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## **Welcome to Your Healthy Eating Resource Packet!**

We know that making nutritious meals on a budget can sometimes feel challenging. That's why the City of Phoenix Human Services Department has created this packet to provide practical tools, tips, and resources to help you plan, shop, and cook healthy meals for yourself and your family.

Inside, you'll find:

- Budget-friendly recipes and a cookbook full of simple, tasty options
- Meal prep and smart snacking guides to save time and money
- Tips for shopping smart and stretching your food budget
- Worksheets and templates to plan your meals and grocery trips

This packet is designed to make healthy eating easy, accessible, and enjoyable—whether you're cooking for yourself, your family, or your household. We hope these resources help you feel confident in preparing meals that are both nutritious and affordable.

Together, we can support healthier communities, one meal at a time.

**– City of Phoenix**



# Healthy Choices on a Budget

## Ten Ways to Save You Even More Money

There is a huge misconception that eating healthy costs a lot more than the everyday average meal, especially if you have a small group to feed. You may have heard of some ways to help cut the grocery bill. Many of them are pretty common such as looking for coupons, meal planning, and making grocery lists. While those certainly help, we want to dig a little deeper and share ten ways to help you save even more change for your purse.

**1 Share Ingredients** First and foremost, meal planning is key. When planning your meals, share ingredients. For example, you make black bean and spinach tostadas on Monday; chances are you won't use all your spinach. Don't let it go to waste. Use the remaining spinach on Tuesday for spinach and strawberry salad. Wednesday's menu calls for strawberry pancakes. You get the idea.

**2 Adapt to Sales** Don't throw away the junk mail just yet. Check and see what's on sale before menu planning. If there's a great sale on whole grain pasta and canned tuna, make tuna noodle casserole for lunch that week. Plan ahead and if something you use often is on sale, like green beans, buy ahead of time to store or freeze until you need it.

**3 Shop Specialty Stores** Discount stores are perfect for saving money if you're creative with your meals and plan your menus with what they have available. Or shop online! Online grocers can be a source for savings and convenience. Also, grocers specializing in ethnic foods often times have hard-to-find ingredients at great prices.

**4 Visit the Farmer's Market** right before they close. Growers don't want to take produce back with them. They tend to give the best deals right before they call it a day. It saves them money too because produce gets wasted if it doesn't sell. You can't get any healthier than fresh produce.

**5 Buy in Bulk** Shop in the bulk bin section of your grocery store. Get your noodles, rice, quinoa, flour and other dry ingredients. Buying by the pound saves you some serious dough.

**Bonus** Buy your meat in bulk. Wholesale stores have great prices by the pound on ground beef, chicken and pork. Just separate and freeze when you get home.

**6 Learn Price Per Unit** Grocery stores have to display food costs in price per ounce or price per unit. Often, you'll find that the price per ounce is significantly less for the food item you want when purchased in a larger volume. It may cost more but you're getting a bigger bang for your buck.



**7 Make Your Own Condiments** Make your own dips, sauces, salad dressings and spreads. Not only are these items inexpensive to make, but you control the sodium and fat contents. You also eliminate unhealthy ingredients.

**8 Stay Loyal** Sign up for store loyalty programs. Some food markets and super stores offer cash back on your purchases or bonus points to use toward a discount on your bill at the register. The more you spend at that same store, the more you will earn - which can mean big savings over time.

**9 Eat Less Meat** Use meat alternates when possible. Beans and eggs are less expensive than a pound of hamburger. Use refried beans on your taco instead of beef, or serve egg salad sandwiches instead of turkey.

**10 Get Paid to Grocery Shop** Download rebate apps on your phone. Tag it with grocery store loyalty apps. Most apps do the savings for you. Just shop and scan. Some apps will even provide credit you if a product you recently purchased goes on sale within a certain time frame.

**Stretch** your food dollars. When you receive reimbursement from the USDA as a CACFP provider for serving healthy meals and snacks, you can purchase a greater variety of foods. Know someone who is not on the food program? Share our site, [cacfp.org](http://cacfp.org) so they can:

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# Budget Savvy Sample Menu

You can make healthy, delicious meals and snacks on a budget in the Child and Adult Care Food Program. Here are two weeks of menu ideas, along with the groceries you'll need to buy to make it happen.

The grains in **bold** help you make sure that you're providing at least one serving of whole grain-rich per day, and recipes that are listed in **orange** are also available at [cacfp.org/recipes-menus/recipes](http://cacfp.org/recipes-menus/recipes).



## Week One Ingredients



Unless specified, choose the items that fit your budget! For example, peach slices can be canned, frozen, or fresh.

Buying non-perishable items in bulk will help save costs in the long run, so keep this in mind for items that you will use often, like spices or dried legumes.

### Meats/Meat Alternates

- Black Beans
- Cheese, Shredded
- Cheese, Slices
- Chicken Breast Tenders
- Cured, Cooked Ham
- Eggs
- Greek Yogurt, Plain
- Ground Beef (90/10)
- Peanut Butter
- Turkey

### Grains

- Banana Muffins
- Rotini Pasta
- Brown Rice
- French Toast
- Granola Cereal
- Oats
- Tortilla Chips
- WGR Bread Slices
- WGR Cereal
- WGR Flour Tortillas
- WGR Pancakes

### Fruits

- Bananas
- Blueberries
- Lemon
- Lime
- Mandarin Oranges
- Peach Slices
- Pineapple Chunks
- Red Grapes
- Strawberries

### Vegetables

- Black Beans
- Broccoli
- Carrots
- Celery
- Corn
- Green Bell Pepper
- Mushrooms
- Onions, Yellow
- Onions, Red
- Pasta Sauce
- Sweet Potatoes
- Tomatoes

### Fluid Milk

- Unflavored Low-Fat or Non-Fat Milk

### Other

- Apple Cider Vinegar
- Black Pepper
- Dried Basil
- Fresh Cilantro
- Fresh Garlic
- Garlic Powder
- Italian Dressing
- Low Sodium Chicken Base
- Nonstick Cooking Spray
- Old Bay Seasoning
- Olive Oil
- Onion Powder
- Poultry Seasoning
- Salt
- Whole Grain Mustard

		MONDAY DAY 1	TUESDAY Day 2	WEDNESDAY Day 3	THURSDAY Day 4	FRIDAY Day 5
BREAKFAST	Milk	Unflavored Low-Fat or Non-Fat Milk	Unflavored Low-Fat or Non-Fat Milk	Unflavored Low-Fat or Non-Fat Milk	Unflavored Low-Fat or Non-Fat Milk	Unflavored Low-Fat or Non-Fat Milk
	Fruit/Vegetable	Strawberries	Peach Slices	Banana	Blueberries	Mandarin Oranges
	Grain/Meat <sup>+</sup>	French Toast	<b>WGR Pancakes</b>	<b>WGR Cereal</b> <sup>1</sup>	Oatmeal	Scrambled Eggs
LUNCH/SUPPER	Milk	Unflavored Low-Fat or Non-Fat Milk	Unflavored Low-Fat or Non-Fat Milk	Unflavored Low-Fat or Non-Fat Milk	Unflavored Low-Fat or Non-Fat Milk	Unflavored Low-Fat or Non-Fat Milk
	Vegetable	Roasted Broccoli	Corn	Steamed Carrots	<b>Turkey and Rice Soup</b> Mixed Vegetables	Sweet Potato Wedges
	Fruit/Vegetable <sup>^</sup>	Pasta Sauce	Mandarin Oranges	Pineapple Chunks	Peach Slices	Red Grapes
	Meat/Meat Alternate	Grilled Chicken Tenders	<b>Ground Beef with Sofrito</b>	<b>Chicken Broccoli Quesadilla</b> Shredded Chicken and Cheese	<b>Turkey and Rice Soup</b> Turkey	<b>Grilled Cheese Sandwich</b> Cheese
	Grain	Rotini Pasta	<b>Brown Rice</b>	<b>Chicken Broccoli Quesadilla</b> <b>WGR Tortilla</b>	<b>Turkey and Rice Soup</b> <b>Brown Rice</b>	<b>Grilled Cheese Sandwich</b> <b>WGR Bread Slices</b>
SNACK	Milk	--	--	--	--	Unflavored Low-Fat or Non-Fat Milk
	Vegetable	--	--	--	<b>Harvest Salsa</b>	--
	Fruit	--	<b>Strawberry Yogurt Parfait</b> Strawberries	--	--	--
	Meat/Meat Alternate	<b>Banana Sushi Roll</b> Peanut Butter	<b>Strawberry Yogurt Parfait</b> Greek Yogurt <sup>2</sup>	<b>Ham Pasta Salad</b> Ham & Shredded Cheese	--	--
	Grain	<b>Banana Sushi Roll</b> <b>WGR Tortilla</b>	--	<b>Ham Pasta Salad</b> Rotini Pasta	Tortilla Chips	Banana Muffin

<sup>1</sup> Breakfast cereal must contain no more than 6 grams of sugar per dry ounce.

<sup>2</sup> Yogurt must have no more than 23 grams of total sugar per 6 ounces.

<sup>+</sup> Meat/meat alternates may be served in place of grains at breakfast no more than three times per week.

<sup>^</sup> A second, different vegetable may be served in place of fruit for lunch/supper.

# Budget Savvy Sample Menu



The grains in **bold** help you make sure that you're providing at least one serving of whole grain-rich per day, and recipes that are listed in **orange** are also available at [cacfp.org/recipes-menus/recipes](http://cacfp.org/recipes-menus/recipes).

## Week Two Ingredients



\* You may notice some items that are also in the Week One Ingredients. Keep this in mind when creating and buying for your cycle menus.

You may be able to buy a larger quantity for a better value that you can use for multiple weeks with a little bit of planning.

### Meats/Meat Alternates

- Black Beans\*
- Canned Chickpeas
- Canned Tuna
- Cheese, Shredded\*
- Cheese, Slices\*
- Chicken Drumsticks
- Eggs\*
- Greek Yogurt, Plain\*
- Peanut Butter\*
- Meatballs
- Refried Beans
- Yogurt, Plain
- Yogurt, Vanilla

### Grains

- Brown Rice\*
- Garlic Bread
- Graham Crackers
- Oats\*
- Tortilla Chips\*
- Waffles
- WGR Bread Buns
- WGR Bread Slices\*
- WGR Flour Tortillas\*
- WGR Spaghetti

### Fruits

- Apples
- Bananas\*
- Dried Cranberries
- Lemons
- Mango Chunks
- Pears
- Pineapple Chunks\*
- Tropical Fruit Cups

### Vegetables

- Avocados
- Brussels Sprouts
- Cabbage, Green
- Cabbage, Red
- Carrots\*
- Celery\*
- Green Beans
- Green Onions
- Onions, Yellow\*
- Pasta Sauce
- Potatoes
- Romaine Lettuce
- Salsa
- Sweet Potatoes\*
- Tomatoes\*

### Fluid Milk

- Unflavored Low-Fat or Non-Fat Milk\*

### Other

- Agave
- Apple Cider Vinegar
- Black Pepper\*
- Dry Mustard Powder
- Fresh Garlic\*
- Fresh Parsley
- Garlic Powder\*
- Ground Cinnamon
- Honey
- Italian Seasoning
- Low-Fat Mayonnaise
- Olive Oil\*
- Onion Powder\*
- Salt\*
- Vanilla Extract
- Vegetable Oil

		MONDAY DAY 6	TUESDAY Day 7	WEDNESDAY Day 8	THURSDAY Day 9	FRIDAY Day 10
BREAKFAST	Milk	Unflavored Low-Fat or Non-Fat Milk	Unflavored Low-Fat or Non-Fat Milk	Unflavored Low-Fat or Non-Fat Milk	Unflavored Low-Fat or Non-Fat Milk	Unflavored Low-Fat or Non-Fat Milk
	Fruit/Vegetable	Cinnamon Apple Slices	Pears	<b>Sweet Potato Hash</b> Sweet Potato	Banana	Mashed Avocado & Pineapple Chunks
	Grain/Meat <sup>+</sup>	Vanilla Yogurt <sup>2</sup>	Oatmeal	<b>Sweet Potato Hash</b> Egg	Waffle	WGR Toast
LUNCH/SUPPER	Milk	Unflavored Low-Fat or Non-Fat Milk	Unflavored Low-Fat or Non-Fat Milk	Unflavored Low-Fat or Non-Fat Milk	Unflavored Low-Fat or Non-Fat Milk	Unflavored Low-Fat or Non-Fat Milk
	Vegetable	Lettuce and Tomato Salad	<b>Italian Chicken &amp; Veggie Sheet Pan</b> Roasted Brussels Sprouts	<b>Creamy Coleslaw</b> Cabbage, Carrots, Green Onion	Sauteed Green Beans	<b>Tuna Salad Sandwich</b> Celery, Onion, Lettuce, Tomato
	Fruit/Vegetable <sup>^</sup>	Tropical Fruit Cup	<b>Italian Chicken &amp; Veggie Sheet Pan</b> Roasted Potatoes	Mango Chunks	Pasta Sauce	Apple Slices
	Meat/Meat Alternate	<b>Bean &amp; Cheese Taco</b> Refried Beans and Cheese	<b>Italian Chicken &amp; Veggie Sheet Pan</b> Chicken Drumsticks	<b>Black Bean Patties</b> Black Beans & Cheese	Meatballs	<b>Tuna Salad Sandwich</b> Tuna & Egg
	Grain	<b>Bean &amp; Cheese Taco</b> WGR Tortilla	Garlic Bread	WGR Bun	WGR Spaghetti	<b>Tuna Salad Sandwich</b> WGR Bread Roll
SNACK	Milk	--	--	--	--	--
	Vegetable	Celery Sticks	--	--	Salsa	Carrot Sticks
	Fruit	--	<b>Mango Bowl</b> Frozen Mango	Pears	--	--
	Meat/Meat Alternate	Nut/Seed Butter	<b>Mango Bowl</b> Greek Yogurt <sup>2</sup>	--	--	<b>1-2-3 Dip!</b> Chickpeas
	Grain	--	--	Graham Crackers	Tortilla Chips	--

<sup>1</sup> Breakfast cereal must contain no more than 6 grams of sugar per dry ounce.

<sup>2</sup> Yogurt must have no more than 23 grams of total sugar per 6 ounces.

<sup>+</sup> Meat/meat alternates may be served in place of grains at breakfast no more than three times per week.

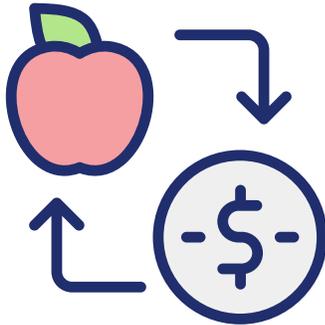
<sup>^</sup> A second, different vegetable may be served in place of fruit for lunch/supper.



# SHOP AND SAVE

Resource Guide





In a world where it can be tough to balance eating a variety of foods and managing money, we know how important it is to make the most of every trip to the store.

We are here to give you practical tips, clever strategies, and useful information to help you shop for food on a budget while still getting the nutrition you and your family need.

As you read through, we will explore the ins and outs of smart shopping and give you tools to confidently navigate the grocery store aisles.

From finding affordable options, to making the most of your food choices, our guide is here to help you make decisions that match your health goals and budget.



Eating on a budget does not mean sacrificing flavor, nutrition, or variety. With some planning and smart shopping strategies, you can enjoy a wide variety of delicious meals without breaking the bank.

## Helpful Tips

This resource guide provides tips and insights on various aspects of shopping on a budget, from understanding labels, and choosing affordable ingredients, to reducing food waste and maximizing savings with coupons and store rewards.



Join us on this journey where saving money can still mean eating well. Discover how every dollar you spend and save can contribute to you and your family's health and happiness.



# Mastering the Grocery Store

Some of the best ways to save money at the grocery store include being prepared ahead of time, understanding where different items are located in your store, and understanding how items are priced. Let's talk about each one a little bit more to see how this can save you money.

## Create a Shopping List

Before heading to the store, make a detailed list of what you need. This is the time to check your refrigerator, freezer, and pantry to see what you already have at home. This will help you buy only what you need.

**If you have foods on hand that need to be used soon, it can be helpful to plan meals using these foods. This can help you save money by lowering food waste**

Your list can also include items that you have coupons for that you need to purchase or items on sale in a local flyer or on the store's website. The list can be hand-written, or it can be helpful to use a note or grocery list generator app on your phone. There are different ways you can organize your list.

Organize your list based on food groups like:

→  **Fruits and Vegetables**  **Proteins**  **Dairy**  **Grains**

→ Another option is to organize it by the layout of your local grocery store or some other way that makes sense to you.

→ It is completely your choice!

While shopping, limit the number of items you add to your cart that are not on your list. You may remember something you need or find a deal that is too good to pass up, but these extra purchases can really add up at the register.

## Explore the Store Layout

Fresh produce, meat, poultry, and dairy are usually placed around the perimeter or the outside of the store. Packaged foods are usually in the middle aisles. You do not need to go down every aisle. Try to avoid aisles that do not have foods on your shopping list to lower your chances of buying something you do not need.



More expensive name-brand foods are usually stocked at eye level so check the top and bottom shelves for more affordable options.

## Store Brands

Buying store brands, also known as private-label or generic brands, can be a smart way to save money at the store. **Here are several ways that choosing store brands can help lower your grocery bill:**

**Lower Cost** Store brands often cost less than their name-brand competitors because they do not carry the same marketing and advertising expenses. This cost-saving is passed on to you, the buyer.

**Similar Ingredients** In many cases, store brands contain the same or very similar ingredients as name brands. This means that you can often get a product of the same quality without paying for the brand name.

**Wide Variety of Options** Store brands offer a variety of products, covering everything from pantry staples to personal care items and household goods. This variety means that you can find store brand options for many items on your shopping list.

**Exclusive to Retailers** Store brands are typically exclusive to specific retailers. Many stores set their store brand prices to be cheaper than the name brand products so they can attract and keep customers.

**Same Manufacturer** In many cases, store brands are produced by the same manufacturers that make name-brand products. The difference lies in the packaging and branding. This allows you to enjoy the same quality without the extra cost or higher price tag.

By adding more store brands to your cart, you can save a lot of money without sacrificing the quality of the products you purchase. It is worth exploring different store brand options and comparing them to name brands to find the best value for your budget.

# Compare Prices

One of the best ways to save money at the grocery store is by looking carefully at the price tag. The cost on the price tag can be misleading and may cause someone to purchase something that may look less expensive at first but might be more expensive overall.

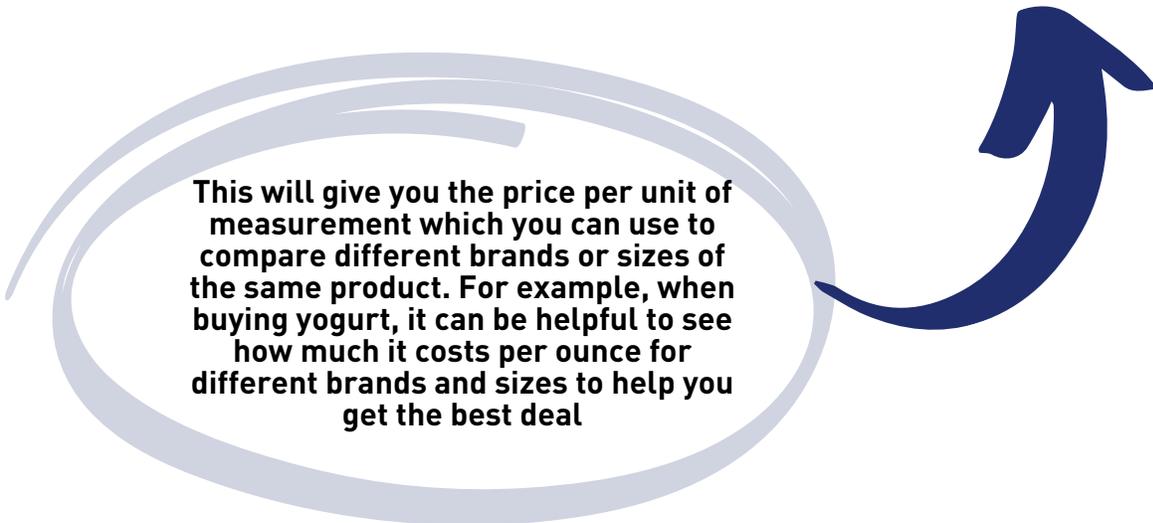


## There are 2 prices on most price tags at the grocery store

### Retail Price



### Per Unit Price



When it comes to saving money at the grocery store, it is important to consider more than just the retail price when you are comparing products. You also want to consider the amount of the product you are buying and how long it will last. Larger sized containers are usually less expensive per unit and can save you money in the long run. To help you choose what size package to buy, decide if you and your family would eat that larger amount over time or if it would go to waste.

# Let's look at some examples



**Crispy Rice Cereal  
Store Brand**



**Retail Price \$3.47  
Unit Price \$0.14/oz**

**Crispy Rice Cereal  
Name Brand**



**Retail Price \$4.98  
Unit Price \$0.28/oz**

**Crispy Rice Cereal  
Name Brand**



**Retail Price \$6.28  
Unit Price \$0.25/oz**

In this example, the 24 oz box of store brand cereal is both the least expensive overall and lowest unit price, which is the price per ounce (oz), compared to the name brand. Cereal has a longer shelf life than fresh foods, so it is not likely to go bad before it is all eaten. If you prefer a name brand in this situation, you will save money by buying the larger box because its unit price is less than the smaller box.

**1 Whole Romaine  
Lettuce (loose)**



**makes  
about  
12oz**

**Retail Price \$1.99  
Unit Price \$0.17/oz**

**Bag of 3 Whole  
Romaine Lettuce**



**18oz**

**Retail Price \$3.99  
Unit Price \$0.22/oz**

**Bag of Chopped  
Romaine Lettuce**



**9oz**

**Retail Price \$2.99  
Unit Price \$0.33/oz**

In this example, the loose (not packaged) whole romaine lettuce is the least expensive option. When considering only the cost, loose produce is the way to go. Produce that is pre-packaged or pre-cut is generally more expensive. However, we know the convenience of already prepped produce is important at times. You may wish to consider how much time it will take to prepare whole fresh produce when deciding which options to buy.



Retail Price \$2.36  
Unit Price \$0.07/oz



Single Container  
Retail Price \$0.58  
Unit Price \$0.11/oz



4 pack  
Retail Price \$1.96  
Unit Price \$0.08/oz

In this example, the large 32 oz container of yogurt costs less per unit. If you know you and your family will eat the larger container before it expires, this will be the best for your budget. If you do not think it will get eaten in time, it may be better to choose the single containers, even though they cost more per cup.



**Black Beans**  
Store Brand Dry  
16oz Bag

Retail Price \$1.79  
Unit Price \$0.30/cup



**Black Beans**  
Store Brand Canned 15oz  
(about 2 cups)

Retail Price \$0.89  
Unit Price \$0.45/cup



**Black Beans**  
Name Brand Canned 15oz  
(about 2 cups)

Retail Price \$1.50  
Unit Price \$0.75/cup

In this example, dry black beans are going to be the best on a budget because you get more beans for the price of a cup. Again, we understand that life gets busy so buying canned beans may be a better option for you. But if stretching your food dollar is your top priority, dried beans are going to be the best option. Similar to the other examples, the store brand is also the better choice when comparing the two canned options.

Not all price tags will show you a unit price but the calculator on your phone can help you do a little math to determine the best value. Simply divide the retail price by the units it contains. For example, if a 32 oz container of yogurt has a retail price of \$2.36, it would be  $\$2.36/32 \text{ oz} = \$0.07$  per oz.



# Coupons & Store Rewards Programs

## Know Where to Find Coupons



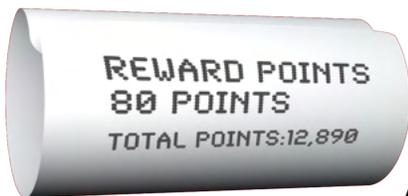
Using coupons and enrolling in your grocery store's rewards program are powerful tools to stretch your budget without compromising on quality

Discover different sources for coupons, both online and in-store. To find in-store sales, look for digital flyers, or ads in your mail, or on grocery store websites or apps.



## Collect and Organize

Start collecting coupons for the stores and brands you frequently shop. Then organize your coupons to keep them easily accessible when you shop. The last thing you want is to miss a coupon when checking out or forget your coupons at home. Do not forget to check out coupons offered by your grocery store's rewards program on your store's website or app. Many store apps allow you to "clip" the coupon and it will automatically apply the savings when you checkout.



## Enroll in your Grocery Store's Rewards Program

After signing up, learn about the perks and benefits offered by that store's rewards program. Most rewards programs provide you with personalized discounts and coupons based on your shopping habits which can be really great for your wallet. Another benefit of enrolling in your store's rewards program is that it can help you stay informed about promotions, discounts, and special events through mail home flyers, their mobile app, and social media.

## Expiration Date Awareness

Be aware of your coupon expiration dates to avoid missed opportunities. Have multiple coupons for the same product? Be sure to use the one that expires the soonest first.



## Coupons and WIC Benefits



Did you know that you can use coupons on the foods you purchase with your WIC benefits?



For example, your WIC food benefits may list that you can purchase 36 oz of cereal, but you have a coupon for “buy 1 box, get one 1 free” of your favorite WIC-approved cereal. Even if the second box puts you over 36 oz, you can still get it free while using your WIC card and that coupon.

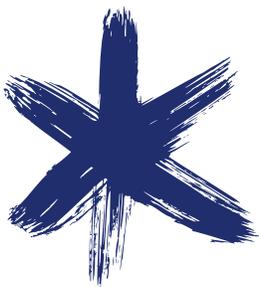


Coupons are also a big saver when it comes to fruits and vegetables when you use them with your WIC benefits. Get more for your fruit and vegetable WIC dollars by using coupons to bring down the cost.

## Do Not Use a Coupon Just to Use it



While coupons are a great way to get a better deal on something you will use, it is important that you do not buy something do not need because it seems like a good deal. You might end up spending money on things you do not really want or will not use. Taking advantage of every great deal can quickly empty your wallet and defeat the whole purpose of using coupons.



Coupons and rewards programs can be the keys to unlocking substantial savings, ensuring that your shopping experience is not only budget-friendly but also rewarding. Embrace these tools and watch as your grocery bills decrease all while getting foods your family will enjoy!

# Fruits & Vegetables



Eating on a budget does not mean compromising on nutrition or flavor. When it comes to buying fruits and vegetables, fresh, frozen, and canned all have their own benefits, making them each great for different situations.

## Fresh

- Fresh fruits and vegetables make a great addition to all kinds of meals and snacks
- In-season produce is often more budget-friendly
- Buy pre-packaged or pre-cut options when you need to save time or choose loose fruits and vegetables when you want to save money
- A lot of fruits and vegetables freeze well - buy in bulk and freeze what you do not need to use later

Discover amazing fruits and vegetables at local farmers markets - an adventure for the whole family

## Frozen

- Fruits and vegetables are frozen soon after they are picked - freezing in their nutrients
- They are already cut up and prepped, saving you time in the kitchen
- You can keep them in your freezer for a long time, so you do not have to worry about them spoiling or going bad
- Buying in bulk can save money - when you are ready, open the bag or container and take out what you need



**Buying tip:** Choose firm, unblemished fresh fruits and vegetables, free from bruises or decay

## Canned

- They are cooked and ready to eat, so they are a great option on busy days
- Canned fruit and vegetables are often cheaper than fresh or frozen ones, so they are budget-friendly

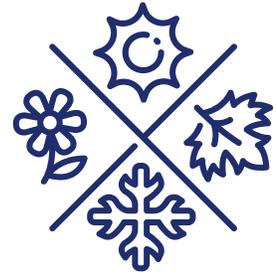
**Buying in bulk can save money**  
 canned fruit and vegetables have a long shelf life, so you can keep them in your pantry for a while  
 Look for canned fruits and vegetables without added ingredients, especially sugar or sodium



Remember fresh, frozen, and canned all have nutritional value - mix and match them based on your budget and what you and your family like to eat.

**Do not forget** - always use your WIC food benefits before using any other form of payment when purchasing any WIC-approved foods, including fruits and vegetables.

# Choose In-Season



There are so many advantages to buying fruits and vegetables that are in-season, especially when you are on a budget. In-season refers to the time of year when a certain fruit or vegetable is naturally grown, harvested, and readily available to eat. Factors such as temperature, sunlight, and weather conditions influence when certain crops are ready to be harvested.

Different fruits and vegetables have specific seasons during which they grow best, are more available, and are typically at their peak in terms of flavor and nutritional content.

**In-season produce is generally more available, fresher, and often less expensive compared to out-of-season produce, which may need to be grown in artificial conditions, transported long distances, or stored for extended periods.**

**Buying fruits and vegetables when they are in-season can give you the following benefits:**



**Lower Prices**

When fruits and vegetables are in-season, there is often an abundance or a lot of supply, leading to lower prices. Farmers and markets are more likely to offer discounts and promotions to sell the large amount they have available, making in-season produce more cost-effective.



**Local Availability**

In-season produce is more likely to be locally grown, which saves the store money on transportation costs. Local farmers can bring their fresh goods to the store more easily, and the reduced distance traveled can help lower prices.



**Better Quality**

In-season produce is typically fresher and of higher quality because it is harvested at its peak ripeness. This not only improves flavor but also helps make sure that you and your family are getting the most nutrients for your money.

Remember buying produce in season not only supports local farmers but also offers fresher and more flavorful options at lower prices

Keep an eye on local sales, visit farmers' markets, and explore **community-supported agriculture (CSA)** options in your area to maximize the benefits of buying in-season.

Check out your local or state farm bureau to find out what produce is considered in-season in your area.



# Organic vs Non-Organic

Organic foods continue to increase in popularity across the U.S. with many believing eating organic is better for health. The question is - are organic foods healthier?



**The idea of organic food may seem like a great idea, but it can also be a costly choice.**

According to the United States Department of Agriculture (USDA), organic crops (fruits, vegetables, and grains) are those grown on farms that do not use certain synthetic pesticides, herbicides, or fertilizer for three years prior to harvest. They also must be grown a certain distance away from neighboring farms that may use these products.

In the case of livestock, organic means that the farmer will feed their animals organic feed, make sure they live on land that has not used a prohibited substance for the last 3 years, and raise them without the use of antibiotics or hormones, unless for medical treatments.

## Labeling

There are labeling requirements for food packaging for raw, fresh products, and processed products that contain organic ingredients.

These labeling requirements are based on the percentage of organic ingredients in a product.



Term	Definition
<b>100% organic</b>	Must contain only organically produced ingredients and processing aids (excluding water and salt)
<b>Organic</b>	Must consist of at least 95% organically produced ingredients (excluding water and salt)
<b>Made with organic ingredients</b>	Must contain at least 70% organic ingredients

# Are Organic Foods Healthier?

## Fruits and Vegetables

There is not currently any research that shows a meaningful difference in the nutrients found in organic and non-organic fruits and vegetables.

Organic fruits and vegetables have fewer pesticide residues compared to non-organic ones. Eating a diet with organic produce lowers the number of pesticides people are exposed to but it is not clear if this has a significant impact on health.



## Dairy

In organic milk, cows are...

- Only given feed grown without the use of pesticides or fertilizers
- Given time to graze in the pasture
- Not given certain medications to treat illness
- Not treated with supplemental hormones



Organic milk has similar protein, minerals, fats, and vitamins as non-organic milk. When it comes to nutrition, neither organic nor non-organic dairy milk is considered better than the other.

## Meat and Poultry

The potential health benefits of organic meat and poultry products are unclear. The nutritional differences between organic and non-organic meat are very small, but it is not clear if these have a significant impact on health.



## Bottom Line

Organic foods may have some benefits, but they are not necessarily healthier, safer, or more nutritious compared to non-organic foods. On average, organic foods cost 50% more compared to non-organic foods. What you may have heard about the health benefits of organic foods can make you feel like you have to buy these more expensive options, and make you feel guilty if you are not able to afford them. It is important to look at your budget and decide what you can afford and how to spend your food dollars. Ultimately, it is a personal choice on whether or not to buy organic products. If you would like more information on organic foods, visit [USDA Organic](https://www.usda.gov/organic).



# Meal Prep

Meal preparation, more commonly known as meal prep, is when you plan, prep, cook (sometimes), and store your snacks or meals to be eaten later. Meal prep is a great way to save time and money, reduce food waste, and add more variety to your meals. It is a popular choice for busy families and a great option for those looking to save money on their monthly grocery bill.

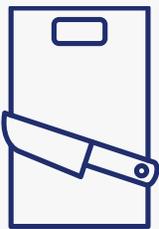
## There are 3 steps to successful meal prep

### Step 1: Plan



The first step to meal prep is to write out your meal plan which is a schedule for what you or your family will be eating. Some like to plan for the next day or two, and others like to plan for the whole week or even longer. A meal plan looks different for everyone because it is based on many different things, like which meals you are planning for, what recipes or dishes you would like to make, what ingredients you need, and how much you want to make. Many families use their meal plan to create a grocery list of foods they need to buy at the grocery store. However, you can also make a meal plan from only foods you have at home already

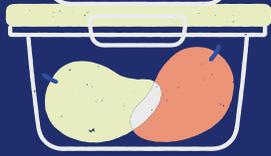
### Step 2: Prep



Once you have purchased all the foods you need or have looked at what you have on hand, it is time to prep your food. Prepping can look different for everyone – maybe you want to prep some ingredients for tomorrow night's dinner, or you want to make an entire recipe to store and reheat over the next few days. For example, if you planned to have tacos for dinner tomorrow, you could cook meat, shred cheese, and wash and chop fresh toppings so they are ready to go the next day. Or, if you know that you will not have time to make dinner next Tuesday, you could make an extra batch of soup to have ready to heat and eat

It can be helpful to set aside a specific day and time for prepping, like a block of time during a non-workday or a few 1-hour blocks throughout the week. Prepping during the week can save you time on busy days and money by not needing to pick up food to-go. When you can, include the whole family– even little ones can help with some tasks!

### Step 3: Store



Storing your prepped ingredients, meals, or snacks is important to keep them fresh and lasting as long as possible which can help you save money by reducing food waste.

1

#### Store in air-tight containers or resealable bags

For meals or snacks that you want to have available to grab and go, it is best to use small individual containers or bags.

If you make a large recipe, like a soup or stew, storing those in individual containers, about the size or portion you want at mealtime is best

2

#### Label with the date and what it is

Write the date you made the food and what it is on the container or bag.

This helps you know what it is and when it needs to be used by. You can add a piece of tape to place on the container to write on if that helps

3

#### Store in the refrigerator or freezer

Cooked meals or ingredients are good in the refrigerator for up to 3-4 days.

Some prepped raw fruits and vegetables may be good in the refrigerator for a few days, while others may last for up to a week.

For longer storage, cooked meals or ingredients are good in the freezer for up to 3-6 months depending on the food



# Making vs. Buying

While buying pre-made products can be more convenient, making these foods from scratch can be a big savings to your wallet and a rewarding alternative. By making your own foods, you can control the quality of ingredients and tailor the flavor to you and your family's preferences.

## Let's look at some examples

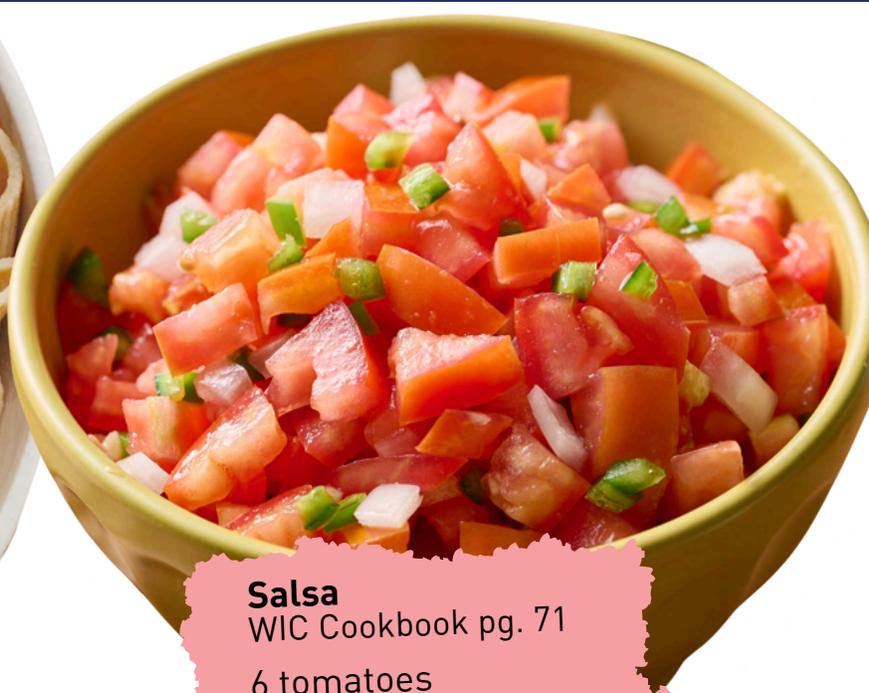


**Hummus**  
WIC Cookbook pg. 70

- 1 can garbanzo beans
- Water
- 1 tbsp lemon juice
- 1 garlic clove
- 2 Tbsp of olive oil
- 1 tsp cumin
- 1/4 tsp salt

<b>Hummus</b> makes 20 oz	<b>Store-Brand, Hummus</b> Traditional Flavor 10 oz container	<b>Name Brand, Hummus</b> Traditional Flavor 10 oz container
Retail Cost: \$1.39*	Retail Cost: \$3.79	Retail Cost: \$5.49
\$0.14 per 2 oz serving	\$0.76 per 2 oz serving	\$1.10 per 2 oz serving

\*True cost will depend on what you already have on hand and what you may need to buy



**Everything Sauce**  
 WIC Cookbook pg. 66  
 1 can crushed tomatoes  
 1 onion  
 1/4 cup tomato paste  
 4 cloves of garlic  
 1.5 tsp salt  
 1 Tbsp oregano  
 1.5 tsp pepper

**Salsa**  
 WIC Cookbook pg. 71  
 6 tomatoes  
 1/4 onion  
 1.5 tsp lime juice  
 1 clove garlic  
 3/4 tsp salt  
 1 jalepeño

<b>Everything Sauce</b> makes 30 oz	<b>Store-Brand Pasta Sauce</b> 24 oz jar	<b>Name Brand Pasta Sauce</b> 24 oz jar	<b>Salsa</b> makes 32 oz	<b>Store brand Salsa</b> 16 oz container	<b>Name Brand Salsa</b> 16 oz container
Retail Price: \$3.00*	Retail Cost: \$2.79	Retail Cost: \$5.99	Retail Price: \$3.07*	Retail Cost: \$1.79	Retail Cost: \$3.79
\$0.20 per 2 oz serving	\$0.23 per 2 oz serving	\$0.25 per 2 oz serving	\$0.19 per 2 oz serving	\$0.22 per 2 oz serving	\$0.47 per 2 oz serving

\*True cost will depend on what you already have on hand and what you may need to buy

Over time, the amount of money you can save by preparing your own ingredients, sauces, dressing, dips, and dishes, rather than purchasing pre-made products, can really add up. This is something to consider if saving money at the grocery store is a top priority for you. Of course, we know buying some packaged products can be a real time saver. Choose what works best for your family.



# Reducing Food Waste

In the United States, it is estimated that between

**30-40 percent**

of the food supply, or about

**133 billion pounds**

is wasted every year

Food waste happens throughout the food chain, at the farm, during processing, at the market, and in our own homes



Reducing food waste is an important way to help save money



Let's talk about the steps we can take to reduce food waste and keep more money in our pocket



# Product Dating

One of the best ways to reduce food waste is having a better understanding of the dates on your food products. It is important to know that the dates on food are for quality, not for safety. This means that you may be throwing away food that you think has gone bad – but it really has not – because the date labeled on the food has passed. Let’s talk about this more.

## “Best if Used By/Before”

This date tells us when a product will have the best flavor or quality. It is not a purchase or safety date

## “Sell By”

This date tells the store how long to display the product for sale. While this is not a date to indicate its safety, you should not buy a product from the market if it is past this date

## “Use By”

This date is determined by the manufacturer and is the last date recommended for the use of the product while at peak quality. It is not a safety date



### Important!

Federal regulations require a "Use-By" date on the product label of infant formula under inspection of the U.S. Food and Drug Administration (FDA) – any formula not consumed by this date should be thrown out

## “Freeze By”

This date indicates when a product should be frozen to maintain peak quality. It is not a purchase or safety date



If these dates do not refer to the safety of consuming that food, how will you know when that food has gone bad or should not be eaten? Using your senses is an excellent way to assess the freshness of food and determine if it is starting to go bad.

## Here is how you can rely on your senses to check the quality of various types of food

### Smell



#### Meat and Poultry

Fresh meat should have a neutral, iron-like smell. If it has a sour or unpleasant odor, it may be spoiled

#### Milk and Dairy

Fresh milk and dairy products should have a mild, sweet smell. Sour or foul odors mean they have gone bad

#### Fish

Fresh fish should have a clean scent. Avoid fish with a strong, fishy or ammonia-like smell

### Sight



#### Fruits and Vegetables

Look for changes in color, texture, and mold. Discoloration, wilting, or mold growth are signs of deterioration

#### Eggs

A fresh egg should have a clean and smooth shell. Throw away any cracked or broken eggs

#### Meat and Poultry

Check for changes in color, especially any gray or greenish hues. If the meat appears slimy or has an unpleasant odor, it may be spoiled

### Touch



#### Meat and Poultry

Fresh meat should feel firm and spring back when touched. If it feels slimy or sticky, it may be spoiled

#### Bread and Bakery Items

Stale or spoiled bread may feel hard, dry, or crumbly. Mold growth is another sign of spoilage

#### Fruits and Vegetables

Check for firmness and avoid produce that feels overly soft or mushy

### Taste



#### Dairy Products

If dairy products taste sour or have an off flavor, they may be spoiled

#### Meat and Poultry

If cooked meat has an off taste or an unpleasant odor, it may be a sign of spoilage

#### Fruits and Vegetables

Taste can be a good indicator. If the flavor is off or has an unusual taste, the produce may be past its prime

### Sound



#### Canned Goods

Listen for a hissing or popping sound when opening canned goods. This could indicate spoilage or contamination

#### Crunchy Foods

Foods that are supposed to be crunchy (like chips or crackers) should still have their characteristic crunch. If they are soft, they may be stale

Always use your senses in combination, as a food item may exhibit multiple signs of spoilage. If in doubt, it is safer to discard questionable items than to avoid the risk of foodborne illness.



## Getting the Most from Your Fruits & Vegetables

When buying fresh fruits and vegetables, it is important to only buy what you will use in the next several days, or even up to a week depending on what it is.

Storing fresh fruits and vegetables properly is a great way to keep them lasting as long as possible. But if your fruits and vegetables are going to go bad soon, it is not too late to find a way to use them.

**Remember, reducing food waste is a big way to save money!**



**Here are some creative ways to use your fresh fruits and vegetables before they go bad**

### ● Freeze Them

So many fruits and vegetables can be thrown in the freezer to be used when you need them. This is especially helpful for making smoothies. Wash and cut up (if needed) any fruit you have that are on their last days and throw them into the freezer. Frozen greens like spinach and kale are also great for smoothies.



### ● Soups & Stews

Adding vegetables that are about to go bad to soups or stews is a great way to extend the life of that food and adds more nutrients to your dish.

### ● Search for a Recipe

Figure out which fruits or vegetables you need to use and search your cookbooks or recipes online that will use those up. This can be a fun time to try something new!



## Bake with Them

There are a lot of baked goods like bread and muffins where fruits or vegetables can be a great addition or substitution. Replace some or all of the fat in a recipe with applesauce, mashed bananas, or pumpkin puree for added moisture. Grated zucchini can be added into cake or muffin batter for moisture and added nutrients.



## Make Stock



Toss any vegetables that have not yet gone bad into a pot on the stove, fill with water, season to taste and let simmer for an hour to make your own vegetable stock. This works best with root veggies like celery, carrots, potatoes and onions.

## Roast Them

Toss vegetables in oil and roast them to use as a side dish or to add to meals. Roasted vegetables can also be blended to make a nice spread for sandwiches.



# ★ Leftovers for the Win

Making use of leftovers is a smart way to save money and cut down on food waste. When you repurpose and eat leftovers, you are getting more out of the foods they already have, preventing them from going to waste. By creatively using extra food to create new meals, you can stretch your grocery budget and make the most of what you have already purchased.

**Planning meals with leftovers in mind encourages a mindset of resourcefulness, making people more aware of the value of each food item and promoting thoughtful consumption. Getting into the habit of using leftovers is a small thing you can do that is a big savings to your wallet!**

By following the tips in this resource guide, we hope you can feel more comfortable eating on a budget without compromising on flavor or nutrition. As you set out on your budget-friendly food journey, remember that making small changes can have a big impact on your wallet.



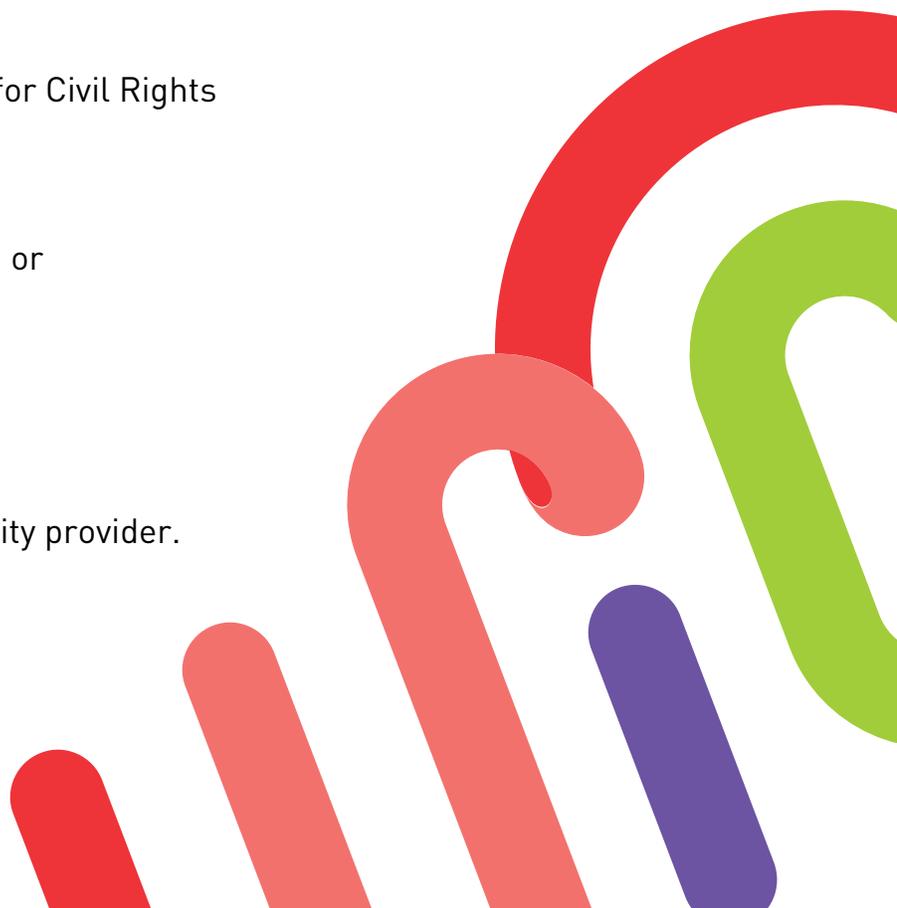
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Washington, D.C. 20250-9410; or
- 2. Fax:**  
(833) 256-1665 or (202) 690-7442; or
- 3. Email:**  
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# MEAL PREP

## SMART SNACKING

Resource Guide

Disclaimer:  
We try to be inclusive of all people in our materials. It is our goal to use gender inclusive language when possible. Please know that all references to breastfeeding are meant to be inclusive of all breastfeeding, chestfeeding, and human milk feeding individuals.



**Snacking is an important part of many families' daily routines. It can help you and your children get the energy and nutrients you need throughout the day. What you choose to snack on can also make a big difference in how you feel.**

In this guide, we are going to explore how to choose and prepare balanced and tasty snacks to enjoy with your family. On busy days, having already prepped snacks on hand saves you time and makes it easier when you are hungry and in a hurry. It also helps you pick better snack choices instead of grabbing whatever's around. This is helpful if you or your family have special dietary needs or if you have a busy family on the go. Plus, making snacks together can be a fun family activity.

Let's explore some helpful tips about snacking and discover how much easier it can be for your family when you spend just a little time each week prepping snacks to grab-and-go. By the end of this journey, your family will have the info and tools to make snacking easier and fun.



**Snacking is an important part of most people's diets, but it is especially important during these life stages**

**Childhood:** Since their stomachs are so small, it may be hard for them to get all the nutrition they need for their growing bodies from 3 meals alone. Snacks help fill in the gaps

**Pregnancy:** Snacking is a way to get the extra calories and nutrients needed while growing a baby. It can also help when eating larger meals is hard due to being tired or having nausea

**Postpartum:** Having snacks prepped ahead of time can help when it is hard to find time to eat with a new baby

**Breastfeeding:** Breastfeeding is a lot of work! Snacks can provide the extra energy needed during this time



Did you know the most common snacks eaten in the United States include fruit, cookies, chips, ice cream, candy, popcorn, soft drinks, cake, milk, nuts, seeds, and yogurt? While there are a lot of snack choices out there, we want to give you some tips for picking and prepping the best snacks for you and your family.

**Here is our biggest tip for smart snacking:**

A balanced snack includes one item from at least two of these food groups



Each of these groups provide their own nutrients including vitamins, minerals, fiber, carbohydrates, protein, and fat. By mixing and matching items from these food groups, you are creating a snack that is tasty, provides you with the nutrition your body needs, and helps you to feel full until your next meal. **Let's look at some examples**

- Vegetable or Fruit**
- Salsa
  - Carrots
  - Cucumber
  - Avocado/Guacamole
  - Strawberries
  - Apples
  - Banana
  - Bell peppers
  - Cherry tomatoes

- Grain**
- Air-popped popcorn
  - Corn tortilla chips
  - Pretzels
  - Whole grain crackers
  - Whole grain bread
  - Dry whole grain cereal

- Protein or Dairy**
- Beans
  - Cottage cheese
  - Hard-boiled egg
  - Hummus
  - Nuts or seeds
  - Peanut butter
  - Slice cheese
  - String cheese
  - Yogurt/Tzatziki
  - Canned tuna

- Combos**
- Strawberries & bananas with yogurt or cottage cheese
  - Carrots with hummus
  - Apples with peanut butter or nuts
  - Air-popped popcorn with string or sliced cheese
  - Cucumbers with tzatziki
  - Corn tortilla chips with salsa or guacamole
  - Whole grain Crackers with bean dip
  - Carrots with hard-boiled eggs
  - Whole grain toast with avocado
  - Mix tuna with yogurt and spread over whole grain toast

**List out different foods you have in your refrigerator or pantry into these groups and see what combos you can make**



## If you are having a hard time deciding what snack you want to have, let your senses lead the way!

### If you are in the mood for something:

#### Crunchy

- Reach for raw vegetables, nuts, or whole grain crackers
- Try our zesty cucumber slices sprinkled with lemon recipe from our cookbook (page 48)



#### Creamy

- Maybe the creaminess of yogurt, avocado, or cottage cheese will do the trick
- Prep the hummus recipe from our cookbook (page 70) ahead of time

#### Sweet

- Fresh fruit or a square of dark chocolate can satisfy your sweet tooth
- Our banana peanut butter cookie recipe from our cookbook (page 10) might be the perfect amount of sweetness



#### Savory and Salty

- Pair a fruit or vegetable with some cheese, nuts, or peanut butter
- Roast chickpeas with some salt for a snack that is savory, salty, and crunchy

It is important to allow yourself to eat the foods you are craving. This can help reduce the chances of overeating foods you do not enjoy as much. When you match your snack choices with the foods you are craving, you are sure to find a winning combination!

Sometimes, you may want a snack that includes more than two foods. As long as you have something from at least two of the groups above, feel free to add on to your snack! A peanut butter and banana sandwich on whole grain bread, a yogurt parfait with whole grain cereal, sliced fruit, and nuts, or a cheese stick with pretzels and bell pepper slices might just be the food combination that really satisfies your hunger.

**Let's talk more about how a little bit of snack prepping can help improve you and your family's snack time. Remember, meal prepping is not just about breakfast, lunch, and dinner – there are a lot of benefits to prepping snacks too.**



# The Art of Snack Prepping

## The 3 "Pre's"

### 1 Pre-Cut

Snacks are a great time to add in fruits and vegetables

- **Wash and pre-cut** fruits and vegetables that need prepping, so they are ready when you need them
- **Running low on time?** Try canned or frozen fruits and vegetables – they are still packed with nutrition
- **Have a block of cheese?** Slice or cube it in advance for grab and go snacks



**TIP** For crisp apples, a splash of citrus like lemon juice keeps them bright and tasty

### 2 Pre-Make:

Prepare recipes for snacks in advance - this works great for items like energy bites, or yogurt parfaits

- **Pre-load smoothie ingredients** into a bag or individual smoothie blender cup and so it is ready to go when you are
- **Cook a large batch** of your favorite recipe and freeze the extras for later
- **All the dips** from our cookbook (pages 56-60) can be prepped ahead and pre-portioned



**Dips like Hummus (WIC Cookbook page 70) and Tzatziki (WIC Cookbook page 72) can be frozen!**

Ideas:



Our **Blueberry Banana Oat Cookies** (WIC Cookbook page 11) are great straight from the freezer

Enjoy the **Crunchy Fruit Salad** (WIC Cookbook page 53) and portion into smaller containers or reuse baby food jars

Get creative with prepped fruit by making **Fruit Kabobs** (WIC Cookbook page 55), a fun snack option that lasts in the refrigerator 2-3 days

# The Art of Snack Prepping: The 3 "Pre's"

## 3 Pre-Portion, Package, then Store

Divide snacks smaller portions into individual containers or bags. This makes grabbing a snack on-the-go easy. Pre-portioned nuts, trail mix, or whole-grain crackers are perfect for this.

### Only have larger containers?

That is okay! Pre-portion food into cupcake liners for storage in those bigger air-tight containers.

Store prepped items at eye-level in the refrigerator

**TIP** Cheese freezes well, too!

With these three techniques, snacking becomes an easy part of your routine. Whether it is pre-cut, pre-made, or pre-portioned, your snacks are ready to fuel your day.

## Let's wrap up with some important takeaways

### Balanced Snacking

A balanced snack means combining items from at least two groups:

- Vegetable *or* Fruit
- Grain
- Protein *or* Dairy

### Discover Delicious Duos

Explore combos you and your children love

### Prep for on the Go

Prep snacks in advance when possible – it saves time and helps you and your family have ready-to-go snacks when you are out and about

### Listen to Your Body

When hunger strikes, grab a balanced snack to help keep you full until the next meal



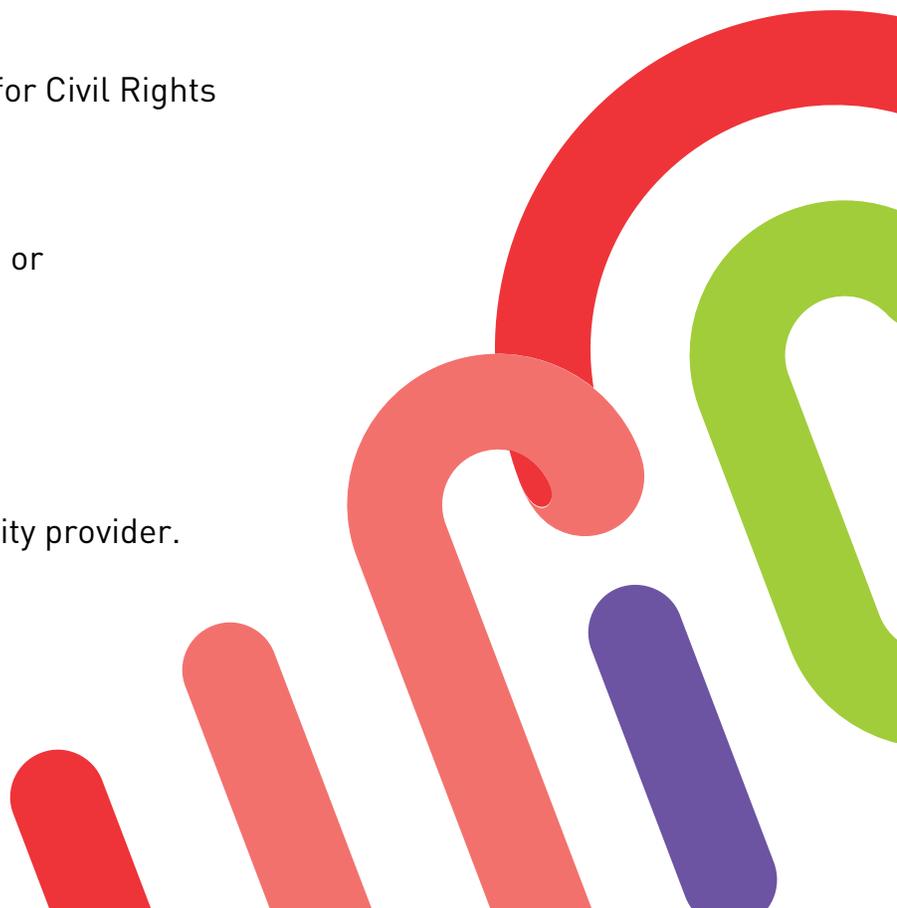
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# MEAL PREP

Resource Guide



Life can get busy sometimes, so it is helpful to find ways to make snack time or mealtime faster and easier. This is where meal prep can help! Meal preparation, more commonly known as meal prep, is when you plan, prep, cook (sometimes), and store your snacks or meals to be eaten later. Meal prep is a great way to save time and money, reduce food waste, and make better food choices. It is a popular choice for busy families. When you take time to plan and prepare meals ahead of time, it can make a big difference in your family's physical and mental health.

## Here is how meal prep can help your family



### Save Money

Planning specific meals and creating a grocery list can help you stick to a budget

Take advantage of sales or discounts when they happen

When your meal plan includes recipes with the same ingredients, buying in bulk can be helpful



### Enjoy More Balance

Planning your meals can help you get more variety of foods and reach your nutrition goals

Prepping can help you and your family enjoy more home-cooked meals and snacks, even on busy days



### Save Time & Lower Stress

Meals are planned ahead of time which cuts back on last-minute decision-making stress

You can have ready-to-go snacks and meals on busy days



### Cut Down on Food Waste

Having a plan for how and when to use each item you buy can reduce food spoiling or going bad

Use leftovers creatively

**Let's learn the 3 steps to successful meal prep**



# Step 1: Plan

A meal plan is a schedule for what you or your family will be eating. Some like to make a plan for the next day or two, and others like to plan for the whole week or even longer. This is when you decide which meals you are planning for, what recipes or dishes you would like to make, what ingredients you need, and how much you want to make. A meal plan looks different for everyone because it is based on many different things. Use the following steps to create a meal plan that works for you.

## 1

### Pick the meals and snacks you want to include and the length of time for your plan

- ▶ Is it tomorrow night's dinner, all dinners for the week, or all your meals and snacks for the next couple of days or week?
- ▶ Consider the space you have available in your refrigerator or freezer to store food when creating your plan
- ▶ Set a goal. If you are new to meal prep, set a small goal you know you can reach

## 2

### Pick recipes or foods you want to make

- ▶ Consider any family allergies or preferences
- ▶ Include recipes the whole family can help with when it comes to prepping and cooking
- ▶ Use what you have - Check your refrigerator or pantry for what you already have on hand
- ▶ Rotate favorites or try a new recipe

More ideas continued on next page



## Continued...

▶ Create **“theme nights”** - this can be helpful for busy families or those who are new to meal planning. Here are some examples - choose themes that work for your family!

Meatless Monday	Taco Tuesday	Wok it up Wednesday	Throwback Thursday	Pasta Friday	Simple Saturday	Sunday Funday
Go vegetarian	Try different tacos	Spice up a stir fry	Leftovers or choose a family favorite meal	Pick a pasta dish	Keep it simple or pick up take-out	Try something new, have breakfast for dinner, or give your child a few options to pick from

▶ Find recipes that use some of the **same ingredients**.

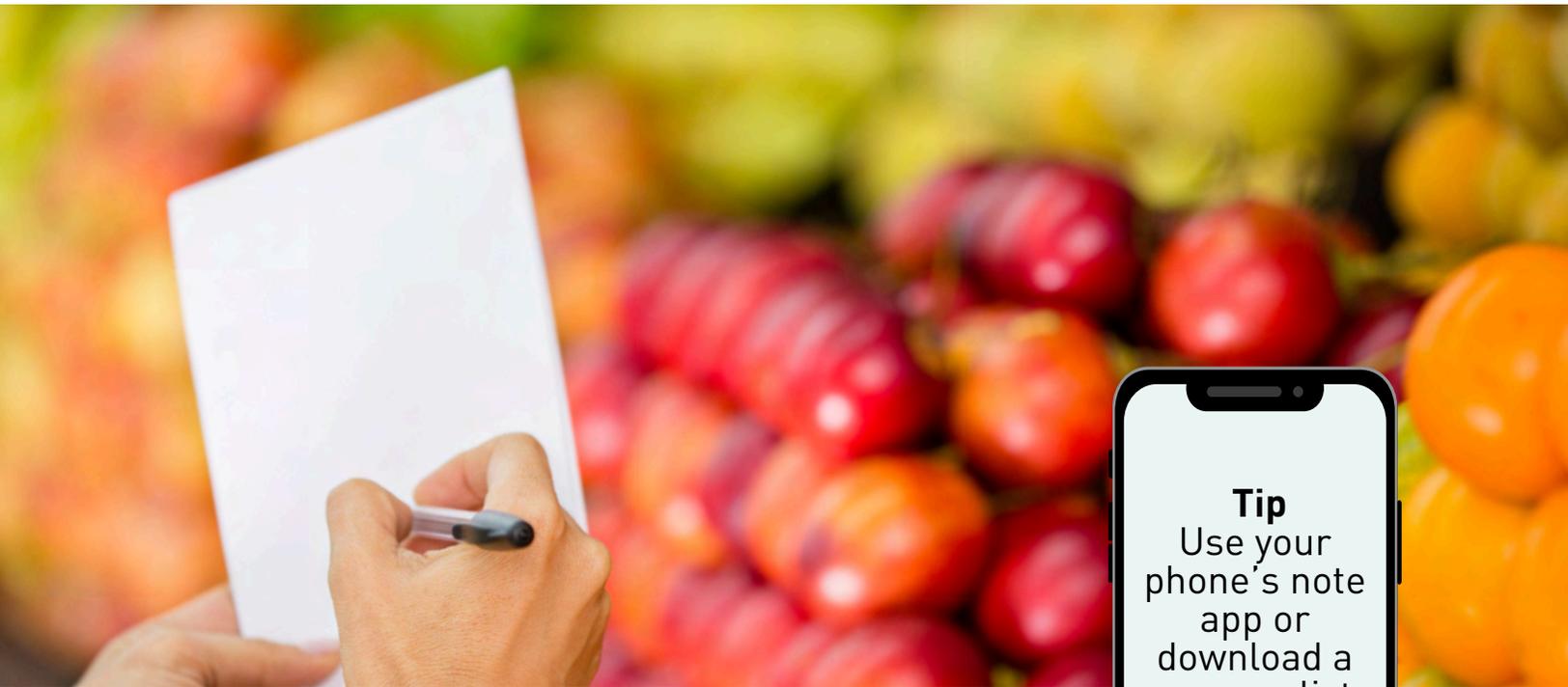
Black Bean Bowl	Tofu Tacos	Soy Ceviche
brown rice		
	tortillas	tortillas
onion	onion	onion
		cucumber
bell pepper	bell pepper	
black beans		
	tofu	tofu
cheddar cheese	cheddar cheese	
tomato	tomato	tomato
avocado	avocado	
yogurt		
lettuce	lettuce	
		tomato sauce

## 3

## Write out your meal plan



- ▶ Include your meals (and snacks, too!) and when you will be having them
- ▶ Make a grocery list based on your meal plan
- ▶ Be sure not to buy things you already have on hand – check your fridge and pantry
- ▶ Stick to your list and only buy what is on it

**Remember**

meal planning is about finding a system that works for you or your family. With a bit of practice, you will find what works best.

**Tip**  
Use your phone's note app or download a grocery list app to help you stay organized



# Step 2: Prep

Prepping can look different for everyone – maybe you want to prep some ingredients for tomorrow night’s dinner, or you want to make an entire recipe to store and reheat over the next few days. It can be helpful to set aside a specific day and time for prepping, like a block of time during a non-workday or a few 1-hour blocks throughout the week. Doing this during the week can save you money and time later. When you can, include the whole family– even the little ones!

## Remember to practice food safety



Separate raw meat, poultry, and seafood from other foods

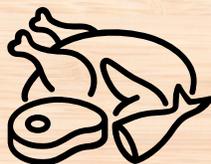


Wash your hands, surfaces, and utensils between prepping each food item



Use a clean cutting board

### IF POSSIBLE



Use one cutting board for preparing raw meat, poultry, and seafood,



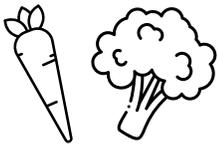
Another cutting board for preparing fruits and vegetables

# Prep Ingredients

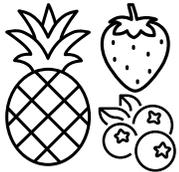
One way to prep food is to get your raw ingredients ready to eat, cook, or add to other dishes ahead of time. This can save a lot of time and effort on days when you are very busy or tired.

## Fresh fruits and vegetables

Some fruits and vegetables stay fresh longer than others. Plan your prep time so you can eat them while they are at their best.



Hard vegetables like carrots or broccoli that are pre-cut can last about **a week**, while softer ones like bell peppers and zucchini are best when used within **2 to 4 days** after cutting



Some great options to have on hand for pre-cut fruit include strawberries, pineapples, and melon, which stay good for about **4 days**. For some fruits, rinsing them with tap water and storing them after they are dry in the refrigerator is all the prep that is needed. This includes grapes, blueberries, raspberries, and blackberries

These are general guidelines. It is important to inspect your fruits and vegetables before cooking or eating for any signs of spoilage, including changes in look, feel, or smell.



Wash your fruits and vegetables with cool tap water, even if you are peeling them, and let them completely dry



Decide how you want to cut them – this could depend on how you like to eat them or what the recipe you are using calls for

For example - **Bell Peppers**

Slice them into strips for a snack that is perfect for dipping



Dice them up to add tasty pieces to rice, stir-fries, or other main dishes

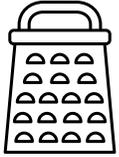


Cut off the top and remove the seeds to roast or make stuffed peppers



# Prep Ingredients

## Cheese



**Have a block of cheese?**  
Shred, grate, or slice for your next meal or snack



Freeze any extra you will not use for a while



## Protein



Thaw proteins in the refrigerator if frozen



Marinate pre-cut or whole foods like chicken, pork, beef, seafood, or tofu before cooking so it is extra delicious when you are ready to cook



# Cook Single Ingredients

Another way to prep is by cooking some ingredients ahead of time. This cuts down on the amount of time you spend preparing some recipes, and you can make bigger batches of the food you are cooking to use in several different meals or snacks.

## Proteins

A large batch of protein can be made in advance to use as a side dish or to add to different recipes over the next 3-4 days. Using the same protein in different recipes such as burritos, salads, bowls or stir fry can be an easy way to enjoy a lot of different flavors.

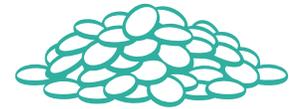
### Beans

- Get creative and make a bean medley by mixing different kinds of beans
- Beans are great in so many dishes – add them to anything!
- Make bean burger patties and refrigerate or freeze



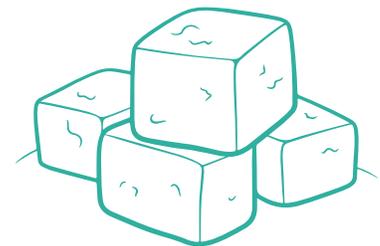
### Lentils

- Cook a large batch to use in many things like salads, soups, stews, burritos, or stir-fry
- Make lentil burger patties and refrigerate or freeze



### Tofu

- Can be served raw
- Marinate ahead of time for a great flavor
- Add it to any pre-assembled smoothie cups
- Crumble it and cook it with taco seasoning or add it to pasta sauce
- Use as an egg substitute in a breakfast scramble with cheese and vegetables
- Bake or sauté it to use in any dish



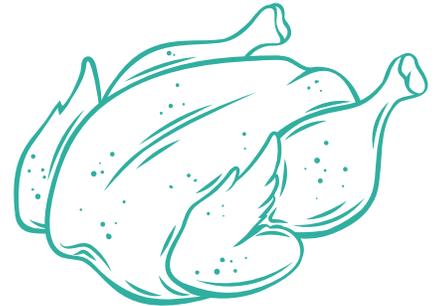
**Tip:** Pressing some of the liquid out of the tofu before cooking helps it absorb the flavors you are cooking with. To do this, remove the tofu from package, wrap in a few paper towels, and place a heavy object on top like a book. Place in refrigerator few hours to remove as much liquid as possible.

# Cook Single Ingredients

## Chicken

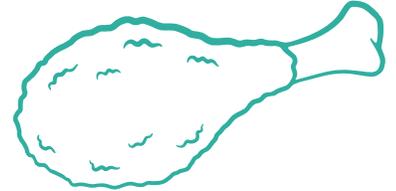
- Shred or dice a big batch of cooked chicken to use in dishes like tacos, burritos and casseroles, or use it in a salad or pasta dish
- Cook several chicken breasts to use in dishes or paired with some sides
- Roast a whole chicken and use the different pieces in multiple recipes

**Note:** Make your own broth by heating leftover bones from the chicken in a pot of water with seasoning, then strain the liquid. Store in the refrigerator or freeze individual servings in an ice cube tray.



## Turkey

- Cooked turkey breast or legs are great in many dishes or paired with some sides
- Cooked ground turkey can be used in many dishes – tacos, burritos, lasagna, or added to a marinara sauce for pasta



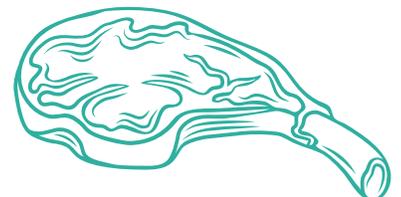
## Beef

- Cooked ground beef can be used in many dishes – tacos, burritos, lasagna, or added to a marinara sauce for pasta
- Make burger patties and freeze for later



## Pork

- Cooked pork chops or pulled pork can be used in many dishes or paired with some sides



**Grains:** Cook a large pot of pasta, barley, or quinoa which can be used in both hot and cold recipes. Making a large batch of rice, like our Cilantro Lime Rice recipe, is a great addition to many meals.

## Cilantro Lime Rice

- 2 tablespoons canola or olive oil
  - 1 ½ cups brown rice
  - 1 clove garlic, minced
  - 2 ¼ cups water
  - 1 teaspoon salt
  - 4 tablespoons fresh squeezed lime juice
  - 1 cup cilantro, minced
1. Heat oil in a medium saucepan on medium-high heat. Add uncooked rice and stir to coat with oil. Cook for 3 minutes
  2. Add garlic and cook for 1 minute
  3. Add water, salt, and lime juice to the saucepan. Bring to a boil, cover and reduce heat to low
  4. Simmer the rice mixture for 45 minutes, or until all water has been absorbed
  5. Remove from heat and stir in cilantro. Fluff with a fork before serving

**Vegetables:** A roasted mixed vegetable dish is great to have on hand and can be used in a lot of different dishes like burritos, tacos, salads, bowls, or as a side dish to a meal

## Roasted Vegetables

**Vegetables by roasting time (bake at 400°F / 204°C)**

- Longest (25-30 min): Root & hardy vegetables (beets, potatoes, carrots, parsnips, rutabaga, turnips)
- Medium (10-15 min): Whole or halved bell peppers, broccoli, cauliflower, brussels sprouts, tomatoes, radish, mushrooms, celery, onions
- Short (5-10 min): Asparagus, green beans, zucchini, summer squash, bell pepper slices, corn

**Pasta sauce:** Make a large batch and refrigerate to use within 3 days or freeze into individual serving containers for 3 months

## Everything Sauce

- 1 tablespoon olive oil
  - 1 small yellow onion, diced
  - 4 medium garlic cloves, minced
  - ¼ cup tomato paste (6-ounce)
  - 1 (14.5-ounce) cans crushed tomatoes
  - 3 tablespoons fresh chopped or 1 tablespoon dried oregano
  - 1 ½ teaspoon salt
  - 1 ½ teaspoon black pepper
  - Crushed red pepper (optional, to preferred spice level)
1. Heat olive oil in large non-stick saucepan or pot on medium-low heat
  2. Add onions to pan and cook for 3-5 minutes until onions are translucent
  3. Stir in garlic, oregano, salt and tomato paste
  4. Stir in crushed tomatoes, then cover, and simmer on low 10-30 minutes
  5. Add salt, pepper and crushed red pepper to taste

### **Dressings or dips:**

Both freeze well! Dressings can be frozen in ice cube trays for individual servings.

# Cook Entire Meals

Another prep option is to prepare an entire meal, then freeze or refrigerate it until you are ready to eat. This is a great option if you want something ready to go that requires little or no effort the day of. It's great for busy schedules, and some caregivers like to prep several meals to have ready before a baby arrives.



**This is a great time to use some ingredients you may have already prepped**

**2x**

**Take your favorite recipe and double or triple it**

- Great examples of this include casseroles, soups, stews, or entire pasta dishes
- **For lasagna, make 2!**  
Assemble both, bake one to enjoy now, and store the uncooked one in the freezer for up to 3 months. When you are ready to enjoy it, remove it from the freezer, then bake!



**There are many great recipes from our cookbook that can be prepared or cooked, then refrigerated or frozen to enjoy later:**

**Chili · Lentil Sweet Potato Soup · Chickpea Salad · Burger Patties**

Salads are another great option to prep in advance!  
Check out our Salad in a Jar recipes from our cookbook

## Meal Prep Salad in a Jar

Choose a container to build the salad  
(i.e. mason jar)

Layer in this order for the freshest salad:

- Add dressing
- Add proteins
- Add grains
- Add crisp vegetables
- Add soft ingredients
- Add leafy greens

\*Leave room at the top to shake when ready to eat

- Store in the fridge until ready to use
- When ready, shake or mix the container until dressing is mixed through
- Eat and Enjoy!



Store in the refrigerator for up to 3-4 days

When ready, shake or mix the container until dressing is mixed through

# Step 3: Store

Storing your prepped ingredients, meals, or snacks is important to keep them fresh and ready to enjoy whenever you need them. Follow these simple steps to ensure all your prepped items stay delicious as long as possible:

1

## Store in air-tight containers or resealable bags

Container size depends on how you plan to meal prep

- For meals or snacks that you want to have available to grab and go, it is best to use small individual containers or bags
- If you make a large recipe, like a soup or stew, storing those in individual containers, about the size or portion you want at mealtime is best



A word on containers: Do not let the fear of not having “the right containers” stop you from meal prepping. Clear containers or bags can help you see what is inside, but that is not a deal breaker. Maybe you do not have clear containers – that is ok – grab some tape and write what is in that container so you can easily know what it is. Smaller containers can also be helpful for meal prepping, but again, do not let this stop you. If you only have a large container, open it, take out the amount you want to eat, put the rest back in the refrigerator or freezer, then heat up only what you removed. The quality decreases each time food is reheated, so it is best to reheat only the amount needed.

2

## Press and squeeze out extra air

Remove as much air as possible from the containers or bag before sealing. If freezing, this helps prevent freezer burn. Be sure to leave some space if you are storing liquids because liquids expand when frozen.



3

## Label with the date and what it is

Write the date you made the food and what it is on the container or bag. This helps you know what it is and when it needs to be used by. You can add a piece of tape to place on the container to write on if that helps.

4

## If refrigerating

Place prepped or cooked ingredients in the refrigerator as soon as possible. Cooked meals or ingredients are good in the refrigerator for up to 3-4 days. Some prepped raw fruits and vegetables may be good in the refrigerator for up to a week.

5

### If freezing

For longer storage, place prepped or cooked ingredients in the freezer as soon as possible. Cooked meals or ingredients are good in the freezer for up to 3-6 months depending on the food.

6

### Thawing

If you have a busy evening ahead, move your frozen meal to the **fridge the night before**. Allow it to thaw slowly. Do not thaw food items on the counter or in a pot of water. Thawing food at room temperature allows bacteria to grow and can put those who eat it at risk for food poisoning.

Proper storage helps maintain the taste, quality, and safety of your prepped or cooked meals and ingredients, making meal and snack time more convenient and enjoyable.



If meal prep is something you have been wanting to try but have not been sure where to start, start small. If you can plan what you are going to have for dinner tomorrow – that is a win! We hope some of these ideas were helpful. Remember meal prep is anything that helps you feel more prepared when it comes to offering your family meals and snacks. As you feel more comfortable in one area, you can try adding in something new. Find what works for you and go at a pace that feels comfortable.



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# MARICOPAWIC

## COOKBOOK



**OVER 50 RECIPES, NUTRITION FACTS & TIPS  
TO MAKE THE MOST OF YOUR WIC FOODS**

The Maricopa County WIC program would not be possible without the support of our dedicated staff including Intake Specialists (IS), Breastfeeding Peer Counselors (BFPC), Nutrition Associates (NA), Dietetic Technicians (NDTR), Registered Dietitians (RDN), International Board-Certified Lactation Consultants (IBCLC), and Supervisors.

**We want to give a special thank you to everyone  
who contributed to this cookbook**

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**To all our participants, thank you for being a part of our WIC family**



This cookbook was created for you and your family!  
It has more than 50 recipes using only ingredients that  
can be purchased with WIC benefits!

Include your children as much as you can! Involving them  
along the way – at the market, in the kitchen, and at the dinner table  
– can have lasting benefits.

**These lasting benefits include...**

Developed language, motor, math, and reading skills

Boosted confidence

Increased focus and attention

Strengthened family relationships

Check out the **Raising a Helping Hand** resource guide  
on our website for more info on this.

Watch short videos showing how each of the recipes in  
this cookbook are made and check out our WIC Education  
Modules and Resource Guides on our website,  
**MaricopaWIC.com.**

**Follow us on Facebook and Instagram for:**

- Fun info and tips on nutrition and breastfeeding
- Meal Prep, shopping, and cooking tips
- Helpful resources and events in your area  
& so much more!



Maricopa WIC



@MaricopaWIC

# 4 simple steps to keep your food safe

## 1 Clean

- Wash hands for 20 seconds with soap and water before and after preparing different foods, and again before eating
- Wash utensils, cutting boards, and countertops with hot soapy water often



## 2 Separate

- Keep raw animal products like meats, seafood, and eggs separated from other foods
- Use separate cutting boards
- Keep raw meat on the bottom shelf in the fridge to prevent leaking onto other foods



## 3 Cook

- Heat foods to the proper temperature
- This will kill bacteria that could make you sick



## 4 Chill

- Prepared dishes and high-risk foods should be chilled within 2 hours
- Keep your refrigerator below 40°F / 4°C and freezer below 0°F / -17°C



For more food safety tips, check out our [All Things Food Safety Resource Guide](#)

# Common Conversions

## Measure ... Equivalent

$\frac{1}{16}$  tsp ... dash

$\frac{1}{8}$  tsp ... a pinch

3 tsps ... 1 Tbsp

$\frac{1}{8}$  cup ... 2 Tbsps

$\frac{1}{4}$  cup ... 4 Tbsps

$\frac{1}{3}$  cup ... 5 Tbsps + 1 tsp

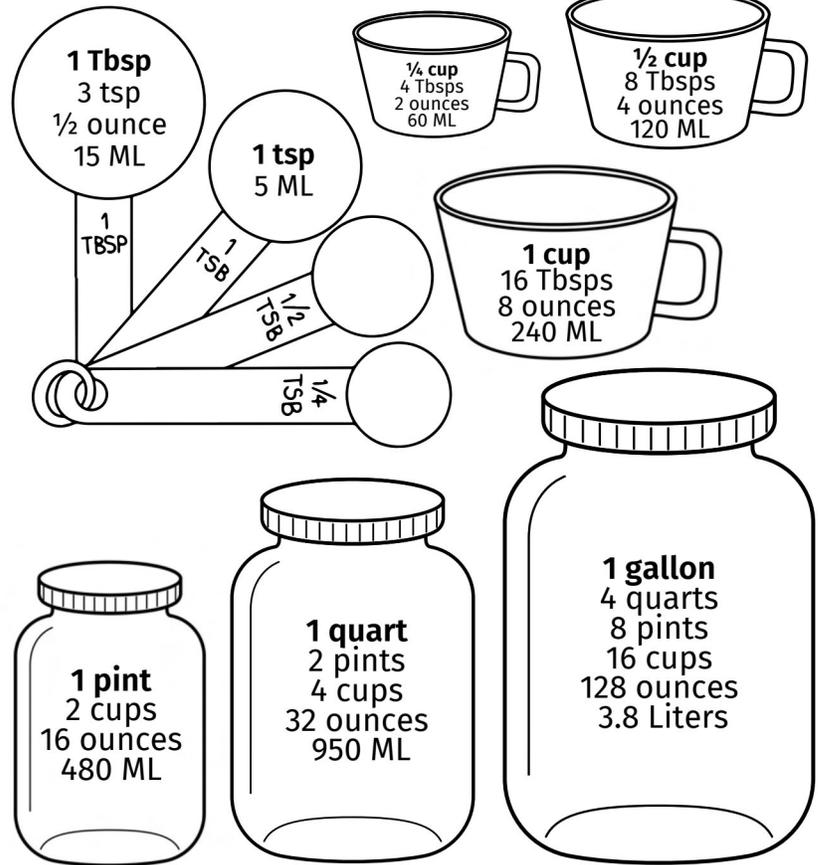
$\frac{1}{2}$  cup ... 8 Tbsps

$\frac{3}{4}$  cup ... 12 Tbsps

1 cup ... 16 Tbsps

tsp = teaspoon

Tbsp = tablespoon



## Common Substitutes

**Water** Use broth or water with aromatics such as garlic, onions, celery, and herbs



**Herbs** Swap out for any herb of your preference

Dried herbs are stronger than fresh herbs

For 1 tsp of dried herbs use  
2 Tbsp of fresh herbs



**Milk** Swap for any alternative such as soy, almond, coconut, oat, kefir, goat, or lactose-free milk



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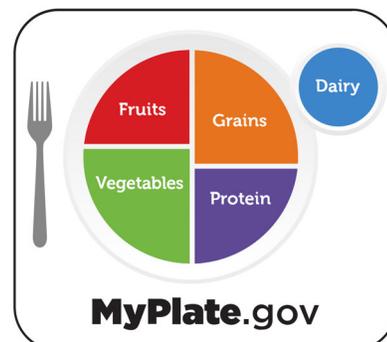


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# WHOLE GRAINS

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Whole grains are important sources of many nutrients including carbohydrates, fiber, several B vitamins, and minerals.

Check out the **All About Grains** Resource Guide on our website to learn more about whole grains.



# Animal Face Toast

Makes 3 servings

- 3 slices 100% whole wheat bread
  - 3 tablespoons peanut butter
  - ½ cup fresh strawberries, sliced with leaves and stems removed
  - ½ medium banana, peeled and sliced
  - ¼ cup fresh blueberries
1. Using a toaster, toast the bread until lightly toasted
  2. Spread 1 tablespoon of peanut butter onto each slice of toast
  3. Assemble fruit into animal faces on toast

## Helpful Tip

If you need help creating your faces, try bananas for the ears and blueberries for the eyes! You could also make an owl with sliced strawberries as the wings. Be as creative as you would like!

## Nutrition Fact

The color of the bread does not always tell us if it is a whole grain. Bread can be brown because of molasses and other added ingredients. Read the ingredient list to see if it is actually a whole grain! Make sure the ingredients list states whole grains first, and look for the words “100% whole grain” or “100% whole wheat” on the package



Per Serving: Calories 246 kcals · Carbohydrate 33 g · Protein 8 g · Total Fat 11 g · Saturated Fat 2 g · Trans Fat 0 g  
Cholesterol 0.5 mg · Fiber 5 g · Total Sugar 10 g · Sodium 373 mg · Calcium 352 g · Folate 41 mcg · Iron 1.5 mg



# Banana Peanut Butter Cookies

Makes 12 servings

- 3 medium ripe bananas, peeled and mashed
- ½ cup apple sauce
- 2 cups instant oatmeal or oats
- 3 tablespoons peanut butter
- 1 teaspoon vanilla extract (optional)
- ¼ teaspoon salt

## Nutrition Fact

The oats in these cookies count towards your daily whole grain needs! Fiber from whole grains may help lower blood cholesterol levels and may lower the risk of heart disease

1. Preheat oven to 350°F / 176°C
2. Add mashed bananas, peanut butter, and applesauce to a large mixing bowl & mix
3. Add oats, salt, and vanilla (if using)
4. Mix well and allow to sit for 15 minutes
5. Using 1 tablespoon of batter for each cookie, drop batter onto a large ungreased, non-stick sheet pan, or use parchment paper
6. Bake for 15-18 minutes, or until lightly brown

## Helpful Tip

How can you tell when bananas are ripe? The banana should be soft to squeeze, have brown spots on the peel, there should be no green on the stem, and it should be easy to peel.



Per Serving: Calories 190 kcals · Carbohydrate 35 g · Protein 7 g · Total Fat 5 g · Saturated Fat 0.5 g · Trans Fat 0.03 g · Cholesterol 0.0 mg · Fiber 5 g · Total Sugar 5 g · Sodium 174 mg · Calcium 139 g · Folate 118 mcg · Iron 10 mg



# Blueberry Banana Oat Cookies

Makes 12 servings

- 5 medium ripe bananas, peeled and mashed
- ¼ cup water
- 3 ½ cups instant oatmeal or oats
- 1 teaspoon ground nutmeg
- 1½ teaspoons ground cinnamon
- ½ teaspoon ground ginger
- ⅛ teaspoon ground cloves
- 1 cup fresh or frozen blueberries
- ¼ cup peanut butter

## Nutrition Fact

Whole grains are sources of magnesium and selenium. Magnesium builds strong bones and selenium supports a healthy immune system

1. Preheat oven to 350°F / 176°C
2. Line a large baking sheet with parchment paper or lightly grease to prevent sticking
3. Stir bananas and water together in a large mixing bowl
4. Mix in oatmeal, nutmeg, cinnamon, ginger, and cloves
5. Gently fold in blueberries
6. Roll into 2-inch round balls and place on baking sheet. Gently press down on each cookie with a spoon
7. Bake for 20 minutes or until cookies are slightly brown and firm to the touch
8. Frost each cookie with 1 teaspoon of peanut butter while still warm



Per Serving: Calories 137 kcals · Carbohydrate 25 g · Protein 4 g · Total Fat 4 g · Saturated Fat 0.7 g · Trans Fat 0.004g  
Cholesterol 0 mg · Fiber 4 g · Total Sugar 8 g · Sodium 66 mg · Calcium 63 mg · Folate 88 mcg · Iron 4 mg



# Bun Pizza

Makes 1 servings

- 1 ½ tablespoons Everything Sauce
- ¼ cup cheese, shredded
- Toppings of choice  
(Mushrooms, diced bell peppers, onions, etc)
- Whole wheat hot dog bun, top and bottom

1. Preheat oven to 425°F / 218°C
2. Open and lay hot dog bun flat on baking sheet
3. Cover hot dog buns with **Everything Sauce** (pg. 66)
4. Add cheese and desired toppings
5. Bake about 7 minutes or until cheese is melted and edges are browned

Instead of a bun, try a...

- Tortilla
- Portobello mushroom
- Bell pepper
- Sandwich thin
- Bread
- Potato



## Meal Prep Tip

Double this recipe, then double-wrap the cooked pizza in plastic wrap, removing as much air as possible. Freeze for up to 2 months



Per Serving: Calories 240 g · Carbohydrate 30.8 g · Protein 14 g · Total Fat 7.2 g · Saturated Fat 3.1 g · Trans Fat 0 g  
Cholesterol 15.3 g · Fiber 4.4 g · Total Sugar 4.4 g · Sodium 442.7 mg · Calcium 230.4 mg · Folate 6.3 mcg · Iron 1.5 mg



# Cilantro Lime Rice

Makes 6 servings

- 2 tablespoons canola or olive oil
- 1 ½ cups brown rice
- 1 clove garlic, minced
- 2 ¼ cups water
- 1 teaspoon salt
- 4 tablespoons lime juice
- 1 cup cilantro, minced

## Helpful Tip

New to brown rice?

Try mixing brown and white rice together. Start with a half and half mixture, and over time add more brown rice and less white rice

1. Heat oil in a medium saucepan on medium-high heat. Add uncooked rice and stir to coat with oil. Cook for 3 minutes
2. Add garlic and cook for 1 minute
3. Add water, salt, and lime juice to the saucepan. Bring to a boil, cover, and reduce heat to low
4. Simmer the rice mixture for 45 minutes, or until all water has been absorbed
5. Remove from heat and stir in cilantro. Fluff with a fork before serving



Per Serving: Calories 210 kcals · Carbohydrate 36 g · Protein 4 g · Total Fat 6 g · Saturated Fat 0.8 g · Trans Fat 0 g  
Cholesterol 0 mg · Fiber 3 g · Total Sugar 0.7 g · Sodium 396 mg · Calcium 26 mg · Folate 15 mcg · Iron 1 mg



# Easy Pasta Salad

Makes 8 servings

- 16-ounces whole wheat pasta
- 1 (15-ounce) can low-sodium tomato sauce
- ½ medium white onion, diced
- 1 red bell pepper, diced
- 1 cup fresh broccoli, chopped
- 1 cup fresh spinach
- 1 Roma tomato, diced
- 1 (15-ounce) can kidney beans, drained and rinsed
- Salt and pepper to taste

1. Cook pasta according to the directions. Drain and set aside
2. Combine tomato sauce, onion, bell pepper, and broccoli in a large saucepan, then bring to a boil
3. Reduce heat, cover, and simmer for 10 minutes
4. Add the cooked pasta, spinach, tomato, and kidney beans to the saucepan
5. Cook on medium heat for 5 minutes, or until pasta sauce is thick
6. Season with salt and pepper to taste
7. Transfer to a large bowl and allow to cool. Cover and chill in the refrigerator for 1-2 hours. Serve cold

## Meal Prep Tip

Prep a big batch of **Everything Sauce** (pg. 66) and use it in this recipe. Replace the can of tomato sauce with 2 cups Everything Sauce



Per Serving: Calories 268 kcals · Carbohydrate 55 g · Protein 12 g · Total Fat 2 g · Saturated Fat 0.4 g · Trans Fat 0.001 g  
Cholesterol 0 mg · Fiber 9 g · Total Sugar 6 g · Sodium 399 mg · Calcium 52 mg · Folate 81 mcg · Iron 4 mg



# Overnight Oats

Makes 2 servings

- 1 cup instant oatmeal or oats
- 1 ¼ cups low-fat or non-fat milk (or milk alternative)
- ¼ cup non-fat yogurt, any flavor
- ½ cup fresh strawberries, diced
- 1 medium banana, peeled and sliced
- 2 tablespoons peanut butter

1. Place oatmeal in a medium bowl and set aside
2. Whisk together milk and yogurt in a separate small bowl
3. Pour wet ingredients over the oatmeal. Stir to combine
4. Stir in the strawberries, banana, and peanut butter
5. Cover and place bowl in the refrigerator overnight



## Helpful Tip

Get your morning off to a great start by prepping your breakfast the day before! Use clean baby food jars to store and serve this recipe.



Per Serving: Calories 332 kcal · Carbohydrate 50 g · Protein 15 g · Total Fat 10.4 g · Saturated Fat 2 g · Trans Fat 0.1 g  
Cholesterol 4 mg · Fiber 6 g · Total Sugar 20 g · Sodium 165 mg · Calcium 381 mg · Folate 54 mcg · Iron 2 mg



# Spinach Pasta Pie

Makes 4 servings

- 8-ounces whole wheat pasta
- 2 large eggs
- 1 teaspoon olive or canola oil
- 8 Roma tomatoes, chopped
- 1 medium white onion, diced
- 8 cups fresh spinach
- 1 ½ cups shredded mozzarella cheese, divided
- Salt and pepper to taste

1. Preheat oven to 350°F / 176°C
2. Cook pasta according to the directions
3. Combine pasta and beaten eggs in a large bowl and toss until well coated
4. Place oil, tomato, onion, and spinach in a large saucepan on medium heat. Cook for 7 minutes
5. Stir in pasta and half of the cheese. Add salt and pepper to taste. Stir well
6. Put the pasta mixture into the cake pan. Sprinkle the remaining cheese on top
7. Bake for 20 minutes. Allow the dish to cool and cut into “pie pieces”

## Helpful Tip

This recipe uses spaghetti noodles but the options are endless! Try it with penne, bowtie, rotini, macaroni, or any type of pasta that you have on hand



Per Serving: Calories 394 kcals · Carbohydrate 58 g · Protein 29 g · Total Fat 8 g · Saturated Fat 1 g · Trans Fat 0.01 g  
Cholesterol 101 mg · Fiber 11 g · Total Sugar 10 g · Sodium 415 mg · Calcium 528 mg · Folate 214 mcg · Iron 5 mg



# Vegetable Roll Ups

Makes 4 servings

- 2 cups butternut squash, peeled and chopped
- 6 tablespoons water
- 2 cups fresh spinach
- 1 cup black beans, drained and rinsed
- 2 avocados, sliced
- 4 medium whole wheat flour tortillas
- Salt and pepper to taste

## Helpful Tip

Want to try this with other vegetables? Try adding cucumber, bell peppers, or tomatoes, or try it with hummus or lentils



1. Place squash and water in a medium saucepan on medium heat. Cover and cook for 6 minutes, or until tender
2. Add spinach and cook for an additional 4 minutes. Remove from stove
3. Add black beans. Mix together. Add salt and pepper to taste
4. Add the mixture and avocado to tortillas and roll, folding the bottom end in so the ingredients do not fall out



Per Serving: Calories 394 kcals · Carbohydrate 58 g · Protein 29 g · Total Fat 8 g · Saturated Fat 1 g · Trans Fat 0.01 g  
Cholesterol 101 mg · Fiber 11 g · Total Sugar 10 g · Sodium 415 mg · Calcium 528 mg · Folate 214 mcg · Iron 5 mg

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Proteins function as building blocks for bones, muscle, cartilage, skin, and blood. They are also the building blocks for enzymes, hormones, and vitamins.

Proteins can be categorized as either animal protein, which includes seafood, meat, poultry, and eggs, or plant-based protein, like beans, peas, lentils, nuts (including nut butters), seeds, and soy products.

Check out the **Seafood** and **Plant-Based Protein** Resource Guides on our website to learn more.



# Black Bean Bowl

Makes 4 servings

- ¾ cup brown rice
- 1 tablespoon olive or canola oil
- ½ medium white onion, diced
- 1 red bell pepper, diced
- 1 ½ cup black beans, drained and rinsed
- ½ cup shredded cheddar cheese
- 1 Roma tomato, sliced
- 1 avocado, diced
- 4 tablespoons non-fat plain Greek yogurt
- 2 cups shredded lettuce

1. Cook rice according to the directions and set aside
2. Heat oil in a large saucepan on medium heat. Add onion and bell pepper. Cook for 10 minutes, or until onions are translucent
3. Add rice and beans to the saucepan. Mix and heat for 5 minutes
4. Pour into a large bowl. Top with cheese, tomato, avocado, Greek yogurt and lettuce

## Meal Prep Tip

Save time on ingredient preparation, like dicing vegetables and cooking the rice, by prepping these ingredients beforehand.

Then take out and cook when you're ready!



Per Serving: Calories 389 kcals · Carbohydrate 52 g · Protein 14 g · Total Fat 15 g · Saturated Fat 4 g · Trans Fat .01 g  
Cholesterol 15 mg · Fiber 10 g · Total Sugar 4 g · Sodium 287 mg · Calcium 185 mg · Folate 85 mcg · Iron 3 mg

PROTEIN 19



# Breakfast Burritos

Makes 4 servings

- 2 tablespoons olive and canola oil
- ½ medium white onion, diced
- 2 garlic cloves, minced
- 4 cups fresh spinach, chopped
- ½ cup mushrooms, sliced
- 8 egg whites
- 3 tablespoons low-fat or fat-free milk (or milk alternative)
- 4 whole wheat tortillas
- Salt and pepper to taste

## Meal Prep Tip

Breakfast burritos can be made ahead of time and in bulk. Wrap with aluminum foil and store in the refrigerator for up to 4 days or freezer for up to 3 months. Try this recipe with whole eggs or add cheese and avocado for more flavor!

1. Heat oil in a large skillet over medium-high heat
2. Add onion and garlic and cook for 2-3 minutes, or until onions are translucent
3. Add mushrooms and cook until golden brown
4. Add spinach and cook until wilted. Season with salt and pepper to taste and remove from heat
5. Whisk egg whites and milk together in a large bowl. Season with salt and pepper to taste
6. Place the skillet over medium-high heat again and add egg and milk mixture. Cook while stirring frequently for 4-5 minutes, or until eggs have set. Remove from heat
7. Warm tortillas in the microwave for 20 seconds. Scoop the egg and vegetable mixture into the tortillas and roll into burritos



Per Serving: Calories 520 kcal · Carbohydrate 65 g · Protein 52 g · Total Fat 7 g · Saturated Fat 11 g · Trans Fat < .001 g  
Cholesterol 7 mg · Fiber 9 g · Total Sugar 13 g · Sodium 420 mg · Calcium 145 mg · Folate 118 mcg · Iron 6 mg

PROTEIN 20



# Build Your Own Burger

Makes 2 servings

- Protein:  $\frac{3}{4}$  cup
- Grain:  $\frac{1}{4}$  cup cooked
- Mix Ins:  $\frac{1}{2}$  -1 cup
- Toppings: Choose what you like or try something new
- Dressing: Choose what you like or try something new
- Bun: Choose what you like or try something new

1. Drain and rinse protein under cool water
2. Combine protein, mix-ins, grains, and desired spices and herbs in food processor or blender. Note: if mixture is dry, 1 egg can be added to help create a patty texture or bind ingredients together
3. Form into patties to your preferred size
4. Heat a pan on the stovetop with sprayed oil to medium heat. Cook for approximately 8 minutes on one side, then flip and cook for an additional 3-5 minutes until the patties reach 165°F / 74°C

## Protein

Any type of bean (chickpeas, black, pinto, kidney, cannellini, white), tofu, canned or pouch seafood (tuna, salmon, sardines), split peas, lentils



## Grain

Barley, rice, oats, grits, malt-o-meal



## Mix-ins

Cabbage, roasted vegetables, pineapple, mango, peaches, avocado, pears, apples, mushrooms, peppers, onions, corn, eggplant, artichoke, sprouts, zucchini, kale, chard, spinach, herbs and seasonings



## Toppings

Cheese, greens (leaf lettuce, kale, chard, spinach, cabbage), jackfruit, fruit (tomatoes, pineapple, mango, peaches, avocado, pears, apples), roasted vegetables, peppers, sprouts, mushrooms, onions, cucumbers, artichoke



## Dressing

Cucumber Raita (pg. 59), Greek Yogurt Ranch (pg. 68), Guacamole (pg. 69) Hummus (pg. 70), Salsa (pg. 71), Tasty Tzatziki (pg. 72), Three Ingredient Peanut Butter Yogurt (pg. 73), Zesty Avocado Dressing (pg. 74), yogurt, salad dressings, citrus juice (lemon, grapefruit, orange)



## Bun

Whole wheat tortillas, lettuce, whole wheat sandwich thins, whole grain bread





# Build Your Own Black Bean Burger

Makes 2 servings

## Protein:

- ¾ cup canned black beans (about half a 15-ounce can), drained and rinsed

## Grain

- 2 tablespoons rolled oats
- 2 tablespoons cooked brown rice

## Mix Ins

- 8-12 mushrooms
- ⅓ medium carrot, peeled
- 1 thick slice onion
- 1 garlic clove
- ¼ cup broccoli florets, no stems
- 3 teaspoons olive oil
- ¼ teaspoon paprika
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon chili powder (optional to preferred spice level)
- 1 teaspoon olive oil (optional)
- 1 large egg (optional to preferred texture)
- 1 teaspoon tomato paste
- ½ cup packed spinach leaves
- ½ teaspoon Parsley (optional)

## Toppings

- ¼ cup of spinach
- 1 slice of tomato

## Dressing

- 1 tablespoon **Tasty Tzatziki** (pg. 72)

## Bun

- 1 sandwich thin (top and bottom)

1. Drain and rinse beans under cool water
2. Combine protein, mix-ins, grains, and desired spices and herbs in food processor or blender. Note: if mixture is dry, 1 egg can be added to help create a patty texture or bind ingredients together
3. Form patties to desired size
4. Add 1 teaspoon oil to a pan and cook on medium heat to an internal temperature of 160°F / 71°C
5. Build your burger and enjoy

## Meal Prep Tip

Prep the patties and refrigerate up to 24 hours in advance or wrap prepped patties in foil and freeze up to 3 months. Then cook them when you're ready!



## Helpful Tips

- Don't have time to make a patty?
- Try a portabella mushroom instead!
- Use **Roasted Vegetables** (pg. 37) as a mix in or toppings
- Use **Everything Sauce** (pg. 66) in place of tomato for additional flavor

Per Serving: Calories 446.5 kcals · Carbohydrate 87.7 g · Protein 33.98 g · Total Fat 14.7 g · Saturated Fat 2.9 g · Trans Fat .01 g  
Cholesterol 94.7 mg · Fiber 18 g · Total Sugar 9.8 g · Sodium 360 mg · Calcium 241 mg · Folate 418.5 mcg · Iron 5.6 mg



# Build Your Own Black Bean Burger





# Chickpea Salad

Makes 6 servings

- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- ½ teaspoon dried oregano
- ¼ teaspoon garlic powder
- 1 (15-ounce) can chickpeas, drained and rinsed
- 1 cucumber, diced
- ½ cup quartered cherry tomatoes
- ½ medium red onion, diced
- Salt and pepper to taste

1. Combine lemon juice, oil, oregano, garlic powder, and salt and pepper to taste in a small bowl
2. Combine chickpeas, cucumber, tomatoes, and onion in a large bowl
3. Pour the lemon juice mixture over the chickpea mixture and stir well



## Helpful Tip

Drain and rinse canned chickpeas and beans to reduce sodium by up to 40%



Per Serving: Calories 157 kcal · Carbohydrate 22 g · Protein 7 g · Total Fat 6 g · Saturated Fat 0.7 g · Trans Fat 0 g · Cholesterol 0 mg · Fiber 6 g · Total Sugar 9 g · Sodium 311 mg · Calcium 62 mg · Folate 46 mcg · Iron 2 mg

PROTEIN 24



# Egg Roll in a Bowl

Makes 4 servings

- 1 tablespoon olive or canola oil
- 1 (16-ounce) package of firm tofu
- 2 garlic cloves, minced
- 2 tablespoons low-sodium soy sauce, divided
- ½ teaspoon crushed red pepper (optional, to preferred spice level)
- 2 cups green cabbage, sliced
- 1 cup purple cabbage, sliced
- 2 carrots, peeled and shredded
- 2 green onions, thinly chopped

1. Heat oil in a large non-stick frying pan on medium-high heat. Crumble tofu then pour into pan and cook for 3-5 minutes, or until tofu is brown, stirring occasionally
2. Add garlic, 1 tablespoon soy sauce, and crushed red pepper (if using) to pan and cook for an additional 3-4 minutes, stirring frequently
3. Add cabbage, carrots, and remaining 1 tablespoon soy sauce and stir well to combine. Cover and cook for 2-3 minutes, or until cabbage is tender. Remove from heat
4. Add onions. Serve immediately

## Helpful Tip

Try serving over brown rice or cauliflower rice for an extra serving of vegetables



## Nutrition Fact

Tofu contains many important nutrients like calcium, riboflavin (vitamin B2), vitamin K, phosphorus, manganese, iron, and vitamin A

Per Serving: Calories 520 kcals · Carbohydrate 65 g · Protein 52 g · Total Fat 7 g · Saturated Fat 11 g · Trans Fat < .001 g  
Cholesterol 7 mg · Fiber 9 g · Total Sugar 13 g · Sodium 420 mg · Calcium 145 mg · Folate 118 mcg · Iron 6 mg



# Lentil Sweet Potato Soup

Makes 4 servings

- 1 tablespoon canola or olive oil
- 1 small yellow onion, diced
- 2 garlic cloves, minced
- 1 tablespoon curry powder
- 1 tablespoon ground cumin
- 6 cups water
- 3 low-sodium chicken or vegetable bouillon cubes
- 1 cup green lentils, rinsed
- 2 medium sweet potatoes, peeled and diced
- 4 carrots, peeled and diced or sliced
- 3 celery stalks, diced
- 1 cup fresh spinach
- Salt & pepper to taste

1. Heat oil in a large saucepan on medium high heat. Add onion and garlic. Sauté until translucent
2. Add curry powder and ground cumin. Sauté for an additional minute
3. Add water, bouillon cubes, lentils, sweet potatoes, carrots, and celery. Stir and bring to a boil
4. Reduce heat to low and simmer for 25-30 minutes, or until lentils are cooked
5. Turn off the heat and add spinach. Gently mix until spinach is wilted
6. Add salt and pepper to taste

## Nutrition Fact

Garlic and onion are considered aromatics, which are vegetables that deliver deep, rounded flavor and aroma when heated or crushed. Instead of adding fat, sugar, or salt, you can use aromatics to add flavor!



## Meal Prep Tip

Pre-portion soup into smaller, air-tight containers and store in the refrigerator for 3-4 days or freeze for up to 3 months. Reheat and enjoy any time!



Per Serving: Calories 190 kcals · Carbohydrate 10 g · Protein 52 g · Total Fat 7 g · Saturated Fat 11 g · Trans Fat < .001 g  
Cholesterol 7 mg · Fiber 9 g · Total Sugar 13 g · Sodium 420 mg · Calcium 145 mg · Folate 118 mcg · Iron 6 mg

PROTEIN 26



# Masoor Dal

## (Spiced Red Lentils)

Makes 4 servings

- 1 cup brown rice
- 1 cup red lentils, rinsed
- 3 cups water
- ½ medium red onion, diced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ½ teaspoon cayenne powder (optional, to preferred spice level)
- ½ teaspoon ground turmeric (can be substituted with paprika or ground ginger)
- Salt and pepper to taste

1. Cook rice according to the directions. Set aside
2. Add lentils and water to a large pot. Heat on medium to a simmer. Skim any foam from the top of the water using a spoon and discard
3. Stir in onion, cumin, coriander, cayenne powder (if using), turmeric, and salt and pepper to taste
4. Reduce heat to low and simmer while covered for 8-10 minutes, or until lentils are tender
5. Combine rice and lentil mixture

### Nutrition Fact

Lentils are high in protein and fiber and low in saturated fat, making them a great substitute for meat. The three most common lentils are brown, green, and red. Red lentils are the fastest cooking, and are mild and sweet. They are good to use in purees and Indian dals



Per Serving: Calories 370 kcals · Carbohydrate 70 g · Protein 16 g · Total Fat 2 g · Saturated Fat 0.3 g · Trans Fat < .001 g  
Cholesterol 0 mg · Fiber 9 g · Total Sugar 2 g · Sodium 6 mg · Calcium 26 mg · Folate 14 mcg · Iron 4 mg

PROTEIN 27



# Open Face Egg Sandwich

Makes 1 servings

- 1 slice 100% whole wheat bread
- 1 large egg
- ¼ Roma tomato, sliced
- ¼ avocado, sliced
- ¼ jalapeño, diced  
(optional to preferred spice level)
- Salt and pepper to taste

1. Slice tomato and avocado
2. Spray a small frying pan with cooking spray and heat on medium low. Add tomatoes for 3 minutes flipping half way through, remove from heat
3. Using a toaster, toast the bread until lightly toasted
4. Using the same pan, crack eggs into the pan. Cook for 2-3 minutes or until the egg whites are cooked through. Flip eggs and cook for an additional 2-3 minutes until the yolk is fully cooked. Set eggs aside
5. Lay slices of avocado on the toast, add fried tomatoes and top with egg
6. Add diced jalapeños if desired. Salt and pepper to taste

## Nutrition Fact



Egg yolks can be good for the eyes and reduce the risk of cataracts

## Helpful Tip

Remove seeds from jalapeños to reduce spice



Per Serving: Calories 197 kcals · Carbohydrate 15 g · Protein 10 g · Total Fat 11 g · Saturated Fat 2 g · Trans Fat 0.2 g · Cholesterol 186 mg · Fiber 4 g · Total Sugar 2 g · Sodium 189 mg · Calcium 76 mg · Folate 69 mcg · Iron 2 mg

PROTEIN 28



# Planet-Based Protein Chili

Makes 14 servings

- 2 tablespoons olive oil
- 1 large onion, diced
- 1 red bell pepper
- ¼ cup tomato paste (6-ounce)
- 3 cloves garlic
- 1 tablespoon chili powder
- 1 tablespoon cumin
- ½ teaspoon cinnamon
- 2 (14.5-ounce) cans of diced tomatoes
- 1 cup dried red lentils
- 1 (14.5-ounce) can of kidney beans
- 1 (14.5-ounce) can of black beans
- 1 (14.5-ounce) can of pinto beans
- 2 cups diced butternut squash
- 2 cups water or v8 juice
- Salt and pepper

1. Place oil in a large skillet and heat on medium
2. Add the onion, and bell peppers. Cook 5-7 minutes until translucent
3. Add tomato paste, garlic, chili powder, cumin, and cinnamon, stirring for about 1 minute or until the tomato paste darkens in color and the garlic is softened
4. Add the tomatoes, lentils, 2 cups water (or until water covers lentils), salt and pepper, and stir to combine
5. Bring the liquid to a boil, then reduce the temperature and simmer, stirring occasionally, until the lentils have softened - about 12 to 15 minutes
6. Fold in the beans and butternut squash and cook, stirring once or twice, until the beans and squash are heated through - about 2 to 3 minutes
7. Serve the chili in bowls. Garnish with radish, jalapeño, avocado, cheese, dark-green scallion, or toppings of choice

## Helpful Tips

- Make it creamy by adding Greek yogurt
- Replace canned tomatoes with **Everything Sauce** (pg. 66)



Per Serving: Calories 191.9 kcals · Carbohydrate 33.4 g · Protein 10.4 g · Total Fat 3 g · Saturated Fat 4 g · Trans Fat 0.0 g  
Cholesterol 0.0 g · Fiber 8.6 g · Total Sugar 6 g · Sodium 226 mg · Calcium 76.5 mg · Folate 121.8 mcg · Iron 3.4 mg



# Roasted Corn and Salmon Tostadas

Makes 5 servings

- 1 (12-ounce) bag frozen corn, thawed and drained
- 5 corn tortillas
- 3 tablespoons canola or olive oil, divided
- ½ cup plain, low-fat Greek yogurt
- 1 tablespoon lime juice
- 2 teaspoons lime zest
- 1 jalapeño, chopped (optional, to preferred spice level)
- 1 small red onion, diced
- ½ teaspoon paprika
- ½ teaspoon garlic powder
- ½ teaspoon chili powder
- 3 (5-ounce) cans salmon, drained
- ½ cup cilantro, minced
- Salt and pepper to taste

1. Preheat the oven to 350°F / 176°C
2. Heat 1 tablespoon oil in a large non-stick frying pan on high heat. Sauté corn until lightly brown
3. Spray another baking sheet with cooking spray
4. Place tortillas on baking sheet. Lightly coat tortillas with oil on both sides
5. Bake tortillas for 8-10 minutes, flipping halfway through
6. In a large mixing bowl, combine yogurt, lime juice and zest, jalapeño (if using), onion, paprika, garlic powder, chili powder, and salt and pepper to taste. Mix well
7. Fold salmon into the yogurt mixture
8. Add to tortillas and top with cilantro and corn

## Nutrition Fact

Seafood has omega-3 fatty acids, DHA and EPA, which are important for the heart and brain

## Helpful Tip

You may be able to receive canned tuna, salmon, and sardines as part of your WIC food benefits. Ask us about this at your next appointment!



Per Serving: Calories 306 kcal · Carbohydrate 29 g · Protein 24 g · Total Fat 12 g · Saturated Fat 2 g · Trans Fat 0.0 g  
Cholesterol 47 mg · Fiber 4 g · Total Sugar 6 g · Sodium 304 mg · Calcium 63 mg · Folate 39 mcg · Iron 1 mg

PROTEIN 30



# Soy Ceviche

Makes 8 servings

- 1 (16-ounce) package extra firm tofu
  - 1 cucumber, peeled and diced
  - 4 Roma tomatoes, diced
  - ½ medium white onion, diced
  - 1 (8-ounce) can low sodium tomato sauce
  - ½ cup lime juice
  - ¼ cup cilantro, minced
  - Salt and pepper to taste
  - 8 corn tortillas, baked until crispy
1. In a large bowl, crumble tofu into small chunks
  2. Add cucumber, tomatoes, and onion
  3. Add tomato sauce, lime juice, and cilantro, then stir
  4. Allow mixture to marinate for 15-20 minutes, or until flavors are combined
  5. Season with salt and pepper to taste
  6. Serve with baked corn tortillas

## Helpful Tip

Make your own baked tortilla chips from your corn tortillas! Preheat the oven to 350°F/176°C and cut the tortillas into 6 triangle-shaped pieces. Put the tortilla wedges on a baking sheet in one layer. Bake for 6 minutes. Use tongs to flip them over. Sprinkle with salt and bake for 6-9 more minutes.



Per Serving: Calories 165 kcals · Carbohydrate 20 g · Protein 13 g · Total Fat 6 g · Saturated Fat 1 g · Trans Fat 0 g  
Cholesterol 0 mg · Fiber 4 g · Total Sugar 4 g · Sodium 28 mg · Calcium 428 mg · Folate 36 mcg · Iron 2 mg



# Split Pea Nuggets

Makes 2 servings

- 1 cup yellow split peas, pre-soaked
  - 1 teaspoon onion powder
  - ½ teaspoon garlic powder
  - ½ teaspoon cilantro
  - 1 teaspoon cumin powder
  - ½ teaspoon parsley
  - ½ teaspoon dill
  - ¼ teaspoon cayenne pepper, (optional)
  - ½ teaspoon salt
  - 1 egg
  - Olive Oil or cooking spray
1. Preheat oven to 400°F / 204°C
  2. Soak yellow split peas for a minimum of 4 hours. Drain and rinse
  3. Add all ingredients to a blender or food processor and pulse until combined. Add an additional egg if needed for texture or to bind ingredients
  4. Spray pan or use parchment paper. Scoop a spoonful of mixture into your hand and form into a loose ball. Add to sheet pan and slightly flatten. Leave space between each nugget
  5. Cook until golden brown, approximately 3 minutes, flip, and repeat until cooked on the other side

## Helpful Tips

- Swap green for yellow split peas, and fresh herbs for dried herbs
- Use a cookie cutter to form fun shaped nuggets
- Double this recipe and freeze for up to 3 months



## Nutrition Fact

Split peas are the only pea considered a protein and are often used as the main ingredient in vegetarian meats and protein powders

Per Serving: Calories 394.2 kcoals · Carbohydrate 61 g · Protein 25.7 g · Total Fat 6.4 g · Saturated Fat 1.2 g · Trans Fat 0.1 g · Cholesterol 93 g · Fiber 21.5 g · Total Sugar 3.2 g · Sodium 359.3 mg · Calcium 82 mg · Folate 27.9 mcg · Iron 5.9 mg

PROTEIN 32



# Tofu Tacos

Makes 4 servings

- 1 (16-ounce) package extra firm tofu, diced
- 1 medium red onion, diced
- 2 green bell peppers, diced
- 8 corn tortillas
- ½ cup shredded cheddar cheese
- 2 Roma tomatoes, diced
- 1 avocado, sliced
- 1 cup shredded lettuce

1. Heat a large skillet on medium heat. Add tofu, onions, and bell peppers to the skillet. Cook for 10 minutes, or until tofu is browned and vegetables are soft
2. Heat corn tortillas using a separate large skillet on medium heat
3. Remove tortillas from the skillet
4. Add the tofu mixture
5. Top with tomatoes, avocado, lettuce, and cheese

## Helpful Tip

Tofu comes in a variety of textures. Soft is best used in soups, smoothies, or served raw. Medium is great for curries and saucy dishes. Firm can be used for stir-frying, pan cooking, and grilling. Extra firm is perfect to pan or deep fry.



Per Serving: Calories: 334 kcals · Carbohydrate: 34 g · Protein 18 g · Total Fat 15 g · Saturated Fat 5 g · Trans Fat .09 g  
Cholesterol 9 mg · Fiber 9 g · Total Sugar 5 g · Sodium 122 mg · Calcium 331 mg · Folate 71 mcg · Iron 3 mg



# Tuna Salad Sammy

Makes 1 servings

- ¼ cup non-fat, plain Greek yogurt
- 1 tablespoon lemon juice
- 1 (5-ounce) can tuna, drained
- 2 tablespoons red onion, diced
- ¼ green bell pepper, diced
- 2 slices 100% whole wheat bread

1. Mix yogurt and lemon juice in a small bowl
2. Add onion, bell pepper, and tuna. Stir until well combined
3. Using a toaster, toast the bread until lightly toasted
4. Spread the tuna salad onto the bread

## Helpful Tips



## Take your Tuna Salad Sammy on a picnic!

- Offer produce like fresh berries, pieces of banana, quartered grapes, sliced cherry tomatoes, and steamed carrots on the side to add more nutrients and fiber
- Skip the juice and bring water instead
- Don't forget food safety! Keep cold foods at the right temperature by using ice, ice packs, and insulated coolers
- Picnics offer a chance to get some movement that you enjoy



Per Serving: Calories: 520 kcals · Carbohydrate: 65 g · Protein 52 g · Total Fat 7 g · Saturated Fat 11 g · Trans Fat < .001 g  
Cholesterol 7 mg · Fiber 9 g · Total Sugar 13 g · Sodium 420 mg · Calcium 145 mg · Folate 118 mcg · Iron 6 mg

PROTEIN 34



# Proteins found at WIC

**Eggs, seafood, and plant-based proteins, like beans, split peas, lentils, and peanut butter, are an important part of the diet and have so many health benefits**



Eggs are a good source of choline and vitamins A and D. Hard-boiled eggs make a great protein-rich snack

Seafood provides zinc, protein, vitamin B12, vitamin D, and omega-3 fatty acids. It also helps improve heart and brain health and reduces the risk of depression



Beans are a great source of the B-vitamin folate, which is important during early pregnancy to reduce the risk of birth defects of the brain and spine

Lentils are one of the most iron-rich legumes that contain zinc and other important minerals



Peanut butter has magnesium, niacin (vitamin B3), and vitamin E, which help boost brain function. Use it in smoothies, as a spread, dip, or in a sauce

There are different varieties of peas but only split peas are considered to be a protein and are a good source of iron and zinc



Tofu is one of the most underused plant-based protein food benefits in the WIC program. It is made from soybeans and is a complete protein, which means it contains all the essential amino acids your body needs



# VEGETABLES

- 37 5 Easy Roasted Veggie Recipes
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- 48 Fresh Cucumber Slices with Lemon

Vegetables provide many nutrients including potassium, fiber, folate, vitamin A, and vitamin C. Including more in your diet can help decrease your risk for heart disease and certain types of cancers.

Check out the **Meal Prep: Buy, Prep, and Store Vegetables** Resource Guide on our website for helpful tips and ways to add more to your meals and snacks.



# 5 Easy Roasted Veggie Recipes



## Fries

Prep: Choose vegetables that are hardy, like root vegetables, and cut into desired shape (wedge, matchstick, standard cut, shoestring, or steak cut). The thicker the cut, the longer the cooking time



## Salad

Prep: Dice or cut vegetables into bite sized pieces



## Sandwiches

Prep: Roast whole vegetables or cut into flat slices



## Chips

Prep: Choose vegetables that are hardy, like root vegetables, and slice in thin layers. Tip: Cut on an angle to create larger pieces



## Dip

Prep: Rough chop to the same size for even cooking and roast together. Then add everything to a food processor or blender

---

### Vegetables by roasting time

(Bake @400°F / 204°C)

- Longest (25-30 min)  
Root & hardy vegetables (beets, potatoes, carrots, parsnips, rutabaga, turnips)
- Medium (10-15 min)  
Whole or halved bell peppers, broccoli, cauliflower, brussels sprouts, tomatoes, radish, mushrooms, celery, onions
- Short (5-10 min)  
Asparagus, green beans, zucchini, summer squash, bell pepper slices, corn



# Colorful Fries

Makes 4 servings

- 1 sweet potato
  - 1 parsnip
  - 1 beet
  - 1 potato, any type
  - 2 carrots
  - 2 tablespoons olive oil
  - Salt and pepper
  - Herbs and seasonings, as desired
1. Preheat oven to 400°F / 204°C
  2. Cut into standard cut (½ inch thick strips - all should be similar in size for even cooking)
  3. Toss fries in olive oil, herbs, and/or seasonings
  4. Roast for 15-20 minutes
  5. Flip and finish roasting for additional 10 minutes or until browned

## Helpful Tips

For crispy fries, drain and dry well before adding oil and cooking. Pair these fries with any of our dips like **Greek Yogurt Ranch** (pg. 68) or **Salsa** (pg. 71)



Per Serving: Calories 175.6 kcals · Carbohydrate 26.8 g · Protein 2.8 g · Total Fat 7 g · Saturated Fat 0.99 g · Trans Fat 0.0 g · Cholesterol 0.0 mg · Fiber 5 g · Total Sugar 6.9 g · Sodium 374.5 mg · Calcium 48 mg · Folate 59.9 mcg · Iron 1.17 mg



# Fruits & Vegetables

When it comes to buying fruits and vegetables, fresh, frozen, and canned all have their own benefits, making them each great for different situations



## Fresh

- Fresh fruits and vegetables make a great addition to all kinds of meals and snacks
- In-season produce is often more budget-friendly
- Buy pre-packaged or pre-cut options when you need to save time or choose loose fruits and vegetables when you want to save money
- A lot of fruits and vegetables freeze well - buy in bulk and freeze what you do not need to use later

Discover amazing fruits and vegetables at local farmers markets - an adventure for the whole family

## Frozen

- Fruits and vegetables are frozen soon after they are picked – freezing in their nutrients
- They are already cut up and prepped, saving you time in the kitchen
- You can keep them in your freezer for a long time, so you do not have to worry about them spoiling or going bad
- Buying in bulk can save money – when you are ready, open the bag or container and take out what you need

## Buying Tip



Choose firm, unblemished fresh fruits and vegetables, free from bruises or decay

## Canned

- They are cooked and ready to eat, so they are a great option on busy days
- Canned fruit and vegetables are often cheaper than fresh or frozen ones, so they are budget-friendly

### Buying in bulk can save money

canned fruit and vegetables have a long shelf life, so you can keep them in your pantry for a while

Look for canned fruits and vegetables without added ingredients, especially sugar or sodium



Remember fresh, frozen, and canned all have nutritional value - mix and match them based on your budget and what you and your family like to eat

**Do not forget** – always use your WIC food benefits before using any other form of payment when purchasing any WIC-approved foods, including fruits and vegetables



# 6 Meal Prep Salads-to-Go

Makes 1 serving

Make easy to grab and go meals! Build your salad from the bottom up to keep the salad fresh by layering your ingredients in a bowl, mason jar, or any to-go container.

- Choose a container to build the salad.
- For the freshest salad, layer in this order:
  1. Dressing
  2. Proteins
  3. Grains
  4. Crisp vegetables
  5. Soft ingredients
  6. Leafy greens
- Leave room at the top to shake when ready to eat
- Store in the fridge until ready to use
- When ready, shake or mix the container until dressing is mixed through
- Eat and Enjoy!



## Layer Options

### 1. Dressing

Cucumber Raita (pg. 59), Greek Yogurt Ranch (pg. 68), Guacamole (pg. 69), Hummus (pg. 70), Salsa (pg. 71), Tasty Tzatziki (pg. 72), Three Ingredient Peanut Butter Yogurt (pg. 73), Zesty Avocado Dressing (pg. 74), yogurt, citrus juice (lemon, lime, grapefruit, orange), pureed fruit, oil

### 2. Protein

Any type of bean (chickpea, black, pinto, kidney, cannellini, navy, white), tofu, canned or pouch seafood (tuna, salmon, sardines), hard boiled egg, edamame, split peas, lentils

### 3. Grains

Barley, brown rice, whole grain pasta, oats, grits, malt-o-meal, crushed cereal

### 4. Crisp Ingredients

Cucumber, squash, zucchini, carrot, beets, onions, celery, cabbage, peppers, broccoli, green peas, sweet potato, radish, corn, green beans, apple, pineapple

### 5. Soft Ingredients

Olives, roasted vegetables, mushrooms, cheese, water chestnuts, pear, berries, jackfruit, tomato, grapes, avocado (toss in lemon juice to keep fresh), strawberries, pomegranate, citrus (orange, lemon, lime, grapefruit), salt and pepper, herbs, seasoning

### 6. Leafy Greens

Spring mix, iceberg, romaine lettuce, spinach, kale, cabbage, beet greens, arugula, bok choy, collard greens, dandelion greens, endive, turnip greens, swiss chard, mustard greens



# Cobb Salad

Makes 1 serving

1. Choose a container to build the salad  
Mason Jar
2. Add dressing  
1-2 tablespoons of **Greek Yogurt Dressing** (pg. 68)
3. Add proteins  
¼ cup of sardines, rinsed and chopped  
¼ cup canned or pouch tuna  
1 hard-boiled egg, sliced or diced
4. Add grains  
Optional
5. Add crisp vegetables  
Optional
6. Add soft ingredients  
½ small avocado, diced, pit and skin removed  
1 tablespoon diced or cherry tomatoes  
1 tablespoon shredded cheese, any type
7. Add leafy greens  
1 cup of lettuce, chopped or shredded  
\*Leave room at the top to shake when ready to eat
8. Store in the fridge until ready to use
9. When ready, shake or mix the container until dressing is mixed through
10. Eat and Enjoy!



Per Serving: Calories 445 kcals · Carbohydrate 10.3 g · Protein 41.6 g · Total Fat 26.7 g · Saturated Fat 4.6 g · Trans Fat 0.0 g  
Cholesterol 309 mg · Fiber 6.7 g · Total Sugar 1.8 g · Sodium 335 mg · Calcium 352 mg · Folate 181.4 mcg · Iron 4.8 mg



# Meal Prep Salads-to-Go

## Southwest

### Add dressing

Salsa (pg. 71)  
Zesty Avocado (pg. 74)

### Add proteins

Black beans  
Pinto beans

### Add grains

Brown rice

### Add crisp vegetables

Bell peppers

### Add soft ingredients

Avocado  
Shredded cheese

### Add leafy greens

Cabbage  
Lettuce



## Berry Salad

### Add dressing

Lemon juice

### Add proteins

Chickpeas

### Add grains

Barley

### Add crisp vegetables

Cucumbers

### Add soft ingredients

Strawberries  
Raspberries  
Blueberries  
Avocado  
Shredded cheese

### Add leafy greens

Spinach



## Caesar

### Add dressing

Greek Yogurt Ranch (pg. 68)

### Add proteins

Sardines

### Add grains

Optional

### Add crisp vegetables

Optional

### Add soft ingredients

Cheese, any type

### Add leafy greens

Romaine lettuce



## Greek

### Add dressing

Tasty Tzatziki (pg. 72)

### Add proteins

Chickpeas

### Add grains

Whole wheat pasta

### Add crisp vegetables

Red onion  
Cucumbers

### Add soft ingredients

Tomatoes  
Cheese

### Add leafy greens

Spinach  
Basil





# Meal Prep Salads-to-Go

## Asian

### Add dressing

**Peanut Butter Yogurt Dip**  
(pg. 73) \*add ginger and soy sauce  
to create desired consistency

### Add proteins

Edamame

### Add grains

Optional

### Add crisp vegetables

Carrots  
Onions  
Bell peppers  
Cucumbers

### Add soft ingredients

Cilantro

### Add leafy greens

Cabbage



## Meal Prep Tips

- Prepare salads in jars and store up 3-4 days ahead of time
- Prepare the ingredients but keep them separate up to 4-5 days

## Helpful Tips

- Add a little water to any of our dips to thin for desired consistency to use as a dressing
- Dice or shred ingredients to fit more in the jar or container



# Avocado Corn Salad

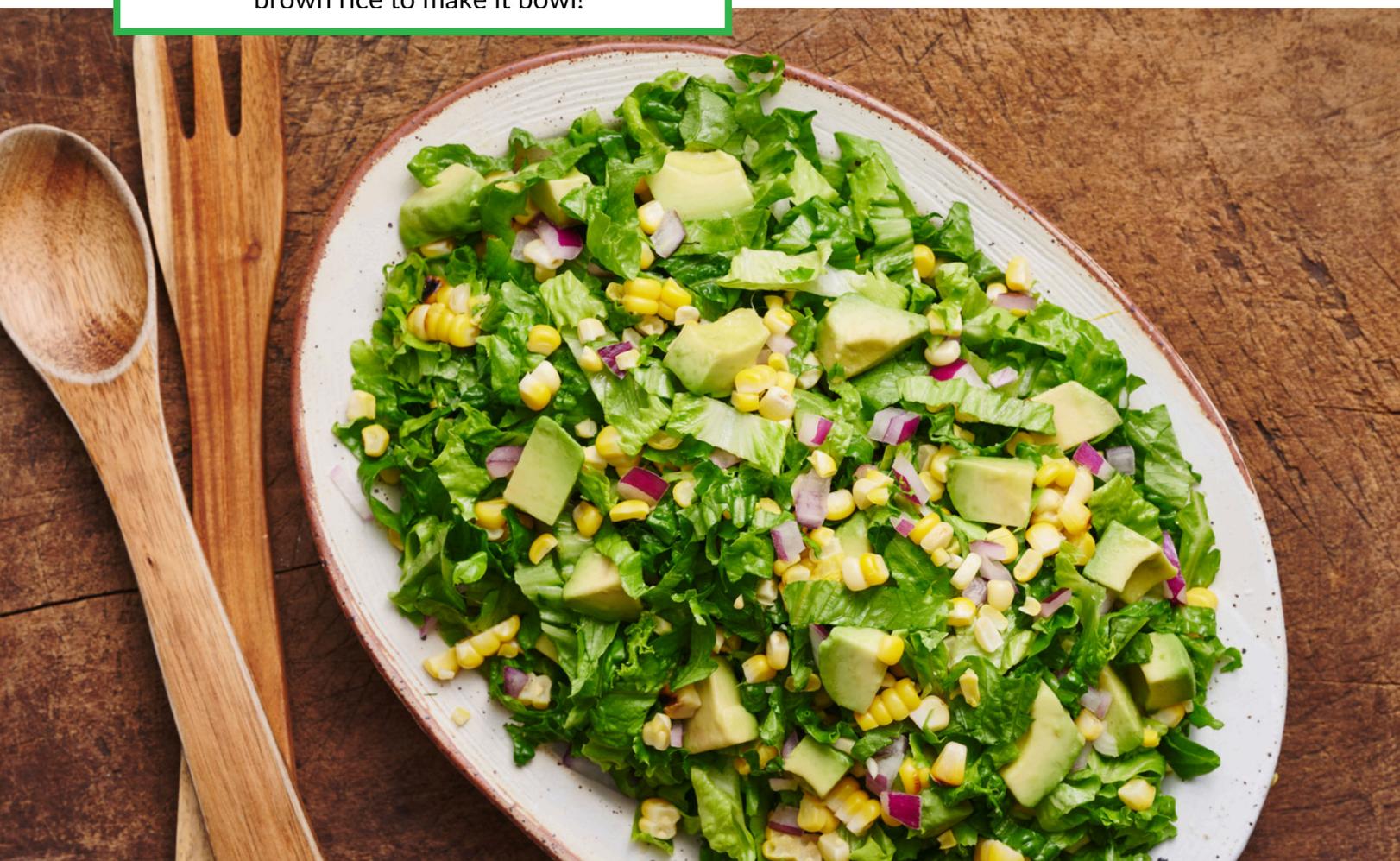
Makes 4 servings

- 1 (15-ounce) can corn, drained or 1 (16-ounce) bag frozen corn
- 1 small red onion, diced
- 3 avocados, diced
- 3 tablespoons lime juice
- 6 cups lettuce, chopped
- 2 teaspoons olive oil
- Salt and pepper to taste

## Helpful Tip

Make it a wrap by serving this in a whole grain tortilla. Make it a bowl by adding brown rice to make it bowl!

1. Chop lettuce
2. Heat corn and onion in a large skillet on medium. Cook for 10 minutes, or until onions are translucent. Transfer to a large bowl and allow to cool
3. Squeeze lime juice over the mixture
4. Add salt and pepper to taste
5. Add avocado and gently mix to mixture after it's cooled
6. Pour the mixture over lettuce
7. Eat immediately, or chill in the refrigerator and serve cold



Per Serving: Calories 257 kcals · Carbohydrate 35 g · Protein 6 g · Total Fat 14 g · Saturated Fat 2 g · Trans Fat 0 g · Cholesterol 0 mg · Fiber 8 g · Total Sugar 6 g · Sodium 18 mg · Calcium 36 mg · Folate 131 mcg · Iron 1 mg



# Carrot Mac and Cheese

Makes 4 servings

- 3 cups shredded carrots
- ½ cup water
- 5 tablespoons orange juice
- 3 cups whole wheat pasta
- 1 cup cheddar cheese
- Salt and pepper to taste

## Helpful Tip

Many recipes, like this one, use vegetables that are either shredded, minced, or blended into the dish to increase the nutrient content. It may not be obvious to your child that it is in there but this is different than purposefully “hiding” vegetables in a dish to get them to eat them without knowing, which is not recommended. It is important to be honest with your child about what is in the foods being offered. This will help build trust and create a positive feeding relationship

1. Cook pasta according to the directions. Drain pasta, leaving just a little water left in the saucepan
2. Add carrots, ¼ cup water, and orange juice to the saucepan and cook on high heat until water comes to a boil
3. Cover and reduce heat to medium. Cook for 15-20 minutes, or until the carrots are very soft. Remove from heat and cool for 10 minutes
4. Pour the carrot mixture into a blender and puree until smooth, adding ¼ cup water at a time until puree reaches desired thickness
5. Combine the pasta and carrot mixture in the saucepan. Stir in cheese and cook on medium heat until the cheese is completely melted
6. Add salt and pepper to taste

Double this recipe and freeze. Reheat extras on a night when there is less time to cook.

## Meal Prep Tip



Per Serving: Calories 382 kcal · Carbohydrate 69 g · Protein 19 g · Total Fat 7 g · Saturated Fat 4 g · Trans Fat 0 g  
Cholesterol 15 mg · Fiber 8 g · Total Sugar 8 g · Sodium 284 mg · Calcium 251 mg · Folate 47 mcg · Iron 3 mg



# Cauliflower Fried Rice

Makes 7 servings

- 3 tablespoons canola or olive oil
  - 3 pounds cauliflower, cooked and riced
  - 1 cup carrots, peeled and shredded
  - 1 bunch green onions, chopped
  - 6 garlic cloves, minced
  - 3 eggs, beaten
  - ¼ cup low-sodium soy sauce
1. Place oil in a large skillet and heat on medium
  2. Add cauliflower and carrots to the skillet.  
Cook until vegetables are crisp and tender
  3. Add green onions and garlic. Cook for 30 seconds
  4. Stir in eggs. Cook until firm
  5. Stir in soy sauce

## Helpful Tip

Did you know? Cauliflower comes in other colors in addition to white like purple, green, and orange!



Per Serving: Calories 153 kcals · Carbohydrate 14 g · Protein 8 g · Total Fat 9 g · Saturated Fat 2 g · Trans Fat 0.008 g  
Cholesterol 80 mg · Fiber 5 g · Total Sugar 5 g · Sodium 474 mg · Calcium 81 mg · Folate 137 mcg · Iron 2 mg



# Cheesy Spaghetti Squash

Makes 6 servings

- 1 medium spaghetti squash
- ¼ cup water
- 2 medium Roma tomatoes, diced
- 1 cup shredded mozzarella cheese
- ½ cup fresh cilantro, minced
- Salt and pepper to taste

## Helpful Tip

Research shows that children living in a home with a garden eat significantly more vegetables than those without access to a home garden! Try growing your own spaghetti squash and tomatoes for this recipe, or any other vegetable to help increase your child's interest in vegetables



1. Pierce squash several times with a fork and place on a microwave-safe plate
2. Microwave on high for 8-10 minutes to soften the skin
3. Remove squash from the microwave and cut in half lengthwise. Cool for 30 min or able to handle
4. Remove and discard seeds and pulp
5. Place water in the bottom of a small casserole dish. Add squash cut side down and cover with plastic wrap
6. Microwave squash for 8-10 minutes, or until the skin of the squash is easily pierced with a fork
7. Remove from microwave and carefully remove plastic wrap. Hot steam will escape, so use caution!
8. Use a fork to scrape the inside to form spaghetti like strands. Scrape strands into a large bowl
9. Add tomatoes, cheese, and cilantro to the bowl and mix to combine. Season with salt and pepper to taste
10. Microwave on high for 4 minutes



Per Serving: Calories 102 kcal · Carbohydrate 13 g · Protein 10 g · Total Fat 2 g · Saturated Fat 2 g · Trans Fat 0 g  
Cholesterol 3 mg · Fiber 3 g · Total Sugar 5 g · Sodium 250 mg · Calcium 142 mg · Folate 30 mcg · Iron 0.7 mg



# Fresh Cucumber Slices with Lemon

Makes 5 servings

- 2 cucumbers, peeled and sliced
- ½ lemon
- ⅛ teaspoon salt

1. Arrange cucumber slices on a plate
2. Squeeze the juice from the lemon onto the sliced cucumbers. Sprinkle with salt

## Helpful Tip

Have fun with spices! Try this recipe out by adding tajin, seasoned salt, lemon pepper, or any spice you like!



Per Serving: Calories 12 kcals · Carbohydrate 3 g · Protein 1 g · Total Fat 0.2 g · Saturated Fat 0.09 g · Trans Fat 0 g  
Cholesterol 0 mg · Fiber 0.8 g · Total Sugar 1.6 g · Sodium 60 mg · Calcium 16 mg · Folate 16 mcg · Iron 0.3 mg



# Eat a Rainbow of Fruits & Vegetables



When buying vegetables, it is important to think about the different colors you are putting into your shopping basket. Did you know fruit and vegetables have different amounts of vitamins, minerals, and types of antioxidants depending on their color?

**Here are some benefits of each color:**

## RED

- Keeps the heart and lungs healthy
- Helps protect cells against damage
- Decreases risk of stroke and cancer
- Good for memory

## ORANGE

- Decreases inflammation
- Helps maintain healthy skin and bones
- Helps with tissue repair
- Fights cancer and heart disease
- Good for vision

## YELLOW

- Lowers blood pressure
- Good for the eyes, heart, and skin
- Improves digestion and the immune system

## GREEN

- Strengthens the immune system
- Helps protect against birth defects in pregnancy
- Prevents blood clots
- Keeps bones, nails, and teeth strong

## BLUE & PURPLE

- Improves brain function and memory
- Lowers blood pressure
- Reduces risk of stroke, cancer, and heart disease

## BROWN & WHITE

- Lowers cholesterol and blood pressure
- Reduces the risk of cancer
- Supports immunity
- Helps the circulatory system

# FRUITS

- 51 Apple Carrot Salad
- 52 Banana Fruit Sorbet
- 53 Crunchy Fruit Salad
- 54 Fruit Bark
- 55 Fruit Kabobs
- 56 Kiwi Popsicles

Fruits are a source of essential nutrients including potassium, fiber, vitamin C, and folate. Including more in your diet can help reduce your risk for heart disease and help your body with the growth and repair of body tissues.

Check out the **Finding the Sweet Spot** Resource Guide on our website to satisfy your sweet spot.



# Apple Carrot Salad

Makes 8 servings

- 3 large apples, any type
- 1 ½ tablespoons lemon juice
- 3 cups shredded carrots

1. Core apples, slice, and cut into cubes or shred
2. Add carrots and toss to mix thoroughly
3. Add lemon juice and toss everything well

## Helpful Tip

For crisp apples, a splash of citrus like lemon juice keeps them bright and tasty



Per Serving: Calories 53 kcals · Carbohydrate 14 g · Protein 0.6 g · Total Fat 0.2 g · Saturated Fat 0.03 g · Trans Fat 0.0 g  
· Cholesterol 0.0 mg · Fiber 3 g · Total Sugar 9 g · Sodium 29 mg · Calcium 18 mg · Folate 11 mcg · Iron 0.2 mg



# Banana Fruit Sorbet

Makes 5 servings

- 4 ripe bananas, peeled and frozen
- $\frac{3}{4}$  cup non-fat yogurt, any flavor
- Water or milk, as needed

## Meal Prep Tip

Double this recipe & portion into single servings - freeze up to 3 months



## Helpful Tips

1. Add frozen bananas and yogurt to a food processor or blender
2. Process until creamy and smooth. Scrape down the sides of the processor or blender to mix thoroughly. If the mixture is too thick, add a tablespoon of milk or water at a time until the desired consistency is reached
3. Serve immediately or transfer to a sealed container and store in the freezer

- To freeze bananas: Slice the bananas and place in a sealed container or bag; freeze for minimum of 2 hours
- Substitute banana for other fruit or any combination of different fruits
- Mix in or use canned, fresh, or frozen fruit as a topping
- Try kefir in place of yogurt



Per Serving: Calories 113.4 kcals · Carbohydrate 21 g · Protein 2.7 g · Total Fat 0.3 g · Saturated Fat 0.1 g · Trans Fat 0.0 g · Cholesterol 0.9 mg · Fiber 2 g · Total Sugar 12.4 g · Sodium 25.3 mg · Calcium 67 mg · Folate 20 mcg · Iron 0.24 mg



# Crunchy Fruit Salad

Makes 10 servings

- 2 oranges, peeled and sectioned
- 2 cups fresh pineapple, cubed
- 2 cups fresh strawberries, sliced with leaves and stems removed
- 3 kiwis, peeled and sliced
- 1 cup grapes
- 2 cups blueberries
- 2 tablespoons of lemon juice
- 1 cup whole wheat cereal

1. Mix fruit together in a large bowl
2. Cut the lemon and squeeze the juice over the fruit
3. Add cereal right before eating so it stays crunchy

## Helpful Tip

How to peel a kiwi? Cut off both ends of the kiwi. Push a spoon between the fruit and the skin of the kiwi, making sure to get as close as you can to the outside. Make a complete circle around the kiwi. The peeled kiwi should slide right out of the skin

## Caution!

Foods that are small and round like grapes and blueberries are consider a choking hazard. Check out the **All Things Food Safety Resource Guide** for how to safely offer these and other foods to young children



Per Serving: Calories 92 kcals · Carbohydrate 22 g · Protein 2 g · Total Fat 0.6 g · Saturated Fat 0.1 g · Trans Fat 0.0 g  
Cholesterol 0.0 mg · Fiber 3 g · Total Sugar 15 g · Sodium 17 mg · Calcium 38 mg · Folate 53 mcg · Iron 1 mg



# Fruit Bark

Makes 12 servings

- 1  $\frac{3}{4}$  cups non-fat plain Greek yogurt
  - $\frac{1}{2}$  cup fresh strawberries, sliced with leaves and stems removed
  - $\frac{1}{2}$  cup fresh mango, chopped
  - $\frac{1}{2}$  cup fresh or frozen blueberries
  - $\frac{1}{2}$  cup fresh or frozen raspberries
1. Line a 9x13 pan with parchment paper
  2. Pour the yogurt onto the baking sheet and spread it into an even layer
  3. Sprinkle the fruit on top. Freeze for 3-4 hours, or until frozen solid
  4. Slice and enjoy!

## Helpful Tip

When purchasing fresh fruits, buy what is in-season when they are less expensive and typically at their peak flavor and nutrients. Substitute any of the fruit in this recipe for fruit that is in-season. Check out our **Shop and Save Resource Guide** for more shopping tips



Per Serving: Calories 35 kcals · Carbohydrate 4 g · Protein 4 g · Total Fat 0.3 g · Saturated Fat 0.1 g · Trans Fat 0.002 g  
Cholesterol 2 mg · Fiber 0.7 g · Total Sugar 3 g · Sodium 14 mg · Calcium 45 mg · Folate 9 mcg · Iron 0.1 mg



# Fruit Kabobs

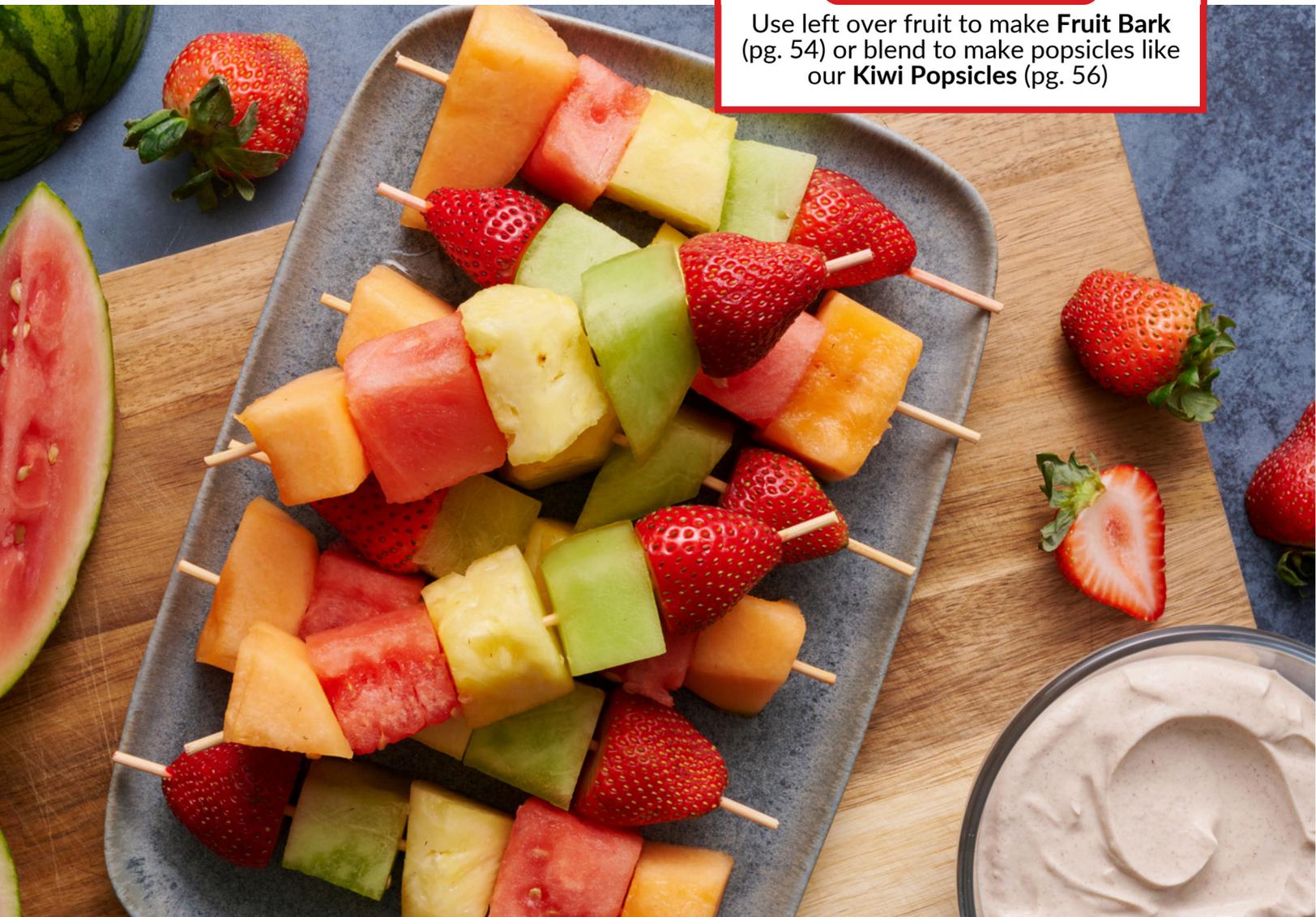
Makes 8 servings

- 8 wooden skewers, sharp ends clipped
- 8 fresh strawberries, leaves and stems removed
- 8 pieces of fresh diced pineapple (about 2-3 slices)
- 8 pieces of honeydew (about 3 slices)
- 8 pieces of watermelon (about 3 slices)
- 8 pieces of cantaloupe (about 3 slices)

1. Submerge wooden skewers in water and soak for 20 minutes
2. Thread fruit onto skewers, alternating between fruit
3. Serve with **Peanut Butter Yogurt Dip** (Pg. 73)

## Helpful Tip

Use left over fruit to make **Fruit Bark** (pg. 54) or blend to make popsicles like our **Kiwi Popsicles** (pg. 56)



Per Serving: Calories 77 kcals · Carbohydrate 20 g · Protein 1 g · Total Fat 0.4 g · Saturated Fat 0.1 g · Trans Fat 0.0 g  
Cholesterol 0.0 mg · Fiber 2 g · Total Sugar 16 g · Sodium 14 mg · Calcium 19 mg · Folate 26 mcg · Iron 0.5 mg



# Kiwi Popsicles

Makes 12 servings

- 12 kiwis, peeled and sliced
- 1 cup water
- 12 paper cups
- 12 wooden popsicle sticks



1. Blend kiwi and water in a blender or food processor. Pulse until combined
2. Divide kiwi mixture evenly among cups. Top with foil or plastic wrap and insert sticks through the foil or plastic wrap
3. Freeze until firm (about 2 hours)



## Helpful Tip

Try this simple recipe with watermelon, pineapple, mango, or strawberries! If you want to get creative you can mix and match your favorite fruits, just allow 2 hours to freeze in between each new fruit layer added or blend them all together



Per Serving: Calories 52 kcals · Carbohydrate 12 g · Protein 1 g · Total Fat 0.5 g · Saturated Fat 0.1 g · Trans Fat 0 g  
Cholesterol 0 mg · Fiber 2 g · Total Sugar 9 g · Sodium 3 mg · Calcium 17 mg · Folate 29 mcg · Iron 0.3 mg

# Raising a Helping Hand



It's never too early to introduce your children to the kitchen. Children like to eat familiar foods, and helping prepare meals can give them more opportunities to explore their food. Including children in the kitchen can make a big difference at mealtime - and this can start even before their 1st birthday!

**Here are some examples of easier tasks for younger children beginning in the kitchen, and ideas for harder, more challenging tasks for older children with more experience:**

Easier Tasks	Harder Tasks
Handing you items/ingredients	Peeling produce
Washing produce	Cracking or peeling eggs
Tearing lettuce for salad	Cutting food with a plastic or training knife
Measuring dry pasta, rice, or beans	Measuring liquid ingredients
Stirring ingredients	Whisking ingredients
Using cookie cutters	Threading food onto skewers
Squeezing juices from citrus	Rolling dough
Picking herbs off the stem	Grating food
Shaking dressing jar	Shaping patties
Throwing away peels/scrap	Cutting herbs with child-safe scissors
Smashing bananas	Kneading or shaping dough
Adding toppings	Peeling or smashing garlic
Crumbling tofu	Tossing salad
Adding pre-measured ingredients	Flipping pancakes
Sprinkling salt and pepper	Spreading nut butter, jam, or condiments

For more information, check out the **Raising a Helping Hand** resource guide on our website

# DAIRY

59 Cucumber Raita

60 Smoothies

Blueberry Spinach Smoothie

Classic Peanut Butter Banana Smoothie

Green Machine Smoothie

Strawberry Cheesecake Smoothie

63 Yogurt Parfait

Dairy foods include milk, yogurt, cheese, lactose-free and fortified soy milk, and yogurt. It provides many nutrients including protein, calcium, vitamin A, and vitamin D.

Check out the **Meal Prep: Breakfast** Resource Guide on our website for some great smoothie tips.



# Cucumber Raita

Makes 4 servings

- 3 cups non-fat plain Greek yogurt
- 2 Roma tomatoes, diced
- ½ small red onion, diced
- ¾ teaspoon ground cumin
- 3 cucumbers, peeled and grated
- ½ teaspoon paprika
- Salt and pepper to taste

1. Peel and grate the cucumbers or mince
2. Squeeze the excess water from the cucumber using a paper towel
3. Add cucumbers, yogurt, tomatoes, onion, and cumin to a medium bowl and mix well. Add salt and pepper to taste.
4. Sprinkle with paprika
5. Serve with vegetables

## Did you know?

One year olds need additional fat in their diets for brain development. Swap out non-fat dairy like the yogurt in this recipe for whole fat yogurt



Per Serving: Calories 115 kcals · Carbohydrate 13 g · Protein 15 g · Total Fat 1 g · Saturated Fat 0.2 g · Trans Fat 0.007 g  
Cholesterol 6 mg · Fiber 2 g · Total Sugar 11 g · Sodium 54 mg · Calcium 188 mg · Folate 21 mcg · Iron 0.9 mg



# Smoothies

**Directions for all smoothies:** Add the ingredients to a blender and blend!



## Blueberry Spinach

Makes 1 serving

- $\frac{3}{4}$  cup low-fat or fat-free milk (or milk alternative)
- 1 cup frozen blueberries
- 1 cup fresh spinach
- $\frac{1}{2}$  medium frozen banana, peeled
- 2 tablespoons peanut butter, any type



## Classic Peanut Butter Banana

Makes 1 serving

- 1 cup low-fat or fat-free milk (or milk alternative)
- 1 medium frozen banana, peeled
- $\frac{1}{4}$  cup instant oatmeal or oats
- 2 tablespoons peanut butter, any type



## Green Machine

Makes 1 serving

- $\frac{1}{2}$  cup low-fat or fat-free milk (or milk alternative)
- $\frac{1}{4}$  cup non-fat plain yogurt
- 1 cup fresh spinach
- 1 kiwi, peeled and sliced
- 1 green apple, cored and sliced
- $\frac{1}{2}$  avocado, peeled and sliced
- 1 cup ice



## Strawberry Cheesecake

Makes 1 serving

- $\frac{1}{2}$  cup low-fat or fat-free milk (or milk alternative)
- $\frac{1}{4}$  cup non-fat plain Greek yogurt
- 2 cups frozen strawberries
- $\frac{1}{2}$  medium frozen banana, peeled
- 2 tablespoons lemon juice



# Smoothies



Classic Peanut  
Butter Banana

Strawberry  
Cheesecake

Blueberry  
Spinach

Green  
Machine

## Classic Peanut Butter Banana Smoothie

Per Serving: Calories 552 kcals · Carbohydrate 64 g · Protein 23 g Total Fat 27 g · Saturated Fat 5 g · Trans Fat 0.04 g  
Cholesterol 5 mg · Fiber 8 g · Total Sugar 32 g Sodium 310 mg · Calcium 339 mg · Folate 84 mcg · Iron 2 mg

## Strawberry Cheesecake Smoothie

Per Serving: Calories 230 kcals · Carbohydrate 46 g · Protein 13 g Total Fat 1 g · Saturated Fat 0.3 g · Trans Fat 0.004 g  
Cholesterol 6 mg · Fiber 7 g · Total Sugar 30 g Sodium 78 mg Calcium 269 mg · Folate 98 mcg · Iron 1 mg

## Blueberry Spinach Smoothie

Per Serving: Calories 392 kcals · Carbohydrate 50 g · Protein 15 g Total Fat 18 g · Saturated Fat 4 g · Trans Fat 0.02 g  
Cholesterol 4 mg · Fiber 8 g · Total Sugar 30 g Sodium 239 mg Calcium 285 mg · Folate 118 mcg · Iron 2 mg

## Green Machine Smoothie

Per Serving: Calories 343 kcals · Carbohydrate 53 g · Protein 12 g · Total Fat 11 g Saturated Fat 2 g · Trans Fat 0 g  
Cholesterol 4 mg · Fiber 12 g · Total Sugar 37 g · Sodium 132 mg Calcium 335 mg · Folate 165 mcg · Iron 2 mg



# Smoothie Tips



Add in a handful of greens like spinach or kale for extra nutrients



Give it a protein boost with Greek yogurt, peanut butter, or tofu



Replace the ice! Use frozen fruit instead



Freeze yogurt or pureed baby food in an ice cube tray, then use like ice or frozen fruit



Freeze smoothies into popsicles  
See **Kiwi Popsicles**  
(pg. 56)



# Yogurt Parfait

Makes 4 servings

- 3 cups non-fat Greek yogurt, any flavor
  - 1 cup fresh strawberries, diced with leaves and stems removed
  - 1 cup blueberries
  - 1 medium apple, peeled and sliced
  - 1 cup whole wheat cereal
1. Add one cup of yogurt to a large bowl
  2. Layer  $\frac{1}{3}$  of the strawberries, blueberries, and apples on top of the yogurt
  3. Layer  $\frac{1}{3}$  of the cereal
  4. Repeat this two more times to create a layered parfait



## Meal Prep Tip

Prep these for breakfast or snacks on the go! Reuse your clean baby food jars to store and serve this recipe

Per Serving: Calories 192 kcals · Carbohydrate 25 g · Protein 20 g · Total Fat 2 g · Saturated Fat 0.4 g · Trans Fat 0.01 g  
Cholesterol 9 mg · Fiber 4 g · Total Sugar 16 g · Sodium 105 mg · Calcium 9 mg · Folate 90 mcg · Iron 2.6 mg

# DIPS & MORE

- 66 Everything Sauce
- 68 Greek Yogurt Ranch
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Dips, dressings, and sauces make great additions to meals and snacks. Paired with a vegetable, fruit, or whole grain, they can help create a balanced snack that will leave you feeling satisfied in between meals.

Check out the **Meal Prep – Smart Snacking** Resource Guide on our website for more tips and tricks.



# Children love to dip their food!



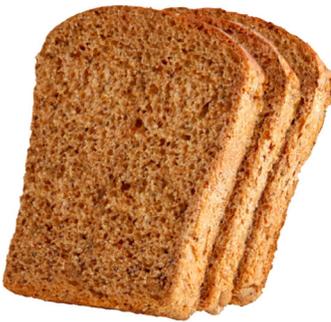
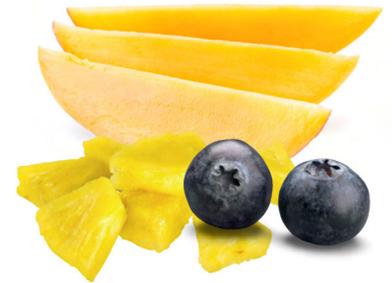
## Dip these vegetables:

Carrot chips, sliced bell peppers, cherry tomatoes, broccoli, snap peas, jicama, cauliflower, celery sticks



## Dip these fruits:

Apples, strawberries, mangos, raspberries, blueberries, pineapple



## Dip these whole grains:

Whole wheat bread, whole wheat tortillas, or try toasting or baking tortillas to make your own chips!



**The options  
are endless!**



# Everything Sauce

Makes 15 servings

- 1 tablespoon olive oil
- 1 small yellow onion, diced
- 4 medium garlic cloves, minced
- ¼ cup tomato paste (6-ounce)
- 1 (14.5-ounce) cans crushed tomatoes
- 3 tablespoons fresh chopped or 1 tablespoon dried oregano
- 1 ½ teaspoon salt
- 1 ½ teaspoon black pepper
- Crushed red pepper (optional, to preferred spice level)

1. Heat olive oil in large non-stick saucepan or pot on medium-low heat
2. Add onions to pan and cook for 3-5 minutes until onions are translucent
3. Stir in garlic, oregano, salt and tomato paste
4. Stir in crushed tomatoes, then cover, and simmer on low 10-30 minutes
5. Add salt, pepper and crushed red pepper to taste



## Helpful Tips

- Add or swap basil for oregano
- For a smoother consistency, puree sauce in a blender



Per Serving: Calories 30 kcals · Carbohydrate 5.1 g · Protein 0.9 g · Total Fat 1.0 g · Saturated Fat 1.5 g · Trans Fat 0.0 g · Cholesterol 0.0 mg · Fiber 1.2 g · Total Sugar 2.9 g · Sodium 288.5 mg · Calcium 23.6 mg · Folate 10 mcg · Iron 0.7 mg



# Everything Sauce Tips

There are many ways to enjoy this sauce and it can be used for just about everything. Here are some of our favorite ways to use **Everything Sauce!**

## 1

### USE IT AS A SAUCE TO MAKE

**Bun Pizza (pg. 12)** · Eggplant parmesan · Calzones · Sippy joes · Cocktail sauce  
Marinara dip · Stuffed mushrooms · Stuffed peppers · Enchilada sauce



## 2

### USE IT IN PASTA

**Spinach Pasta Pie**  
(pg. 16)

Baked pasta  
Spaghetti  
Lasagna  
Stuffed shells  
Ravioli  
Cream Sauce +Greek yogurt  
Fish Marinara +canned fish



## 3

### USE IT AS A BASE

**Plant-Based Protein Chili**  
(pg. 29)

Stews  
Tomato soup  
Minestrone soup  
Baked beans  
Shashuka  
Curry



## 4

### USE IT IN A FAVORITE RECIPE

**Easy Pasta Salad**  
(pg. 14)

**Build Your Own Burger**  
(pg.22)

**Carrot Mac and Cheese**  
(pg. 45)

**Masoor Dal**  
(pg. 27)

Spanish rice  
Omelets



## Storage Tips

Store in an air-tight container in the refrigerator for up to 4 days. You can also freeze for up to 3-4 months



# Greek Yogurt Ranch

Makes 8 servings

- 2 cups plain Greek yogurt
- 1 tablespoon garlic powder
- 1 teaspoon onion powder
- 2 tablespoons lemon juice
- ¼ cup of fresh chives or green onion
- 1 teaspoon salt
- ½ cup water

1. Add all ingredients to a bowl and whisk until well combined or add to a jar with a lid and shake to combine



## Helpful Tips

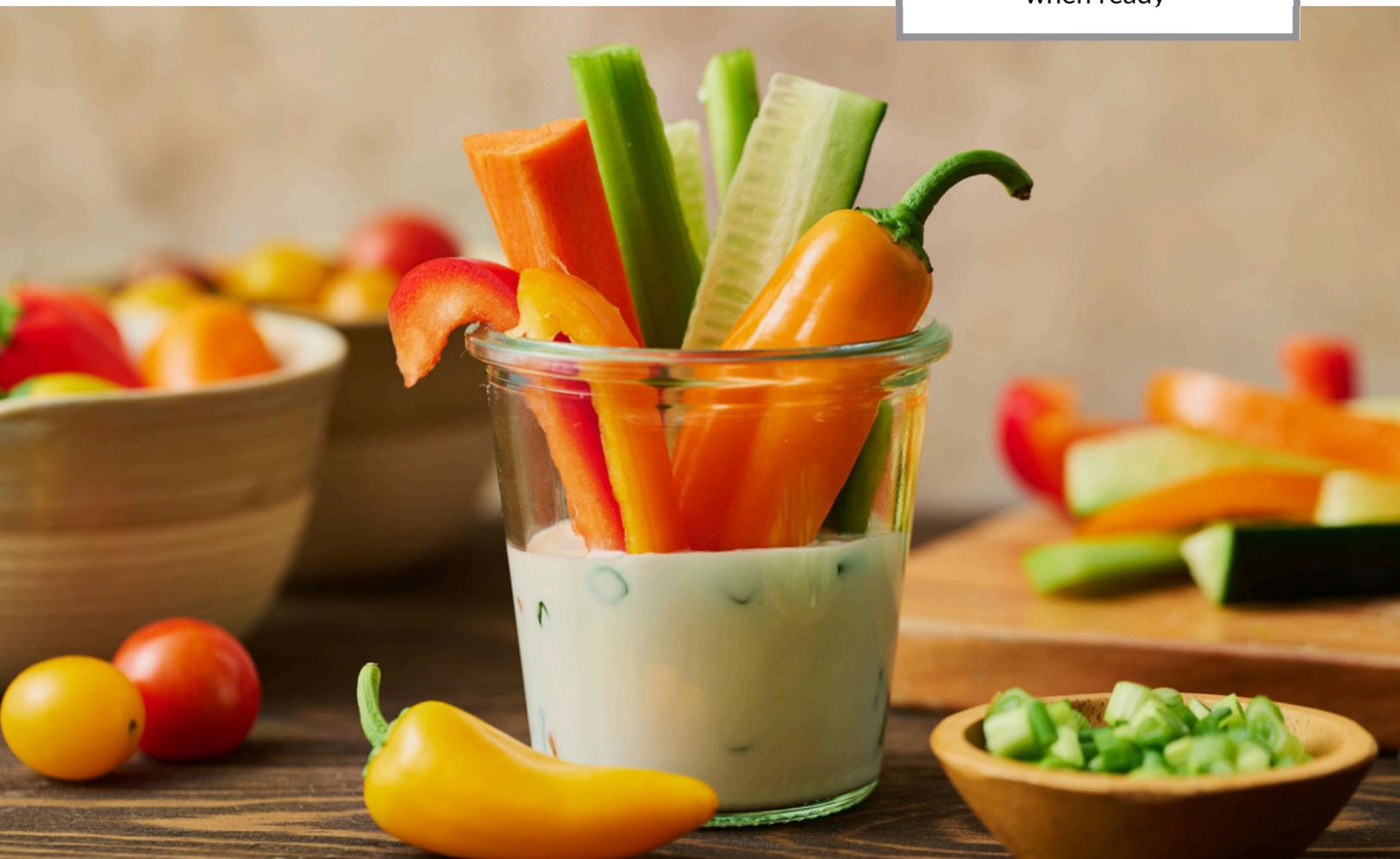
- Change herbs to vary flavors
- Swap yogurt for tofu

## Meal Prep Tips

Double this recipe and freeze in ice cube trays for individual servings

--

Add to the bottom of a mason jar and build a salad when ready



Per Serving: Calories 39.7 kcals · Carbohydrate 3.2 g · Protein 6 g · Total Fat 0.3 g · Saturated Fat 0.07 g · Trans Fat 0.0 g · Cholesterol 2.8 mg · Fiber 0.2 g · Total Sugar 2 g · Sodium 312 mg · Calcium 65.9 mg · Folate 6.9 mcg · Iron 0.1 mg



# Guacamole

Makes 4 servings

- 3 ripe avocados
- ½ white onion, diced
- 2 Roma tomatoes, diced
- 1 jalapeño, diced (optional, to preferred spice level)
- 2 garlic cloves, minced
- 1 teaspoon lime juice
- ½ teaspoon salt

1. Cut the avocados in half, remove pit and skin, and put in a large bowl
2. Mash the avocado with a fork
3. Add the onion, tomatoes, jalapeños (if using), and garlic cloves
4. Cut the lime and squeeze onto the mixture
5. Stir well

## Helpful Tip

Whole avocados freeze well. Buy avocados when they're on sale and freeze them to use within 6 months. When you're ready to use, run it under cold water for 15-25 seconds and enjoy!



Per Serving: Calories 188 kcals · Carbohydrate 13 g · Protein 3 g · Total Fat 16 g · Saturated Fat 2 g · Trans Fat 0 g · Cholesterol 0 mg · Fiber 8 g · Total Sugar 3 g · Sodium 303 mg · Calcium 25 mg · Folate 103 mcg · Iron 0.8 mg



# Hummus

Makes 10 servings

- 1 (15-ounce) can chickpeas, drained and rinsed
- 4-8 tablespoons water
- 1 tablespoon lemon juice
- 1 garlic clove, minced
- 2 tablespoons olive oil
- $\frac{3}{4}$  teaspoon ground cumin
- $\frac{1}{4}$  teaspoon salt

1. Add the garbanzo beans, 4 tablespoons of water, lemon juice, garlic, oil, cumin, and salt to food processor until smooth and creamy
2. If the mixture is too thick, add another 4 tablespoons of water



Per Serving: Calories 19.8 kcals · Carbohydrate 1.75 g · Protein 3 g · Total Fat 0.1 g · Saturated Fat .04 g · Trans Fat .02 g  
Cholesterol 1.4 mg · Fiber .091 g · Total Sugar 1 g · Sodium 156 mg · Calcium 32.5 mg · Folate 2.85 mcg · Iron .07 mg



# Salsa

Makes 10 servings

- 6 Roma tomatoes, diced
- ¼ cup white onion, chopped
- 1 jalapeño, minced (optional, to preferred spice level)
- 1 ½ teaspoons lime juice
- 1 garlic clove, minced
- ¾ teaspoon salt



1. Combine all ingredients in a large bowl and mix well



## Helpful Tip

Prefer smoother salsa? Pulse half of the salsa in a food processor or blender. Swap fresh tomatoes for canned in this recipe. Look for the words “low or reduced sodium” to cut down on sodium



Per Serving: Calories 15 kcals · Carbohydrate 3 g · Protein 0.7 g · Total Fat 0.2 g · Saturated Fat 0.02 g · Trans Fat 0 g · Cholesterol 0 mg · Fiber 1 g · Total Sugar 2 g · Sodium 178 mg · Calcium 9 mg · Folate 12 mcg · Iron 0.2 mg

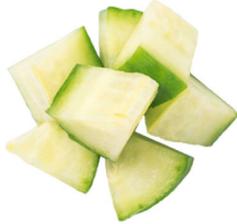


# Tasty Tzatziki

Makes 4 servings

- 1 cup non-fat plain Greek yogurt
- 1 cucumber, peeled and finely chopped
- 1 tablespoon lemon juice
- 2 tablespoons fresh dill, chopped (or substitute with 2 teaspoons dried dill)
- 1 garlic clove, minced
- 1 tablespoon olive oil
- Salt and pepper to taste

1. Mix all ingredients in a medium bowl until well combined



Per Serving: Calories 81 kcal · Carbohydrate 5 g · Protein 8 g · Total Fat 4 g · Saturated Fat 0.6 g · Trans Fat 0.004 g  
Cholesterol 5 mg · Fiber 0.6 g · Total Sugar 3 g · Sodium 28 mg · Calcium 97 mg · Folate 16 mcg · Iron 0.5 mg



# Peanut Butter Yogurt Dip

Makes 4 servings

- 1 cup non-fat plain Greek yogurt
- 1 ½ tablespoons peanut butter, any type
- ½ teaspoon ground cinnamon

1. Mix all ingredients in a medium bowl until well combined



Per Serving: Calories 52 kcals · Carbohydrate 3 g · Protein 6 g · Total Fat 2 g · Saturated Fat 0.5 g · Trans Fat 0.005 g  
Cholesterol 2 mg · Fiber 0.3 g · Total Sugar 2 g · Sodium 34 mg · Calcium 5 mg · Folate 7 mcg · Iron 0.1 mg



# Zesty Avocado Dressing

Makes 8 servings

- 2 avocados, seed and peel removed
- 4 cups spinach
- 6 tablespoons fresh parsley
- 8 cloves garlic
- ½ cup lemon juice
- ½ cup oil
- ½ cup water
- Salt and pepper to taste

1. Add avocado, spinach, herbs, garlic, and 1 tablespoon of the lemon juice to food processor or blender and blend. Thin with oil or water until desired consistency is reached
2. Taste and add additional lemon juice, salt, and pepper to taste

## Helpful Tip

Swap parsley for other herbs or mix with oregano, thyme, basil, or dill



## Meal Prep Tip

Make a large batch of this dressing to use on pasta, sandwiches, wraps, or as a dip for vegetables and so much more! Store in the refrigerator for 3-4 days or in the freezer for up to 3 months



Per Serving: Calories 68 kcals · Carbohydrate 5.6 g · Protein 1.4 g · Total Fat 5.3 g · Saturated Fat 0.7 g · Trans Fat 0.0 g · Cholesterol 0.0 mg · Fiber 2.8 g · Total Sugar 0.6 g · Sodium 16.8 mg · Calcium 29.5 mg · Folate 66 mcg · Iron 0.9 mg

# Creative uses for jarred baby foods

Do you have some jarred baby foods hanging around your house and you're not sure what you can do with them?

Using them in recipes can be a convenient way to add flavor and nutrients to your dishes.



## Baby fruits and vegetables

- ▶ Can be frozen as popsicles
- ▶ Replace some of the fat or liquid in recipes for muffins, pancakes, or bread with jarred baby food purees
- ▶ Vegetables such as sweet potato or butternut squash, can be added to sauces and soups to thicken them and add more flavor
- ▶ Blend jarred vegetable purees with Greek yogurt, lemon juice, and herbs to create a flavorful salad dressing or dip



## Baby cereals

- ▶ Mix it with mashed bananas, eggs, and a bit of milk to create a pancake batter
- ▶ Add it into soups or stews to thicken and for extra nutrients
- ▶ Use it as a breading for chicken or fish by dipping it into beaten eggs and then coat with the cereal before baking or frying
- ▶ Layer it with yogurt and fresh fruits to create a parfait



## Baby meats

- ▶ Incorporate it into recipes for meatballs, meatloaf, or pasta sauces. They can add a boost of protein and flavor to dishes





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Washington, D.C. 20250-9410; or

**2. Fax:**

(833) 256-1665 or (202) 690-7442; or

**3. Email:**

[Program.Intake@usda.gov](mailto:Program.Intake@usda.gov)

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# Autumn Squash Bisque with Ginger



## Ingredients

- 2 teaspoons **vegetable oil**
- 2 cups chopped **onion**
- 2 pounds **winter squash**, peeled, seeded, and cut into 2-inch cubes (4 generous cups)
- 2 **pears**, peeled, cored, and chopped, or 1 can (15 ounces) sliced pears, drained
- 2 cloves **garlic**, minced
- 2 Tablespoons peeled and chopped fresh **ginger**, or 1 teaspoon powdered ginger
- ½ teaspoon **thyme**
- 4 cups low-sodium chicken or vegetable **broth** (see **Notes**)
- 1 cup **water**
- 1 Tablespoon **lemon juice**
- ½ cup **plain nonfat yogurt**

## Directions

1. Wash hands with soap and water.
2. Rinse or scrub fresh fruits and vegetables under running water before preparing.
3. Heat oil in a large pot over medium heat.
4. Add onions and stir until softened, 3 to 4 minutes.
5. Add squash, pears, garlic, ginger and thyme. Stir while cooking for 1 or 2 minutes.
6. Add broth and water. Bring mixture to a boil, then reduce heat to low. Simmer with pot covered until squash is tender, about 35 to 40 minutes.
7. Purée soup in a blender or with an immersion blender. If using a blender, follow manufacturer's directions for puréeing hot liquids.
8. Return soup to pot and heat through. Stir in lemon juice.
9. Garnish each serving with a spoonful of yogurt.
10. Refrigerate leftovers within 2 hours.

## Notes

- No broth? Use 1 teaspoon or 1 cube bouillon dissolved in 1 cup water for each cup of broth.
- Freeze extra lemon juice to use later.

**Makes:** 10 cups  
**Prep time:** 15 minutes  
**Cooking time:** 45 minutes

## Nutrition Facts

10 servings per container	
<b>Serving size</b>	<b>1 cup (286g)</b>
<b>Amount per Serving</b>	
<b>Calories</b>	<b>90</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 400mg	17%
<b>Total Carbohydrate</b> 20g	7%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 72mg	6%
Iron 1mg	6%
Potassium 410mg	8%
Vitamin A 502mcg	56%
Vitamin C 24mg	27%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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# Black-Eyed Pea Salad



## Ingredients

- 2 cans (15 ounces each) **black-eyed peas**, drained and rinsed
- 1 cup diced **cucumber**
- 1 cup diced **red bell pepper**
- ¼ cup chopped **onion** (try red, white or shallot)
- 2 Tablespoons diced **jalapeño pepper** (optional)
- 2 Tablespoons chopped **cilantro** or parsley (optional)
- 2 Tablespoons apple cider **vinegar**
- 2 Tablespoons **lime juice** (1 lime)
- 1 teaspoon **mustard** (try Dijon)
- 1 teaspoon **honey** or brown sugar (see **Notes**)
- ¼ cup **vegetable oil**
- ½ teaspoon **cumin**
- ½ teaspoon **cayenne pepper**
- ½ teaspoon **salt**
- ¼ teaspoon **black pepper**

## Directions

1. Wash hands with soap and water.
2. Rinse or scrub fresh vegetables under running water before preparing.
3. In a large bowl, stir together black-eyed peas, onion, cucumber and bell pepper. Add jalapeño and cilantro, if desired.
4. In a small bowl or a jar with a tight-fitting lid, combine vinegar, lime juice, mustard, honey, oil, cumin cayenne, salt and pepper. Stir or shake to combine.
5. Pour vinegar mixture over the vegetable mixture and stir to combine. Refrigerate to chill before serving. Sprinkle with more chopped cilantro or parsley, if desired.
6. Refrigerate leftovers within 2 hours.

## Notes

- Cook your own black-eyed peas from dry or use frozen peas after cooking according to package directions. Each can contains about 1 ¾ cups drained and rinsed peas.
- Honey is not recommended for children under 1 year old.
- Try adding other vegetables such as diced summer squash, tomato or corn kernels.
- Try adding Oregon pink shrimp or another protein.

Recipe adapted courtesy of Oldways, A Taste of African Heritage, [www.OldwaysPT.org](http://www.OldwaysPT.org)

**Makes:** 6 cups  
**Prep time:** 20 minutes  
**Chill time:** 1 hour

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>3/4cup (129g)</b>
<b>Amount per Serving</b>	
<b>Calories</b>	<b>150</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 4g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 99mg	<b>8%</b>
Iron 1mg	<b>6%</b>
Potassium 383mg	<b>8%</b>
Vitamin A 61mcg	<b>7%</b>
Vitamin C 28mg	<b>31%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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# Glazed Squash



## Ingredients

- 2 pounds **winter squash** (try acorn, butternut, delicata or others)
- 3 Tablespoons **brown sugar**
- ¼ teaspoon *each* **salt** and **black pepper**

## Directions

1. Wash hands with soap and water.
2. Rinse or scrub fresh vegetables under running water before preparing.
3. Preheat oven to 400 degrees F. Line a rimmed baking sheet with foil. Lightly grease the foil.
4. Rinse the squash, cut in half and scoop out seeds. Cut squash into 1-inch thick slices and lay on baking sheet.
5. In a small bowl, combine brown sugar, salt and pepper. Sprinkle squash with half the seasoning mixture.
6. Bake until sugar has melted, about 4 to 6 minutes. Remove baking sheet from oven and turn squash slices over. Sprinkle remaining seasoning mixture over squash and return to the oven. Bake until squash is tender, about 15 to 20 minutes. Serve warm.
7. Refrigerate leftovers within 2 hours.

## Notes

- Try adding other seasonings such as cinnamon, nutmeg, cayenne or cumin.

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**Makes:** 3 Cups  
**Prep time:** 5 minutes  
**Cooking time:** 20 minutes

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	1/2 cup (110g)
<b>Amount per Serving</b>	
<b>Calories</b>	<b>80</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 105mg	5%
<b>Total Carbohydrate</b> 22g	8%
Dietary Fiber 5g	18%
Total Sugars 7g	
Includes 7g Added Sugars	14%
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 51mg	4%
Iron 1mg	6%
Potassium 460mg	10%
Vitamin A 22mg	2%
Vitamin C 11mg	12%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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# Vegetarian Ceviche



## Ingredients

- 1 medium **cucumber**, peeled and chopped
- 3 to 4 **green onions**, finely chopped, or ½ cup finely chopped red onion
- 1 **jalapeño pepper**, finely chopped or ¼ cup red salsa
- 2 **lemons** or limes, squeezed for juice (about ⅓ cup)
- 1 small (or ½ medium) head of **cauliflower**, cut or broken into large florets
- 3 medium **tomatoes**, chopped
- 1 to 2 teaspoons **garlic powder** or 6 cloves garlic, minced
- 1 cup chopped **cilantro**
- ¾ teaspoon **salt**
- 1 **avocado**, chopped (optional)

## Directions

1. Wash hands with soap and water.
2. Rinse or scrub fresh fruits and vegetables under running water before preparing.
3. In a large bowl, stir together the cucumber, onion, jalapeño and lemon or lime juice. Set aside for 5 minutes.
4. Bring 6 cups of water to a boil in a medium saucepan. Place the cauliflower in the boiling water for 2 minutes to make it a little tender. To do this in the microwave, put the cauliflower and 1 Tablespoon water in a microwave-safe dish with a cover and cook on HIGH for about 2 minutes.
5. Drain and rinse the cauliflower in ice-cold water. Chop into small pieces and add to the bowl of other vegetables.
6. Add the rest of the ingredients, except the avocado. Stir to mix well.
7. Add the avocado just before serving, if desired.
8. Refrigerate leftovers within 2 hours.

## Notes

- Try basil or dill (dry or fresh) instead of cilantro. Use ¼ to ½ cup of dried herbs because they are more concentrated in flavor.
- Add more color with yellow or purple cauliflower.
- Serve with tostadas, tortilla chips or crackers.

**Thanks to Victor Villegas and the OSU Extension Latin Heritage Workgroup for this recipe.**

**Makes:** 6 cups  
**Prep time:** 30 minutes

## Nutrition Facts

8 servings per container	
<b>Serving size</b>	<b>3/4 cup (138g)</b>
<b>Amount per Serving</b>	
<b>Calories</b>	<b>30</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 26mg	<b>2%</b>
Iron 0mg	<b>0%</b>
Potassium 189mg	<b>4%</b>
Vitamin A 13mcg	<b>1%</b>
Vitamin C 35mg	<b>39%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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# Summer Vegetable and Pasta Salad



## Ingredients

- 3 cups uncooked whole-wheat **pasta**
- 1 cup chopped **broccoli**
- 1 cup diced **cucumber**
- 1 cup sliced **summer squash**
- ¾ cup **Italian salad dressing**

## Directions

1. Wash hands with soap and water.
2. Rinse fresh vegetables under running water before preparing.
3. Cook pasta according to package directions. Rinse with cold water. Place in large bowl.
4. Add remaining ingredients and mix well.
5. Refrigerate leftovers within 2 hours.

## Notes

- Use any colorful vegetables you have on hand. Try carrots, cherry tomatoes or green onions.
- Flavor boosters: 1 cup diced cooked chicken or ham, or 1 cup garbanzo beans.
- Try Food Hero [Red Wine Vinaigrette](#) for the dressing.

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**Makes:** 6 cups  
**Prep time:** 10 minutes  
**Cooking time:** 10 minutes

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	1 cup (140g)
<b>Amount per Serving</b>	
<b>Calories</b>	<b>250</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	6 %
Saturated Fat 0.5g	3 %
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0 %
<b>Sodium</b> 310mg	13 %
<b>Total Carbohydrate</b> 45g	16 %
Dietary Fiber 1g	4 %
Total Sugars 3g	
Includes 0g Added Sugars	0 %
<b>Protein</b> 8g	
Vitamin D 0mcg	0 %
Calcium 34mg	2 %
Iron 2mg	10 %
Potassium 269mg	6 %
Vitamin A 7mcg	1 %
Vitamin C 20mg	22 %

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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# Refrigerator Pickled Vegetables



## Ingredients

- 1 cup **vinegar** (see **Notes**)
- 1 cup **water**
- 1 Tablespoon **salt**
- 1 to 2 Tablespoons **sugar** (optional)
- 2 to 4 Tablespoons **seasonings** (see **Notes**)
- 3 ½ to 4 cups fresh **vegetables** (cut to any size and shape)

## Directions

1. Wash hands with soap and water.
2. Rinse or scrub fresh vegetables under running water before preparing.
3. In a medium saucepan, heat the vinegar, water, salt and sugar, if desired, until the mixture simmers. Stir until the salt and sugar are dissolved and remove pan from heat.
4. Put seasonings in the bottom of 2 clean pint-sized jars or 1 quart jar. Add the prepared vegetables, packing pieces closely together. Leave about ½ inch space at the top of the jar.
5. Fill the jars with the warm vinegar mixture to cover the vegetables. Close the jars with clean lids and refrigerate for 1 to 3 days to allow flavors to develop.
6. Store jars only in the refrigerator. Use within 3 months.

## Notes

- White, cider, white wine and rice vinegar are good choices. The flavors from balsamic or malt vinegar will be stronger but they can be used.
- Vegetables such as green beans, broccoli, asparagus, carrots and cauliflower can be boiled for 1 or 2 minutes and then quickly cooled in ice water to soften and preserve their color.
- Ideas for fresh seasonings: basil, cilantro, dill, garlic, ginger, green onion, hot or bell pepper, oregano, thyme
- Ideas for dry seasonings: bay leaves, celery seed, cumin seed, dill seed, dried hot peppers, peppercorns, pickling spice, turmeric

**Makes:** 2 pints or 1 quart  
**Prep time:** 20 minutes  
**Chill time:** 1 to 3 days

<b>Nutrition Facts</b>	
20 servings per container	
<b>Serving size</b>	<b>1 ounce (30g)</b>
<b>Amount per Serving</b>	
<b>Calories</b>	<b>10</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 259mg	<b>11%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	
Vitamin D 0mcg	<b>0%</b>
Calcium 8mg	<b>0%</b>
Iron 0mg	<b>0%</b>
Potassium 38mg	<b>0%</b>
Vitamin A 6.4mcg	<b>1%</b>
Vitamin C 3mg	<b>3%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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# Three Sisters Soup



## Ingredients

- 1 ½ Tablespoons **vegetable oil**
- ¾ cup diced **carrot**
- 1 cup chopped **onion**
- 4 cloves **garlic**, minced or 1 teaspoon garlic powder
- 2 cups diced **squash** (summer or winter, fresh or frozen)
- 1 ½ cups **corn** (fresh or frozen) or a 15-ounce can (drained and rinsed)
- 1 ½ cups **cooked beans** (any type) or a 15-ounce can (drained and rinsed)
- 1 can (15 ounces) diced **tomatoes** or 2 cups diced fresh
- 3 ½ cups low-sodium **broth** (any type)
- 1 teaspoon **cumin**
- ¼ teaspoon **black pepper**

## Directions

1. Wash hands with soap and water.
2. Rinse or scrub fresh vegetables under running water before preparing.
3. Heat oil in a large pot on medium heat. Add carrot and onion and cook until onions begin to turn a little brown, about 8 to 10 minutes.
4. Add garlic, squash and corn and continue to stir for another 3 to 4 minutes.
5. Add beans, tomatoes, broth, cumin and pepper.
6. Allow soup to come to a boil, then turn heat down to a simmer until all vegetables are tender to taste. This will take 15 to 30 minutes, depending on the vegetables used.
7. Refrigerate leftovers within 2 hours.

## Notes

- Try This: Change the vegetables and beans based on what you have on hand. Instead of cumin, try 2 to 3 teaspoons of Italian seasoning or 1 Tablespoon of curry powder.

**Thanks to the Indigenous Peoples Workgroup of Oregon State University Extension Service for this recipe.**

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**Makes:** 8 Cups  
**Prep time:** 15 minutes  
**Cooking time:** 30 minutes

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>1 cup (297g)</b>
<b>Amount per Serving</b>	
<b>Calories</b>	<b>170</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
<i>Trans Fat</i> 0	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 130mg	<b>6%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 7g	<b>26%</b>
Total Sugars 7g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	
Vitamin D 0mcg	<b>0%</b>
Calcium 50mg	<b>4%</b>
Iron 1mg	<b>6%</b>
Potassium 494mg	<b>10%</b>
Vitamin A 294mcg	<b>33%</b>
Vitamin C 16mg	<b>18%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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