In a large non-stick skillet, heat oil over medium-high. Add salmon & cook undisturbed 3-4 minutes, flip & cook an additional 3-4 minutes, until both sides are golden brown.
4. Pour sauce into skillet & stir to coat salmon. Cover & cook 3-4 minutes, stirring occasionally, until salmon is cooked through.
5. Serve salmon over rice, top with fresh carrots, cucumber, green onions & thawed edamame.

Nutrition Facts

5 servings per recipe
Serving size (291g)

Amount per serving
Calories 450

	% Daily Value*
Total Fat 15g	19%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 300mg	13%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 6g	
Includes 4g Added Sugars	8%
Protein 31g	
Vitamin D 0mcg	0%
Calcium 90mg	6%
Iron 5.1mg	30%
Potassium 580mg	10%

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COST PER SERVING

\$3.08

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

TIP

Top with sriracha to add a zesty flavor.



FEBRUARY							APRIL						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1		1	2	3	4	5	
2	3	4	5	6	7	8	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26
23	24	25	26	27	28		27	28	29	30			

1
 FIRST DAY OF WOMEN'S HISTORY MONTH
 FIRST DAY OF NATIONAL NUTRITION MONTH

2

READ ACROSS AMERICA DAY

3

4

MARDI GRAS

5

ASH WEDNESDAY

6

7

8

INTERNATIONAL WOMEN'S DAY

9

DAYLIGHT SAVINGS TIME BEGINS

10

11

12

13

14

HOLI

15

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17

ST PATRICK'S DAY

18

19

20

FIRST DAY OF SPRING

21

22

23

EID AL-FITR BEGINS AT SUNDOWN
 RAMADAN ENDS AT SUNDOWN

30

24

EID AL-FITR ENDS AT SUNDOWN

31

25

26

27

28

29

APRIL

Strawberry Rhubarb Crumble



SERVINGS

EST TIME

8

45 min

Ingredients:

3 cups chopped fresh or frozen rhubarb
2 cups sliced fresh or frozen strawberries
1/4 cup sugar
2 Tbsp cornstarch
1 tsp vanilla extract
1 cup rolled oats
1/2 cup all-purpose flour
1/4 cup brown sugar
1/4 tsp salt
2 Tbsp room temperature unsalted butter
2 Tbsp vegetable oil

Preparation:

1. Preheat oven to 350°F. In a large bowl, add rhubarb, strawberries, sugar, cornstarch & vanilla. Stir to combine. Transfer to a medium baking dish.
2. In a medium bowl, add oats, flour, brown sugar, salt, butter & oil. Stir to form a crumble topping. Sprinkle topping over fruit.
3. Bake 30-40 minutes until fruit is bubbly around the edges & topping is browned. Let cool 10 minutes before serving.

Nutrition Facts

8 servings per recipe
Serving size (129g)

Amount per serving
Calories 190

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 75mg	3%
Total Carbohydrate 29g	11%
Dietary Fiber 3g	11%
Total Sugars 12g	
Includes 9g Added Sugars	18%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 120mg	10%
Iron 1.1mg	6%
Potassium 170mg	4%

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COST PER SERVING

\$1.00

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIP Serve topped with non-fat vanilla Greek yogurt.		1 APRIL FOOL'S DAY	2	3	4	5
	6	7	8	9	10	11
12						PASSOVER BEGINS AT SUNDOWN
13 PALM SUNDAY	14	15 TAX DAY	16	17	18 GOOD FRIDAY	19
20 PASSOVER ENDS AT SUNDOWN EASTER	21	22 EARTH DAY	23	24	25 ARBOR DAY	26
27	28	29	30		MARCH S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	
					MAY S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	

MAY

Taco Pasta



SERVINGS

EST TIME

6

30 min

Ingredients:

- 1 (16 oz) package whole-wheat penne pasta
- 4 cups water
- 1 (15 oz) can no-salt-added black beans, drained & rinsed
- 2 bell peppers, diced (any color)
- 1 cup frozen corn
- 1 (10 oz) can enchilada sauce
- 3 Tbsp Homemade Taco Seasoning*
- 1/2 cup shredded cheddar cheese
- 1/2 cup minced fresh cilantro
- 1 pint grape tomatoes, halved

Preparation:

1. In a large skillet, add pasta, water, beans, peppers, corn, enchilada sauce & taco seasoning. Bring to a boil. Reduce heat & simmer uncovered 12-15 minutes, or until pasta is tender & sauce has thickened, stirring occasionally.
2. Stir in cheese. Cook 2-3 minutes, or until melted.
3. Serve topped with cilantro & tomatoes.

* Recipe found in the back of calendar

Nutrition Facts

6 servings per recipe
Serving size (499g)

Amount per serving
Calories 440

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 510mg	22%
Total Carbohydrate 82g	30%
Dietary Fiber 14g	50%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 0.1mcg	0%
Calcium 140mg	10%
Iron 4.8mg	25%
Potassium 830mg	20%

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COST PER SERVING

\$1.90

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

TIP

Top with sliced avocado.

APRIL						
S	M	T	W	T	F	S
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27	28	29	30			

JUNE						
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



1

MAY DAY
FIRST DAY OF AAPI HERITAGE MONTH

2

3

4

5

CINCO DE MAYO

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11

MOTHER'S DAY

12

VESAK

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17

ARMED FORCES DAY

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25

26

MEMORIAL DAY

27

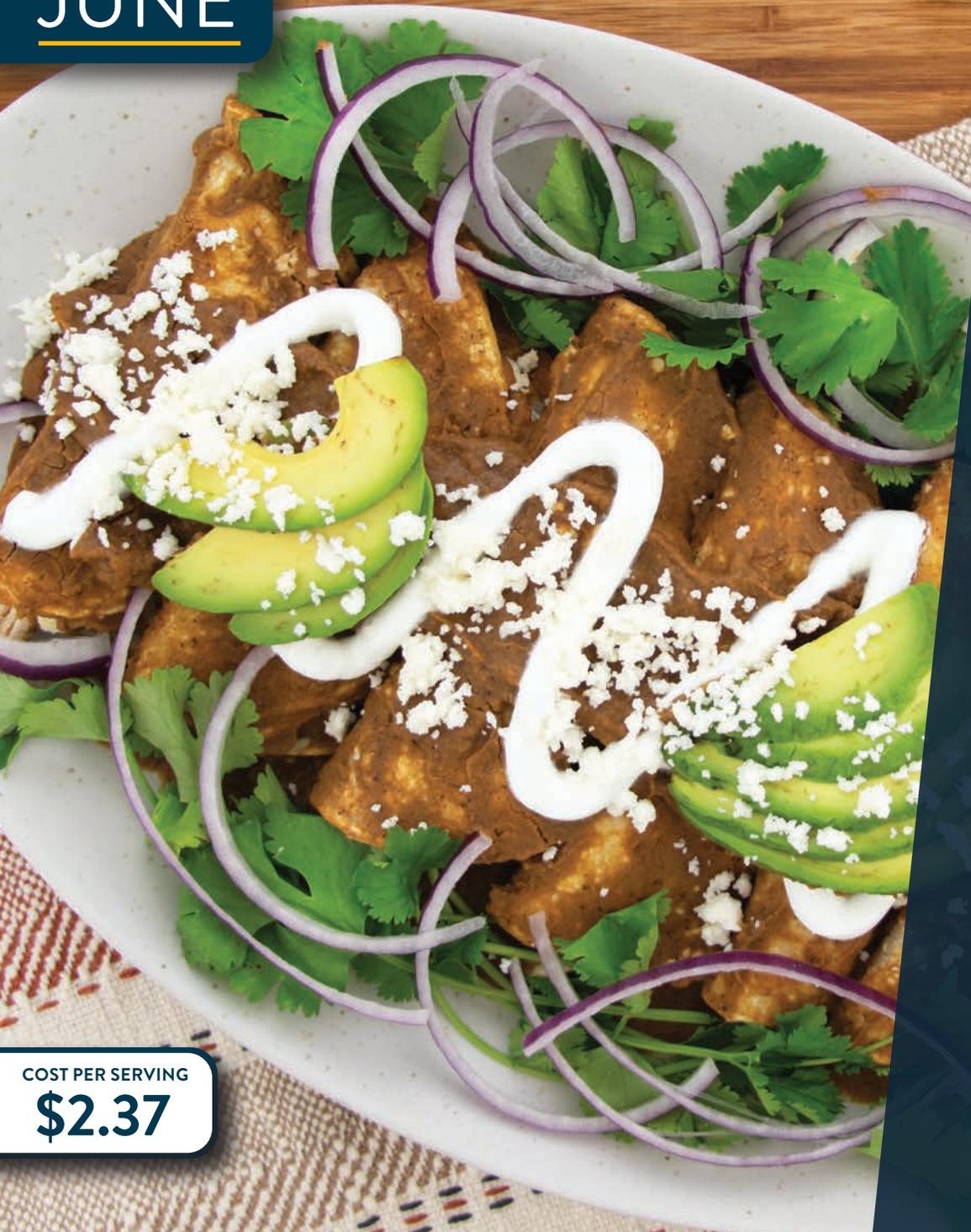
28

29

30

31

JUNE



Chicken Enfrijoladas

SERVINGS

6

EST TIME

1 hr

Ingredients:

- 1 (32 oz) carton unsalted chicken broth
- 1 cup dry pinto beans, rinsed & soaked overnight
- 1 bay leaf
- 1 Tbsp Homemade Chipotle Chili Seasoning*
- 1 chile de árbol
- 3 Tbsp olive oil
- 12 (6 inch) corn tortillas
- 2 (12.5 oz) cans less sodium chunk chicken breast, drained
- 1/4 cup queso fresco
- 1 small red onion, sliced
- 1/4 cup plain non-fat Greek yogurt
- 1 avocado, sliced
- 1/4 cup minced fresh cilantro

Preparation:

- In a large stockpot, add broth, beans & bay leaf. Bring to a boil. Reduce heat & simmer 45 minutes, or until beans are soft. Reserve 1 cup bean broth.
- In a blender, add cooked beans, chipotle chili seasoning, chile & bean broth. Blend until smooth.
- In a large saucepan, heat oil over medium. Add bean sauce & cook 10-15 minutes, or until thickened, stirring throughout.
- Heat a large skillet over medium-high. Add a tortilla to skillet & toast 1 minute per side until browned. Repeat with all tortillas.
- Dip each tortilla into bean sauce until well coated. Place chicken & cheese in the center of each tortilla, fold & repeat with remaining tortillas.
- Serve topped with remaining bean sauce, queso fresco, onion, yogurt, avocado & cilantro.

* Recipe found in the back of calendar

Nutrition Facts

6 servings per recipe	
Serving size	(516g)
Amount per serving	
Calories	550
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 570mg	25%
Total Carbohydrate 61g	22%
Dietary Fiber 14g	50%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 40g	
Vitamin D 0.1mcg	0%
Calcium 90mg	6%
Iron 2.6mg	15%
Potassium 890mg	20%

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COST PER SERVING

\$2.37

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																				
1 FIRST DAY OF PRIDE MONTH	2	3	4	5	6 EID AL-ADHA BEGINS AT SUNDOWN	7 EID AL-ADHA ENDS AT SUNDOWN																																																																																				
8 CHILDREN'S DAY	9	10	11	12	13	14 FLAG DAY																																																																																				
15 FATHER'S DAY	16	17	18	19 JUNETEENTH	20	21 FIRST DAY OF SUMMER																																																																																				
22	23	24	25	26	27	28																																																																																				
29	30	<p>TIP</p> <p>Substitute 1 chile de arbol with 1/4 tsp cayenne pepper.</p>		<p>TIP</p> <p>To save time use 2 cans no-salt-added pinto beans drained & rinsed.</p>	<p>MAY</p> <table border="1"> <thead> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> <td></td> <td></td> </tr> <tr> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> </tr> <tr> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> </tr> <tr> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> </tr> <tr> <td>25</td> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td>31</td> </tr> </tbody> </table>	S	M	T	W	T	F	S			1	2	3			4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	<p>JULY</p> <table border="1"> <thead> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> <td>12</td> </tr> <tr> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> <td>19</td> </tr> <tr> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> <td>26</td> </tr> <tr> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td>31</td> <td></td> <td></td> </tr> </tbody> </table>	S	M	T	W	T	F	S			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
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JULY

Strawberry Basil Popsicles



SERVINGS

EST TIME

8

15 min

Ingredients:

- 1 (16 oz) bag frozen strawberries
- 1/3 cup fresh basil
- 1 lime, juiced
- 1 cup water
- 1/4 cup honey
- 8 (3 oz) cups or popsicle molds
- 8 wooden craft sticks

Preparation:

1. In a blender, add strawberries, basil, lime juice, water & honey. Blend until smooth.
2. Pour mixture into cups or popsicle molds.
3. Place craft sticks in the center of the cups or mold.
4. Freeze 4 hours or until frozen through.

Nutrition Facts

8 servings per recipe
Serving size (74g)

Amount per serving
Calories 50

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Total Sugars 11g	
Includes 9g Added Sugars	18%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.5mg	2%
Potassium 100mg	2%

*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.



THIS RECIPE WAS VOTED THE MOST POPULAR BY OKLAHOMA FAMILIES!

COST PER SERVING

\$0.80

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

TIP

Try with different fresh herbs, like mint, to change up the flavor.



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INDEPENDENCE DAY

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JUNE

AUGUST

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PARENTS' DAY

AUGUST

Cheesy Breakfast Muffins



SERVINGS

EST TIME

12

45 min

Ingredients:

Non-stick cooking spray
2 cups shredded cheddar cheese
1/4 cup shredded parmesan cheese
2 cups all-purpose baking mix
1 cup mushrooms, finely diced
1 medium bell pepper, any color, finely diced
1/4 cup minced fresh cilantro
1/2 cup 1% low-fat milk
1/2 cup plain non-fat Greek yogurt
1/2 cup diced, cooked lean ham
1/2 tsp black pepper
1/2 tsp garlic powder

Preparation:

1. Preheat oven to 400°F. Lightly coat a muffin tin with cooking spray. Set aside.
2. In a large bowl, add cheeses, baking mix, mushrooms, bell pepper, cilantro, pepper & garlic powder. Mix to combine.
3. Add milk, yogurt & ham. Mix until well combined.
4. Spoon mixture into muffin tin until cups are half full.
5. Bake 25-30 minutes, or until muffins are puffed & golden brown. To check if ready, insert a knife or toothpick in the middle & it will come out clean.

Nutrition Facts

12 servings per recipe
Serving size (96g)

Amount per serving
Calories 180

% Daily Value*

Total Fat 7g	9%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 420mg	18%
Total Carbohydrate 19g	7%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 237mg	20%
Iron 1mg	6%
Potassium 137mg	2%

*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.

COST PER SERVING

\$0.51

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

TIP

These muffins make a great on-the-go breakfast option.



JULY

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SEPTEMBER

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SEPTEMBER

Roasted Curry Chicken & Veggies



SERVINGS

6

EST TIME

40 min

Ingredients:

- Non-stick cooking spray
- 2 cups instant brown rice
- 1/2 cup plain non-fat Greek yogurt
- 3 Tbsp olive oil
- 2 tsp curry powder
- 1 tsp ground turmeric
- 1/2 tsp black pepper
- 1 lb boneless, skinless chicken breasts, diced
- 1 (12 oz) bag broccoli & cauliflower florets

Preparation:

1. Preheat oven to 425°F. Cover a baking sheet with foil & lightly coat with cooking spray. Set aside.
2. Prepare rice according to package directions. Set aside.
3. In a large bowl, add yogurt, oil, curry powder, turmeric & pepper. Mix well. Add chicken, broccoli & cauliflower florets. Toss to coat.
4. Spread evenly onto the prepared baking sheet. Roast 25-30 minutes, until chicken is cooked through & broccoli & cauliflower are tender & browned.
5. Serve over rice.

Nutrition Facts

6 servings per recipe
Serving size (193g)

Amount per serving
Calories 300

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 60mg	3%
Total Carbohydrate 30g	11%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 1.4mg	8%
Potassium 340mg	8%

*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.



COST PER SERVING

\$1.84

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY												
TIP Serve with whole wheat pita bread.	1	2	3	4	5	6												
	LABOR DAY																	
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GRANDPARENTS' DAY				PATRIOT DAY														
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	FIRST DAY OF AUTUMN ROSH HASHANAH BEGINS AT SUNDOWN		ROSH HASHANAH ENDS AT SUNDOWN															
28	29	30			AUGUST		OCTOBER											
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OCTOBER

Sweet Potato & Squash Taquitos



SERVINGS

EST TIME

5

30 min

Ingredients:

- Non-stick cooking spray
- 1 (10 oz) bag frozen sweet potatoes
- 1 (10 oz) bag frozen butternut squash
- 1 (15 oz) can no-salt-added pinto beans, drained & rinsed
- 1 Tbsp Homemade Taco Seasoning*
- 1/2 cup fiesta blend cheese
- 20 (6 inch) corn tortillas
- 1 batch Homemade Cilantro Lime Crema*

Preparation:

1. Preheat oven to 425°F. Lightly coat a baking sheet with cooking spray & set aside.
2. Steam potatoes & squash according to package directions.
3. In a large bowl, add steamed potatoes & squash. Handle steamed veggies with care, they may be hot! Add beans, seasoning & cheese to the bowl. Mash with a fork or potato masher until smooth.
4. Wrap tortillas in a damp paper towel, microwave 30 seconds. Divide filling between tortillas. Spread evenly, roll tightly & place seam-side down on baking sheet. Spray top of taquitos with cooking spray.
5. Bake 10 minutes, flip taquitos, then bake another 5 minutes until crispy.
6. Serve with crema for dipping.

* Recipe found in the back of calendar

Nutrition Facts

5 servings per recipe
Serving size (445g)

Amount per serving
Calories 570

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 100g	36%
Dietary Fiber 11g	39%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 27g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 0.8mg	4%
Potassium 620mg	15%

* 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.



COST PER SERVING

\$1.59

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIP Use fresh squash & sweet potatoes when they are in season.	SEPTEMBER S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	NOVEMBER S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	1 YOM KIPPUR BEGINS AT SUNDOWN	2 YOM KIPPUR ENDS AT SUNDOWN	3	4
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12	13 INDIGENOUS PEOPLES' DAY	14	15	16	17	18
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26	27	28	29	30	31 HALLOWEEN	

NOVEMBER

Honey Roasted Butternut Squash



SERVINGS

6

EST TIME

30 min

Ingredients:

- Non-stick cooking spray
- 1 large butternut squash, peeled & cubed (about 2 lbs)
- 1/2 tsp black pepper
- 1/2 tsp garlic powder
- 1/4 tsp cinnamon
- 1/2 cup dried cranberries
- 1 Tbsp honey
- 1/2 cup crumbled feta cheese
- 1/4 cup minced fresh parsley

Preparation:

- Preheat oven to 400°F. Cover a baking sheet with foil & lightly coat with cooking spray.
- Spread squash evenly on pan. Top with pepper, garlic powder & cinnamon. Toss to coat.
- Bake 20-25 minutes, or until squash is fork-tender.
- In a large serving bowl, add baked squash, cranberries & honey. Toss to coat. Serve topped with feta & parsley.

Nutrition Facts

6 servings per recipe
Serving size (347g)

Amount per serving
Calories 230

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 130mg	6%
Total Carbohydrate 50g	18%
Dietary Fiber 7g	25%
Total Sugars 18g	
Includes 3g Added Sugars	6%
Protein 5g	
Vitamin D 0.1mcg	0%
Calcium 220mg	15%
Iron 2.5mg	15%
Potassium 1150mg	25%

*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.



COST PER SERVING

\$1.44

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

TIP

Swap cranberries for raisins or other dried fruit.



OCTOBER

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DECEMBER

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FIRST DAY OF NATIVE AMERICAN HERITAGE MONTH
ALL SAINTS' DAY

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DAY OF THE DEAD
DAYLIGHT SAVINGS TIME ENDS

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ELECTION DAY

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VETERANS DAY

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THANKSGIVING

NATIVE AMERICAN HERITAGE DAY

DECEMBER

Homemade Scalloped Potatoes



SERVINGS

EST TIME

8

1 hr

Ingredients:

- Non-stick cooking spray*
- 2 Tbsp cornstarch*
- 2 tsp dried thyme*
- 1 tsp garlic powder*
- 1/4 tsp ground nutmeg*
- 1/2 tsp black pepper*
- 1/2 cup plain non-fat Greek yogurt*
- 1 cup 1% low-fat milk*
- 1/2 cup shredded cheddar cheese, divided*
- 1/4 cup shredded parmesan cheese, divided*
- 2 lbs yellow potatoes, thinly sliced*

Nutrition Facts

8 servings per recipe
Serving size (173g)

Amount per serving
Calories 160

	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 170mg	7%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0.4mcg	2%
Calcium 180mg	15%
Iron 1mg	6%
Potassium 550mg	10%

* 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.

Preparation:

1. Preheat oven to 400°F. Coat a large baking dish with cooking spray.
2. In a large bowl, add cornstarch, thyme, garlic powder, nutmeg, pepper, yogurt, milk & half the cheeses. Stir to combine. Add potatoes & toss to coat.
3. Evenly spread potatoes in baking dish & top with remaining cheese.
4. Cover with foil & bake 30-40 minutes, or until potatoes are fork-tender, uncover & bake another 10-15 minutes, or until browned.

COST PER SERVING

\$0.71

HOW TO APPLY FOR SNAP BENEFITS

(Formerly the Food Stamp Program)

- The easiest way to apply for SNAP benefits is online. Click “Apply for Benefits” at okdhslive.org.
- If you need to schedule an in-person appointment, please call **(405) 522-5050**.
- To find income guidelines & what materials you need to apply, visit oklac.org/snap.
- Initial & renewal applications can take up to 30 days to process. Emergency benefits may be available.
- Benefits for SNAP & Child Care programs are placed electronically on the Oklahoma Access Card.
- In the same month, one cannot participate in both FDPIR (tribal commodity) & SNAP.



Old versions of the OK Access card are still valid.

For application assistance call the SNAP Hotline at **(877) 760-0114**

Find income eligibility & other information about SNAP at:
OKLAC.ORG/SNAP



EBT IS WELCOME AT FARMERS MARKETS

1. Bring your EBT card to the SNAP/EBT table.
2. Use your EBT card to redeem as many \$1 tokens as you want within your benefit balance.
3. Shop with your tokens for eligible foods & plants.



SNAP BUYERS GUIDE

SNAP tokens buy all of the following:



PRODUCE & HERBS



MEAT & DAIRY



PLANTS THAT GROW FOOD



BREADS & PROCESSED GOODS

SNAP-eligible items at grocery stores can also be purchased at the farmers market.



DUO BUYERS GUIDE

DUO tokens buy all of the following:



PRODUCE & HERBS*



PLANTS THAT GROW FOOD

For every \$1 spent with SNAP receive \$1 in DUO, up to \$20 per day, at participating farmers markets.

*Use DUO to purchase eligible fruits, vegetables & herbs without added salt, sugar, oils, or fats.

Visit doubleupoklahoma.org to find participating locations.



SFMNP BUYERS GUIDE

SFMNP tokens buy all of the following:



OK GROWN PRODUCE & HERBS



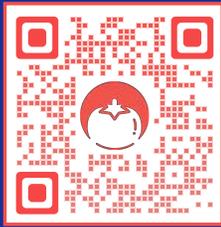
RAW HONEY

Senior Farmers Market Nutrition Program (SFMNP) is a one-time \$50 EBT debit card for eligible seniors to purchase locally grown produce.

Seniors must apply each year to participate. Visit oksfmnp.org for more information.

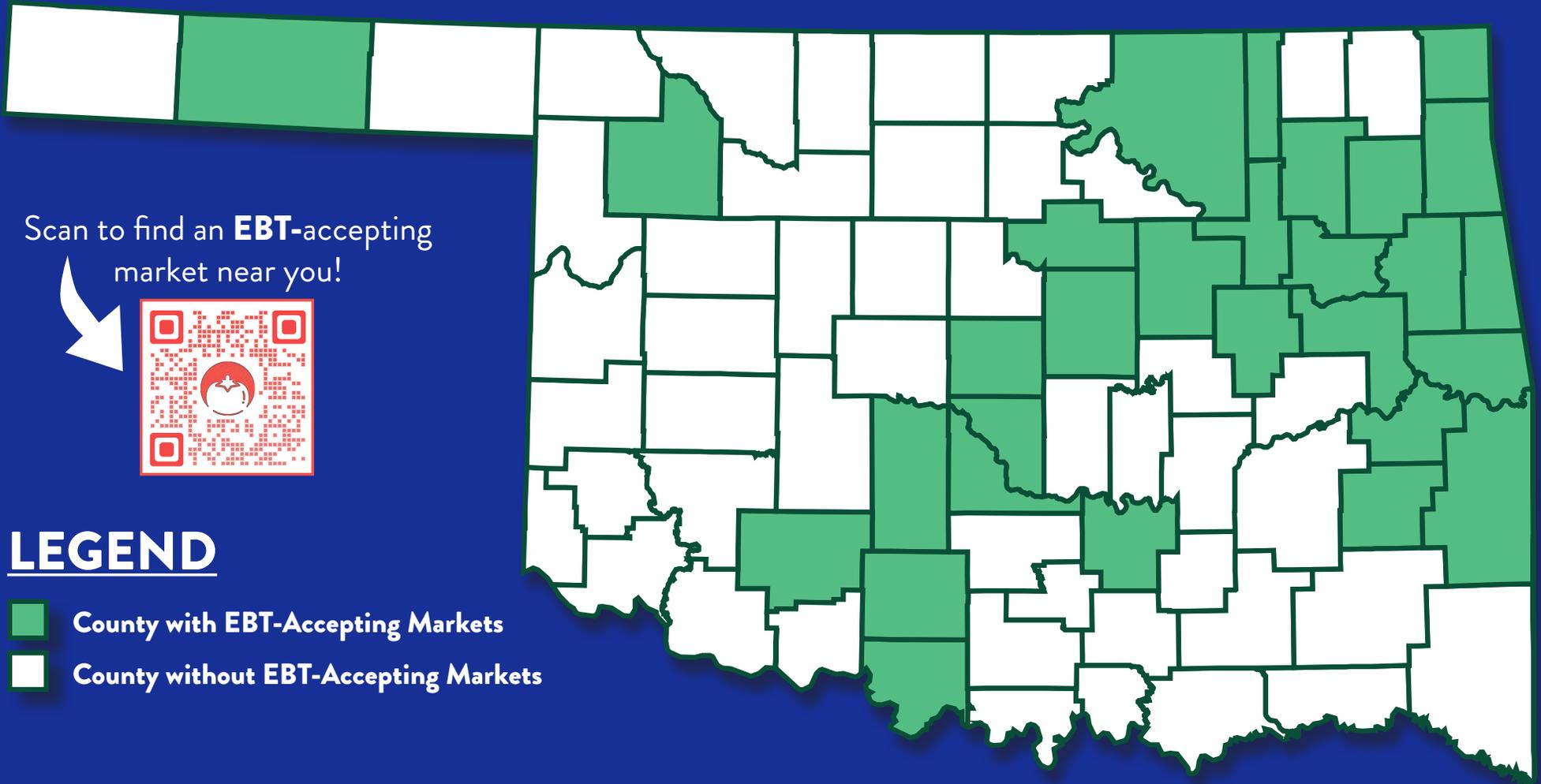
EBT-Accepting Farmers Markets

Scan to find an **EBT**-accepting market near you!



LEGEND

-  County with EBT-Accepting Markets
-  County without EBT-Accepting Markets



ADAIR COUNTY

- The Farmhouse at Addielee
- Adair County Farmers Market

CANADIAN COUNTY

- Lakeview Market
- Wildhorse Gardens & Market 🍷

CHEROKEE COUNTY

- Shortline Produce Co.
- Tahlequah Farmers Market 🍷
- Spring Forest Farm

CLEVELAND COUNTY

- Norman Farm Market 🍷
- Moore Farm Market 🍷

COMANCHE COUNTY

- Lawton Farmers Market 🍷

CREEK COUNTY

- Sapulpa Main St. Farmers Market 🍷

DELAWARE COUNTY

- Produce & Posies

GRADY COUNTY

- Dorian's Stand

HASKELL COUNTY

- Stigler Farmers Market
- Triple H Market

JEFFERSON COUNTY

- Fortress of Faith

LATIMER COUNTY

- Creekside Berry Farm
- Wilburton Farmers Market 🍷

LE FLORE COUNTY

- Homestead in a Box
- Talihina Farmers Market

LINCOLN COUNTY

- Wellston Farmers Market 🍷
- Kincaid Farms
- Natural Freedom Farms

MAYES COUNTY

- D-bar Beef
- The Homestead at 'Possum Junction
- Chouteau Farmers Market

MCCLAIN COUNTY

- 3J Farms
- Perrys' Farm Market
- Purcell Farmers Market

MUSKOGEE COUNTY

- Muskogee Farmers Market 🍷

OKLAHOMA COUNTY

- Arcadia Farmers Market
- Arcadia Farmers Market General Store
- Eastside Fresh Market 🍷
- Farmers Market at Scissortail Park 🍷
- Harrah Farmers Market 🍷
- NEOKC Farmers Market 🍷
- OKC Farmers Public Market 🍷

OKMULGEE COUNTY

- Heaven's Gate Farm
- Okmulgee Farmers Market 🍷

OSAGE COUNTY

- Harvest Land Farmers Market

OTTAWA COUNTY

- Ottawa County Farmers Market 🍷
- Quapaw Farmers Market & Food Hub 🍷
- Stardust Market Garden

PAYNE COUNTY

- Whitmore Farms

PONTOTOC COUNTY

- Roff Main Street Farmers Market

ROGERS COUNTY

- Rogers County Farmers Market 🍷
- Shepherd's Cross
- Blakley Family Farms

SEQUOYAH COUNTY

- Marble City Farmers & Art Market

STEPHENS COUNTY

- Garden Hub & Duncan Farmers Market 🍷

TEXAS COUNTY

- Barr T Beef

TULSA COUNTY

- City of Glenpool Farmers Market
- Farm Hippie Farmers Market
- Rose District Farmers Market 🍷
- Tulsa Farmers Market 🍷

WAGONER COUNTY

- Fragrant Forest Farms

WASHINGTON COUNTY

- Bartlesville Farmers Market 🍷
- The FARM-acy Barn to Table Market
- Oklahoma Heritage Farm

WOODWARD COUNTY

- Woodward Farmers Market 🍷

List created June 2024 & is subject to change. SFMNP & DUO only at select markets.

DUO accepting markets marked with a 🍷.

For market details, visit MARKETS.OKSFMNP.ORG



Chicken Pot Tots



Lemon Ricotta Cookies



Sesame Salmon



Strawberry Rhubarb Crumble

Lemon Ricotta Cookies

Est Time: 30 min
Servings: 6



Ingredients:

1/2 cup sugar
1 large egg
1 (15 oz) container whole ricotta cheese
1 tsp vanilla
1 lemon, zested & juiced
2 cups all-purpose flour

Preparation:

1. In a large bowl, add sugar, egg, ricotta, vanilla, lemon zest & lemon juice. Mix well to combine.
2. In a medium bowl, add flour, baking powder, baking soda & salt. Whisk to combine.
3. Gradually add dry ingredients to wet ingredients. Mix well to combine. Refrigerate dough at least 2 hours before baking.
4. Preheat oven to 350°F. Lightly coat 2 large baking sheets with cooking spray.
5. Spray hands with cooking spray. Shape 12 dough balls & space evenly on baking sheet. Top with poppy seeds.
6. Bake 15-20 minutes, or until cookies are lightly golden brown. Cool completely before serving.



Strawberry Rhubarb Crumble

Est Time: 45 min
Servings: 8



Ingredients:

3 cups chopped fresh or frozen rhubarb
2 cups sliced fresh or frozen strawberries
1/4 cup sugar
2 Tbsp cornstarch
1 tsp vanilla extract
1 cup rolled oats

Preparation:

1. Preheat oven to 350°F. In a large bowl, add rhubarb, strawberries, sugar, cornstarch & vanilla. Stir to combine. Transfer to a medium baking dish.
2. In a medium bowl, add oats, flour, brown sugar, salt, butter & oil. Stir to form a crumble topping.
3. Bake 30-40 minutes until fruit is bubbly around the edges & topping is browned. Let cool 10 minutes before serving.



Chicken Pot Tot

Est Time: 45 min
Servings: 8

Ingredients:

Non-stick cooking spray
2 Tbsp olive oil
1 lb boneless, skinless chicken breasts, diced
1 medium yellow onion, diced
2 tsp garlic powder
1/2 tsp black pepper
1 (12 oz) bag frozen mixed vegetables
1 (14.5 oz) can chicken broth
1/2 cup 1% low-fat milk
1/4 cup all-purpose flour
1 (32 oz) bag frozen tater tots

Preparation:

1. Preheat oven to 375°F. Lightly coat a large baking dish with non-stick spray. Set aside.
2. In a large skillet, heat oil over medium-high. Add chicken, onion, garlic powder & pepper. Cook 3-5 minutes, stirring occasionally until onion is tender. Add vegetables & cook 2-3 minutes, until slightly defrosted.
3. In a medium bowl, add broth, milk & flour. Whisk to combine. Add mixture to skillet, bring to a boil, then reduce heat to medium-low. Simmer 5-7 minutes, stirring occasionally.
4. Add pot pie filling to baking dish spreading evenly & top with tater tots.
5. Bake 25-30 minutes, until tater tots are golden brown & crispy.



Sesame Salmon

Est Time: 30 min
Servings: 5



Ingredients:

2 cups instant white rice
2 Tbsp low sodium soy sauce
1 Tbsp rice vinegar
3 cloves garlic, minced
1 Tbsp sesame oil
2 Tbsp canola oil
1 lb salmon fillets, cubed
1 cup shredded carrots
1 cucumber, sliced
2 green onions, sliced
1 (12 oz) bag frozen shelled edamame

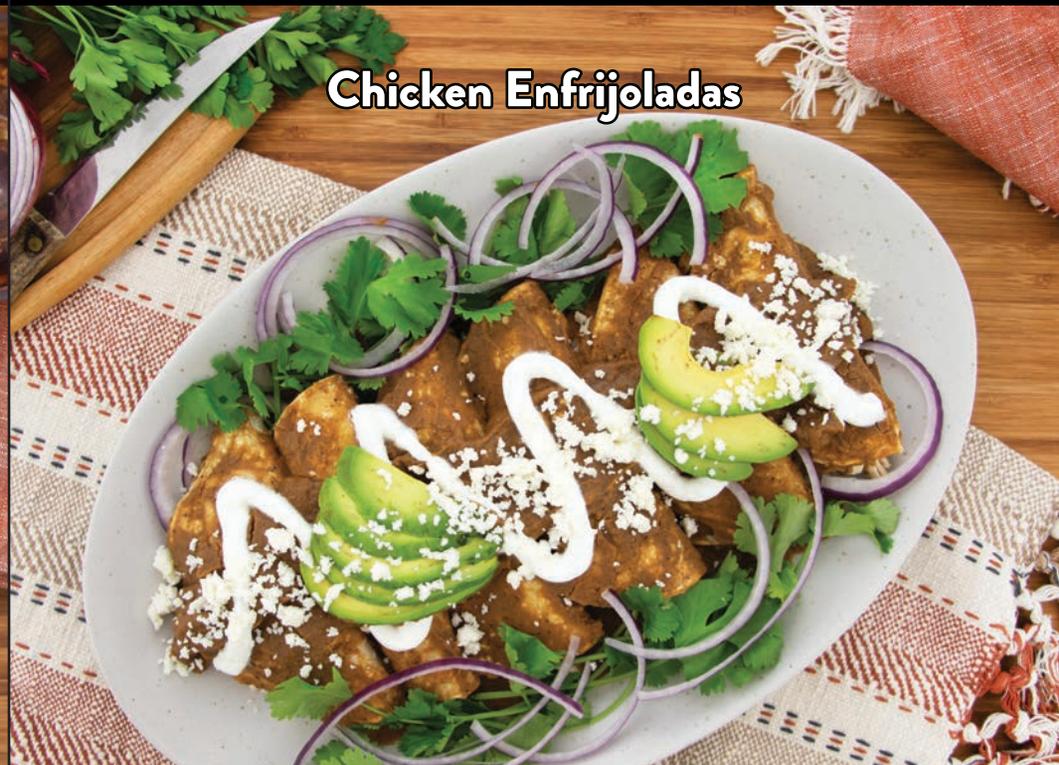
Preparation:

1. Prepare rice according to package directions, set aside.
2. In a small bowl, add soy sauce, vinegar, garlic, honey & sesame oil. Whisk to combine & set aside.
3. In a large non-stick skillet, heat oil over medium-high. Add salmon & cook undisturbed 3-4 minutes, flip & cook an additional 3-4 minutes, until both sides are golden brown.
4. Pour sauce into skillet & stir to coat salmon. Cover & cook 3-4 minutes, stirring occasionally, until salmon is cooked through.
5. Serve salmon over rice, top with fresh carrots, cucumber, green onions & thawed edamame.





Taco Pasta



Chicken Enfrijoladas



Strawberry Basil Popsicles



Cheesy Breakfast Muffins

Chicken Enfrijoladas

Est Time: 1 hr
Servings: 6

- Ingredients:**
- 1 (32 oz) carton unsalted chicken broth
 - 1 cup dry pinto beans, rinsed & soaked overnight
 - 1 bay leaf
 - 1 Tbsp Homemade Chipotle Chili Seasoning*
 - 1 chile de arbol
 - 3 Tbsp olive oil
 - 1 (2 (6 inch) corn tortillas
 - 2 (12.5 oz) cans less sodium chunk chicken breast, drained
 - 1/4 cup queso fresco
 - 1 small red onion, sliced
 - 1/4 cup plain non-fat Greek yogurt
 - 1 avocado, sliced
 - 1/4 cup minced fresh cilantro
- *Recipe found in back of calendar

- Preparation:**
- In a large stockpot, add broth, beans & bay leaf. Bring to a boil. Reduce heat & simmer 45 minutes, or until beans are soft. Reserve 1 cup bean broth.
 - In a blender, add cooked beans, chipotle chili seasoning, chile & bean broth. Blend until smooth.
 - In a large saucapan, heat oil over medium. Add bean sauce & cook 10-15 minutes, or until thickened, stirring throughout.
 - Heat a large skillet over medium-high. Add a tortilla to skillet & toast 1 minute per side until browned. Repeat with all tortillas.
 - Dip each tortilla into bean sauce until well coated. Place chicken & cheese in the center of each tortilla, fold & repeat with remaining tortillas.
 - Serve topped with remaining bean sauce, queso fresco, onion, yogurt, avocado & cilantro.



Cheesy Breakfast Muffins

Est Time: 45 min
Servings: 12

- Ingredients:**
- Non-stick cooking spray
 - 2 cups shredded cheddar cheese
 - 1/4 cup shredded parmesan cheese
 - 2 cups all-purpose baking mix
 - 1 cup mushrooms, finely diced
 - 1 medium bell pepper, any color, finely diced
 - 1/4 cup minced fresh cilantro
 - 1/2 cup 1% low-fat milk
 - 1/2 cup plain non-fat Greek yogurt
 - 1/2 cup diced, cooked lean ham
 - 1/2 tsp black pepper
 - 1/2 tsp garlic powder

- Preparation:**
- Preheat oven to 400°F. Lightly coat a muffin tin with cooking spray. Set aside.
 - In a large bowl, add cheeses, baking mix, mushrooms, bell pepper, cilantro, pepper & garlic powder. Mix to combine.
 - Add milk, yogurt & ham. Mix until well combined.
 - Spoon mixture into muffin tin until cups are half full.
 - Bake 25-30 minutes, or until muffins are puffed & golden brown. To check if ready, insert a knife or toothpick in the middle & it will come out clean.



Taco Pasta

Est Time: 30 min
Servings: 6

- Ingredients:**
- 1 (16 oz) package whole-wheat penne pasta
 - 4 cups water
 - 3 Tbsp Homemade Taco Seasoning*
 - 1/2 cup shredded cheddar cheese
 - 1/2 cup minced fresh cilantro
 - 1 pint grape tomatoes, halved
 - 1 cup frozen corn
 - 1 (10 oz) can enchilada sauce
 - 1 (15 oz) can no-salt-added black beans, drained & rinsed
 - 2 bell peppers, diced (any color)
- *Recipe found in back of calendar

- Preparation:**
- In a large skillet, add pasta, water, beans, peppers, corn, enchilada sauce & taco seasoning. Bring to a boil. Reduce heat & simmer uncovered 12-15 minutes, or until pasta is tender & sauce has thickened, stirring occasionally.
 - Stir in cheese. Cook 2-3 minutes, or until melted.
 - Serve topped with cilantro & tomatoes.



Strawberry Basil Popsicles

Est Time: 15 min
Servings: 8

- Ingredients:**
- 1 (16 oz) bag frozen strawberries
 - 1/3 cup fresh basil
 - 1 lime, juiced
 - 1 cup water
 - 1/4 cup honey
 - 8 (3 oz) cups or popsicle molds
 - 8 wooden craft sticks

- Preparation:**
- In a blender, add strawberries, basil, lime juice, water & honey. Blend until smooth.
 - Pour mixture into cups or popsicle molds.
 - Place craft sticks in the center of the cups or mold.
 - Freeze 4 hours or until frozen through.





Roasted Curry Chicken & Veggies



Sweet Potato & Squash Taquitos



Honey Roasted Butternut Squash



Homemade Scalloped Potatoes

Sweet Potato & Squash Taquitos

Est Time: 30 min
Servings: 5



Ingredients:

- 1 Non-stick cooking spray
- 1 (10 oz) bag frozen sweet potatoes
- 1 (10 oz) bag frozen butternut squash
- 1 (15 oz) can no-salt-added pinto beans, drained & rinsed
- 1 Tbsp Homemade Taco Seasoning*
- 1/2 cup fiesta blend cheese
- 20 (6 inch) corn tortillas
- 1 batch Homemade Cilantro Lime Crema*

Preparation:

1. Preheat oven to 425°F. Lightly coat a baking sheet with cooking spray & set aside.
2. Steam potatoes & squash according to package directions.
3. In a large bowl, add steamed potatoes & squash. Handle steamed veggies with care, they may be hot! Add beans, seasoning & cheese to the bowl. Mash with a fork or potato masher until smooth.
4. Wrap tortillas in a damp paper towel, microwave 30 seconds. Divide filling between tortillas. Spread evenly, roll tightly & place seam-side down on baking sheet. Spray top of taquitos with cooking spray.
5. Bake 10 minutes, flip taquitos, then bake another 5 minutes until crispy.
6. Serve with crema for dipping.



Homemade Scalloped Potatoes

Est Time: 1 hr
Servings: 8

Ingredients:

- 1/2 cup plain non-fat Greek yogurt
- 1 cup 1% low-fat milk
- 1/2 cup shredded cheddar cheese, divided
- 1/4 cup shredded parmesan cheese, divided
- 2 tsp dried thyme
- 1 tsp garlic powder
- 1/4 tsp ground nutmeg
- 1/2 tsp black pepper

Preparation:

1. Preheat oven to 400°F. Coat a large baking dish with cooking spray.
2. In a large bowl, add cornstarch, thyme, garlic powder, nutmeg, pepper, yogurt, milk & half the cheeses. Stir to combine. Add potatoes & toss to coat.
3. Evenly spread potatoes in baking dish & top with remaining cheese.
4. Cover with foil & bake 30-40 minutes, or until potatoes are fork-tender, uncover & bake another 10-15 minutes, or until browned.



Roasted Curry Chicken & Veggies

Est Time: 40 min
Servings: 6



Ingredients:

- 1 tsp ground turmeric
- 1/2 tsp black pepper
- 1 lb boneless, skinless chicken breasts, diced
- 1 (12 oz) bag broccoli & cauliflower florets
- 2 tsp curry powder
- 3 Tbsp olive oil
- 1/2 cup plain non-fat Greek yogurt
- Non-stick cooking spray

Preparation:

1. Preheat oven to 425°F. Cover a baking sheet with foil & lightly coat with cooking spray. Set aside.
2. Prepare rice according to package directions. Set aside.
3. In a large bowl, add yogurt, oil, curry powder, turmeric & pepper. Mix well. Add chicken, broccoli & cauliflower florets. Toss to coat.
4. Spread evenly onto the prepared baking sheet. Roast 25-30 minutes, until chicken is cooked through & broccoli & cauliflower are tender & browned.
5. Serve over rice.



Honey Roasted Butternut Squash

Est Time: 30 min
Servings: 6



Ingredients:

- Non-stick cooking spray
- 1 large butternut squash, peeled & cubed (about 2 lbs)
- 1/2 tsp black pepper
- 1/2 tsp garlic powder
- 1/4 tsp cinnamon
- 1/2 cup dried cranberries
- 1 Tbsp honey
- 1/2 cup crumbled feta cheese
- 1/4 cup minced fresh parsley

Preparation:

1. Preheat oven to 400°F. Cover a baking sheet with foil & lightly coat with cooking spray.
2. Spread squash evenly on pan. Top with pepper, garlic powder & cinnamon. Toss to coat.
3. Bake 20-25 minutes, or until squash is fork-tender.
4. In a large serving bowl, add baked squash, cranberries & honey. Toss to coat. Serve topped with feta & parsley.



Homemade Chipotle Chili Seasoning

Est Time: 5 min
Servings: 20

Ingredients:

- 1 Tbsp chili powder
- 1 tsp cumin
- 1/4 tsp cayenne pepper
- 1/2 tsp chipotle pepper powder
- 1/4 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp black pepper

Preparation:

1. In a small bowl, add all spices. Mix thoroughly until completely combined.
2. Use immediately or store in an airtight container until ready to use.



Homemade Cilantro Lime Crema

Est Time: 5 min
Servings: 4

Ingredients:

- 1/2 cup plain non-fat Greek yogurt
- 1/4 cup minced fresh cilantro
- 1 lime, juiced

Preparation:

1. In a medium bowl, stir together yogurt, cilantro & lime juice.
2. Refrigerate in an airtight container up to 3 days.



Homemade Taco Seasoning

Est Time: 5 min
Servings: 20

Ingredients:

- 1 Tbsp chili powder
- 1/2 tsp chipotle pepper powder
- 1 tsp cumin
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp dried cilantro
- 1 tsp black pepper

Preparation:

1. In a small bowl, add all spices. Mix thoroughly until completely combined.
2. Use immediately or store in an airtight container until ready to use.



Fall Fruit Salad

Est Time: 20 min
Servings: 8

Ingredients:

- 1 orange, zested & juiced
- 1 Tbsp honey
- 1/2 tsp cinnamon
- 1 lb grapes, halved
- 1 (12 oz) container blackberries
- 2 red apples, diced
- 1 cup chopped walnuts

Preparation:

1. In a large bowl, add orange juice, orange zest, honey & cinnamon. Whisk to combine.
2. Add grapes, blackberries, apples & walnuts. Toss to combine.
3. Serve immediately or refrigerate & serve when ready to eat.



Cheesy Chile Rice with Mushrooms

Est Time: 30 min
Servings: 6

Ingredients:

- 1 (14.5 oz) can chicken broth
- 2 cups instant brown rice
- 1 (8 oz) carton mushrooms, finely diced
- 1 (4 oz) can chopped green chiles, drained
- 1/2 cup shredded sharp cheddar cheese
- 1/2 cup minced fresh cilantro

Preparation:

1. In a large saucepan, add broth & bring to a boil over medium-high. Add rice, mushrooms & chiles. Reduce heat to medium-low, cover & cook 10 minutes, or until broth is absorbed.
2. Stir in cheese & cilantro until melted. Serve warm.



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