



WIC
FAMILY
TABLE

SIMPLE, DELICIOUS RECIPES TO MAKE AND SHARE



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Thank you to the Marion County Public Health Department, and the Indiana State WIC department for their continued support and success in our program.



MARION COUNTY
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FORWARD

Family meals might be big or small, daily or less often, filled with old traditions or new ones. The one thing all family meals have in common is the bond built over sharing food.

This book was made to provide Marion County WIC families with inspiration for turning WIC foods into healthy, quick and fun dishes that bring families to the table. We hope you enjoy!



TIPS FOR A PLEASANT TABLE

1. KEEP IT LOW PRESSURE

Forcing or bribing children to eat can cause frustrating food battles. Lead by example and present a variety of healthy foods to make up the menu. It is okay to let each child decide what and how much to eat.

2. UNPLUG WHEN YOU CAN

Turn off the screens during mealtimes as often as possible. This turns the focus to eating and enjoying each other's company.

3. KEEP IT SIMPLE AND LAUGH

Simple foods served with love and laughter will outshine gourmet food.

4. PLAY A GAME

Use conversation starters like:

- "Name a red food you've eaten this week." Continue through the rainbow.
- "If you could have a restaurant what would you name it? What would you serve?"
- "Name a food that starts with the letter A." Continue through the alphabet.

KITCHEN ACTIVITIES

AT 2 YEARS:

- Wipe tables
- Hand items to adult to put away (such as after grocery shopping)
- Place things in trash
- Tear lettuce or greens
- Help “read” a cookbook by turning the pages
- Make “faces” out of pieces of fruits and vegetables
- Rinse vegetables or fruits
- Snap green beans

AT 3 YEARS:

(All that a 2-year-old can do, plus)

- Add ingredients
- Talk about cooking
- Scoop or mash potatoes
- Squeeze citrus fruits
- Stir pancake batter
- Knead and shape dough
- Name and count foods
- Help assemble a pizza

Get your preschooler to try new foods by having them help you in the kitchen. Give them small jobs to do and praise their efforts. Children are less likely to reject foods that they help to make. While the following suggestions are typical, children may develop these skills at different ages.

AT 4 YEARS:

(All that a 3-year-old can do, plus)

- Peel eggs and some fruits, such as oranges and bananas
- Set the table
- Crack eggs
- Help measure dry ingredients
- Help make sandwiches and tossed salads

AT 5 YEARS:

(All that a 4-year-old can do, plus)

- Measure liquids
- Cut soft fruits with a dull knife
- Use an egg beater

PRODUCE STORAGE

Resource: <https://extension.purdue.edu/foodlink>

STORE IN THE REFRIGERATOR:

- Apples (7+ days)
- Apricots
- Asian pears
- Berries
- Cherries
- Cut Fruit
- Grapes
- Artichokes
- Asparagus
- Green Beans
- Beets
- Endive
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cut Vegetables
- Green Onions
- Herbs (not basil)
- Leafy Vegetables
- Leeks
- Lettuce
- Mushrooms
- Peas
- Radishes
- Spinach
- Sprouts
- Summer Squash
- Sweet Corn
- Zucchini

STORE ONLY AT ROOM TEMPERATURE:

- Apples (>7 days)
- Bananas
- Citrus fruits
- Mangoes
- Melons
- Papayas
- Persimmons
- Pineapple
- Plantain
- Pomegranates
- Basil (in water)
- Winter Squashes
- Cucumber
- Eggplant
- Garlic
- Ginger
- Jícama
- Onions
- Peppers
- Potatoes
- Pumpkins
- Sweet Potatoes
- Tomatoes

RIPEN ON THE COUNTER FIRST, AND THEN REFRIGERATE:

- Avocados
- Kiwi
- Nectarines
- Peaches
- Plums

MISSING AN INGREDIENT?

Try these substitutions to save a trip to the store.

PRODUCT	AMOUNT	SUBSTITUTE
Baking Powder	1 teaspoon	1/4 teaspoon baking soda + 5/8 teaspoon cream of tartar
Buttermilk	1 cup	1 tablespoon lemon juice or vinegar + enough milk to make 1 cup or 1 cup plain yogurt
Chocolate (Unsweetened)	1 ounce	3 tablespoons dry cocoa + 2 teaspoons sugar + 1 tablespoon oil
Cornstarch	1 tablespoon	2 tablespoons flour
Garlic	1 small clove	1/8 teaspoon garlic powder OR 1/4 teaspoon instant minced garlic
Herbs, fresh	1 tablespoon	1 teaspoon dried leaf herbs OR 1/2 teaspoon ground dried herbs
Milk	1 cup	4-5 tablespoons nonfat dry milk powder and enough water to make 1 cup
Mustard, dry	1 teaspoon	1 tablespoon prepared mustard
Mayonnaise	1 cup	1 cup sour cream OR 1 cup yogurt OR 1 cup pureed cottage cheese OR a combination of the above
Onion	1 small or 1/4 cup fresh onion	1 tablespoon instant minced onion OR 1 teaspoon onion powder
Wine, red or white	Any	Grape juice or cranberry juice for red wine; apple juice for white wine
Yogurt	1 cup	1 cup buttermilk OR 1 cup pureed cottage cheese
Ketchup	1 cup	1 cup tomato sauce, 1/2 cup sugar, and 2 tablespoons vinegar
Chicken or beef stock base, instant	1 1/2 teaspoons	1 chicken or beef bouillon cube
Cream of tartar	1/2 teaspoon	1 1/2 teaspoons lemon juice or vinegar
Sugar, white	1 teaspoon---- 1 cup-----	1/2 to 3/4 teaspoon honey or molasses 1 cup brown sugar
Tomato Sauce	15-ounce can	6-ounce can tomato paste plus 1 cup water

MEASUREMENTS

1 tablespoon = 3 teaspoons

$\frac{1}{4}$ cup = 4 tablespoons

$\frac{1}{3}$ cup = 5 $\frac{1}{3}$ tablespoons

$\frac{1}{2}$ cup = 8 tablespoons

$\frac{2}{3}$ cup = 10 $\frac{2}{3}$ tablespoons

$\frac{3}{4}$ cup = 12 tablespoons

1 cup = 16 tablespoons

1 pound = 16 ounces

1 fluid ounce = 2 tablespoons

8 fluid ounces = 1 cup

$\frac{1}{2}$ pint = 1 cup

1 pint = 2 cups

1 quart = 4 cups

$\frac{1}{2}$ gallon = 2 quarts

1 gallon = 4 quarts

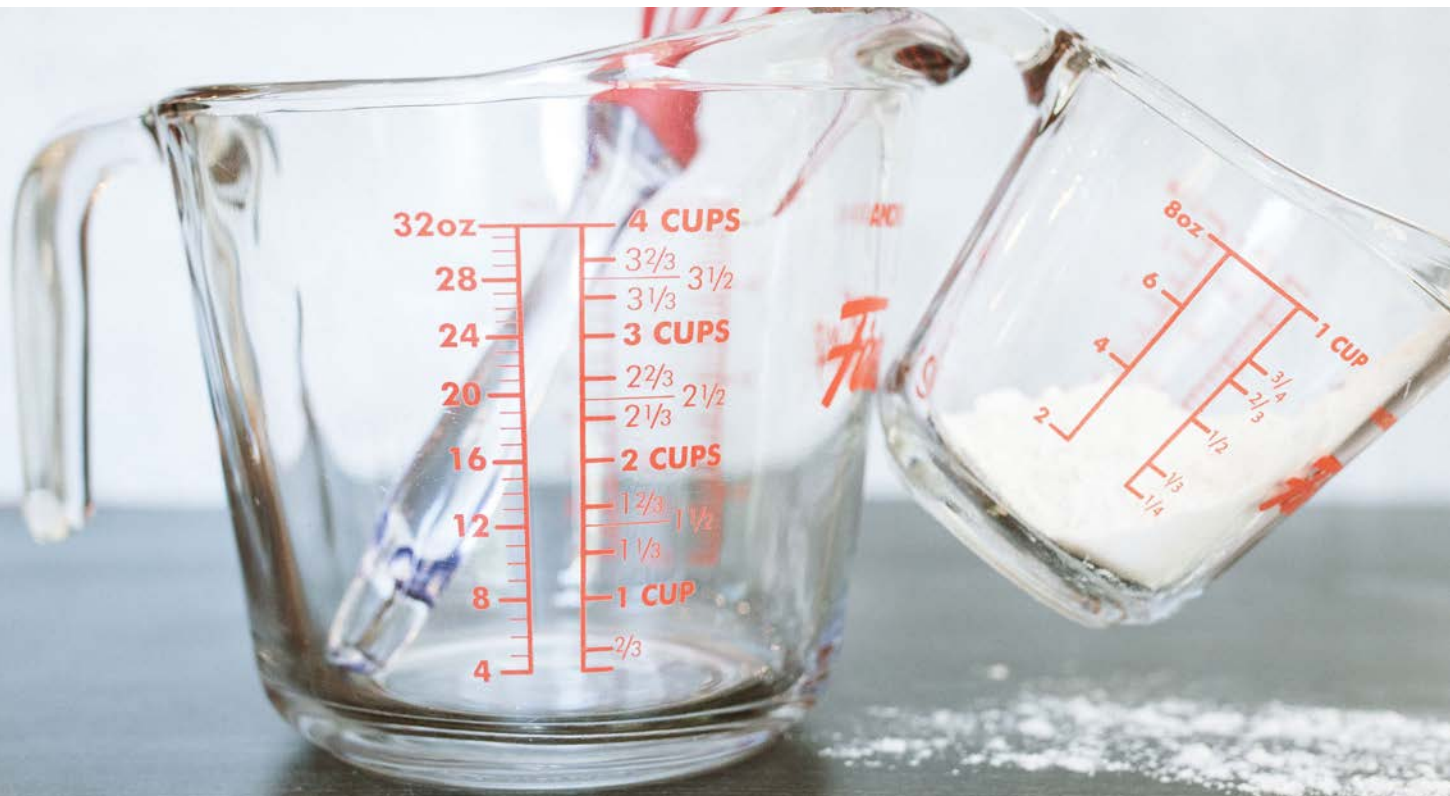
16 ounces = 1 pint

32 ounces = 1 quart

34 ounces = 1 liter

68 ounces = 2 liter

128 ounces = 1 gallon



FOOD SAFETY TIPS:

PREPARE, COOK, STORE

CLEAN:

- Wash hands, utensils and surfaces often
- Wash hands before, during, and after preparing food. Use plain soap and water and scrub for at least 20 seconds.
- Use a clean towel to dry hands.

REFRIGERATE PERISHABLE FOODS (FOODS LIKELY TO GO BAD QUICKLY) WITHIN 2 HOURS:

- Refrigerator should be set to 40F or below and your freezer to 0F or below.
- Never leave perishable foods out of refrigeration for more than 2 hours. If the food is exposed to temperatures above 90F, refrigerate within 1 hour.
- Leftovers should be placed in shallow container and refrigerate promptly to allow quick cooling.
- Never thaw or marinate foods on the counter. The safest way to thaw or marinate meat, poultry and seafood is in the refrigerator.

OTHER TIMES TO WASH HANDS:

- After handling raw meat, poultry, seafood, or their juices.

WASH SURFACES

AND UTENSILS AFTER EACH USE:

- Wash cutting boards, dishes, utensils and countertops with hot, soapy water after they've held raw meat, poultry, seafood, or eggs.
- Wash dish cloths often in the hot cycle of a washing machine.
- Wash fruits and vegetables, but not meat, poultry or eggs.
- Discard damaged or bruised areas on fruits and veggies, and wash under running water, without soap, bleach, or commercial produce washes.
- Use separate cutting boards, plates and utensils for produce, meat, poultry, seafood and eggs.

COOK TO THE RIGHT TEMPERATURE:

- Keep food hot (140F or above) after cooking.
- Microwave food thoroughly (165 F or above).

FOODSAFETY.GOV:

MINIMUM COOKING TEMPERATURES CHART

TYPE	FOOD	INTERNAL TEMP (°F)
Ground meat and meat mixtures	Beef, pork, veal, lamb	160
	Turkey, chicken	165
Fresh beef, veal, lamb	Steaks, roasts, chops Rest time: 3 minutes	145
Poultry	All poultry (breasts, whole bird, legs, thighs, wings, ground poultry, giblets, and stuffing)	165
Pork and ham	Fresh pork, including fresh ham Rest time: 3 minutes	145
	Precooked ham (to reheat) NOTE: Reheat cooked hams packaged in USDA-inspected plants to 140°F	165
Eggs and egg dishes	Eggs	Cook until yolk and white are firm
	Egg dishes (such as frittata, quiche)	160
Leftovers and casseroles	Leftovers and casseroles	165
Seafoods	Fish with fins	145 or cook until flesh is opaque and separates easily with a fork
	Shrimp, lobster, crab, and scallops	Cook until flesh is pearly or white, and opaque
	Clams, oysters, mussels	Cook until shells open during cooking





BREAKFAST

EASY, DELICIOUS BAKED FRENCH TOAST

Makes: 4 servings

Total Time: 25 minutes

INGREDIENTS:

- 6 slices whole wheat bread
- 6 eggs, beaten
- 1 cup milk
- 2 tablespoons brown sugar
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract

INSTRUCTIONS:

1. Preheat oven to 375 degrees.
2. Grease 9 x 13 baking pan.
3. Cut or tear bread slices into bite sized pieces and place in baking pan.
4. In a bowl, mix together the milk, eggs, brown sugar, cinnamon, and vanilla.
5. Slowly pour the mixture over bread slices. Bake for 20 minutes.

Optional: serve with fruit, powdered sugar, or syrup.

Adapted from: Kids Cook, WIC Works-USDA





BREAKFAST QUESADILLA

Makes: 4 servings

Total Time: 15 minutes

INGREDIENTS:

- 4 whole wheat flour tortillas
- 4 eggs
- ½ cup shredded cheese
- 4 tablespoons salsa (*optional*)
- ¾ cup chopped vegetables of your choice (*optional*)
- ½ cup beans, rinsed and drained (*optional*)

INSTRUCTIONS:

1. Scramble eggs in a small pan over medium heat.
2. Spoon ¼ of the cheese and scrambled eggs onto each tortilla.
3. Top each tortilla with vegetables and beans if desired.
4. Heat each topped tortilla in a skillet for 3-4 min on medium heat OR heat in the microwave on high for 20-30 seconds.
5. Top with salsa (if using) and fold tortilla in half to serve.

Adapted from: <https://www.snap4ct.org>

BERRY OATMEAL

Makes: 2 servings

Total Time: 5 minutes

INGREDIENTS:

- 1 cup quick-cooking oats
- 2 cups water or milk
- ¼ cup walnuts or sliced almonds
- 1 cup frozen mixed berries
- 1 teaspoon honey (*optional*)

INSTRUCTIONS:

1. In a microwave-safe bowl mix together oatmeal and liquid.
2. Microwave on high for 1 ½ - 2 minutes.
3. Stir in mixed berries.
4. Top with nuts and honey.

Tip: Children under 1 year omit honey.
Children under 4 substitute chopped nuts for peanut butter.

Adapted from: <https://www.snap4ct.org>



POTATO HASH AND EGGS

Makes: 4 servings

Total Time: 25 minutes

INGREDIENTS:

- 1 large sweet potato, peeled, diced
- 1 large white potato
- 1 small yellow onion, diced
- 1 bell pepper, seeds removed, diced
- 2 cloves garlic, peeled and minced
- 4 large eggs
- 1 cup water
- 2 tablespoons + 1 teaspoon vegetable oil

Tip: To protect from food borne illness, cook eggs so that yolks and whites are firm. Do not serve undercooked or runny eggs to children under 5 years of age.

Adapted from: <https://www.snap4ct.org>

INSTRUCTIONS:

1. Heat 1 tablespoon oil over medium heat in a deep skillet. Add potatoes and cook, stirring occasionally, about 5 min.
2. Add another tablespoon of oil, along with onion, bell pepper, and garlic to the skillet with the potatoes. Cook about 5 minutes, stirring occasionally, until the onion is soft and the potatoes are tender.
3. Divide the hash between 4 plates and return skillet to the stove.
4. Heat 1 teaspoon of vegetable oil in the skillet over medium heat.
5. One at a time, add each egg to the skillet. Cook about 1-2 minutes, until the whites are nearly solid (no longer clear). Flip the egg and cook for one more minute.
6. Top sweet potato hash with an egg, and serve right away

RED MONSTER SMOOTHIE

Makes: 2 servings

Total Time: 10 minutes

INGREDIENTS:

- 1 cup spinach
- 1 ½ cups frozen mixed berries
- 1 banana
- 1 cup pineapple, fresh, canned or frozen
- ½ cup carrots
- 1 cup of ice
- 1 cup of water

INSTRUCTIONS:

1. Place all ingredients in a blender and blend until smooth.
2. Divide smoothie between 2 glasses and serve immediately.

Tip: Feel free to use low fat, fat-free, almond or coconut milk instead of water.

Adapted from: <https://www.snap4ct.org>



PEANUT BUTTER BANANA SMOOTHIE

Makes: 2 servings

Total Time: 5 minutes

INGREDIENTS:

- 2 small bananas (ripe, frozen)
- 1 cup skim milk
- 2 tablespoons creamy peanut butter
- ½ tablespoon unsweetened cocoa powder
- ½ cup low fat vanilla yogurt
- 1 ½ cups ice

INSTRUCTIONS:

1. Gather all ingredients and put all ingredients in a blender.
2. Blend on high until smooth.
3. Divide smoothie between 2 glasses and serve immediately.

Adapted from: <https://whatscooking.fns.usda.gov>



BANANA PINEAPPLE STRAWBERRY SMOOTHIE

Makes: 2 servings

Total Time: 5 minutes

INGREDIENTS:

- 1 medium banana
- $\frac{3}{4}$ cup 100% pineapple juice
- $\frac{1}{2}$ cup yogurt
- $\frac{1}{2}$ cup strawberries, fresh or frozen

INSTRUCTIONS:

1. Place all ingredients in a blender and blend until smooth.
2. Divide smoothie between 2 glasses and serve immediately.

Adapted from: <https://www.snap4ct.org>



BANANA PANCAKES

Makes: 16 pancakes

Total Time: 30 minutes

INGREDIENTS:

- 2 ripe bananas
- 2 cups pancake mix
- 2 eggs
- 1 cup milk

Tip: To see if skillet is hot enough, sprinkle with a few drops of water. If drops skitter around, heat is just right. Top with applesauce, fresh fruit or yogurt.

Adapted from: <https://foodhero.org>

INSTRUCTIONS:

1. In a small bowl mash peeled bananas with a fork.
2. In a medium bowl stir together eggs, milk and pancake mix.
3. Add mashed banana to pancake batter and stir until just combined.
4. Lightly spray a large skillet or griddle with non-stick cooking spray or lightly wipe with oil. Heat skillet or griddle over medium-high heat (350 degrees in an electric skillet).
5. Spoon 1/4 cup batter onto the griddle for each pancake. Cook until tops are bubbly and pancakes are dry around the edges. Flip and cook for 2-3 minutes or until golden brown.
6. Refrigerate leftovers within 2 hours.







FUNNY FACE TOAST

Makes: 2 servings

Total Time: 5 minutes

INGREDIENTS:

- 2 slices whole-wheat bread
- 2 tablespoons peanut butter
- 2 strawberries, sliced
- 1 peach, sliced

INSTRUCTIONS:

1. Toast bread if desired.
2. Spread 1 tablespoon peanut butter onto each slice of bread.
3. Have fun arranging the fruit in the form of a face.

Other combinations: 2 tablespoons cream cheese topped with fruit, 2 tablespoons hummus (*see page 91 for recipe*) topped with sliced cucumber and tomato.

Adapted: <https://texaswic.org/recipes/funny-face>

MAIN DISHES



ONE POT MAC AND CHEESE

Makes: 4 servings

Total Time: 15 minutes

INGREDIENTS:

- 2 cups whole wheat elbow macaroni, or other small whole wheat pasta
- 1 cup low fat milk
- 2 cups shredded cheddar cheese
- 1 cup frozen peas
- 4 cups water

INSTRUCTIONS:

1. In a medium pot over high heat, bring the water to a boil.
2. Add the pasta to the pot, reduce heat to medium-low, and boil for 8-10 minutes.
3. Strain the pasta. Add pasta back to pot and add in the milk, cheese, and peas.
4. Stir over medium-low heat until heated through and cheese is melted.

Adapted: <https://www.snap4ct.org>





NOODLES WITH PEANUT SAUCE

Makes: 8 servings

Total Time: 25 minutes

INGREDIENTS:

- 1 (16 oz) package whole wheat spaghetti
- ¼ cup peanut butter
- ½ cup warm water
- ¼ cup low-sodium soy sauce
- 2 tablespoons cider vinegar
- 4 teaspoons sugar
- 1 bag frozen vegetables, such as broccoli or snow peas, thawed
- 2 teaspoons red pepper flakes (*optional*)

INSTRUCTIONS:

1. Cook pasta using package directions.
2. In a medium bowl, combine peanut butter and warm water. Stir into a smooth, thin sauce.
3. Add soy sauce, vinegar, and sugar to the peanut butter and water mixture. Mix until sugar dissolves. If using, stir in red pepper flakes.
4. In a microwave-safe bowl, add thawed frozen veggies and ½ cup water. Steam in microwave for 3-5 minutes. Drain any excess water.
5. Pour peanut sauce and steamed veggies over cooked, drained pasta. Toss to combine. Serve warm or cold.

Tip: Top with sliced cooked chicken breast, firm tofu, or chopped peanuts if you like. Try garnishing with rinsed and chopped green onions, cilantro or lime wedges.

Adapted from: <https://cookingmatters.org>

BLACKENED TUNA PATTIES

Makes: 4 patties

Total time: 20 minutes

INGREDIENTS:

- 5oz can tuna packed in water, drained
- ¼ cup onion, diced
- ½ cup vegetables (shredded or diced) (like carrots, celery, peppers, or zucchini)
- 2 tablespoons light salad dressing like ranch or mayonnaise
- 1 teaspoon garlic powder
- 1 egg, beaten
- ½ cup plain bread crumbs
- Nonstick cooking spray

Tip: It is easy to make your own bread crumbs. One and a half slices of bread makes about ½ cup of crumbs.

1. Preheat the oven to 300°F.
2. Place 1 ½ slices of bread on a cookie sheet. Bake the bread in the oven until it dries and crumbles easily.
3. Place the bread slices in a plastic bag.
4. Seal the bag and crush the bread.
5. Store the leftover bread crumbs in an airtight container in the freezer.

INSTRUCTIONS:

1. Mix tuna, onion, vegetables, dressing, and garlic powder in a bowl. Mix in the beaten egg.
2. Stir the bread crumbs into the mixture. Let the mixture rest for 5 minutes.
3. Wash hands. Form the mixture into 4 patties. Each patty should be about ½" thick and 3" wide.
4. Heat a skillet to medium. Spray the pan with nonstick cooking spray when it is hot. Cook the patties for 2-3 minutes. Turn patties over and cook for 2-3 minutes more. Cook until patties are browned and have reached 145°F.

Adapted from: <https://spendsmart.extension.iastate.edu>



SALMON PASTA BAKE

Makes 9 servings

Total time: 40 minutes

INGREDIENTS:

- 2 cups whole wheat pasta (or 1 cup whole wheat and 1 cup white pasta)
- 2 medium green onions, finely chopped
- 1 can (15 oz) salmon, canned in water, drained
- 1 cup frozen peas, or other frozen veggies of your choice
- 1 cup plain yogurt
- 2 teaspoon dried dill or dried parsley
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- ½ cup parmesan cheese, grated

INSTRUCTIONS:

1. Preheat oven to 400°F.
2. Cook the pasta 2 minutes less than package directions. Run under cool water to keep noodles from sticking together.
3. In a large bowl, mix salmon, pasta, green onions, peas, yogurt, dill or parsley, salt, and black pepper.
4. Transfer pasta mixture to a 9x9 inch square baking dish.
5. Sprinkle parmesan cheese over pasta mixture. Bake 25-30 minutes, until bubbling and golden.

Adapted from: <https://www.snap4ct.org>

BAKED FLAKED CHICKEN

Makes: 8 servings

Total Time: 40 minutes

INGREDIENTS:

- 2 lbs boneless chicken pieces
- 3 cups cornflakes cereal
- ½ cup whole wheat flour
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 large eggs
- ¼ cup nonfat milk
- Non-stick cooking spray

Adapted from: <https://cookingmatters.org>

INSTRUCTIONS:

1. Preheat oven to 375°F.
2. Remove skin, if any, from chicken pieces. If working with large chicken breasts, cut in half lengthwise for faster cooking time. Trim any excess fat.
3. In a medium bowl, crush cornflakes.
4. In a second medium bowl, mix flour, salt, and black pepper.
5. In a third medium bowl, add eggs and milk. Beat with a fork.
6. Dip each chicken piece into flour,
7. Then egg mixture, then cornflakes. Each piece should be fully coated with flakes.
8. Coat baking sheet with non-stick cooking spray. Place chicken pieces on sheet, evenly spaced. Spray pieces lightly with cooking spray.
9. Bake for 20–25 minutes, or until internal temperature reaches 165°F.

BAKED MEATBALLS

Makes: 8 servings or 24 meatballs

Total Time: 30 minutes

INGREDIENTS:

- 1 lb. 90-95% lean ground beef or ground turkey
- 1 egg
- ½ cup rolled oats
- ½ cup milk, 1% or skim
- ¼ teaspoon black pepper
- ½ teaspoon dried parsley
- 1 teaspoon onion powder

INSTRUCTIONS:

1. Preheat oven to 425°F. Spray a baking sheet with cooking spray.
2. Mix all ingredients in a large bowl.
3. Using your hands, shape the mixture into 24 meatballs. Arrange meatballs on baking sheet so that they are at least ½ an inch apart. You may need to use two baking sheets or bake these meatballs in two batches.
4. Bake for 12-15 minutes. It is best to use a food thermometer to check for doneness (it should read 160°F for ground beef and 165°F for ground turkey).



SWEET PORK STIR FRY

Makes: 4 servings

Total Time: 25 minutes

INGREDIENTS:

- 6 ounces whole wheat thin spaghetti or ramen
- 1 pound boneless pork, thinly slice (Chop or loin)
- 1 package sugar snap peas
- 2 medium bell peppers
- 2 garlic cloves minced
- 1 tablespoon oil (canola, olive, vegetable)
- 2 tablespoons packed brown sugar
- ½ cup reduced sodium soy sauce

INSTRUCTIONS:

1. Cook pasta according to package directions.
2. In a small bowl, mix soy sauce, brown sugar, and garlic while pasta is cooking.
3. Heat oil in a large skillet over medium high heat. Add pork when oil is hot. Cook pork about 5 minutes. Stir frequently.
4. Add peas and bell peppers to the skillet. Cook for 3 minutes.
5. Add the soy sauce mixture to the vegetables. Cook for another 3 minutes.
6. Add the pasta and stir until all the ingredients are combined.

Tip: Garnish with mango or pineapple chunks.

Adapted from: <https://spendsmart.extension.iastate.edu>

AFRICAN PEANUT STEW

Makes: 8 cups

Total Time: 45 minutes

INGREDIENTS:

- 1 cup instant brown rice
- 2 cups chicken broth, reduced sodium
- 1 teaspoon dehydrated minced onion
- 1 teaspoon garlic powder or 4 cloves garlic
- ½ teaspoon ground ginger
- ⅛ teaspoon red pepper (*optional*)
- 2 cups medium diced peeled sweet potato or yam
- 1 can (14.5 ounces) diced tomatoes with liquid
- ½ teaspoon salt
- ½ cup creamy peanut butter
- 1 ¼ cups nonfat or 1% milk
- 3 cups baby spinach leaves, coarsely chopped
- ¼ cup chopped dry roasted peanuts (*optional*)
- Green onion, thinly sliced (*optional*)

Tip:

- Substitute a 10 ounce package of frozen spinach for the fresh spinach.
- Flavor boosters: chopped cilantro, red and green peppers, raisins.
- To avoid peanuts or peanut butter, try sunflower seeds or sunflower seed butter.

INSTRUCTIONS:

1. Combine first 9 ingredients in a soup pot. Bring to a boil, then turn down to medium low, cover and simmer for 10 minutes.
2. Stir in peanut butter and milk. Return to a gentle simmer and cook uncovered for 5 minutes.
3. Stir in spinach and cook until wilted, 2 to 3 minutes. Remove from heat. Top with peanuts and green onion, if desired.
4. Refrigerate leftovers within 2 hours.

TORTILLA LASAGNA

Makes: 10 servings

Total Time: 1 hour 30 minutes

INGREDIENTS:

- 1 medium yellow onion
- 3 medium cloves garlic (or substitute ½ tsp. garlic powder)
- 1 medium green bell pepper
- 2 bunches fresh spinach
- 1 medium sweet potato
- 8 oz. cheddar cheese
- 9 (6-inch) corn or whole wheat tortillas
- 1 tablespoon canola oil
- 1 teaspoon dried oregano
- 1 (10-ounce) can green chile or enchilada sauce
- Non-stick cooking spray

Adapted from: <https://cookingmatters.org/recipes>

INSTRUCTIONS:

1. Preheat oven to 350°F.
2. Peel, rinse, and chop onion. Peel and mince garlic if using fresh.
3. Rinse bell pepper. Remove core and seeds. Cut into thin strips.
4. Rinse spinach. Tear or chop into pieces.
5. Rinse and peel sweet potato. Shred using the large holes of a box grater.
6. Tear tortillas in half.
7. In a large skillet over medium-low heat, heat oil. Add onions. Cook until transparent, about 5-7 minutes. Add garlic or garlic powder, bell pepper, and oregano. Raise heat to high. Stir in shredded sweet potato. Cook until soft, about 8-10 minutes. Stir in spinach. Cover and cook until just wilted, about 2 minutes.
8. Spray the bottom of a 9-by-13-inch baking dish with non-stick spray. Layer 9 tortilla halves over the bottom, with the flat edges against the side of the dish and the rounded pieces overlapping in the center. Cover the tortillas with ½ of the cooked vegetables. Drizzle ½ of the enchilada sauce on top. Sprinkle ½ of the cheese. Layer the remaining 9 tortilla halves over the cheese. Add another layer using the remaining vegetables, sauce, and cheese.
9. Cover baking dish with aluminum foil.
10. Bake for 40 minutes. Remove foil. Keep baking until cheese on top is lightly browned, about 10 extra minutes.

HEARTY ZUCCHINI PIZZA BOATS

Makes: 4 servings

Total Time: 35 minutes

INGREDIENTS:

- 4 medium zucchini
- 1 lb. ground beef
- ½ cup tomato based pasta sauce
- ½ cup shredded mozzarella cheese
- 2 tablespoons parmesan cheese

INSTRUCTIONS:

1. Preheat oven to 375 degrees.
2. Heat skillet to medium high. Brown ground beef until no longer pink around 3-5 minutes. Drain excess fat from pan and set aside.
3. Wash zucchini. Trim ends and cut each in half lengthwise. Use a spoon to gently scrape out soft, seedy center of zucchini.
4. Place zucchini halves in a small baking dish. Spoon pasta sauce into zucchini halves. Top with cooked ground beef mozzarella and parmesan cheeses.
5. Bake for 15-20 minutes or until zucchini can be pierced with a fork and cheese is bubbly and brown. Serve warm.
6. Refrigerate leftovers within 2 hours.

Adapted from: <https://foodhero.org/recipes>





CRUNCHY VEGETABLE WRAP

Makes: 4 servings

Total Time: 15 minutes

INGREDIENTS:

- 4 whole wheat flour tortillas
- 2 green onions, chopped
- ½ cup broccoli, chopped
- ½ cup grated carrot
- 1 tomato, diced
- 1 green bell pepper, seeded and diced
- 6 T cream cheese, low fat
- 3 T ranch seasoning mix

INSTRUCTIONS:

1. In a small bowl, stir ranch seasoning into cream cheese.
2. Spread cream cheese mixture onto both flour tortillas, staying one inch from edge.
3. Cut vegetables and sprinkle over cream cheese. Roll each tortilla tightly.
4. Cut tortillas in half or into slices and serve.

Tip: Use hummus instead of cream cheese and ranch mix

Adapted from: <https://www.snap4ct.org>

OUR FAVORITE CHICKEN NOODLE SOUP

Makes: 6 servings

Total Time: 35 minutes

INGREDIENTS:

- 2 chicken leg quarters
- 6 cups water
- 2 cups (2.5 ounces) whole grain wide egg noodles
- ½ cup chopped celery (about 1 rib)
- ½ onion chopped
- 2 cups sliced carrots (about 4 carrots)
- 1 tablespoon dried parsley
- 1 tablespoon Italian seasoning
- 1 teaspoon ground black pepper
- ½ teaspoon salt

Tip: Any chicken part may be used for this recipe. If using boneless, skinless chicken breasts, use only 3/4 pound. Soup freezes well. Make ahead and freeze for a cold or sick day.

Adapted from <https://spendsmart.extension.iastate.edu>

INSTRUCTIONS:

1. Put chicken and water in a large stock pot. Bring water to a simmer. Cook until chicken reaches 165°F (10-15 minutes).
2. Clean and chop vegetables while chicken is cooking.
3. Take chicken out of water with tongs or fork. Cool in refrigerator for about 5 to 10 minutes.
4. Add vegetables, parsley, Italian seasoning, pepper, and salt to the pot of hot water.
5. Remove bones and skin from chicken and discard when it is cool enough to handle. Cut meat into bite sized pieces and add to the pot of hot water. Bring to a boil.
6. Add noodles when water is boiling. Cook according to package directions or about 5 minutes.







BUTTERNUT HARVEST CHILI

Makes: 6 servings

Total Time: 55 minutes

INGREDIENTS:

- 2 cups fresh or frozen butternut squash, peeled, seeded, diced
- $\frac{2}{3}$ cup onions, diced
- $\frac{1}{3}$ cup carrots, shredded or chopped
- 1 can (15 oz) diced tomatoes, no added sodium
- 1 can black beans, drained and rinsed
- 2 tablespoon tomato paste, no added sodium
- 1 tablespoon chili powder
- $\frac{1}{2}$ tablespoon olive or vegetable oil
- $\frac{1}{4}$ cup apple juice (*optional*)

INSTRUCTIONS:

1. Heat oil in a large pot over medium heat. Add onions and cook until translucent, about 5 minutes.
2. Add in butternut squash and cook for 10-15 minutes (or 2-3 min if using frozen).
3. Add remaining ingredients. Bring to a boil. Reduce heat and simmer, covered, until vegetables are tender (about 45 minutes for fresh, 25 min for frozen), stirring occasionally.

Tip: Can substitute tomato paste for tomato sauce (can)

Adapted from: <https://www.snap4ct.org>

VEGGIE AND RICE STIR FRY

Makes: 4 servings

Total Time: 30 minutes

INGREDIENTS:

- 1 cup brown rice
- ½ pound broccoli
- 2 medium celery stalks
- 1 medium carrot
- 1 small jalapeño or other chili pepper
- 1 clove garlic
- 6 ounces boneless chicken pieces or firm tofu
- 2 tablespoons + 2 teaspoons low-sodium soy sauce
- 1 tablespoon brown sugar
- 1 tablespoon cornstarch
- 2 tablespoons canola oil
- ½ teaspoon ground ginger

Tip: Use any veggies you like. Be sure to cut all veggies into equal-size pieces so they cook evenly. Add denser veggies, like broccoli, celery, and root veggies, to the skillet first. Add veggies with high water content, like squash or spinach, last.

Adapted from: <https://cookingmatters.org/>

INSTRUCTIONS:

1. Cook rice following package directions. Set aside. Cover to keep warm. While rice is cooking, make veggie mixture.
2. Rinse and chop broccoli and celery. Peel, rinse, and chop carrots. Rinse and mince jalapeño. Peel and finely chop garlic.
3. If using chicken, remove any skin. Cut chicken into small pieces.
4. In a small bowl, stir together soy sauce, brown sugar, and cornstarch. Add 1 tsp of the minced jalapeño. Stir.
5. In a medium skillet over medium-high heat, heat oil. Add ground ginger and stir. Add chicken or tofu. Cook, stirring occasionally, until slightly browned and starting to cook through, about 2 minutes.
6. Add chopped veggies. Stir frequently. Cook until veggies are tender and chicken is completely cooked but not dry, about 5–7 minutes.
7. Add soy sauce mixture. Bring to a boil. Reduce heat. Simmer until sauce is slightly thickened, about 2 minutes.
8. Serve over warm brown rice.

LENTIL BARLEY SOUP

Makes: 8 servings

Total Time: 1 hour 30 minutes

INGREDIENTS:

- 3 medium carrots, peeled and sliced
- 1 medium onion, diced
- 3 large cloves garlic, minced
- $\frac{3}{4}$ cup pearl barley
- 1 cup dried lentils
- 1 tablespoon oil
- 1 can (15 oz) diced tomatoes, no salt added
- 8 cups vegetable broth, low sodium
- 2 cups water
- 4 cups fresh spinach or kale

Optional seasonings and toppings: paprika, cayenne pepper, parmesan cheese, 1 tsp salt and pepper

Adapted from: <https://www.snap4ct.org>

INSTRUCTIONS:

1. In a colander, rinse barley with cold water. Repeat with lentils.
2. Add oil, carrots, onion, and garlic to a large stock pot. Cook on medium heat for 5-7 minutes stirring occasionally.
3. Add lentils, barley, diced tomatoes, vegetable broth, and water to the pot of vegetables. Add salt, black pepper, paprika, and cayenne pepper if using. Stir well to mix.
4. Bring to a boil then reduce heat to medium low. Let simmer for 60 minutes or until lentils and barley are tender, but not mushy.
5. Right before serving, stir in spinach or kale. Top with Parmesan cheese if you like.
6. Refrigerate leftovers within 2 hours.

SPAGHETTI SQUASH BURRITO BOWL

Makes: 4 Servings

Total Time: 60 minutes

INGREDIENTS:

- 2 medium spaghetti squash (about 2 pounds each)
- 1 can (15 oz) black beans, drained and rinsed
- 2 cups frozen corn, thawed and drained
- 3 cups frozen peppers/onions mix, thawed and drained
- ½ cup salsa
- ½ cup shredded cheese, cheddar, fiesta, or other is fine
- 2 tablespoons oil, olive or canola
- 1 teaspoon cumin

Optional toppings: Green onions, additional salsa, cilantro, nonfat plain Greek yogurt, avocado, jalapeños

Adapted from: <https://www.snap4ct.org>

INSTRUCTIONS:

1. Preheat the oven to 375°F.
2. Cut the stem off each spaghetti squash, and then slice squash in half lengthwise. Scoop out seeds and the stringy pulp with a spoon.
Tip: Warm up spaghetti squash in microwave for 3-5 minutes to making cutting easier.
3. Line a baking sheet with foil. Brush with olive or canola oil, and place squash cut side down. Bake for about 45 minutes or until the squash is easy to pierce with a fork.
4. In a medium bowl, mix the black beans, corn, pepper/onion mix, salsa and cumin together while the spaghetti squash is baking.
5. Once the squash is done cooking, use a fork to scrape the inside, which will create your "noodles." Then top each squash with the mixture you made in step 4.
6. Add shredded cheese to the top of the mixture, then stick (cut side up) back in the oven on the baking sheet for about 10 minutes, or until cheese is melted and mixture is heated throughout.
7. Serve straight from the squash, topped with green onions, cilantro, or any other items you like!





CRUNCHY CHICKEN SALAD

Makes: 5 servings

Total Time: 25 minutes

INGREDIENTS:

- 2 cups cooked chicken (chunked)
- ½ cup celery
- ¼ cup sweet pepper
- ½ cucumber
- ½ cup grapes
- 1 small apple (diced with the peel left on)
- ¼ cup plain yogurt
- ½ teaspoon onion powder

INSTRUCTIONS:

1. Use leftover cooked chicken, or cook enough chicken to make 2 cups of chicken pieces.
2. Chop the celery and sweet pepper into small pieces.
3. Peel and chop half of a cucumber.
4. Cut the grapes in half.
5. Chop the apple into half-inch cubes.
6. Place all ingredients in a large bowl, and gently stir until combined.

Tip: Serve over lettuce, on whole wheat bread or with whole wheat crackers.

Adapted from: <https://extension.purdue.edu>

HERB-ROASTED CHICKEN WITH POTATOES AND PEAS

Makes: 4

Total Time: 55 minutes

INGREDIENTS:

- 1 ½ pounds potatoes (about 15, peeled and cut in half — in quarters if large)
- 2 ½ pounds bone-in, skin-on chicken thighs (about 8 thighs)
- 1 cup green peas (fresh or frozen)
- 2 tablespoons fresh lemon juice (plus lemon wedges for serving)
- 3 tablespoons olive oil
- 1 teaspoon dried parsley
- 1 teaspoon dried dill
- ¾ teaspoon salt
- ¾ teaspoon black pepper

Adapted from: <https://extension.purdue.edu>

INSTRUCTIONS:

1. Heat oven to 450°F with a rack in the highest position. Place the potatoes on a rimmed baking sheet and toss them with the oil and ½ tsp each of salt and pepper.
2. Season the chicken with the dill, parsley, and ¼ tsp each of salt and pepper.
3. Nestle the chicken skin side up in the potatoes and roast until the potatoes are tender. Make sure chicken thighs register at 165°F (about 25-30 minutes) in an instant-read thermometer. Toss the potatoes once during cooking (about 15 minutes after placing them in the oven).
4. Add the peas to the chicken and potatoes and continue to roast until warmed through (about 2 to 3 minutes).
5. Remove from oven and drizzle with lemon juice.





BAKED TOFU

Makes: 4 servings

Total Time: 40 minutes

INGREDIENTS:

- 1 tofu package 14oz (firm or extra firm, water packed)
- 2 tablespoons soy sauce
- 1 clove garlic or (¼ teaspoon garlic powder)
- 1 teaspoon ginger or (¼ teaspoon ginger powder)
- 1 teaspoon vegetable oil

INSTRUCTIONS:

1. Preheat oven to 350 degrees. Line a rimmed baking sheet with foil.
2. Drain water from tofu. Wrap tofu in paper towels. Sit can or skillet on top of tofu to press it down so the water will drain. Let it sit for 5 minutes.
3. While tofu is draining, combine soy sauce, garlic, ginger and vegetable oil in a small bowl.
4. Slice tofu into 1/2 inch thick slices. Place tofu slices on foil lined baking sheet.
5. Pour soy sauce mixture over tofu. Using a spatula or pancake turner, gently turn slices over to coat both sides with sauce.
6. Bake tofu for 15 minutes. Turn slices over and bake for another 15 minutes. Tofu should be light golden brown and firm. Serve hot in place of meat or cut into slices or cubes and add to a stir-fry, fried rice, soup or salad.

Tip: Serve with dipping sauce; add to salad, stir-fry, or wraps.

Adapted from: <https://whatscooking.fns.usda.go>



SIDES

ROASTED HONEY MUSTARD BRUSSELS SPROUTS

Makes: 2 cups

Total Time: 20 minutes

INGREDIENTS:

- 2 cups brussels sprouts, halved
- 2 teaspoon margarine or butter, melted
- 3 teaspoon honey
- 1 teaspoon prepared mustard
- ½ teaspoon onion powder

INSTRUCTIONS:

1. Preheat oven to 425 degrees.
2. Mix margarine, honey, mustard and onion powder in a large bowl. Set aside.
3. Spread sprouts on baking pan and roast for 10 to 15 minutes or until tender.
4. Add roasted sprouts to the mustard mixture and stir until evenly coated. Serve warm.
5. Refrigerate leftovers within 2 hours.

Tip: Honey is not recommended for children under 1 year old. Try brown sugar.

Adapted from: <https://foodhero.org/recipes>







ROASTED BROCCOLI

Makes: 4 servings

Total Time: 30 minutes

INGREDIENTS:

- 2 large heads broccoli
- 2 tablespoons olive oil
- ½ teaspoon salt
- ½ teaspoon pepper

INSTRUCTIONS:

1. Preheat oven to 400°F.
2. Cut off the base of the large stem and discard. Cut the broccoli into small pieces and place the pieces onto a cookie sheet.
3. Drizzle with olive oil and sprinkle with salt and pepper.
4. Roast in the oven for 20-25 minutes or until slightly browned and crispy.

Adapted from: <https://www.snap4ct.org>

SIMPLE ROASTED CARROTS

Makes: 6 servings

Total time: 25 minutes

INGREDIENTS:

- 12 medium carrots, raw
- 2 tablespoons olive oil
- ¼ teaspoon salt
- ½ teaspoon pepper

INSTRUCTIONS:

1. Preheat oven to 400°F. Clean carrots well, and peel with vegetable peeler if you'd like. Cut carrots in half if large, and then into 3 inch pieces.
2. Add the cut carrots to a large bowl. Add the remaining ingredients and toss well. Spread the seasoned carrots evenly on a sheet pan.
3. Roast for approximately 20 minutes.

Adapted from: <https://www.snap4ct.org>

GREENS WITH BEANS

Makes: 8 servings

Total Time: 25 minutes

INGREDIENTS:

- 2 large bunches of fresh collards
- 3 tablespoons olive oil or vegetable oil
- 1 yellow onion, diced
- 2 teaspoons minced garlic
- ½ cup broth, reduced sodium – vegetable or chicken
- 1 can white beans, rinsed and drained
- 2 tablespoons vinegar

INSTRUCTIONS:

1. Trim all stems from collards. Triple wash. Bunch washed leaves together, roll tightly and cut crosswise into thin strips.
2. Heat oil in large, heavy skillet over medium heat. Cook onion, stirring until lightly brown.
3. Add garlic and broth to skillet. Bring to boil then add collard strips by handfuls, stirring continuously. As greens reduce in size, continue adding greens until they all fit into the skillet. Cook until greens are soft but still maintain their bright green color.
4. Stir in beans. Heat through. Add vinegar to taste. Serve hot. Enjoy!

Tip: Reduce sodium further by using water in place of broth.
Kale or spinach can easily be substituted for the collards.
Serve on toast for a quick meal

Adapted from: <https://foodtalk.org>

CAULIFLOWER MASHED POTATOES

Makes: 4 servings

Total Time: 30 minutes

INGREDIENTS:

- 3 large potatoes, peeled and diced
- 1 10-ounce package or 1 head of cauliflower, fresh and chopped
- 3oz. cheese
- ½ cup milk
- 1 tablespoon salt
- 3 tablespoons butter

INSTRUCTIONS:

1. Peel and dice the potatoes and chop the cauliflower into small pieces.
2. Place potatoes, cauliflower and salt in saucepan and cover with water.
3. Bring to a boil and reduce heat to medium.
4. Cook for 20 minutes on medium or until potatoes are soft.
5. Drain and return to the pan.
6. Add butter and cheese.
7. Mash thoroughly.
8. Add milk and mix until creamy.

Adapted from: <https://www.aces.edu>







RATATOUILLE

Makes: 4-6 servings

Total Time: 50 minutes

INGREDIENTS:

- 1 small red onion
- 2 medium garlic cloves
- 1 small eggplant
- 1 medium zucchini
- 1 medium yellow squash
- 1 large tomato
- 3 tablespoons canola oil
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

Tip: Serve over spinach, brown rice, whole wheat pasta, or with whole grain bread. For a faster version, cook veggies in a large skillet on top of the stove with 1 teaspoon oil instead of baking.

Adapted from: <https://cookingmatters.org>

INSTRUCTIONS:

1. Preheat oven to 425°F.
2. Rinse and peel onion. Peel garlic. Rinse eggplant, zucchini, squash, and tomato.
3. Dice onion. Slice zucchini, squash & eggplant into ½-inch slices. Chop tomato. Mince garlic.
4. In a medium bowl, add onion, eggplant, zucchini, squash, garlic, oil, basil, oregano, salt, and black pepper. (Leave tomato out) Toss until veggies are well coated.
5. Coat baking sheet with non-stick cooking spray. Spread veggies out in a single layer so they do not touch. Bake for 20 minutes. Remove from oven.
6. Add tomato to baking sheet. Return baking sheet to oven. Bake, stirring occasionally, until veggies are golden crisp, about 15–20 minutes more.





SNACKS



FARMERS MARKET SALSA

Makes: 8 servings

Total Time: 15 minutes

INGREDIENTS:

- $\frac{3}{4}$ cup corn, fresh, canned or frozen
- 1 can (15 oz) black beans, drained and rinsed
- 1 cup tomatoes, diced, fresh or canned
- $\frac{1}{2}$ red onion, diced
- $\frac{1}{2}$ green bell pepper, diced
- 2 tablespoons lime juice
- 2 garlic clove, minced
- $\frac{1}{2}$ cup picante sauce

INSTRUCTIONS:

1. Combine all ingredients in a large bowl. Chill until serving time.
2. Drain before serving.
3. Serve with low-fat baked tortilla chips or fresh vegetables.

Adapted from: <https://www.snap4ct.org>

BAKED TORTILLA CHIPS

Makes: 16 chips

Total Time: 15 minutes

INGREDIENTS:

- 2 whole grain corn tortillas (6 to 8 inches)
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{4}$ teaspoon oil or cooking spray
- $\frac{1}{8}$ teaspoon seasoning (try garlic powder, onion powder, cumin, chili powder or a mixture) (*optional*)

INSTRUCTIONS:

1. Preheat oven to 400 degrees.
2. Cut each tortilla into 8 wedges. Arrange in a single layer on a baking sheet.
3. Bake for 5 to 10 minutes. Watch closely to avoid burning.

Adapted from: <https://foodhero.org/recipes>

WATERMELON WITH LIME AND CHILI POWDER

Makes: 2-4 servings

Total Time: 10 minutes

INGREDIENTS:

- 2 cups cubed watermelon, seeds removed
- ½ lime
- ¼ teaspoon chili powder (or more to taste)
- ¼ teaspoon salt (*optional*)

INSTRUCTIONS:

1. Cut watermelon into cubes.
2. In a serving bowl, squeeze lime juice over watermelon cubes.
3. Sprinkle with chili powder and salt if using.
4. Refrigerate leftovers within 2 hours.

Tip: Try with a mix of fruit and veggies such as other melons, pineapple, cucumber, mango and more. Spice mixes are available that combine lime and chili powder.

Adapted from: <https://foodhero.org/recipes>

ZUCCHINI BREAD

Makes: 12 slices per loaf

Total Time: 40-50min

INGREDIENTS:

- $\frac{3}{4}$ cup whole wheat flour
- $\frac{3}{4}$ cup white flour
- 2 teaspoon cinnamon
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon baking soda
- 2 eggs, beaten
- $\frac{3}{4}$ cup sugar
- $\frac{1}{2}$ cup oil
- 2 teaspoon vanilla extract (*optional*)
- 1 $\frac{1}{2}$ cups grated zucchini or summer squash

INSTRUCTIONS:

1. Preheat oven to 350°F.
2. Mix flours, cinnamon, baking powder, and baking soda together and set aside.
3. Combine beaten eggs, sugar, oil, and vanilla. Beat about 2 minutes. Stir in zucchini.
4. Add dry ingredients. Mix until ingredients are moistened.
5. Pour into well-greased loaf pan or muffin tin. Bake 40 minutes for bread, 20 minutes for muffins, or until toothpick comes out clean.

Tip: For a low-fat option, reduce the amount of oil in the recipe to $\frac{1}{4}$ cup. Add a $\frac{1}{4}$ cup applesauce with the other wet ingredients.

Adapted from: <https://extension.umaine.edu>

BERRY POPSICLES

Makes: 4-6 servings (depending on the container used)

Total Time: 5 minutes to prepare 1-2 hours to freeze

INGREDIENTS:

- 2 ½ cups rinsed, hulled strawberries
- 1 ½ cups nonfat plain yogurt
- 2 tablespoons honey
- 1 tablespoon lemon juice

INSTRUCTIONS:

1. Add all ingredients together in a blender. Blend until smooth.
2. Pour into popsicle molds or paper cups and use wooden craft sticks for the handle.
3. Freeze until solid.

Tip: Substitute bananas for a sweeter flavor or try any fruit that is in season. Honey is not recommended for children under 1 year of age.





ROLLED OAT PEANUT BUTTER COOKIES

Makes: 36 cookies

Total Time: 35 minutes

INGREDIENTS:

- 1 ripe banana
- 4 tablespoons unsalted butter
- ⅓ cup granulated sugar
- ½ cup peanut butter
- ⅓ cup light brown sugar, packed
- 1 large egg
- ½ teaspoon vanilla extract
- ½ cup all-purpose flour
- ½ cup whole wheat flour
- ½ teaspoon baking soda
- ⅔ cup rolled oats

Adapted from: <http://cookingmatters.org>

INSTRUCTIONS:

1. Preheat oven to 375°F.
2. Mash the banana with a fork.
3. Cut butter in half. In a microwave-safe bowl, heat in microwave 10–15 seconds to soften. Be careful not to melt butter.
4. In a large bowl, use a mixing spoon to blend butter, banana, and sugar.
5. Add peanut butter and brown sugar. Continue mixing until completely combined.
6. Add egg and vanilla. Mix until smooth.
7. Add flours and baking soda. Mix until smooth.
8. Stir in rolled oats. If using chocolate chips or raisins, gently stir in now.
9. Scoop dough with a tablespoon. Shape into 1-inch balls. Place dough balls 2 inches apart on an ungreased baking sheet. Flatten dough balls by using a fork to make a criss-cross pattern on the cookies.
10. Bake on middle rack of oven until cookies are lightly browned on bottom, about 8-10 minutes. Remove from oven. Let sit 5 minutes to firm up. Remove from tray.

CINNAMON CHIPS

Makes: 5 servings

Total Time: 15 minutes

INGREDIENTS:

- 4 whole wheat flour tortillas
- ¼ cup sugar
- 1 teaspoon cinnamon

INSTRUCTIONS:

1. Preheat oven to 350 degrees.
2. Cut each tortilla into 8 triangles using a knife or pizza cutter.
3. Spray baking sheet with cooking spray and place tortilla strips on baking sheet.
4. Spray tortilla strips lightly with cooking spray.
5. Combine sugar and cinnamon in small mixing bowl and sprinkle lightly on tortilla strips.
6. Bake 7 to 10 minutes or until lightly brown.

Adapted from: <https://www.kidsacookin.org>





TAKE-ALONG TRAIL MIX

Makes: 16 servings

Total Time: 5 min

INGREDIENTS:

- 4 cups unsweetened cereals of your choice
- 2 cups small pretzel twists
- 1 cup dried fruit (raisins, dried cranberries, dried apricots, or pineapple) (chopped into small pieces)
- 1 cup peanuts

INSTRUCTIONS:

1. Mix together all ingredients in a large bowl.
2. Store in an airtight container in the pantry for 1 week or in freezer for several weeks.

Tip: Dried fruits and nuts are a choking hazard for young children. Make trail mix without dried fruit or nuts for children under the age of 3 to reduce the risk of choking. Measure 1/2 cup amounts into snack size plastic bags so they're ready to grab and go.

Adapted from: <https://spendsmart.extension.iastate.edu>

MOZZARELLA STICKS

Makes: 12 servings

Total Time: 30 minutes

INGREDIENTS:

- 12 Mozzarella string cheese sticks
- Non-stick cooking spray
- 3 large eggs
- 1 cup plain breadcrumbs
- $\frac{3}{4}$ teaspoon dried oregano, divided
- $\frac{3}{4}$ teaspoon dried basil, divided
- $\frac{3}{4}$ teaspoon dried parsley, divided
- 1 (8-ounce) can tomato sauce, no salt added

Adapted from: <https://cookingmatters.org>

INSTRUCTIONS:

1. Preheat oven to 400°F.
2. Coat a baking sheet with nonstick cooking spray.
3. Remove string cheese from packaging and freeze at least 20 minutes.
4. In a small bowl, whisk eggs with a fork until it is well blended.
5. In a second small bowl, mix breadcrumbs with $\frac{1}{2}$ teaspoon dried oregano, $\frac{1}{2}$ teaspoon dried basil, and $\frac{1}{2}$ teaspoon dried parsley.
6. Dip each frozen mozzarella stick into beaten egg mixture, then into seasoned breadcrumbs. Repeat once more until each stick is coated well.
7. Place breaded mozzarella sticks on baking sheet. Spray them lightly with non-stick cooking spray. Bake until lightly browned, about 5–8 minutes.
8. In a small skillet, add tomato sauce and remaining $\frac{1}{4}$ teaspoon dried oregano, $\frac{1}{4}$ teaspoon dried basil, and $\frac{1}{4}$ teaspoon dried parsley. Stir to combine. Warm over low heat while mozzarella sticks are baking.
9. Serve mozzarella sticks with warmed tomato sauce.

FRUIT SALSA

Makes: 4 servings

Total Time: 10 min

INGREDIENTS:

- 1 cup diced strawberries
- 1 banana, diced
- 1 kiwi, peeled and diced
- 1 apple, cored and diced
- 2 tablespoons lemon juice (fresh or bottled)
- 1 tablespoons sugar
- ½ teaspoon cinnamon (*optional*)

INSTRUCTIONS:

1. Combine fruits in a medium mixing bowl and add lemon juice.
2. Stir in sugar and cinnamon. Mix well.
3. Refrigerate until serving time.

Tip: Lemon juice keeps fruit looking fresher and diced apples and bananas from turning brown. If you don't have lemon juice, try adding pineapple juice to the fruit in this recipe.

Adapted from: <https://www.kidsacookin.org>



CARROT CAKE COOKIES

Makes: 18 cookies

Total Time: 25 minutes

INGREDIENTS:

- 1 cup flour
- 1 teaspoon baking powder
- 1 cup oats
- 1 teaspoon cinnamon
- 1 ¼ cups shredded carrots
- 1 ½ cups raisins
- ½ cup applesauce
- ¼ cup vegetable (or canola) oil
- ½ cup honey

INSTRUCTIONS:

1. Pre-heat oven to 350° F.
2. In a large bowl, stir together flour, baking powder, oats, cinnamon, carrots and raisins.
3. In a small bowl, stir together the applesauce, oil and honey.
4. Mix wet ingredients into dry ingredients.
5. Drop by the spoonful onto greased cookie sheet.
6. Bake for 10 minutes, or until lightly browned. Enjoy!

Tip: Honey is not recommended for children under 1 year of age.

FOR FROSTING

INGREDIENTS:

- 4oz. cream cheese
- 1 cup powdered sugar
- ½ teaspoon vanilla extract
- 2 tablespoons milk too thin to desired consistency

INSTRUCTIONS:

1. Mix cream cheese, milk and vanilla with spoon or handheld mixer until smooth.
2. Mix in powdered sugar ¼ cup at a time until all combined.
3. Spread or drizzle frosting on top of cookies.

Adapted from <https://fnec.cornell.edu>

PEANUT BUTTER CEREAL BARS

Makes: 16 bars

Total Time: 20 minutes

INGREDIENTS:

- ½ cup honey
- 1 cup peanut butter
- 2 cups rice cereal
- 1 cup quick oats
- 1 cup raisins or other dried fruit

INSTRUCTIONS:

1. In a saucepan bring honey to a boil.
2. Reduce heat to low and stir in peanut butter.
3. Add dry cereal, oats and raisins; mix well. Remove from heat
4. Lightly spray or oil an 8 inch square baking pan with cooking spray.
Press into prepared 8-inch pan. When cool, cut into 16 bars.
5. Store in an airtight container for up to a week.

Tip:

- Honey is not recommended for children under 1 year of age.
- To avoid peanuts or peanut butter, try sunflower seeds or sunflower seed butter.

Adapted from: <https://www.foodhero.org>





HUMMUS

Makes: 2 cups

Total Time: 5 minutes

INGREDIENTS:

- 1 can (15 ounces) garbanzo beans, drained and rinsed
- ½ cup nonfat plain yogurt
- 2 tablespoons lemon juice (fresh or bottled)
- 2 teaspoons vegetable oil
- 1 clove garlic, or ¼ teaspoon garlic powder
- ¼ teaspoon black pepper
- ½ teaspoon ground cumin

INSTRUCTIONS:

1. Place all ingredients in a blender.
2. Blend to desired consistency (more time for smooth dip, less for a chunky dip).
3. If hummus seems too thick, add 2 teaspoons of water.
4. Refrigerate leftovers within 2 hours.

OR

1. Spread garbanzo beans on a large plate. Mash well with a fork until they are as smooth as you like.
2. Mix with other ingredients in a small bowl.
3. If hummus seems too thick, add 2 teaspoons of water.

Tip: Change the flavor by adding chili powder, chopped cilantro or parsley, or hot sauce.

Adapted from: <https://foodhero.org>

PEANUT BUTTER YOGURT DIP

Makes: 1 cup

Total time: 5 minutes

INGREDIENTS:

- ½ cup nonfat plain yogurt
- ¼ cup peanut butter
- ¾ teaspoon cinnamon

INSTRUCTIONS:

1. In a small bowl, mix together yogurt and peanut butter.
Add cinnamon, if desired.
2. Serve with slices of fruit or vegetables.
3. Refrigerate leftovers within two hours.

Tip:

- To avoid peanut butter, substitute peanut butter for 1 tsp brown sugar
- Store in fridge for up to 2 weeks. When storing in a container makes sure the dip fills to the top for little air to get through. This will help the two ingredients from getting separated.

Adapted from: <https://www.foodhero.org>



