DUB G

RECIPES

From snapedny.org

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All Recipes from
Snapedny.org



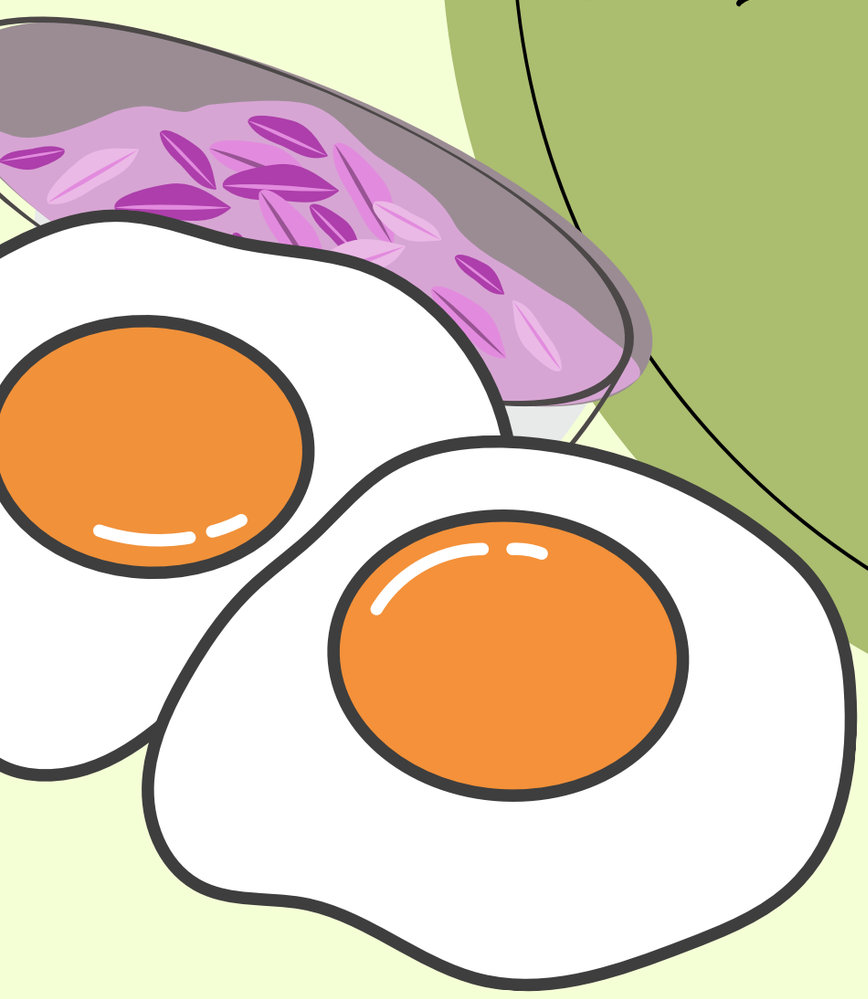


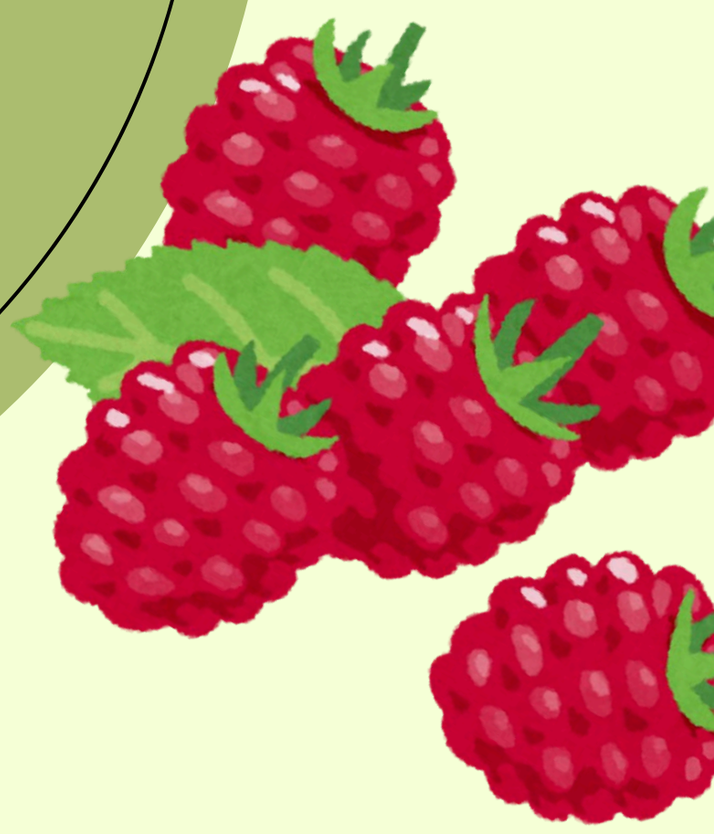






BREAKFAST





snapedny.org





RECIPE

Microwave Denver Scramble Slider



This quick egg scramble sandwich is made fast in the microwave for a great on-the-go breakfast, lunch, or snack.

Prep time: 5 minutes
Makes: 1 servings

Source: myplate.gov

Ingredients

- 2 tablespoons red or green bell peppers (chopped)
- 1 tablespoon onion (chopped)
- 1 egg
- 1 thin slice deli ham (chopped)
- 1 tablespoon water
- 1 slider-sized bun or whole wheat English muffin (split and toasted)

Directions

1. Place peppers and onions in 8-ounce ramekin or in a small bowl. Microwave on high 30 seconds; stir. Add egg, ham, and water, beat until egg is blended.
2. Microwave on high 30 seconds; stir. Microwave until egg is almost set, 30 to 45 seconds longer. Season with salt and pepper, if desired.
3. Serve in bun.

Small Changes, BIG Difference!

Vegetables ChooseMyPlate.gov | Protein ChooseMyPlate.gov | Grains ChooseMyPlate.gov

Nutrition Information

Serving Size:1Slider

Nutrients	Amount
Calories:	240g
Total Fat:	6 g
Saturated Fat:	2 g
Cholesterol:	185
Sodium:	mg
Total Carbohydrates:	559g
Dietary	mg4 g
Fiber: Total	9 g
Sugars: Added Sugars:	4g
Protein	16g

Utensils Needed

- Cutting board
- Knife
- Small bowl
- Mixing Spoon or Whisk

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SHOPPING LIST

Average total cost without oil and seasonings: $8.43

Average cost/serving: $2.05

Recipe Makes: 1 Serving

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients

- [ ]  Add 1 to Cart Bell Pepper
- [ ]  Add 1 to Cart Onion
- [ ]  Add to Cart Eggs
- [ ]  Add to Cart Deli Ham , 2 oz.
- [ ]  Add 1 to Cart English Muffins

SAVE TIME, SAVE MONEY

Recipe Notes

- Don't overcook. Scrambled eggs will continue to cook and firm up after removed from microwave.
- Microwave ovens vary. Cook time may need to be adjusted.

My Cooking Notes

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RECIPE

Mixed Veggies with Eggs



Small Changes, BIG Difference!

Eggs are a complete protein, having just the right amount of essential amino acids needed to help build tissue and they are reasonably priced at the store!

Makes: 4 servings
Prep Time: 10 minutes
Cook Time: 15 minutes

Source: commonthreads.org, recipe/ mixed-vegetables-w-eggs

Ingredients

- 1 Tablespoon olive oil
- 1 Small bag frozen mixed vegetables, thawed (about 12 ounce bag)
- 1 Cup spinach (fresh or frozen)
- 4 large eggs
- 6 scallions (about 3/4 cup)
- Salt to taste

Directions

1. Thaw the bag of frozen vegetables.
2. Wash and dry produce.
3. Coarsely chop the white and green parts of the scallions.
4. Measure out the ingredients.
5. In a sauté pan, heat the oil and sauté the vegetables until fully thawed. Add the spinach and cook just until wilted.
6. In a bowl, beat the eggs lightly and pour over the vegetable mixture. Sprinkle with scallions.
7. Cook over moderate heat until the eggs have set.

Nutrition Information

Serving Size: 1/4 of the recipe

Nutrients	Amount
Calories:	160
Total Fat:	8.5 g
Saturated Fat:	2.1 g
Cholesterol:	186 mg
Sodium:	120 mg
Total Carbohydrates:	13.3 g
Dietary Fiber: Total	4.8 g
Sugars: Added Sugars:	3.9 g 0 g
Protein	8.9 g

Utensils Needed

- Knife
- Cutting Board
- Measuring Cups
- Measuring Spoons
- Sauté Pan
- Mixing Spoon
- Medium Sized Bowl
- Whisk or a Fork

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SHOPPING LIST

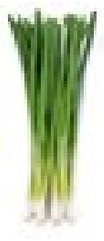
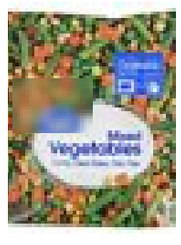
Average total cost without oil and seasonings: $4.13

Average cost/serving: $1.03

Recipe makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients

- [ ]  **Add 1 to Cart**
Large Eggs (12 count)
- [ ]  **Add 1 to Cart**
Frozen Spinach (10 ounce bag)
- [ ]  **Add 1 to Cart**
Fresh Scallions (Bunch)
- [ ]  **Add 1 to Cart**
Frozen Mixed Vegetables (12 ounce bag)

SAVE TIME, SAVE MONEY

My Cooking Notes

Storage Tips

- **Refrigerator within two hours after serving.**

Cooking Tips

- **Extra eggs can be used in any muffin, bread, or pancake.**
- **Frozen spinach can go nicely into any soup such as: Barley Lentil Soup. For this recipe and more inspirational recipes, check out www.snapedny.org.**

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RECIPE

Overnight Oatmeal



This recipe is easy and delicious. Great for breakfast on the go. Flavored yogurt could be substituted for extra sweetness. Try with any combination of fruit you have on hand!

Prep time: 15 minutes
Cooking time: 6 hours
Makes: 4 cups

Source: foodhero.org recipe/ overnight oatmeal

Ingredients

- 1 cup uncooked old fashioned rolled oats
- 1 cup low-fat yogurt
- ½ cup nonfat or 1% milk
- ½ cup berries, fresh or frozen
- ½ cup chopped apple (about 1/3 a medium apple [3” diameter])

Directions

1. In a medium bowl, mix oats, yogurt and milk.
2. Add the fruit now or add just before eating.
3. Cover and refrigerate oatmeal mixture for 6-12 hours. (For grab-and-go breakfasts, place scoops of mixture in small dishes or spoon into small jars with lids.)
4. Refrigerate leftovers within 2 hours.

Utensils Needed

- Knife
- Cutting Board
- Spoon
- Bowl
- Measuring Utensils

Small Changes, BIG Difference!

Fruits Grains Dairy

Nutrition Information

Serving Size:1cup

Nutrients	Amount
Calories:	160
Total Fat:	1 g
Saturated Fat:	1 g
Cholesterol:	5mg
Sodium:	55mg
Total Carbohydrates:	27g
Dietary Fiber: Total	3 g
Sugars: Added Sugars:	9 0
Protein	8 g

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SHOPPING LIST

Average total cost without oil and seasonings: $11.13

Average cost/serving: $2.78

Recipe makes: 4 Servings (total ingredients below would make more than 4 servings, bringing average cost per serving down)

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Old Fashioned Oats (42 oz)



Add 1 to Cart
Plain Yogurt 32 oz



Add 1 to Cart
Nonfat or 1% milk 1 qt.



Add 1 to Cart
Fresh Blueberries 1 pint



Add 1 to Cart
Medium Apple (5 oz avg.)

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RECIPE

Tropical Overnight Oatmeal



Breakfast is a snap with a quick step the night before. Mix oats with yogurt and refrigerate overnight. Add bananas and pineapple chunks in the morning!

Makes: 2 servings

Prep Time: 5 minutes

Source: myplate.gov

Ingredients

- 2/3 cup old fashion oats (uncooked)
- 2/3 cup non-fat milk
- 2/3 cup non-fat Greek yogurt
- 1/8 teaspoon ground allspice
- 1 cup fresh pineapple chunks
- 1 medium banana, sliced
- 2 tablespoons chopped walnuts

Directions

1. Mix oats, milk, yogurt and allspice in two bowls or glass jars.
2. Cover and refrigerate overnight.
3. Just before serving, add pineapple, banana, and walnuts

Small Changes, BIG Differences!



Nutrition Information

Serving Size: 1/2 of recipe

Nutrients	Amount
Calories:	338
Total Fat:	7 g
Saturated Fat:	1 g
Cholesterol:	3 mg
Sodium:	76 mg
Total Carbohydrates:	54 g
Dietary Fiber: Total	7 g
Sugars: Added Sugars:	23 g 0 g
Protein	19 g

Utensils Needed

- Cutting Board
- Knife
- Measuring Cups/Spoons
- 2 Small Bowls/Glass Jars

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SHOPPING LIST

Average total cost without oil and seasonings: $9.21

Average cost/serving: $4.61

Recipe makes: 2 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients

- [ ] 

Add 1 to Cart:
Old Fashioned Oats (18 oz)

- [ ] 
Add 1 to Cart:
Non-fat Milk (64 oz)

- [ ] 

Add 1 to Cart:
Greek Yogurt (5.3 oz)

- [ ] 
Add 1 to Cart:
Allspice (0.5 oz)

- [ ] 

Add 1 to Cart:
Pineapple Chunks (20 oz)

- [ ] 
Add 1 to Cart:
Medium Banana

- [ ] 

Add 1 to Cart:
Chopped Walnuts (8 oz)

SAVE TIME, SAVE MONEY

Cooking Tips

- **Try any typeof nuts: almonds,walnuts, pecans, etc.**
- **To save money, buy cannedpineapple in 100% juice instead offresh pineapple.**

Similar Recipes

- **Cut on costs by reusing these ingredients in other recipes found on snapedny.org, such as:**
  - **Banana Crumble**
  - **Oatmeal Banana Cookies**
  - **Fruit Salad with Yogurt**

My Cooking Notes

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RECIPE

Very Berry Muesli

Muesli makes a delicious breakfast. Try drizzling with milk.

Makes: 5 servings
Prep Time: 5 minutes
Chill Time: 6-12 hours

Source: foodhero.org recipes, very berry muesli

Ingredients

- 1 cup low-fatfruit yogurt
- 1 cup old fashioned rolled oats
- 1/2 cup nonfat or 1% milk
- 1/2 cup dried fruit (try raisins, apricots, dates)
- 1/2 cup chopped apple (about 1/3 of a medium apple)
- 1/2 cup frozen blueberries
- 1/4 cup chopped, toasted walnuts

Directions

1. In medium bowl, mix oats, yogurt, and milk.
2. Cover and refrigerate for 6 to 12 hours.
3. Add dried and fresh fruit, and mix gently.
4. Serve scoops of muesli in small dishes.
   Sprinkle each serving with chopped nuts.
5. Refrigerate leftovers within 2 hours.

Utensils Needed

- Medium bowl
- Mixing spoon
- Knife
- Cutting board
- Liquid measuring cup
- Measuring spoons
- Measuring cups



Small Changes, BIG Difference!



Nutrition Information

Serving Size:1cup

Nutrients	Amount
Calories:	210
Total Fat:	6 g
Saturated Fat:	1 g
Cholesterol:	5mg
Sodium:	50mg
Total Carbohydrates:	32g
Dietary	3 g
Fiber: Total	19g
Sugars: Added Sugars:	0 g
Protein	8 g

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SHOPPING LIST

Average total cost without oil and seasonings: $11.22

Average cost/serving: $2.24

Makes: 5 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients

- [ ]  **Add 1 to Cart Strawberry Yogurt (32 oz)**
- [ ]  **Add 1 to Cart Fresh Apple**
- [ ]  **Add 1 to Cart Old-Fashioned Oats (18 oz)**
- [ ]  **Add 1 to Cart Frozen Blueberries (16 oz)**
- [ ]  **Add 1 to Cart Fat-Free Skim Milk, 1/2 Gallon**
- [ ]  **Add 1 to Cart Chopped Walnuts (8 oz)**
- [ ]  **Add 1 to Cart Dried Raisins (20 oz)**

SAVE TIME, SAVE MONEY

Preparation Tips

- **Substituteany frozen, canned/drained, or fresh chopped fruit for apples and blueberries.**
- **Try adding cinnamon or grated orange peel to boost flavor.**
- **Try plain Greek yogurt in place of the fruited yogurt. Purchasing yogurt in a larger container may lower the unit cost.**

My Cooking Notes

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RECIPE

Rice Bowl Breakfast with Fruit and Nuts



Use a combination of fresh, canned, frozen and dried fruit in this recipe. You can use any leftover cooked grain in this recipe. Try white or wild rice, quinoa, barley or oatmeal.

Makes: 2 servings
Prep Time: 15 minutes
Cook Time: 5 minutes

Source: foodhero.org/recipes/rice-bowl-breakfast-fruit-and-nuts

Ingredients

- 1cupcooked brown rice
- 1/2 cup nonfat or 1% milk
- 1/2 teaspoon cinnamon
- 1 cup chopped fruit (try a mixture - apples, bananas, raisins, berries, peaches)
- 2 Tablespoons chopped nuts (try unsalted walnuts or almonds)

Directions

1. Combine cooked rice, milk and cinnamon in a microwave-safe bowl. Microwave on HIGH for 45 seconds. Stir and heat for another 45-60 seconds, or until rice mixture is heated through.
2. Divide rice mixture between two bowls. Top with fruit and nuts. Serve warm.
3. Refrigerate leftovers within 2 hours.

Utensils Needed

- Sharp knife
- Cutting board
- 2 cereal bowls
- Mixing spoon
- Microwave-safe bowl
- Mixing spoon
- Measuring cups
- Measuring spoons
- Liquid measuring cup

Small Changes, BIG Difference!



Nutrition Information

Serving Size:1cup

Nutrients	Amount
Calories:	280
Total Fat:	6 g
Saturated Fat:	1 g
Cholesterol:	0mg
Sodium:	35mg
Total Carbohydrates:	55g
Dietary	5 g
Fiber: Total	23g
Sugars: Added Sugars:	0 g
Protein	7 g
Vitamin D	32 mcg
Calcium	116 mg
Iron	2mg
Potassium	401 mg

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SHOPPING LIST

Average total cost without oil and seasonings: $5.63

Average cost/serving: $2.82

Makes: 2 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Instant Brown Rice (14 oz)



Add 1 to Cart
Apple



Add 1 to Cart
Chopped Walnuts (8 oz)



Add 1 to Cart
Low-Fat Milk, 1/2 gallon

SAVE TIME, SAVE MONEY

My Cooking Notes

Preparation Tips

- **Prepare rice in advance for use in this recipe, or use leftover rice from another meal. Alternatively, try using instant brown rice to save time.**
- **Try any combination of fruits that you have on hand to add to this rice bowl.**
- **You can use almond or soy milk in place of regular milk.**
- **You can use sunflower seeds in place of nuts.**

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RECIPE

Peanut Butter Banana Smoothie



This delicious blend of milk, yogurt, bananas and peanut butter makes for a filling breakfast on-the-go. Cocoa powder lends a touch of sweet that also hits the spot as an afternoon snack.

Makes: 2 Servings
Prep Time: 10 minutes
Cook Time: N/A
Source: MyPlate.gov

Ingredients

- 2 bananas (ripe, frozen)
- 1 cup skim milk
- 1 1/2 tablespoons creamy peanut butter
- 1/2 tablespoon unsweetened cocoa powder
- 1/2 cup low fat vanilla yogurt
- 1 1/2 cups ice

Directions

1. Wash hands with soap and water.
2. Peel bananas, chop into small pieces and place in freezer until hard.
3. Gather all ingredients and put all ingredients in a blender.
4. Blend on high until smooth.
5. Pour into 2 glasses. Serve right away.

Small Changes, BIG Difference!



Nutrition Information

Serving Size: 1/2 of recipe

Nutrients	Amount
Calories:	260
Total Fat:	8g
Saturated Fat:	2g
Cholesterol:	6mg
Sodium:	136mg
Total Carbohydrates:	40g
Dietary	4g
Fiber: Total	28g
Sugars: Added Sugars:	5g
Protein	11g

Utensils Needed

- Butter knife
- Cutting board
- Measuring cups
- Measuring spoons
- Blender or mixer

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SHOPPING LIST

Average total cost of ingredients without oil and seasonings: $10.97
Average cost/serving: $5.49

Makes: 2 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget, and location.

Ingredients

- [ ] 
  Add 2 to cart
  Ripe banana
- [ ] 
  Add 1 to cart
  Creamy peanut butter
- [ ] 
  Add 1 to cart
  Low-fat vanilla yogurt (6 oz.)
- [ ] 
  Add 1 to cart
  Half gallon low-fat or skim milk
- [ ] 
  Add 1 to cart
  Unsweetened cocoa powder

SAVE TIME, SAVE MONEY

Chef's Notes

- **Get kids of all ages involved in making this healthy snack by giving them age appropriate tasks; measuring, peeling, adding ingredients, mixing and/or blending.**
- **Have a craving for this recipe during the cold winter months? Simply add your ripe bananas fresh, not frozen.**

Similar Recipes

- **Consider trying other recipes with similar ingredients found on snapedny.org, such as:**
  - **Yogurt Parfait**
  - **Peanut Butter Banana Pancakes**
  - **Ants on a Log**
  - **Banana Bread**

My Cooking Notes

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RECIPE

Quesadilla con Huevos



Tortillas, eggs, cheese, and salsa can be enjoyed at any meal. Enjoy this main dish with a salad and a piece of fruit for a well balanced lunch.

Makes: 4 servings

Prep Time: 5 minutes
Cook Time: 5 minutes
Source: myplate.gov

Ingredients

- 1/2cupcheddar or colby jack cheese (grated)
- 2 eggs (scrambled)
- 4 flour tortillas (6 - 8 inch)

Optional Ingredients

- 4 Tablespoons salsa (any kind)

Directions

1. Put 2 Tablespoons of cheese and 1/4 of the scrambled eggs on each tortilla.
2. Heat 2 quesadillas at a time in microwave on high for 30 to 45 seconds or until cheese melts.
3. Top with salsa and fold tortilla in half to serve.

Utensils Needed

- Grater
- Skillet
- Mixing Spoon
- Measuring Spoons
- Microwavable Plate

Small Changes, BIG Difference!



Nutrition Information

Serving Size: 1 Quesadilla

Nutrients	Amount
Calories:	252
Total Fat:	11 g
Saturated Fat:	5 g
Cholesterol:	108 mg
Sodium:	448 mg
Total Carbohydrates:	27 g
Dietary Fiber: Total	2 g
Sugars: Added Sugars:	1 g 0 g
Protein	11 g

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SHOPPING LIST

Average total cost without oil and seasonings: $5.37

Average cost/serving: $1.34

Recipe makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients

☐ 

Add 1 to Cart
Large Eggs, 12 count

☐ 

Add 1 to Cart
Sharp Cheddar Cheese, 8 oz Brick

☐ 

Add 1 to Cart
Flour Tortillas, 10 count

SAVE TIME, SAVE MONEY

My Cooking Notes

Storage Tips

- **Serve immediately. Refrigerate any leftovers within 2 hours.**

Cooking Tips

- **Flour tortillas can be used to make any type of delicious quesadilla! Check out www.snapedny.org for recipe inspiration and ideas!**
- **Extra eggs can be used to make a frittata, quiche, or even used in any type of baked good. Fresh eggs stored in the refrigerator can last up to 4-5 weeks after you purchase them!**
- **Cheese can go into any dish as an additional topping!**

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RECIPE

Banana Oat Pancakes



Oats are an extremely easy and affordable grain. Adding oats to your pancakes provides a texture element that many people love!

Makes: 4 servings
Prep Time: 20 minutes
Cook Time: 10 minutes

Source: commonthreads.org, recipe/ banana-oats-pancakes

Ingredients

- 3/4 cup all-purpose flour
- 3/4 cup oats
- 1 teaspoon baking powder
- 1 tablespoon sugar
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 2 bananas, mashed
- 1 tablespoon canola oil (or your choice of oil)
- 1 teaspoon vanilla
- 1 egg
- 1/2 cup low-fat milk

Directions

1. Mash 2 bananas and, measure out all your ingredients.
2. Mix together flour, oats, baking powder, sugar, cinnamon and salt into a large bowl.
3. In another bowl, combine mashed bananas, oil, vanilla, egg, and milk. Mix well.
4. Next, use a spoon and mix the dry ingredients into the wet ingredients. Stir until well mixed.
5. Let pancake mixture sit in the fridge for 15 minutes.
6. Remove pancake mixture from the fridge and heat a pan on medium heat
7. Once the pan is hot, scoop batter into large circles in the center of the pan.
8. When the edges of the pancake begin to bubble, use a spatula to carefully flip the pancake over.
9. Cook pancake until lightly golden brown on both sides. Be careful not to burn. If your pancakes begin to burn, your pan is too hot.

Small Changes, BIG Difference!

Fruits — ChooseMyPlate.gov | Grains — ChooseMyPlate.gov | Dairy

Nutrition Information

Serving Size:1Pancake

Nutrients	Amount
Calories:	272
Total Fat:	6.3g
Saturated Fat:	1.1 g
Cholesterol:	42mg
Sodium:	179 mg
Total Carbohydrates:	47.3 g
Dietary	3.9 g
Fiber: Total	12.2g
Sugars: Added Sugars:	12.2g
Protein	7.5 g

Utensils Needed

- Large Bowl
- Fork
- Spoon
- Medium Bowl
- Spatula
- Large Frying Pan
- Measuring Cups
- Measuring Spoons

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SHOPPING LIST

Average total cost without oil and seasonings: $5.71

Average cost/serving: $1.43

Recipe makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



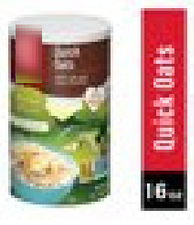
Add 1 to Cart
1% Milk (Half gallon)



Add 1 to Cart
Baking Powder (8.1 oz.)



Add 1 to Cart
Large Eggs (12 count)



Add 1 to Cart
Quick Oats (16 oz.)



Add 2 to Cart
Fresh Bananas

SAVE TIME, SAVE MONEY

Storage Tips

- **Leftover pancakes can be frozen to use for another meal!**
- **Or refrigerate leftovers within 2 hours.**

Cooking Tips

- **Leftover milk and eggs can be used to make a nice egg dish such as vegetable quiche or even a frittata. Check out https://www.snapedny.org/ for more recipe inspiration!**
- **With the leftover oats try to start your day the whole grain way with hot oatmeal topped with some fresh fruit!**

My Cooking Notes

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RECIPE

Fantastic French Toast



Start your day with this classic breakfast recipe and serve it with fresh or canned fruit.

Makes: 6 Servings

Source: U.S. Department of Agriculture, Choose MyPlate recipe/Fantastic French Toast

Ingredients

- 2large eggs
- 1/2 cup non-fat milk
- 1/2 teaspoon vanilla extract
- 6 slice whole wheat bread
- syrup or other toppings (optional)

Directions

1. Preheat the griddle over medium heat, or set an electric frying pan at 375 degrees.
2. Put eggs, milk, and vanilla in a pie pan or shallow bowl and beat with a fork until well mixed.
3. Grease the griddle or pan with a thin layer of oil or use nonstick spray.
4. Dip both sides of bread, one slice at a time, in the egg mixture and cook on the hot griddle or frying pan.
5. Cook on one side until golden brown. Turn the bread over to cook the other side. It will take about 4 minutes on each side.
6. Optional: serve with syrup, applesauce, fruit slices, or jam.

Small Changes, BIG Difference!

Grains

Protein

Nutrition Information

Serving Size: 1/6 of recipe

Nutrients	Amount
Calories:	102
Total Fat:	3 g
Saturated Fat:	1 g
Cholesterol:	62 mg
Sodium:	160 mg
Total Carbohydrates:	13 g
Dietary	2 g
Fiber: Total	2 g
Sugars: Added Sugars:	1 g
Protein	6 g
Vitamin D	1 mcg
Calcium	79 mcg
Iron	1 mg
Potassium	126 mg

Utensils Needed

- Shallow bowl or dish
- Frying pan or griddle
- Spatula for turning the toast
- Fork
- Serving plate

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SHOPPING LIST

Average total cost without oil and toppings: $10.46

Average cost/serving: $1.74

Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart

Eggs 12 ct



Add 1 to Cart

Non-Fat Milk, 1/2 gal.



Add 1 to Cart

Vanilla Extract



Add 1 to Cart

Whole Wheat Bread, Sliced-1 loaf



Add 1 to Cart

Syrup, 24 fl oz (optional)

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RECIPE

Chilled Blueberry Soup



This refreshing, beautiful, and quick summer soup features a blend of blueberries, apple juice, and low-fat yogurt, and is garnished with fresh mint leaves.

Makes: 4 Servings
Prep Time: 10 minutes

Source: Modified from a What's Cooking? USDA Mixing Bowl recipe

Ingredients

- 2 cups fresh blueberries
- 1 cup 100% apple juice
- 1 1/2 cups plain low-fat yogurt
- 1 teaspoon cinnamon
- Fresh mint leaves for garnish (optional)

Directions

1. Rinse blueberries and set aside a few for garnishing.
2. Blend all ingredients in food processor or blender.
3. Serve immediately.
4. Garnish with mint leaves and blueberries, if desired.

Utensils Needed

- Food processor or blender
- Measuring cups
- Measuring spoons

Small Changes, BIG Difference!

Fruits — ChooseMyPlate.gov

Dairy — ChooseMyPlate.gov

Nutrition Information

Serving Size:1cup

Nutrients	Amount
Calories:	140
Total Fat:	2 g
Saturated Fat:	1 g
Cholesterol:	5mg
Sodium:	65mg
Total Carbohydrates:	28g
Dietary Fiber: Total	2 g
Sugars: Added Sugars:	24g 0 g
Protein	5 g

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SHOPPING LIST

Average total cost of ingredients without oil and seasonings: $6.28

Average cost/serving: $1.57
Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Blueberries, 1 pint



Add 1 to Cart
Nonfat Plain Yogurt, 32 oz



Add 1 to Cart
100% Apple Juice



Add 1 to Cart
Ground Cinnamon

SAVE TIME, SAVE MONEY

Shopping Tips

- Make sure to buy 100% apple juice with no added sugar.
- Save money by purchasing fresh blueberries during the summer months (June-August) when they are in season.

Similar Recipes

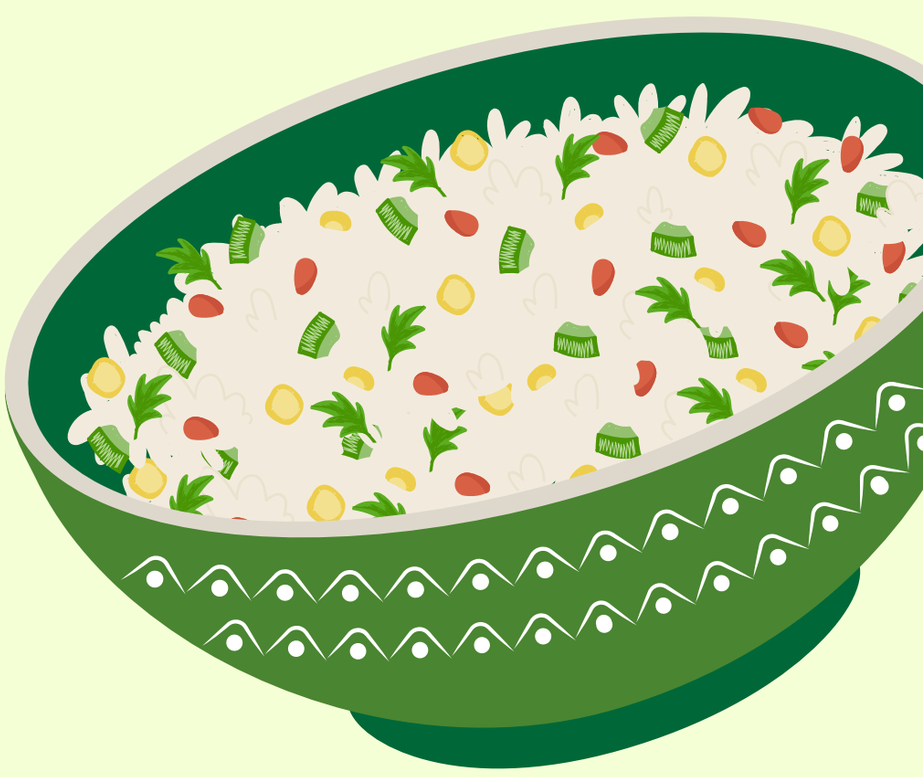
- Considertrying other recipes with blueberries found on snapedny.org, such as:
  - Blueberry Salsa
  - Berry Yogurt Bark
  - Blueberry Bling
  - Blueberry Muffins
  - Blueberry Thyme Fruit Salad

My Cooking Notes

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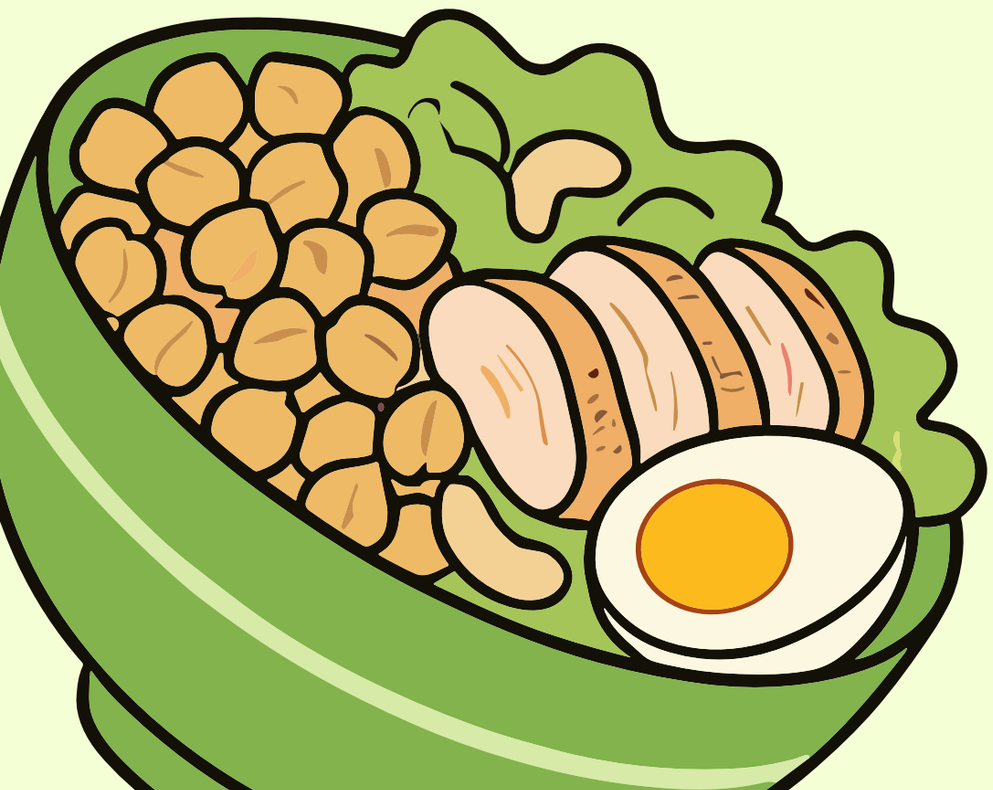






LUNCH





snapedny.org



RECIPE

Apple Wraps

This tasty wrap features a fall favorite-apples! Shake up the kid's lunches by sneaking this fruity favorite in.

Makes: 4 servings
Prep Time: 15 minutes

Source: Cooking Matters

Ingredients

- 1 largeapple
- 2 medium, ripe bananas
- 2 tablespoons peanut butter
- 2 (8-inch) whole wheat tortillas

Directions

1. Rinse and cut apple in half, lengthwise. Remove any stems. Cut out center core that contains the seeds. Do not peel.
2. Lay apple halves flat side down. Cut into ¼-inch thick slices. Cut slices into small cubes.
3. Peel bananas. In a medium bowl, use your fingers to break bananas into pieces. Use your fingers or a fork to mash pieces until creamy and smooth.
4. Add peanut butter to mashed banana. Stir well to blend.
5. Spread peanut butter mixture over one side of each tortilla.
6. Sprinkle diced apple over peanut butter. Tightly roll each tortilla. Cut each wrap in half.
7. Chill in refrigerator until ready to serve, up to 24 hours.



Small Changes, BIG Difference!

Click image to watch the recipe video or visit snapedny.org

Fruits ChooseMyPlate.gov Grains ChooseMyPlate.gov

Nutrition Information

Serving Size:1/2wrap

Nutrients	Amount
Calories:	190g
Total Fat:	6 g
Saturated Fat:	1.5g
Cholesterol:	0mg
Sodium:	200 mg
Total Carbohydrates:	34g
Dietary Fiber: Total	3 g
Sugars: Added Sugars:	14g 0 g
Protein	5 g

Utensils Needed

- Cutting board
- Measuring spoons
- Medium bowl
- Sharp knife
- Fork and spreading knife

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SHOPPING LIST

Average total cost without oil and seasonings: $4.99
Average cost/serving: $1.25

Recipe makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients

- [ ]  **Add 1 to Cart**
Flour tortillas, 6 inch

- [ ]  **Add 2 to Cart**
Bananas

- [ ]  **Add 1 to Cart**
Apple

- [ ]  **Add 1 to Cart**
Peanut Butter

SAVE TIME, SAVE MONEY

Produce and Cooking Tips

- If you or someone in your family has a peanut allergy, consider using sunflower seed butter or or another nut butter. You could also use low-fat vanilla yogurt for a different take on this snack.

Similar Recipes

- Consider trying similar quick and healthy recipes found on snapedny.org, such as:
Apple Cinnamon Wrap and Rolls
Apple Cinnamon Bars

My Cooking Notes

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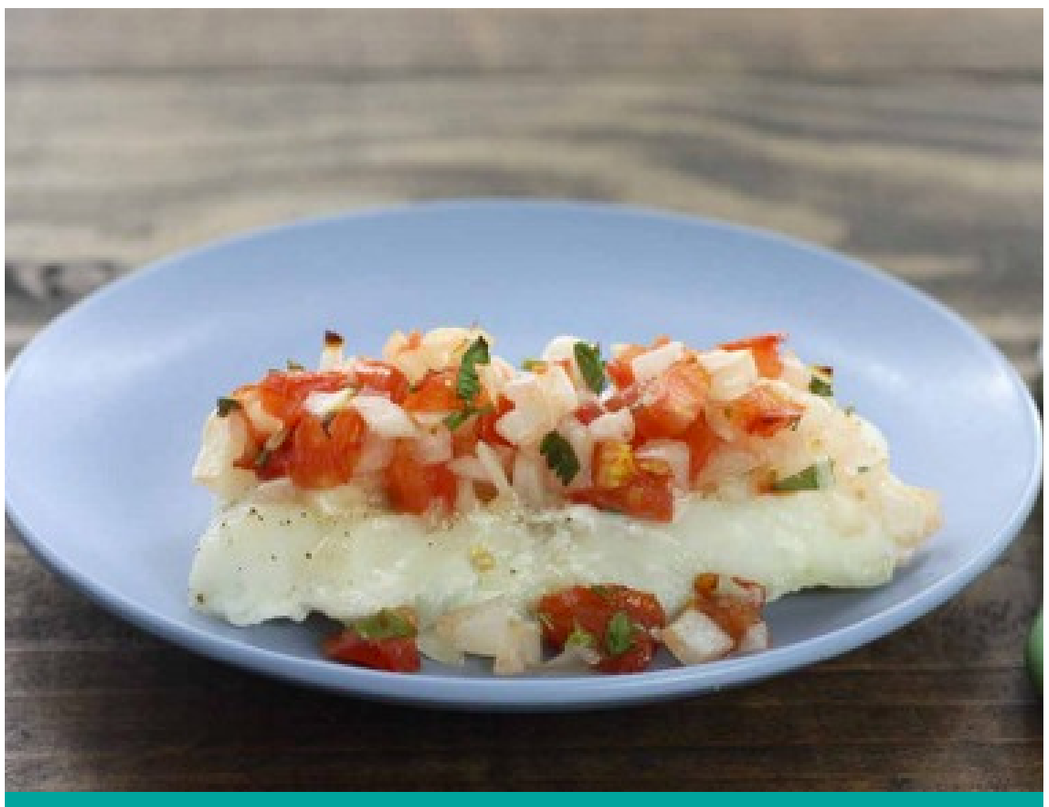
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RECIPE

Baked Cod Ole

Cod is a popular seafood choice throughout the Caribbean due to its versatility. It can be baked, poached, or grilled.
Makes: 6 servings
Prep Time: 10 minutes
Cook Time: 15 minutes

Source: Team Nutrition CACFP Multicultural Recipe Project



Small Changes, BIG Difference!

Ingredients

- 3tablespoons lime juice, fresh squeezed, seeds removed or bottled lime juice
- ½ teaspoon olive oil
- ¼ teaspoon black pepper, ground
- ¼ teaspoon salt
- 1¼ cups tomatoes, fresh, ¼" diced
- 1¼ cups onions, fresh, peeled, ¼" diced
- 2 tablespoons cilantro, fresh, chopped
- 13½ ounces cod fish fillets, fresh or frozen (each piece should be about 2¼ oz)
- Nonstick cooking spray

Directions

1. Preheat oven to 400°F.
2. To make dressing: In a small bowl, whisk together lime juice, olive oil, black pepper, and salt.
3. To make salsa: In a medium bowl, combine tomatoes, onions, and cilantro. Add dressing and toss. Hold at 40°F or lower.
4. Coat baking sheet with nonstick cooking spray.
5. Place fish portions on a baking sheet with about 1" of space separating each piece.
6. Top each piece of fish with ⅓ cup (about 2⅓ oz) salsa.
7. Roast for 12-15 minutes. When done, fish will flake easily with a fork. Heat to an internal temperature of 155°F for at least 15 seconds.
8. Serve 1 fillet topped with ⅓ cup salsa.

Nutrition Information

Serving Size: 1 fish fillet, 1/3 c. salsa

Nutrients	Amount
Calories:	68
Total Fat:	1g
Saturated Fat:	0g
Cholesterol:	25mg
Sodium:	132mg
Total Carbohydrates:	4g
Dietary Fiber: Total	1g
Sugars: Added Sugars:	2g 0g
Protein	11g

Utensils Needed

- Baking sheet
- Cutting board Small bowl
- Medium bowl Fork or whisk
- Measuring spoons
- Measuring cups
- Sharp knife
- Spoon

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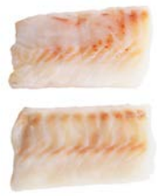
SHOPPING LIST

Average total cost without oil and seasonings: $14.80
Average cost/serving: $2.47

Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients

- [ ] 
  Add 2 to Cart
  Limes
- [ ] 
  Add 2 to Cart
  Tomatoes
- [ ] 
  Add 1 to Cart
  Large onion or 2 small
- [ ] 
  Add 1 to Cart
  Cilantro, bunch
- [ ] 
  Add 1 to Cart
  13 1/2 ounces cod fish fillets

SAVE TIME, SAVE MONEY

Chef's Notes

- **Tilapia, halibut, or other white fish can be substituted for cod.**

Similar Recipes

- **Crispy Parmesan Baked Fish**
- **Fish Tacos with Peach Salsa**

My Cooking Notes

RECIPE

Baked Lentil Casserole



Small Changes, BIG Difference!

Baked lentils, vegetables, and cheese make a complete vegetarian dinner in one dish.

Makes: 5 servings

Prep Time: 10 minutes
Cook Time: 65 minutes

Source: Baked Lentils Casserole | MyPlate

Ingredients

- 1 cup lentils (rinsed)
- 3/4 cup water
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper (optional)
- 1/2 cup onion (chopped)
- 1/4 teaspoon garlic powder
- 1 can tomatoes
- 2 carrots (thinly sliced)
- 1/2 cup cheddar cheese (shredded)

Directions

1. Combine lentils, water, seasonings, onion, and tomatoes.
2. Place in a 2 quart casserole dish.
3. Cover tightly with lid or foil.
4. Bake at 350 degrees for 30 minutes.
5. Remove from oven and add carrots. Stir.
6. Cover and bake 30 minutes longer.
7. Remove cover and sprinkle cheese on top.
8. Bake, uncovered 5 minutes, until cheese melts.

Nutrition Information

Serving Size: 1/5 of recipe

Nutrients	Amount
Calories:	200
Total Fat:	4 g
Saturated Fat:	2 g
Cholesterol:	12 mg
Sodium:	418 mg
Total Carbohydrates:	29 g
Dietary Fiber: Total	11 g
Sugars: Added Sugars:	6 g 0 g
Protein	14 g

Utensils Needed

- Cutting board
- Knife
- Casserole dish
- Measuring cups
- Measuring spoons
- Stirring spoon
- Casserole lid or aluminum foil

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SHOPPING LIST

Average total cost without oil and seasonings: $ 6.16
Average cost/serving: $1.23
Recipe Makes: 5 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to cart
Shredded cheddar



Add 1 to cart
Onion



Add 1 to cart
Lentils



Add 1 to cart
Carrots



Add 1 to cart
Canned tomatoes (no salt added)

SAVE TIME, SAVE MONEY

Shopping Notes

- **Dry lentils are affordable and keep well when stored in an airtight container in the**
- **pantry. Try using leftover dry lentils for other SNAPed recipes such as Lentil Burgers, Barley Lentil Soup, or Lentil Minestrone**

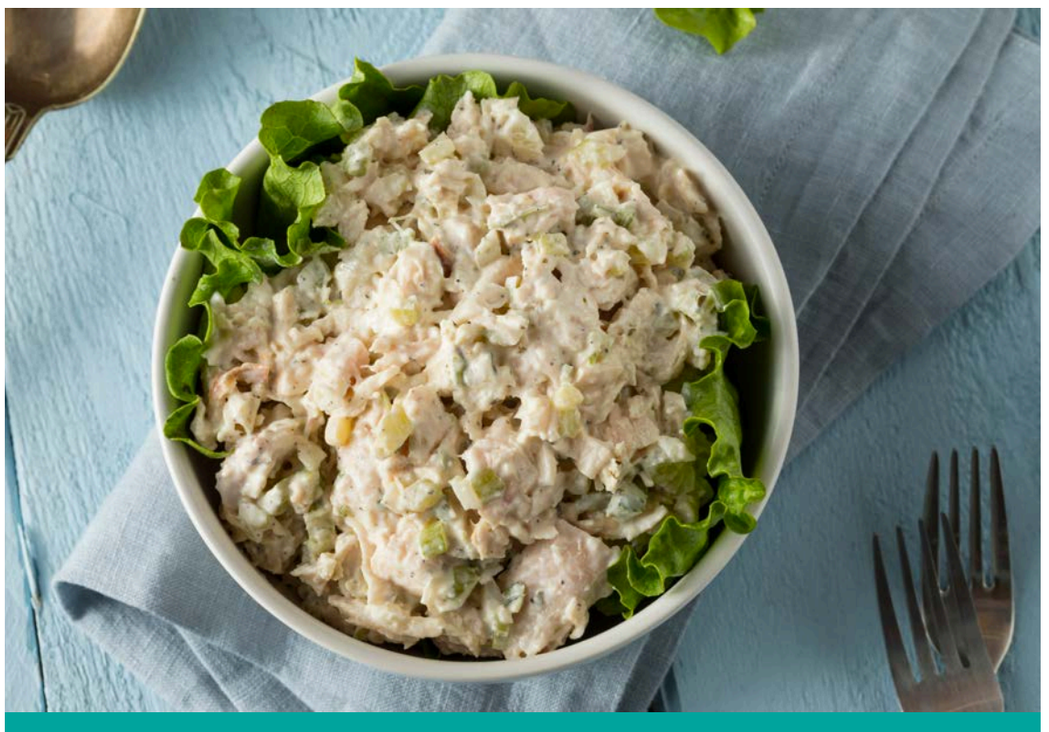
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RECIPE

Apple & Chicken Salad



A deliciously balanced blend of crisp apples, celery, raisins, chicken breast and Greek yogurt-based dressing, served over a bed of lettuce.

Makes: 4 servings

Prep Time: 20 minutes

Source: myplate.gov

Ingredients

- 2 red apples (such as Cameo or Fuji Apples)
- 2 celery stalks (diced)
- 2 chicken breasts (skinless, cooked, diced, about 2 cups)
- 1/4 cup plain non-fat Greek yogurt
- 1/2 cup raisins
- 1/4 cup mayonnaise
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 16 lettuce leaves (Bibb, Romaine, green or red leaf)

Directions

1. Cut apples in quarters; remove core and chop.
2. In a medium size bowl, mix all ingredients, except lettuce.
3. To serve, arrange lettuce on serving plates top with apple and chicken salad.

Small Changes, BIG Difference!



Nutrition Information

Serving Size: 1/4 of recipe

Nutrients	Amount
Calories:	290
Total Fat:	8 g
Saturated Fat:	2 g
Cholesterol:	65 mg
Sodium:	330 mg
Total Carbohydrates:	34 g
Dietary Fiber:	4 g
Total Sugars:	12 g
Added Sugars:	0 g
Protein	25 g

Utensils Needed

- Measuring cups
- Measuring spoons
- Cutting board
- Sharp knife
- Mixing bowl
- Spoon for mixing
- Apple corer

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SHOPPING LIST

SAVE TIME, SAVE MONEY

Average total cost without oil and seasonings: $14.47

Average cost/serving: $3.62

Recipe makes: 4 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 2 to Cart
Red Apple



Add 1 to Cart
Celery



Add 1 to Cart
Chicken Breast (2)



Add 1 to Cart
Greek Yogurt, 6 oz. (Plain Non-Fat)



Add 1 to Cart
Raisins



Add 1 to Cart
Lettuce

SAVE TIME, SAVE MONEY

Weekly Menu Planning Tips:

- **When you're planning a dinner with chicken cook up extra chicken breast and refrigerate for later use in other recipes.**
- **Try serving with 1 slice rustic whole grain bread.**
- **Plain non-fat yogurt or light mayonnaise can be used in place of Greek yogurt.**

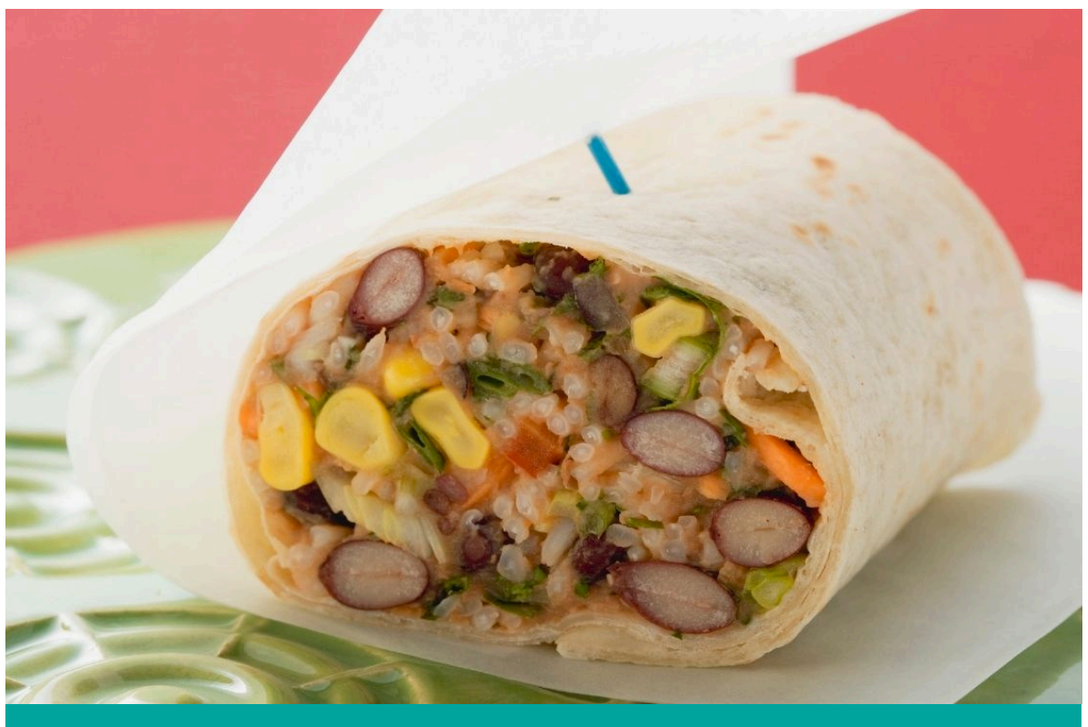
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RECIPE

Bean and Rice Burritos



These baked burritos are a great way to use leftover cooked rice. Try them with brown rice for a whole grain boost.
Makes: 8 servings
Prep Time: 20 minutes
Cook Time: 15 minutes

Source: MyPlate.gov, recipe/Bean and Rice Burritos

Ingredients

- 2 cups rice(cooked)
- 1 onion (small, chopped)
- 2 cups kidney beans (cooked, or one 15 ounce can, drained)
- 8 flour tortillas (10 inch)
- 1/2 cup salsa
- 1/2 cup cheese (shredded)

Directions

1. Preheat the oven to 300 degrees.
2. Peel the onion, and chop it into small pieces.
3. Drain the liquid from the cooked (or canned) kidney beans.
4. Mix the rice, chopped onion, and beans in a bowl.
5. Put each tortilla on a flat surface.
6. Put 1/2 cup of the rice and bean mix in the middle of each tortilla.
7. Fold the sides of the tortilla to hold the rice and beans.
8. Put each filled tortilla (burrito) in the baking pan.
9. Bake for 15 minutes.
10. While the burritos are baking, grate 1/2 cup cheese.
11. Pour the salsa over the baked burritos. Add cheese.
12. Serve the burritos warm.

Small Changes, BIG Difference!

Fruits | Vegetables | Dairy | Grains | Protein

Nutrition Information

Serving Size: 1/8 of recipe

Nutrients	Amount
Calories:	358
Total Fat:	8 g
Saturated Fat:	3 g
Cholesterol:	7mg
Sodium:	557 mg
Total Carbohydrates:	58g
Dietary Fiber: Total	6 g
Sugars: Added Sugars:	2 g
Protein	0 g
	13g

Utensils Needed

- Colander
- Sharp Knife
- Cutting board
- Bowl
- Spatula
- Baking pan
- Measuring cups
- Spoon
- Grater

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SHOPPING LIST

Average total cost without oil and seasonings: $11.62

Average cost/serving: $1.45

Recipe makes: 8 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

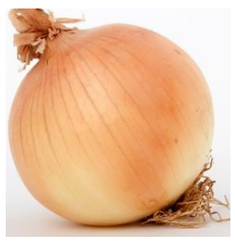
Ingredients



Add 1 to Cart
Brown Rice, 16 ounces



Add 1 to Cart
Kidney beans (Cooked or canned)



Add 1 to Cart
Small Onion



Add 1 to Cart
Flour Tortillas



Add 1 to Cart
Salsa



Add 1 to Cart
Cheese

SAVE TIME, SAVE MONEY

Waste Less, Save More

- Buy in bulk and/or use leftover ingredients in other dishes to save money. Try these recipes from snapedny.org for the following ingredients.
- Brown Rice:
  - Black Bean Burgers
  - Taco Rice Salad
- Beans:
  - Vegetarian Chili
  - Rice Bowl Southwestern Style

My Cooking Notes

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RECIPE

Bulgur Chickpea Salad



Small Changes, BIG Difference!

This salad is a great way to add some healthy grains, fruits, vegetables, and garbanzo beans to your meal.

Makes: 6 servings
Prep Time: 20 minutes
Cook Time: 20 minutes

Source: www.choosemyplate.gov recipes/ bulgur chickpea salad

Ingredients

Salad

- 1 1/4 cup water
- 1 cup bulgur
- 1 teaspoon dried parsley
- 1 teaspoon minced onion
- 1 teaspoon soy sauce
- 1/2 cup scallions (chopped, green onions)
- 1/2 cup raisins
- 1/2 cup carrot (chopped)
- 3/4 cups canned chickpeas (garbanzo beans, drained and rinsed)

Dressing

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

Utensils Needed

- Cutting board
- Sharp knife
- Measuring cups
- Measuring spoons
- Medium saucepan
- Mixing bowl Small bowl
- Large bowl Fork

Nutrition Information

Serving Size: 1/6 of recipe

Nutrients	Amount
Calories:	220
Total Fat:	6 g
Saturated Fat:	1 g
Cholesterol:	0 mg
Sodium:	178 mg
Total Carbohydrates:	41 g
Dietary Fiber: Total	7 g
Sugars: Added Sugars:	11 g / 0 g
Protein	6 g

Directions

1. Bringwaterto boil in medium saucepan. Stir in bulgur, parsley, minced onion, and soy sauce. Cover and reduce heat; simmer 15-20 minutes (until all water is absorbed and bulgur is not too crunchy). Do not overcook.
2. Remove from heat and allow to cool; fluff with fork.
3. Combine dressing ingredients; stir well. Pour over bulgur mixture and mix well.
4. Stir in scallions, raisins, carrots, and chickpeas. Cover and chill for several hours. Store in refrigerator.

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SHOPPING LIST

Average total cost without oil and seasonings: $13.80

Average cost/serving: $2.30

Recipe Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients

- [ ] 

Add 1 to Cart
Bulgur

- [ ] 
Add 1 to Cart
Yellow Onion

- [ ] 
Add 1 to Cart
Soy Sauce

- [ ] 
Add 1 to Cart
Scallions (Green Onion)

- [ ] 
Add 1 to Cart
Raisins

- [ ] 
Add 1 to Cart
1 Carrot

- [ ] 

Add 1 to Cart
1 Can Chickpeas (Garbanzo Beans)

- [ ] 
Add 1 to Cart
Lemon Juice

- [ ] 
Add 1 to Cart
Garlic

RECIPE LOG
SARVEEC TIPIMEE, SAVE M
LOG

Preparation Tips

- If bulgur is not available, try using brown rice, whole wheat couscous, quinoa, farro or riced cauliflower.

Similar Recipes

- Consider trying other recipes with similar ingredients found on snapedny.org, such as:
  - Mushroom Bulgur Pilaf
  - 5 A Day Bulgur Wheat
  - Tabbouleh

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RECIPE

Easy Red Beans and Rice



This flavorful dish is traditionally eaten on Monday nights in many homes and uses dry beans, onion, pepper, and spices.
Makes: 8 servings

Prep Time: 15 minutes
Cook Time: 15 minutes

Source: choosemyplate.gov recipes - easy red beans and rice

Ingredients

- cooking oilspray, as needed (non-stick)
- 1 onion (medium, peeled and chopped)
- 1 green bell pepper (medium, washed, seeded and chopped)
- 1 teaspoon garlic powder
- 2 cans diced tomatoes (14.5 ounces each)
- 1 can kidney beans (15.5 ounces, drained and rinsed)
- 6 cups cooked brown rice

Directions

1. Spray skillet with cooking oil spray.
2. Cook onion and pepper over medium heat for 5 minutes or until tender.
3. Add garlic powder, tomatoes, and kidney beans.
4. Bring mixture to a boil.
5. Reduce heat to low and simmer for 5 minutes.
6. Serve over rice.

Utensils Needed

- Skillet
- Mixing Spoon
- Colander
- Knife
- Cutting Board
- Measuring Spoons
- Measuring Cups

Small Changes, BIG Difference!

Grains ChooseMyPlate.gov | Protein ChooseMyPlate.gov | Vegetables ChooseMyPlate.gov

Nutrition Information

Serving Size:1cup

Nutrients	Amount
Calories:	232
Total Fat:	2 g
Saturated Fat:	0 g
Cholesterol:	0mg
Sodium:	127 mg
Total Carbohydrates:	47g
Dietary Fiber: Total	8 g
Sugars: Added Sugars:	4 g 0 g
Protein	8 g
Vitamin D	0mcg
Calcium	64mg
Iron	2mg
Potassium	453 mg

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SHOPPING LIST

Average total cost without oil and seasonings: $4.48

Average cost/serving: $.56

Makes: 8 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Canned Kidney Beans 15.5 oz



Add 1 to Cart
Fresh Bell Pepper



Add 1 to Cart
Instant Brown Rice 14 oz



Add 1 to Cart
Fresh Onion



Add 2 to Cart
Canned Diced Tomatoes 14.5 oz

SAVE TIME, SAVE MONEY

Storage and Leftover Tips

- **The extra cooked rice can be stored in the refrigerator for up to 7 days.**
- **The rice can be used for a soup or even rice pudding!**
- **Looking for other recipes to use the rice? Go to snapedny.org, there you will find a Black Bean Burger Recipe, and a Taco Rice Salad Recipe!**

My Cooking Notes

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RECIPE

Corn, Blueberry, and Wild Rice Salad



This savory dish features wild rice and blueberries, a fun way to add flavor and color to any salad!

Makes: 6 Servings
Source: Eatfresh.org

Ingredients

- 2 tablespoons Lemon Juice about 1/2 lemon
- 2 tablespoons Olive Oil
- 2 teaspoons Honey
- 1/2 teaspoon Ground Cumin
- 1 teaspoon Salt
- 1 1/2 cups Corn fresh, frozen or canned
- 1 cup Blueberries fresh or frozen
- 1 cup Wild Rice or 1 cup Brown Rice
- 1 Cucumber finely diced
- 1/4 cup Red Onion finely diced or 1/4 cup Scallions finely diced
- 1/4 cup Cilantro Fresh, chopped

Directions

1. Make the dressing: In a large serving bowl, combine lemon juice, olive oil, honey, cumin, and salt. Whisk together with a fork.
2. In a medium saucepan, cook rice according to package instructions.
3. Add corn, blueberries, rice, cucumber, onion, and cilantro. Stir together all ingredients to coat them evenly with dressing.
4. Serve immediately, or cover and refrigerate 1 hour to let flavors meld.

Small Changes, BIG Difference!



Nutrition Information

Serving Size:1cup

Nutrients	Amount
Calories:	157
Total Fat:	5 g
Saturated Fat:	1 g
Sodium:	226 mg
Total Carbohydrates:	27 g
Dietary Fiber:	3 g
Protein	4 g

Utensils Needed

- Pot
- Mixing Bowl
- Measuring cups and spoons
- Cutting Board
- Mixing spoon
- Whisk
- Knife

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SHOPPING LIST

Average total cost without oil and seasonings: $12.56
Average cost/serving: $2.09

Recipe Makes: 6 Servings
Note: The list of ingredients below is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget, and location.

Ingredients

- [ ] 

Add 1 to cart
No Salt Added Whole Kernel Supersweet Corn (15.25 oz)

- [ ] 

Add 1 to cart
Frozen Blueberries (12 oz)

- [ ] 
Add 1 to cart
Cucumber

- [ ] 
Add 1 to cart
Red Onion

- [ ] 
Add 1 to cart
Cilantro Bunch

- [ ] 

Add 2 to cart
Brown Rice (32 oz)

My Cooking Notes

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RECIPE

Garbanzo Bonanza Salad



Garbanzo beans add just the right sturdy texture to pair with the crunchy and juicy ingredients in this salad.

Makes: 4 Servings

Prep Time: 20 minutes
Chill Time: 1 or more hours

Source: chopchopfamily.org, recipe/ garbanzo-bonanza-salad

Ingredients

- 1(15-ounce) can garbanzo beans (chickpeas), drained and rinsed with cold water
- 1 small cucumber, diced (about 1 cup)
- 1 cup cherry or grape tomatoes, halved
- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar or fresh lemon juice
- 1 teaspoon dried oregano
- ¹/ teaspoon salt
-

Optional Ingredients

- Feta
- Cheese
- Black Olives

Directions

1. Put all the ingredients in the bowl and stir well. Now taste the salad. Does it need more vinegar or lemon juice or a pinch more salt? If so, add it and taste again.
2. Refrigerate for 1-24 hours to allow flavors to blend before serving.

Small Changes, BIG Difference!

Vegetables — ChooseMyPlate.gov

Protein — ChooseMyPlate.gov

Nutrition Information

Serving Size:1Cup

Nutrients	Amount
Calories:	459
Total Fat:	13.6 g
Saturated Fat:	1.7g
Cholesterol:	0mg
Sodium:	319 mg
Total Carbohydrates:	67g
Dietary Fiber: Total	19.3 g
Sugars: Added Sugars:	12.9 0 g
Protein	21.1 g

Utensils Needed

- Cutting board
- Sharp knife
- Can opener
- Colander or strainer Medium-sized bowl
- Measuring cup
- Measuring spoons Large spoon

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SHOPPING LIST

Average total cost without oil and seasonings: $3.34

Average cost/serving: $.84

Recipe makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 1 to Cart
Fresh Grape Tomatoes, 10 oz.



Add 1 to Cart
Cucumber



Add 1 to Cart
Chick Peas (15.5 oz. can)

SAVE TIME, SAVE MONEY

My Cooking Notes

Storage Tips

- **Cover and refrigerate at least 1 hour and up to overnight to let the flavors blend.**

Cooking Tips

- **This salad would be a great addition with onions and peppers!**
- **Extra tomatoes and cucumbers can be used to make a fresh garden salsa or to top a fresh garden salad.**

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RECIPE

Hearty Pasta with Beans & Greens



Your favorite Italian flavors combine to make the perfect pasta dinner.
Makes: 6 Servings
Prep Time: 10 minutes
Cook Time: 30 minutes

Source: Food Hero

Small Changes, BIG Difference!

Ingredients

- 8 ozuncooked whole grain pasta (try penne)
- 1 Tbsp vegetable oil
- 3 cloves garlic, or ¾ tsp garlic powder
- 10 oz. frozen spinach
- 1 can diced tomatoes with juice
- 1 can white beans, drained and rinsed
- ½ tsp salt
- ½ tsp black pepper
- ½ cup grated Parmesan cheese

Nutrition Information

Serving Size: 1/6 of recipe

Nutrients	Amount
Calories:	250
Total Fat:	6g
Saturated Fat:	2g
Cholesterol:	0mg
Sodium:	380mg
Total Carbohydrates:	38g
Dietary Fiber:	6g
Total Sugars:	4g
Added Sugars:	0g
Protein	12g

Directions

1. Wash hands with soap and water.
2. Rinse or scrub fresh vegetables under running water before preparing .
3. Cook pasta according to package directions. Drain and set aside.
4. In a large skillet, heat oil over low heat. Add garlic and cook until soft.
5. Add spinach, tomatoes with juice, beans, salt, and pepper. Cook uncovered for 5 minutes after the mixture begins to bubble.
6. Add drained pasta and Parmesan cheese. Toss well and serve warm.
7. Refrigerate leftovers within 2 hours

Utensils Needed

- Large pot for pasta
- Colander
- Skillet or sautee pan
- Cutting board
- Sharp knife
- Measuring spoons
- Measuring cups
- Mixing spoon

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Shopping List

Average total cost without oil and seasonings: $7.75

Average cost/serving: $1.29

Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Whole Grain Pasta



Add 1 to Cart
Parmesan cheese



Add 1 to Cart
Frozen spinach



Add 1 to Cart
Diced tomatoes



Add 1 to Cart
White beans

SAVE TIME, SAVE MONEY

Chef's Notes

- Try othergreens like Swiss chard or kale
- Add crushed red pepper for a little heat.

My Cooking Notes

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DINNER

by Olivia Wilson

@reallygreatsite

DINNER

snapedny.org

RECIPE

Cowboy Salad (Bean Salsa)



Small Changes, BIG Difference!

Click image to watch the recipe video

This salsa is a party favorite. Using pantry items liked canned beans, corn, and tomatoes, this recipe comes together quickly and can serve a crowd.

Makes: 16 Servings

Source: U.S. Department of Agriculture, Choose MyPlate, recipe/Cowboy Caviar (Bean Salsa)
Photo Source: Oregon State University, Cowboy Salad/Food Hero

Ingredients

- 1 can kidney beans, drained (15 ounces)
- 1 can black beans, drained (15 ounces)
- 1 can corn, drained (15 ounces)
- 1 can crushed tomatoes (15 ounces)
- 1 can chopped green chilies (4 ounces)
- 1/4 cup finely chopped onion
- 1 tablespoon oil
- Limes, juiced (3 limes, optional)
- salt (to taste, optional)

Directions

1. Mix kidney beans, black beans, corn, tomatoes, chilies, and onion in a large bowl.
2. Add lime juice (if using) and oil, toss gently to combine. Taste. Add small amount of salt and pepper if desired.
3. Serve by itself, with raw vegetables and/or corn chips.

Vegetables

Protein

Nutrition Information

Serving Size: 1/2 cup, 1/16 of recipe

Nutrients	Amount
Calories:	94
Total Fat:	1 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	244 mg
Total Carbohydrates:	17 g
Dietary Fiber: Total	5 g
Sugars: Added Sugars:	2 g
Protein	0 g
Vitamin D	5 g
Calcium	0 mcg
Iron	33 mcg
Potassium	2 mg
	304 mg

Utensils Needed

- Large bowl
- Spoon or cooking tongs for tossing
- Serving bowl or plate
- Fork

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SHOPPING LIST

Average total cost without oil and seasonings: $7.03

Average cost/serving: $0.43

Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients

- [ ] 

Add 1 to Cart
Kidney Beans,
15 oz can

- [ ] 

Add 1 to Cart
Black Beans,
15 oz can

- [ ] 

Add 1 to Cart
Crushed Tomatoes,
15 oz can

- [ ] 

Add 1 to Cart
Red Onion, 1 ct

- [ ] 

Add 2 to Cart
Chopped Green Chilies,
4.5 oz

- [ ] 

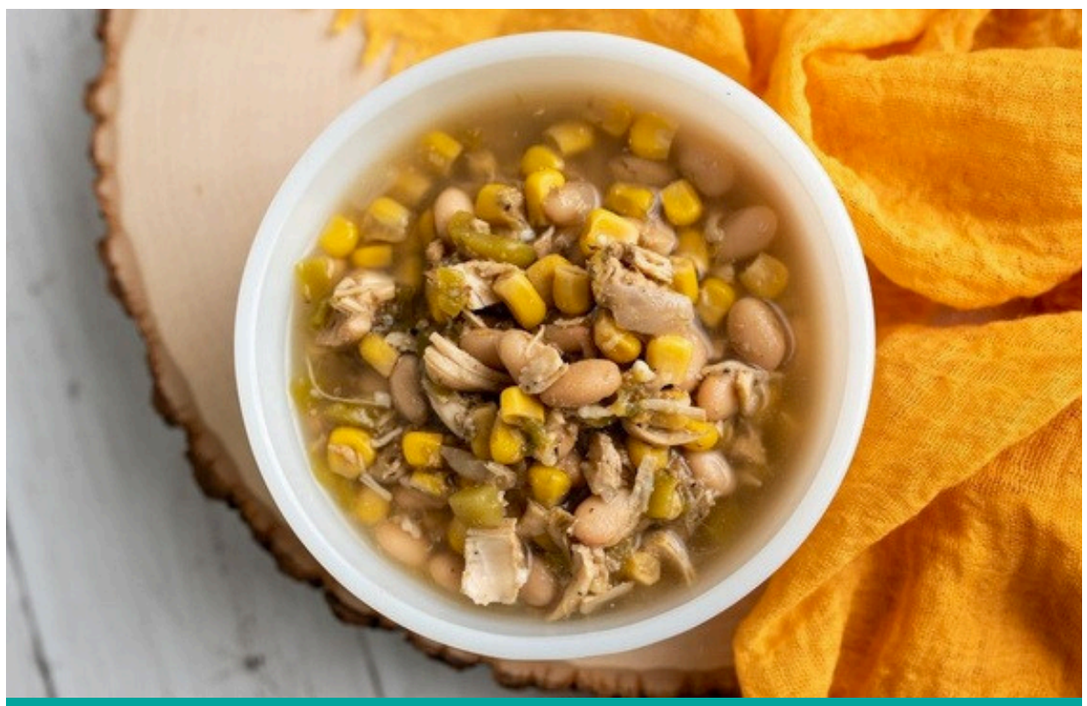
Add 1 to Cart
Limes, 1 ct

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RECIPE

Apple Corn Chili



This thick and flavorful chili makes for a perfect weeknight meal! Savory black beans pair with apples and sweet corn for an unexpected twist!

Makes: 4 servings
Total Time: 25-30 min

Source: Fruits and Veggies More Matters

Ingredients

- 2 cupsshredded chicken
- 1 medium white onion, chopped
- 2 cloves garlic, finely chopped
- 2 tablespoons olive oil
- 1 (15 oz.) can yellow corn, drained
- 2 medium apples, chopped (skin on)
- 1 (15 oz.) can black beans low-sodium, rinsed
- 2 cups low-sodium chicken broth
- ½ tablespoon ground cumin
- ¼ teaspoon chili powder
- Salt and pepper to taste

Optional toppings

- ¼ cup reduced-fat sour cream
- ¼ cup fresh parsley, chopped

Directions

1. Heat oliveoil in a large pot over medium heat. Add the onion and garlic and sauté until softened, about 2-3 minutes.
2. Add corn and apples and cook until lightly browned. Stir in cumin and chili powder and sauté for 1-2 minutes until fragrant.
3. Puree half the mixture in food processor or blender, along with one cup of broth.
4. Pour mixture back into pot and add chicken, black beans, and remaining broth.
5. Bring to a boil and simmer about 15 minutes.
6. Ladle soup into bowls and add toppings as desired. Enjoy!

Small Changes, BIG Difference!



Nutrition Information

Serving Size:1.5cup

Nutrients	Amount
Calories:	360g
Total Fat:	11g
Saturated Fat:	3 g
Cholesterol:	35mg
Sodium:	145 mg
Total Carbohydrates:	48g
Dietary	9 g
Fiber: Total	3 g
Sugars: Added Sugars:	0 g
Protein	20g

Utensils Needed

- Cutting board
- Sharp knife
- Large pot
- Blender or food processor

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SHOPPING LIST

Average total cost without oil and seasonings: $9.91
Average cost/serving: $2.48

Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Chicken breast/tenders or canned chicken (1 lb)



Add 1 to Cart
White Onion



Add 1 to Cart
Garlic



Add 1 to Cart
Chicken Broth, Unsalted



Add 2 to Cart
Apples



Add 1 to Cart
Canned corn



Add 1 to Cart
Canned black beans, low/no sodium

My Cooking Notes

SAVE TIME, SAVE MONEY

Recipe Tips:

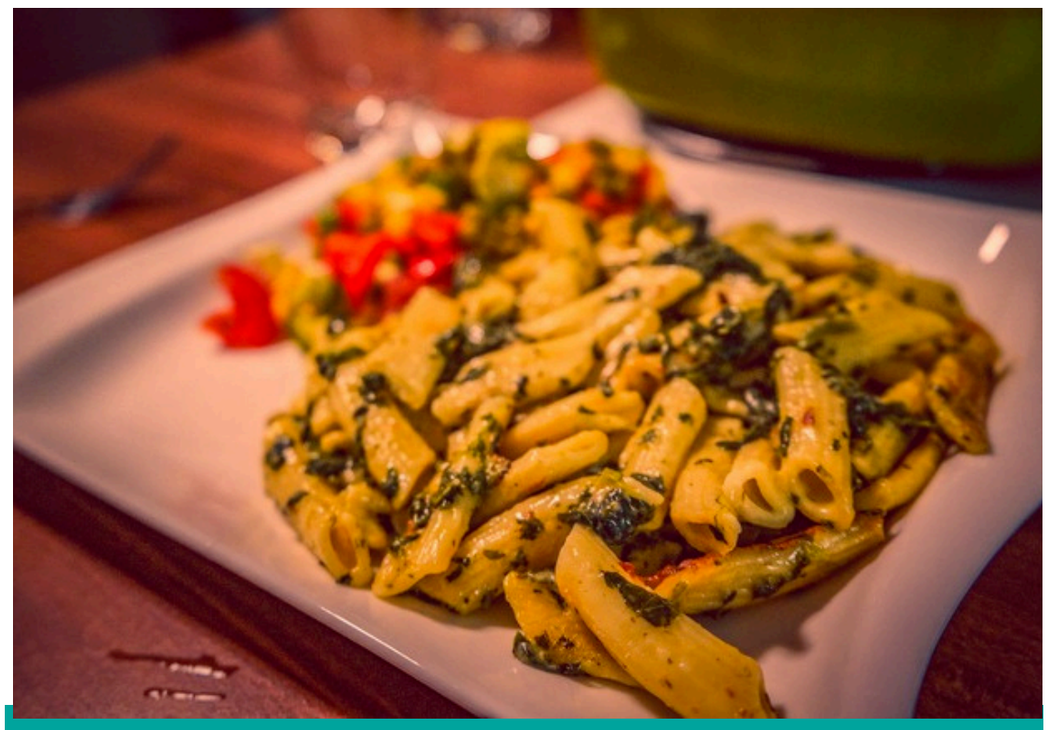
- This recipe can easily be made vegetarian by omitting the chicken and using vegetable broth. Try adding extra beans or tofu for a veggie protein boost!
- Nutrition facts do not include chili toppings.
- Try topping with shredded cheese or a dollop of plain yogurt!

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RECIPE

Autumn Harvest Pasta



Creamy pumpkin and spinach pasta is an easy one pot pasta dish.
Makes: 4 servings
Prep Time: 15 minutes
Cook Time: 20 minutes

Source: MyPlate: Super Simple Cookbook

Ingredients

- **8oz.shortwhole wheat pasta (bowtie, shells, spirals)**
- **1 Tbsp. olive oil**
- **1/2 onion, diced**
- **2 cloves garlic, minced**
- **1 cup canned pumpkin puree**
- **2 Tbsp. tomato paste**
- **1 cup water or chicken broth**
- **3 cups baby spinach**
- **1/4 cup walnuts**
- **Parmesan cheese for serving**

Directions

1. **Cook pasta according to package directions. Drain and set aside.**
2. **In a large skillet over medium heat, add the olive oil, onion and garlic. Stir occasionally until softened. Add the tomato paste, pumpkin, and water or broth, whisking to combine. Reduce heat to low and cook about 5 minutes, or until sauce thickens slightly.**
3. **Add the spinach and cooked pasta, tossing gently until spinach wilts and the sauce coats the mixture.**
4. **Top with walnuts and serve with Parmesan cheese.**

Small Changes, BIG Difference!

Grains

Vegetables

Nutrition Information

Serving Size:1/4recipe

Nutrients	Amount
Calories:	287
Total Fat:	10g
Saturated Fat:	1g
Cholesterol:	0mg
Sodium:	175mg
Total Carbohydrates:	42.5
Dietary Fiber: Total	9g
Sugars: Added Sugars:	5g 0g
Protein	9.5g

Utensils Needed

- **Large pot**
- **Cutting board**
- **Sharp knife**
- **Large skillet**
- **Can opener**
- **Measuring spoons**
- **Measuring cups**
- **Mixing spoon**

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SHDOIPRPECINTGIO LN

Average total cost without oil and seasonings: $16.15

Average cost/serving: $4.04

Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart

Whole-wheat pasta, 12 oz. box



Add 1 to Cart

Onion



Add 1 to Cart

Garlic, bulb



Add 1 to Cart

Pumpkin puree, 15 oz. can



Add 1 to Cart

Tomato paste, 6 oz. can



Add 1 to Cart

Low sodium chicken broth, 14.5 oz. can



Add 1 to Cart

Baby spinach, 5 oz. bag



Add 1 to Cart

Walnuts, 6 oz. bag

SAVE TIME, SAVE MONEY

Chefs Notes

- **If using broth, look for low sodium on the label to reduce salt intake.**
- **Have a nut allergy? Try substituting walnuts for sunflower seeds or sesame seeds.**

Similar Recipes

- **Consider trying other recipes with similar ingredients found on snapedny.org, such as:**
  - **Spaghetti with Meat Sauce**
  - **Pumpkin Pudding**
  - **Pasta with Beans and Greens**

My Cooking Notes

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RECIPE

Hearty Vegetable Beef Soup



Frozen vegetables, canned tomatoes, and chicken broth make this an easy soup to throw together on a cold work night. Noodles and beef make it extra hearty and comforting.

Makes: 4 Servings
Prep Time: 5 minutes
Cook Time: 40 minutes

Source: MyPlate Kitchen

Ingredients

- 3/4canchicken broth (low sodium, 14.5 ounces)
- 1/2 cup water
- 2 cups mixed vegetables (frozen, for soup)
- 1 can tomatoes (14.5 ounces, broken up)
- 4 ounces beef (cooked and diced)
- 1 teaspoon thyme leaves (crushed)
- 1 dash pepper
- 1/4 teaspoon salt
- 1 bay leaf
- 1 1/4 cups noodles (narrow-width, uncooked)

Directions

1. Heat broth and water. Add vegetables, meat and seasonings. Bring to boil, reduce heat and boil gently, uncovered, for 15 minutes.
2. Add noodles. Cook until noodles are tender, about 10 minutes.
3. Remove bay leaf. Serve hot.

Small Changes, BIG Difference!



Nutrition Information

Serving Size: 1 cup, 1/4 of recipe

Nutrients	Amount
Calories:	173
Total Fat:	3 g
Saturated Fat:	1 g
Cholesterol:	28 mg
Sodium:	331 mg
Total Carbohydrates:	25 g
Dietary Fiber: Total	6 g
Sugars: Added Sugars:	0 g
Protein	12 g

Utensils Needed

- Cutting board
- Sharp knife
- Measuring cups
- Measuring spoons
- Can opener
- Large pot

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SHOPPING LIST

Average total cost of ingredients without oil, and seasonings/spices: $12.85

Average cost/serving: $3.21

Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients

- [ ] 

Add 1 to Cart
Low Sodium Chicken Broth, 14.5 oz

- [ ] 

Add 1 to Cart
Frozen Mixed Vegetables, 12 oz

- [ ] 

Add 1 to Cart
Diced Tomatoes (No Salt Added), 14.5 oz

- [ ] 
Add 1 to Cart
Beef Cubes, 1 lb

- [ ] 

Add 1 to Cart
Egg Noodles, 16 oz

- [ ] 
Add 1 to Cart
Bay Leaves, 0.15 oz

SAVE TIME, SAVE MONEY

Preparation Tips

- **Use a whole wheat pasta option to add an extra serving of whole grains to your day!**

Similar Recipes

- **Consider trying similar recipes found on snapedny.org, such as:**
  - **Beef Barley Soup**
  - **Beef & Vegetable Soup**
  - **Classic Chicken Soup**
  - **Slow Cooker Italian Vegetable Stew**

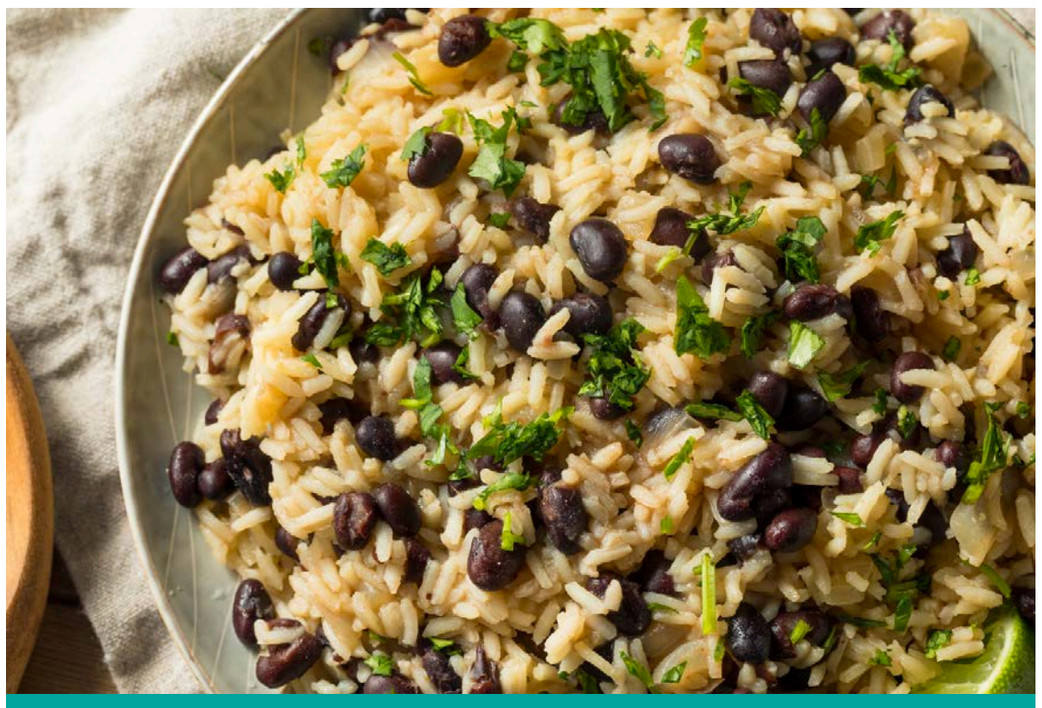
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RECIPE

Black Beans and Rice



Paired together, black beans and rice form a complete protein for an easy and filling meal or side dish.
Makes: 6 Servings
Prep Time: 5 minutes
Cook Time: 30 minutes

Source: Black Beans & Rice - Common Threads

Ingredients

- 1 cup brown rice (uncooked)
- 1 cup low sodium vegetable broth
- 1 can black beans, rinsed
- 1/2 cup canned tomato sauce
- 3 cloves garlic, peeled and minced
- 1 tablespoon olive oil
- 2 teaspoons oregano, minced
- 1/2 onion, peeled and diced
- salt and pepper to taste

Directions

1. Cook rice following package instructions, set aside.
2. Chop the onion and bell pepper into small 1/4 inch dice.
3. Peel and mince the garlic.
4. Heat the oil in a large pot over medium heat. Add onion, bell pepper and saute until the onion is soft. Add garlic and saute another 1-2 minutes.
5. Add tomato sauce and beans and simmer 5-10 minutes. Stir in cooked rice and broth.
6. Cook until hot. Remove from heat and add the fresh herbs.
7. Cover and let rest for 5-10 minutes, serve and enjoy.

Small Changes, BIG Difference!

Grains — ChooseMyPlate.gov

Protein — ChooseMyPlate.gov

Nutrition Information

Serving Size: 1/6 of recipe

Nutrients	Amount
Calories:	140
Total Fat:	3 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	220 mg
Total Carbohydrates:	24 g
Dietary Fiber: Total	6 g
Sugars: Added Sugars:	2 g
Protein	0 g
	6 g

Utensils Needed

- Cutting board
- Measuring cups
- Measuring spoons
- Large pot with lid
- Sharp knife

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SHOPPING LIST

Average total cost of ingredients without oil and seasonings: $6.10

Average cost/serving: $1.01
Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients

- ☐  Add 1 to Cart
  Brown Rice, 16 oz
- ☐  Add 1 to Cart
  Black Beans (15.5 oz)
- ☐  Add 1 to Cart
  Low-sodium Vegetable Stock
- ☐  Add 1 to Cart
  Garlic, bulb
- ☐  Add 1 to Cart
  Tomato Sauce, 8 oz
- ☐  Add 1 to Cart
  onion

SAVE TIME, SAVE MONEY

Cooking Tips

- Cook more rice than you need for this recipe for use in another recipe later in the week!

My Cooking Notes

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RECIPE

Cheese and Corn Chowder



Small Changes, BIG Difference!

This is a hearty vegetarian soup for a filling and healthy meal on a chilly night. If you have leftovers that have been properly handled, you can add ham, chicken, or other meat for more protein.

Makes: 6 servings

Prep Time: 15 minutes
Cook Time: approximately 30 minutes
Source: Montana State University Extension Service

Ingredients

- 2 cups potatoes, diced
- 1 cup carrots, sliced
- 1 cup celery, chopped
- 1/2 cup onion, chopped
- 1/4 teaspoon pepper
- 1 can cream-style corn
- 1 1/2 cups milk, non-fat
- 1/2 cup low-fat cheddar cheese, shredded

Directions

1. Combine potatoes, carrots, celery, onion and seasonings in pan. Add 1 cup water. Cover and simmer 20 minutes.
2. Add corn and pepper. Cook 5 more minutes or until vegetables are cooked.
3. Add milk and cheese. Stir until cheese melts and chowder is heated through. Do not boil.
4. Serve hot.

Grains — ChooseMyPlate.gov

Vegetables — ChooseMyPlate.gov

Nutrition Information

Serving Size: 1/6 of recipe

Nutrients	Amount
Calories:	164
Total Fat:	4 g
Saturated Fat:	2 g
Cholesterol:	11 mg
Sodium:	118 mg
Total Carbohydrates:	28 g
Dietary	3 g
Fiber: Total	8 g
Sugars: Added Sugars:	N/A
Protein	7 g

Utensils Needed

- Knife
- Cutting Board
- Large pot
- Measuring cups
- Measuring spoons
- Wooden spoon

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SHOPPING LIST

Average total cost without oil and seasonings: $9.99

Average cost/serving: $2.49

Recipe Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients

- [ ] 
  Add 1 to Cart
  Reduced 2% Fat Shredded Cheddar Cheese, 8 oz bag
- [ ] 
  Add 1 to Cart
  1 Large Onion
- [ ] 

  Add 1 to Cart
  Russet Potatoes (5lb)
- [ ] 
  Add 1 to Cart
  1% Milk, 0.5 gallon
- [ ] 
  Add 1 to Cart
  Carrots, 1 bunch
- [ ] 

  Add 1 to Cart
  Cream-style Corn
- [ ] 
  Add 1 to Cart
  Fresh Celery, 1 bunch

SAVE TIME, SAVE MONEY

Cooking Tip

- **Try adding 1/2 cup of cooked cubed ham or chicken for added protein.**

My Cooking Notes

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RECIPE

Broccoli Cheddar Soup

Warm, creamy, cheese and veggie-filled, this soup is perfect for lunch or dinner any time of year.



Small Changes, BIG Difference!

Makes: 4 servings

Prep Time: 10 minutes
Cook Time: 15 minutes

Source: foodhero.org/recipes

Ingredients

- 1 cup chopped onion
- 1 cup shredded carrot
- 1 ½ teaspoons margarine or butter
- 2 cups low-sodium broth (any type)
- 2 cups chopped broccoli (fresh or frozen)
- 1 cup nonfat or 1% milk
- ¼ cup flour
- ½ cup shredded cheddar cheese (2 ounces)
- ⅛ teaspoon pepper

Nutrition Information

Serving Size:1cup

Nutrients	Amount
Calories:	180
Total Fat:	7 g
Saturated Fat:	3 g
Cholesterol:	15 mg
Sodium:	200 mg
Total Carbohydrates:	19 g
Dietary	2 g
Fiber: Total	7 g
Sugars: Added Sugars:	0 g
Protein	10 g

Directions

1. Wash hands with soap and water.
2. In a medium saucepan over medium-high heat, saute onion and carrot in margarine or butter until onions begin to brown. Add broth and broccoli. Simmer until broccoli is tender, 5 to 7 minutes.
3. In another container, slowly stir the milk into the flour until smooth. Stir the milk mixture into the soup. Bring to a boil and continue stirring until slightly thickened, 3 to 5 minutes.
4. Add cheese and pepper. Heat over low heat until cheese is melted. Serve hot.
5. Refrigerate leftovers within 2 hours.

Utensils Needed

- Medium Saucepan
- Sharp Knife
- Cutting Board
- Vegetable Peeler
- Measuring Spoons
- Measuring Cups
- Medium Bowl
- Wooden Spoon

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SHOPPING LIST

Average total cost without oil and seasonings: $14.63

Average cost/serving: $3.66

Recipe makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget, and location. Optional items can be added.

Ingredients



Add 1 to Cart
Onion



Add 1 to Cart
Low sodium broth



Add 1 to Cart
1% milk, 1/2 gallon



Add 1 to Cart
Cheddar Cheese



Add 1 to Cart
Carrot, 1 bunch



Add 1 to Cart
Broccoli, 1 bunch



Add 1 to Cart
Flour

SAVE TIME, SAVE MONEY

My Cooking Notes

Cooking Tips

- Youcan thicken the soup with 2 Tablespoons of cornstarch instead of flour.
- No broccoli? Try another vegetable, such as asparagus, cauliflower, or green beans.
- Try adding cooked or canned chicken for more protein.

Similar Recipes

- Oven Roasted Vegetables
- Macaroni & Cheese with Broccoli
- Black Bean and Vegetable Quesadilla

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RECIPE

Crispy Parmesan Baked Fish

Try this delicious, crispy, baked fish recipe as part of a quick dinner!

Makes: 8 servings

Prep Time: 20 mins
Cook Time: 15 mins

Source: foodhero.org - crispy parmesan baked fish



Small Changes, BIG Difference!

Ingredients

- 3/4 cup plainbread crumbs
- 1/4 cup grated parmesan cheese
- 1/4 teaspoon ground thyme
- 1/4 teaspoon onion powder
- 1/8 teaspoon paprika
- 3/4 cup nonfat or 1% milk
- 4 fish fillets, about 2 pounds (try any white fish)

Directions

1. Preheat oven to 500 degrees F. Lightly spray a baking sheet with cooking spray.
2. In a small bowl, mix together bread crumbs, parmesan cheese, thyme, onion powder and paprika.
3. Place crumbs on a flat plate or sheet of wax paper.
4. Dip the fish fillets in milk then press into the crumb mixture to coat all sides. Discard leftover bread crumbs and milk.
5. Place fish on the baking sheet in a single layer. Bake until the fish is opaque and flakes easily in the thickest part, about 15 minutes depending on thickness of fish.
6. Refrigerate leftovers within 2 hours.

Nutrition Information

Serving Size: 1/8 of recipe

Nutrients	Amount
Calories:	140
Total Fat:	2 g
Saturated Fat:	0.5 g
Cholesterol:	45 mg
Sodium:	180 mg
Total Carbohydrates:	9 g
Dietary Fiber: Total	0 g
Sugars: Added Sugars:	2 g
Protein	0 g
	21 g

Utensils Needed

- Baking sheet
- Small bowl
- Spoon
- Plate
- Measuring cups
- Measuring spoons

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SHOPPING LIST

Average total cost without oil and seasonings: $11.63

Average cost/serving: $1.45

Recipe Makes: 8 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients

- [ ] 

Add 1 to Cart
Plain Bread Crumbs (24 oz)

- [ ] 
Add 1 to Cart
Nonfat Milk (1 quart)

- [ ] 

Add 1 to Cart
Grated Parmesan Cheese (8 oz)

- [ ] 

Add 1 to Cart
Fish Fillets, any white fish (2 lb)

SAVE TIME, SAVE MONEY

My Cooking Notes

Preparation Tips

- White fish is generally mild in flavor and can be interchangeable in recipes.
- For this recipe, try any type of white fish you like. Some suggestions include:
  - tilapia
  - halibut
  - grouper
  - haddock
  - cod
- Use leftover cooked fish to make fish tacos or add to salads.

Similar Recipes

- Consider trying other recipes with similar ingredients found on snapedny.org, such as:
  - Fish Taco Salad
  - Roasted Fish Crispy Slaw Wrap
  - Baked Fish & Vegetables

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RECIPE

Cuban Beans and Rice



Small Changes, BIG Difference!

Grains | Vegetables | Protein

Vinegar, oregano, garlic, and onions kick up the flavor in this classic rice and bean recipe.

Makes: 4 servings

Prep Time: 10 minutes
Cook Time: 10 minutes
Source: choosemyplate.gov/recipes

Ingredients

- 1 teaspoonolive oil
- 1 tablespoon garlic, minced
- 1 cup onion, chopped
- 1 cup green bell pepper, diced
- 3 cups black beans, cooked
- 2 cups chicken broth, low-sodium
- 1 tablespoon vinegar
- 1/2 teaspoon oregano, dried
- black pepper to taste
- 3 cups brown rice, cooked

Directions

1. Heat the olive oil in a large nonstick skillet. Sauté the garlic, onion, and green bell pepper until golden, about 3 minutes.
2. Stir in the beans, broth, vinegar and seasoning, bring to a boil then lower to a simmer; cook covered for 5 minutes.
3. Spoon over cooked rice and serve.

Nutrition Information

Serving Size:11/2cups

Nutrients	Amount
Calories:	384
Total Fat:	4
Saturated Fat:	g
Cholesterol:	0mg
Sodium:	299mg
Total Carbohydrates:	72g
Dietary	15g
Fiber: Total	4 g
Sugars: Added Sugars:	0 g
Protein	18g

Utensils Needed

- Non-stick skillet
- Liquid measuring cup
- Measuring spoons
- Cutting board
- Knife
- Wooden spoon

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SHOPPING LIST

Average total cost without oil and seasonings: $7.74

Average cost/serving: $1.94

Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients

☐ 

Add 1 to Cart
Fresh Garlic

☐ 

Add 1 to Cart
Onion

☐ 

Add 1 to Cart
Green Bell Pepper

☐ 

Add 2 to Cart
Black Beans, no-salt added (15 oz)

☐ 

Add 1 to Cart
Chicken Broth, low-sodium (32 oz)

☐ 

Add 1 to Cart
Apple Cider Vinegar (32 oz)

☐ 

Add 1 to Cart
Brown Rice (2 lb)

SAVE TIME, SAVE MONEY

Shopping Tips

- Look for beans that say "Low-Sodium" or "Reduced-Sodium."
- Dried beans may cost less per serving that canned beans.
- Consider buying instant rice or boil-in-a-bag rice to save time.

My Cooking Notes

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RECIPE

Crock Pot Vegetable Brown Rice



Small Changes, BIG Difference!

Serve a smaller portion of this delicious brown rice as a side dish with chicken. Or add some beans to give this meal some extra protein!

Makes: 4 servings

Cook Time: In the Crockpot- high for 3 hours or low for 6 hours

Prep Time: 5 minutes

Source: snap4ct.org

Ingredients

- 1 ½cupsuncooked brown rice
- 3 cups vegetable broth (or chicken broth), low sodium
- 2 cloves garlic, finely chopped (or 2 tsp garlic powder)
- 8 oz frozen bell peppers and onions
- 10 oz frozen vegetables (green beans, carrots, peas, or whatever you like!)
- 1 Tbs olive oil or other vegetable oil of choice
- 1 tsp pepper

Directions

1. Dumpallingredients into slow cooker and stir to combine.
2. Cook on high for 3 hours, or on low for 6 hours.

Utensils Needed

- Measuring Cups
- Measuring Spoons
- Cutting Board
- Knife
- Crock Pot

Nutrition Information

Serving Size: 1/4 of recipe

Nutrients	Amount
Calories:	350
Total Fat:	5 g
Saturated Fat:	1 g
Cholesterol:	0 mg
Sodium:	585.5 mg
Total Carbohydrates:	68.5 g
Dietary Fiber: Total	5 g
Sugars: Added Sugars:	6.8 g
Protein	0 g
Vitamin D	9.6 g
Calcium	0 mcg
Iron	53 mg
Potassium	2 mg
	478 mg

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SHOPPING LIST

Average total cost without oil and seasonings: $5.13

Average cost/serving: $1.28

Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Frozen Mixed Vegetables 12oz



Add 1 to Cart
Fresh Garlic



Add 1 to Cart
Long Grain Brown Rice 2 lb Bag



Add 1 to Cart
Low-Sodium Chicken Broth 32 oz



Add 1 to Cart
Frozen Pepper and Onion Blend 10 oz

SAVE TIME, SAVE MONEY

- **When buying frozen vegetables, make sure those are the only things listed in the ingredient list. Buying vegetables with a butter or cream sauce would add a lot of extra calories and, fat.**
- **You can use fresh peppers and onions in place of frozen.**

My Cooking Notes

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RECIPE

Southwestern Black-eyed Pea and Corn Salad



A great source of magnesium, calcium, iron, and fiber, this recipe is perfect for picnics, kid-friendly, and ready in minutes!

Prep Time: 15 minutes

Makes: 10 servings, 3/4 cup each
Source: Modified from Cooking Matters

Ingredients

- 1 medium bell pepper
- 1 small red onion
- 2 (15-1/2 ounce) cans black-eyed peas
- 1 (15-1/4 ounce) can corn kernels, no salt added
- 3 Tablespoons canola oil
- 2 Tablespoons vinegar
- 1 teaspoon cumin
- 1/4 teaspoon salt
- 1/2 teaspoon ground black pepper

Optional Ingredients:

- 1/4 cup fresh cilantro leaves
- 1 avocado, chopped

Directions

1. Rinse anddice bell pepper, removing core and seeds. Peel, rinse, and dice onion.
2. If using, rinse and chop cilantro leaves.
3. In a colander, drain and rinse black-eyed peas and corn.
4. In a large bowl, add pepper, onion, peas, corn, cilantro if using, and remaining ingredients. Mix well.
5. Top with chopped avocado (optional).

Small Changes, BIG Difference!

Vegetables ChooseMyPlate.gov

Protein ChooseMyPlate.gov

Nutrition Information

Serving Size:3/4cup

Nutrients	Amount
Calories:	130g
Total Fat:	5
Saturated Fat:	g
Cholesterol:	0mg
Sodium:	260gmg
Total Carbohydrates:	17g
Dietary Fiber:	5 g
Total Sugars:	4 g
Added Sugars:	0 g
Protein	5 g

Utensils Needed

- Can opener
- Colander
- Cutting board
- Large bowl
- Measuring spoons
- Mixing spoon
- Sharp knife

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SHOPPING LIST

Average total cost without seasonings : $ 4.94
Average cost/serving: $0.49
Recipe Makes: 10 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Red Bell Pepper



Add 1 to Cart
Golden Corn- Sweet Whole Kernel



Add 1 to Cart
Red Onion



Add 1 to Cart
White Vinegar, Distilled



Add 1 to Cart
Black Eyed Beans

My Cooking Notes

Save time, Save money

Preparation Tips

- Choose bell peppers that are firm, brightly colored, and have tight skin. They should be heavy for their size. Avoid bell peppers that are shriveled and dull.
- Dried black-eyed peas might be cheaper than canned. If choosing dried, cook according to package, drain, and rinse. Then add 3 cups of cooked peas to the salad.
- Any kind of vinegar that you have on hand will work- balsamic, cider, red or white wine vinegar.
- If corn is in season, use fresh over canned. Cook 4 medium ears and use knife to remove kernels from cob.

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SNACKS/SIDES





snapedny.org



RECIPE

Apple Cinnamon Bars

Apples are sandwiched between two cinnamon crumb layers for a delicious treat!

Prep and Cook time: about 90 minutes

Makes: 24 Servings (1 bar each)

Source: Choose MyPlate, USDA



Small Changes, BIG Difference!

Ingredients

- 4 apples(medium)
- 1 cup flour
- 1/4 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1/2 cup brown sugar
- 1 cup oats (uncooked)
- 1/2 cup butter

Directions

1. Preheat the oven to 350 degrees.
2. Put the flour, salt, baking soda, cinnamon, brown sugar, and oats into the mixing bowl. Stir together.
3. Add the butter to the bowl. Use 2 table knives to mix the ingredients and cut them into crumbs.
4. Lightly grease the bottom and sides of the baking dish with a little bit of butter or spray oil.
5. Spread half of the crumb mixture in the greased baking dish.
6. Remove the core from the apples and slice them. Put the apple slices into the baking dish.
7. Top the apples with the rest of the crumb mixture.
8. Bake in the oven for 40 – 45 minutes.
9. Cut into squares.

Fruits

Grains

Nutrition Information

Serving Size: 1 bar, 1/24 of recipe

Nutrients	Amount
Calories:	100 g
Total Fat:	5 g
Saturated Fat:	1 g
Cholesterol:	0 mg
Sodium:	53 mg
Total Carbohydrates:	14 g
Dietary Fiber:	1 g
Total Sugars:	7 g
Added Sugars:	4 g
Protein	1 g

Utensils Needed

- Large mixing bowl
- 2 table knives
- 1 apple peeler
- 1 baking dish
- Oven
- Spoon
- Measuring Utensils

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SHOPPING LIST

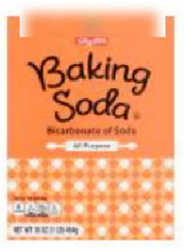
Although the majority of these ingredients are pantry staples and this recipe can be made multiple times with these ingredients, this is a conservative estimate of the total cost and cost per serving.

Average total cost of ingredients without oil and seasonings: $13.94
Average cost/serving: $0.58

Makes: 24 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget, and location.

Ingredients

- [ ]  Add 4 to cart Gala apples
- [ ]  Add 1 to cart Butter sticks
- [ ]  Add 1 to cart Quick oats
- [ ]  Add 1 to cart All purpose baking soda
- [ ]  Add 1 cart Flour, 2 lb
- [ ]  Add 1 to cart Ground Cinnamon
- [ ]  Add 1 to cart Brown sugar, 1 lb

SAVE TIME, SAVE MONEY

Preparation Tips

- You can use applesauce (16 ounces) or canned apples in place of fresh apples. You can use either peeled or unpeeled apples.
- We have chosen to use gala apples but any type of apple will work. Look for the best deals on apples at your grocery store or local farmer's market!
- Recipe modification to consider:
  - Vegetable oil, applesauce and mashed bananas are heart healthy alternatives for butter. You can use them in a 1:1 replacement for the butter in this recipe.

My Cooking Notes

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RECIPE

No-Bake Granola Bars



Home-made granola bars are healthier since you can reduce the added sugar and eliminate preservatives.
Makes: 6 servings
Prep Time: 10 minutes

Source: commonthreads.org, recipe/ no-bake-granola-bars

Small Changes, BIG Difference!

Ingredients

- 1/2cupnut butter or seed butter (almond butter used for nutrient analysis)
- 2 teaspoons honey
- 1 teaspoon cinnamon
- 1 cup oats
- 1 tablespoon sunflower seeds

Directions

1. Measure out all the ingredients.
2. In a bowl mix together nut butter or seed butter, honey, cinnamon, and oats.
3. Press mixture into an 8 x 8 baking dish
4. If desired, add toppings such as nuts, seeds, or dried fruit!
5. Refrigerate for easy slicing. Cut into 6 pieces for serving.

Nutrition Information

Serving Size:1Bar

Nutrients	Amount
Calories:	71
Total Fat:	1.9g
Saturated Fat:	.2g
Cholesterol:	0mg
Sodium:	1mg
Total Carbohydrates:	11.8 g
Dietary Fiber: Total	1.8g
Sugars: Added Sugars:	2.1g
Protein	2.2g

Utensils Needed

- Measuring Cups
- Measuring Spoons Medium
- Bowl Mixing
- Spoon
- 8 x 8 Baking Dish

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SHOPPING LIST

Average total cost without oil and seasonings: $12.08

Average cost/serving: $2.01

Recipe makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients

- [ ]  **Add 1 to Cart**
  Honey (12 oz.)
- [ ] 

  Add 1 to Cart
  Almond Butter (12 oz.)
- [ ] 

  Add 1 to Cart
  Quick Oats (16 oz.)
- [ ] 

  Add 1 to Cart
  Sunflower Seeds (16 oz.)

SAVE TIME, SAVE MONEY

Storage Tips

- **Place in refrigerator for 1 hour before serving.**

Cooking Tips

- **Want to switch up your breakfast routine? Try overnight oats. Check out snapedny.org for an Overnight Oat recipe and more recipe ideas that are quick and easy!**
- **Almond butter or any nut butter can be used in place of peanut butter in any recipe!**
- **Sunflower seeds go nicely on a fresh garden salad or in any homemade trail mix!**

My Cooking Notes

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RECIPE

Meatless Dirty Rice



Small Changes, BIG Difference!

While dirty rice traditionally includes meat, it's not necessary for this dish! For some extra protein, try adding chicken or sausage.

Makes: 5 Servings

Source: SNAP4CT.com recipe/Meatless Dirty Rice

Ingredients

- 1 medium onion, chopped
- ½ green bell pepper, diced
- 1 can (15 oz) diced tomatoes
- 1 ½ cups brown rice, instant, uncooked
- 1 can (15 oz) black beans or beans of your choice, drained and rinsed
- 1 Tbs canola oil
- 1 tsp dried oregano
- ½ tsp garlic powder (Or instead of these spices try 2 tsp of Caribbean Jerk Seasoning)
- 1 ½ cup water

Directions

1. Saute onion and green pepper in canola oil, in a large pan, until tender. Do not brown.
2. Add tomatoes, beans, oregano, garlic powder, and water. Bring to a boil.
3. Stir in rice and cover.
4. Reduce heat to simmer for 5-10 minutes, until rice is nearly tender.
5. Remove from heat and let stand for 5 minutes.

Nutrition Information

Serving Size: 1 cup

Nutrients	Amount
Calories:	330
Total Fat:	4.5g
Saturated Fat:	0.5g
Sodium:	130 mg
Total Carbohydrates:	63g
Dietary Fiber:	11g
Protein	10g

Utensils Needed

- Large SautePan With Lid
- MeasuringCups and Spoons
- Spoon
- Serving Bowl

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RECIPE

Blue Corn Pan Bread



This traditional Native American dish uses blue cornmeal and sprouted wheat. Many health benefits have been noted for different sprouted grains, and the ingredient can be purchased already sprouted or you can sprout the wheat on your own at home.

Makes: 12 servings
Prep Time: 10 minutes
Cook Time: 2 hours

Source: MyPlate.gov, Blue Corn Pan Bread

Ingredients

- 3 cups water
- 2 cups blue cornmeal (yellow may be used)
- 1 cup cornmeal (yellow)
- 3/4 cup raisins
- 1/2 cup sprouted wheat
- 1/3 cup brown sugar

Directions

1. Preheat oven to 300 degrees. Line 8x8 inch cake pan with foil.
2. Bring water to boil in a large pot. Add each ingredient, one at a time.
3. Stir well until mixture is smooth and pour into foil-lined cake pan. Cover with a piece of foil.
4. Bake for 2 hours. Bread is done when toothpick inserted in center comes out clean.

Utensils Needed

- 8x8 inch cake pan
- Large pot
- Measuring cups
- Stirring spoon

Small Changes, BIG Difference!

Grains
ChooseMyPlate.gov

Nutrition Information

Serving Size: 1 piece approx. 2x2.5"

Nutrients	Amount
Calories:	182
Total Fat:	2 g
Saturated Fat:	0 g
Cholesterol:	N/A
Sodium:	11 mg
Total Carbohydrates:	40 g
Dietary Fiber: Total	3 g
Sugars: Added Sugars:	12 g 6 g
Protein	4 g

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SHOPPING LIST

Average total cost without oil and seasonings: $20.97

Average cost/serving: $1.75

Recipe makes: 12 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 1 to Cart
Blue Cornmeal (2.2 lb. bag)



Add 1 to Cart
Raisins (15 oz.)



Add 1 to Cart
Yellow Cornmeal (24 oz.)



Add 1 to Cart
Wheat Grains (1 lb. bag)



Add 1 to Cart
Brown Sugar (2 lb. bag)

SAVE TIME, SAVE MONEY

My Cooking Notes

Preparation Tips

- To sprout wheat on your own: Wash untreated wheat grains; drain but do not dry. Spread in a single layer in shallow pans and cover with damp cloths. Keep damp in a warm, dark place.

Similar Recipes

- Consider trying similar recipes found on snapedny.org, such as:
  - Cheesy Spinach Cornbread
  - Sweet Carrot Bread
  - Whole Wheat Quick Bread

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RECIPE

Our Favorite Applesauce



If someone in your house isn't feeling well — or isn't feeling happy — then a batch of homemade applesauce might be just what they need. You can eat it plain, spoon it onto yogurt, or use it for baking.

Makes: 8 servings

Prep Time: 15 minutes
Cook Time: 30 minutes
Source: ChopChopFamily.org/recipe

Ingredients

- 6apples(any kind), unpeeled, cored, and diced
- 1 cup water (or more if needed)
- 1 teaspoon ground cinnamon

Directions

1. Put all the ingredients in the pot and put it on the stove. Turn the heat to high and cook until it just comes to a boil (you'll hear it first but may have to look at the sides of the pot to see the bubbles).
2. Lower the heat to low, cover the pot, and cook until the apples are falling apart tender, 30 to 45 minutes, stirring every few minutes to make sure the apples aren't sticking. If the mixture seems dry at any point, add another 1/4 cup water. Set the cooked apples aside to cool a bit, about 10 minutes.
3. Mash the apples using the potato masher or fork, then set aside to cool until just warm. Serve right away, or transfer to an airtight container and refrigerate until cold, or up to 1 week.

Small Changes, BIG Difference!

Fruits

Nutrition Information

Serving Size:1/2cup

Nutrients	Amount
Calories:	118
Total Fat:	0.5g
Saturated Fat:	0 g
Cholesterol:	0mg
Sodium:	3mg
Total Carbohydrates:	33g
Dietary Fiber: Total	10g
Sugars: Added Sugars:	7 g 0 g
Protein	1 g

Utensils Needed

- Cutting Board
- Knife
- Medium-Sized Pot
- Wooden Spoon
- Measuring Spoons
- Measuring Cups
- Potato Masher or Fork
- Pot Holders

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SHOPPING LIST

Average total cost without oil and seasonings: $4.47

Average cost/serving: $1.12

Recipe makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 6 to Cart
Apples, 6 Medium

SAVE TIME, SAVE MONEY

My Cooking Notes

Cooking Tips

- **Get Creative:**
  - **Chunky Applesauce: Don’t mash the apples too much.**
  - **Nutty Applesauce: Add 1/2 cup chopped lightly toasted walnuts or pecans after it’s cooked.**
  - **Cranberry Applesauce: Add 1/2 cup fresh or frozen cranberries to the pot with the apples.**
  - **Rhubarb Applesauce: Add 1/2 cup chopped rhubarb to the pot with the apples.**

Similar Recipes

- **AppleCranberry Salad Toss**
- **Northwest Apple Salad**

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RECIPE

Sweet Potato Apple Bake



Serve with frozen yogurt for a special treat.

Makes: 6 Servings
Prep Time: 15 mins
Cook Time: 45 mins

Source: USDA Souful Recipes

Ingredients

- 1pound sweet potatoes (about 1 large sweet potato), peeled and cut into chunks
- ²/ cup unsweetened 100% apple juice
- 2 apples, peeled and cut into chunks
- ½ teaspoon vanilla extract
- 1 tablespoon butter, melted
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg
- 2 tablespoons brown sugar
- nonstick cooking spray

Directions

1. Preheat oven to 400°F
2. In a large bowl, mix all ingredients.
3. Spray a 9 x 9-inch glass baking dish with nonstick cooking spray.
4. Pour mixture into baking dish.
5. Place on oven rack in the middle of the oven.
6. Bake until sweet potatoes are tender, about 45 minutes.
7. Spoon the liquid in the dish over the sweet potatoes and apples a few times while baking. Serve while warm.

Small Changes, BIG Difference!

Fruits — ChooseMyPlate.gov

Vegetables — ChooseMyPlate.gov

Nutrition Information

Serving Size: 1/2 cup

Nutrients	Amount
Calories:	121
Total Fat:	2 g
Saturated Fat:	1 g
Cholesterol:	5mg
Sodium:	37mg
Total Carbohydrates:	25g
Dietary Fiber:	3 g
Total Sugars:	12.5 g
Added Sugars:	.67g
Protein	1 g

Utensils

- 9-inchsquare baking dish
- Measuring cups
- Measuring spoons
- peeler
- Sharp knife
- Large bowl

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SHOPPING LIST

Average total cost of ingredients without oil and seasonings: $4.95

Average cost/serving: $0.83

Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients

☐ 

Add 1 to Cart
Large sweet potato

☐ 

Add 2 to Cart
Apples

☐ 

Add 1 to Cart
Unsweetened 100% apple juice 64 fl. oz

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- **Try adding different varieties of apples to the recipefor a different flavor.**
- **Cutsweet potatointo 1inch,bite-sizechunks toallow for evencooking.**
- **Make sure to choose100%applejuiceto reduce added sugar.**

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RECIPE

Cranberry Oatmeal Balls



This yummy breakfast or snack is full of nutrients and fiber to keep you full until your next meal!

Makes: 6 Servings (18 balls)
Prep Time: 15 minutes
Chill Time: 30 minutes

Source:
foodhero.org, recipes/ cranberry oatmeal balls

Ingredients

- 1 cup oats (quick-cooking or old fashionedrolled)
- ⅓ cup chopped almonds (optional)
- ⅓ cup peanut butter or other nut butter
- ¼ cup honey
- ⅓ cup dried cranberries

Directions

1. In a medium bowl, combine all ingredients until well mixed.
2. Form mixture into 18 balls about 1-inch wide.
3. Place balls on a baking sheet. Refrigerate for 30 minutes.

Utensils Needed

- Mixing Bowl/Spoon
- Measuring cups
- Baking sheet

Small Changes, BIG Difference!

Click image to watch the recipe video or visit snapedny.org

Fruits ChooseMyPlate.gov Grains ChooseMyPlate.gov Protein ChooseMyPlate.gov

Nutrition Information

Serving Size:3Balls

Nutrients	Amount
Calories:	260
Total Fat:	10 g
Saturated Fat:	1.5 g
Cholesterol:	0mg
Sodium:	90mg
Total Carbohydrates:	35 g
Dietary	4 g
Fiber: Total	18 g
Sugars: Added Sugars:	15 g
Protein	8 g

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SHOPPING LIST

Average total cost without oil and seasonings: $14.55

Average cost/serving: $2.43

Recipe makes: 18 balls, 6 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients

- [ ] 

Add 1 to Cart
Old fashioned/Quick oats (42 oz)

- [ ] 

Add 1 to Cart
Whole Almonds (14 oz)

- [ ] 

Add 1 to Cart
Honey (12 oz)

- [ ] 

Add 1 to Cart:
Dried Cranberries (12 oz)

- [ ] 

Add 1 to Cart
Creamy Peanut Butter (18 oz)

SAVE TIME, SAVE MONEY

My Cooking Notes

Preparation Tips

- **Honey is not recommended for children under 1 year old.**
- **To avoid sticky fingers, keep the oatmeal balls cool until ready to eat.**
- **Use sunflower seed or other nut butters instead of peanut butter.**
- **Buy whole almonds and chop them yourself to save money!**

Similar Recipes

- **Cut on costs by reusing these ingredients in other recipes found on snapedny.org, such as:**
  - **Overnight Oats**
  - **Oatmeal Zucchini Muffins**
  - **Tasty Trail Mix**
  - **Apple Cranberry Salad Toss**

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RECIPE

Loaded Apple Slices



Small Changes, BIG Difference!

This easy snack is nutritious and tasty!

Makes: 2 servings
Prep Time: 10 mins

Source: https://www.foodhero.org/recipes/apple-sandwiches

Ingredients

- 1 mediumapple
- 2 Tablespoons peanut butter
- 1 Tablespoon raisins

Directions

1. Wash the apple under cool running water and dry. Cut in half from the stem down and lay each half cut-side down on a cutting board. Slice each half into 6 half-round slices and cut out the core.
2. Spread 1/2 teaspoon of peanut butter on one side of each apple slice.
3. Put 4 to 6 raisins on top of the peanut butter on one apple slice.
4. Continue with remaining apple slices.

Nutrition Information

Serving Size:1/2apple

Nutrients	Amount
Calories:	150
Total Fat:	8 g
Saturated Fat:	1.5 g
Cholesterol:	0mg
Sodium:	70mg
Total Carbohydrates:	19 g
Dietary Fiber: Total	3 g
Sugars: Added Sugars:	13 g
Protein	1 g
	4 g

Utensils Needed

- Cutting board
- Sharp knife
- Measuring spoons
- Butter knife or spoon

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SHOPPING LIST

Average total cost without oil and seasonings: $4.27

Average cost/serving: $2.14

Recipe Makes: 2 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to cart
Apple (medium)



Add 1 to cart
Raisins (6-pack)



Add 1 to cart
Peanut Butter (16 oz)

SAVE TIME, SAVE MONEY

My Cooking Notes

Cooking Tips

- **Pick whatever kind of apple you like best.**
- **For a heartier snack, sprinkle some granola on top.**

Similar Recipes

- **Cut on costs by reusing these ingredients in other recipes found on snapedny.org, such as:**
  - **Broccoli Raisin Salad**
  - **Peanut Butter Yogurt Dip**

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RECIPE

Apple Salad



This sweet salad is crunchy and refreshing!

Makes: 6 servings
Prep Time: 15 minutes

Source: eatfresh.org, recipe/ apple salad

Ingredients

- **1 cupApple *chopped***
- **1 teaspoon Lemon Juice**
- **1/2 cup Celery *chopped***
- **1/2 cup Carrot *grated***
- **1/2 cup Raisins**
- **1/2 cup Vanilla Yogurt *(or more as needed)***

Optional Ingredients

- ***½ cup chopped walnuts, almonds, or pecans***

Directions

1. **Add apples to medium bowl and mix with lemon juice.**
2. **Add celery, carrot, raisins and yogurt. Stir to combine.**
3. **Cover and chill for at least 1 hour before serving. Refrigerate leftovers.**

Utensils Needed

- **Measuring cups**
- **Measuring spoons**
- **Sharp knife**
- **Cutting board**
- **Medium bowl**
- **Spatula or spoon**

Small Changes, BIG Difference!

Fruits ChooseMyPlate.gov | Vegetables ChooseMyPlate.gov | Dairy

Nutrition Information

Serving Size:1/2Cup

Nutrients	Amount
Calories:	75
Total Fat:	0.4g
Saturated Fat:	0.2g
Cholesterol:	1mg
Sodium:	29mg
Total Carbohydrates:	17.3 g
Dietary Fiber: Total	1.7g
Sugars: Added Sugars:	13g 0 g
Protein	1.8g

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SHOPPING LIST

Average total cost without oil and seasonings: $6.82

Average cost/serving: $1.14

Recipe makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 1 to Cart
Low-Fat Vanilla Yogurt 32 oz



Add 1 to Cart
Fresh Carrots 1 pound



Add 1 to Cart
Raisins 1 oz- 6 pack



Add 1 to Cart
Fresh Celery Bunch



Add 2 to Cart
Fresh Apple

SAVE TIME, SAVE MONEY

Storage Tips

- **Serve immediately. Refrigerate any leftovers within 2 hours.**

Cooking Tips

- **Not sure what to do with leftover vanilla yogurt? It can easily be added into a fruit smoothies, overnight oatmeal jars, fruit dips, or even a fruit salad. Check out snapedny.org for recipe inspirations!**
- **Leftover carrots and celery can be added into any soup, stew, salad, or casserole dish**
- **Raisins go nicely in trail mix, yogurt, even a salad such as Northwest Apple Salad on our snapedny.org website**

My Cooking Notes

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RECIPE

Fruit Kabobs with Yogurt Dip



Makes 8 Servings

Fruit Kabobs make a colorful and fun snack that kids can help prepare.

Makes: 8 servings

Source: https://choosemyplate.gov recipe/ Fruit Kabobs with Yogurt Dip

Ingredients

- 1 cup watermelon (chunks)
- 1 cup pineapple (chunks)
- 1 cup grapes, red seedless
- 1 cup strawberries (stemmed)
- 2 kiwi (peeled and cut into quarters)
- 8 bamboo skewers (6 inches long)
- 1 cup yogurt, light strawberry

Directions

1. Place fruit chunks on bamboo skewers. Place fruit kabobs on platter.
2. Place light strawberry yogurt in bowl. Serve kabobs with yogurt on the side.

Utensils Needed

- Knife
- Cutting Board
- Serving Bowl and Plate
- Bamboo Skewers

Small Changes, BIG Difference!

Fruits

Dairy

Nutrition Information

Serving Size: 1/8 of recipe

Nutrients	Amount
Calories:	61
Total Fat:	0 g
Saturated Fat:	0 g
Cholesterol:	1 mg
Sodium:	18 mg
Total Carbohydrates:	14 g
Dietary Fiber: Total	2 g
Sugars: Added Sugars:	11 g 0 g
Protein	2 g
Vitamin D	0 mcg
Calcium	56 mg
Potassium	230 mcg

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SHOPPING LIST

Average total cost: $ 12.70

Average cost/serving: $ 1.58

Makes: 8 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients

My Cooking Notes



Add 1 to Cart
Fresh Strawberries 1lb



Add 1 to Cart
Canned Pineapple Chunks 20 oz



Add 1 to Cart
Small/Personal Seedless Watermelon



Add 1 to Cart
Red seedless grapes



Add 2 to Cart
Fresh Kiwi



Add 1 to Cart
Strawberry Low-Fat Yogurt 4pk



Add 1 to Cart
Bamboo Skewers

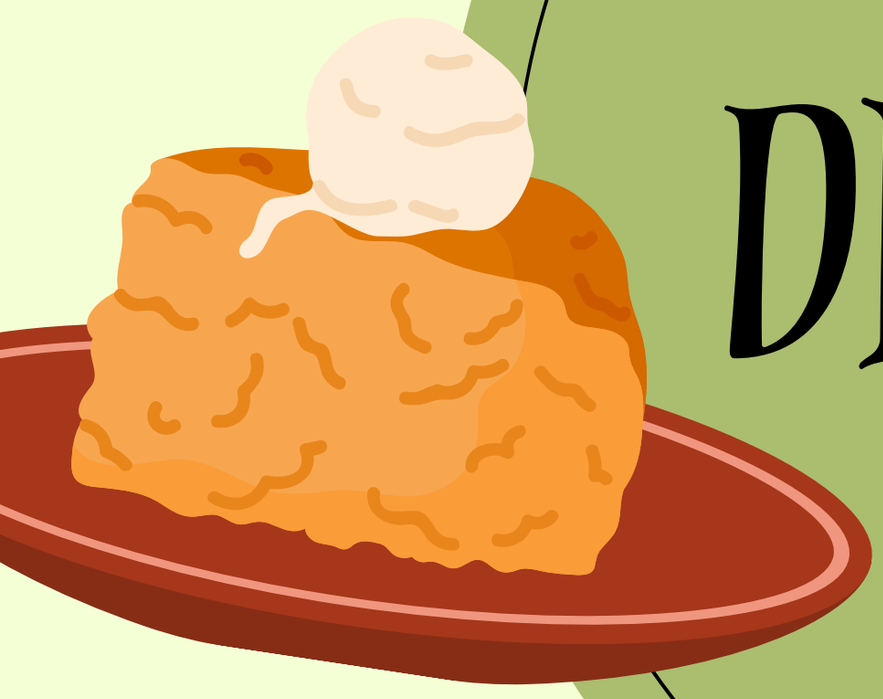
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DESSERTS







snapedny.org



RECIPE

Apple Chunk Cake



The secret ingredient in this cake is applesauce! It adds moisture and flavor, enabling us to reduce the amount of added sugar (when compared with the original recipe).

Makes: 12 servings

Prep Time: 20 minutes
Cook Time: 50 minutes
Source: eatfresh.org/recipe

Ingredients

- 1 cup sugar
- 1/4 cup vegetable oil
- 2 eggs
- 2 cups flour
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon baking soda
- 4 cups apples peeled, diced into chunks
- 1/4 cup applesauce
- 2 cups apples peeled, sliced to place on cake top

Directions

1. **Preheat oven to 350° F. In a large bowl, mix sugar, oil and eggs together. Beat well.**
2. **In a separate bowl, combine flour, salt, cinnamon, and baking soda.**
3. **Add flour mixture to egg batter and mix well.**
4. **Add applesauce to the batter. Stir to combine. Then add apple chunks and stir to combine.**
5. **Coat a baking pan with vegetable oil spray, and pour in batter. Bake until a toothpick comes out clean, about 40-50 minutes depending on the depth of the baking dish.**
6. **Place apple slices on top of apple cake and serve.**

Small Changes, BIG Difference!



Nutrition Information

Serving Size:1piece

Nutrients	Amount
Calories:	239
Total Fat:	5 g
Saturated Fat:	1 g
Cholesterol:	62mg
Sodium:	308 mg
Total Carbohydrates:	44 g
Dietary	1 g
Fiber: Total	20 g
Sugars: Added Sugars:	15 g
Protein	3 g

Utensils Needed

- Cutting Board
- Knife
- Oven Mitt
- Vegetable Peeler
- Measuring Spoons
- Measuring Cups
- Baking Dish
- 2 Medium Bowls

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SHOPPING LIST

Average total cost without oil and seasonings: $12.44

Average cost/serving: $1.04

Recipe makes: 12 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget, and location. Optional items can be added.

Ingredients

- [ ] 

Add 1 to Cart
Eggs, 1 Dozen

- [ ] 

Add 1 to Cart
Flour

- [ ] 
Add 6 to Cart
Apples, 6 Medium

- [ ] 
Add 1 to Cart
Applesauce

SAVE TIME, SAVE MONEY

My Cooking Notes

Cooking Tips

- **Asarule, half of the amount of fat in a dessert recipe can be replaced with applesauce or a puree of another fruit, such as prune puree. The result is a very moist, low-fat cake.**
- **You can use any size or shape baking dish, such as a square, rectangle, or even a tube/bundt pan. If you choose a larger dish, start checking the doneness of your cake at about 30 minutes. When a toothpick or cake tester comes out clean, the cake is done. For a moist cake, do not overbake.**

Similar Recipes

- **Apple Salad**
- **Apple Wraps**
- **Butternut Squash and Apple Soup**

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RECIPE

Sweet Potato Apple Pie



Try this recipe instead of pumpkin pie over the holidays!

Makes: 8 Servings (8 slices)
Prep Time: 30 minutes
Cook Time: 30 minutes
Source: eatfresh.org

Ingredients

Crust:

- Nonstick cooking spray
- 1 tbsp water, cold
- 1 cup whole wheat flour
- 1/2 tsp salt (feel free to use less)
- 1/3 cup vegetable oil
- 3 tbsp nonfat milk, cold

Filling:

- 2 cups sweet potatoes, 3-4 medium with skin
- 1 and 3/4 cup apples, cored & chopped with skin
- 4 egg whites
- 1/2 tsp vanilla extract
- 3 tbsp brown sugar (feel free to use less)
- 1/2 tsp ground cinnamon
- 1/8 tsp ground nutmeg
- 1/8 tsp ground allspice
- 2 tbsp nonfat milk, cold

Directions

1. Preheatovento375°F. Lightly spray 8-inch pie dish with nonstick spray.
2. Make several holes in each sweet potato with fork, place sweet potatoes in microwave safe dish, microwave on high for 8 minutes or until sweet potatoes are soft.
3. For the crust, mix cold water, flour, and salt in a bowl. Stir in vegetable oil until mixed. Add milk and stir until completely mixed.
4. Place dough in the middle of prepared pie dish, Using the palm of your hands, spread dough to cover bottom of dish and up the sides. Bake for 10 minutes and remove to cool.
5. For the filling, combine cooked sweet potatoes, chopped apples, egg whites, milk, vanilla, brown sugar, and ground spices in blender, cover and blend until smooth.
6. Pour sweet potato and apple filling from blender into cooled crust.
7. Bake for 25 to 30 minutes or until center is set (test by poking toothpick into center, it should come out clean). Check pie halfway through cooking. If crust is becoming too brown, cover edges with foil.
8. Cool before cutting.

Small Changes, BIG Difference!

Vegetables | Grains | Fruits

Nutrition Information

Serving Size: 1/8 Pie (1 slice)

Nutrients	Amount
Calories:	210
Total Fat:	7g
Saturated Fat:	1g
Sodium:	200mg
Total Carbohydrates:	32g
Dietary Fiber:	4g
Protein	5g

Utensils Needed

- Oven mitt
- Microwave safe dish and cover
- Sharp knife
- Blender
- 8-inch pie dish
- Measuring spoons
- Spatula or spoon
- Toothpick
- Mixing bowl

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SHOPPING LIST

Average total cost without flour, oil and seasonings: $6.61

Average cost/serving: $0.83

Recipe Makes: 1 pie, 8 slices
Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients

- [ ]  Add 1 to Cart
Eggs, 1/2 dozen
- [ ]  Add 3 to Cart
Sweet Potatoes
- [ ]  Add 1 to Cart
Fat Free Milk, 1 quart
- [ ]  Add 2 to Cart
McIntosh Apples

SAVE TIME, SAVE MONEY

Holiday Tips

- If you want to get a jump-start on holiday baking, you can absolutely freeze sweet potato pie! Bake it in an aluminum pie plate (aluminum is thinner than ceramic alternatives, so it will help the pie freeze faster and prevent the development of ice crystals). Cover the cooled pie in several layers of food storage wrap and top the storage wrap with aluminum foil. Thaw in the fridge overnight when ready to serve, and enjoy! How to avoid a stringy sweet potato pie? Make sure the sweet potato pie filling is well blended, with no large lumps of un-mashed or un-whipped sweet potatoes.

(Sources: allrecipes.com, iheartrecipes.com)

My Cooking Notes

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RECIPE

Applesauce Brownies



Small Changes, BIG Difference!

Brownies are always a welcome treat. This recipe uses applesauce to help keep the fat content down without sacrificing flavor!
Makes: 16 servings
Prep Time: 10 minutes
Cook Time: 20 minutes

Source: Source: : missourifamilies.org

Ingredients

- 1/2 cup all-purpose flour
- 1/2 cup unsweetened baking cocoa
- 1/2 teaspoon baking powder
- 1/2 cup sugar
- 1/8 teaspoon salt
- 2 tablespoons canola oil
- 4 ounces unsweetened applesauce
- 2 teaspoons vanilla extract
- 1 egg, lightly beaten
- 2 egg whites

Directions

1. Preheat oven to 350 degrees. Spray an 8 by 8-inch baking pan with cooking spray.
2. Whisk flour, cocoa, baking powder, sugar, and salt in a small bowl.
3. In a medium bowl, combine oil, applesauce, vanilla, egg, and egg whites. Gradually stir dry ingredients into wet ingredients until well combined.
4. Pour into baking pan and bake for 20 minutes, until sides pull away from edge of pan. Cool in pan and cut into 16 squares.

Grains

Nutrition Information

Serving Size: 1 Brownie (1/16 of recipe)

Nutrients	Amount
Calories:	74
Total Fat:	2.4g
Saturated Fat:	.6g
Cholesterol:	13mg
Sodium:	45mg
Total Carbohydrates:	11.6g
Dietary Fiber:	1g
Protein	1.7 g

Utensils Needed

- Measuring Utensils
- Baking Pan
- Mixing Spoon or Whisk
- Mixing Bowls (Small and Medium)

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SHOPPING LIST

Average total cost without oil and seasonings: $18.18

Average cost/serving: $1.14

Recipe makes: 16 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget, and location.

Ingredients



Add 1 to Cart
All-Purpose Flour



Add 1 to Cart
Unsweetened Applesauce



Add 1 to Cart
Unsweetened Baking Cocoa



Add 1 to Cart
Vanilla Extract



Add 1 to Cart
Baking Powder



Add 1 to Cart
1 Dozen Eggs



Add 1 to Cart
Sugar

SAVE TIME, SAVE MONEY

My Cooking Notes

Similar Recipes

- Cutcosts byreusing these ingredients in other recipes found on snapedny.org, such as:
  - Latkes
  - Apple Chunk Cake

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SHOPPING LIST

Average total cost without oil and seasonings: $18.18

Average cost/serving: $1.14

Recipe makes: 16 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget, and location.

Ingredients



Add 1 to Cart
All-Purpose Flour



Add 1 to Cart
Unsweetened Applesauce



Add 1 to Cart
Unsweetened Baking Cocoa



Add 1 to Cart
Vanilla Extract



Add 1 to Cart
Baking Powder



Add 1 to Cart
1 Dozen Eggs



Add 1 to Cart
Sugar

SAVE TIME, SAVE MONEY

My Cooking Notes

Similar Recipes

- Cutcosts byreusing these ingredients in other recipes found on snapedny.org, such as:
  - Latkes
  - Apple Chunk Cake

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RECIPE

Cinnamon Baked Pears



These stuffed pears are easy to make, and a delicious dessert or snack.

Makes: 4 Servings
Prep Time: 5-10 minutes
Cook Time: 25-35 minutes

Source: recipe modified from FoodHero

Ingredients

- 2 ripe pears
- 3 tablespoons walnuts, chopped
- 2 teaspoons honey or brown sugar
- 1/4 teaspoon cinnamon
- 1 tablespoon dried cranberries

Directions

1. Pre-heat oven to 350 degrees.
2. Cut the pears in half lengthwise. Scoop out the seeds with a spoon.
3. Place pears in a baking dish. Fill centers with chopped walnuts and drizzle about half a teaspoon of honey or brown sugar over each pear half.
4. Sprinkle each half with cinnamon and cranberries.
5. Bake at 350 degrees for 25 to 35 minutes or until pears are soft when poked with a fork. Serve warm.

Small Changes, BIG Difference!

Fruits — ChooseMyPlate.gov

Protein — ChooseMyPlate.gov

Nutrition Information

Serving Size:1/2apear

Nutrients	Amount
Calories:	69
Total Fat:	0 g
Saturated Fat:	0 g
Cholesterol:	0mg
Sodium:	16mg
Total Carbohydrates:	16g
Dietary Fiber: Total	1 g
Sugars: Added Sugars:	14g 0 g
Protein	1 g

Utensils Needed

- Cutting board
- Sharp knife
- Measuring spoons
- Baking dish

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SHOPPING LIST

Average total cost : $7.88

Average cost/serving: $1.97

Recipe Makes: 4

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Ground Cinnamon



Add 1 to Cart
Walnuts, 4 ounce bag



Add 2 to Cart
Fresh Pear



Add 1 to Cart
Light Brown Sugar, 32 ounces



Add 1 to Cart
Cranberries

Save Time, Save Money

Preparing Tips

- If your pears are super firm and unripe, leave out at room temperature in paper bag to help ripen faster.
- Ripe pears should be refrigerated to slow the ripening process and saved for use up to five days later.
- Best pears to used for baking are Bosc and Anjou pears, they will keep their shape and not fall apart.

Similar Recipes

- Baby Greens Salad with Pears

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RECIPE

Yogurt Popsicles

Want to make this a fun child experience? The children can: open the juice, stir things together, use a spoon to fill small cups, and put the sticks in.

Makes: 24 popsicles (12 servings)

Prep Time: 5 minutes
Chill Time: 2-3 hours
Source: foodhero.org recipes - yogurt popsicles

Ingredients

- 1 quart low fat vanilla yogurt
- 1 can frozen orange juice concentrate (6 ounce can)

Directions

1. Stirall the ingredients together.
2. Spoon into 24 popsicle molds or small waxed paper cups. Insert wooden craft sticks in the center of each popsicle.
3. Freeze about 2 to 3 hours depending on the size of the popsicle.
4. Refrigerate or freeze leftovers within 2 hours.

Utensils Needed

- Wooden Craft Sticks
- Popsicle Molds or Small Waxed Paper Cups
- Mixing Bowl
- Mixing Spoon



Small Changes, BIG Difference!

Dairy — ChooseMyPlate.gov

Fruits — ChooseMyPlate.gov

Nutrition Information

Serving Size:2Popsicles

Nutrients	Amount
Calories:	70
Total Fat:	1 g
Saturated Fat:	0.5g
Cholesterol:	0mg
Sodium:	55mg
Total Carbohydrates:	12g
Dietary	2 g
Fiber: Total	14g
Sugars: Added Sugars:	0 g
Protein	1 g
Vitamin D	0mcg
Calcium	6mg
Iron	0mg
Potassium	220 mg

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SHOPPING LIST

Average total cost without oil and seasonings: $3.07

Average cost/serving: $.26

Makes: 12 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Lowfat Vanilla Yogurt 32 oz



Add 1 to Cart
Frozen Orange Juice Concentrate
12 fl oz

SAVE TIME, SAVE MONEY

My Cooking Notes

Leftover Tips

- **Not sure what to do with leftover orange juice? Try mixing some with a natural seltzer for a different spin on a drink!**
- **Try making orange glazed carrots, or even use orange juice in a homemade dressing!**

SNAP-Ed New York
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