

Pasta Primavera with Asparagus, Tomatoes and Peas

Makes 4-6 Servings

Ingredients

- 8 oz (about 2 cups) uncooked whole wheat pasta
- 2 tablespoons olive oil
- 1 pound of asparagus, cut into 1 inch pieces
- 1/2-1 teaspoon garlic powder
- 2 cups cherry tomatoes, cut in half
- 1 cup shelled peas (fresh or frozen)
- 1/2 cup low sodium chicken broth
- 1/2 cup grated parmesan cheese
- Black pepper to taste

Directions

1. Cook pasta according to package directions.
2. While the pasta noodles are cooking, heat oil in a skillet.
3. Add asparagus and garlic powder to the skillet and cook for about 3 minutes.
4. Add tomatoes and peas to the asparagus and cook for 2 more minutes.
5. Pour chicken broth into the pan and bring to a simmer.
6. Stir in cooked pasta, parmesan cheese and black pepper.

If desired, can be served with pasta sauce. Other vegetables, such as green beans or carrots, can be used in place of asparagus.

Recipe from: Utah State University Cooperative Extension, MyPlate Kitchen
<https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/pasta-primavera>



Avocado, Corn and Salsa

Makes 6 Servings

Ingredients

- 1 (15 ounce) can corn, drained and rinsed
- 1 cup cucumber, diced
- 1/4 cup onions, diced
- 2 tablespoons lemon, lime or orange juice
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper (optional)
- 1 avocado, diced

Directions

1. Add corn, cucumber, onions, juice, salt and black pepper to a large mixing bowl. Stir to mix.
2. Add avocado. Carefully mix avocado into salsa.
3. Allow to marinate for 30 minutes before serving.

Use Avocado, Corn and Cucumber Salsa as a topping for fish tacos or serve as a side dish with grilled chicken breast.



Recipe from:



Brazilian Black Beans and Sausage

Makes 8 (1 cup) Servings

Ingredients

- 2 teaspoons oil
- 8 ounces low-fat polish kielbasa sausage, cut into small pieces
- 1 large onion, chopped
- 1/4 teaspoon garlic powder
- 1 red bell pepper, chopped
- 1 teaspoon ground cumin
- 1 cup uncooked brown rice
- 1 (15 ounce) can black beans, drained and rinsed
- 2 cups water

Directions

1. Heat oil over medium-high heat (350 degrees in an electric skillet); sauté sausage and onion until onion is clear.
2. Add remaining ingredients.
3. Bring to boil over high heat, reduce heat to low, cover, and simmer for 30 minutes.

Recipe from: [Recipe from: Food Hero](https://foodhero.org/recipes/brazilian-black-beans-and-sausage)
<https://foodhero.org/recipes/brazilian-black-beans-and-sausage>



Beet and White Bean Salad

Makes 4 Servings

Ingredients

For the Dressing:

- 2 tablespoons apple cider vinegar
- 1 tablespoon Dijon mustard
- 1/2 teaspoon sugar
- 1/4 cup olive oil

For the Salad:

- 2 3/4 cups roasted beets, diced
- 1 (14.5 ounce) can white beans (cannellini), rinsed and drained
- 4 cups salad greens
- Optional toppings: Cheese (shredded cheddar, blue cheese or feta) or chopped nuts (walnuts or almonds)

Directions

1. Make dressing: Combine cider vinegar, Dijon mustard and sugar in bowl. Slowly add oil. Season with salt and pepper.
2. Combine beans and beets with salad dressing.
3. Place beet mixture on top of salad greens. Sprinkle with nuts and cheese.

Recipe adapted from: Cans Get You Cooking, MyPlate Kitchen
<https://www.choosemyplate.gov/recipes/myplate-cnpp/beet-white-bean-salad>



Stuffed Peppers with Turkey and Vegetables

Makes 6 Servings

Ingredients

- 1 cup cooked rice (white or brown)
- 3 bell peppers, cut in half
- 1/2 pound ground turkey or beef
- 1 teaspoon Italian spice mix (or dry basil and oregano)
- 1 teaspoon garlic powder
- 1/4 teaspoon each salt and pepper
- 1/2 cup onion, chopped
- 1 cup mushrooms, sliced
- 1 cup zucchini, chopped (about 1 small zucchini)
- 1 (14.5 ounce) can diced tomatoes with liquid

Directions

1. Cook the rice according to package directions. Preheat oven to 350 degrees.
2. Cut the peppers in half from top to bottom. Remove the stem and seeds.
3. In a large pan over medium heat (300 degrees in an electric skillet), cook the turkey until no longer pink. Add spices during last few minutes.
4. Add onion, mushrooms and zucchini to the pan. Add a small amount of oil, if needed. Cook until tender.
5. Mix in the tomatoes and rice. Remove from heat.
6. Fill the pepper halves with the skillet mixture.
7. Cover the baking dish with foil. Bake at 350 degrees for 40-50 minutes or until peppers are tender when poked with a fork.

Recipe from: Food Hero
<https://foodhero.org/recipes/stuffed-peppers-turkey-vegetables>



Broccoli Potato Soup | Makes 4 Servings

Ingredients

- 4 cups broccoli, chopped
- 1 small onion, chopped
- 4 cups low sodium chicken or vegetable broth
- 1 cup low-fat milk
- 1 cup mashed potatoes, instant (prepared in water)
- Salt and pepper (to taste, optional)
- 1/4 cup cheddar cheese, shredded (or American)

Directions

1. Combine broccoli, onion and broth in large sauce pan. Bring to a boil.
2. Reduce heat. Cover and simmer about 10 minutes or until vegetables are tender.
3. Add milk to soup. Slowly stir in potatoes.
4. Cook, stirring constantly, until bubbly and thickened.
5. Season with salt and pepper; stir in a little more milk or water if soup is too thick.
6. Sprinkle about 1 tablespoon cheese over each serving.

Recipe adapted from: Arizona Nutrition Network,
Don't Play With Your Food: Fall and Winter Cookbook, MyPlate Kitchen
<https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/broccoli-potato-soup>



Lemon Dill Brussels Sprouts

Makes 2 Servings

Ingredients

- 1 cup Greek yogurt
- 1 teaspoon dill weed
- 1 teaspoon lemon juice
- 1 teaspoon salt
- 1 pound (2 cups) Brussels sprouts (trimmed and halved end to end)
- 2 teaspoons margarine or butter
- 1/4 cup water

Directions

1. In a small bowl, mix yogurt, dill weed, lemon juice and salt. Set aside.
2. In a large pan over medium-high heat, sauté sprouts (cut side down) in margarine or butter until they begin to brown.
3. Stir. Add water. Cover. Steam until the water is gone and sprouts are tender crisp, 3-5 minutes.
4. Mix sprouts with lemon dill sauce. Serve warm.

Recipe adapted from: Food Hero
<https://foodhero.org/recipes/lemon-dill-brussels-sprouts>



Classic Baked Chicken and Winter Vegetables

Makes 4 Servings

Ingredients

- 1 pound bone-in chicken legs or thighs
- 2 cups Brussels sprouts, cut in half
- 2 medium sweet potatoes, peeled and chopped into small cubes
- 1 tablespoon olive oil
- 3 tablespoons balsamic vinegar
- 1 teaspoon brown sugar
- Salt and pepper
- 1/4 teaspoon garlic powder
- 1/4 cup dried cranberries

Directions

1. Preheat oven to 400 degrees.
2. Make the balsamic dressing: In a small bowl, mix oil, vinegar, salt and brown sugar. Set aside.
3. Place cut Brussels sprouts and cut sweet potatoes in a greased 9x13 baking dish. Pour the dressing over the vegetables and stir until coated.
4. Season the chicken with garlic powder, salt and pepper. Place the chicken on top of the vegetables in the baking dish.
5. Roast for 25 minutes. Set the chicken aside and stir the vegetables. Place the chicken back on top and bake for 15 more minutes, or until the vegetables are tender and the chicken reaches an internal temperature of 165 degrees.
6. Take pan from the oven and top with dried cranberries.

Recipe from: Feeding Pennsylvania and PA Eats



Black Bean and Butternut Squash Quesadillas

Makes 4 Servings

Ingredients

- Non-stick cooking spray
- 1 small butternut squash, cooked and mashed
- 1 cup black beans, canned
- 1 small onion, chopped
- 1 clove garlic, chopped
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons paprika
- 1/2 large chili pepper
- 2 tablespoons sour cream, low-fat or reduced fat plain yogurt
- 8 whole wheat tortillas
- 1/4 cup cheddar cheese, reduced-fat
- 1/2 cup baby spinach

Directions

1. Saute onion and garlic (using nonstick cooking spray) in a medium size pan until soft.
2. Add mashed butternut squash, black beans, spices and jalapeno.
3. Heat until just warm.
4. Spread squash mixture over tortilla, then top with baby spinach, cheese and onion.
5. Top with second tortilla.
6. Heat a pan on high heat and spray with nonstick cooking spray.
7. Brown quesadilla about 1 minute on each side, until the inside is warm, and the cheese is melted.

Recipe adapted from: Bronson Wellness Center, MyPlate Kitchen
<https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistanceprogram-snap/black-bean-and-sweet-potato-quesadillas>



BBQ Butternut Squash Chili

Makes 4-6 Servings

Ingredients

- 1 (15 ounce) can of beef or 1 pound ground meat
- 1 (28 ounce) can diced or whole tomatoes
- 2 (15 ounce) cans of beans (such as kidney, black, pinto, Great Northern, etc.)
- 1 small onion, chopped
- 2 cups butternut squash, cubed
- 2 teaspoons salt
- 2 teaspoons black pepper
- 2 tablespoons chili powder
- 1/4 cup BBQ sauce (optional)

Directions

1. Drain juices from canned beef and beans and add into a large pot. If using ground meat, cook, drain grease and then add beans into a large pot. Add canned tomatoes with juices into the same pot.
2. Chop onion in small pieces. Peel squash and cut in half from end to end. Remove seeds. Cut into 1/2-inch pieces. Add onions and squash to large pot. Season ingredients with salt, black pepper and chili powder. If adding BBQ sauce, add now.
3. Turn the heat to medium and bring the mix to simmer (bubble). Stir every few minutes to prevent burning. After 15 minutes turn heat to low. Cook until squash is tender (soft), then serve.

Recipe from: Feeding Pennsylvania and PA Eats



Rustic Cabbage Soup | Makes 6 Servings

Ingredients

- 1 tablespoon olive oil
- 1/2-pound potatoes, skin on, cut into 1/4-inch pieces
- 4 cloves garlic, chopped or 1/2 teaspoon garlic powder
- 1/2 large yellow onion, thinly sliced
- 6 cups broth
- 1 1/2 cups canned tomatoes, crushed or diced
- 1 1/2 cups white beans, canned, drained and rinsed
- 1/2 medium cabbage, cored and sliced into 1/4-inch ribbons
- 1/2 cup parmesan cheese

Directions

1. Warm the olive oil in a large pot over medium-high heat. Stir in the potatoes. Cover and cook until a bit soft and starting to brown, about 5 minutes.
2. Stir in the garlic and onion and cook for 1-2 minutes.
3. Add the broth, canned tomatoes and beans, and bring the pot to a simmer.
4. Stir in the cabbage and cook for 2-3 more minutes, until the cabbage softens.
5. Add cheese and season with pepper to taste.

Recipe adapted from: <https://hungerandhealth.feedingamerica.org/recipe/rustic-cabbage-soup/>



Carrot Raisin Salad

Makes 6 (1/2 cup) Servings

Ingredients

- 2 cups shredded carrots (about 4 carrots)
- 1/2 cup raisins
- 2 tablespoons low-fat mayonnaise or salad dressing
- 2 tablespoons plain yogurt or orange juice

Directions

1. 1. Combine carrots and raisins in a serving bowl.
2. Mix low-fat mayonnaise or salad dressing with yogurt or orange juice.
3. Pour mixture over carrots and raisins and chill until serving time.



Recipe adapted from: Food Hero
<https://foodhero.org/recipes/carrot-raisin-salad>

Cauliflower Mac and Cheese

Makes 7 Servings

Ingredients

- 1 pound whole wheat pasta shells
- 8 cups water
- 2 cups cauliflower, chopped
- 1 1/2 cups milk, non-fat
- 1 teaspoon garlic powder
- 1/4 cup flour
- 1/4 cup vegetable oil
- 1 cup cheese, low-fat

Directions

1. Fill a pot with 6 cups of water and bring to a boil. Once the water is boiling, add pasta and cook for 8 minutes.
2. Drain pasta and fill the same pot with 2 cups of water; bring to a boil.
3. Place the chopped cauliflower in the boiling water and cook until the florets are soft (about 4 minutes). Drain cauliflower.
4. Place the cooked cauliflower, 1/2 cup milk and garlic powder in a blender, and blend until smooth.
5. In a separate pot, heat oil. Add the flour and whisk until the mixture is smooth. Add 1 cup of milk and cook until it bubbles and thickens. Add the cheese and cauliflower and mix.
6. Once the mixture is complete, remove from heat. Add the pasta back into the sauce and serve.

Recipe adapted from: Michigan State University Extension-Midland County. With Veggies, More Matters! MyPlate Kitchen <https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/conchas-de-coliflor-con-queso>



Chickpeas and Spinach Sauté

Makes 4 Servings

Ingredients

- 1 pound whole wheat pasta shells
- 8 cups water
- 2 cups cauliflower, chopped
- 1 1/2 cups milk, non-fat
- 1 teaspoon garlic powder
- 1/4 cup flour
- 1/4 cup vegetable oil
- 1 cup cheese, low-fat

Directions

1. Put a pan on the stove on medium-high heat. When the pan is hot, add oil.
2. Add onion, garlic, celery and carrot. Cook about 15 minutes until the mixture is soft and the onions are lightly browned.
3. Raise the heat to high and add the tomatoes, beans and water. Cook for 5 minutes. Lower the heat to low and top the mixture with the spinach (don't worry about stirring). Cover and cook until the spinach has thawed and heated throughout, about 10 minutes. Stir well.
4. Add the lemon juice and red pepper flakes and stir thoroughly.
5. Serve with cooked quinoa or brown rice.

Recipe from: MyPlate Kitchen

<https://www.choosemyplate.gov/recipes/myplate-cnpp/chickpeas-and-spinach-saute>



Chickpea Salad with Greens

Makes 4-6 Servings

Ingredients

- 1 (15 ounce) can chickpeas, drained and rinsed, or 1 1/2 cups of drained cooked dried beans
- 1/4 cup mayonnaise
- 1/2 tablespoon lemon juice
- 1/2 tablespoon salt
- 1/2 tablespoon black pepper
- 1 teaspoon dried oregano
- 1 teaspoon dried dill
- 1/2 bunch kale, stems removed and roughly chopped
- 1 tablespoon olive oil

Directions

1. In a large mixing bowl, smash chickpeas with fork. Combine smashed chickpeas, mayonnaise, lemon juice, salt, pepper, oregano and dill.
2. In another mixing bowl, add chopped kale, olive oil and one pinch of salt. Toss all together and put on a plate.
3. Top kale with chickpea salad and serve.

Recipe from: Feeding Pennsylvania and PA Eats



Turkey and Chickpea Stew

Makes 4-6 Servings

Ingredients

- 1 tablespoon oil
- 1 clove garlic, chopped
- 1/2 tablespoon lemon juice
- 1 pound ground turkey
- 1 (14.5 to 16 ounce) can crushed tomatoes
- 1 (15 ounce) can chickpeas, drained and rinsed, or 1 1/2 cups of drained cooked dried beans
- 1 (14.5 ounce) can diced white potatoes
- 4 bay leaves
- 1/2 tablespoon dried oregano
- 1/2 tablespoon dried thyme
- Water
- Salt and pepper
- 3 cups cooked rice (optional), for serving

Directions

1. Heat oil in large pot or saucepan over medium heat. Add garlic, stirring until it begins to brown, about 2-3 minutes. Add ground turkey and cook until browned and crumbled, breaking up with a wooden spoon.
2. Add tomatoes, chickpeas, potatoes, bay leaves, oregano, thyme and a pinch of salt and pepper. Fill empty tomato can with water and pour into pot. Bring ingredients to boil and lower heat to medium-low.
3. Simmer (lightly bubbling) for one hour. Taste and adjust spices, if needed. To serve, remove bay leaves and spoon over rice in bowls.

Recipe from: Feeding Pennsylvania and PA Eats



Ingredients

- 1 teaspoon oil
- 1 cup onion, chopped
- 3 garlic cloves, chopped
- 6 cups collard greens, chopped
- 1 (15 ounce) can white beans, drained and rinsed
- 1 cup low-sodium chicken broth
- 1 tablespoon lemon juice or apple cider vinegar
- 1/2 teaspoon black pepper or red pepper flakes
- 1/2 cup parmesan cheese (optional)

Directions

1. Heat oil in a large pot over medium heat.
2. Add onion and garlic. Cook for 3 minutes.
3. Add half of the greens. Cook for 2 minutes.
4. Add the rest of the greens, white beans and chicken broth. Cover pot with a lid. Cook for 15 minutes.
5. Before serving, add lemon juice or apple cider vinegar. Top with pepper and parmesan cheese, if using.



Recipe from:



Ingredients

- 1 (15 ounce) can black eyed peas, drained and rinsed
- 1 (15 ounce) can black beans, drained and rinsed
- 1 (15 ounce) can corn or 1 1/2 cups fresh or frozen corn
- 1 (15 ounce) can crushed tomatoes or 1 cup diced fresh tomatoes
- 1 jalapeno, diced
- 1/2 cup onion, diced
- 2 tablespoons oil
- 2 tablespoons lime juice
- 1 teaspoon cumin
- Salt and pepper

Directions

1. Mix beans, corn, tomatoes, jalapeno and onion in a large bowl.
2. Add lime juice, oil and cumin. Toss gently to mix. Add small amount of salt and pepper to taste.
3. Serve by itself, with raw vegetables and/or corn chips.
4. Avocado, cucumbers and bell pepper can all be added to this recipe. Add more oil, lime juice and spices as well.

Recipe from: MyPlate Kitchen

<https://www.choosemyplate.gov/recipes/supplemental-nutritionassistance-program-snap/cowboy-caviar-bean-salsa>



Mediterranean Tuna Salad

Makes 4-6 Servings (5 cups)

Ingredients

- 3 (5 ounce) cans tuna in water, drained
- 1 cup carrot, diced or grated (about 2 medium carrots)
- 2 cups cucumber, diced
- 1 1/2 cups peas, canned or frozen (thaw before using)
- 3/4 cup low-fat Italian salad dressing

Directions

1. Place drained tuna in a medium bowl. Use a fork to break apart chunks of tuna.
2. Add carrot, cucumber, peas and salad dressing. Mix well.
3. Serve immediately or make ahead. Cover and refrigerate until ready to serve.
4. This can be served over greens or in a wrap.



Recipe from: Food Hero
<https://foodhero.org/recipes/mediterranean-tuna-salad>

Penne with Eggplant | Makes 4-6 Servings

Ingredients

- 8 ounces whole wheat penne or ziti (half of a 16-ounce package)
- 1 1/2 teaspoons canola or olive oil
- 3 cups cubed eggplant (about 1 small)
- 1/2 cup finely chopped onion
- 2 garlic cloves, chopped or 1 teaspoon garlic powder
- 1/8 teaspoon salt
- 1/8 teaspoon crushed red pepper
- 1 1/2 cups pasta sauce
- 3 tablespoons finely chopped fresh basil or 1 tablespoon dried basil (optional)
- 1/2 cup + 1/4 cup shredded part-skim mozzarella cheese; keep divided

Directions

1. Cook pasta according to package directions, leaving out salt and oil. Drain well.
2. Heat oil in a large skillet over medium-high heat. Add cubed eggplant and onion. Cook for 8 minutes or until onion is browned.
3. Stir in garlic and cook for 3 minutes.
4. Add salt, crushed red pepper and pasta sauce (and basil, if using). Bring to a simmer. Reduce heat and cook for 5 minutes. Remove from heat.
5. Toss eggplant mixture with pasta. Sprinkle with 1/2 cup cheese and toss gently.
6. Top evenly with remaining 1/4 cup cheese. Serve immediately.



Recipe from: Jewish Family and Children's Service, hungerandhealth.feedingamerica.org/wp-content/uploads/legacy/2014/06/PennewithEggplant_JFCS_10.18.13.pdf

Asian Inspired Sesame Peanut Eggplant

Makes 4 Servings

Ingredients

- 2 tablespoons sesame oil
- 2 tablespoons creamy peanut butter
- 2 tablespoons soy sauce
- 1 tablespoon lime juice
- 3 tablespoons maple syrup or honey
- Pinch of red pepper flakes
- 2 cups eggplant (stems removed, sliced end to end into planks, then cut into 1-inch pieces, skin on)
- 2 cups hot cooked rice
- 1 teaspoon sesame seeds (optional)

Directions

1. In a medium bowl with a fork, whisk together 1 tablespoon each of the sesame oil, soy sauce and maple syrup. Add eggplant pieces and toss to coat.
2. Heat a large pan over medium heat. When hot, add the eggplant pieces and any remaining sauce to the skillet. Cook for 3 to 4 minutes, turning eggplant until brown on all sides, about 1 to 1 ½ minutes per side.
3. When eggplant is ready, place on top of the rice in the serving bowl. Return the hot pan to the stove.
4. In a medium bowl with a fork, whisk 1 tablespoon each of sesame oil, soy sauce and maple syrup with the peanut butter, lime juice and red pepper flakes. Add the peanut butter sauce to the hot pan and cook for 2 to 3 minutes, stirring gently.
5. Drizzle hot peanut butter sauce over the eggplant and rice. Sprinkle with sesame seeds.

Recipe from: Feeding Pennsylvania and PA Eats



Marinated Stuffed Eggplant

Makes 4-6 Servings

Ingredients

- 1 small eggplant (sliced end to end with skin on into 1/4-inch slices)
- 1/4 teaspoon salt
- 1/4 cup olive oil, divided
- 1 ounce crumbled feta cheese
- 2 tablespoons fresh basil or 1/2-1 tablespoon dry basil
- 2 tablespoons fresh parsley or 1/2-1 tablespoon dry parsley
- 1 clove chopped garlic or 1/2 teaspoon garlic powder
- 1/2 cup red wine vinegar

Directions

1. Cut eggplant end to end to make long thin slices. Lightly salt eggplant slices on each side and let sit for 20 minutes. Pat the slices dry on both sides with paper towels.
2. In a large pan, heat 1/4 cup olive oil over medium-high heat. When it's hot, turn heat to medium and add eggplant slices a few at a time. Cook until soft on one side, about 1 to 2 minutes. Flip and cook for 1 to 2 more minutes. Slices should be golden brown on both sides. Remove to a plate to cool. Turn off the pan and let the rest of the oil to cool for 10 to 15 minutes.
3. While the oil is cooling, mix feta cheese, basil and parsley in a small bowl. Break up any large clumps of cheese.
4. Add feta mix on top of each slice of eggplant and roll up into a tube. Use toothpick to keep them rolled up and place in a small deep dish. Do this for all the eggplant slices.
5. In a bowl, add any remaining cooled olive oil from the pan, garlic, red wine vinegar. Using a fork, whisk to combine. Pour over eggplant rolls. Cover with plastic wrap and refrigerate for at least 1 hour.

Recipe from: Feeding Pennsylvania and PA Eats



French-Inspired Eggplant Stew

Makes 4-6 Servings

Ingredients

- 1/4 cup olive oil
- 1 small eggplant (stem removed, peeled and sliced end to end into 1/2-inch planks, then cut into 1/2-inch pieces)
- 1 small onion, diced
- 1 small green pepper, diced
- 1/2 teaspoon salt
- 1 clove garlic, chopped small
- 1 (15 ounce) can diced tomatoes with juice
- 2 tablespoons sliced black olives (optional)
- 3 tablespoons chopped fresh basil or 1 tablespoon dried basil

Directions

1. In a medium pot over medium-high heat, add olive oil, eggplant, onion and green pepper. Cook for 6 to 8 minutes, stirring often.
2. Stir in salt and garlic and cook one more minute.
3. Add canned tomatoes with juice and bring to a simmer (bubble). Reduce heat to medium-low, cover, and cook for 5 to 6 minutes. Stir and cover for 5 to 6 more minutes.
4. Turn off heat. Remove the lid, stir in black olives and basil. Allow to sit for 5 minutes before serving.



Recipe from: Feeding Pennsylvania and PA Eats

Veggie Stew

Makes 8 (1 cup) Servings

Ingredients

- 1 tablespoon vegetable oil
- 1/2 cup diced onion (1/2 medium onion)
- 2 fennel bulbs, chopped (can use 2 stalks celery)
- 2 carrots, sliced in 2 inch sticks
- 1 (15 ounce) can diced tomatoes, with juice
- 1 medium potato, diced
- 1 zucchini (sliced 1/4 inch thick)
- 2 tablespoons parsley, chopped
- 1 cup broth
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Directions

1. In a deep pot, heat 1 tablespoon of oil.
2. Add onions and fennel and sauté until they are soft.
3. Add the rest of the vegetables and 1 cup broth (or water and vegetable broth cubes).
4. Season with salt and pepper.
5. Cover and simmer slowly for 30 minutes or until carrots and potatoes are tender.
6. If soup gets too dry or thick, add more broth.

Recipe adapted from: Food Hero
<https://www.foodhero.org/recipes/veggie-stew>



Easy Oven Fish Sticks

Makes 4 Servings

Ingredients

- Cooking spray
- 1 pound frozen pollock, or other white fish, such as haddock or cod (partially thawed)
- 1/2 cup flour
- 2 egg whites, beaten
- 3/4 cup whole wheat bread crumbs
- 2 tablespoons grated parmesan cheese
- 1/8 teaspoon ground black pepper

Directions

1. Place rack in center and heat oven to 450 degrees. Spray baking sheet with cooking spray.
2. Cut pollock into strips 1-inch wide (easiest when fish is partially, rather than fully, thawed) and place on baking sheet.
3. Mix breading ingredients (bread crumbs, parmesan cheese and pepper) in a shallow dish; place flour and egg whites in separate dishes.
4. Dip fish sticks in flour, then in egg whites, then breading mix, coating evenly.
5. Return coated fish sticks to baking sheet, spacing evenly. Cook fish until it is 145 degrees, about 10-12 minutes, and golden brown, turning as needed.

Recipe from: Produce For Better Health Foundation, MyPlate Kitchen
<https://www.choosemyplate.gov/recipes/myplate-cnpp/easy-oven-fish-spinach-basil-dippingsauce-spiced-apples>



Chicken and Green Bean Salad

Makes 4 Servings

Ingredients

For the salad:

- 2 cups shredded chicken or 20 ounces canned white meat chicken, drained
- 1 (31 ounce) can low-sodium green beans, drained and rinsed
- 3 stalks celery, chopped
- 3 tablespoons chopped almonds (or any nut)

For the dressing:

- 1 tablespoon Dijon mustard or spicy brown mustard
- 2 tablespoons olive oil or canola oil
- 2 tablespoons lemon juice or vinegar
- 1/4 teaspoon dried thyme
- 1/4 teaspoon ground pepper

Directions

1. Add salad ingredients into a large bowl and mix together.
2. For the dressing, add mustard, olive oil, lemon juice, thyme and pepper to a small bowl. Use a fork or whisk to combine.
3. Add dressing to salad, tossing to combine.

Recipe from: American Heart Association, <https://hungerandhealth.feedingamerica.org/recipe/chicken-and-green-bean-salad/>



Potato, Black Bean and Kale Skillet

Makes 4 Servings

Ingredients

- 4 red potatoes
- 2 1/2 cups kale, chopped
- 1-2 jalapeno peppers, chopped small
- 2 tablespoons olive oil
- 1 clove garlic or 1/2 teaspoon garlic powder
- 1/4 cup onion, chopped
- 1/4 teaspoon salt
- 1 (15 ounce) can black beans, drained and rinsed
- 1/2 cup nonfat plain Greek yogurt

Directions

1. Dice potatoes into 1/4" pieces.
2. Chop kale and jalapenos.
3. Heat oil in large pan over medium heat. Add garlic, jalapeno and onion; cook 2-3 minutes until just starting to brown.
4. Add diced potatoes, salt and pepper to pan. Cover with lid and cook 4-5 minutes. Stir and cook 4-5 more minutes.
5. Add chopped kale and black beans. Cook about 3-5 more minutes, stirring gently.
6. Serve with Greek yogurt.

Recipe adapted from: Produce for Better Health, MyPlate Kitchen
<https://www.choosemyplate.gov/recipes/myplate-cnpp/potato-black-bean-kale-skillet>



Breakfast Squash Cookies

Makes 48 Servings

Ingredients

- 1 3/4 cups winter squash (butternut, hubbard, pumpkin, etc.), cooked and pureed
- 1 1/2 cups brown sugar
- 2 eggs
- 1/2 cup vegetable oil
- 1 1/2 cups flour
- 1 1/4 cups whole wheat flour
- 1 tablespoon baking powder
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- 1/4 teaspoon ground ginger
- 1 cup raisins
- 1 cup walnuts, chopped

Directions

1. Preheat oven to 400 degrees.
2. Mix pureed squash, brown sugar, eggs and oil thoroughly.
3. Blend dry ingredients and add to pumpkin mixture.
4. Add raisins and nuts.
5. Drop by teaspoonfuls on greased cookie sheet.
6. Bake 10-12 minutes until golden brown.

Recipe adapted from: Oregon State University Cooperative Extension Service, MyPlate Kitchen
<https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/breakfast-pumpkin-cookies>



Bean Gumbo

Makes 4-6 Servings

Ingredients

- 1/3 cup olive or vegetable oil
- 6 tablespoons all-purpose flour
- 1 bunch greens, such as kale, rinsed and chopped with stems
- 1 (14 ounce) canned diced tomatoes, (keep tomato liquid)
- 1 teaspoon dried oregano or thyme
- 2 onions, peeled and cut into quarters
- 2 carrots, peeled and cut into coin slices
- 5 garlic cloves, peeled and chopped
- 3 cups cooked kidney beans or 2 (15 ounce) cans chickpea or black beans
- Salt and pepper

Directions

1. In a pot, heat oil over medium high heat. Whisk in flour, reduce heat to low, and cook, stirring the whole time with a wooden spoon. Stir until flour mixture is a dark reddish brown, about 10-15 minutes (this gives the gumbo its rich taste).
2. Stir in greens, canned tomatoes with liquid, dried oregano or thyme, onions and carrots. Cook for 5 minutes.
3. Add chopped garlic and 2 quarts (8 cups) water or liquid from the dried beans, if dried beans were cooked from scratch (if you don't have enough
4. liquid, add water to make 8 cups).
5. Continue stirring until liquid comes to a boil, then lower the heat and simmer for 20 minutes. Add beans and cook 15 minutes more. Season with salt and pepper to taste.

Recipe from: Feeding Pennsylvania and PA Eats



Greens with Carrots

Makes 4 (1 cup) Servings

Ingredients

- 8 cups kale (or other greens)
- 2 teaspoons vegetable oil
- 2 large carrots, peeled and cut in thin strips or coarsely shredded
- 1 clove garlic, chopped or 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon ground coriander (optional)
- 1 pinch cayenne pepper (optional)
- 1 tablespoon vinegar
- 1 1/2 teaspoons low-sodium soy sauce

Directions

1. Wash kale and separate leaves from stems if needed. Slice stems crosswise, if using. Chop or slice leaves into thin strips.
2. Heat oil in large pan over medium-high heat (350 degrees in an electric skillet).
3. Add carrots and stems, if separated; cook for 2 minutes. Add garlic and cook for 1 minute.
4. Add kale, salt, pepper, coriander and cayenne, if desired. Stir often.
5. When greens have turned bright green and begun to wilt, remove from heat. Sprinkle vinegar and soy sauce over the top. Toss gently and serve.
6. Cooked brown rice or cooked quinoa go well with this recipe.

Recipe from: Food Hero
<https://foodhero.org/recipes/greens-carrots>



Leek and Mushroom Orzo

Makes 4 Servings

Ingredients

- 2 cups leeks, chopped
- 1 tablespoon oil
- 2 cups mushrooms, sliced
- 1 cup dry orzo (rice shaped pasta) or rice
- 2 cups chicken or vegetable broth
- 1 1/2 cups tomato, chopped
- 3 tablespoons cream cheese
- 1 teaspoon garlic powder
- 1/4 teaspoon each salt and pepper

Directions

1. Sauté leeks in oil in a medium skillet over medium heat, stirring occasionally, until the leeks are soft (about 5 minutes).
2. Add mushrooms and cook until soft (about 5 minutes).
3. Stir in the orzo and toast lightly, stirring frequently, for about 3 minutes.
4. Add broth and bring to a boil. Reduce heat to simmer, stirring occasionally, until the orzo is almost tender, about 8 minutes.
5. Add the tomatoes and simmer until orzo is tender (about 2 minutes).
6. Remove from heat and stir in cream cheese, garlic powder, salt and pepper. Serve warm.

Recipe from: Food Hero
<https://foodhero.org/recipes/leek-and-mushroom-orzo>



Lentil Chili

Makes 6 Servings

Ingredients

- 1/2 pound lean ground beef
- 1 1/2 cups onion, chopped
- 1 clove garlic
- 2 cups lentils, cooked
- 2 (14.5 ounce) cans diced tomatoes
- 1 tablespoon chili powder
- 1/2 teaspoon cumin, ground

Directions

1. In a large saucepan, brown beef over medium-high heat, breaking it into bite size pieces. Drain fat.
2. Add onion and garlic and cook until softened.
3. Add lentils, tomatoes, chili powder and cumin. Cook for about 1 hour until flavors are blended.
4. Serve hot, topped with your favorite chili toppings.



Recipe from: Montana State University Extension Service, MyPlate Kitchen
<https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistanceprogram-snap/lentil-chili>

Sweet Potato, Lentil and Brussels Sprout Salad

Makes 6 Servings

Ingredients

- 1 pound Brussels sprouts
- 3 small sweet potatoes, peeled and cubed
- 16 ounces dried green or black lentils
- Salt and black pepper
- 2 tablespoons oil
- 1 lemon, halved and seeds removed
- 1 tablespoon balsamic vinegar

Directions

1. Preheat oven to 400 degrees. Trim Brussels sprouts and slice in half. Peel sweet potatoes and cut into 1-inch cubes.
2. In a mixing bowl, toss Brussels sprouts and sweet potatoes in oil, a pinch of salt and black pepper and juice from half a lemon. Place vegetable mix onto a baking sheet. Roast for 25-35 minutes, until vegetables turn golden brown and are tender. Remove from oven and allow to cook on baking sheet for 10 minutes.
3. While the veggies are roasting, make the lentils. To cook them, combine 1 cup of dried lentils with 3 cups of water or broth in a pot. Bring to a boil, then reduce the heat to low and put a lid on the pot so it is partly covered.
4. Simmer gently until the lentils are soft but not mushy. This should take about 30-40 minutes. Check to make sure there is enough liquid from time to time; add water if needed.
5. Mix vegetables and lentils in a large mixing bowl. Add lemon juice, balsamic vinegar, salt and pepper to taste. Transfer salad to 4-6 plates and serve warm or at room temperature.

Recipe from: Feeding Pennsylvania and PA Eats



Summer Salad with Lite Italian Dressing

Makes 8 Servings

Ingredients

For the Dressing:

- 1/2 teaspoon garlic powder (or 1 fresh clove, chopped)
- 1 teaspoon Italian herb mix
- 1 tablespoon Parmesan cheese
- 1/4 teaspoon pepper
- 1/2 teaspoon salt
- 1/2 cup vinegar (white or white wine)
- 1/4 cup vegetable oil
- 1/2 cup water

For the Salad:

- 1 cup cucumber, diced
- 1 cup carrots, sliced
- 1 bell pepper, diced
- 1/4 cup shredded cheese

Directions

1. Add all dressing ingredients in a pint-sized jar with lid.
2. Shake well to mix.
3. Mix salad vegetables all together.
4. Drizzle dressing over salad and store extra in the refrigerator. Sprinkle salad with cheese.

Recipe adapted from: Washington State University Extension, Favorite Recipes for Family Meal, MyPlate Kitchen
<https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/lite-italian-dressing>



Green Bean and Mushroom Medley

Makes 8 Servings

Ingredients

- 3 cups fresh green beans, cut into 1-inch pieces
- 2 carrots, cut into thick strips
- 3 tablespoons olive oil
- 1 large onion, sliced
- 1-pound fresh mushrooms, sliced
- 1 teaspoon lemon pepper seasoning
- 1/2 tablespoon garlic powder
- 1/4 cup sliced or slivered almonds

Directions

1. Place green beans and carrots in 1 inch of boiling water. Cover, and cook until tender but still firm. Drain.
2. Add oil to heated skillet. Sauté onions and mushrooms until almost tender.
3. Reduce heat, cover, and simmer 3 minutes. Stir in green beans, carrots, lemon pepper and garlic powder. Cover, and cook for 5 minutes over medium heat.

Recipe from: North Carolina Cooperative Extension, Wayne County, MyPlate Kitchen <https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/green-bean-and-mushroom-medley>



Smashed Beans on Toast

Makes 6 Servings

Ingredients

- 1/4 cup plus 2 tablespoons olive oil
- 1 loaf bread (such as an Italian roll), cut into quarters
- 3/4 teaspoon salt, divided
- 1 onion, peeled and chopped
- 2 garlic cloves, peeled and chopped
- 1 bunch kale or greens, rinsed and chopped
- 1 (14 ounce) canned diced tomatoes or 1 (14 ounce) can spaghetti sauce
- 2 cups cooked navy beans or 2 (15 ounce) cans chickpeas or black beans, drained and rinsed

Directions

1. Preheat oven to 400 degrees. Place bread on baking sheet. Drizzle bread with 1/4 cup olive oil and 1/4 teaspoon salt.
2. Heat medium pot over medium-high heat for 2-3 minutes. Add remaining oil and onion and stir occasionally with a wooden spoon for 5 minutes until onions begin to soften.
3. Add garlic and stir for 1 more minute. Add chopped greens and 1/2 teaspoon salt, and stir until greens have wilted, about 3-4 minutes.
4. Place bread in oven to lightly toast, about 3-5 minutes. Add canned tomatoes or sauce and beans to the pot, and cook until warmed through, about 5 minutes.
5. Check bread; if lightly toasted, remove from oven.
6. With a fork, smash 1/3 of the beans in pot. Top toast with beans and greens mixture.

Recipe from: Feeding Pennsylvania and PA Eats



Chinese Ramen Cabbage Salad

Makes 8 (1 cup) Servings

Ingredients

- 5 cups shredded cabbage
- 2 cups chopped broccoli (or broccoli florets)
- 1 cup shredded carrot
- 1/2 cup chopped green onions
- 1 package chicken flavored ramen noodles crushed. Reserve seasoning packet for dressing.
- 3 tablespoons apple cider vinegar
- 1 tablespoon sugar
- 2 tablespoons oil

Directions

1. In a large bowl, combine cabbage, broccoli, carrot, green onions and uncooked ramen noodles.
2. For the dressing, combine ramen seasoning packet, vinegar, sugar and oil in a small bowl. Stir well.
3. Pour dressing over salad. Toss to coat. Refrigerate until served.



Recipe from: Food Hero
<https://www.foodhero.org/recipes/chinese-ramen-cabbage-salad>

Baked Oatmeal

Makes 9 Servings

Ingredients

- 3 cups old fashioned oats
- 1/3 cup brown sugar
- 1 1/2 teaspoons baking powder
- 1 1/2 teaspoons cinnamon
- 2 eggs, lightly beaten
- 2 1/2 cups low-fat milk
- 1 teaspoon vanilla extract
- 2 tablespoons vegetable oil (or 2 tablespoons unsweetened applesauce)
- 2 cups fresh or frozen berries

Directions

1. Preheat oven to 350 degrees. Spray 2 1/2 quart baking dish with non-stick spray.
2. Mix all dry ingredients (oats, brown sugar, baking powder and cinnamon).
3. Put half of the dry ingredients into the baking dish. Sprinkle with half of the berries. Add the rest of the dry ingredients.
4. Mix eggs, milk, vanilla and oil and pour over the dry mix in baking dish. Add the rest of the berries on top. Gently move baking dish back and forth to get wet ingredients down into the oat mixture.
5. Bake uncovered for about 45 minutes. Most of the liquid should be gone.



Pumpkin Oatmeal with Walnuts

Makes 2 Servings

Ingredients

- 1 cup rolled oats
- 1 1/2 cups milk
- Pinch of salt
- 1/2 cup canned pumpkin
- 1/2 teaspoon cinnamon
- 1/8 teaspoon pumpkin pie spice
- 1/4 cup chopped walnuts
- Optional toppings: applesauce, chopped apples, dried cranberries, Greek yogurt

Directions

1. Combine oats, salt, and milk in a large microwave-safe bowl. (Choose a bowl large enough to prevent the oats from cooking up over the sides). Microwave for 2 minutes or until cooked.
2. Stir in pumpkin and spices (skip pumpkin pie spice if you do not have it). If needed, microwave for 4 more minutes, or until hot.
3. Add chopped walnuts and any other toppings, such as chopped apples, dried cranberries, applesauce or Greek yogurt.



Recipe from: Feeding Pennsylvania and PA Eats

Buckaroo Beans

Makes 6 Servings

Ingredients

- 1 can (1 3/4 cup) pinto beans, drained and rinsed
- 3 cups water
- 8 ounces ham, cut into cubes
- 1 cup onion, diced
- 2 cloves garlic, minced
- 1 small bay leaf
- 1 (14.5 ounce) can diced tomatoes
- 2 cups green pepper, chopped
- 1 teaspoon chili powder
- 2 tablespoons brown sugar
- 2 teaspoons dry mustard
- 1/4 teaspoon oregano or cumin

Directions

1. Combine beans, water, ham, onion, garlic and bay leaf in a large pot.
2. Cover and simmer about 15 minutes.
3. Add remaining ingredients, cover and simmer for at least 30 more minutes. The longer the mixture simmers, the better the flavor. Enough liquid should be left on beans to resemble a medium-thick gravy.

Recipe adapted from: NDSU Extension Service
<https://www.ag.ndsu.edu/food/recipes/meats/buckaroo-beans>



Red Potato and Cabbage (Colcannon)

Makes 6 (1 cup) Servings

Ingredients

- 1-pound red potatoes (about 3-4 cups chopped)
- 1 tablespoon margarine or butter
- 1/2 cup onion, chopped
- 6 cups green cabbage, thinly sliced (about 1/2 head)
- 1 cup nonfat or 1% milk
- 1 teaspoon salt
- 1/4 teaspoon pepper

Directions

1. Scrub potatoes, but do not peel. Cut into quarters. Cook in boiling water or steam until tender, about 15-20 minutes.
2. While potatoes cook, heat butter or margarine in a large skillet over medium-high heat. Add onion and cook until it becomes clear, about 3-5 minutes.
3. Add cabbage and cook, stirring occasionally, until cabbage begins to brown, about 4-6 minutes.
4. Reduce heat to low. Add milk, salt and pepper. Cover and cook until cabbage is tender, about 6-8 minutes.
5. Drain potatoes. Add cabbage mixture to potatoes. Mash with a potato masher or large fork to reach desired texture. Serve warm.

Recipe from: Food Hero
<https://foodhero.org/recipes/red-potato-and-cabbage-colcannon>



Perfect Pumpkin Pancakes

Makes 12 Servings

Ingredients

- 2 cups flour
- 6 teaspoons brown sugar
- 1 tablespoon baking powder
- 1 1/4 teaspoons pumpkin pie spice (or cinnamon)
- 1 teaspoon salt
- 1 egg
- 1/2 cup pumpkin (canned)
- 1 3/4 cups milk, low-fat
- 2 tablespoons vegetable oil

Directions

1. Combine flour, brown sugar, baking powder, pumpkin pie spice and salt in a large mixing bowl.
2. In a medium bowl, combine egg, canned pumpkin, milk and vegetable oil, mixing well.
3. Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy. (For thinner batter, add more milk).
4. Lightly coat a griddle or skillet with cooking spray and heat on medium.
5. Using a 1/4 cup measure, pour batter onto hot griddle. Cook until bubbles begin to burst, then flip pancakes and cook until golden brown, 1 1/2 to 2 1/2 minutes. Repeat with remaining batter. Makes about 12, 3 1/2-inch pancakes.

Recipe from: Kansas Family Nutrition Program, MyPlate Kitchen

<https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/perfect-pumpkin-pancakes>



Warm Radicchio Tuna Salad

Makes 2-4 Servings

Ingredients

- 1 tablespoon olive oil
- 2 cups radicchio, chopped
- 1 (14.5 ounce) can white beans (cannellini), drained and rinsed
- 2 tablespoons balsamic vinegar
- 1 teaspoon onion powder
- Black pepper
- 1 can tuna, drained
- 1/4 cup shredded cheese
- 4 cups spinach, fresh

Directions

1. Heat a pan over medium heat. Add olive oil and chopped radicchio. Cook for about 2 minutes.
2. Add in white beans, vinegar, onion powder and pepper. Stir and cook for 2 minutes.
3. Stir in tuna and turn off heat. Allow to sit for 1 minute.
4. Serve on top of spinach. Sprinkle with shredded cheese. Add more vinegar if desired.



Cuban Salad

Makes 4 Servings

Ingredients

For the Dressing:

- 3 tablespoons oil
- 1/4 cup lime juice (1 large or 2 small limes)
- 1 teaspoon garlic or 1/4 teaspoon garlic powder
- 1/4 teaspoon salt and pepper

For the Salad:

- 1 head Romaine lettuce, washed and torn into pieces
- 2 large tomatoes, diced
- 1 red onion, diced
- 6 radishes, sliced thin

Directions

To make the Dressing:

1. Put the oil, lime juice, garlic, salt and pepper in the small bowl and mix well. Lemon juice can be used instead of lime juice.

To make the Salad:

1. Put the lettuce, tomatoes, onion and radishes in the mixing bowl and toss to combine. White onion can be used instead of red onion.
2. Pour the dressing over the lettuce mixture and toss. Serve right away.

Recipe adapted from: USDA Center for Nutrition Policy and Promotion, MyPlate Kitchen
<https://www.choosemyplate.gov/recipes/myplate-cnpp/cuban-salad>



Cinnamon-Topped Rhubarb Muffins

Makes 12 Servings

Ingredients

- 1/2 cup brown sugar, firmly packed
- 1/4 cup butter
- 1 cup (8 ounces) reduced-fat sour cream
- 2 eggs
- 1 1/2 cups all-purpose flour
- 3/4 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1 1/2 cups chopped rhubarb
- 1 tablespoon sugar
- 1/2 teaspoon cinnamon

Directions

1. Preheat oven to 375 degrees.
2. In large bowl, combine brown sugar and butter. Beat at medium speed until well-mixed (1-2 minutes).
3. Add sour cream and eggs; continue beating, scraping bowl often until well-mixed (1-2 minutes).
4. In medium bowl, stir together flour, baking soda and 1/2 teaspoon cinnamon.
5. By hand, stir flour mixture into sour cream mixture until just moistened. Fold in rhubarb. Spoon into greased muffin pans.
6. In small bowl, stir together a tablespoon of sugar and 1/2 teaspoon of cinnamon. Sprinkle onto each muffin.
7. Bake for 20-25 minutes or until lightly browned. Cool 10 minutes. Remove from pan.

Recipe from: North Dakota State University Extension Service
<https://www.ag.ndsu.edu/food/recipes/grains/cinnamon-topped-rhubarb-mufins>



Mashed Rutabagas

Makes 4 Servings

Ingredients

- 4 cups rutabaga, peeled and chopped
- 2 cups potatoes, peeled and chopped
- 4 cups water
- 1/2 cup low-fat milk
- 2 teaspoons oil
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1/8 teaspoon salt

Directions

1. Add chopped vegetables and water to a large pot with a lid. Bring to a boil over medium-high heat.
2. When the water boils, reduce heat to medium-low and cover with lid. Simmer for 20-25 minutes.
3. Drain boiled vegetables.
4. Add drained vegetables back to the pot.
5. Add milk, oil, garlic powder, pepper and salt to a microwave-safe container. Stir to mix. Microwave for 1 minute.
6. Add warm milk to the boiled vegetables. Mash with a fork or potato masher.



Recipe from:



Roasted Sugar Snap Peas

Makes 3 Servings

Ingredients

- 1-pound sugar snap peas
- 1 teaspoon olive or vegetable oil
- 1 tablespoon soy sauce
- 1/4 teaspoon
- Black pepper

Directions

1. Place the sugar snap peas in a large bowl. Sprinkle with oil, soy sauce, salt and black pepper. Toss to coat.
2. Place the peas on a metal baking sheet.
3. Bake in a 400-degree oven for 8-10 minutes. Turn a few times while roasting.



Recipe from: Food Hero
<https://foodhero.org/recipes/roasted-sugar-snap-peas>

Baked Mac and Cheese with Tomatoes, Peas and Chicken

Makes 4 Servings

Ingredients

- 1 box macaroni-and-cheese
- 1/2 cup milk
- 1/2 cup shredded cheese (Italian or cheddar)
- 1 tablespoon flour
- 1 (12.5 ounce) can chicken, drained and shredded with a fork
- 1 (14.5 ounce) can diced tomatoes, drained and rinsed
- 1/2 cup frozen peas, thawed and drained
- 1/2 teaspoon garlic powder
- Pepper
- 1/4 cup bread crumbs or crushed crackers

Directions

1. Preheat oven to 375 degrees.
2. Make macaroni-and-cheese as directed on the package.
3. Place the made macaroni-and-cheese on the stove on low heat. Add milk, cheese and flour and stir until cheese melts.
4. Stir in chicken, tomatoes, peas and spices.
5. Pour into a greased 8x8" baking pan. Top with bread crumbs or crushed crackers.
6. Bake for 20 minutes. To brown the bread crumbs, broil for 3 minutes or until the top is golden-brown.

Recipe from: Feeding Pennsylvania and PA Eats



Cheesy Baked Spaghetti Squash

Makes 4 Servings

Ingredients

- 1 spaghetti squash
- 1 teaspoon oil
- 1 cup onion, chopped
- 1 cup bell pepper, chopped
- 1 tablespoon Italian herbs
- 2 teaspoons garlic powder (optional)
- 1 (15 ounce) can white beans, drained and rinsed
- 1 (15 ounce) can low-sodium tomato sauce
- 1/2 cup low-fat shredded mozzarella cheese

Directions

1. Preheat oven to 400 degrees.
2. Use a knife to poke squash all over. Microwave on a microwave-safe plate for 5 minutes. Allow squash to cool and cut in half. Scoop out seeds.
3. Place squash halves cut-side down on the plate. Microwave for 10 minutes.
4. Heat oil in a skillet over medium heat. Add onion, pepper and seasoning. Cook for 5 minutes. Add beans and sauce. Stir to mix.
5. Remove squash from the microwave. Cool slightly. Use a fork to scrape squash out of the skin. Add squash and tomato mixture to baking dish. Stir to mix.
6. Sprinkle with cheese. Bake for 15 minutes.

Recipe from:



Spinach Salad with Apples and Raisins

Makes 4-6 Servings

Ingredients

For the salad:

- 1 bag baby spinach, about 2 cups (10 ounces, washed)
- 2 apples, chopped
- 1 cup raisins or dried cranberries
- 1/2 cup walnuts
- 1/4 cup cheese

For the dressing:

- 1/4 cup canola oil
- 1/4 cup apple cider vinegar
- 1 tablespoon sugar
- Garlic powder (pinch)

Directions

1. Combine spinach, apples, raisins, walnuts and cheese.
2. Mix all dressing ingredients and pour over salad just prior to serving.
3. Add chicken or eggs to salad to make a full meal.

Recipe adapted from: University of Maryland Extension, MyPlate Kitchen
<https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/spinach-salad-apples-and-raisins>



Boxed Seasoned Rice with Frozen Spinach and Roasted Chickpeas

Makes 4 Servings

Ingredients

- 2 cups cooked chickpeas or 1 (15 ounce) can chickpeas, drained and rinsed
- 1 tablespoon olive oil
- 1 (7-9 ounce) package of seasoned rice
- 1 (12 ounce) package of frozen spinach
- Salt and pepper
- Grated Parmesan cheese (optional)

Directions

1. Preheat oven to 400 degrees. Drain and rinse chickpeas. Dry chickpeas between 2 paper towels and remove skins.
2. Place chickpeas on a baking sheet, drizzle with tablespoon olive oil. Add salt and pepper. Stir chickpeas until coated with oil.
3. Roast chickpeas for 20 to 25 minutes, or until chickpeas are golden and crunchy.
4. While the chickpeas roast, make the rice as directed on the package. Add the frozen spinach and stir.
5. Cook over low to medium heat until there is no liquid. Stir from time to time.
6. To serve, top the rice with roasted chickpeas. Add Parmesan cheese (optional).



Recipe from: Feeding Pennsylvania and PA Eats

Vegetable Chili

Makes 5 Servings

Ingredients

- 2 tablespoons vegetable oil
- 2 yellow onions, chopped
- 2 zucchinis, cubed
- 2 sweet potatoes, cubed
- 3 cloves garlic, peeled and minced
- 2 teaspoons ground cumin
- 2 tablespoons chili powder
- 2 teaspoons dried oregano
- 3 (16 ounce) cans low-sodium dark red kidney beans, drained and rinsed
- 2 (14.5 ounce) cans low-sodium diced tomatoes
- 2 cups frozen corn

Directions

1. Put the pot over medium heat and when it is hot, add the oil. Add the onions, zucchini, sweet potatoes, garlic and spices and cook, stirring from time to time, about 20 minutes.
2. Add the kidney beans and tomatoes. Stir and cook, covered, until the squash is tender, about 30 minutes.
3. Add the corn and cook until warmed throughout.

Recipe adapted from: MyPlate Kitchen
<https://www.choosemyplate.gov/recipes/myplate-cnpp/vegetable-chili>



Skillet Stove Top Stuffing with Sweet Potatoes and Apples

Makes 8 Servings

Ingredients

- 2 tablespoons olive oil, divided
- 2 medium sweet potatoes, peeled and chopped into small cubes
- 1 medium apple, peeled and chopped
- 2 ribs celery, chopped
- 1/4 teaspoon dried sage
- 1/4 teaspoon dried thyme
- 1 box of stove top stuffing
- 1 1/2 cups low-sodium broth or water
- Pepper, to taste
- Dried cranberries or chopped walnuts (optional)

Directions

1. Heat 1 tablespoon oil in a skillet. Add sweet potatoes, apple, and celery and cook over low-medium heat until the sweet potatoes have softened, stirring from time to time. This takes about seven minutes.
2. Add sage and thyme to vegetable-apple mixture and stir.
3. Add dried stuffing mix and broth (or water) to the skillet and stir. Turn up the heat to bring the liquid to a simmer (light bubble), then turn off the heat and place lid over skillet. Allow to sit for 5 minutes, or until all the liquid is gone.
4. Add pepper. If using, add dried cranberries and chopped walnuts.
5. Optional: For a crispy top, place the skillet under the broiler for 3-4 minutes, or until the top layer is golden.

Recipe from: Feeding Pennsylvania and PA Eats



Pasta with Greens, Beans and Chicken

Makes 6 Servings

Ingredients

- 16 ounces pasta, whole wheat
- 1 tablespoon vegetable oil
- 1/2 onion, chopped
- 3 cloves garlic, chopped
- 2 cups cooked chicken cubes (or 3 chicken sausages, chopped)
- 6 cups swiss chard, chopped
- 1 (15.5 ounce) can low sodium cannellini beans, rinsed and drained (can also use great northern or navy beans)
- 2 cups chicken broth, low-sodium (or vegetable broth)
- 1 teaspoon Italian seasoning
- Salt and pepper, to taste
- 1/2 cup parmesan cheese (optional)

Directions

1. Cook the pasta according to directions on the box.
2. On medium heat, add vegetable oil and onion to a large pan.
3. Cook for 5 minutes; add garlic and cook for 1 minute more.
4. Stir in chopped chicken and cook until heated through.
5. Add swiss chard, beans, chicken or vegetable broth, and spices.
6. Add cooked pasta and stir to combine.
7. Cook for 5 minutes, until pasta is heated through.
8. Add salt and pepper, to taste (optional), and garnish with parmesan cheese before serving (optional).

Recipe adapted from: University of Maryland Extension, MyPlate Kitchen
<https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistanceprogram-snap/pasta-greens-beans-and-chicken>



Quinoa Stuffed Tomatoes

Makes 4 Servings

Ingredients

- 4 medium (2 1/2 inches) tomatoes, rinsed
- 1 tablespoon olive oil
- 2 tablespoons red onions, peeled and chopped
- 1 cup cooked mixed vegetables—such as peppers, corn, carrots or peas
- 1 cup quinoa, rinsed
- 1 cup low-sodium chicken broth
- 1/2 ripe avocado, peeled and diced
- 1/4 teaspoon ground black pepper
- 1 tablespoon fresh parsley, rinsed, dried and chopped (or 1 teaspoon dried)

Directions

1. Preheat oven to 350 degrees. Cut off the tops of the tomatoes and hollow out the insides. (The pulp can be saved for use in tomato soup or sauce or salsa.) Set tomatoes aside.
2. Heat oil in a saucepan over medium-high heat. Add onions, and cook until they begin to soften, about 1–2 minutes. Add cooked vegetables and heat through, another 1–2 minutes.
3. Add quinoa, and cook gently until it smells good, about 2 minutes.
4. Add chicken broth and bring to a boil. Reduce the heat and cover the pan. Cook until the quinoa has absorbed all of the liquid and is fully cooked, about 7–10 minutes.
5. When the quinoa is cooked, remove the lid and gently fluff quinoa with a fork. Gently mix in the avocado, pepper and parsley.
6. Carefully stuff about 3/4 cup of quinoa into each tomato. Place tomatoes on a baking sheet, and bake for about 15–20 minutes, or until tomatoes are hot throughout (tomatoes may be stuffed in advance and baked later). Serve immediately.

Recipe from: <https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/quinoa-tomatoes.htm>



Garden Fresh Pasta Salad

Makes 14 Servings

Ingredients

- 1 (16 ounce) box whole wheat pasta, uncooked
- 2 cups broccoli
- 1 red onion, chopped
- 1 red pepper, chopped
- 2 cups cherry tomatoes, cut in half
- 1 cup dressing (Italian, sundried tomato or balsamic vinaigrette)
- 1/2 cup Parmesan cheese, grated

Directions

1. Cook pasta in large pot as directed on box. Add broccoli to the boiling water for the last 3 minutes. Drain.
2. Rinse pasta mixture with cold water; drain well. Place in large bowl. Add all the rest of the ingredients except cheese; mix lightly.
3. Refrigerate 1 hour. Stir gently before serving; top with cheese.



Recipe adapted from: Kraft My Food and Family
<https://hungerandhealth.feedingamerica.org/recipe/garden-fresh-pasta-salad/>

Bruschetta Salad

Makes 5 (1 cup) Servings

Ingredients

- 3 cups Roma tomatoes, chopped
- 1/2 cup red onion, chopped
- 1/4 cup fresh basil, chopped
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons balsamic or red wine vinegar
- 1 tablespoon oil
- 2 cups croutons

Directions

1. Combine the tomatoes, onion, basil, salt, black pepper, vinegar and oil in a bowl.
2. Stir croutons in the salad and serve.



Recipe from: Food Hero
<https://foodhero.org/recipes/bruschetta-salad>

Root Vegetable Hash with Eggs

Makes 2-4 Servings

Ingredients

- 1/2 cup onion, diced
- 1 cup potato, diced
- 1 cup turnip, diced
- 1 cup carrot, diced
- 1 tablespoon olive oil
- 1/4 cup water
- 1 teaspoon garlic powder
- 1 tablespoon Italian seasoning
- Pepper, to taste
- 4 eggs

Directions

1. Heat a pan over medium heat. Add olive oil and onion. Cook for about 3 minutes.
2. Add in diced potato, turnip and carrots. Season with garlic powder and Italian seasoning. Cook for 5 more minutes, stirring occasionally.
3. Add water and cover pan with a lid.
4. Turn heat to low and cook 8-10 minutes. Take the lid off and cook 5 more minutes.
5. Crack eggs on top of vegetable mixture and cook for about 5-8 more minutes until eggs are cooked.



Squash Au Gratin

Makes 7 Servings

Ingredients

- 4 cups yellow squash, thinly sliced
- 1/2 cup onion, sliced
- 2 tablespoons water or broth
- 1 tablespoon butter or margarine
- 1 teaspoon Italian spice mix
- Salt and pepper
- 3 tablespoons Parmesan cheese (grated)

Directions

1. Wash and slice vegetables. Place zucchini, onion, water, butter, Italian spice mix, salt and pepper in a frying pan. Cover and cook over medium heat for 1 minute.
2. Remove cover and cook until crisp-tender, about 10 minutes.
3. Turn with large spoon to cook evenly.
4. Sprinkle with cheese; toss lightly.



Recipe adapted from: Michigan State University Cooperative Extension Service, Eating Right is Basic Nutrition Education Program, MyPlate Kitchen
<https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/zucchini-au-gratin>

Zesty Skillet Zucchini

Makes 6 Servings

Ingredients

- 1 tablespoon oil
- 1 onion (medium), diced
- 1 pound ground meat (lean beef or turkey)
- 1/4 teaspoon black pepper
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 1 (14.5 ounce) can diced tomatoes with green chilis (or 1 fresh tomato with 1 jalapeno)
- 1/2 cup tomato juice, low-sodium (low-sodium V8)
- 2 zucchini (medium), sliced and cut into bite size pieces

Directions

1. Heat oil in pan. Once hot, add onions. Cook until clear.
2. Add ground meat to pan and cook through. Add spices, canned tomatoes and tomato juice.
3. Cover pan and cook on low for about 10 minutes.
4. Add in zucchini and stir. Cover and cook about 5-7 more minutes.

Recipe adapted from: MyPlate Kitchen
<https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/zesty-skillet-zucchini>

