

A vibrant photograph of several watermelon slices on wooden sticks, arranged in a light blue ceramic bowl. The watermelon is cut into thick, triangular slices, and fresh green mint leaves are scattered among them. The background is a soft, out-of-focus light blue.

Fresh Choices

HEALTHY FAMILIES

MORE THAN 50 FAMILY-FRIENDLY
WIC RECIPES





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HEALTHY FAMILIES

MORE THAN 50 FAMILY-FRIENDLY
WIC RECIPES



TABLE OF CONTENTS

OVERVIEW 6

Keep your family healthy, choose a WIC Recipe that interests you and have fun!

VEGETABLES 7

Choose a veggie dish packed with vitamins and minerals.

Feta Avocado Dip.....	8
Smokey Baba Ganoush Dip Delight.....	9
Vegan Avocado Ceviche.....	10
Butternut Squash Soup.....	11
No-Stove Sweet Potato Chili.....	12
Squash & Turnip Veggie Medley.....	13
Autumn Spice Squash Medley.....	14
Cozy and Comforting Irish Colcannon.....	15
Savory Green Sensation.....	16
Hearty Gluten-Free Eggplant Lasagna.....	17
Sweet Potato Casserole.....	18
Stuffed Pepper Casserole.....	19
Citrus Fusion Stir-Fry.....	20
Veggie Pita-Pizza Night.....	21
Lemon Spinach Pasta.....	22
Sugar Snap Soy Miso Zoodles.....	23
Zucchini Brownies.....	24

FRUIT 25

Enjoy a fruity delicious recipe bursting with sweet juiciness.

Healthy Spring Shake.....	26
Fruit and Herb Infused Spa Water.....	27
Apple Pie Overnight Oats.....	28
Dark Chocolate Banana Bread.....	29
Mexican Apple Salad.....	30
Sizzling Summer Sweet Salad.....	31
Refreshing Jicama Salad.....	32
Watermelon-Mint-Feta Salad.....	33
Summer Fun Popsicles.....	34

PROTEIN 35

For a healthy immune system, muscle growth, recovery, and well-being, try a protein recipe!

Homemade Omelet Muffin.....	36
Mango and Black-Eyed Pea Salsa.....	37
Savory Sweet Potato & Black Bean Empanada.....	38
Chickpea Minestrone Soup.....	39
Cozy Comfort Lentil Soup.....	40
Crispy Chickpea and Summer Berry Salad.....	41
Chickpea Delight Burgers.....	42
Nature's Bounty Chili.....	43
Buttered Tofu Bliss.....	44
Garlic Ginger Vegan Stir Fry.....	45
Power Up Protein Bowl.....	46
Tofu Twist Cookie Dough Bliss.....	47
Simple Salmon Curry.....	48
Spicy Salmon Bowls.....	49
Easy Tuna Nuggets.....	50
Tuna Patties.....	51
Tangy Lemon Chicken.....	52
Beef and Potato Layered Casserole.....	53
Chicken Enchilada Meal Prep Bowls.....	54

WHOLE GRAINS 55

Find a fiber-rich recipe featuring nutritious ingredients to enhance fullness and maintain a healthy lifestyle.

Baked Oatmeal Bars.....	56
Rise and Shine Cookies.....	57
Apple Cheese Chomp.....	58
Mushroom Barley Soup.....	59

CONTRIBUTORS 61



OVERVIEW

Welcome to the California WIC Fresh Choices, Healthy Families Cookbook! This cookbook will help you make the most of your WIC foods. Inside, you will find simple and healthy recipes your whole family will enjoy.

The recipes are organized into different categories:

- vegetables,
- fruits,
- proteins, and
- whole grains

Each section is filled with tasty ideas that use WIC foods. All foods you can get with WIC are **bolded**.

You will need basic kitchen tools to make the recipes in this book. Below is a list of common tools used in many recipes. Each recipe also has a list of the materials you will need for that recipe so you can get everything ready before you begin. Many recipes have a QR code to scan for a video demonstration.

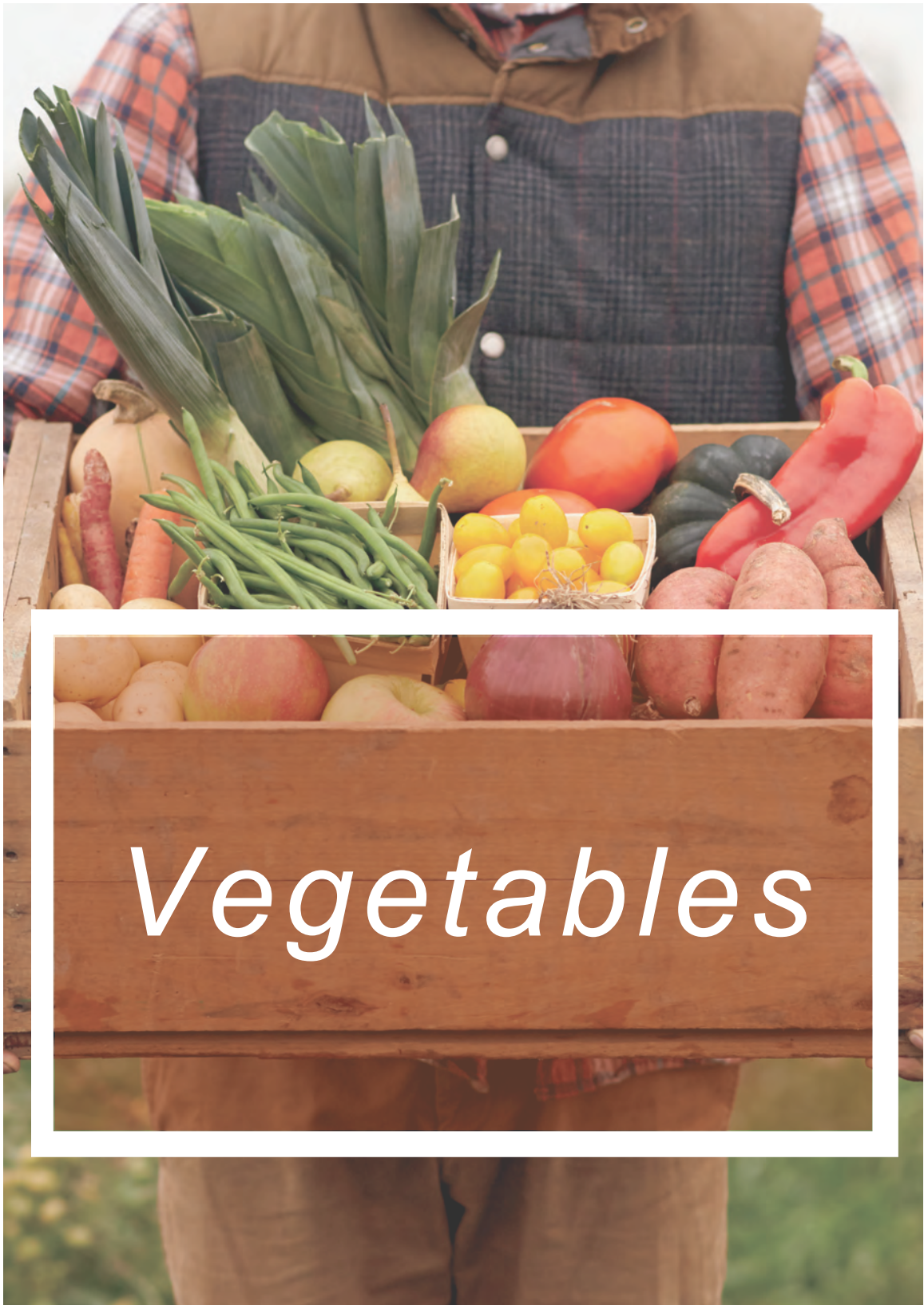
Basic Kitchen Tools:

- Measuring cups and spoons
- Whisk and can opener
- Knives and cutting board
- Vegetable peeler
- Spatula or mixing spoon
- Mixing bowls of various sizes
- Baking sheets and dishes
- Box Grater and zester
- Strainer
- Skillet
- Pots with lids
- Paper towels, parchment paper

We thank John Haubenstricker and his amazing team at the American Red Cross San Diego WIC Program who helped create these recipes. Their expertise and creativity have made this cookbook possible.

We hope this cookbook inspires you to try new recipes and enjoy healthy meals with your family. Happy cooking!

California Department of Public Health/WIC and California WIC Association



Vegetables

FETA AVOCADO DIP

DIPS

SERVINGS: 4

PREP TIME: 15 Min

MATERIALS

• Small knife • Medium bowl • Large spoon

By Meghen Bishop, Ashley Gubicza, and Chelsie Mille

INGREDIENTS

- 2 ripe medium **avocados**, fleshed & diced into cubes
- 4 ounces feta*
- 3 medium **Roma tomatoes**, seeded & diced
- 1/3 cup **red onion**, diced
- 2 **garlic cloves** minced
- 1/2 cup **cilantro**, chopped
- 1 tablespoon extra virgin olive oil
- 1 tablespoon white vinegar
- Optional: **Lemon** juice

*use a block of feta for best results



INSTRUCTIONS

1. Cut the avocado in half from top to bottom, see tip below.
2. Hold both halves and twist them in opposite directions to open it.
3. Remove the pit with a spoon and cut the flesh into small cubes. The cubes should hold their shape.
4. Cut the block of feta into squares.
5. Add all ingredients to a medium bowl. With a large spoon, gently mix everything together until combined.
6. Pour the contents of the bowl into a serving dish or an air-tight container to save for later. This dip pairs well with crackers, pita bread slices, chips, and vegetables. Leftovers should be kept in the refrigerator for no longer than three days.

Note: If dip is left in the refrigerator for more than a day it may turn brown from the air touching the avocado. To avoid this, squeeze a little lemon juice on the dip and stir before storing it in the refrigerator.

Tip: To check if the avocado is ripe, gently squeeze it to make sure it is soft, not mushy or hard.

NUTRITION FACTS Serving size: 1 cup, Total calories: 248 Total fat: 20 g Saturated fat: 6 g Cholesterol: 25 mg, Sodium: 338 mg Carbohydrates: 13 g, Fiber: 6 g, Sugar: 4.5 g, Protein: 7 g

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SMOKEY BABA GANOUSH DIP DELIGHT



DIPS

By Mariana Lara, Kenzie Lopez,
and Sarah Chu

SERVINGS: 6

PREP TIME: 55 Min

MATERIALS

- Baking sheet
- Parchment paper
- Pastry brush or paper towel
- Knife
- Cutting board
- Strainer
- Mixing bowls

INSTRUCTIONS

1. Preheat the oven to 450° F and line a baking sheet with parchment paper.
2. Cut the eggplants in half from top to bottom and brush them lightly with about 1/4 tablespoon of olive oil.
3. Roast the eggplant for about 35 to 40 minutes or until the inside is tender and the skin is soft.
4. Take the eggplant out of the oven to cool.
5. Mince the garlic and parsley.
6. After cooling eggplant, place a strainer over a mixing bowl, scoop out the flesh of eggplants with a spoon and throw away the excess water.
7. Smash the eggplant to remove as much moisture from the eggplant as possible.
8. Put the eggplant from the strainer into a bowl. Add garlic and lemon juice to the eggplant and stir to combine the ingredients.
9. Add tahini and olive oil to the bowl and stir.
10. Add parsley, salt and cumin. Stir well until the whole mixture is pale and creamy.
11. Optional: Drizzle olive oil, sprinkle a little parsley or paprika on top.

INGREDIENTS

- 2 medium-sized **Italian eggplants**
- ½ tablespoon extra virgin olive oil
- 2 medium cloves of **garlic**
- 2 tablespoons chopped fresh **flat-leaf parsley**
- 2 tablespoons **lemon juice**
- ¼ cup tahini
- ¼ teaspoon salt
- ¼ teaspoon ground cumin
- Pinch of smoked paprika powder

NUTRITION FACTS Serving size: 1/4 cup, Total calories: 105, Total fat: 7 g Saturated fat: 1 g Cholesterol: 0 g, Sodium: 145 mg Carbohydrates: 11 g Fiber: 4 g, Total sugars: 4 g, Added sugar: 0 g, Protein: 3 g

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VEGAN AVOCADO CEVICHE

DIPS

By Dannie Haber, Carla Corrales, and Sherry Dinh

SERVINGS: 2

PREP TIME: 20 Min

MATERIALS

- Small pot
- Knife and cutting board
- Medium size bowl

INGREDIENTS

- ½ cup quinoa
- 1 **celery stalk**
- 1 small **cucumber**
- 1 small **red bell pepper**
- ½ cup **red onion**
- 1 **avocado**
- ¼ cup chopped fresh **basil leaves**
- ¼ cup chopped fresh **cilantro** (optional)
- ¼ cup **lemon juice**
- ¼ tsp salt
- ¼ tsp pepper

INSTRUCTIONS

1. Prepare the quinoa according to the instructions on the package and add to a medium size bowl.
2. Chop celery, cucumber, bell pepper and red onion into small bite-size cubes. Add to the bowl with the quinoa.
3. Chop the avocado into bite-sized cubes and mix with chopped vegetables and quinoa.
4. Stir in the basil and cilantro.
5. Add the lemon juice and season with salt and pepper.



NUTRITION FACTS

Serving size:
½ bowl

- Total calories: 230
- Total fat: 12 g
- Saturated fat: 1.9 g
- Cholesterol: 0 mg
- Sodium: 118 mg
- Carbohydrate: 31 g
- Fiber: 8.8 g
- Sugar: 0 g
- Protein: 4.5 g

BUTTERNUT SQUASH SOUP

SOUP

By Breyanna Collier, Rebecca Muntslag, and Caitlin Arakaki

SERVINGS: 3

PREP TIME: 55 Min

MATERIALS

- Baking sheet
- Parchment paper
- Medium pot
- Knife and cutting board
- Blender



INGREDIENTS

- 1 **butternut squash**, peeled and cubed, about 2 ½ cups
- 2 tablespoons water
- 1 medium **onion**, diced
- 4 cups reduced sodium vegetable broth
- 1/4 teaspoon black pepper

INSTRUCTIONS

1. Preheat the oven to 400° F. Line a baking sheet with parchment paper.
2. Place butternut squash on the lined baking sheet.
3. Bake squash for 40 min.
4. While the squash is baking, heat water in a large pot over medium heat.
5. Add diced onion and let it soften for 5 minutes.
6. Add baked squash to the pot with onion.
7. Add broth and pepper to the pot and turn the heat to high. Once the soup comes to a simmer, turn the heat off.
8. Add soup to a blender and blend until smooth. Pour soup into a bowl and serve

NUTRITION FACTS Serving size: 1 bowl
Total calories: 93, Total fat: 0 g
Saturated fat: 0 g, Cholesterol: 0 mg
Sodium: 192 mg Carbohydrates: 22 g
Fiber: 7 g, Sugar: 4 g, Protein: 3 g

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NO-STOVE SWEET POTATO CHILI

DIPS

By Kacey Van Duzer, Ashley Henson, and Caitlyn Jones

INGREDIENTS

- 3 cups **sweet potatoes**, peeled and cut into $\frac{3}{4}$ -inch cubes
- 1 15-ounce can **diced tomatoes**, undrained
- 1 tablespoon low-sodium chili seasoning
- 1 teaspoon garlic powder
- 4 cups **kale**, chopped with stems removed
- 1 15-ounce can **white beans**, any variety, drained
- $\frac{1}{2}$ teaspoon salt
- 2 cups **instant brown rice**, cooked

SERVINGS: 4

PREP TIME: 20 Min

MATERIALS

- Vegetable peeler
- Can opener
- Microwave-safe bowl
- Knife and cutting board

INSTRUCTIONS

1. In a microwave-safe bowl, combine the sweet potatoes, tomatoes, chili seasoning, and garlic powder.
2. Cover and microwave for 10 to 13 minutes. Stop the microwave and stir 1 to 2 times while cooking.
3. Mix in kale and beans. Cover and microwave for 3 to 4 minutes, or until the kale is wilted. Mix in salt.
4. Heat rice in the microwave for 2 minutes. Serve chili over rice.



NUTRITION FACTS Serving size: 2 cups, Total calories: 419, Total fat: 3 g Saturated fat: 1 g Cholesterol: 0 mg, Sodium: 480 mg Carbohydrates: 82 g, Fiber: 18 g, Total sugars: 10 g, Added sugar: 0 g, Protein: 19 g

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SQUASH & TURNIP VEGGIE MEDLEY

BAKES &
CASSEROLES

By Caitlyn Jones, Ashley Woo, and Lauren Flotman



SERVINGS: 4

PREP TIME: 20 Min

INSTRUCTIONS

MATERIALS

- Vegetable peeler
- Baking sheet
- Knife and cutting board

INGREDIENTS

- 1 medium **butternut squash**, peeled and cut into 1-inch cubes
- 2 large **turnips**, ends removed and cut into 1-inch cubes
- 2 **garlic cloves**, thinly sliced
- 2 tablespoons extra virgin olive oil
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{8}$ teaspoon black pepper

1. Preheat oven to 400° F.
2. Wash and trim turnips and squash.
3. Peel squash and cut both vegetables into 1-inch cubes.
4. Spread squash and turnips evenly on a baking sheet.
5. Toss the vegetables with olive oil, sliced garlic, salt, and black pepper.
6. Place in preheated oven. After about 15 minutes, flip the vegetables over and continue to bake for about 20 more minutes or until they are golden brown.
7. Serve warm or put into an airtight container to keep in the refrigerator for up to three days.

NUTRITION FACTS Serving size: 1 cup, Total calories: 151, Total fat: 7 g, Saturated fat: 1 g, Cholesterol: 0 mg, Sodium: 136 mg, Carbohydrates: 23 g, Fiber: 5 g, Total sugars: 8 g, Added sugar: 0 g, Protein: 2.5 g

AUTUMN SPICE SQUASH MEDLEY

By Maggie Suri, Kelsey Lee,
and Natalie Yu

BAKES &
CASSEROLES



SERVINGS: 4 **PREP TIME:** 20 Min

MATERIALS

- Vegetable peeler
- Baking sheet
- Parchment paper
- Large bowl
- Skillet

INGREDIENTS

- 1 medium **butternut squash**, about 3 cups, cubed
- 1/2 tablespoons olive oil
- 1 teaspoon maple syrup or honey
- 3/4 teaspoon sea salt
- 3/4 teaspoon ground cinnamon
- 1/2 teaspoon ground black pepper
- 1 tablespoon chopped **fresh rosemary**
- 1/4 cup raw walnuts, chopped

INSTRUCTIONS

1. Preheat the oven to 400° F.
2. Peel the skin off the squash with a vegetable peeler.
3. Cut off 1/4 inch from the top and bottom of the squash.
4. Cut the squash in half. You will have two parts. The top long piece and the bottom round piece.
5. Scoop out the seeds with a spoon. Throw away the seeds.
6. Cut the rest of the squash into 1-inch cubes.
7. Line a large baking sheet with parchment paper.
8. In a large bowl, whisk olive oil, maple syrup, salt, cinnamon, ground pepper and rosemary. Add squash cubes and toss with a spoon until combined.
9. Spread on a baking sheet in an even layer.
10. Bake on the bottom rack for 15 minutes.
11. Flip cubes and bake for another 10-12 minutes until soft.
12. Heat a skillet over medium high heat.
13. Add walnuts and stir frequently until browned, about four minutes.
14. Add squash mixture to a serving dish. Sprinkle toasted walnuts over squash and serve warm.

NUTRITION FACTS Serving size: 1 serving, Total calories: 174, Total fat: 2 g, Saturated fat: 1 g, Cholesterol: 0 mg, Sodium: 366 mg, Carbohydrates: 42 g, Fiber: 11 g, Total sugars: 11 g, Added sugar: 5 g, Protein: 3 g

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COZY AND COMFORTING IRISH COLCANNON

BAKES & CASSEROLES

By Emily Hickey, Christine Clothier, and Ashley Woo

SERVINGS: 5

PREP TIME: 35 Min

MATERIALS

• Medium size pot • Small saucepan • Potato masher or fork

INGREDIENTS

- 4 cups **Yukon Gold potatoes**, peeled and large diced
- 2 teaspoons salt
- 2 tablespoons unsalted butter, at room temperature
- 1 **garlic clove**, finely minced
- 3 cups **kale** leaves, coarsely chopped
- 4 medium **green onions**, thinly sliced
- 1 cup of 1% **low-fat milk**
- 5 tablespoons plain **yogurt**
- Ground black pepper, to taste



INSTRUCTIONS

1. Put the potatoes in a pot. Add cold water to the pot until the water covers the potatoes. The water should be about two inches above the potatoes. Add salt.
2. Bring potatoes to a boil and cook for about 10-12 minutes or until tender.
3. Drain the water. Put the pot with the cooked potatoes to the side.
4. In a separate saucepan, melt one tablespoon of butter over medium heat.
5. Add garlic, kale, and green onions. Cook for about 5 minutes, stirring occasionally.
6. Reduce the heat to low until it simmers, then add milk and yogurt. Stir to combine.
7. Add the remaining tablespoon of butter to the pot of drained potatoes. Place the pot back on the stove on low heat until the butter is melted.
8. Turn off the stove. Mash the potatoes until smooth.
9. Add in the greens mixture and stir well to combine.
10. Add pepper to taste and serve.

NUTRITION FACTS Serving size: 1 cup, Total calories: 223, Total fat: 7 g Saturated fat: 4 g Cholesterol: 20 mg, Sodium: 339 mg, Carbohydrates: 34 g, Fiber: 5 g, Total sugars: 6 g, Added sugar: 0 g, Protein: 8 g

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SAVORY GREEN SENSATION

By Mariana Lara, Kenzie Lopez, and Albert Torres

BAKES & CASSEROLES

SERVINGS: 4

PREP TIME: 75 Min

MATERIALS

- Knife
- Cutting board
- Large size pot

INSTRUCTIONS

1. Fold collard greens in half from top to bottom. Cut the stems out and slice the leaves into 1-inch pieces.
2. Cut the tomatoes in half. Remove the seeds of the tomatoes with a spoon. Chop the tomatoes into cubes.
3. Heat oil in a large pot over medium heat.
4. Add diced onion. Cook for about 2 minutes until slightly see through.
5. Add collard greens, apple cider vinegar, red pepper flakes, garlic, salt, and pepper, and cook for 2 minutes.
6. Add the broth, cover, and bring the heat to low to bring to a simmer.
7. Cook for about 40 minutes until greens are tender. Then, add tomatoes and let cook for about 10 more minutes.
8. Taste and add a small amount of salt and black pepper if desired.
9. Serve hot with brown rice to complement the dish.

INGREDIENTS

- 2 ½ cups **collard greens**, washed and chopped
- 2 **Roma tomatoes**
- 1 tablespoon vegetable oil
- ½ cup **onion**, diced
- 1 teaspoon apple cider vinegar
- ½ teaspoon red pepper flakes
- ½ teaspoon garlic powder
- ½ teaspoon table salt
- ½ teaspoon black ground pepper
- 2 cups vegetable broth

NUTRITION FACTS Serving size: 1/2 cup
Total calories: 88, Total fat: 4 g, Saturated fat: 1 g, Cholesterol: 0 g, Sodium: 640 mg
Carbohydrates: 13 g, Fiber: 3 g, Total sugars: 8 g, Added sugar: 0 g, Protein: 3 g

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HEARTY GLUTEN-FREE EGGPLANT LASAGNA

BAKES &
CASSEROLES

By Ana Hernandez, Bruna Honorio, and Carla Corrales

SERVINGS: 5

PREP TIME: 1.5 Hours

MATERIALS

• Knife and cutting board • Grater • Skillet • Mixing bowl • 10 x 10-inch casserole dish

INGREDIENTS

- 2 large **eggplants**, sliced
- ¼ cup olive oil
- ¼ tsp salt
- ⅛ tsp black pepper
- 2 cups marinara sauce
- 4 **garlic cloves**, minced
- 2 tbsp dried or **fresh basil leaves**, finely chopped
- 1 tbsp dried oregano
- 8 oz **mozzarella cheese**
- 1 cup parmesan cheese of choice, shredded

INSTRUCTIONS

1. Preheat the oven to 400° F.
2. Cut the eggplants into long thin slices. Season with salt and pepper.
3. Heat the olive oil in a skillet and fry the eggplants for about 2 minutes on each side.
4. Remove eggplants from the heat and set them aside.
5. Mix your marinara sauce with basil, oregano, and garlic.
6. Grate the mozzarella cheese into a small bowl.
7. Add shredded parmesan to bowl of grated mozzarella.
8. Get a 10 x 10-inch casserole dish to start the layering process.
9. First, spread some marinara sauce on the bottom of the dish. Then, add a layer of eggplant. Next, add more marinara sauce, then a layer of mixed mozzarella and parmesan cheese. Repeat this until you use all the ingredients. End with a layer of cheese on top.
10. Bake for 35 minutes. Let it cool for about 5 minutes, then cut into squares and enjoy.



NUTRITION FACTS per serving: Calories: 593
Fat: 38 g, Carbohydrates: 36 g, Fiber: 10 g
Protein: 37 g

SWEET POTATO CASSEROLE

BAKES &
CASSEROLES

By Aneth Gonzalez, Janeza
Bridges, and Caitlin Arakaki



SERVINGS: 8 **PREP TIME:** 55 Min

MATERIALS

- Vegetable peeler
- Baking sheet
- Knife and cutting board
- Medium and small mixing bowls

INGREDIENTS

- 2 pounds **sweet potato**, peeled and cut into quarters
- 1 tablespoon unsalted butter, melted
- 1/2 cup **fat-free milk or milk of your choice**
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1 1/2 tablespoon pumpkin pie spice
- 1/4 cup chopped pecans
- 1/4 cup pepitas

INSTRUCTIONS

1. Preheat the oven to 350° F.
2. Put sweet potatoes into a large pot. Fill with enough water to cover all the sweet potatoes.
3. Boil for about 20 minutes, or until the sweet potatoes are soft.
4. Remove from heat, drain, and place sweet potatoes in a mixing bowl.
5. Using a fork, mash the cooked sweet potatoes.
6. Gently stir in the milk, butter, vanilla, cinnamon, and pumpkin pie spice until combined with the mashed sweet potatoes.
7. Place the mixture in a 1 1/2-quart baking dish.
8. In a small mixing bowl, combine the pecans and pepitas. Sprinkle the pecans and pepitas over the top of the sweet potatoes.
9. Bake the casserole for 20 to 30 minutes, or until the pecans are lightly toasted.

NUTRITION FACTS Per Serving, Total calories: 181, Total fat: 7 g, Saturated fat: 2 g, Cholesterol: 4 mg, Sodium: 100 mg, Carbohydrates: 26 g, Fiber: 4 g, Sugar: 6 g, Protein: 5 g

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STUFFED PEPPER CASSEROLE

BAKES &
CASSEROLES

By Janeza Bridges, B.S. ACE-CPT, USAW, PNI,
Kalia Firmage, and Anna Clancy

INGREDIENTS

- 2 tablespoons of olive oil
- 1 1/2 pounds 99% lean ground turkey
- 1 medium **yellow onion**, diced
- 1 medium **red bell pepper**, diced
- 1 medium **green bell pepper**, diced
- 3 small **garlic cloves**, minced
- 1 teaspoon Italian seasoning
- 2 teaspoons low sodium Worcestershire sauce
- A pinch of salt and pepper
- 14 ounces **diced tomatoes**, canned, no salt added
- 1 cup uncooked **Basmati Brown** or **Jasmine Brown rice**
- 1 1/2 cups reduced sodium chicken broth
- 12 ounces **mozzarella cheese**, shredded



SERVINGS: 6 **PREP TIME:** 30 Min

MATERIALS

- Knife and cutting board
- Grater
- Oven safe skillet

INSTRUCTIONS

1. Preheat the oven to 350° F. Heat olive oil in a skillet over medium-high heat and add ground turkey.
2. Break the turkey apart with a spatula and cook until it is no longer pink. This is when the temperature of the meat is about 166F. Use a cooking thermometer if you have one to know if it's cooked well. Add the yellow onion and bell peppers. Cook for 2 to 3 minutes.
3. Add the minced garlic, Italian seasoning, Worcestershire sauce, salt, and pepper. Stir for 30 seconds. Mix in the diced tomatoes.
4. Add the rice and chicken broth. Stir and bring to a boil, then cover with a lid.
5. Place the skillet in the oven for 20-25 minutes.
6. Shred the mozzarella.
7. Remove the skillet once the rice is cooked and sprinkle the mozzarella on top.
8. Put the skillet back in the oven. Broil for 3 to 5 minutes until the cheese is melted and bubbling.
9. Let the casserole cool for 10 minutes and then serve.

NUTRITION FACTS Serving size: 1 cup, Total calories: 263, Total fat: 6 g Saturated fat: 2 g Cholesterol: 63 mg, Sodium: 350 mg Carbohydrates: 26 g, Fiber: 3 g, Sugar: 5 g Protein: 34 g

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CITRUS FUSION STIR-FRY

By Kelsey Lister, Valentina Montes, and Albert Torres

STIR FRY

SERVINGS: 4

PREP TIME: 40 Min

MATERIALS

- Skillet
- Medium saucepan
- Small mixing bowl



INGREDIENTS

- 2 cups water
- 1 cup **brown rice**
- 1 tablespoon low-sodium soy sauce
- ¼ cup freshly squeezed **lemon** juice
- 2 teaspoons cornstarch
- ½ cup low-sodium vegetable broth
- 3 tablespoons extra-virgin olive oil
- 3 ½ cups **fresh broccoli**, chopped
- ½ cup **canned chickpeas**, drained
- 2 medium fresh **carrots**, peeled and chopped
- 5 **garlic cloves**, minced
- 1 tablespoon minced **ginger**
- 2 medium **bell peppers**, chopped
- 2 cups **fresh basil**, thinly sliced
- Optional: 1 tablespoon toasted sesame seeds

INSTRUCTIONS

1. Pour two cups of water into a medium saucepan.
2. Turn to high heat and bring to a boil.
3. Add brown rice and cover with lid.
4. Turn to low heat for 30 minutes or until rice is cooked. Set aside.
5. To make the sauce, combine soy sauce, lemon juice, cornstarch and broth in a bowl. Mix with a spoon and set aside.
6. Heat oil in a large skillet over high heat.
7. Add broccoli, chickpeas, and carrots. Cook for 2 minutes.
8. Stir in garlic, ginger, and bell peppers. Cook for another 2 minutes.
9. Pour sauce into the skillet. Bring it to a boil and cook for 2 minutes until thickened.
10. Turn off heat and stir in basil.
11. Serve with steamed brown rice. Garnish with toasted sesame seeds, if using.

NUTRITION FACTS Serving size: 1 serving, Total calories: 302, Total fat: 11 g, Saturated fat: 2 g, Cholesterol: 48 mg, Sodium: 348 mg, Carbohydrates: 30 g, Fiber: 6 g, Total sugars: 7 g, Added sugar: 0 g, Protein: 23 g

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VEGGIE PITA-PIZZA NIGHT

By Anna Clancy, Anna Compagno, and Kalia Firmage



PIZZA &
PASTA

SERVINGS: 3

PREP TIME: 25 Min

MATERIALS

- Small bowl
- Baking sheets
- Knife and cutting board
- Grater

INGREDIENTS

- 3/4 teaspoon of dry or **fresh oregano**
- 1/2 large **garlic clove**
- 1/2 15 ounce can of low sodium tomato sauce
- 1/2 package of **whole wheat pita**
- 4 ounces **mozzarella cheese**
- 1/2 small **bell pepper**, diced
- 1/2 small **zucchini**, sliced
- 1/2 2.26 ounce can of black olives
- 1/4 cup **spinach**

INSTRUCTIONS

1. Preheat oven to 425° F.
2. Combine oregano, garlic, and tomato sauce in a small bowl.
3. Coat the top of the pita with two teaspoons of sauce mixture.
4. Grate the mozzarella.
5. Sprinkle two tablespoons grated cheese on top of pita.
6. Decorate with bell pepper, zucchini, black olives, or spinach. Try adding at least two different kinds of vegetables to each pizza.
7. Place pizzas on baking sheets.
8. Place pizza in the oven.
9. Bake for 10 minutes.
10. Let pizzas cool for 3 minutes and serve.

NUTRITION FACTS Per 1 Pita Pizza, Total calories: 224, Total fat: 7 g, Saturated fat: 3 g, Cholesterol: 18 mg, Sodium: 588 mg, Carbohydrates: 8 g, Fiber: 2 g, Sugar: 6 g, Protein: 12 g

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LEMON SPINACH PASTA

PIZZA &
PASTA

By Aneth Gonzalez, Ashley Gubicza, and Karina Montes Firmage



INGREDIENTS

- 12 ounces **whole wheat spaghetti**, dry
- 1 teaspoon extra virgin olive oil
- 2 **garlic cloves**, peeled and minced
- 1 pound baby **spinach**, frozen
- Juice from 2 **lemons** plus zest
- 2 ounces **mozzarella cheese**
- Pinch of ground pepper

SERVINGS: 4

PREP TIME: 15 Min

MATERIALS

- Large size pot
- Grater
- Skillet
- Strainer

INSTRUCTIONS

1. Bring a large pot of water to boil. Cook 12-ounces of dry whole wheat spaghetti per the instructions on the box.
2. Grate mozzarella cheese and set aside.
3. When the pasta is nearly done, about 5 minutes into cooking, heat one teaspoon of extra virgin olive oil in a large skillet over medium heat. Add the minced garlic and cook, stirring, until fragrant, about 30 seconds.
4. Add the frozen spinach to the heated skillet. Cook until the spinach is wilted, about 1 minute.
5. Reserve 1 cup of the pasta's cooking water before draining.
6. Add the lemon juice and about $\frac{1}{4}$ cup of the pasta cooking water to the skillet. The lemon juice can be added by simply inserting a spoon into the center of the halved lemon and twisting it.
7. Drain the pasta, add it into the skillet, and toss over medium heat.
8. Remove the skillet from the heat. Zest the lemon by using the small side of a box grater. Add the lemon zest and grated mozzarella into the skillet.
9. Season with ground pepper to taste. Toss again to combine.
10. Add additional pasta water as needed if the pasta is sticking together. Serve warm.

NUTRITION FACTS Serving size: 1.5 cups
Total calories: 192, Total fat: 4 g, Saturated fat: 1 g, Cholesterol: 5 mg, Sodium: 92 mg
Carbohydrates: 32 g, Fiber: 6 g, Sugar: 2 g
Protein: 10 g

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SUGAR SNAP SOY MISO ZOODLES

By Ashley Gubicza, Edgar Doolan, and Meghen Bishop

PIZZA &
PASTA

SERVINGS: 2

PREP TIME: 35 Min

MATERIALS

- Vegetable peeler
- Knife and cutting board
- Large size pot

INGREDIENTS

- 4 ounces **kale**, chopped and stems removed
- 1 ounce fresh **ginger**, peeled and minced
- 2 cloves **garlic**, peeled and minced
- 6 ounces **sugar snap peas**, sliced lengthwise
- Cooking oil
- 1 cup **soymilk**, unsweetened
- 1 tablespoon reduced-sodium red miso paste
- 1 cup frozen **edamame**
- 10 ounces bagged zucchini noodles



INSTRUCTIONS

1. Prepare the vegetables first. Chop kale, peel ginger, and mince the ginger and garlic. Slice the sugar snap peas in half from top to bottom and place aside.
2. Lightly spray or rub cooking oil in a large pot over medium-high heat, then add the minced garlic and ginger and cook until browned in places, about one to two minutes.
3. Add the soymilk, red miso paste, 1 cup water to the pot, and whisk to combine. Bring to a boil and then reduce heat to low and simmer until you're ready to serve.
4. Add the edamame and chopped kale to the soymilk broth in the large pot. Add the sugar snap peas into the broth. Stir and cook until the vegetables are bright green, about 2 to 3 minutes.
5. Divide the zucchini noodles between serving bowls. They will cook when you pour the broth into the bowls.
6. Ladle the red miso soymilk broth and vegetables over the noodles and serve.

NUTRITION FACTS Serving size: 2 cups, Total calories: 238, Total fat: 8 g, Saturated fat: 1 g, Cholesterol: 0 mg, Sodium: 345 mg, Carbohydrates: 26 g, Fiber: 9 g, Sugar: 10 g, Protein: 20 g

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ZUCCHINI BROWNIES

DESSERT

By Bruna Honorio, Carla Corrales, and Rachel Jensen

SERVINGS: 9

PREP TIME: 45 Min

MATERIALS

- Grater
- Parchment paper
- Large bowl
- 8 x 8-inch casserole dish

INSTRUCTIONS

1. Preheat the oven to 375° F and prepare an 8 x 8-inch baking dish with parchment paper.
2. Shred the zucchini and pat it to remove excess water with a paper towel.
3. In a large bowl, combine the coconut oil, maple syrup, vanilla extract, and egg until smooth.
4. Add the cocoa powder, baking soda, salt, and whisk.
5. Add the zucchini and stir.
6. Lastly, add the flour and mix gently until combined. Place the batter in the baking dish and bake it for about 35 minutes.
7. Let it cool for about 20 minutes, cut into nine pieces and enjoy.

INGREDIENTS

- 1 egg
- 2 cups of zucchini, shredded small
- ½ cup of coconut oil
- ½ cup of maple syrup
- 1 tsp of vanilla extract
- ½ cup of cocoa powder
- ½ tsp of baking soda
- ¼ tsp of salt
- 1 cup of whole wheat flour

NUTRITION FACTS Per serving: Total calories: 263 kcal, Total fat: 11.8 g, Saturated fat: 10.6 g, Cholesterol: 0 mg, Sodium: 157 mg, Carbohydrate: 37.4 g, Fiber: 4 g, Sugar: 11 g, Protein: 2 g, Potassium: 235 mg



Fruit

HEALTHY SPRING SHAKE

DRINKS

By Ana Hernandez, Ashlyn Taylor, and Jillian Arizuren

SERVINGS: 2

PREP TIME: 5 Min

MATERIALS • Blender



INGREDIENTS

- $\frac{3}{4}$ cup of **milk**
- $\frac{1}{2}$ cup **vanilla yogurt**
- 1 medium **avocado**
- $\frac{1}{2}$ teaspoon pure vanilla extract
- 1 cup **frozen spinach**
- 10-15 **fresh mint leaves**
- 2 tablespoons honey
- $\frac{1}{2}$ cup - 1 cup ice

INSTRUCTIONS

1. Place all ingredients into your blender in the order listed above.
2. Blend on low, then increase speed until smooth and well mixed.
3. Pour into your favorite cup and enjoy.
4. Tip: For a thicker shake, add more ice.

NUTRITION FACTS Per Serving: Total calories: 336, Total fat: 18 g
Saturated fat: 4 g, Polyunsaturated Fat: 2 g, Monounsaturated Fat: 11 g
Cholesterol: 11 mg, Sodium: 81 mg, Carbohydrate: 39 g, Fiber: 8 g, Sugar:
30 g, Protein: 10 g

FRUIT AND HERB INFUSED SPA WATER

DRINKS

By Bruna Honorio, Pedro Guzman, and Rachel Jensen

SERVINGS: 5 cups

PREP TIME: 5 Min

MATERIALS • Large glass or pitcher



INGREDIENTS

Watermelon Basil Recipe

- 5 cups of water, 40 fl. Oz.
- $\frac{3}{4}$ cup of **watermelon**, cubed
- 3 leaves of **fresh basil**, whole

Mango Ginger Recipe

- 5 cups of water, 40 fl. oz.
- $\frac{1}{2}$ teaspoon of **ginger**, peeled
- 1 cup of **mango**, cubed

Orange Cucumber Mint Recipe

- 5 cups of water, 40 fl. oz.
- $\frac{1}{2}$ **orange**, peeled and quartered
- $\frac{1}{2}$ cup of **cucumber**, sliced
- 5 leaves of **fresh mint**

INSTRUCTIONS

1. Add the fruit to the water
2. Optional: add ice
3. Mix and let sit for at least five minutes
4. Enjoy the fresh taste!

TIPS

- You can continue adding water to the mix but make sure to remove the fruits and herbs after 24 hours of infusion.
- Enjoy your refreshing spa water for up to three days by keeping it refrigerated.

*No Nutrition Facts are available.

APPLE PIE OVERNIGHT OATS

BREAKFAST

By Anna Compagno, Breyanna Collier, and Christine Tran, B.S



SERVINGS: 4

PREP TIME: 20 Min

MATERIALS

• Mason jars or other reusable containers • Plastic wrap

INGREDIENTS

- 2 cups **rolled oats**
- 2 cups **milk, soy milk, or other plant-based milk** alternative
- 1 cup **yogurt**
- 4 tablespoons honey
- 1 teaspoon vanilla extract

TOPPINGS

- 1 cup **apples**, diced
- 8 teaspoons honey
- 1 teaspoon cinnamon

INSTRUCTIONS

1. Get four individual reusable containers like mason jars. Then, add 1/2 cup oats, 1/4 cup yogurt, 1/2 cup unsweetened soy milk, 1 tablespoon of honey, and 1/4 teaspoon of vanilla extract to each container.
2. Mix each container with a spoon until evenly combined.
3. Add 1/4 cup diced apples on top of each mixture.
4. Drizzle 2 teaspoons of honey and sprinkle 1/4 teaspoon of cinnamon over the apples in each container.
5. Cover containers with a lid or plastic wrap and secure with a rubber band.
6. Place all jars in the refrigerator for at least two hours or overnight.
7. Remove the containers from the fridge, unwrap, and enjoy.

NUTRITION FACTS Per Container: Total calories: 355, Total fat: 5 g, Saturated fat: 1 g, Cholesterol: 3 mg, Sodium: 69 mg, Carbohydrates: 66 g, Fiber: 7 g, Sugar: 35 g, Protein: 16 g

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DARK CHOCOLATE BANANA BREAD

By Jade Martinez, Janeza Bridges, and Samantha Camacho



BREAKFAST

SERVINGS: 12
PREP TIME: 65 Min

MATERIALS

- 9 x 5-inch loaf pan
- Medium bowl
- Large bowl

INGREDIENTS

- 1 $\frac{3}{4}$ cups whole wheat flour
- 1 teaspoon baking soda
- $\frac{1}{2}$ teaspoon sea salt
- 2 medium **eggs**
- $\frac{1}{2}$ cup olive oil
- $\frac{1}{3}$ cup honey or maple syrup
- $\frac{1}{4}$ cup **yogurt**
- 1 teaspoon vanilla extract
- 1 cup mashed ripe **bananas**, about 2–3 medium bananas
- Optional: 1 small **banana**, sliced
- Optional: Add in $\frac{1}{2}$ teaspoon ground cinnamon, $\frac{1}{2}$ cup dark chocolate chips, $\frac{1}{2}$ cup chopped walnuts, or $\frac{1}{2}$ cup **raisins**

INSTRUCTIONS

1. Preheat oven to 325° F. Grease a 9 x 5-inch loaf pan with olive oil and set aside.
2. In a medium bowl, whisk flour, baking soda, and salt together, and then set aside.
3. In a large bowl, mix eggs, oil, honey, yogurt and vanilla for 2 minutes. Stir in bananas, flour mixture, and add-ins of choice.
4. Pour batter into greased pan. Add banana slices on top if you want.
5. Bake for 50–55 minutes or until a toothpick inserted comes out clean.
6. Cool for 10 minutes, slice, and enjoy.

NUTRITION FACTS Per Serving: 1 slice, Total calories: 238, Total fat: 12 g, Saturated fat: 10 g, Cholesterol: 27 mg, Sodium: 209 mg, Carbohydrate: 29 grams, Fiber: 2 grams, Sugar: 12 g, Protein: 4 g

ENSALADA NAVIDEÑA

MEXICAN APPLE SALAD (IN ENGLISH)

By Caitlyn Jones, Ivette Ramirez, and Stacy Wells

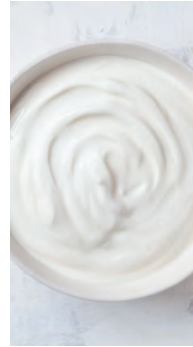
SALAD

SERVINGS: 5

PREP TIME: 15 Min

MATERIALS

- Knife and cutting board
- Strainer
- Large bowl
- Can opener



INGREDIENTS

- 4.5 cups **Fuji apples**
- 12 ounce can **pineapple** in 100% pineapple juice
- 1 cup reduced fat sour cream
- $\frac{3}{4}$ cup low **fat plain yogurt, 1% milkfat**
- $\frac{1}{2}$ cup loose **raisins**
- $\frac{1}{2}$ cup pecans, chopped
- $\frac{1}{3}$ cup pineapple juice from canned pineapple, listed above
- $\frac{1}{4}$ teaspoon salt

INSTRUCTIONS

1. Cut apples into $\frac{3}{4}$ inch chunks. Put apples into a large bowl.
2. Drain the pineapple and save the juice for later. Cut the fruit into small bite sized pieces. Add to the bowl with the apples.
3. Add sour cream, yogurt, raisins, pecans, pineapple juice, and salt.
4. Mix well to coat everything evenly.
5. Place in the refrigerator for 15 minutes before serving.

NUTRITION FACTS Serving size: 1 cup, Total calories: 272, Total fat: 0 g, Saturated fat: 1 g, Cholesterol: 2 mg, Sodium: 148 mg, Carbohydrates: 48 g, Fiber: 5 g, Total sugars: 39 g, Added sugar: 1 g, Protein: 4 g

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SIZZLING SUMMER SWEET SALAD

SALAD

By Christine Clothier, Liberti Cornell, and Lauren Flotman



INGREDIENTS

- 1.5 cups **strawberries**
- 1 **orange**
- 2 **bananas**
- 1 cup **blueberries**
- ½ cup **canned pineapple chunks** in 100% pineapple juice
- ½ cup almonds
- 2 tablespoons honey
- 2 tablespoons **lime** juice

SERVINGS: 8

PREP TIME: 30 Min

MATERIALS

- Knife and cutting board
- Skillet
- Can opener
- Small bowl
- Large bowl

INSTRUCTIONS

1. Clean strawberries, blueberries, orange, and lime by rinsing under water.
2. Peel the bananas and orange. Cut strawberries, bananas, and oranges into the size you like. Put them into a large bowl.
3. Add blueberries to the bowl.
4. Place skillet on stove over medium heat. Add pineapple to skillet and cook for 3 to 6 minutes or until charred or browned.
5. Set pineapple aside to cool or combine immediately with other fruit.
6. Chop the almonds.
7. In a small bowl, add honey and lime juice and stir together.
8. Add chopped almonds and honey, lime juice mixture to the fruit bowl and stir.
9. Serve right away or put in fridge to chill for one hour before serving.

NUTRITION FACTS Serving size: 1 serving
Total calories: 128 kcal, Total fat: 4 g
Saturated fat: 0 g, Cholesterol: 0 mg, Sodium:
1 mg, Carbohydrates: 23 g, Fiber: 4 g, Total
sugars: 15 g, Added sugar: 0 g, Protein: 3 g

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REFRESHING JICAMA SALAD

By Albert Torres, Ashley Woo, and Lauren Flotman

SALAD



INGREDIENTS

- 1 cup uncooked **whole-grain barley**
- 2 tablespoons fresh **lime** juice
- ¼ cup olive oil
- ¼ tablespoon ground cumin
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 6 cups washed **watercress** or **arugula**
- 1 cup **jicama root**, peeled and cut in bite size pieces
- 2 cups **canned pineapple**
- 2 cups **avocados**, cubed
- Optional: add grilled fish or grilled chicken for more protein

SERVINGS: 6

PREP TIME: 70 Min

MATERIALS

- Large size pot
- Knife and cutting board
- Can opener
- Large bowl
- Vegetable peeler

INSTRUCTIONS

1. Add barley and three cups of water to a pot. Cook on high heat until the water boils. Then lower the heat to a simmer.
2. Cover and cook for 45–60 minutes. It is done when the water is absorbed and grains are tender. Take off the heat and set the pot aside to cool.
3. Whisk lime juice, olive oil, cumin, salt and pepper all together. This is the dressing.
4. In a bowl, toss the watercress with half of the dressing.
5. Add jicama, pineapple, avocado, and cooked barley to the watercress along with the rest of the dressing. Mix well.

Optional: add grilled fish or chicken if using.

Serve as soon as possible.

NUTRITION FACTS Serving size: 1 serving, Total calories: 398 kcal, Total fat: 16 g, Saturated fat: 2 g, Cholesterol: 0 mg, Sodium: 367 mg, Carbohydrates: 59 g, Fiber: 13 g, Total sugars: 10, Added sugar: 0 g, Protein: 11 g

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WATERMELON-MINT-FETA SALAD

By Janeza Bridges,
ACE-CPT, USAW, PNI,
and Kalia Firmage

SALAD

SERVINGS: 6

PREP TIME: 20 Min

MATERIALS

- Knife and cutting board
- Large bowl



INGREDIENTS

- 6 cups ripe seedless **watermelon**, cubed
- 2 **limes**, juiced
- 1 ounce fat-free feta cheese, crumbled
- 6 **mint leaves**, minced

Optional, 1 pinch of fresh ground pepper, zest of 1 **lime**

INSTRUCTIONS

1. Cut watermelon in half down the middle.
2. Place the flat side of the watermelon down and cut into slices.
3. Cut off the rind.
4. Cut the slices into 1-inch cubes.
5. Add cubes to a large bowl.
6. Add the lime juice and mint leaves to the watermelon and mix.
7. Add the feta cheese and mix.
8. Optional: season with black pepper and lime zest.
9. Serve right away or chill in the fridge for one to two hours. Best served as fresh as possible.

NUTRITION FACTS Per 1 cup serving, Total calories: 36.4 kcal, Total fat: 0 g, Saturated fat: 0 g, Cholesterol: 0.64 mg, Sodium: 42 mg, Carbohydrates: 8.1 g, Fiber: 1.73 g, Sugar: 0.97 g, Protein: 1 g

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SUMMER FUN POPSICLES

DESSERT

By Ana Hernandez, BS, Jilian Arizcuren, BS, and Jaquelyn Neves, BS

SERVINGS: 8

PREP TIME: 4-6 Hours

MATERIALS

- Freezable popsicle molds, plastic cups, ice cube trays, or muffin tins, for the 8 popsicles
- 8 Popsicle sticks or plastic utensils
- Blender
- Plastic wrap



INGREDIENTS

- 2 cups **fresh strawberries**, with tops removed
- 1 medium extra ripe **banana**
- 13.5 fluid ounces lite or low-fat coconut milk, **can substitute with another milk alternative or juice**

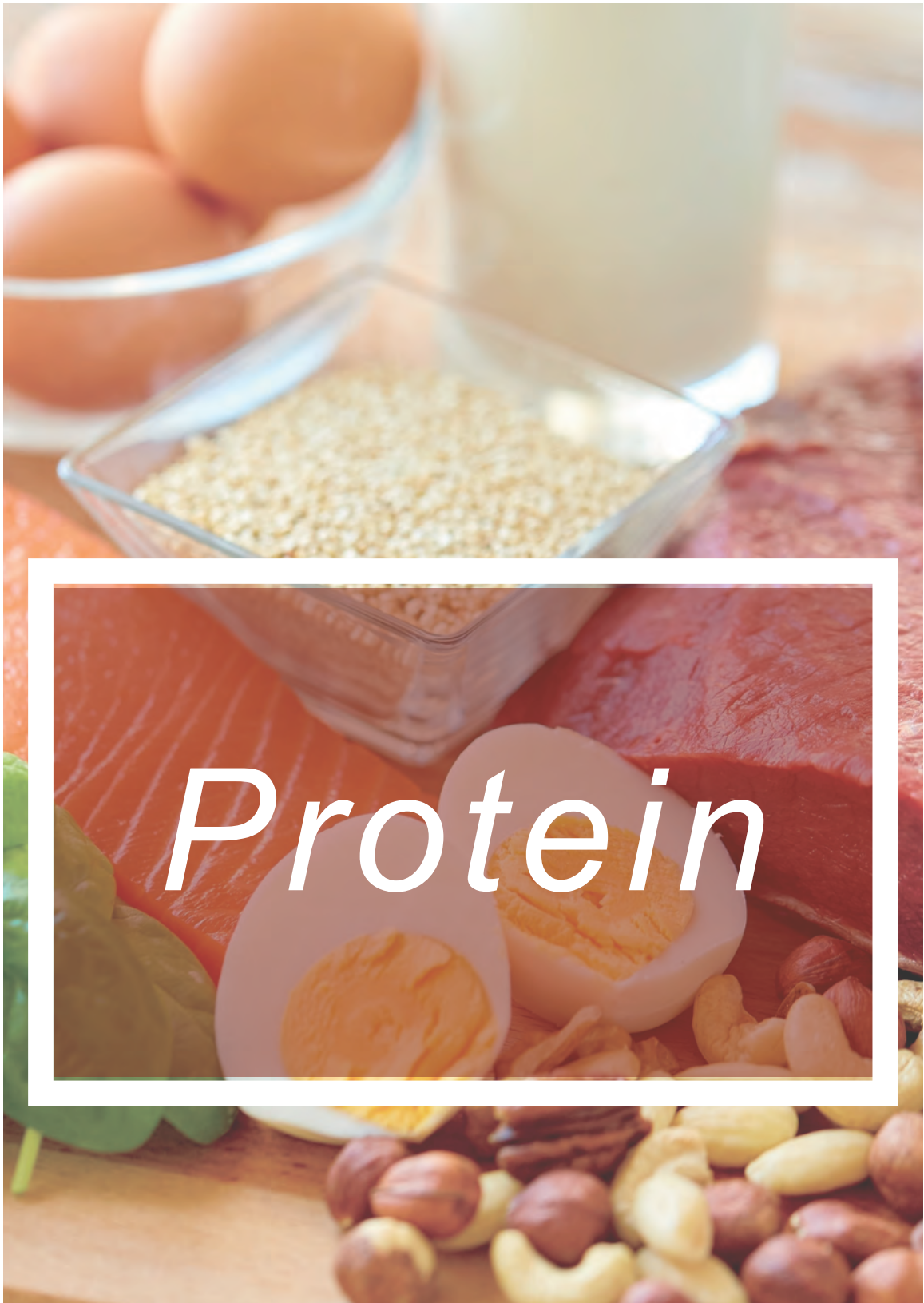
INSTRUCTIONS

1. Chop all fruits in half.
2. In a blender, blend strawberries, banana, and coconut milk.
3. Evenly divide the blended mix into the molds.
4. Insert the popsicle sticks or utensils into the molds.
5. Freeze these for at least four to six hours or until each popsicle is completely solid.

TIP

If the popsicle sticks or utensils do not stay in place, cover the molds with plastic wrap or aluminum foil. Poke a popsicle stick or utensil in the middle of the plastic wrap or foil to help hold them in place while the mixture is freezing.

NUTRITION FACTS Per Serving: Total calories: 100, Calories from Fat: 9, Total fat: 1 g, Saturated fat: 1 g, Polyunsaturated fat: 0.03 g, Monounsaturated fat: 0.1 g, Cholesterol: 2 mg, Sodium: 19 mg, Potassium: 104 mg, Carbohydrates: 20 g, Fiber: 1 g, Sugar: 16 g, Protein: 4 g



Protein

HOMEMADE OMELET MUFFIN

EGGS

By Ana Hernandez, BS, Lexi Skinner, BS, and Ashlyn Taylor, BS



INGREDIENTS

- ¾ cup diced **white onion**
- ¼ teaspoon salt
- 1 medium **red bell pepper**, diced
- 2 tablespoons finely chopped **fresh oregano**
- 6 large **eggs**
- ½ cup **milk**
- ½ teaspoon ground pepper
- 2 cups chopped **fresh spinach**
- ¼ cup sliced Kalamata olives

SERVINGS: 6

PREP TIME: 75 Min

MATERIALS

- Cooking spray or paper muffin tin liners
- 12-cup muffin tin
- Large skillet
- Large bowl

INSTRUCTIONS

1. Preheat the oven to 325° F. Coat a 12-cup muffin tin with cooking spray or line with paper liners.
2. Heat a large skillet over medium heat. Add onion and ⅛ teaspoon salt. Cook by stirring until it starts to soften for about 3 minutes. Add bell pepper and oregano; cook by stirring until the vegetables are tender and brown for about 5 minutes. Remove from heat and let cool for 5 minutes.
3. Whisk eggs, milk, pepper, and the remaining ⅛ teaspoon salt in a large bowl. Stir in spinach, olives, and the vegetables mixture. Divide among the prepared muffin cups.
4. Bake until firm to the touch for about 25 minutes. Let stand for 5 minutes before removal from the tin.

Nutrition Facts Per 2 muffins, Total calories: 222.7 kcal, Total fat: 8.9 g, Saturated fat: 2.5 g, Cholesterol: 250.7 mg, Sodium: 547.2 mg, Carbohydrates: 14.9 g, Fiber: 3.9 g, Sugar: 7.6 g, Protein: 21.8 g

MANGO AND BLACK-EYED PEA SALSA

DESSERT

By Ashley Woo, Jack Galliver, and Kacey Van Duzer



SERVINGS: 3 PREP TIME: 15 Min

MATERIALS

- Large bowl
- Small bowl
- Whisk or fork

INGREDIENTS

Salad:

- 1 15 ½ ounce **can of black-eyed peas**, drained and rinsed
- 1 ½ medium **Roma tomatoes**, diced
- 1 cup **frozen mango**, thawed and diced
- 2 **green onions**, chopped

Dressing:

- 1 tablespoon vegetable oil
- 1 tablespoon white vinegar
- 1 tablespoon **lime** juice
- 1 teaspoon ground cumin
- ½ teaspoon garlic powder

INSTRUCTIONS

1. In a large bowl, combine all the prepared salad ingredients.
2. In a separate bowl, mix the dressing ingredients. Then add this mixture with the salad ingredients and mix everything together.
3. Serve immediately by itself or with chicken, tofu, or another protein. It can also be served as a dip and paired with crunchy veggies or crackers.
4. Cover and refrigerate leftovers for up to four days.

NUTRITION FACTS Serving size: 1 cup, Total calories: 201, Total fat: 5 g, Saturated fat: 1 g, Cholesterol: 0 mg, Sodium: 426 mg, Carbohydrates: 31 g, Fiber: 5 g, Total sugars: 10 g, Added sugar: 0 g, Protein: 9 g

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SAVORY SWEET POTATO & BLACK BEAN EMPANADA

By Emily Hickey, Christine Clothier, and Liberti Cornell

BEANS &
LENTILS

SERVINGS: 4 PREP TIME: 60 Min

MATERIALS

- Baking sheet
- Parchment paper
- Skillet
- Rolling pin
- Pastry brush

INGREDIENTS

- ¼ cup **yellow onion**, finely diced
- 1 teaspoon olive oil
- 1 ½ cups **kale**, roughly chopped
- ¾ cup **sweet potato**, cooked and mashed
- ¾ cup **black beans**, rinsed and drained
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1 teaspoon black pepper
- 4 tablespoons **fresh cilantro**, chopped
- ½ pound whole wheat pizza dough
- Water
- 1 medium **egg**, beaten



INSTRUCTIONS

1. Preheat oven to 400° F. Line a large baking sheet with parchment paper and set aside.
2. Heat a large skillet over medium heat and then add the onion and oil. Cook for 3 to 5 minutes or until soft. Add kale, sweet potato, and black beans. Mash together and cook for 5 minutes. Add cumin, paprika, black pepper, and cilantro and mix.
3. Divide pizza dough into eight equal portions, shaping each into a small ball. Using a rolling pin, roll each dough ball into small circles.
4. Spoon two tablespoons of mixture into the middle of the dough. Lightly brush the bottom edge with water, then fold the top half of the dough over the filling to form a half circle. Press the edges firmly together, then press down on the edges with the pointy ends of a fork to seal. Repeat.
5. Lightly brush egg over each empanada and place onto baking sheet.
6. Bake for 15-18 minutes or until lightly golden brown and serve.

NUTRITION FACTS Serving size: 2 empanadas, Total calories: 228, Total fat: 4 g, Saturated fat: <1 g, Cholesterol: 10 mg, Sodium: 533 mg Carbohydrates: 41 g, Fiber: 8 g, Total sugars: 3 g, Added sugar: 0 g, Protein: 8 g

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CHICKPEA MINISTRONE SOUP

By Bri Gonzalez,
Pedro Guzman,
and Bruna
Honorio

BEANS &
LENTILS



SERVINGS: 6

PREP TIME: 50 Min

MATERIALS

- Can opener
- Strainer
- Large size pot
- Knife and cutting board

INSTRUCTIONS

1. Bring a large pot of water to a boil. Add the pasta and cook it according to the package directions.
2. Drain the pasta and toss in 2 teaspoons of olive oil. Set aside.
3. Coat the bottom of the large pot with olive oil and place it over medium heat.
4. When the oil is hot, add the onion. Cook the onion for about 5 minutes until soft.
5. Add the garlic and cook it for 1 minute.
6. Stir in the broth, tomatoes, tomato paste, chickpeas, kidney beans, carrots, oregano, red pepper flakes and Bay leaves, if using, and bring mixture to a boil.
7. Lower the heat and allow the mixture to simmer for about 20 minutes until carrots soften. Stir occasionally.
8. Stir in zucchini and greens and simmer for about 7 minutes until the zucchini is soft.
9. Remove from heat and stir in the pasta and basil. Season with salt and pepper to taste.
10. Ladle into bowls and serve.

INGREDIENTS

- 1 cup of **whole wheat pasta shells**, or any small pasta
- 2 tablespoon olive oil
- 1 medium **onion**, diced
- 3 **garlic cloves**, minced
- 5 cup vegetable broth, or any broth you like
- 1 14 oz can **diced tomatoes**
- 1 6 oz can **tomato paste**
- 1 14 oz can **chickpeas**, low sodium, drained and rinsed
- 1 14 oz can **kidney beans**, low sodium, drained and rinsed
- 2 medium **carrots**, diced
- 1 teaspoon dried oregano
- ¼ teaspoon red pepper flakes, or to taste

Optional

- 2 Bay leaves
- 1 small **zucchini**, chopped
- 1 cup **kale**, or greens of choice
- 1 cup **fresh basil** leaves, chopped
- Salt and pepper to taste

NUTRITION FACTS Serving size: Approximately 2 cups, Total calories: 320 Total fat: 4 g Saturated fat: 0.5 g, Cholesterol: 0 mg, Sodium: 870 mg, Carbohydrate: 54 g, Fiber: 11 g Total sugar: 11 g, Protein: 13 g

COZY COMFORT LENTIL SOUP

By Sofia Teran, Lauren Weaver NDTR,
and Kelsey Lee

BEANS &
LENTILS

SERVINGS: 8 PREP TIME: 40 Min

MATERIALS

- Knife and cutting board
- Large size pot



INGREDIENTS

- 1 **yellow onion**
- 1 large **carrot**
- 4 **garlic cloves**, peeled
- 3 cups **kale** leaves
- 2 tablespoons extra virgin olive oil
- 4 cups of chicken or vegetable broth
- 1.5 cup of **dry red lentils**
- 1 teaspoon ground cumin
- 1 teaspoon **fresh thyme**
- ½ cup low sodium tomato sauce
- Salt and black pepper to taste

INSTRUCTIONS

1. Prepare ingredients by dicing the onions and carrots, mincing the garlic cloves, and chopping the kale leaves.
2. Add olive oil to a large pot over medium heat. When the oil is hot, add the onion and carrot.
3. Cook the vegetables for about 5 minutes or until soft. Add the minced garlic and cook for one minute or until fragrant.
4. Add the chicken broth, lentils, cumin, and thyme to the pot. Lower the heat to bring the soup to a simmer. Cover and let simmer for 25 minutes.
5. After 25 minutes, add tomato sauce and kale. Season with salt and pepper to taste.

NUTRITION FACTS Serving size: 1 serving, Total calories: 174 Total fat: 2 g, Saturated fat: 1 g Cholesterol: 0 mg, Sodium: 366 mg Carbohydrates: 42 g, Fiber: 11 g, Total sugars: 11 g, Added sugar: 5 g, Protein: 3 g

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CRISPY CHICKPEA AND SUMMER BERRY SALAD

BEANS &
LENTILS

By Ashley Gubicza, Ivette Ramirez, and Kacey Van Duzer

SERVINGS: 5

PREP TIME: 20 Min

MATERIALS

- Baking sheets
- Parchment paper
- Medium bowl
- Large bowl
- Small jar with a lid or a small bowl

INSTRUCTIONS

1. Preheat oven to 375°F and line a baking sheet with parchment paper.
2. Place the drained chickpeas on a clean towel and pat dry.
3. In a bowl, toss the chickpeas with extra virgin olive oil and salt.
4. Place the chickpeas on the baking sheet and spread them into a single layer.
5. Roast chickpeas for 10 minutes, then remove from the oven and shake the pan. Roast for another 10 minutes.
6. As the chickpeas are baking, add lemon juice, extra virgin olive oil, black pepper, and salt in a jar.
7. Cover the jar and shake until ingredients are well mixed or whisk together if mixing it in a bowl.
8. Place the spinach in a large serving bowl.
9. Top the spinach with the zucchini, strawberries, and blueberries.
10. When you are ready to serve, put the chickpeas and dressing on the salad.



INGREDIENTS

Crispy Chickpeas

- 1 ½ cups canned **chickpeas**, drained and rinsed
- 1 ½ teaspoons of extra virgin olive oil
- ¼ teaspoon salt

Salad Dressing

- ⅓ cup of **lemon** juice
- ¼ cup of extra virgin olive oil
- ¼ teaspoon of ground black pepper
- ¼ teaspoon salt

Salad

- 2 cups of **fresh spinach**
- 1 ½ cup of **fresh zucchini**, diced
- ½ cup of **fresh strawberries**, cut in half
- 1 cup of **fresh blueberries**

NUTRITION FACTS Serving size: 1 bowl, Total calories: 207, Total Fat: 14 g, Saturated Fat: 2 g, Cholesterol: 0 mg, Sodium: 346 mg, Carbohydrates: 19 g, Fiber: 5 g, Sugar: 7 g, Protein: 5 g

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CHICKPEA DELIGHT BURGERS

BEANS &
LENTILS

By Valentina Montes, Albert Torres, and Jack Gailver



INGREDIENTS

- 5 **whole wheat hamburger buns**
- 1 ½ cups canned **chickpeas**
- ¼ cup **red onion**, finely diced
- ½ cup **parsley**, chopped
- 2 **cloves garlic**, finely minced
- 2 tablespoons creamy **peanut butter**
- ½ teaspoon ground cumin
- ½ teaspoon table salt
- 2 tablespoons vegetable oil
- Optional: Lettuce leaves and sliced tomato

SERVINGS: 4

PREP TIME: 25 Min

MATERIALS

- Toaster
- Strainer
- Medium bowl
- Potato masher or fork

INSTRUCTIONS

1. Toast one hamburger bun.
2. Drain and rinse the chickpeas.
3. Add the chickpeas to a bowl and mash with a potato masher or fork until there are no more whole beans left.
4. Crumble toasted hamburger bun to make breadcrumbs. Add the breadcrumbs on top of the mashed chickpeas.
5. Add the diced red onion, chopped parsley, minced garlic, peanut butter, cumin, salt, and 1½ tablespoons vegetable oil. Mix.
6. Scoop out some of the mixture and roll it into a ball about 2 inches wide. Then press it down to make a flat patty. Repeat to make four patties.
7. Heat a ½ tablespoon vegetable oil in a skillet over medium heat.
8. Fry the patties for 4 minutes on each side.
9. Put the patties on the remaining hamburger buns and add lettuce and tomato if you want.

NUTRITION FACTS Serving size: 1 burger
Total calories: 157, Total fat: 5 g, Saturated fat: 1 g, Cholesterol: 0 mg, Sodium: 655 mg
Carbohydrates: 20 g, Fiber: 4 g, Total sugars: 5 g, Added sugar: 1 g, Protein: 8 g

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NATURE'S BOUNTY CHILI

BEANS &
LENTILS

By Maggie Suri, Albert Torres,
and Meredith Wernly

SERVINGS: 4-6

PREP TIME: 50 Min

MATERIALS

- Large pot
- Can opener
- Strainer
- Knife and cutting board

INSTRUCTIONS

1. Heat oil in a large pot over medium heat.
2. Add onion and 1 teaspoon black pepper and stir.
3. Cook until the onion is clear, about 5 minutes.
4. Add bell pepper. Cook until soft, 5 to 8 minutes, adjusting heat as needed.
5. Add garlic, cumin, and chili powder. Stir for 30 seconds.
6. Add tomatoes, beans, corn, water. Add salt and 1 teaspoon black pepper.
7. Cover, reduce heat to low, and simmer for 25 minutes, stirring occasionally, soup will thicken as it simmers.
8. Squeeze in lime juice.
9. Serve with desired toppings such as cilantro, chopped white onion, or shredded cheddar cheese.

Optional toppings

Add cilantro, chopped white onion, or cheddar cheese

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 1 medium **onion**, diced
- 2 teaspoons ground black pepper
- 1 **red bell pepper**, stemmed, seeded, and diced
- 2 **garlic cloves**, minced
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 2 15 oz cans **diced tomatoes**
- 1 can **black** or **kidney beans**, drained
- 2 cups water
- 1 cup **frozen corn kernels**
- 1 teaspoon salt
- 1 tablespoon lime juice

NUTRITION FACTS, Serving size: 1 1/2 cups,
Total calories: 236, Total fat: 5 g Saturated
fat: 1 g, Cholesterol: 0 mg, Sodium: 272 mg
Carbohydrates: 41 g, Fiber: 13 g, Total sugars:
12 g, Added sugar: 0 g, Protein: 11 g

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BUTTERED TOFU BLISS

BEANS &
LENTILS

SERVINGS: 5

PREP TIME: 30 Min

MATERIALS

By Kelsey Lee, Meredith Wernly, and Natalie Yu

- Medium pot
- Skillet
- Knife and cutting board
- Can opener
- Medium bowl

INSTRUCTIONS

1. Cook the brown rice following the instructions on the package.
2. Heat olive oil in a skillet over medium heat. Add tofu, salt, and pepper. Cook 5 to 7 minutes, turning until golden.
3. Remove cooked tofu from skillet and set aside.
4. In the same skillet, cook garlic and ginger for 1 to 2 minutes until you can start to smell it.
5. Stir in garam masala and cook 30 seconds.
6. To the skillet add crushed tomatoes, coconut milk, and soy sauce. Simmer gently for 5 minutes.
7. Return tofu to the skillet, stirring in the sauce until everything is covered. Simmer 5 to 7 minutes until the sauce thickens.
8. To serve plate 1 cup of rice with 1 cup tofu and sauce.
9. Optional: Garnish with cilantro, lemon juice, or cayenne to garnish.

INGREDIENTS

- 1 1/3 cups **brown rice**
- 1 tbsp extra virgin olive oil
- 1 16 oz block **tofu**, cut into 1-inch cubes
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 teaspoon minced **raw garlic**
- 1 teaspoon powdered ginger
- 1 teaspoon garam masala seasoning
- 3/4 cup canned crushed **tomatoes**
- 3/4 cup light coconut milk
- 1 teaspoon low-sodium soy sauce



NUTRITION FACTS Serving size: 1 1/2 cups
Total calories: 403, Total fat: 13 g, Saturated fat: 4 g, Cholesterol: 0 mg, Sodium: 163 mg
Carbohydrates: 58 g, Fiber: 5 g, Total sugars: 4 g, Added sugar: 0 g, Protein: 16 g

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GARLIC GINGER VEGAN STIR FRY

STIR FRY

By Bruna Honorio, B.S, Rachel Jensen, and Pedro Guzman

SERVINGS: 4

PREP TIME: 60 Min

MATERIALS

- Medium pot
- Skillet
- Can opener
- Knife and cutting board
- Medium bowl

INGREDIENTS

Rice

- 1 cup **brown rice**
- 1 ½ cup water

Sauce

- ⅓ cup coconut aminos
- 1 tablespoon rice vinegar
- 3 tablespoons water
- 1 tablespoon agave or maple syrup
- 1 teaspoon ginger paste or **fresh ginger**, minced
- 2 tablespoons **fresh garlic**, minced
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper

Stir fry

- 14 ounces firm **tofu**, cut into ½ inch cubes
- 1 tablespoon vegetable oil
- 2 ounces **yellow onion**, julienne
- 1 pound **broccoli**, cut into small florets
- 4 ounces **snow peas**, whole
- 1 large **carrot**, julienne

Garnish

- 1 **green onion**, thinly sliced
- 1 tablespoon white sesame seeds



INSTRUCTIONS

1. Cook the brown rice following the instructions on the package.
2. To make sauce, stir the sauce ingredients in a bowl and set aside.
3. To make stir fry, heat vegetable oil with 2 tablespoons of the sauce in a skillet and add tofu. Cook on medium heat until golden brown, then remove tofu from skillet and set it aside.
4. Add onions, broccoli, snow peas, and carrots, occasionally stirring them for 2 minutes. Next, add 2 tablespoons of water. Cover the skillet and cook for 3 minutes.
5. Finally, stir in the remaining sauce and add the tofu.
6. Serve over rice and add the garnish.

NUTRITION FACTS Per serving—13 oz, Total calories: 376, Total fat: 16 g, Saturated fat: 2.5 g, Cholesterol: 0 mg, Sodium: 400 mg, Carbohydrate: 36 g, Fiber: 8.8 g, Sugar: 6.7 g, Protein: 24 g

POWER UP PROTEIN BOWL

By Kenzie Lopez, Natalie Yu, and Sarah Chu

INGREDIENTS

- 3 cups diced **sweet potato**
- 12 ounces tempeh or **tofu**
- 4 teaspoons taco low sodium seasoning
- 4 cups **broccoli**
- 4 teaspoons honey
- 4 teaspoons red pepper flakes
- 8 ounces cottage cheese, fat free
- 1/2 cup **avocado**



TOFU

SERVINGS: 4

PREP TIME: 40 Min

MATERIALS

- Baking sheet
- Parchment paper
- Small bowl
- Medium pot with lid
- Steamer basket

INSTRUCTIONS

1. Preheat the oven to 400° F and line a baking sheet with parchment paper.
2. Cut the sweet potato into even 1-inch cubes and place them on one half of the baking sheet.
3. Cut the tempeh or tofu into 1-inch squares and mix with the taco seasoning. Place on the other half of the baking sheet. Bake for 25–30 minutes. Flip once after 10–15 minutes. Bake until both the sweet potato and tempeh are golden and slightly crisp.
4. While the sweet potatoes and tempeh or tofu are baking, steam the broccoli in a pot with boiling water for 5 to 7 minutes.
5. In a small bowl, mix the honey with red pepper flakes to make the hot honey and put it to the side.
6. In each bowl, put ¼ cup of sweet potatoes, ¼ cup of tempeh, ¼ cup of broccoli, and ¼ cup of cottage cheese. Add 1/8 cup avocado evenly into each bowl and drizzle the hot honey on top.
7. Serve warm.

NUTRITION FACTS Per serving, Total calories: 565, Total fat: 20 g, Saturated fat: 4 g, Cholesterol: 3 mg, Sodium: 479 mg, Carbohydrates: 75 g, Fiber: 16 g, Total sugars: 25 g, Added sugar: 7 g, Protein: 32 g

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TOFU TWIST COOKIE DOUGH BLISS

TOFU

By Ashley Woo, Valentina Montes, and John Haubenstricker

SERVINGS: 5

PREP TIME: 15 Min

MATERIALS

- Large bowl
- Plates and paper towels
- Potato masher or fork
- Hand mixer, if you have one

INGREDIENTS

- 5 ounces **tofu**
- 3 ounces light cream cheese
- 2 tablespoons **instant oats**
- 2 tablespoons creamy **peanut butter**
- 1 tablespoon dark brown sugar
- 1-2 tablespoons unsweetened **plant-based milk**
- ¼ cup dark chocolate chips
- ½ teaspoons pure vanilla extract
- ¼ tablespoon kosher salt
- Optional: 2 tablespoons mashed **banana**



INSTRUCTIONS

1. Remove tofu from packaging and drain the extra liquid.
2. Put tofu on a plate between two paper towels to soak up extra liquid. Place a pot lid on top of tofu for 5 minutes to press out excess moisture.
3. Pat the tofu dry with a new paper towel and place the tofu in a large bowl.
4. Mash up tofu with a fork.
5. Add the remaining ingredients and mix well.
6. Optional: Mix with a hand mixer for a creamier texture.
7. Continue mixing until it is smooth and thick, adding milk as needed.
8. Add chocolate chips and mix to combine.
9. Place dip in a serving bowl. Enjoy by itself or with fresh fruit and whole grain crackers.

NUTRITION FACTS Per serving, Total Calories: 167, Total fat: 10 g, Saturated fat: 4 g, Cholesterol: 10 mg, Sodium: 72 mg, Carbohydrates: 14 g, Fiber: 1 g, Total sugars: 9 g, Added sugar: 7 g, Protein: 6 g

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SIMPLE SALMON CURRY

By @mediterrasion.com

FISH

SERVINGS: 4

PREP TIME: 25 Min

MATERIALS

- Skillet
- Can opener
- Knife and cutting board



INGREDIENTS

- 2 tablespoons peanut oil
- 1 **onion**, finely chopped
- 2 **garlic cloves**, minced
- 1 tablespoon finely grated fresh **ginger**
- 1 teaspoon ground cumin
- 1 teaspoon coriander
- 1 teaspoon turmeric
- 1 teaspoon salt
- ½ teaspoon dried chili flakes
- ½ cup coconut milk
- 1 14-ounce **can diced tomatoes**
- 1 6-ounce **can pink salmon**, break fish into chunks and remove any bones
- 1 tablespoon finely chopped **cilantro**
- Cooked **brown rice** to serve

INSTRUCTIONS

1. Heat the oil in a skillet over medium heat.
2. Cook the onion for 8 minutes, stirring occasionally.
3. Add the garlic, ginger, cumin, coriander, turmeric, salt and chili flakes. Cook for 1 minute.
4. Add the coconut milk and tomatoes. Bring everything to a boil, then reduce the heat. Cover the skillet and simmer for 10 minutes.
5. Remove from the heat and stir in the salmon and cilantro. Serve with rice.

OPTIONAL VARIATIONS

- Use canned chickpeas or pre-cooked shrimp instead of canned salmon.
- Use fresh mint instead of cilantro.

SPICY SALMON BOWLS

FISH

By Ivette Ramirez and Jack Galliver

SERVINGS: 3

PREP TIME: 50 Min

MATERIALS

- Medium pot
- Small and medium bowls
- Skillet
- Knife and cutting board



INSTRUCTIONS

1. Cook the brown rice following the instructions on the package.
2. Chop the kale and add it to a medium sized bowl. Squeeze half a lemon over the top and mix until everything is covered.
3. Spray cooking oil in a skillet and cook the kale for 3 minutes or until soft.
4. In the same bowl, mix sriracha, mayonnaise, and the juice from the other half of the lemon.
5. Add diced cucumbers and salmon to the bowl and mix well.
6. Put the cooked brown rice in a bowl. Add the salmon mixture and kale on top. Then add the avocado slices on top.
7. Season with salt and pepper

INGREDIENTS

- 1 cup **brown rice**
- 2 ½ cups of water
- 2 ounces of cooking spray
- 2 ⅓ cups **kale**
- Juice from 1 **lemon**
- 1 ½ medium-sized **cucumber**, diced into ½-inch cubes
- 1 tablespoon of light mayonnaise
- 2 teaspoons of sriracha
- 9 ounces **canned low sodium pink salmon**, drained
- 3 slices of **avocado**
- 1/8 teaspoon of table salt
- 1/4 teaspoon of black pepper

NUTRITION FACTS Serving size: 1 cup, Total calories: 381, Total fat: 8 g Saturated fat: 1 g Cholesterol: 31 mg, Sodium: 261 mg Carbohydrates: 55 g, Fiber: 5 g, Total sugars: 3.7 g, Added sugar: 0.3 g, Protein: 24 g

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EASY TUNA NUGGETS

By @highchairchronicles

FISH

SERVINGS: 4 **PREP TIME:** 15 Min

MATERIALS

- Can opener
- Large bowl
- Large skillet

INGREDIENTS

- 3 5-ounce **cans chunk light tuna**, drained
- ½ cup breadcrumbs
- 1 tablespoon mayonnaise
- 1 tablespoon **chopped dill**, **parsley**, or **cilantro**
- 1 tablespoon **lime** or **lemon** juice
- ½ teaspoon garlic powder
- Salt and pepper, to taste
- Olive oil for cooking, about 1 - 2 tablespoons



INSTRUCTIONS

1. Drain the canned tuna in a strainer. Press down on the tuna with a spoon to squeeze all the extra liquid out.
2. In a large bowl, combine the tuna, breadcrumbs, mayonnaise, chopped dill, lime juice, and garlic powder. Break up any large chunks of tuna with a fork and mix well. Add salt and pepper to taste.
3. Scoop out about 1-2 tablespoons of the tuna mixture press it together firmly to make little nuggets.
4. Heat the olive oil in a large skillet and cook the nuggets over medium heat for 2-3 minutes, or until lightly browned. Use tongs to gently flip the tuna nuggets and cook for 2-3 minutes on the other side. Serve with your favorite sauce for dipping.

TUNA PATTIES

By @simplyrecipes.com

FISH

SERVINGS: 4

PREP TIME: 18 Min

MATERIALS

- Can opener
- Medium bowl
- Plastic wrap
- Skillet
- Plate and parchment paper



INGREDIENTS

- 2 5 to 6-ounce **cans tuna**
- 2 teaspoons Dijon mustard
- 1/2 cup **whole wheat bread**, torn into small pieces
- 1 teaspoon **lemon** zest
- 1 tablespoon **lemon** juice
- 1 tablespoon water, or liquid from the cans of tuna
- 2 tablespoons chopped **fresh parsley**
- 2 tablespoons chopped **fresh chives, green onions, or shallots**
- Salt and black pepper, to taste
- **1 egg**
- 2 tablespoons extra virgin olive oil
- 1/2 teaspoon butter
- Optional: **Lemon** wedges, Crystal or Tabasco sauce for serving

INSTRUCTIONS

1. Drain the liquid from the tuna cans. If you are using tuna packed in water, keep a tablespoon of the tuna water.
2. In a medium bowl, combine the tuna, mustard, torn whole wheat bread, lemon zest, lemon juice, water, parsley, chives, 1 teaspoon of olive oil, and hot sauce.
3. Add a little salt and pepper.
4. Mix in the egg.
5. Split the mixture into 4 equal parts. Roll each part into a ball, then press it down to make a patty. Put the patties on a plate with parchment paper and cover with plastic wrap. Place the plate in the fridge for 1 hour. Note: If you don't have time, you can skip this step. This step helps the patties stay together when cooking.
6. Heat the olive oil in a cast iron or stick-free skillet on medium high. Gently place the patties in the skillet. Cook until browned about 3-4 minutes on each side.
7. Serve with wedges of lemon.

TANGY LEMON CHICKEN



CHICKEN &
BEEF

By Milayna Melis, Albert Torres,
and Natalie Yu

INSTRUCTIONS

- Preheat oven to 400° F.
- Zest two lemons into a small cup and set aside.
- Cut the rest of the lemon into ¼ inch thick slices.
- Drizzle 2 teaspoons of the oil over a rimmed baking sheet.
- Put one layer of sliced lemon on the baking sheet.
- Place chicken breast on top of the lemon on the baking sheet.
- Place veggies in the remaining open spaces of the baking sheet.
- Combine thyme, rosemary, salt, and lemon zest to make a lemon herb mix.
- Sprinkle the lemon herb mix on top of the chicken.
- Drizzle veggies with the remaining 2 teaspoons of olive oil.
- Roast in the oven for 25–30 minutes. See tip below.
- Once cooked, set aside the chicken to rest on a serving plate for 10 minutes.
- Mash the lemons with a fork to release all their juice into the baking sheet. Throw away the rinds.
- Drizzle the sauce from the baking sheet over the chicken and veggies.

TIP: If you have a meat thermometer, roast chicken until the internal temperature reaches 160° F

SERVINGS: 4

PREP TIME: 45 Min

MATERIALS

- Knife and cutting board
- Small bowl
- Baking sheet and parchment paper

INGREDIENTS

- 3 **lemons**
- 4 teaspoons olive, canola, or vegetable oil
- 2 teaspoons chopped **fresh thyme** leaves
- 1 teaspoon chopped **fresh rosemary**
- 2 teaspoons salt
- 4 thin-sliced, boneless, skinless chicken breasts
- 4 cups **Brussels sprouts**, frozen. About 5–6 Brussels sprouts in each cup.
- 1.5 cups diced **carrot**

NUTRITION FACTS Per serving, Calories: 350
Total fat: 11g, Saturated fat: 3g, Cholesterol:
120 mg, Sodium: 400 mg, Carbohydrates: 16 g
Fiber: 5 g, Total sugars: 4 g, Added sugar: 0 g
Protein: 47 g

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BEEF AND POTATO LAYERED CASSEROLE

CHICKEN &
BEEF

By Ana Hernandez, Pedro Guzman, and Lauren Yowell B.S.

SERVINGS: 4

PREP TIME: 75 Min

MATERIALS

- Skillet
- Baking dish
- Saucepan
- Foil

INSTRUCTIONS

1. Heat oven to 350°F and spray a 12x8-inch glass baking dish with non-stick cooking spray.
2. Grate the mozzarella and save for Steps 5 and 7.
3. Cook and stir ground beef for 5–7 minutes over medium-high heat until thoroughly cooked. Then drain it.
4. In a saucepan, add one cup of cold water and the reduced sodium brown gravy packet together. Mix well and bring to a boil. Stir in the mixed vegetables and salt. Cook for 3–4 minutes.
5. Put a layer of potatoes in the bottom of a baking dish. This layer will be about 3 cups of potatoes. Sprinkle 1 cup of cheese on top. Then add the cooked ground beef mixture. Add the rest of the potatoes on top. Cover the dish with foil.
6. Bake for 55–60 minutes or until it is bubbly.
7. After baking, remove the foil and sprinkle the rest of 1 cup of cheese on it.
8. Bake the dish uncovered for 5 more minutes or until the cheese is melted.



INGREDIENTS

- 1 lb 90% lean ground beef
- 2 cups **frozen mixed vegetables**: carrots, peas, corn, and green beans, 2 x 12 oz bags
- 1 packet of reduced sodium brown gravy
- 1 28 oz bag **frozen potatoes with peppers and onions**, thawed by placing in the refrigerator one day ahead of making this recipe
- 8 ounces **mozzarella**

Optional: ½ teaspoon salt

NUTRITION FACTS Per serving: 1 slice, Calories: 320, Total fat: 14 g, Saturated fat: 8 g, Cholesterol: 70 mg, Sodium: 485 mg, Carbohydrate: 29 g, Fiber: 2 g, Sugar: 2 g, Protein: 26 g

CHICKEN ENCHILADA MEAL PREP BOWLS

By Alexis Skinner, Jaquelyn Neves, and Janeza Bridges, ACE-CPT, USAW, PN1

CHICKEN &
BEEF

SERVINGS: 2

PREP TIME: 25 Min

MATERIALS

- Skillet
- Can opener
- Grater
- Knife and cutting board



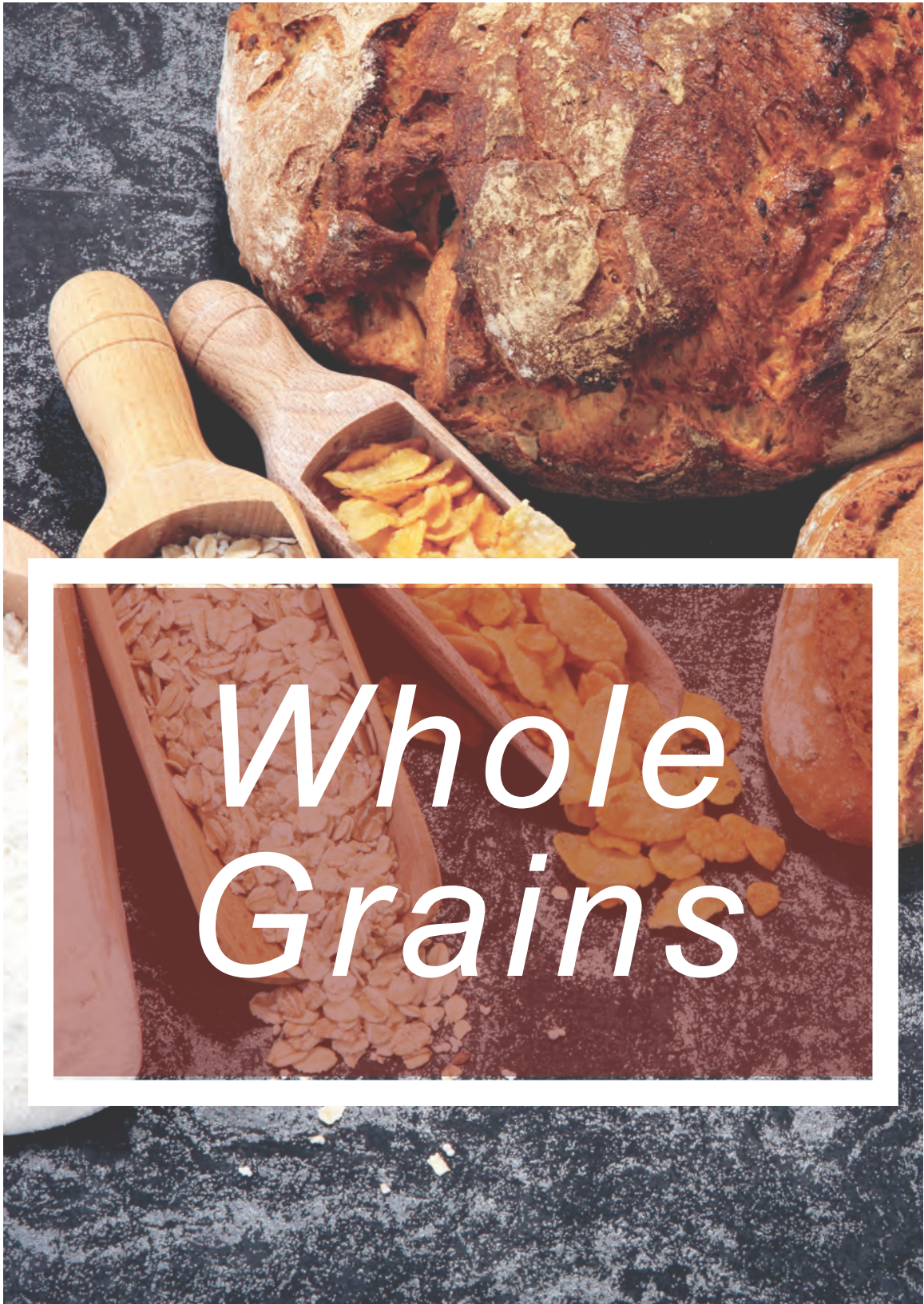
INSTRUCTIONS

1. In a skillet, heat $\frac{1}{2}$ tablespoon of olive oil over medium heat. Add garlic, chicken breast, salt, and pepper. Cook chicken on both sides for 6–8 minutes or until chicken is fully cooked.
2. Remove chicken from skillet and shred. Put it aside.
3. Add in $\frac{1}{2}$ tablespoon of olive oil, bell pepper, and onion to the skillet and cook until tender for about 8–10 minutes.
4. Add diced tomatoes and green chilies, taco seasoning, and shredded chicken. Simmer for about 2–3 minutes.
5. Place $\frac{1}{4}$ of the chicken enchilada mixture onto each tortilla. Then, fold tortilla in half to cover the filling and place them into a bowl. You should have two enchiladas in each bowl.
6. Drizzle equal amounts of enchilada sauce over each enchilada.
7. Grate cheese and sprinkle over each enchilada.

INGREDIENTS

- 1 tablespoon olive oil
- 1 tablespoon **garlic**, minced
- $\frac{3}{4}$ pound chicken breast
- Salt and pepper for flavor
- $\frac{1}{2}$ **green bell pepper**, diced
- $\frac{1}{4}$ **yellow onion** diced
- 5 ounces canned diced tomatoes with green chilies
- $\frac{1}{2}$ packet taco seasoning
- 4 8-inch **whole wheat flour tortillas**
- 5 ounces canned enchilada sauce
- 4 ounces **cheddar cheese**

NUTRITION FACTS Per Serving: 1 Bowl, Calories: 658, Total fat: 33.9 g
Cholesterol: 137.7 mg, Sodium: 939.6 mg, Carbohydrate: 41.1 g
Fiber: 7.7 g, Sugar: 12.6 g, Protein: 48.8 g



Whole Grains

BAKED OATMEAL BARS

BREAKFAST

By Dannie Haber, B.A., CPT, Carla Corrales, and Samantha Camacho

SERVINGS: 12

PREP TIME: 40 Min

MATERIALS

- 8 x 8 baking dish
- Medium and small bowls



INGREDIENTS

Oatmeal Bar

- 2 cups **rolled oats**
- 2 tablespoons ground flax seeds
- 2 large **eggs**
- 1½ cups **milk, soy milk, or other plant-based milk alternative**
- ¾ cup **peanut butter**
- 1½ cups **frozen raspberries**

Crumble Top

- ¼ cup **rolled oats**
- 1 tablespoon **peanut butter**
- 2 tablespoon chopped peanuts

INSTRUCTIONS

- Preheat the oven to 350° F and line a square 8“x 8“ baking dish with parchment paper.
- Mix the oats and ground flax seed in a medium bowl.
- Add the eggs, milk, and peanut butter and stir well.
- Using your hands, press the oat mixture into the baking dish and add the frozen raspberries evenly over the top.
- In a smaller bowl, stir together the crumble toppings: oats, peanut butter, and chopped peanuts. Sprinkle the toppings over the raspberries and press them down with your hands.
- Bake for 25–30 minutes, let it cool, and then cut into 12 bars.
- Store bars in the refrigerator.

NUTRITION FACTS Per serving, Calories: 210, Total fat: 11.4 g, Saturated fat: 2.4 g, Cholesterol: 0 mg, Sodium: 99.9 mg, Total carbohydrates: 18.4 g, Fiber: 4.1 g, Sugars: 4.3 g, Protein: 8.07 g

RISE AND SHINE COOKIES

By Valentina Montes,
Maggie Suri, and
Lauren Weaver

BREAKFAST

SERVINGS: 11

PREP TIME: 30 Min

MATERIALS

- Large and medium bowls
- Grater
- Cutting board and knife



INSTRUCTIONS

- Preheat the oven to 375° F.
- In a large bowl, mix the flour, oats, baking powder, cinnamon, salt, and ginger.
- Chop the walnuts and grate the carrots. Add them to the bowl.
- In another bowl, add the applesauce, maple syrup, and banana and stir.
- Pour the wet mixture into the dry mixture. Mix well.
- Scoop 1/4 cup of dough and shape into 1/2-inch-thick cookies. Place them on a parchment lined baking sheet, one inch apart.
- Bake for 15-17 minutes until golden brown. Let them cool before serving.

INGREDIENTS

- 1 ¼ cups all-purpose flour
- 1 cup **rolled oats**
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- ½ teaspoon ground ginger
- 1 cup grated **carrots**
- 1 cup raw walnuts
- ⅓ cup **unsweetened applesauce**
- 2½ tablespoons maple syrup
- ⅓ cup mashed **banana**

NUTRITION FACTS Per serving: 1 cookie
Calories: 133, Total fat: 5 g, Saturated fat: 1 g
Cholesterol: 0 mg, Sodium: 114 mg
Carbohydrates: 21 g, Fiber: 2 g, Total Sugars:
4 g, Added sugar: 3 g, Protein: 3 g

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APPLE CHEESE CHOMP

By Valentina Montes,
Meredith Wernly, and
Milayna Melis

LUNCH

SERVINGS: 1 sandwich

PREP TIME: 15 Min

MATERIALS

- Medium bowl
- Cutting board and knife



INSTRUCTIONS

- In a bowl, mash $\frac{1}{2}$ banana with a fork until smooth.
- Slice the mozzarella into $\frac{1}{8}$ -inch thick slices.
- Cut the apple in half. Slice the apple into $\frac{1}{8}$ -inch thick, half slices.
- To make the sandwich, start by spreading mashed banana onto each slice of bread.
- On one slice of bread, add 3-4 mozzarella slices.
- On top of the mozzarella slices add 5-6 apple slices.
- Top with a pinch of salt and pepper.
- Close the sandwich with the other slice of bread.
- Cut sandwich in half.
- Serve fresh.

INGREDIENTS

- 2 slices **whole wheat bread**
- $\frac{1}{2}$ ripe **banana**
- 1 medium Granny Smith **apple**
- 2 ounces **mozzarella cheese**, $\frac{1}{8}$ -inch slices cut from a block
- A pinch of salt
- A pinch of ground black pepper

NUTRITION FACTS Per serving: 1 sandwich
Calories: 300, Total fat: 6 g, Saturated fat: 2 g
Cholesterol: 9 mg, Sodium: 150 mg
Carbohydrates: 50 g, Fiber: 6 g, Total Sugars:
11 g, Added sugar: 4 g, Protein: 14 g

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MUSHROOM BARLEY SOUP

LUNCH

By Aneth Gonzalez, Chelsie Miller, and Ashley Gubicza

SERVINGS: 7

PREP TIME: 30 Min

MATERIALS

• Large pot • Skillet • Cutting board and knife

INGREDIENTS

- 10 cups low-sodium vegetable broth
- 1 cup **barley**
- 4 **celery stalks**, chopped, include the leaves if you have them
- 4 large **carrots**, chopped
- 1 large **yellow onion**, chopped
- 16 ounces baby bella **mushrooms**, sliced
- 4 **garlic cloves**, chopped or crushed
- 1/2 teaspoon coarse black pepper
- 3 tsp Italian spice blend



INSTRUCTIONS

1. In a large pot, heat 3 - 5 tablespoons of water over medium high heat.
2. In a separate skillet cook the celery, carrots and onion for 5 minutes or until soft.
3. Next, add the mushrooms, garlic, pepper, and Italian seasoning blend. Cook for 2 more minutes.
4. Add broth and barley to the large pot and cook on medium high heat for 20 - 25 minutes. Add more water or broth if you need to.
5. Next, lower the heat to medium low. Cover the pot and cook for 10 minutes, or until the soup is thick and the barley is fully cooked. Stir occasionally.
6. Serve once finished or refrigerate until ready to eat.

NUTRITION FACTS Serving size: 1.5 cups
Calories: 164, Total fat: 1 g Saturated fat: <1 g
Cholesterol: 0 mg, Sodium: 247 mg
Carbohydrates: 35 g, Fiber: 7 g, Sugar: 6 g
Protein: 7 g

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THANK YOU TO OUR RECIPE CONTRIBUTORS

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Liberti Cornell
Maggie Suri
Mariana Lara
Meghen Bishop
Meredith Wernly
Milayna Melis
Natalie Yu
Pedro Guzman
Rachel Jensen
Rebecca Muntslag
Samantha Camacho
Sarah Chu
Sherry Dinh
Sofia Teran
Stacy Wells
Valentina Montes







Fresh Choices

HEALTHY FAMILIES

MORE THAN 50 FAMILY-FRIENDLY
WIC RECIPES

