Cucumber Yogurt Dip

Serving Size: 1/6 of recipe
Yield: 6 servings

Food Group Amounts:

Color	Food Group	Amount
	Grains	--
	Vegetables	1¼ c
	Fruits	--
	Dairy	¼ c
	Protein	0

Nutrient Totals

Per Serving:

Calories	100
Total Fat	1.5 g
Saturated Fat	1 g
Sodium	120 mg
Protein	6 g

Ingredients:

2 large cucumbers
2 cups plain yogurt, low-fat
½ cup sour cream, non-fat
1 tablespoon lemon juice
1 tablespoon fresh dill
1 garlic clove, chopped
1 cup cherry tomatoes
1 cup broccoli florets
1 cup baby carrots

Preparation:

1. Peel, seed, and grate one cucumber. Slice other cucumber and set aside.
2. Mix grated cucumber, yogurt, sour cream, lemon juice, dill, and garlic in a serving bowl. Chill for 1 hour.
3. Arrange tomatoes, cucumbers, broccoli, and carrots on a colorful platter.
4. Serve with dip.

Source: SNAP-Ed Connection

Lemon Velvet Supreme

Serving Size: 1/6 of recipe
Yield: 6 servings

Ingredients:

2 cups vanilla yogurt, fat-free
3 tablespoons instant, lemon pudding mix
8 squares graham crackers, crushed
1 can (4 ounces) mandarin orange slices, drained (or your favorite fruit)

Preparation:

1. Combine vanilla yogurt and pudding mix; gently stir together.
2. Layer bottom of serving dish with crushed graham crackers.
3. Pour pudding mixture over cracker crumbs.
4. Top with mandarin orange slices or your favorite fruit.

Source: SNAP-Ed Connection

Food Group Amounts:

Color	Food Group	Amount
	Grains	½ oz
	Vegetables	--
	Fruits	0
	Dairy	¼ c
	Protein	--

Nutrient Totals

Per Serving:

Calories	150
Total Fat	1 g
Saturated Fat	0 g
Sodium	21 mg
Protein	5 g

Corn Chowder

Serving Size: 1 cup
Yield: 4 servings

Food Group Amounts:

Color	Food Group	Amount
	Grains	--
	Vegetables	¾ c
	Fruits	--
	Dairy	½ c
	Protein	--

Nutrient Totals

Per Serving:

Calories	186
Total Fat	5 g
Saturated Fat	1 g
Sodium	205 mg
Protein	7 g

Ingredients:

1 tablespoon vegetable oil
2 tablespoons finely diced celery
2 tablespoons onion, finely diced
2 tablespoons finely diced green pepper
1 package (10 ounces) frozen whole kernel corn
1 cup raw diced potatoes, peeled,
1 cup water
¼ teaspoon salt
Black pepper to taste
¼ teaspoon paprika
2 cups milk, non-fat, divided
2 tablespoons flour
2 tablespoons chopped fresh parsley

Preparation:

1. In medium saucepan, heat oil over medium high heat.
2. Add celery, onion, and green pepper; sauté for 2 minutes.
3. Add corn, potatoes, water, salt, pepper, and paprika. Bring to a boil; reduce heat to medium; and cook, covered, about 10 minutes or until potatoes are tender.
4. Pour ½ cup milk into a jar with a tight-fitting lid. Add flour and shake vigorously.
5. Add gradually to cooked vegetables; stir well.
6. Add remaining milk.
7. Cook, stirring constantly, until mixture comes to a boil and thickens.
8. Serve garnished with chopped fresh parsley.

Source: "A Healthier You." U.S. Department of Health and Human Services.

Zesty Tomato Soup

Serving Size: 1 cup

Yield: 4 servings

Food Group Amounts:

Color	Food Group	Amount
	Grains	--
	Vegetables	¾ c
	Fruits	--
	Dairy	½ c
	Protein	--

Nutrient Totals

Per Serving:

Calories	94
Total Fat	0 g
Saturated Fat	0 g
Sodium	231 mg
Protein	5 g

Ingredients:

1 can (14.5 ounces) no-salt added diced tomatoes

1 cup roasted red peppers, drained

1 cup evaporated milk, fat-free

1 teaspoon garlic powder

¼ teaspoon ground black pepper

2 tablespoons fresh basil, rinsed and chopped (or 2 teaspoons dried)

Preparation:

1. Combine tomatoes and red peppers in a blender or food processor. Puree until smooth.
2. Put tomato mixture in a medium sauce pan and bring to a boil over medium heat.
3. Add evaporated milk, garlic powder, and pepper. Return to a boil, reduce heat to low, and gently simmer for 5 minutes.
4. Add basil and serve.

Source: SNAP-Ed Connection

Outtasight Salad

Serving Size: 1 cup
Yield: 4 servings

Food Group Amounts:

Color	Food Group	Amount
	Grains	--
	Vegetables	½ c
	Fruits	¼ c
	Dairy	0
	Protein	½ oz

Nutrient Totals

Per Serving:

Calories	100
Total Fat	2.5 g
Saturated Fat	0 g
Sodium	30 mg
Protein	2 g

Ingredients:

2 cups salad greens of your choice
1 cup chopped vegetables (tomatoes, cucumbers, carrots, green beans)
1 cup juice-packed pineapple chunks, drained, or fresh orange segments
¼ cup Dressing (see below)
2 tablespoons raisins or dried cranberries
2 tablespoons chopped nuts, any kind

Preparation:

1. Put mixed salad greens on a large platter or in a salad bowl.
2. In a large bowl, mix chopped vegetables and pineapple or orange segments.
3. Add dressing and stir.
4. Spoon mixture over salad greens.
5. Top with raisins and nuts.

Dressing:

¼ cup yogurt, nonfat, plain or fruit-flavored
1 tablespoon orange juice
1½ teaspoons white vinegar

Preparation:

1. In a small bowl, mix all ingredients. Refrigerate until ready to serve.

Source: SNAP-Ed Connection

Roasted Root Vegetables

Serving Size: ¼ cup

Yield: 4 servings

Food Group Amounts:

Color	Food Group	Amount
	Grains	--
	Vegetables	1¼ c
	Fruits	--
	Dairy	--
	Protein	--

Nutrient Totals

Per Serving:

Calories	250
Total Fat	15 g
Saturated Fat	2 g
Sodium	150 mg
Protein	5 g

Ingredients:

2 medium-sized sweet potatoes, cut into large chunks

2 medium-sized root vegetables (white potatoes, rutabagas, turnips, parsnips, beets), cut into large chunks

2 carrots, chopped

1 medium onion, chopped

¼ cup vegetable oil

3 tablespoons Parmesan cheese

Season with your favorite spices

Preparation:

1. Preheat oven to 350 degrees F.
2. In a medium bowl, add all chopped vegetables, and pour oil over top.
3. Add Parmesan cheese and seasonings; mix well.
4. Spread vegetable mixture evenly on a baking sheet.
5. Bake for 1 hour or until tender.

Source: SNAP-Ed Connection

Rise and Shine Breakfast Cobbler

Serving Size: ¾ cup

Yield: 4 servings

Food Group Amounts:

Color	Food Group	Amount
	Grains	½ oz
	Vegetables	--
	Fruits	1 c
	Dairy	--
	Protein	--

Nutrient Totals

Per Serving:

Calories	280
Total Fat	1 g
Saturated Fat	0 g
Sodium	60 mg
Protein	3 g

Ingredients:

1 cup juice-packed canned sliced peaches, drained

1 cup juice-packed canned sliced pear halves, drained

6 pitted prunes, cut in half (or other dried fruit)

¼ teaspoon vanilla extract

1 orange, zested and juiced

1 cup granola, low-fat

Preparation:

1. In a large microwave-safe bowl, mix peaches, pears, prunes, vanilla extract, orange zest, ¼ cup orange juice; stir.
2. Top with granola.
4. Microwave on high for 5 minutes. Let stand for 2 minutes.
5. Spoon into 4 bowls and serve warm.

Source: SNAP-Ed Connection

Frozen Fruit Cups

Serving Size: 1/18 of recipe
Yield: 18 servings

Food Group Amounts:

Color	Food Group	Amount
	Grains	--
	Vegetables	--
	Fruits	¼ c
	Dairy	¼ c
	Protein	--

Nutrient Totals

Per Serving:

Calories	50
Total Fat	0 g
Saturated Fat	0 g
Sodium	25 mg
Protein	2 g

Ingredients:

3 bananas, mashed
24 ounces yogurt, non-fat strawberry flavored (or plain)
10 ounces strawberries, frozen, thawed, undrained
1 can (8 ounces) crushed pineapple, undrained

Preparation:

1. Line muffin tin(s) cups with paper baking cups (18 total).
2. In a large mixing bowl, add mashed bananas, yogurt, strawberries, and pineapple.
3. Spoon into muffin tin and freeze at least 3 hours or until firm.
5. Remove frozen cups and store in a plastic bag in the freezer.
6. Before serving, remove paper cups.

Source: SNAP-Ed Connection

Fire and Ice Watermelon Salad

Serving Size: 1½ cup

Yield: 4 servings

Food Group Amounts:

Color	Food Group	Amount
	Grains	--
	Vegetables	¼ c
	Fruits	1½ c
	Dairy	--
	Protein	--

Nutrient Totals

Per Serving:

Calories	132
Total Fat	7 g
Saturated Fat	1
Sodium	12 g
Protein	1 g

Ingredients:

6 cups watermelon, rind removed, cut into large chunks

2 green onions, thinly sliced

⅓ cup thinly sliced red onion

⅓ cup torn mint leaves

1 tablespoon red pepper flakes

⅔ cup white vinegar

3 tablespoons vegetable oil

1 tablespoon chili powder

Preparation:

1. In a large bowl, combine watermelon, onions, mint, and red pepper flakes.
2. In a small bowl, mix vinegar, oil, and chili powder.
3. Drizzle vinegar mixture over watermelon mixture and serve.

Bulgar Chickpea Salad

Serving Size: 1/6 of recipe
Yield: 6 servings

Food Group Amounts:

Color	Food Group	Amount
	Grains	1½ oz
	Vegetables	¼ c
	Fruits	¼ c
	Dairy	--
	Protein	½ oz

Nutrient Totals

Per Serving:

Calories	200
Total Fat	5 g
Saturated Fat	0.5 g
Sodium	330 mg
Protein	5 g

Ingredients:

1¼ cups water
1 cup coarse bulgur
1 teaspoon dried parsley
1 teaspoon minced onion
1 teaspoon soy sauce
½ cup chopped green onions
½ cup raisins
½ cup chopped carrots
¾ cup canned chickpeas (garbanzo beans), drained and rinsed

Dressing:

2 tablespoons oil
2 tablespoons lemon juice
1 tablespoon soy sauce
1 garlic clove, minced
Black pepper to taste

Preparation:

1. In a medium saucepan, bring water to boil. Stir in bulgur, parsley, minced onion, and soy sauce. Reduce heat to low and cover. Simmer 15-20 minutes (until all water is absorbed and bulgur is not too crunchy). Do not overcook.
2. Remove from heat and allow to cool; fluff with fork.
3. Combine dressing ingredients; stir well.
4. Put bulgur mixture in a large bowl. Pour dressing over bulgur mixture and mix well.
5. Stir in green onions, raisins, carrots, and chickpeas. Cover and chill for several hours.

Source: SNAP-Ed Connection

Berry Bread Pudding

Serving Size: 1 cup
Yield: 2 servings

Food Group Amounts:

Color	Food Group	Amount
	Grains	2 oz
	Vegetables	--
	Fruits	¾ c
	Dairy	--
	Protein	--

Nutrient Totals

Per Serving:

Calories	180
Total Fat	2.5 g
Saturated Fat	0.5 g
Sodium	300 mg
Protein	6 g

Ingredients:

1½ cups unsweetened, frozen berries, thawed, undrained (or fresh)
(blueberries, sliced strawberries, or raspberries)
½ teaspoon sugar (optional)
½ teaspoon vanilla extract or almond extract (optional)
4 or 5 slices whole wheat bread, crusts removed
Vanilla yogurt (optional)

Preparation:

1. In a small bowl, combine the thawed berries, sugar and/or vanilla extract.
2. Spoon ¼ cup of the berry mixture to cover the bottom of a 2 cup deep dish.
3. Cover the berry mixture with a layer of bread.
4. Spoon ⅓ of remaining berry mixture on top of the bread.
5. Cover with another layer of bread.
6. Repeat steps 4 and 5 twice ending with a layer of bread.
7. Cover the dish with plastic wrap and place a plate or bowl on top of the berry dish that fits just inside of it. Place a heavy object on top to press down on the fruit and bread layers.
8. Refrigerate overnight. (Check the dish to be sure juice does not run over the top. You may need to replace the heavy object with a lighter one to prevent spills.)
9. Serve with a dollop of vanilla yogurt.

Note: In summer fresh berries can be used.

Source: SNAP-Ed Connection

Carribbean Casserole

Serving Size: 1 cup
Yield: 10 servings

Food Group Amounts:

Color	Food Group	Amount
	Grains	1 oz
	Vegetables	¼ c
	Fruits	--
	Dairy	--
	Protein	½ oz

Nutrient Totals

Per Serving:

Calories	100
Total Fat	2 g
Saturated Fat	0 g
Sodium	280 mg
Protein	4 g

Ingredients:

1 medium onion, chopped
½ green pepper, diced
1 tablespoon canola oil
1 can (14.5 ounces) stewed tomatoes
1 teaspoon oregano leaves
½ teaspoon garlic powder
1½ cups instant brown rice, uncooked
1 can (16 ounces) black beans, undrained (or beans of your choice)

Preparation:

1. In a large pan, heat oil over medium heat.
2. Add onion and green pepper in canola oil, in a large pan, and cook until tender. Do not brown.
3. Add tomatoes, beans (include liquid from both), oregano, and garlic powder.
4. Bring to a boil. Stir in rice and cover.
5. Reduce heat to low and cook for 5 minutes.
6. Remove from heat and let stand for 5 minutes before serving.

Source: SNAP-Ed Connection

20-minute Chicken Creole

Serving Size: 1 cup
Yield: 8 servings

Food Group Amounts:

Color	Food Group	Amount
	Grains	--
	Vegetables	½ c
	Fruits	--
	Dairy	--
	Protein	1½ oz

Nutrient Totals

Per Serving:

Calories	130
Total Fat	3 g
Saturated Fat	0 g
Sodium	260 mg
Protein	9 g

Ingredients:

1 tablespoon vegetable oil
2 whole chicken breasts, skinless, boneless, cut into ½-inch strips
1 can (14.5 ounce) diced tomatoes with juice
1 cup chili sauce, low sodium
1 large green pepper, chopped
2 celery stalks, chopped
1 small onion, chopped
2 garlic cloves, minced
1 teaspoon dried basil
1 teaspoon dried parsley
¼ teaspoon cayenne pepper
¼ teaspoon salt

Preparation:

1. In a large pan, heat oil over medium-high heat.
2. Add chicken and cook 5 minutes, stirring occasionally.
3. Reduce heat to medium and add remaining ingredients.
4. Bring to a boil then reduce heat to low. Simmer, covered for 15 minutes.
5. Serve over hot, cooked rice or whole-wheat pasta.

Source: SNAP-Ed Connection

Lentil Chili

Serving Size: 1 cup
Yield: 6 servings

Food Group Amounts:

Color	Food Group	Amount
	Grains	--
	Vegetables	¾ c
	Fruits	--
	Dairy	--
	Protein	2 oz

Nutrient Totals

Per Serving:

Calories	210
Total Fat	4.5 g
Saturated Fat	1.5 g
Sodium	470 mg
Protein	16 g

Ingredients:

½ pound ground beef (Or extra lean beef to reduce fat)
1½ cups chopped onion
1 clove garlic, crushed
2 cups cooked, drained lentils
1 can (29 ounce) tomatoes, diced or crushed
1 tablespoon chili powder
½ teaspoon ground cumin (optional)

Preparation:

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

Source: SNAP-Ed Connection

Salmon Patties

Serving Size: 1/9 of recipe

Yield: 9 servings

Ingredients:

1 can (15½ ounces) salmon, drained

1 cup whole-grain, crushed cereal or crackers

2 large eggs, lightly beaten

½ cup 1% milk

1/8 teaspoon black pepper

1 tablespoon vegetable oil

Preparation:

1. Use a fork or clean fingers to flake salmon until very fine.
2. Crumble cereal or crackers into crumbs.
3. Add cereal or cracker crumbs, eggs, milk, and pepper to salmon.
4. Mix thoroughly.
5. Shape into 9 patties.
6. In a skillet, heat oil over medium heat.
7. Carefully brown both the sides until patty is thoroughly cooked.

Source: SNAP-Ed Connection

Food Group Amounts:

Color	Food Group	Amount
	Grains	½ oz
	Vegetables	--
	Fruits	--
	Dairy	0
	Protein	2 oz

Nutrient Totals

Per Serving:

Calories	110
Total Fat	4.5 g
Saturated Fat	1 g
Sodium	270 mg
Protein	12 g