

# UTAH WIC RECIPE BOOK



UTAH | WOMEN, INFANTS & CHILDREN



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## From Our Kitchens to Yours



This cookbook would not be possible without the dedicated WIC staff across the state of Utah. It started when WIC staff in the Ogden clinic put together a collection of easy recipes using WIC foods. WIC participants loved it and soon all clinics across the state were sharing this recipe book with their participants. The Education Committee decided to add color, the nutrition information for each recipe, and to make the cookbook the best that it could be. WIC staff across the state, from Davis County to Park City, from the Southeast to the Southwest and all clinics in between, tested each recipe in their own kitchens, making sure every recipe turned out just right, in hopes to answer those never-ending questions we all face: “What’s for dinner?” and “I’m hungry, what can I eat?”



# INTRODUCTION



## Save More at the Store



The smartest shoppers know that saving money is more than luck. When shopping for groceries, it's about having a game plan and making smart decisions about what to put in your cart.



- 1** Ask for advice. Ask friends and family where they shop and find their best bargains!
- 2** Eat before you shop. Grocery shopping hungry can lead to impulse buying and unhealthy food choices.
- 3** Read the sales flyer. Sales flyers are usually released mid-week and can be found at the store's entrance, in the newspaper, or on their website.
- 4** Use coupons – but only for items that you know you'll use. If you don't need an item right away, save the coupon and see if it goes on sale.
- 5** Look up and down for savings. Stores often stock the priciest items at eye level. You can save big by looking at the upper and lower shelves too.
- 6** Check for store brands. Most stores offer their own brand of products that often cost less than name brands.
- 7** Grab from the back. Stores typically stock shelves from back to front, placing the newest items behind the older ones. Reach in the back for the freshest items.
- 8** Ask for a rain check. If a sale item has run out, ask the store for a rain check. This allows you to pay the sale price after the item is restocked.
- 9** Join your store's loyalty program. Most stores offer a free loyalty program. Get special offers and discounts that non-members do not.
- 10** Think outside the store. Farmers markets and farm stands can be great options for picking up fresh produce at a discount.



## Preparing Dry Beans



Dry beans are an inexpensive source of protein. The extra preparation time needed for them can be intimidating, but as the instructions below demonstrate, it is easily doable. Plus, prepared beans can be stored in the freezer for up to six months. Store two cups of cooled beans in a labeled and dated freezer-safe zipper bag in the freezer. When ready to use, thaw in the fridge. Note that cooking in hard water or at high altitudes may increase the cooking time.



### ***Overnight Soak Method***

Note: Make sure you use a large enough pot since beans expand to double or triple their size when soaked and cooked.

1. Place beans in a pot and cover with water at least 3 inches above the beans.
2. Soak overnight. Drain the soaked beans; rinse with clean water and drain again.
3. Add 3 cups clean water for every 1 cup of dry beans.
4. Bring to a boil, turn the heat down to low, and cook slowly until tender—about 2 hours.
5. Drain the water. The beans are now ready to use in recipes that call for cooked or canned beans.

Tip: For recipes with a long cooking time, like soups or baked beans, you can use the drained beans once they have soaked overnight, then follow directions in the recipe.

### ***Quick Soak Method***

1. Place beans in a pot and cover with water at least 3 inches above the beans.
2. Bring to boil and boil for 2 minutes.
3. Turn off the heat, cover, and let the beans soak in the water for an hour.
4. Drain the water. The beans are now ready to use in recipes that call for cooked or canned beans.

# INTRODUCTION



## Food Safety



When cooking, it is important to make sure that the foods you eat are cooked all the way through, so that there are not harmful bacteria in the food that can make you and your family sick.

The best way to make sure a food is properly cooked is to check its temperature when it is finished cooking by using a food thermometer.

To use a food thermometer, place the thermometer in the thickest part of the food, such as the middle of a piece of meat. Try to avoid having the thermometer touch any bones in the meat or the side of the pan, because that can cause the thermometer to show an incorrect temperature.

Use the chart below when checking the temperature of your foods to see if they are cooked all the way through.



Food	Temperature of Fully Cooked Food
Ground Meats (beef, turkey, chicken, pork, etc.)	165° F
Fresh Beef	145° F
Chicken and Turkey	165° F
Pork and Ham	145° F
Eggs	Cook until yolk and whites are firm
Fish	145° F
Leftovers and Casseroles	165° F





# Rice Pudding

## INGREDIENTS

- 1 1/2 cups water      3/4 cup uncooked **brown rice**  
2 cups **milk**, divided      1/3 cup white sugar  
1/4 tsp salt      1 **egg**, beaten  
1/2 tsp vanilla      1 Tbsp butter

## DIRECTIONS

- 1 Combine water and rice over high heat in a saucepan and bring to a boil. Reduce heat to medium-low, cover, and simmer until tender, about 45 minutes.
- 2 Combine cooked rice, 1 1/2 cups milk, sugar, and salt in a clean saucepan. Cook over medium heat until thick and creamy, 15 to 20 minutes.
- 3 In a small bowl, beat egg very well, and add the remaining 1/2 cup milk. mix well.
- 4 Add one spoonful of the rice mixture to the egg mixture at a time. Stir well after each spoonful.
- 5 After rice mixture and egg mixture are combined, cook 2 minutes more, stirring constantly. Remove from heat and stir in butter and vanilla extract. Serve warm.

Serves: 6 (1/2 cup per serving)

One serving: 144 Calories, 4 g Fat, 24 g Carbohydrate,  
5 g Protein, 161 mg Sodium, 1 g Fiber

Recipe adapted from [allrecipes.com](http://allrecipes.com)



# Easy Potato Soup

## INGREDIENTS

2 Tbsp butter      1 cup chopped **onion**  
 1 cup chopped **celery**      4 **potatoes** peeled and chopped  
 1-14 oz can chicken broth      1/2 cup shredded **carrots**  
 1 cup **milk**      salt/pepper to taste

## DIRECTIONS

- 1 Melt butter in a medium pot. Add onions and celery to butter and cook until the celery turns a brighter green and the onions are tender.
- 2 Add potatoes and chicken broth. Cover and bring to a boil, then lower the heat and simmer for 15 minutes. Add carrots and simmer for 10 more minutes.
- 3 Coarsely crush potatoes with a potato masher, be sure to leave chunks.
- 4 Add milk. Add salt and pepper to taste.

Serves: 5 (1 cup per serving)

One serving: 202 Calories, 5 g Fat, 35 g Carbohydrate,  
6 g Protein, 428 mg Sodium, 5 g Fiber

Recipe adapted from [allrecipes.com](http://allrecipes.com)



## Creamy Cauliflower Bake

### INGREDIENTS

- 1 cup **milk**
- 2 Tbsp flour
- 4 cups **cauliflower**, chopped and steamed
- 2 Tbsp bread crumbs
- 2 Tbsp parmesan cheese
- 2 Tbsp grated **cheddar cheese**
- salt/pepper to taste

### DIRECTIONS

- 1 Preheat oven to 350° F.
- 2 Mix cold milk and flour until flour dissolves. Pour the milk mixture into a small saucepan and stir using a whisk over medium heat. Add cheeses, salt, and pepper, and bring to a boil. Maintain boil for a couple of minutes and continue to stir until the sauce thickens.
- 3 Add 2 cups of cauliflower to 8 by 8 inch baking dish. Cover with half of the cheese mixture. Repeat the process for a second layer and sprinkle breadcrumbs on top. Bake until bubbly, 15-20 minutes. Serve warm.
- 4 Note: Broccoli can be used instead of cauliflower in this recipe.

Serves: 6 (2/3 cup per serving)

One serving: 77 Calories, 2 g Fat, 10 g Carbohydrate, 6 g Protein, 114 mg Sodium, 3 g Fiber

Recipe adapted from [gotmilk.com](http://gotmilk.com)



## No Recipe Needed!

- 1** Mix up a breakfast smoothie: Blend **fruit**, **yogurt**, **milk**, ice, and even **spinach** for a “green monster” smoothie.
- 2** Fruit-in-milk: Add **peaches**, **bananas**, or **berries** to your **milk** for a fruity treat.
- 3** Mix and Match: Try exchanging the water in hot chocolate or **oatmeal** with **milk** for an extra creamy breakfast.
- 4** Bread and milk: Tear up a piece of **whole wheat bread** and place it in a bowl. Cover with milk and drizzle with honey.
- 5** Unique cold cereal: Pour **cereal** into a bowl, top with fresh chopped **fruit**, raisins, chocolate chips, or coconut flakes. Drizzle with honey and pour **milk** over the top.

# CHEESE



## Whole Grain Mac & Cheese

### INGREDIENTS

.....

2 Tbsp flour	1 cup <i>milk</i>
2 Tbsp butter	1 cup grated <i>cheese</i>
2 cups <i>whole wheat macaroni</i> , cooked	salt/pepper to taste

### DIRECTIONS

- .....
- 1** Melt butter in a medium sized pot. Whisk in flour and keep whisking on medium heat for 1-2 minutes.
  - 2** Turn heat to low and quickly whisk in milk. Turn heat back up to medium and keep whisking until mixture starts to thicken and all lumps of flour are dissolved.
  - 3** Stir in grated cheese and once it melts, mix in the cooked noodles. Salt and pepper to taste.

Serves: 5 (1/2 cup per serving)

One serving: 240 Calories, 13 g Fat, 21 g Carbohydrate,  
10 g Protein, 196 mg Sodium, 2 g Fiber

Recipe adapted from [100daysofrealfood.com](http://100daysofrealfood.com)



## Cheddar Baked Chicken

### INGREDIENTS

- 1 cup shredded **cheddar cheese**  
3 chicken breast halves, halved  
1 tsp pepper  
1 Tbsp **milk**  
1/2 cup bread crumbs  
1 tsp salt  
1 **egg**  
2 Tbsp butter  
1/2 cup flour  
1 cup **crispy rice cereal**  
1 tsp garlic powder

### DIRECTIONS

- 1 Preheat oven to 350° F. Coat a 9 by 13 inch baking dish with cooking spray.
- 2 In a bowl, mix flour, salt, pepper, and garlic powder. In a separate bowl, beat together the egg and milk. In a third bowl, mix the cheese, bread crumbs, cereal. Dredge chicken pieces in flour mixture, dip in egg mixture, then press in breadcrumb mixture to coat. Arrange in baking dish.
- 3 Bake 35 minutes, or until the chicken is no longer pink in the middle and the juices run clear.
- 4 Note: Chicken is fully cooked when its temperature is 165° F.

Serves: 6 (3 oz chicken per serving)

One serving: 315 Calories, 14 g Fat, 19 g Carbohydrate,  
28 g Protein, 690 mg Sodium, 1 g Fiber

Recipe adapted from [allrecipes.com](http://allrecipes.com)

# CHEESE



## Cheesy Scalloped Potatoes

### INGREDIENTS

4 cups **potatoes**, thinly sliced      3 Tbsp butter  
3 Tbsp flour      1 1/2 cups **milk**  
1 tsp salt      1 dash paprika  
1 dash cayenne pepper      1 1/2 cups grated **sharp cheddar cheese**, divided

### DIRECTIONS

- 1 In small sauce pan, melt butter on medium heat and blend in flour. Let sit for a minute.
- 2 Add all of cold milk, stirring with a whisk. Season with salt and cayenne pepper.
- 3 Cook sauce on low until smooth and boiling, stirring occasionally. Keep sauce on low heat and stir in 1 cup cheese.
- 4 Place half of sliced potatoes in a lightly greased 8 by 8 inch baking dish. Pour half of cheese sauce over potatoes. Repeat with second layer of potatoes and cheese sauce.
- 5 Sprinkle remaining 1/2 cup cheese on top. Top with some paprika for color. Bake uncovered for 1 hour at 350° F.

Serves: 9 (3" x 3" piece per serving)

One serving: 147 Calories, 7 g Fat, 15 g Carbohydrate, 8 g Protein, 403 mg Sodium, 2 g Fiber

Recipe adapted from [food.com](http://food.com)

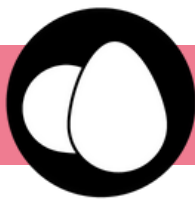
# CHEESE



## No Recipe Needed!

- 1** Cheese Kabobs: Alternate placing **cheese** cubes and **grapes** or **cucumbers** on a pretzel stick or a toothpick.
- 2** Quesadilla: Microwave a whole **wheat or corn tortilla** topped with **cheese** until melted. Add **spinach** for an extra serving of veggies.
- 3** Mini Pizza: Toast a slice of **whole wheat bread** or **tortilla** topped with tomato sauce, **cheese**, and other toppings (like **fresh vegetables**).
- 4** Grilled **cheese** and **tomato** sandwich on **whole wheat bread**: great for a rainy day!
- 5** Slice **zucchini** or a **potato** into rounds and roast in the oven with seasonings and melted **cheese**.





## French Toast

### INGREDIENTS



4 **eggs**    5 slices **whole wheat bread**  
1 Tbsp **milk**    1 tsp vanilla  
cinnamon, to taste

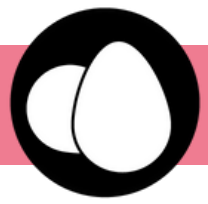
### DIRECTIONS



- 1** Beat eggs in a bowl. Mix in milk, vanilla, and cinnamon to taste.
- 2** Dip a slice of bread in egg mixture until completely covered.
- 3** Place on hot frying pan or griddle. Cook until each side is golden brown.
- 4** Serve with butter, **yogurt**, or fresh **fruit**.

Serves: 5 (1 slice toast per serving)

One serving: 136 Calories, 5 g Fat, 14 g Carbohydrate,  
9 g Protein, 163 mg Sodium, 2 g Fiber



## Fried Rice

### INGREDIENTS

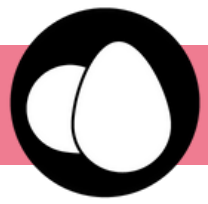
2 cups **brown rice**, cooked      2/3 cup chopped **carrots**  
1/2 cup **peas**      2 Tbsp vegetable oil  
2 **eggs**      soy sauce to taste

### DIRECTIONS

- 1 Heat a large pan and pour in oil. Stir in carrots and cook for 3-5 minutes. Add in peas and cook for another minute.
- 2 Crack in eggs, stirring quickly to scramble eggs with vegetables. Once eggs are fully cooked, stir in the cooked rice. Add soy sauce and toss rice to coat.

Serves: 5 (1/2 cup per serving)

One serving: 183 Calories, 8 g Fat, 22 g Carbohydrate,  
5 g Protein, 237 mg Sodium, 3 g Fiber



## German Pancakes

### INGREDIENTS



1/4 cup butter      1 cup all-purpose flour  
6 **eggs**, beaten      1/8 tsp salt  
1 cup **milk**

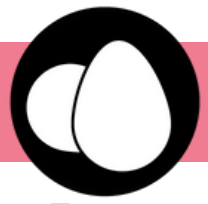
### DIRECTIONS



- 1** Preheat oven to 350° F. Melt butter in a 9 x 13 inch baking dish.
- 2** In a medium bowl, mix flour, milk, eggs, and salt. Pour mixture into the prepared baking dish.
- 3** Bake on center rack in preheated oven for 30-40 minutes, until golden brown.
- 4** Top with fresh fruit with whipped cream, fried apples, powdered sugar, or maple syrup.

Serves: 8 (3 1/4" x 4 1/2" piece per serving)  
One serving: 167 Calories, 10 g Fat, 13 g Carbohydrate,  
7 g Protein, 142 mg Sodium, 1 g Fiber

# EGGS



## No Recipe Needed!

**1** Scramble up an omelet with **eggs**, **cheese** and **veggies**.

**2** Scramble or fry an **egg**. Place it on a piece of **whole wheat toast** and top with **cheese** and/or **tomato** slices.

**3** Breakfast Burrito: A **whole wheat tortilla** stuffed with scrambled **eggs**, **hash browns**, and fresh **salsa**.

**4** Egg salad sandwich: Mash up hard boiled **eggs**, mix with mayo and mustard. Serve on **whole wheat bread**.

**5** Hard boil an **egg** and add to **salads** or sandwiches.



## Apple Chicken

### INGREDIENTS

- 4 chicken breast halves
- 2 Tbsp flour
- 1 medium **onion**, thinly sliced
- 1 Tbsp butter
- 1 cup **apple juice**
- 2 cloves **garlic**, finely chopped

### DIRECTIONS

- 1 Season chicken with salt and black pepper if desired. Dust with flour.
- 2 Melt butter in large skillet over medium heat. Add chicken; cook on one side until golden brown. Turn chicken over and push to side of skillet. Stir in onion, juice, and garlic. Bring to boil. Reduce heat to medium-low; cover and cook for 7 minutes or until chicken is no longer pink in center and its juices run clear. Remove chicken from skillet and place on serving platter.
- 3 Increase heat to high; cook onion, stirring frequently for 1-2 minutes or until lightly browned and juice has reduced. Pour sauce over chicken and serve.
- 4 Note: Chicken is fully cooked when it has an internal temperature of 165° F.

Serves: 4 (3 oz chicken and 1/4 sauce per serving)

One serving: 182 Calories, 5 g Fat, 13 g Carbohydrate, 20 g Protein, 69 mg Sodium, 1 g Fiber

Recipe adapted from [juicyjuice.com](http://juicyjuice.com)



## Baked Apples

### INGREDIENTS

.....

6 <b>apples</b>	1/2 cup raisins
1/4 cup chopped walnuts	1 tsp cinnamon
1 cup <b>100% apple juice</b>	

### DIRECTIONS

- .....
- 1** Preheat oven to 350° F. Wash and core apples; remove peel from around the top. Place apples in 9 by 9 inch baking dish.
  - 2** Combine raisins, nuts, and cinnamon in small bowl. Fill center of each apple with mixture. Pour juice around apples; cover loosely with foil.
  - 3** Bake 30-35 minutes then uncover. Bake an additional 10 minutes or until tender.

Serves: 6 (1 apple per serving)

One serving: 185 Calories, 4 g Fat, 41 g Carbohydrate,  
2 g Protein, 8 mg Sodium, 5 g Fiber

Recipe adapted from [juicyjuice.com](http://juicyjuice.com)



## Orange Julius

### INGREDIENTS

6 oz. **frozen orange juice concentrate**  
1 cup **milk**

1 tsp vanilla  
10 ice cubes  
1 cup water

### DIRECTIONS

- 1 Combine all ingredients, except ice, in blender.
- 2 Blend 1-2 minutes, adding ice cubes one at a time until smooth. Enjoy!

Serves: 4 (1 cup per serving)

One serving: 119 Calories, 1 g Fat, 24 g Carbohydrate,  
2 g Protein, 37 mg Sodium, 0 g Fiber

Recipe adapted from [geniuskitchen.com](http://geniuskitchen.com)



## No Recipe Needed!

- 1** Peach and Orange Popsicles: Place **peaches** in paper cups. Stir together **yogurt** and **orange juice** in a bowl, then pour over the peaches. Cover with foil and stick a popsicle stick through the foil. Freeze until firm.
- 2** Replace soda with **juice** mixed with sparkling water or club soda, garnished with **lemon** slices.
- 3** Juicy Ice Cubes: Chop up **fruit** small enough to fit into an ice tray. Place fruit in tray and cover with **juice**. Freeze for at least 3 hours.
- 4** Cider: Boil **apple juice** with a cinnamon stick and sliced **lemon** (without seeds) for 10 minutes. Remove lemon and cinnamon and serve warm.





## Stir Fry

### INGREDIENTS



- |                                   |                                  |
|-----------------------------------|----------------------------------|
| 2 Tbsp vegetable oil              | 1 <b>green onion</b> , chopped   |
| 1 pound beef/chicken (in strips)  | 2 Tbsp soy sauce                 |
| 1 1/2 cup <b>broccoli florets</b> | 1 tsp minced <b>garlic</b>       |
| 1 <b>red bell pepper</b> , sliced | 2 <b>carrots</b> , thinly sliced |
| 2 cups cooked <b>brown rice</b>   |                                  |

### DIRECTIONS



- 1** Heat vegetable oil in large frying pan over medium-high heat. Cook and stir beef/chicken until cooked well-done (3-4 minutes).
- 2** Add broccoli, bell peppers, carrots, green onion, and garlic. Cook and stir vegetables for 2 minutes.
- 3** Season mixture with soy sauce. Continue to cook and stir until vegetables are tender, about 2 more minutes. Serve over cooked rice.
- 4** Note: Chicken is fully cooked when its temperature is 165° F. Beef is fully cooked when its temperature is 145° F.

Serves: 4

(1 cup meat/veg and 1/2 cup brown rice per serving)

One serving: 359 Calories, 13 g Fat, 31 g Carbohydrates,  
30 g Protein, 544 mg Sodium, 4 g Fiber



## Easy Fruit Salad

### INGREDIENTS



- 2 cups fresh **strawberries**
- 2 cups **green grapes**, halved
- 1 small **cantaloupe**, cubed
- 2 firm **bananas**, sliced
- 1/3 cup **100% orange juice**

### DIRECTIONS



1

In a large bowl, combine fruit. Pour the juice over fruit and toss to coat. Cover and refrigerate for 4 hours and then stir just before serving.

Serves: 8 (1 cup per serving)

One serving: 82 Calories, 0 g Fat, 21 g Carbohydrate,  
1 g Protein, 5 mg sodium, 2 g Fiber

Recipe adapted from [geniuskitchen.com](http://geniuskitchen.com)



## Veggie Slaw

### INGREDIENTS

- 1 cup **red cabbage**, shredded      1 cup **green cabbage**, shredded  
1 medium **carrot**, shredded      1 **granny smith apple**, peeled  
1/4 cup lite poppy seed salad      and shredded  
dressing      1 Tbsp lemon juice

### DIRECTIONS

- 1 Mix red and green cabbage, carrot, and apple in a medium bowl or a large zipper bag.
- 2 Pour lemon juice and salad dressing over the top of vegetable mixture and mix well. Chill for 1-2 hours before serving.

Serves: 6 (1/2 cup per serving)

One serving: 58 Calories, 2 g Fat, 10 g Carbohydrate,  
0 g Protein, 2 mg sodium, 2 g Fiber



## Cucumber Salad

### INGREDIENTS



- |  |                                  |
|--|----------------------------------|
| 1 <b>cucumber</b> , sliced very thin or spiralized | 1 large <b>carrot</b> , shredded |
|  | 1/3 cup water                    |
| 1/2 medium <b>onion</b> , sliced very thin         | 3/4 cup white vinegar            |
|  | 1/3 cup sugar                    |

### DIRECTIONS



- 1 Combine cucumber, carrot, and onion in a medium bowl.
- 2 Mix water, vinegar, and sugar together in a small bowl. Mix until sugar is completely dissolved.
- 3 Pour dressing over cucumber mixture. Cover and refrigerate for at least 1 hour before serving.

Serves: 6 (1/2 cup per serving)

One serving: 110 Calories, 0 g Fat, 28 g Carbohydrate, 1 g Protein, 10 mg sodium, 1 g Fiber



## Breakfast Skillet

### INGREDIENTS

- 1 pound **potatoes**, cubed      1/2 **green bell pepper**, sliced  
1/2 **red pepper**, sliced      1/2 **onion**, diced  
1 cup **mushrooms**, sliced      1 **tomato**, diced  
1 cup **cheddar cheese**,  
shredded      4 eggs, beaten  
2 Tbsp vegetable oil

### DIRECTIONS

- 1 Heat vegetable oil in large frying pan. Add potatoes and cook until tender, but still firm and browned. Stir in peppers, onion, tomatoes, and mushrooms. Cook until vegetables are tender.
- 2 Move vegetable mixture to one side and cook beaten eggs over low heat. Stir together vegetable mixture and eggs. Sprinkle shredded cheese on top and cook until melted.
- 3 Serve with salsa, sour cream, or a slice of whole wheat toast.

Serves: 4 (1/4 skillet per serving)

One serving: 349 Calories, 22 g Fat, 24 g Carbohydrate,  
17 g Protein, 268 mg Sodium, 4 g Fiber

# FRUITS/VEGGIES



## No Recipe Needed!

- 1** Toss a **green salad** with fruit (**apples, berries, oranges**, etc.).
- 2** Freeze fruit (**peaches, berries, grapes, bananas**) on a baking sheet for a quick summer snack.
- 3** Raw **fruit** and **veggie** kabobs: place your favorite fruits or vegetables on a stick.
- 4** Invent your own **fruit** salad (add **yogurt** for extra creaminess).
- 5** Roast vegetables (**carrots, potatoes, squash**) in the oven with a little bit of olive oil and your favorite seasonings.



## Taco Soup

### INGREDIENTS

- 2 tsp vegetable oil
- 1 small **onion**, diced
- 1 **green pepper**, diced
- 3 (14 oz) cans diced tomatoes
- 1 pkg dry taco seasoning
- 1 pkg dry ranch seasoning
- 2 cups water
- 2 cups vegetable stock (or 2 cups water + 6 oz can tomato paste)
- 1 (15 oz) can corn
- 1 (15 oz) can **kidney beans**
- 1 (15 oz) can **garbanzo beans**

### DIRECTIONS

- 1 Heat vegetable oil in large sauce pan in over medium heat. Cook onion and pepper until soft. Add remaining soup ingredients and simmer until heated through. Top individual servings with chips, **cheese**, and sour cream.
- 2 High sodium content: You can reduce the sodium in this recipe by using low sodium canned tomato products, choosing reduced sodium taco seasoning or ranch seasoning, and by rinsing the canned beans and corn multiple times with warm water before using them in this recipe.

Serves: 8 (1 1/2 cups per serving)

One serving: 232 Calories, 3 g Fat, 43 g Carbohydrate, 9 g Protein, 1,733 mg Sodium, 8 g Fiber



## Quick Bean & Cheese Enchiladas

### INGREDIENTS



- |  |                             |
|--|-----------------------------|
| 2 cans <b>pinto beans</b> , drained and rinsed | 3 cups grated <b>cheese</b> |
| 12 <b>corn tortillas</b>                       | 1-20 oz can enchilada sauce |
|  | 1/2 cup <b>salsa</b>        |

### DIRECTIONS



- 1** Mash beans; mix with salsa. Spread 1/3 mixture down center of each tortillas.
- 2** Sprinkle bean mixture with 2 Tbsp of cheese; roll enchilada style.
- 3** Place seam-side down in lightly greased 9 by 13 inch baking dish. Top with enchilada sauce and remaining cheese.
- 4** Bake at 350° F for 15-20 minutes.
- 5** High sodium content: You can reduce the sodium in this recipe by choosing low sodium enchilada sauce or rinsing the canned beans multiple times with warm water.

Serves: 6 (2 enchiladas per serving)

One serving: 484 Calories, 22 g Fat, 50 g Carbohydrate, 25 g Protein, 1,654 mg Sodium, 1 g Fiber





## Hummus

### INGREDIENTS



1-16 oz can <b>garbanzo beans</b> , drained and rinsed, reserving the liquid from the can	3 Tbsp olive oil 3 Tbsp lemon juice 1 tsp cumin
2 cloves <b>garlic</b> , peeled and crushed	1 tsp coriander salt to taste

### DIRECTIONS



- 1** Place garbanzo beans in a blender or food processor with approximately 1 tsp of reserved liquid.
- 2** Process until smooth. Add remaining ingredients. Blend to desired consistency, increasing amount of reserved liquid as desired. Chill before serving.
- 3** Note: Using a blender will require more liquid than if the hummus is made in a food processor.
- 4** Note: Add in the spices a little at a time. You can adjust the amount of spices, depending on your preferences.

Makes 1 1/2 Cups (2 Tb per serving)

One serving: 68 Calories, 4 g Fat, 7 g Carbohydrate,  
2 g Protein, 116 mg Sodium, 1 g Fiber

# BEANS



## No Recipe Needed!

- 1** Make a **bean** dip with mashed beans, cumin, chili powder and cheese to serve as an appetizer with **veggies** or tortilla chips.
- 2** **Bean** and **cheese** burrito on a **whole wheat or corn tortilla**. Add **brown rice**, **tomatoes**, and **onions** to make it even more filling.
- 3** Serve up a quick nacho snack topped with **cheese**, **beans**, and other chopped **vegetables**.
- 4** Baked **garbanzo beans**: Drain and dry canned **garbanzo beans**. Place on a baking sheet and drizzle with olive oil. Sprinkle with salt and/or other seasonings. Bake at 400° F for 30-40 minutes.
- 5** 7-Layer Dip: Layer **beans**, sour cream, **salsa**, olives, **grated cheese**, chopped **green onions** and **tomatoes** to make a delicious side dish.

# PEANUT BUTTER



## Peanut Butter Oat Bites

### INGREDIENTS

.....

2 Tbsp butter	2/3 cup <i>creamy peanut butter</i>
1/4 cup powdered sugar	3 Tbsp honey
1 tsp vanilla extract	1 1/2 cups <i>crispy rice cereal</i>
1 cup <i>quick oats</i>	1/2 cup raisins or chocolate chips

### DIRECTIONS

- .....
- 1 Melt butter in medium saucepan over medium heat.
  - 2 Remove from heat and stir in peanut butter, powdered sugar, honey and vanilla. Stir in crispy rice cereal and quick oats and allow mixture to cool.
  - 3 Stir in raisins/chocolate chips. Form mixture into 12 1-inch balls. Store in refrigerator.

Serves: 12 (1 oat bite per serving)

One serving: 195 Calories, 11 g Fat, 21 g Carbohydrate,  
5 g Protein, 105 mg Sodium, 2 g Fiber

Recipe adapted from [myrecipes.com](http://myrecipes.com)

# PEANUT BUTTER



## Peanut Butter Banana Bread

### INGREDIENTS

- 1/2 cup butter, softened    1 cup sugar  
  2 **eggs**            1/2 cup **peanut butter**  
2 **bananas**, mashed    2 cups flour  
1 tsp baking soda

### DIRECTIONS

- 1 Preheat oven to 325° F. Lightly grease a 5 x 9 inch loaf pan.
- 2 In a large mixing bowl, cream together butter and sugar. Add eggs; beat well. Stir in peanut butter, bananas, flour, and baking soda until blended.
- 3 Pour into prepared pan. Bake for 70 minutes, or until a toothpick inserted into center of the loaf comes out clean. Remove to a wire rack to cool.

Serves: 12 (3/4" slice per serving)

One serving: 290 Calories, 14 g Fat, 38 g Carbohydrate,  
6 g Protein, 220 mg Sodium, 2 g Fiber

Recipe adapted from [allrecipes.com](http://allrecipes.com)

# PEANUT BUTTER



## Peanut Butter Fruit Dip

### INGREDIENTS



1-4 oz container *vanilla yogurt*    2 Tbsp *peanut butter*  
2 Tbsp honey

### DIRECTIONS



1

Mix ingredients in a bowl until well blended. Use as a dip for all your favorite fresh *fruits*.

Makes 3/4 cup (1 Tbsp per serving)

One serving: 34 Calories, 2 g Fat, 5 g Carbohydrate,  
1 g Protein, 15 mg Sodium, 0 g Fiber

# PEANUT BUTTER



## No Recipe Needed!

- 1 Top *celery*, *apples*, or *bananas* with *peanut butter* and raisins.
- 2 Mix and shape *peanut butter* and *cornflakes* in balls and roll in graham cracker crumbs.
- 3 Spread *peanut butter* over a *banana* then roll in your favorite *cereal*.
- 4 Make a yummy wrap by spreading *peanut butter* inside a *whole wheat tortilla*. Place a *banana* inside and roll it up!
- 5 Add *peanut butter* to *oatmeal*, smoothies, and *yogurt*.

# CANNED FISH



## Tuna Casserole

### INGREDIENTS



- |                                      |   |
|--------------------------------------|---|
| 1 can cream of mushroom soup         | 2 cups <b>whole wheat noodles</b> ,<br>cooked and drained |
| 1 cup frozen peas                    | 1/2 cup <b>milk</b>                                       |
| 2 cans <b>tuna</b> in water, drained | pepper, to taste  |
| 4 Tbsp bread crumbs                  |   |
| 2 Tbsp butter, melted                |   |

### DIRECTIONS



- 1 Heat oven to 400° F. Stir soup, milk, peas, tuna, noodles, and pepper in an 8 by 8 inch baking dish. Stir bread crumbs and butter in small bowl.
- 2 Bake for 20 minutes or until hot and bubbling. Stir tuna mixture. Sprinkle with bread crumb mixture. Bake for 5 more minutes or until the bread crumb mixture is golden brown.

Serves: 6 (4" x 2 1/2" piece per serving)

One serving: 207 Calories, 8 g Fat, 20 g Carbohydrate,  
16 g Protein, 545 mg Sodium, 3 g Fiber

Recipe adapted from food.com

# CANNED FISH



## Salmon Patties

### INGREDIENTS

3-5 oz cans **salmon**      3 Tbsp vegetable oil  
1/2 **onion**, chopped      3/4 cup cracker crumbs  
2 **eggs**, beaten      1 tsp parsley  
1 tsp salt      1 tsp prepared yellow mustard

### DIRECTIONS

- 1** Drain the salmon and flake the meat. In a skillet on medium-heat, cook the onion in 1 tbsp oil until the onion is tender.
- 2** In medium bowl, combine cooked onions, 1/4 cup of the cracker crumbs, eggs, parsley, mustard, and salmon. Mix until well blended. Scoop out 1/3 cup of the salmon mixture and shape it into a patty (will make 6 patties).
- 3** Coat patties in remaining 1/2 cup cracker crumbs. Heat remaining oil in large skillet. Cook patties until browned, then carefully turn and brown on the other side.

Serves: 6 (1 patty per serving)

One serving: 231 Calories, 14 g Fat, 18 g Carbohydrate,  
18 g Protein, 602 mg Sodium, 0 g Fiber

Recipe adapted from [allrecipes.com](http://allrecipes.com)



# CANNED FISH



## Salmon Chowder

### INGREDIENTS

3 Tbsp butter	3/4 cup <b>onion</b> , chopped
1/2 cup <b>celery</b> , chopped	1 tsp garlic powder
2 cups <b>potatoes</b> , diced	2 <b>carrots</b> , diced
2 cups chicken broth	1 tsp salt/pepper
2-5 oz cans <b>salmon</b>	1-12 oz can evaporated milk
1-14.75 oz can creamed corn	2 cups shredded <b>cheese</b>

### DIRECTIONS

- 1** Melt butter in large pot over medium heat. Add onion, celery, and garlic powder and cook until onions are tender. Stir in potatoes, carrots, broth, salt and pepper. Bring to a boil, and reduce heat. Cover, and simmer 20 minutes.
- 2** Stir in salmon, evaporated milk, corn, and cheese. Cook until heated through.

Serves: 8 (1 1/2 cups per serving)

One serving: 343 Calories, 20 g Fat, 24 g Carbohydrates, 19 g Protein, 975 mg Sodium, 2 g Fiber

Recipe adapted from allrecipes.com

# CANNED FISH



## No Recipe Needed!

- 1** Pico de Gallo: **Tuna**, a squeeze of fresh **lime** juice, chopped **tomatoes**, **chilies**, **onions**, and fresh cilantro.
- 2** Use **canned fish** on tossed **green salads** for added protein.
- 3** Serve as a snack on crackers, tortilla chips, or **whole wheat bread**.
- 4** Mix in with cooked **whole grain pasta** made with white sauce or tomato sauce.
- 5** Tuna Melt: toast **whole wheat bread**, top with **tuna**, sliced **tomatoes**, and melted **cheese**.



## Corn Flake Chicken

### INGREDIENTS



- |                            |                    |
|----------------------------|--------------------|
| 4 boneless chicken breasts | 1 large <b>egg</b> |
| 3 cups <b>corn flakes</b>  | salt/pepper        |
| 2 Tbsp melted butter       | 1 tsp water        |

### DIRECTIONS



- 1** Preheat oven to 400° F. Salt and pepper chicken front and back. Mix egg and water in a bowl. Crush cornflakes and mix in butter. Dip breast into egg mixture and roll in cornflake crust to coat. Place in a lightly greased 9 by 13 inch baking dish. The cornflake mixture will be moist so you may have to pat it on.
- 2** Bake for about 30 minutes or until juice run clear and chicken is no longer pink in the middle and its juices run clear.
- 3** Note: Chicken is fully cooked when its temperature is 165° F.

Serves: 4 (3 oz chicken per serving)

One serving: 247 Calories, 9 g Fat, 18 g Carbohydrate,  
22 g Protein, 254 mg Sodium, 1 g Fiber

Recipe adapted from food.com



## Cereal Muffins

### INGREDIENTS



1 <b>egg</b>	3 tsp baking powder
1/2 cup <b>milk</b>	1/4 cup vegetable oil
1 cup flour	1/4 cup honey
2 cups <b>cereal</b> (bran, corn flakes, crispy rice, etc.)	1/4 cup brown sugar
	1 tsp salt

### DIRECTIONS



- 1** Preheat oven to 350° F. Grease 12 muffin cups.
- 2** In a mixing bowl, beat egg and whisk with oil, milk, and honey. In a separate mixing bowl, mix dry ingredients together well. Pour wet ingredients into the dry ingredients, and mix until combined. Batter should be lumpy.
- 3** Fill muffin cups 2/3 full with batter and bake for 20-25 minutes, until golden brown and toothpick comes out clean when inserted. Remove from pan immediately.

Serves: 12 (1 muffin per serving)

One serving: 144 Calories, 5 g Fat, 26 g Carbohydrate,  
3 g Protein, 377 mg Sodium, 2 g Fiber

Recipe adapted from [food.com](http://food.com)



## Apple Crisp

### INGREDIENTS

- 6 cups **apples**, diced      1 1/2 cups brown sugar  
1/4 cup flour      3/4 cup **oats**  
2 1/2 tsp cinnamon      1/8 tsp nutmeg  
1 1/2 Tbsp butter      2 Tbsp cornstarch  
2 Tbsp honey

### DIRECTIONS

- 1 Heat oven to 350° F. Grease a 8 by 8 inch pan.
- 2 Prepare streusel topping: whisk oats, flour, and brown sugar together, pour in honey and melted butter, stir until fully incorporated.
- 3 Cut fruit into cubes, removing pits or seeds, and toss with cornstarch, cinnamon and nutmeg in a bowl until apples are completely coated. Transfer apple filling into pan and sprinkle the streusel on top.
- 4 Bake 50-60 minutes until apples are tender.

Serves: 9 (2 1/2" x 2 1/2" piece per serving)

One serving: 240 Calories, 2 g Fat, 70 g Carbohydrate,  
1 g Protein, 28 mg Sodium, 2 g Fiber

Recipe adapted from [amyshealthybaking.com](http://amyshealthybaking.com)

# CEREAL



## No Recipe Needed!

- 1** Trail/Chex mix – mix together your favorite **cereals** with raisins and dried fruit.
- 2** Dip a **banana** in **yogurt** and roll in crushed **cereal**. Freeze for a cold summertime snack.
- 3** Make your own granola with dry **oatmeal**, nuts, and dried fruit.
- 4** Make your morning breakfast **oatmeal** with applesauce, raisins, and brown sugar.
- 5** For a fun family activity make necklaces and bracelets with **cereal** and string.



## Veggie Lasagna

### INGREDIENTS



- |   |   |
|---|---|
| 1 tsp olive oil                               | 3/4 cup shredded <b>mozzarella cheese</b> |
| 1/2 cup <b>carrots</b> , sliced               | 3/4 cup <b>zucchini</b> , chopped         |
| 1/2 cup <b>red bell peppers</b> , chopped     | 1/2 cup <b>onion</b> , sliced             |
| 1-24 oz bottle pasta sauce                    | 1-15 oz carton ricotta cheese             |
| 6 cooked <b>lasagna noodles</b> , cut in half |   |

### DIRECTIONS



- 1** Preheat oven to 375° F. Heat oil in saucepan. Add vegetables and cook for 5 minutes, stirring frequently. Add pasta sauce. Bring to a boil, then reduce heat and simmer for 10 minutes.
- 2** Spread 1/2 cup sauce in bottom of a greased 8 by 8 inch baking dish. Arrange 4 noodle halves over sauce. Top noodles with 1/2 of ricotta and 1 cup sauce. Repeat layers, ending with noodles. Spread remaining sauce over noodles, sprinkle with mozzarella.
- 3** Cover and bake for 30 minutes. Uncover and bake an additional 20 minutes. Let stand 10 minutes before serving.

Serves: 8 (2" x 4" piece per serving)

One serving: 241 Calories, 8 g Fat, 30 g Carbohydrate, 12 g Protein, 542 mg Sodium, 4 g Fiber

Recipe adapted from [myrecipes.com](http://myrecipes.com)



## Chicken, Rice, & Black Bean Salad

### INGREDIENTS

- 1 cup cooked **brown rice**      6 Tbsp olive oil  
3 cups chicken, cooked & shredded      2 **jalapeno pepper**, minced  
6 **roma tomatoes**, quartered, seeded and thinly sliced      6 **green onions**, thinly sliced  
1/2 cup white-wine vinegar      1 tsp cumin  
1 can **black beans**, drained and rinsed      1/4 cup parsley or cilantro, chopped  
1 head of **romaine lettuce**  
salt/pepper

### DIRECTIONS

- 1 In a large bowl, mix cooked rice, chicken, beans, and tomatoes.
- 2 In a small bowl, mix together vinegar, oil, jalapeno, onions, and cumin. Pour onto chicken mixture. Mix well. Sprinkle parsley/cilantro over mixture and mix well. Add salt and pepper to taste.
- 3 Chill for 1 hour before serving. Serve over a bed of romaine lettuce, or wrap up in whole romaine lettuce leaves.
- 4 Optional toppings: Drained and rinsed canned corn, avocado slices, shredded cheddar cheese, chopped bell peppers, chopped cucumber, chopped zucchini, salsa, or taco sauce.

Serves: 9 (1 cup per serving)

One serving: 243 Calories, 12 g Fat, 16 g Carbohydrate, 16 g Protein, 286 mg Sodium, 5 g Fiber

Recipe adapted from [marthastewart.com](http://marthastewart.com)



# WHOLE GRAINS



## Chicken Enchilada Casserole

### INGREDIENTS



- |   |                             |
|---|-----------------------------|
| 4 boneless chicken breast halves        | 1 tsp garlic salt           |
| 18 <b>corn tortillas</b> , torn in half | 1-10 oz can enchilada sauce |
| 2 cups shredded <b>cheese</b>           | 1 cup sour cream            |

### DIRECTIONS



- 1** Preheat oven to 350° F. Lightly grease a 9 by 13 inch baking dish. Season chicken with garlic salt. Arrange in baking dish. Bake chicken for 45 minutes until the chicken is no longer pink in the middle and the juices run clear. Let chicken cool, then shred and set aside.
- 2** Char each tortilla half over open flame burner for 1 minute, until lightly puffed. Pour 1/2 inch enchilada sauce in bottom of baking dish, arrange 6 tortillas in a single layer. Top with 1/2 the chicken, 1/3 the cheese, 1/2 the sour cream, and 1/3 of the remaining sauce. Repeat. Coat remaining tortillas thoroughly with remaining enchilada sauce, and arrange on top of the layers. Sprinkle with remaining cheese.
- 3** Cover and bake 45 minutes or until cheese is melted. Let casserole cool slightly before serving.
- 4** Note: Chicken is fully cooked when its temperature is 165° F.

Serves: 8 (3 1/4" x 4 1/2" piece per serving)

One serving: 372 Calories, 19 g Fat, 30 g Carbohydrate,  
22 g Protein, 511 mg Sodium, 4 g Fiber

Recipe adapted from [allrecipes.com](http://allrecipes.com)

# WHOLE GRAINS



## No Recipe Needed!

- 1** Homemade tortilla chips: Cut **tortillas** into strips, drizzle with oil, season as desired and bake.
- 2** Make sandwiches or wraps with lunch meat and **veggies**.
- 3** Garlic Bread: Spread butter over **whole wheat bread**, sprinkle with garlic and toast.
- 4** Cinnamon Toast: Spread butter over **whole wheat bread**, sprinkle with cinnamon and sugar. Toast in a toaster oven.
- 5** Homemade Croutons: cut **whole wheat bread** into squares. Toss in a bowl with olive oil and seasonings. Bake until crunchy and golden brown.



## Potato Salad

### INGREDIENTS

- .....
- |                                   |                                   |
|-----------------------------------|-----------------------------------|
| 1 <b>egg</b>                      | 3/4 pound <b>potatoes</b>         |
| 2 Tbsp lite mayonnaise            | 1 Tbsp <b>plain yogurt</b>        |
| 1 1/2 tsp prepared yellow mustard | 1/4 tsp salt                      |
| 1/3 cup <b>celery</b>             | 3 Tbsp <b>red onion</b> , chopped |
| 1/4 tsp pepper                    |                                   |

### DIRECTIONS

- .....
- 1** Fill a saucepan two-thirds full with water. Place over high heat, add the egg, and cover. Cut potatoes into 1-inch pieces. Add the potatoes to the saucepan with the egg; cover and bring to a boil. Reduce heat to medium, and simmer for 10 minutes, or until potatoes are tender. Drain.
  - 2** Combine remaining ingredients in a medium bowl; add potatoes. Peel and coarsely chop egg and add to potato mixture. Mix well.

Serves: 5 (1/2 cup per serving)

One serving: 77 Calories, 1 g Fat, 11 g Carbohydrate,  
3 g Protein, 169 mg Sodium, 2 g Fiber

Recipe adapted from [myrecipes.com](http://myrecipes.com)



## Guacamole Dip

### INGREDIENTS

- .....
- |                                |                      |
|--------------------------------|----------------------|
| 2 <b>avocados</b>              | 1/2 cup <b>salsa</b> |
| 1 <b>garlic clove</b> , minced | 1 tsp lemon juice    |
| 1/4 cup <b>plain yogurt</b>    | salt, to taste       |

### DIRECTIONS

1

Remove pit from avocados, scrape out pulp and mash it in a mixing bowl. Add salsa, garlic, lemon juice, and yogurt. Season with salt to taste. Mix well to combine.

Makes 2 cups (2 Tbsp per serving)

One serving: 40 Calories, 4 g Fat, 3 g Carbohydrate,  
1 g Protein, 38 mg Sodium, 2 g Fiber

Recipe adapted from [prevention.com](http://prevention.com)

# YOGURT



## Spring Vegetable Pasta

### INGREDIENTS

- 1 medium **onion**, sliced
- 2 cups **carrots**, sliced
- 2 cups **zucchini**, sliced
- 1/2 cup **plain yogurt**
- 2 Tbsp parmesan cheese
- pepper, to taste
- 2 tsp olive oil
- 12 oz package **whole wheat penne noodles**, cooked
- 2 **garlic cloves**, minced
- 2 cups **snow peas**
- 1 medium **tomato**, chopped
- 1/2 cup sour cream
- 1 tsp basil

### DIRECTIONS

- 1 Warm oil over medium heat. Add onion and garlic. Cook 2 minutes. Add carrots and cook 3 minutes. Add zucchini and snow peas and cook 4-6 minutes or until tender.
- 2 Reduce heat to low. Remove skillet from heat and stir in remaining tomatoes and pasta. Return skillet to heat and cook over low heat 1-2 minutes or until warmed. Do not boil.
- 3 Combine yogurt, sour cream, and cheese in small bowl. Pour sauce over pasta/veg mixture and mix well. Top with basil, add pepper to taste.

Serves: 6 (1 2/3 cup per serving)

One serving: 322 Calories, 8 g Fat, 54 g Carbohydrate, 11 g Protein, 88 mg Sodium, 9 g Fiber

Recipe adapted from [prevention.com](http://prevention.com)

# YOGURT



## No Recipe Needed!

- 1** Popsicles: Blend **fruit** and **yogurt**. Freeze in disposable cups.
- 2** Parfaits: Layer **yogurt**, **fruit**, and **cereal** in a cup.
- 3** Top whole grain pancakes or waffles with **fruit** and **yogurt**.
- 4** Spread **yogurt** on a graham cracker and top with sliced **bananas**.
- 5** Make a **yogurt** fruit dip by adding a little whipped cream and cinnamon.



## Apple Cinnamon Spread

### INGREDIENTS



1-4 oz jar ***baby food apples***    2 tsp brown sugar  
1 Tbsp raisins    1/2 tsp cinnamon

### DIRECTIONS



**1**

Mix all ingredients in a microwave safe dish. Microwave for a total of 4 minutes, stirring after every minute. Makes a great topping for toast, pancakes, or even ice cream!

Makes 5 Tbsp (1 Tbsp per serving)

25 Calories, 0 g Fat, 8 g Carbohydrate, 0 g Protein,  
2 mg Sodium, 1 g Fiber



## Pear Butter

### INGREDIENTS



1-4 oz jar <b><i>baby food pears</i></b>	1/2 tsp lemon juice
1 tsp honey	1/4 tsp cinnamon
1/8 tsp ginger	dash of ground nutmeg
dash of ground cloves	

### DIRECTIONS



- 1** Mix all ingredients in a microwave safe dish. Microwave for 2-3 minutes total, stirring after every minute. Will thicken as it cools. Makes a great topping for toast, pancakes, or even ice cream!

Makes 4 Tbsp (1 Tbsp per serving)

26 Calories, 0 g Fat, 4 g Carbohydrate, 1 g Protein,  
3 mg Sodium, 1 g Fiber





## Banana Nut Butter

### INGREDIENTS



1-4 oz jar *baby food bananas*    1/3 cup *smooth peanut butter*  
1/2 tsp honey    1 tsp vanilla

### DIRECTIONS



**1**

Blend together until smooth and creamy. This is great on toast, pancakes, or ice cream. Try as a dip for apples.

Makes 3/4 cup (1 Tbsp per serving)

52 Calories, 4 g Fat, 4 g Carbohydrate, 2 g Protein,  
33 mg Sodium, 1 g Fiber



## Peach Spread

### INGREDIENTS



- 1-4 oz jar ***baby food peaches***
- 2 dashes nutmeg
- 1/2 tsp honey
- 1/2 tsp vanilla
- 2 dashes cinnamon

### DIRECTIONS



**1**

Combine all ingredients in a microwave safe dish. Microwave for 2-3 minutes. Stir after every minute. Makes a great topping for toast, pancakes, or even ice cream!

Makes 4 Tbsp (1 Tbsp per serving)

25 Calories, 0 g Fat, 6 g Carbohydrate, 0 g Protein,  
0 mg Sodium, 0 g Fiber



## Carrot Bread

### INGREDIENTS

.....

2 cups flour	1/3 cup oil
1 tsp baking powder	2 <b>eggs</b>
1 tsp baking soda	2-4 oz jars <b>baby food carrots</b>
2 tsp cinnamon	1/4 cup <b>milk</b>
1 cup brown sugar	1 cup <b>carrots</b> , shredded

### DIRECTIONS

- .....
- 1** Preheat oven to 350° F. In a large bowl, sift together all dry ingredients.
  - 2** In a medium bowl, cream together sugar and oil, add in eggs, milk and baby food carrots. Mix until smooth.
  - 3** Pour liquid mixture into large bowl with dry ingredients. Mix until thoroughly blended. Add in shredded carrots. Continue to mix until carrots are evenly distributed.
  - 4** Pour into 9 by 5 inch loaf pan, bake for 55 to 60 minutes or until toothpick inserted into loaf comes out clean.

Serves: 12 (3/4" slice per serving)

One serving: 213 Calories, 7 g Fat, 42 g Carbohydrate, 3 g Protein, 175 mg Sodium, 2 g Fiber



## Beef Stew

### INGREDIENTS

1 pkg beef stew seasoning	1 cup <i>russet potatoes</i> , cubed
1 pound stew meat, cubed	1 cup <i>onion</i> , chopped
2 Tbsp flour	1-2.5 oz jar <i>baby food beef</i>
1 Tbsp oil	1 cup <i>celery</i> , sliced
1 cup <i>carrot</i> , coined	2 cups water

### DIRECTIONS

- 1 Put flour in large plastic bag, add in beef stew cubes a few at a time, and shake. Continue until all beef cubes are evenly coated on all side with the flour.
- 2 Layer all vegetables in crock pot.
- 3 Heat oil in large skillet, add beef cubes and brown on all sides. Put cooked beef cubes on top of vegetables in crock pot.
- 4 Mix seasoning package with water, add in baby food beef. Stir well and pour over meat in crock pot. Cook on low for 8 hours, or high for 4-5 hours.
- 5 For thicker “gravy” add additional flour or cornstarch to small amount of cold water, pour into stew and mix well.

Serves: 4 (1 1/2 cup per serving)

One serving: 265 Calories, 8 g Fat, 17 g Carbohydrate,  
30 g Protein, 208 mg Sodium, 3 g Fiber



## Sweet Potato Biscuits

### INGREDIENTS



1 cup pancake mix      1-4 oz jar *baby food sweet*  
2 Tbsp + 2 tsp butter, chilled      *potatoes*

### DIRECTIONS



- 1** Preheat oven to 400° F. Using a pastry cutter, or knife and fork, cut the cold butter into the pancake mix until it is in small pieces and mixed into the pancake mix. Pour sweet potatoes over pancake mix. Mix until blended. Turn dough onto surface that is lightly covered with pancake mix.
- 2** Knead dough about 10 times. The dough will be soft, but not sticky. Pat dough flat, about ½ inch thick.
- 3** Cut out the biscuits with a 2-3 inch round cutter dipped in the pancake mix. Gather up the scraps, pat out again, and cut into biscuits.
- 4** Place on ungreased baking sheet. Bake for 10 minutes, or until lightly browned. Cool biscuits on a cooling rack.

Serves: 12 (1 biscuit per serving)

One serving: 66 Calories, 3 g Fat, 9 g Carbohydrate,  
1 g Protein, 203 mg Sodium, 0 g Fiber



## Chicken Broccoli Alfredo

### INGREDIENTS



#### Soup or Sauce Mix

2 cup powdered non-fat dry milk    1/4 cup instant chicken bouillon  
3/4 cup corn starch    2 Tbsp dried onion flakes

#### Broccoli Alfredo

2 cups steamed **broccoli** florets    1/3 cup sauce mix (see recipe  
1 cup cooked chicken breast, cubed    above)\*  
4 cups **whole wheat fettuccine**    1 1/4 cups cold water  
**noodles**    2-2.5 oz jars **baby food**  
2 Tbsp reduced fat cream cheese    **chicken**  
1/4 cup Parmesan cheese    1-2 dashes of pepper

\*Note: This will make 3 cups + 2 Tbsp of soup mix (9 portions). Store in an airtight container. Ask a WIC staff member for more recipes using this soup or sauce mix.

### DIRECTIONS



- 1 Mix the "Soup or Sauce Mix" and cold water in a medium pot. When soup or sauce mix is completely dissolved, place over medium heat and cook until bubbly.
- 2 Stirring frequently, add in parmesan cheese and cream cheese. Cook until cheese has melted. Add in baby food chicken.



## Chicken Broccoli Alfredo

### DIRECTIONS (CONTINUED)



**3**

On four separate plates, place 1 cup fettuccine noodles on plate, top with 1/2 cup broccoli and 1/4 cup cooked chicken. Pour 1/2 cup sauce over top, sprinkle with more Parmesan cheese, and black pepper to taste.

Serves: 4 (1 cup fettuccine with 1/2 cup broccoli, 1/4 cup chicken, and 1/2 cup sauce per serving)

One serving: 380 Calories, 8 g Fat, 49 g Carbohydrate, 27 g Protein, 373 mg Sodium, 3 g Fiber



## Split Pea Soup

### INGREDIENTS

- .....
- |                                |                                     |
|--------------------------------|-------------------------------------|
| 1 1/4 cup dry split peas       | 1/4 tsp dried marjoram              |
| 4 cups cold water              | 1/2 cup <b>celery</b> , chopped     |
| 3/4 cup diced ham              | 1/2 cup <b>carrots</b> , chopped    |
| 2 tsp chicken bouillon         | 1-4 oz jar <b>baby food peas</b> or |
| 1/2 cup <b>onion</b> , chopped | <b>mixed garden vegetables</b>      |
| 1/4 tsp pepper                 |                                     |

### DIRECTIONS

- .....
- 1** Rinse green split peas. In a large pot combine peas, water, ham, onion, bouillon, pepper, and marjoram. Bring to a boil; reduce the heat.
  - 2** Cover; simmer for 1 hour. Stir occasionally.
  - 3** Stir in carrots, celery and baby food peas. Cover and simmer for 45 more minutes. Season to taste.

Serves: 5 (1 cup per serving)

One serving: 151 Calories, 2 g Fat, 26 g Carbohydrate,  
13 g Protein, 525 mg Sodium, 11 g Fiber





## Butternut Mac & Cheese

### INGREDIENTS

2-4 oz jars <b><i>baby food squash</i></b>	1/2 tsp pepper
1/2 pound <b><i>whole wheat macaroni</i></b> , cooked	1 Tbsp + 1 tsp flour
2 Tbsp butter	3/4 <b><i>milk</i></b>
1/2 cup <b><i>onion</i></b> , chopped	2 cups <b><i>cheddar cheese</i></b> , shredded

### DIRECTIONS

- 1 Preheat oven to 350° F. Put cooked macaroni into an 8 by 8 inch baking dish. Pour squash over macaroni and gently mix until squash is evenly distributed.
- 2 Cook onions in butter until tender in small pot. In a separate bowl, mix flour in milk until dissolved completely. Pour milk mixture into pot and continue to cook, stirring frequently until sauce will thicken and begins to bubble. Add in 1 3/4 cup shredded cheese. Continue to stir until all cheese is melted and sauce is in uniform consistency. Add in pepper. Pour cheese sauce over macaroni mixture.
- 3 Bake uncovered for 10-15 minutes until hot and bubbly throughout. Top with 1/4 cup cheese and bake until cheese melts, about 5 more minutes.

Serves: 6 (1 cup per serving)

One serving: 351 Calories, 17 g Fat, 34 g Carbohydrate,  
15 g Protein, 278 mg Sodium, 1 g Fiber



## Crock Pot Pulled Pork

### INGREDIENTS



- |                                |  |
|--------------------------------|--|
| 3 pounds pork shoulder         | 1-18 oz bottle barbecue sauce                |
| 1 cup Dr. Pepper               | 1-4 oz jar <b><i>baby food apples</i></b> or |
| 1 <b><i>onion</i></b> , sliced | <b><i>baby food pears</i></b>                |

### DIRECTIONS



- 1** Place sliced onion on bottom of crock pot. Put pork shoulder on top of onion. Pour Dr. Pepper over. Cook on high for 4 hours.
- 2** Drain off excess liquid and fat drippings, careful not to lose the onion. Add baby food apples (or pears) and half the bottle of barbecue sauce. Stir well, cover, reduce heat to low and cook 2 more hours. Add the remaining barbecue sauce and stir. Cover and cook for 2 more hours.
- 3** Remove bone (if necessary). Using two forks begin to shred the pork as finely as desired. Add more barbecue sauce as desired. Remove any large pieces of remaining fat.

Serves: 15 (1/3 cup per serving)

One serving: 262 Calories, 13 g Fat, 12 g Carbohydrate,  
23 g Protein, 494 mg Sodium, 0 g Fiber



## Bean, Cheese & Beef Burritos

### INGREDIENTS

1 can **fat-free refried beans**    1/2 to 1 pkg taco seasoning  
2-2.5 oz jars **baby food beef**    10 **whole wheat tortillas**  
1 1/4 cups **cheese**, shredded

### DIRECTIONS

- 1** In a medium bowl, mix beans, baby food beef and 1/2 pkg taco seasoning mix. Add more taco seasoning to taste.
- 2** Scoop out 1/4 cup mixture onto each tortilla, spread evenly. Top with 2 Tbsp shredded cheese. Microwave on high for 30 seconds. Fold up bottom edge to cover filling. Fold in sides. Roll up from bottom. Plastic wrap burritos to freeze and save for later. Microwave frozen burritos for about 1 to 1 1/2 minutes.
- 3** This filling is great for tacos or as bean dip, too!
- 4** Optional toppings: salsa, fresh lettuce, fresh tomatoes, olives, chopped onion, guacamole or sour cream.

Serves: 10 (1 burrito per serving)

One serving: 234 Calories, 8 g Fat, 29 g Carbohydrate,  
11 g Protein, 737 mg Sodium, 5 g Fiber



## Ham & Cheese Scalloped Potatoes

### INGREDIENTS

- 4-5 cups **potatoes**, thinly sliced      8 slices deli ham  
2-2.5 oz jars **baby food ham**      1/2 medium **onion**, sliced  
1 1/4 cup **cheddar cheese**,  
shredded      3 Tbsp butter  
1 1/4 cup **milk**      1-2 dashes of salt  
3 Tbsp flour      1-2 dashes of cayenne pepper

### DIRECTIONS

- 1 Preheat oven to 375° F. In a small sauce pan, melt butter and cook onions until tender. Stir in flour. Add in all of cold milk, stirring until well blended. Add in salt and cayenne pepper.
- 2 Cook sauce on low until smooth and boiling, stirring occasionally with a whisk. Reduce heat and stir in cheese. Add in 2 jars of baby food ham.
- 3 Place 1/3 of the sliced potatoes in a lightly greased 9 by 9 inch casserole dish. Pour 1/3 of cheese sauce over potatoes. Spread sauce until covers evenly. Next, layer with 4 slices deli ham.
- 4 Repeat with a layer of potatoes, cheese sauce, and remaining 4 slices of deli ham. Top with final layer of potatoes and remaining cheese sauce. Sprinkle the remaining cheese on top. Lightly sprinkle with cayenne pepper.



## Ham & Cheese Scalloped Potatoes

### DIRECTIONS (CONTINUED)



**5**

Bake covered for 1 hour. Uncover and bake for 15 more minutes.

Serves: 9 (3" x 3" piece per serving)

One serving: 195 Calories, 10 g Fat, 15 g Carbohydrate,  
11 g Protein, 468 mg Sodium, 2 g Fiber





## Food Index



Each Recipe included in this cookbook draws heavily upon authorized WIC food. You can find the corresponding recipes and food items in the index below.



### Baby Food

- 53 Apple Cinnamon Spread
- 54 Pear Butter
- 55 Banana Nut Butter
- 56 Peach Spread
- 57 Carrot Bread
- 58 Beef Stew
- 59 Sweet Potato Biscuits
- 60 Chicken Broccoli Alfredo
- 62 Split Pea Soup
- 63 Butternut Mac & Cheese
- 64 Crock Pot Pulled Pork
- 65 Bean, Cheese & Beef Burritos
- 66 Ham & Cheese Scalloped Potatoes

### Beans

- 29 Taco Soup
- 30 Quick Bean & Cheese Enchiladas
- 31 Hummus
- 32 No Recipe Needed! (Beans)
- 46 Chicken, Rice, & Black Bean Salad
- 65 Bean, Cheese & Beef Burritos

### Brown Rice

- 07 Rice Pudding
- 16 Fried Rice
- 23 Stir Fry
- 32 No Recipe Needed! (Beans)
- 46 Chicken, Rice, & Black Bean Salad

### Canned Fish

- 37 Tuna Casserole
- 38 Salmon Patties
- 39 Salmon Chowder
- 40 No Recipe Needed! (Canned Fish)

### Cereal

- 10 No Recipe Needed! (Milk)
- 12 Cheddar Baked Chicken
- 33 Peanut Butter Oat Bites
- 36 No Recipe Needed! (Peanut Butter)
- 41 Corn Flake Chicken
- 42 Cereal Muffins
- 52 No Recipe Needed! (Yogurt)



## Food Index



### Cheese

- 09 Milk Vegetable Gratin
- 11 Whole Grain Mac & Cheese
- 12 Cheddar Baked Chicken
- 13 Cheesy Scalloped Potatoes
- 14 No Recipes Needed! (Cheese)
- 18 No Recipe Needed! (Eggs)
- 30 Quick Bean & Cheese Enchiladas
- 32 No Recipe Needed! (Beans)
- 39 Salmon Chowder
- 40 No Recipe Needed! (Canned Fish)
- 45 Veggie Lasagna
- 47 Chicken Enchilada Casserole
- 63 Butternut Mac & Cheese
- 65 Bean, Cheese & Beef Burritos
- 66 Ham & Cheese Scalloped Potatoes

### Egg

- 07 Rice Pudding
- 12 Cheddar Baked Chicken
- 15 French Toast
- 16 Fried Rice
- 17 German Pancakes
- 18 No Recipe Needed! (Eggs)
- 27 Breakfast Skillet
- 34 Peanut Butter Banana Bread
- 38 Salmon Patties
- 41 Corn Flake Chicken
- 42 Cereal Muffins
- 49 Potato Salad
- 57 Carrot Bread

### Fresh Fruit

- 10 No Recipe Needed! (Milk)
- 14 No Recipe Needed! (Cheese)
- 20 Baked Apples
- 22 No Recipe Needed! (Juice)
- 24 Easy Fruit Salad
- 25 Veggie Slaw
- 28 No Recipe Needed! (Fruit/Veggies)
- 34 Peanut Butter Banana Bread
- 36 No Recipe Needed! (Peanut Butter)
- 40 No Recipe Needed! (Canned Fish)
- 43 Apple Crisp
- 44 No Recipe Needed! (Cereal)
- 52 No Recipe Needed! (Yogurt)
- 55 Banana Nut Butter

### Fresh Vegetables

- 08 Easy Potato Soup
- 09 Creamy Cauliflower Bake
- 10 No Recipe Needed! (Milk)
- 13 Cheesy Scalloped Potatoes
- 14 No Recipe Needed! (Cheese)
- 16 Fried Rice
- 18 No Recipe Needed! (Eggs)
- 19 Apple Chicken
- 23 Stir Fry
- 25 Veggie Slaw
- 26 Cucumber Salad
- 27 Breakfast Skillet
- 28 No Recipe Needed! (Fruit/Veggies)





## Food Index



### Fresh Vegetables (Continued)

- 29 Taco Soup
- 30 Quick Bean and Cheese Enchiladas
- 31 Hummus
- 32 No Recipe Needed! (Beans)
- 36 No Recipe Needed! (Peanut Butter)
- 38 Salmon Patties
- 40 No Recipe Needed! (Canned Fish)
- 45 Veggie Lasagna
- 46 Chicken, Rice, and Black Bean Salad
- 48 No Recipe Needed! (Whole Grain)
- 49 Potato Salad
- 50 Guacamole Dip
- 51 Spring Vegetable Pasta
- 57 Carrot Bread
- 58 Beef Stew
- 60 Chicken Broccoli Alfredo
- 62 Split Pea Soup
- 63 Butternut Mac & Cheese
- 64 Crock Pot Pulled Pork
- 66 Ham & Cheese Scalloped Potatoes

### Juice

- 19 Apple Chicken
- 20 Baked Apples
- 21 Orange Julius
- 22 No Recipe Needed! (Juice)
- 24 Easy Fruit Salad

### Milk

- 07 Rice Pudding
- 08 Easy Potato Soup
- 09 Creamy Cauliflower Bake
- 10 No Recipe Needed! (Milk)
- 11 Whole Grain Mac & Cheese
- 12 Cheddar Baked Chicken
- 13 Cheesy Scalloped Potatoes
- 15 French Toast
- 21 Orange Julius
- 37 Tuna Casserole
- 42 Cereal Muffins
- 57 Carrot Bread
- 63 Butternut Mac & Cheese
- 66 Ham & Cheese Scalloped Potatoes



## Food Index



### Oatmeal

- 10 No Recipe Needed! (Milk)
- 33 Peanut Butter Oat Bites
- 36 No Recipe Needed! (Peanut Butter)
- 43 Apple Crisp
- 44 No Recipe Needed! (Cereal)

### Peanut Butter

- 33 Peanut Butter Oat Bites
- 34 Peanut Butter Banana Bread
- 35 Peanut Butter Fruit Dip
- 36 No Recipe Needed! (Peanut Butter)
- 55 Banana Nut Butter

### Tortilla

- 14 No Recipe Needed! (Cheese)
- 18 No Recipe Needed! (Eggs)
- 30 Quick Bean & Cheese Enchiladas
- 32 No Recipe Needed! (Beans)
- 36 No Recipe Needed! (Peanut Butter)
- 47 Chicken Enchilada Casserole
- 48 No Recipe Needed! (Whole Grain)
- 65 Bean, Cheese & Beef Burritos

### Whole Grain Bread

- 14 No Recipe Needed! (Cheese)
- 15 French Toast
- 18 No Recipe Needed! (Eggs)
- 40 No Recipe Needed! (Canned Fish)
- 48 No Recipe Needed! (Whole Grain)

### Whole Grain Pasta

- 11 Whole Grain Mac & Cheese
- 37 Tuna Casserole
- 40 No Recipe Needed! (Canned Fish)
- 45 Veggie Lasagna
- 51 Spring Vegetable Pasta
- 60 Chicken Broccoli Alfredo
- 63 Butternut Mac & Cheese

### Yogurt

- 10 No Recipe Needed! (Milk)
- 22 No Recipe Needed! (Juice)
- 28 No Recipe Needed! (Fruit/Veggies)
- 35 Peanut Butter Fruit Dip
- 36 No Recipe Needed! (Peanut Butter)
- 44 No Recipe Needed! (Cereal)
- 49 Potato Salad
- 50 Guacamole Dip
- 51 Spring Vegetable Pasta
- 52 No Recipe Needed! (Yogurt)





Revised: 03/2019