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<http://pulmonary.pediatrics.med.ufl.edu/education/training-program/>

Balanced Budget Cookbook



Kid-Friendly Recipes with
Food Pantry & WIC Staples

This cookbook is filled with recipes adults and kids both enjoy! You will also find definitions of cooking words, an overview of MyPlate (a guide to help us eat better), nutrition tips, and money-saving tips. Many of the ingredients in these recipes can be found in the bag of food you receive from Catholic Charities. Other common ingredients are WIC-approved foods. Ingredients that are **food pantry staples are bolded** and WIC-approved foods are underlined in the recipes. *Cooking utensils and equipment are italicized* so you can quickly identify what is needed to make each recipe. Most of these recipes serve four people. Halve, double, or triple the recipes to fit the needs of your family! Please complete the brief postcard survey in the back of the cookbook and place in the mail. We hope you enjoy the cookbook and prepare family-friendly meals with it!

Balanced Budget Cookbook
1st edition 4/2017

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We hope you enjoy this cookbook and use it to create recipes for your family! Please remember to fill out the attached survey after making a few recipes to help improve this cookbook.

Thank you!



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What is MyPlate?

MyPlate is a guide to help us create a healthier eating style. It reminds us to include the five food groups when eating throughout the day. The five food groups are fruits, vegetables, grains, protein foods, and dairy. Below you will find examples of foods in each food group.

Fruits: Applesauce, bananas, oranges, watermelon, 100% fruit juice, raisins, and strawberries

Vegetables: broccoli, spinach, lettuce, carrots, peppers, tomatoes, potatoes, black beans, green peas, celery, green beans, and zucchini

Grains: bread, crackers, oatmeal, tortillas, popcorn, cereal, and rice

Protein Foods: Eggs, peanut butter, chicken, beef, black beans, fish, shrimp, and pork

Dairy: Milk, yogurt, cheese, pudding, and soymilk

If you want more information on MyPlate, visit www.choosemyplate.gov!

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Peanut Butter Treats

Makes 12 servings

Ingredients:

- 3 tablespoons butter or margarine
- 1 package marshmallows
- **1/2 cup peanut butter**
- **6 cups crispy rice cereal**
- Coking spray

To prepare this recipe using a microwave, heat butter and marshmallows on high for 3 minutes, stirring after 2 minutes. Add peanut butter and stir until combined. Continue with steps 2 and 3.

Steps:

1. In a *large saucepan* melt butter or margarine over low heat. Add marshmallows and stir until melted. Remove from heat. Stir in peanut butter until melted.
2. Add crispy rice cereal. Stir until mixed.
3. Press mixture into *13X9X2-inch pan* coated with cooking spray. Cool. Cut into 12 squares.

Baked Apples

Makes 4 servings

Ingredients:

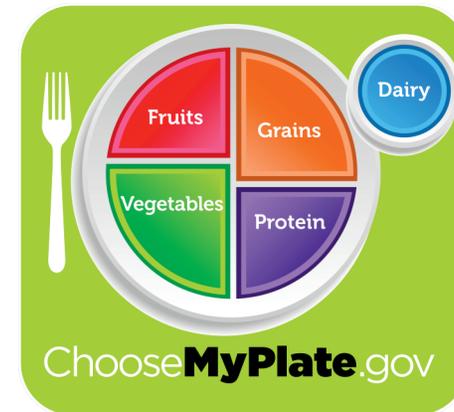
- 4 medium apples
- 1/4 cup brown sugar
- **1/4 cup uncooked oats**
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1 tablespoon butter or margarine
- 1 cup water

Steps:

1. Preheat *oven* to 375 degrees.
2. Remove the core of the apples, creating a hole in the middle of the apple.
3. Mix the brown sugar, oats, cinnamon, and nutmeg in a *bowl*. Divide this mixture between the apples, packing the holes in the apple with the mixture.
4. Arrange the apples in a *baking dish*, and top each one with a small piece of butter or margarine. Pour the water into the bottom of the dish and cover loosely with *aluminum foil*.
5. Bake for 20 minutes and remove foil. Continue baking uncovered until the apples are soft.

Food Pantry: bolded
WIC: underlined

MyPlate Tips



- Choose foods from all five food groups to get all the energy, vitamins, and minerals you need.
- Fill half your plate with fruits and veggies.
- Make half your grains whole grains. Whole grains include whole wheat bread, brown rice, whole wheat pasta, and popcorn.
- Choose low-fat and fat-free dairy foods.
- Eat a variety of different protein foods.
- Start with small changes.
- Support family and friends to eat better too.
- Look at the Nutrition Facts Panel (food label) to find foods lower in saturated fat and added sugars. This can help manage calories and prevent becoming overweight or obese.
- Choose foods with less sodium (salt) to help reduce the risk of high blood pressure.
- Take your time eating and pay attention to how you feel. Stop eating when you are full so you do not overeat.

Food Safety Tips

There are four important steps to keep in mind when preparing food safely: clean, separate, cook, and chill. Read the tips below for more information on the four steps



1. Clean

- Wash your hands before and after preparing food. Use soap and warm water for at least 20 seconds.
- Wash your cutting boards, cooking tools, dishes, and counters with soapy water before and after preparing food.
- Rinse fresh fruits and vegetables under running tap water before eating.
- Keep purses, bags, and backpacks off counters where food is prepared.

2. Separate

- Separate raw meat, poultry, seafood, and eggs from other food in your grocery cart, grocery bags, and in your refrigerator.
- Use separate cutting boards for meat and produce.
- Place cooked food on a clean plate, not one that held the meat before it was cooked.

Desserts

Chocolate Fudge Cookies

Makes 48 cookies

Ingredients:

- **1 can black beans, drained and rinsed**
- **1 box chocolate fudge cake mix**
- 1/4 cup water
- 1/3 cup oil
- 2 large eggs
- 1 cup mini chocolate chips
- Cooking spray

Why add beans to cookies? Black beans contain fiber, which helps us feel full for longer. Don't worry, you won't even taste the black beans in the recipe!

Steps:

1. Preheat *oven* to 350 degrees.
2. Using *blender*, puree beans with water and oil. Mix cake mix in a *large bowl* with eggs, bean mixture, and chocolate chips.
3. Using a *teaspoon* or *cookie scoop* portion cookie batter on *baking sheet* coated with cooking spray.
4. Bake 8 minutes.
5. Let cool ten minutes on baking sheets.

Frozen Yogurt Covered Fruit

Makes 4 servings

Ingredients:

- 1 cup strawberries
- 1 cup blueberries
- 2 cups low-fat vanilla yogurt

Kids should play for at least one hour every day. Physical activity helps kids keep a healthy weight, learn in school, build strong bones and muscles, and sleep better at night!

Steps:

1. Remove stems from strawberries. Cut strawberries in half.
2. Dip strawberries and blueberries in yogurt. Place on a *baking sheet* lined with *parchment* or *wax paper*.
3. Place baking sheet in *freezer* for 1 hour or until yogurt is frozen.

Food Pantry: bolded
WIC: underlined

Black-Eyed Pea & Corn Salad

Makes 5 servings

Ingredients:

- 1/4 cup bell pepper, diced
- 1/2 cup onion, diced
- 1 can black eyed peas, drained and rinsed
- 1 can whole kernel corn, drained and rinsed
- 2 tablespoons oil
- 1 tablespoon vinegar
- 1/2 teaspoon cumin
- 1/4 teaspoon garlic powder
- Salt and pepper, to taste

Steps:

1. Combine all ingredients in a *large bowl*. Mix well. Season to taste with salt and pepper.
2. *Chill* until ready to serve.

Lighter Sweet Potato Casserole

Makes 4 servings

Ingredients:

- 2 large sweet potatoes, peeled and cut into chunks
- 1/4 cup fat free milk
- 1 large egg
- 2 tablespoons honey
- 1/4 teaspoon salt
- 1 teaspoon cinnamon, divided
- Cooking spray or oil
- 1 teaspoon brown sugar
- 1/4 cup chopped pecans

Canned sweet potatoes can be used in this recipe. Since they are canned in syrup, rinse them before adding them to the other ingredients, and only use 1 tablespoon of honey.

Steps:

1. Preheat *oven* to 350 degrees.
2. Place sweet potatoes in a *large saucepan*. Cover with water. Bring to a boil. Reduce heat, cover, and cook until tender. Drain.
3. In a *large bowl*, mix sweet potatoes, milk, egg, honey, salt, and 1/2 teaspoon of cinnamon until smooth.
4. Transfer to a *baking dish* coated with cooking spray or oil.
5. Combine remaining 1/2 teaspoon cinnamon, brown sugar, and pecans. Sprinkle over sweet potato mixture.
6. Bake uncovered for 20-25 minutes.

Food Pantry: bolded
WIC: underlined

3. Cook

- Cooking food to the correct temperature helps kill bacteria that can cause foodborne illness. Use a meat thermometer to make sure your food is cooked to the correct temperature.
- Minimum safe temperatures:
 - Beef, pork, veal, lamb: 145° F
 - Fish and shellfish: 145° F
 - Ground meats (except poultry): 160° F
 - Eggs: 160° F
 - Poultry: 165° F
 - Leftovers and casseroles: 165° F

4. Chill

- Refrigerate or freeze leftovers quickly after cooking to slow the growth of bacteria. Place warm leftovers in shallow containers for faster cooling.
- Keep your refrigerator below 40° F and your freezer below 0° F to keep your food safe from bacteria that cause foodborne illnesses.
- Do not let raw meat, leftovers, or cut produce sit out for more than two hours or more than one hour if the temperature is above 90° F. Place foods in the refrigerator and freezer quickly after returning from the store and after cooking.
- Thaw frozen meats the safe way:
 - Refrigerator: Place frozen meat in the refrigerator at least a day before you plan on cooking it. Note: this method of thawing takes the longest.
 - Cold water: Place meat in a leak-proof package, then place in cold tap water. Change the water every 30 minutes. After thawing, cook meat immediately.
 - Microwave: Thaw frozen meat in the microwave, but plan to cook it immediately after thawing.
- NEVER thaw meat on the counter or in hot water!

Cookbook Dictionary

- **Bake:** a way to cook food by putting it in a hot oven and allowing the hot air to cook the food.
- **Boil:** a way to cook food on the stovetop by heating water until it bubbles a lot.
- **Broil:** a way to cook food by putting the food in the oven and allowing the heat source at the top of the oven cook the food at a high temperature.
- **Calorie:** a measure of the amount of energy in food.
- **Carbohydrate:** one of the three main components of the food we eat. The body's main source of energy. Found in grains, fruit, milk, and sugar.
- **Fat:** one of the three main components of the food we eat. The body uses fat for energy. Our bodies need fat to function. Fat is found in nuts, meat, oil, and butter.
- **Nutrients:** parts of food our body needs for normal growth and functioning. Water, proteins, carbohydrates, fats, minerals, and vitamins are nutrients.

Lemon and Herb Green Beans

Makes 4 servings

Ingredients:

- 2 teaspoons oil
- **2 cups green beans, fresh, canned, or frozen**
- 2 teaspoons chopped fresh dill or other fresh herbs
- 1/2 teaspoon lemon zest
- Salt and black pepper, to taste

Steps:

1. Heat oil in a *skillet* over medium heat. Add beans and cook 3 to 4 minutes until lightly browned, stirring often.
2. Remove from heat. Stir in dill and lemon zest. Season with salt and black pepper to taste.

Green Bean Casserole

Makes 4 servings

Ingredients:

- 1 teaspoon butter or margarine
- 1/4 cup sliced fresh mushrooms
- **1/3 cup condensed cream of mushroom soup**
- **3 tablespoons milk**
- **2 cups green beans, fresh, canned, or frozen**
- 1/4 cup prepared crispy fried onions

Look on the top and bottom shelves in the grocery store for cheaper items. Shelves at eye level may have pricier items.

Steps:

1. Preheat *oven* to 350 degrees.
2. Melt margarine or butter in a *skillet* over medium-high heat. Cook mushrooms 4 minutes or until tender. Stir in soup, milk, beans, and half of the onions. Pour into an *oven-safe baking dish*.
3. Bake uncovered 20 minutes or until heated through. Stir. Sprinkle with remaining onions. Bake 5 minutes longer.

Food Pantry: bolded
WIC: underlined

Italian Corn

Makes 4 servings

Ingredients:

- Cooking spray or oil
- **2 cups corn, fresh, canned, or frozen**
- 1 tablespoon chopped fresh basil
- 2 tablespoons shredded parmesan or mozzarella cheese
- Salt and black pepper, to taste

Use any kind of corn you have for this recipe—fresh, canned, or frozen.

Steps:

1. Heat cooking spray or drizzle of oil in a *skillet* over medium heat. Add corn. Cook 4 to 5 minutes, stirring often, until cooked. Remove from heat. Note, this step could be completed in a *microwave*.
2. Stir in basil and top with cheese. Season to taste with salt and pepper.

BBQ Corn

Makes 4 servings

Ingredients:

- Cooking spray or oil
- **2 cups corn, fresh, canned, or frozen**
- 1/4 cup BBQ sauce
- 1/4 cup crushed tortilla chips (WIC-approved if made from corn tortillas)

Did you know eating a healthy diet with fruits and vegetables may reduce your risk for heart disease and certain types of cancers?

Steps:

1. Heat cooking spray or drizzle of oil in a *skillet* over medium heat. Add corn. Cook 4 to 5 minutes, stirring a few times, until cooked. Remove from heat. Note, this step could be completed in a *microwave*.
2. Stir in crushed tortilla chips.

Food Pantry: bolded
WIC: underlined

- **Nutrition:** the study of food and how it works in our bodies.
- **Protein:** one of the three main components of the food we eat. A nutrient that builds and maintains our muscles and organs in our bodies. Found in meat, eggs, peanut butter, and beans.
- **Saucepan:** a pan with tall sides, a long handle, and a lid, used for cooking food.
- **Sauté:** a way to cook food that uses a very hot pan and a small amount of oil to cook the food quickly.
- **Simmer:** a way to cook food on the stovetop by heating water until it bubbles a little bit.
- **Skillet:** a pan with shallow (short) sides, a long handle, and a lid, used for cooking food.
- **Vitamins and minerals:** substances in the food we eat that helps our bodies, grow, develop, and stay healthy. Examples of vitamins and minerals include vitamin A, vitamin D, calcium, and phosphorus.

Breakfast

Cinnamon French Toast Sticks

Makes 32 French toast sticks

Ingredients:

- **1 cup low-fat milk**
- 2 large eggs
- 2 tablespoons syrup
- 1/4 teaspoon ground cinnamon
- **8 slices bread**
- Cooking spray or oil

Grains are good for you! If you have the option, try to choose whole grains like whole wheat bread, oatmeal, and brown rice.

Steps:

1. In a *large dish*, whisk together milk, eggs, syrup, and cinnamon.
2. Add the bread slices and flip to coat both sides of the bread.
3. Let bread soak in the milk mixture for a few minutes.
4. Coat a *skillet* with cooking spray or oil and heat over medium-high heat.
5. Add the bread slices and cook for 2-3 minutes per side, until the eggs are cooked.
6. Cut each bread slice into 4 strips and serve with additional syrup if you would like.

Mexican Toast Melt

Makes 4 melts

Ingredients:

- **1/2 cup refried beans**
- **4 slices bread, toasted**
- 1/4 cup salsa
- 1/4 cup cheese, shredded

Dairy foods, like milk, cheese, and yogurt, contain calcium and vitamin D. These nutrients help build strong bones!

Steps:

1. Spread beans, salsa, and then cheese evenly on each slice of toast.
2. *Microwave* on high until cheese is melted and beans are hot.

Food Pantry: **bolded**
WIC: underlined

Sides

Glazed Carrots

Makes 6 servings

Ingredients:

- 1 bag fresh baby carrots
- 2 tablespoons honey
- 1 tablespoon butter or margarine
- Salt and black pepper, to taste

Set a good example for your kids by eating vegetables with meals and snacks.

Steps:

1. Place carrots and 1/2 cup water in a *medium saucepan*. Cover and bring to a boil over medium-high heat. Reduce heat to medium-low and cook until carrots are tender.
2. Add honey and butter or margarine to the carrots. Stir to combine.
3. Season to taste with salt and pepper.

Cheddar Mashed Potatoes

Makes 4 servings

Ingredients:

- **2 cans sliced or whole potatoes, drained**
- **1/4 cup low-fat milk**
- 2 tablespoons butter or margarine
- 1/4 cup cheddar cheese, shredded
- Salt and black pepper, to taste

Steps:

1. Place potatoes and milk in a *large saucepan*; bring to a boil over medium-high heat and continue boiling 1 minute to heat through. Remove from heat.
2. Add butter and cheese. Using a *potato masher* mash potatoes. Season to taste with salt and pepper to taste.

Food Pantry: **bolded**
WIC: underlined

Simple Taco Casserole

Makes 4 servings

Ingredients:

- 1 tablespoon oil
- 1 medium onion, chopped
- 1 medium bell pepper, chopped
- 1 cup brown rice, uncooked
- 1 1/2 cup vegetable broth
- 1 can pinto or black beans, rinsed and drained
- 1 can diced tomatoes
- 1 cup canned corn
- 2 teaspoon chili powder
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

Steps:

1. Add the oil, chopped onion, and chopped bell pepper to a *large skillet*. Cook over medium-high heat until the vegetables start to soften.
2. Add the rice, broth, beans, tomatoes, corn, chili powder, salt, and pepper. Stir well to combine.
3. Cover and continue to cook for about 20 minutes over medium high heat until the rice is cooked, stirring a few times.

Pasta Cupcakes

Makes 6 servings

Ingredients:

- Cooking spray or oil
- Bag frozen mixed vegetables
- 1 pound whole wheat pasta
- 2 cups light sour cream
- 1 cup mozzarella cheese, shredded
- 2 tablespoons grated parmesan cheese
- Salt and black pepper, to taste
- 1 cup marinara sauce

If a sale item is out of stock at the store, ask for a rain check. This allows you to get the sale price on the item when it is back in stock even if the promotion is over.

Steps:

1. Preheat the *oven* to 350 degrees. Coat a *muffin pan* with cooking spray or oil.
2. Cook vegetables according to package directions. Cook the pasta according to package directions. Drain and transfer the macaroni to a large bowl. Add the vegetables, sour cream, mozzarella, and parmesan. Mix well. Season to taste with salt and pepper.
3. Spoon the pasta mixture into the prepared muffin cups. Spoon the pasta sauce over the top.
4. Bake for 15 to 20 minutes, until the cupcakes are hot and the cheese is melted.

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Oatmeal Pancakes

Makes 12, 4-inch pancakes

Ingredients:

- 1-1/4 cups all purpose flour
- 1/2 cup oats
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 1/4 cups low-fat milk
- 1 egg, lightly beaten
- 1 tablespoon vegetable oil
- Cooking spray or oil

Add blueberries, bananas, apples, nuts, or chocolate chips to the pancake batter for an extra burst of flavor!

Steps:

1. In a *large bowl*, mix together flour, oats, baking powder, and salt.
2. In a *medium bowl*, mix together milk, egg, and oil.
3. Add wet ingredients to dry ingredients and stir until ingredients are mixed.
4. Coat a *skillet* with cooking spray or oil and heat over medium-high heat.
5. Pour 1/4 cup of batter into skillet for each pancake. Turn when tops are covered with bubbles and edges look cooked.

Breakfast Pizzas

Makes 4 servings

Ingredients:

- 4 large eggs, beaten
- 1/2 cup spaghetti sauce
- 4 English muffins, halved or 4 slices of bread
- 1/2 cup cheese, shredded
- Cooking spray or oil

Store brands can be cheaper than brand name foods. Compare foods while shopping to find the best buy.

Steps:

1. Preheat *broiler or toaster oven* to high.
2. Coat a small *skillet* with cooking spray or oil and heat over medium-high heat.
3. Add eggs, and cook. Stir until eggs are cooked through.
4. Spread spaghetti sauce evenly over English muffin halves or bread slices. Top with cheese
5. Broil until cheese is melted and spaghetti sauce is warm.

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Overnight Oats

Makes 4 servings

Ingredients:

- **2 cups oats**
- **2 cups low-fat milk**
- 2 cups sliced strawberries, grapes, apples, or other fruit
- **1/2 cup peanut butter**

Prepare a double or triple batch of this recipe and have breakfast for the entire week!

Steps:

1. Add oats and milk to a *container* and pour in milk. Stir together.
2. Add fruit and peanut butter to container.
3. Cover container and place in *fridge* overnight.
4. In the morning, divide oats into four servings and enjoy.

Savory Breakfast Bean Bake

Makes 4 servings

Ingredients:

- **1 can beans (any kind you have)**
- 1/2 cup uncooked grits
- 2/3 cup cheese, shredded
- **1/4 cup low-fat milk**
- 1 large egg, beaten
- Cooking spray or oil
- Salt and black pepper, to taste

Choose low-fat or fat-free milk when you can. These products contain the same amount of vitamins, minerals, and protein with less calories and fat.

Steps:

1. Preheat *oven* to 350 degrees. Coat an *8"X8" baking dish* with cooking spray or oil.
2. Cook grits according to package directions.
3. Drain and rinse beans.
4. When grits are cooked, pour into a *large mixing bowl*. Add beans, 1/3 cup cheese, milk, eggs, and sprinkle of salt and pepper. Stir until combined.
5. Pour mixture into baking dish. Top with remaining shredded cheese.
6. Bake for 30 minutes or until cheese is golden.

Food Pantry: bolded
WIC: underlined

Cuban Style Black Beans & Plantains over Whole Grains

Makes 4 servings

Ingredients:

- **1 cup oats or brown rice, uncooked**
- 2 tablespoons oil
- 2 ripe plantains, peeled and sliced
- 1 medium onion, diced
- 1 green pepper, diced
- 1/2 cup vegetable broth
- **1 can black beans, rinsed and drained**
- 1 teaspoon cumin
- Salt and pepper to taste

Steps:

1. Prepare oats or brown rice according to package directions.
2. Heat 1 tablespoon oil in a *medium skillet* over medium heat. Cook plantains 4-5 minutes until golden and slightly browned, turning occasionally. Remove from heat.
3. Heat remaining oil over medium heat and cook onion and green pepper 5 minutes until vegetables begin to brown. Add the beans, vegetable broth, cumin, salt and pepper, and cook for 5 minutes more.
4. Top oatmeal or brown rice with black bean mixture and plantains.
5. Serve with salsa, cilantro, or guacamole if desired.

Chunky Tomato Soup with Cheese Toasts

Makes 4 servings

Ingredients:

- 2 cans petite diced tomatoes, undrained
- 1 can evaporated skim milk
- 2 tablespoons chopped fresh basil or 1 teaspoon dried Italian herbs
- Salt and black pepper, to taste
- **4 slices whole wheat bread**
- 4 slices cheese

Steps:

1. In a *medium saucepan*, combine the tomatoes and milk. Set the pan over medium-high heat and bring to a simmer. Decrease the heat to medium-low and cook for 10 minutes.
2. Remove the pan from the heat and stir in basil or dried Italian herbs. Season to taste with salt and pepper.
3. Place one slice of cheese on each bread slice. Place under for the *broiler* until cheese is melted.

Food Pantry: bolded
WIC: underlined

Main Dishes – Vegetarian

Broccoli Mac and Cheese

Makes 4 servings

Ingredients:

- **8 ounces uncooked whole wheat pasta**
- 2 cups chopped broccoli florets (fresh or frozen)
- 1 1/2 cups low fat milk
- 2 tablespoons all-purpose flour
- 2 teaspoons mustard
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 1/2 teaspoons unsalted butter or margarine
- 1 cup cheese, shredded

Steps:

1. Cook pasta according to package directions in a *large saucepan*. Add broccoli during the last minute of cooking. Cook for one minute, Drain.
2. Add milk, flour, mustard, salt, pepper, and butter or margarine in a *medium saucepan* over medium-high heat. Whisk until smooth and mixture comes to a boil. Continue cooking for one minute, stirring often.
3. Stir in cheese and pasta mixture.

French Bread Pizza

Makes 4 servings

Ingredients:

- **1 (8-inch long) piece French bread, halved lengthwise**
- **1/2 cup prepared pasta or pizza sauce**
- 1 cup mozzarella cheese, shredded
- 1/4 cup grated parmesan cheese
- 2 teaspoons dried Italian herbs, optional

Add your favorite toppings to this pizza, like peppers, onions, diced chicken, or spinach.

Steps:

1. Preheat the *broiler*.
2. Place the French bread halves on a *baking sheet*. Top each bread half with the sauce, mozzarella, parmesan, and dried herbs if desired.
3. Place the baking sheet under the broiler and broil for 2-3 minutes, until the cheese melts and the sauce is warm.
4. Remove the pizzas from the oven and serve.

Food Pantry: bolded
WIC: underlined

Snacks

Peanut Butter Granola Balls

Makes 24 balls

Ingredients:

- 1/3 cup honey
- 1/4 cup peanut butter
- 2 tablespoons butter or margarine
- 1 cup crispy rice cereal
- 1 cup old-fashioned rolled oats
- 1/4 cup dried fruit, optional

Get your kids in the kitchen! Older children can help prepare this recipe by stirring ingredients together.

Steps:

1. In a *small saucepan* over medium heat, stir honey, peanut butter, and butter or margarine together until smooth.
2. Remove from heat and stir in cereal, oats, and dried fruit.
3. Drop mixture by the spoonful into *paper liners*. Place in the refrigerator until set.

Juice Pops

Makes 4 popsicles

Ingredients:

- **2 cups juice**
- 1/2 cup berries or sliced fruit
- 4 paper cups
- 4 wooden craft sticks
- Aluminum foil

These frozen juice bars make a healthy snack on a hot summer day.

Steps:

1. Pour juice into *paper cups*. Divide fruit between cups.
2. Cover each cup with *aluminum foil*. Insert 1 *wooden stick* through the center of each foil.
3. *Freeze* for 3 hours or until firm.
4. Remove popsicles from cups and enjoy.

Food Pantry: bolded
WIC: underlined

Mixed Cereal Granola

Makes 3 cups granola

Ingredients:

- Cooking spray or oil
- **1 cup oatmeal**
- **1 cup whole grain cereal**
- 1/2 cup nuts
- 1/4 cup honey
- 2 teaspoons oil
- 1/2 cup chocolate chips or dried fruit

Try to fit at least two food groups into each snack. This one contains grains (oatmeal, cereal), a protein food (nuts), and fruit (dried fruit)!

Steps:

1. Preheat *oven* to 300 degrees. Coat a *baking sheet* with cooking spray or oil.
2. Combine oats, cereal, and nuts in a *large bowl*.
3. Whisk together the honey and oil in a small bowl. Add the honey mixture to the oat mixture and stir together. Spread the mixture out on the prepared baking sheet.
4. Bake for 30 minutes, stirring a few times while baking, until the mixture is toasted.
5. When mixture is cool, stir chocolate chips or dried fruit into granola.

Fruit Gummies

Makes 4 servings

Ingredients:

- **2 1/4 cups 100% juice**
- 1 packet unflavored gelatin

Use any kind of juice in this recipe. Stir in fresh or canned fruit to the mixture before refrigerating for fun texture.

Steps:

1. In a *heatproof bowl*, sprinkle packet of gelatin over 1/4 cup of cold juice. Let stand for one minute.
2. In a *medium saucepan*, bring 2 cups of grape juice to a simmer. Add it to the gelatin mixture, stirring constantly until dissolved. Pour into a *small pan* and *refrigerate* until set. Cut into squares with a *knife* or your favorite shape using *cookie cutters*.

Food Pantry: **bolded**
WIC: underlined

Hearty Turnip Greens Stew

Makes 4 servings

Ingredients:

- **1 cup cooked ham, chopped**
- Cooking spray or oil
- 4 cups vegetable broth
- 1 package frozen turnip greens
- 1 can cannellini beans, drained and rinsed
- 2 cups frozen mixed vegetable blend
- Salt and pepper, to taste
- Hot sauce, to taste

You can also use fresh or canned turnip greens in this recipe.

Steps:

1. Heat cooking spray or oil in a *large saucepan* over medium-high heat. Add the ham and cook until lightly browned.
2. Add broth and the remaining ingredients. Bring to a boil. Cover, reduce heat to low, and simmer for 20 minutes.

Smoky Red Beans and Rice

Makes 4 servings

Ingredients:

- **1 andouille sausage link, thinly sliced**
- 1 rib celery, chopped
- 1/2 cup green bell pepper, chopped
- 1/2 cup onion, chopped
- 1 can kidney beans
- 1 teaspoon garlic powder
- 1 teaspoon creole seasoning
- Salt and pepper, to taste
- **1 cup uncooked brown rice**

Taste your food as you cook and add seasonings as necessary. The sausage in this recipe is salty so you may not need to add extra salt.

Steps:

1. Sauté sausage, celery, green pepper, and onion in a *large saucepan* over medium high heat until sausage is browned and vegetables are tender.
2. Add beans and seasoning to the saucepan. Stir. Add 4 cups water. Bring to a boil. Cover, reduce heat to low, and simmer for 20 minutes.
3. Cook brown rice according to package directions. Serve red beans with rice.

Food Pantry: **bolded**
WIC: underlined

Pizza Beans

Makes 4 servings

Ingredients:

- **1/2 pound ground Italian sausage or lean ground beef**
- 10 slices pepperoni, cut into quarters
- 1/2 white onion, diced
- 1 green bell pepper, diced
- 3 cups chicken broth
- **1 can beans of your choice, rinsed and drained**
- **1 cup marinara sauce**
- 1/2 cup cheese, shredded

Steps:

1. Turn *stove* to medium-high, and in *large saucepan* cook the ground sausage or beef and pepperoni until mixture is completely browned.
2. Remove the meat from the pot, pour off any remaining grease, and then add the onions and peppers. Cook for 5 minutes, then add the chicken broth and turn heat to high. Add the meats and beans to the pot and bring to a boil. Reduce heat, cover, and cook for 10 minutes.
3. Stir in marinara sauce and cook an additional 5 minutes.
4. Serve with shredded mozzarella cheese.

Seared Pork with Pineapple and Peppers

Makes 4 servings

Ingredients:

- Cooking spray or oil
- **1 pound pork tenderloin, cut into 1 inch pieces**
- 2 bell peppers, seeded and chopped
- 1 cup cubed pineapple (fresh or canned in 100% juice or water)
- 1/4 cup hoisin sauce or other Asian stir-fry sauce
- Salt and black pepper, to taste

Choose fruit that is canned in water or 100% juice rather than sugary syrup.

Steps:

1. Heat cooking spray or oil in a *large skillet* over medium-high heat. Add the pork and cook for 3 minutes, stirring often, until golden brown on all sides.
2. Add the bell peppers, pineapple, and hoisin or stir-fry sauce. Cook for 2 minutes, stirring frequently, until the peppers are tender.
3. Season to taste with salt and pepper.

Food Pantry: bolded
WIC: underlined

Main Dishes – Seafood

Tuna Mac and Cheese

Makes 4 servings

Ingredients:

- **1 box macaroni and cheese mix**
- 2, 5 ounce cans tuna in water
- 1 cup vegetables, cooked

Buy fresh vegetables when they are in season for the most flavor and cost savings!

Steps:

1. In a *medium saucepan*, prepare macaroni and cheese as directed on the package.
2. Stir in tuna and vegetables.

Italian Tuna Salad

Makes 4 servings

Ingredients:

- 2, 5-ounce cans tuna, drained
- **1 can small white beans (cannellini or great northern), rinsed**
- 10 cherry tomatoes, quartered
- 1/4 cup diced onion
- 2 tablespoons oil
- 2 tablespoons lemon juice
- Salt and pepper, to taste

Did you know canned tuna fish is a lean source of protein? Protein helps us build strong muscles!

Steps:

1. Combine all ingredients in a *medium bowl*. Stir gently. *Refrigerate* until ready to serve.

Note: You can serve this salad over lettuce, with pasta, or on bread as a sandwich.

Food Pantry: bolded
WIC: underlined

Simple Salmon Patties

Makes 4 patties

Ingredients:

- 12 ounces canned salmon, drained
- 1/2 medium onion, diced
- 1/2 cup breadcrumbs
- 2 eggs, beaten
- Cooking spray or oil
- Salt and pepper, to taste

Steps:

1. Combine salmon, onion, breadcrumbs, eggs, salt, and pepper in a *medium bowl*.
2. Form mixture into 4 patties.
3. Heat cooking spray or oil in *skillet*. Brown salmon patties on both sides (about 4-5 minutes per side).
4. Place cooked patties on a paper towel to absorb excess oil.
5. Serve salmon patty on a bed of mixed greens for a tasty salad or on a whole grain bun as a yummy burger!

Southwestern Tuna Casserole

Makes 4 servings

Ingredients:

- Cooking spray or oil
- 6 ounces canned tuna in water, drained
- 3 whole wheat tortillas
- 1/2 can whole kernel corn, drained
- 1/2 can black beans, rinsed and drained
- 1/2 can enchilada sauce
- 1/4 cup onion, diced
- 1 packet taco seasoning
- 1/2 cup cheese, shredded

Steps:

1. Preheat *oven* to 350 degrees. Coat a *medium baking dish* with cooking spray or oil.
2. Line dish with 2 flour tortillas.
3. Mix together the tuna, corn, beans, enchilada sauce, onion, and taco seasoning.
4. Spread half of the tuna, corn, and bean mixture over the tortillas. Sprinkle half of the cheese over the tuna mixture.
5. Lay the additional tortilla over the cheese. Spread the remaining tuna mixture over the top. Add half of the remaining cheese.
6. Cover with *foil* and bake for 25 minutes. Sprinkle remaining cheese on top and place under the *broiler* for 1-2 minutes until cheese is browned.

Food Pantry: bolded
WIC: underlined

Main Dishes – Beef & Pork

Beefy Chili Pasta

Makes 4 servings

Ingredients:

- **1 pound lean ground beef**
- 1 can corn, drained
- 1 can diced tomatoes, not drained
- 3/4 cup water
- 3/4 cup whole wheat macaroni noodles
- 2 teaspoons chili powder
- 1/2 cup cheese, shredded

Don't be afraid to adjust recipes. Replace the macaroni noodles for any pasta you have on hand.

Steps:

1. Brown beef in a *large skillet* over medium-high heat. Drain fat.
2. Stir in corn, tomatoes, beans, water, noodles, and chili powder. Bring to a boil. Reduce heat. Cover and cook 12 minutes or until noodles are cooked.
3. Remove from heat and sprinkle with cheese. Cover and let stand 5 minutes for cheese to melt.

Meat Loaf Cupcakes

Makes 6 servings

Ingredients:

- Cooking spray or oil
- **1 pound lean ground beef**
- 1/3 cup finely chopped vegetables (onions, carrots, celery, or bell pepper)
- 1/3 cup bread crumbs
- 1 large egg
- Salt and black pepper, to taste
- 1/2 cup ketchup

Make your own bread crumbs by toasting stale slices of bread and crumbling into small pieces.

Steps:

1. Preheat the *oven* to 350 degrees. Coat a *muffin pan* with cooking spray or oil.
2. Combine the ground beef, vegetables, bread crumbs, egg, about 1/4 teaspoon salt, and 1/4 teaspoon pepper in a *large bowl*. Divide the mixture into six portions and press into the prepared muffin pan.
3. Spread the ketchup over each cupcake.
4. Bake for 25-30 minutes, until the meat loaf is cooked through.

Food Pantry: bolded
WIC: underlined

Fiesta Lasagna Rolls

Makes 4 servings

Ingredients:

- **12 lasagna noodles**
- 1 1/2 cups part skim ricotta cheese
- **2 cups chopped cooked chicken**
- 1 cup cheese, shredded
- 1 1/2 cups salsa

Replace the salsa for pasta sauce to make traditional Italian style lasagna rolls.

Steps:

1. Preheat the *oven* to 350 degrees.
2. Cook the lasagna noodles according to the package directions. Drain and set aside.
3. In a *large bowl*, mix together the ricotta, chicken, and cheese.
4. Place a lasagna noodle on a flat surface. Spread the chicken mixture onto noodle in a thin layer. Starting from a shorter end, roll up the lasagna noodles tightly. Repeat with remaining noodles.
5. Spoon 1/2 cup of the salsa into the bottom of a *baking dish*. Spread the salsa to cover the bottom. Place the lasagna rolls on top of the salsa. Spoon the remaining salsa over the top of the rolls. Cover the dish with *aluminum foil* and bake for 15 minutes. Uncover and bake for 15 more minutes, or until cheese melts.

Simple Chicken and Dumplings

Makes 4 servings

Ingredients:

- 4 cups low-sodium chicken broth
- 1/2 onion, chopped
- 1 cup baby carrots
- 1 stalk celery, chopped
- 1/2 cup frozen peas
- **1 cup shredded cooked chicken breast**
- Salt and ground pepper, to taste
- 2 cups Bisquick
- 2/3 cup fat-free milk

Steps:

1. Combine chicken broth, onion, carrots, celery, peas, salt, and pepper in a *large saucepan*. Bring to a boil. Reduce heat, cover, and simmer 10 minutes. Add chicken to saucepan.
2. Stir Bisquick and milk in *medium bowl* until a soft dough forms. Drop spoonfuls of dough into the chicken mixture.
3. Cook uncovered on low heat for 10 minutes. Cover and cook 10 minutes longer.

Food Pantry: bolded
WIC: underlined

Tuna Salad on Whole Grain Crackers

Makes 4 servings

Ingredients:

- 2, 6-ounce cans tuna in water, drained
- 1/4 cup light mayonnaise
- 1/4 cup finely diced celery
- Salt and black pepper, to taste
- 24 whole grain crackers

Make this recipe your own by adding any mix-ins you or your kids enjoy, such as relish, diced onions, or diced bell peppers.

Steps:

1. In a *medium bowl*, combine the tuna, mayonnaise, and celery. Mix well. Season to taste with salt and pepper.
2. Serve the tuna salad with crackers.

Main Dishes – Poultry

Skillet Chicken Pot Pie

Makes 4 servings

Ingredients:

- 1 refrigerated pie crust
- **2 cans condensed cream of chicken soup**
- **2 cups chopped cooked chicken**
- **1 cup cooked mixed vegetables**
- **1 can diced new potatoes, drained**
- 1/2 cup diced bell pepper
- 1/4 cup fat-free milk
- 2 tablespoons cream cheese
- Salt and black pepper, to taste

Roasting, grilling, and baking are cooking methods that use less oil than deep-frying.

Steps:

1. Preheat *oven* to 450 degrees. Remove pie crust from package and unroll onto a non-stick *baking sheet*. Bake 7 minutes or until brown.
2. Combine remaining ingredients in a *large skillet*. Bring just to a boil over medium-high heat. Reduce heat to low and cook uncovered, 7 to 9 minutes or until heated. Stir occasionally.
3. Remove skillet from heat. Place baked crust on top of chicken mixture before serving.

Food Pantry: bolded
WIC: underlined

Cheesy Chicken and Rice

Makes 4 servings

Ingredients:

- Cooking spray or oil
- 1 1/2 cups diced onion
- **2 cups chopped cooked chicken**
- **1 can cut green beans, drained**
- 1 can chicken broth
- **2 cups cooked rice**
- 1/4 teaspoon Italian herb seasoning
- 1/4 teaspoon black pepper
- 1 cup cheese, shredded

Trim excess fat and remove skin from chicken before cooking it to create a healthier dish!

Steps:

1. Heat cooking spray or oil in a *medium skillet* over medium-high heat. Cook onion until golden brown, stirring often.
2. Stir in remaining ingredients, except cheese. Bring to a boil over medium-high heat. Stir. Remove skillet from heat and sprinkle cheese over the rice mixture.
3. Cover for five minutes to let cheese melt.

Chicken Tortilla Soup

Makes 4 servings

Ingredients:

- **1 (28 ounce) can diced tomatoes, undrained**
- **2 cups chopped cooked chicken breast**
- 1 cup salsa
- 1/4 cup fresh cilantro
- 1 cup crumbled baked corn tortilla chips (WIC-approved if made from corn tortillas)

Make your own tortilla chips by baking tortillas until they are crispy.

Steps:

1. Combine the tomatoes, chicken, and salsa in a *medium saucepan*. Set the pan over medium heat and bring to a simmer. Lower the heat to low and simmer for 10 minutes. Remove the pan from the heat and stir in the cilantro.
2. Pour the soup into bowls and top with the tortilla chips.

Food Pantry: bolded
WIC: underlined

Chicken Fingers with Peanut Sauce

Makes 4 servings

Ingredients:

- Cooking spray or oil
- **1 pound boneless, skinless chicken breasts, cut into thin strips**
- Salt and black pepper, to taste
- **2 tablespoons creamy peanut butter**
- 2 tablespoons reduced sodium soy sauce
- 1 glove garlic, finely chopped
- 1/4 cup water
- 1 tablespoon brown or white sugar
- Juice from 1/2 lemon

Compare sodium (salt) in different soy sauces by looking at the food labels. Choose the one with the lowest sodium content.

Steps:

1. Preheat the *oven* to 400 degrees. Coat a *large baking sheet* with cooking spray or oil.
2. Season the chicken strips with salt and pepper and arrange on the prepared baking sheet. Bake for 20 minutes, or until the chicken is golden brown and cooked through.
3. Mix the remaining ingredients in a *small heat-proof bowl*. Microwave for 30 seconds or until peanut butter has melted and sugar has dissolved.
4. Serve the chicken fingers with the peanut sauce on the side for dipping.

Meatball Sliders

Makes 4 servings

Ingredients:

- **1 pound ground turkey**
- 1/4 cup grated parmesan cheese
- 1 large egg
- 1/4 teaspoon salt and pepper
- 1 tablespoon oil
- **1 1/2 cups pasta or pizza sauce**
- 12 small soft dinner rolls, split

Steps:

1. In a *large bowl*, combine the ground turkey, parmesan, egg, 1/4 teaspoon salt, and 1/4 teaspoon pepper. Mix well and shape the mixture into 12 meatballs
2. Heat oil in a *large skillet* over medium-high heat. Add the meatballs and cook for 3 to 5 minutes, turning often, until golden brown on all sides. Add the sauce and bring to a simmer. Simmer for 5 minutes, or until the meatballs are cooked through.
3. Put one meatball and some sauce on each roll.

Food Pantry: bolded
WIC: underlined