



the

simple ingredients menu plan and

cook
book

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introduction

Eating healthy on a small budget can be tricky – that's why the Salt Lake County Health Department created this cookbook. In this book, you will find tips and tricks on how to make healthy meals using simple ingredients found at your local grocery store or bishop's storehouse. We will walk you through a two-week meal plan equipped with easy-to-fix recipes that won't skimp on flavor. And thanks to Utah State University's Food \$ense program, we'll also show you how to create your own dishes with leftover ingredients. We hope you find this book a resource for making cooking healthy, simple, and fun.

Weekly Menu

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

BREAKFAST

<ul style="list-style-type: none"> Omelet eggs 2 Tbsp. milk onions, tomatoes, seasonable veggies salsa banana 	<ul style="list-style-type: none"> whole wheat toast honey or jam 1/2 cup cottage cheese 1/2 cup canned peaches 	<ul style="list-style-type: none"> 1 cup Jiffy Oatmeal Crunch pg. 12 1/2 cup fruit in season 2 oz ham 	<ul style="list-style-type: none"> 1 cup Overnight Oatmeal pg. 11 1 cup milk 2 oz ham 	<ul style="list-style-type: none"> 3/4 cup cereal 1/2 cup milk orange boiled egg 	<ul style="list-style-type: none"> 2 slices whole wheat toast 1-2 Tbsp. honey or jam 1/2 cup cottage cheese 1/2 cup canned pears 	<ul style="list-style-type: none"> 2 pancakes 2 Tbsp. maple syrup 2 Tbsp. peanut butter 1 boiled egg banana 1 cup milk
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LUNCH

<ul style="list-style-type: none"> Ham and Cheese Sandwich 2 slices whole wheat bread 1 slice ham 1 slice cheese 1-2 slices tomatoes 1-2 lettuce leaves 1/2 cup carrot sticks or seasonable veggies 	<ul style="list-style-type: none"> Melted Cheese Sandwich 1 slice whole wheat bread cheese 1 cup tomato soup 1/2 cup banana or fruit in season 	<ul style="list-style-type: none"> Peanut Butter and Jelly Sandwich 2 slices whole wheat bread 2 Tbsp. peanut butter 2 Tbsp. jam orange 	<ul style="list-style-type: none"> Tuna Fish Sandwich 2 slices whole wheat bread 3-4 Tbsp tuna with salad dressing 1-2 lettuce leaves 1 slice cheese apple 1/2 cup green beans 	<ul style="list-style-type: none"> Quesadilla 2 tortillas, flour 1/3 cup cheese, shredded 1/4 cup black beans 1/2 cup carrot sticks or seasonable veggies 	<ul style="list-style-type: none"> Sloppy Joes pg. 21 1/2 cup green beans 1/2 cup fruit in season 1/2 cup Potato Salad pg. 31 	<ul style="list-style-type: none"> 3/4 cup Ham and Pasta Salad pg. 30 orange
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DINNER

<ul style="list-style-type: none"> 1 cup Grandma's Noodle Casserole pg. 27 1/2 cup green beans 1/2 cup fruit in season 	<ul style="list-style-type: none"> 1-2 Chicken Tacos pg. 17 1/2 cup rice 1/2 cup refried beans 	<ul style="list-style-type: none"> 1/2 cup Beef Stroganoff pg. 22 1 medium baked potato 1 cup Green Salad lettuce tomatoes carrots salad dressing Feather Roll pg. 36 	<ul style="list-style-type: none"> 3/4 cup spaghetti noodles 1/2 cup Tomato Sauce pg. 38 1/3 cup ground beef 1/2 cup corn 1 cup milk Save time: Brown enough meat for spaghetti and sloppy joes at the same time. Make enough tomato sauce for pizza as well. 	<ul style="list-style-type: none"> 1/2 cup Honey Mustard Chicken pg. 16 1/2 cup celery 1/2 cup rice 1 cup milk 	<ul style="list-style-type: none"> 1-2 slices Pizza Homemade Pizza Crust pg. 37 Tomato Sauce pg. 38 or spaghetti sauce shredded cheese Choose your own toppings: <ul style="list-style-type: none"> ham pineapple bell peppers 1/2 cup carrot sticks or seasonable veggies 	<ul style="list-style-type: none"> 1/2 cup Meatloaf pg. 25 1 medium baked potato 1 cup Green Salad lettuce tomatoes carrots salad dressing Feather Roll pg. 36
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SNACKS

<ul style="list-style-type: none"> 1 apple 2 Tbsp peanut butter 	<ul style="list-style-type: none"> 1/2 cup carrot sticks 1/2 cup seasonable veggies 	<ul style="list-style-type: none"> 1/2 cup cottage cheese 1/2 cup canned peaches 	<ul style="list-style-type: none"> 1/2 cup fruit in season 1/2 cup carrot sticks 	<ul style="list-style-type: none"> 1/4 cup raisins 1/2 cup carrot sticks or seasonable veggies 	<ul style="list-style-type: none"> 1 apple 2 Tbsp peanut butter 	<ul style="list-style-type: none"> 1/2 cup vanilla or chocolate pudding
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Please note these recipes make about 6-8 servings.
You may enjoy leftovers instead of cooking every night.

Weekly Menu 2

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

<p>1 Oatmeal Raisin Muffin pg. 13 1 cup milk 1/2 cup fruit in season 2 oz ham</p>	<p>2 slices whole wheat toast with 1-2 Tbsp. honey or jam 1/2 cup cottage cheese 1/2 cup canned peaches</p>	<p>Omelet - 2 eggs - 2 Tbsp. milk - onions, tomatoes, seasonable veggies - salsa 1 banana</p>	<p>1 cup Jiffy Oatmeal Crunch pg. 12 1 cup milk 1/2 cup fruit in season 2 oz ham</p>	<p>3/4 cup cereal 1/2 cup milk 1 orange 1 boiled egg</p>	<p>2 slices whole wheat toast with 1-2 Tbsp. honey or jam 1/2 cup cottage cheese 1/2 cup canned peaches</p>	<p>2 pancakes 2 Tbsp. maple syrup 2 Tbsp. peanut butter 1 boiled egg 1 banana 1 cup milk</p>
<p>Peanut Butter and Jelly Sandwich - 2 slices whole wheat bread - 2 Tbsp. peanut butter - 2 Tbsp. jam 1 orange</p>	<p>Melted Cheese Sandwich - 1 slice whole wheat bread - cheese 1 cup tomato soup 1/2 cup banana or fruit in season</p>	<p>1 medium baked potato - 1/4 cup leftover chicken 1/4 cup cheese 1/4 cup corn - 1-2 Tbsp. sour cream 1/2 cup fruit in season</p>	<p>Tuna Fish Sandwich - 2 slices whole wheat bread - 3-4 Tbsp tuna with salad dressing - 1-2 lettuce leaves - 1 slice cheese 1 apple 1/2 cup green beans</p>	<p>Quesadilla - 2 tortillas, flour - 1/3 cup cheese, shredded 1/4 cup black beans 1/2 cup carrot sticks or seasonable veggies</p>	<p>1 leftover turkey sandwich 1/2 cup green beans 1/2 cup fruit in season 1/2 cup Potato Salad pg. 31</p>	<p>Macaroni and Cheese pg. 29 1 orange 1/2 cup seasonable veggies</p>
<p>1 cup Enchiladas pg. 23 1/2 cup green beans 1/2 cup fruit in season</p>	<p>1-2 Chicken Fajitas pg. 18 1/2 cup rice 1/2 cup refried beans Save time: Use the leftover meat for lunch tomorrow.</p>	<p>1 cup Minestrone pg. 26 1 Feather Roll pg. 36</p>	<p>1 cup Mexican Breakfast Casserole pg. 14 1 cup milk</p>	<p>1 cup Roast Turkey pg. 19 1/2 cup squash 1 cup milk 1 Feather Roll pg. 36 Save time: Use the leftover meat for a sandwich tomorrow.</p>	<p>1 cup Chicken Pot Pie pg. 19 1/2 cup corn 1 Wheat Cheddar Garlic Biscuits pg. 35 1 cup milk</p>	<p>1 cup Shepherd's Pie pg. 24 1 cup Green Salad - lettuce - tomatoes - carrots - salad dressing 1 Feather Roll pg. 36</p>
<p>1 Feather Roll pg. 36 1/2 cup cucumber or seasonable veggies</p>	<p>1/2 cup carrot sticks 1/2 cup celery or seasonable veggies</p>	<p>1/2 cup cottage cheese 1/2 cup canned peaches</p>	<p>1/2 cup fruit in season 1/2 cup carrot sticks</p>	<p>1/4 cup raisins 1/4 cup nuts or seasonable veggies</p>	<p>1/2 cup celery or seasonable veggies 2 Tbsp peanut butter</p>	<p>1/2 cup vanilla or chocolate pudding</p>

BREAKFAST

LUNCH

DINNER

SNACKS

Please note these recipes make about 6-8 servings.
You may enjoy leftovers instead of cooking every night.

Weekly Shopping List:

<p>PRODUCE</p> <p>Fruits and Vegetables</p>	<p>DAIRY</p> <p>Cheese, Milk, Yogurt, Sour Cream</p>
<p>GRAINS</p> <p>Bread, Oatmeal, Rice, Quinoa, Pasta</p>	<p>FROZEN</p> <p>Fruits, Vegetables, Meat, etc.</p>
<p>PROTEIN</p> <p>Beans, Tofu, Poultry, Eggs, Fish, Nuts, Beef</p>	<p>STAPLES</p> <p>Spices, Flour, Vinegar, Oil, Condiments</p>
<p>PERSONAL</p> <p>Deodorant, Razors, Hair Care, Soap</p>	<p>HOUSEHOLD</p> <p>Toilet Paper, Garbage Bags, Aluminum Foil</p>

SAMPLE

CONVERSIONS

Date _____
Stake unit number _____

CANNED MEATS		Quantity ordered	Quantity filled	SEASONINGS	Quantity ordered	Quantity filled	FLOUR	Quantity ordered	Quantity filled	FRESH FRUITS	Quantity ordered	Quantity filled	Storehouse Use Only		
													Reference number		
Beef chunks	14.4 oz			Cinnamon	2.1 oz	~1.6 Tbsp	Pancake mix	~80 4" pancakes	4 lb	13 cups	Apples	lb	3 med per lb		
Beef stew	14.4 oz	} ~1.5 cups		Pepper, black	2.2 oz	~1.8 Tbsp	Wheat flour	10 lb	~37 cups	Bananas	lb		3-4 med per lb	Filed by	
Chili	14.4 oz			Salt	2.6 oz	~2.5 cups	White flour	10 lb	~40 cups	Oranges	lb		3-4 med per lb		
Pork and beans	14.4 oz			Vanilla extract	4 fl oz	1/2 cup	PASTA				Fruit in season	lb			
Tuna	5 oz	~1/2 cup		BEANS, RICE, AND POTATOES			Macaroni	1 lb	8 cups	MEATS			PERSONAL PRODUCTS		
Turkey chunks	14.4 oz	~1.5 cups		Beans, black (canned)	14.8 oz	1.5 cups	Macaroni and cheese	7 oz	4 cups	Franks	1 lb	8	Deodorant, men's	1 ea	
CANNED SOUPS				Beans, pinto (dry)	1 lb	5-6 cups cooked	Noodles	1 lb	8 cups	Ground beef	1 lb		Deodorant, women's	1 ea	
Chicken noodle	14.4 oz	} ~1.5 cups		Beans, white (canned)	14.8 oz	1.5 cups	Spaghetti	1 lb		Hamburger patties	1 lb	8	Hand soap	5.5 oz bar	
Cream of chicken	14.4 oz			Potatoes, instant	28 oz	~1.5 cups	CEREALS				Sausage	1 lb		Razor, disposable	1 ea
Cream of mushroom	14.4 oz			Rice	1 lb	~6.7 cups	Creamy wheat	2 lb	~2.5 cups	Stewing beef	1 lb		Sanitary napkins	pkg of 24	
Tomato	14.4 oz	3 cups prepared		COOKING PRODUCTS			Granola	2 lb	~7-8 cups	MEATS, OTHER			Shampoo	16 fl oz	
CANNED FRUITS				Baking powder	8 oz	~1.6 Tbsp	Oats, rolled	2 lb	~11 cups	Beef roast	approx. 3.75 lb (ea)		Shaving cream	11 oz	
Applesauce	28.4 oz	~3.5 cups		Baking soda	1 lb	~3.1 Tbsp	Raisin bran	20 oz	~10 cups	Chicken	approx. 3 lb (ea)		Tampons, regular	pkg of 18	
Peaches	29 oz	2 c fruit or		Gravy mix, brown	12 oz	1.5 cups	Toasted Os	19 oz	~1.5 cups	Ham, sliced	approx. 2.5 lb		Tampons, super	pkg of 18	
Pears	29 oz	3 c fruit or 1.5 juic		Milk, (canned, evaporated)	12 fl oz	1.5 cups	DAIRY AND EGGS			Pork roast	approx. 2 lb (ea)		Toilet paper	1 roll	
CANNED VEGETABLES				Raisins	15 oz	~3 cups	Butter	1 lb	2 cups	Turkey roast	approx. 4 lb (ea)		Toothbrush, adult	1 ea	
Corn	14.4 oz	~1.5 cups		Shortening	3 lb	~7 cups	Cheese ~18 slices	1 lb	4 cups shredded	BABY PRODUCTS			Toothbrush, child	1 ea	
Green beans	14.4 oz	3 cups		Vegetable oil	24 fl oz	3 cups	Cottage cheese	1 lb	2 cups	Baby cereal	16 oz	7.5 cups	Toothpaste	4 oz	
Spaghetti sauce	27.7 oz	~3 cups		Vinegar	1 qt	4 cups	Eggs	1 doz	12	Baby formula	14.1 oz	~1.02 oz per 1 oz	BREADS		
Tomato sauce	14.4 oz	~1.5 cups		Yeast	3 packs	1 pack = ~2 1/4 tsp	Ice cream (where available)	1/2 gal	8 cups	Diapers, 8-14 lb	pkg of 50		Bread, wheat	loaf } 19 slices	
Tomatoes, diced	28 oz	3.5 cups		JAMS AND CONDIMENTS			Margarine	1 lb	2 cups	Diapers, 16-28 lb	pkg of 36		Bread, white	loaf } 19 slices	
DRINKS				Catsup	24 oz	3 cups	Milk	1 gal	16 cups	Diapers, 22-37 lb	pkg of 31		Buns, hamburger	pkg of 8	
Fruit juice mix	4.4 servings			Honey	15 oz	1 1/4 cups	Sour cream	1 lb	2 cups	HOUSEHOLD PRODUCTS			Buns, hot dog	pkg of 8	
Hot cocoa mix	28 servings			Jam, raspberry	20.5 oz	~2 cups	FRESH VEGETABLES			Aluminum foil	roll		Tortillas, flour	pkg of 10	
Milk, dry	29 servings			Jam, strawberry	20.5 oz	~2 cups	Carrots	lb	4-5 med per lb	Bleach, liquid	64 fl oz		THANKSGIVING AND CHRISTMAS ITEMS		
Tomato juice	26 fl oz	3.25 cups		Mustard	10.5 oz	1 1/8 cups	Lettuce	head	~2 per head	Cleanser	14 fl oz		Candy	1 lb	
DESSERTS				Pancake syrup	24 fl oz	1.5 cups	Onions	lb	4-5 med per lb	Detergent, dish	22 fl oz		Cranberry sauce	16 oz	
Gelatin, lime	6 serves			Peanut butter	28 oz	3 cups	Potatoes	lb	3 med per lb	Detergent, dishwasher	3.75 lb		Nuts, mixed	1 lb	
Gelatin, raspberry	6 serves			Salad dressing	1 qt	4 cups	Tomatoes	lb	2-3 med per lb	Detergent, laundry	4.5 lb		Olives, black	16 oz	
Gelatin, strawberry	6 serves			Salsa	27.8 oz	~3 1/2 cups	Vegetables in season	lb	~3 med per lb	Plastic wrap	roll		Pumpkin, canned	29 oz	
Pudding, chocolate	6.5 serves			SUGAR						Spray cleaner	32 fl oz		Stuffing mix, dry	6 oz	
Pudding, vanilla	6.5 serves			Brown sugar	2 lb	4 cups firm pack							Turkey, whole	1 ea	
Cake mix, chocolate	18 oz	} 12 serves		Granulated sugar	5 lb	~11 cups									
Cake mix, yellow	18 oz				Powdered sugar	2 lb	6 cups								

1. Prepared by _____ 2. Bishop's signature _____ 3. Received by _____
 Preparer's phone (with area code) _____ Bishop's phone (with area code) _____ Family's phone (with area code) _____

tips & tricks

for healthier meals

Plan ahead! Having a week's worth of meals written down helps **get meals on the table faster** because you don't decide each night what to make. It **saves money** too because you'll only need one shopping trip and fast food won't be as tempting.

Salt plays a role in high blood pressure. Everyone should reduce sodium intake to less than 2,300 mg of sodium a day. For those with high blood pressure, diabetes, or chronic kidney disease, sodium intake should be no more than 1,500 mg a day. **Cut back on salt/sodium by:**

- Filling up on **fruits and veggies**—they are naturally low in sodium.
 - Choose "**low-sodium**," "**reduced sodium**," or "**no salt added**" canned items.
 - When preparing canned veggies, decrease salt content by **rinsing them in a colander** before adding them to the dish or plate.
 - Read the **Nutrition Facts Label**. Look for sodium in the chart and salt/sodium in the ingredients list.
- * **Choose water** most of the time. It's easiest on your wallet and your waistline. Enjoy other beverages but check the serving size and select smaller cans, cups, or glasses.
- * **Make fruit the everyday dessert**. Other treats are great once in a while, just remember they should be for special occasions.

Search the label for "**whole-grain**" or "**whole-wheat**" at the beginning of the ingredients list. Foods that say "multi-grain," "100% wheat," "high fiber," or are brown in color may not be a whole-grain product.

Tips are from the 10 tips Nutrition Education Series from www.choosemyplate.gov

conversions

for easier measuring

dash
1/16 tsp

pinch
1/8 tsp

3 tsp
1 Tbsp

2 Tbsp
1/8 cup

4 Tbsp
1/4 cup

scant
slightly less than

heaping
slightly more than

8 fluid ounces (fl oz)
1 cup

1 pint
2 cups

1 quart
2 pints OR 4 cups

1 gallon
4 quarts OR 16 cups

1 pound
16 ounces (oz)

here's how

- * Start by **reading the recipe all the way** from prep time to helpful notes. This way you'll know you have all the ingredients, cookware, and time needed to make it.
- * The here's how section will tell if you have to **split up ingredients** (for example, separating the flour for use at different times in the mixing process) or **cook something before** adding it to the slow cooker. You'll also be able to see how to **personalize** the recipe by swapping vegetables or changing spices.
- * Pay attention to **servings size**—you may want to cut the recipe in half or double it depending on how many will be eating and if you want leftovers.

helpful notes

Measuring dry ingredients: Use a dry measuring cup (usually metal or plastic) and a spoon to add the ingredient into the cup until it is heaping. Use the flat side of a knife or spatula to make a straight edge across the cup, removing excess back into the container.

Measuring wet (liquid) ingredients: Use a liquid measuring cup (usually glass or clear plastic) and place it on a flat surface. View the cup at eye level and pour the ingredient into the cup until you've reached the correct measurement.

substitutions

for ingredients

- * 1 cup **buttermilk**—1 Tbsp lemon juice or vinegar plus enough milk to make 1 cup. Let stand 5 minutes before using.
- * 1 cup **catsup (for cooking)**—1 cup tomato sauce plus 1/2 cup sugar plus 2 Tbsp vinegar
- * 1 Tbsp. **cornstarch (for thickening)**—2 Tbsp flour. Tip: Cornstarch thickens liquids almost immediately. Flour used for thickening must be cooked longer to prevent a floury taste (simmer about 3 minutes AFTER it has thickened).
- * 1 cup **cracker crumbs**—1 cup dry bread crumbs OR 1 cup ground oats OR 1 cup crushed and unsweetened cereal flakes
- * 1 cup **cream** or **half-and-half**—1 cup evaporated milk OR 7/8 cup milk plus 1/2 Tbsp butter or margarine
- * 1 cup **heavy cream**—1 cup evaporated milk OR 3/4 cup milk plus 1/3 cup butter or margarine
- * 1 tsp **cream of tartar**—1 tsp lemon juice or vinegar
- * 1 cup **all purpose white flour**—1/2 cup whole wheat flour plus 1/2 cup all purpose flour
- * 1 cup **cake flour**—1 cup minus 2 Tbsp all purpose flour
- * 1 cup **self-rising flour**—1 cup minus 2 Tbsp all purpose flour plus 1-1/2 tsp baking powder plus 1/2 tsp salt

substitutions

for ingredients

- * 1 Tbsp. **fresh herbs**—1 tsp dried leaf herbs OR 1/2 tsp ground dried herbs
- * 1 clove **garlic**—1/8 tsp garlic powder OR 1/4 tsp minced (dried) garlic
- * 1 tsp **dry mustard**—1 Tbsp prepared mustard
- * 1 small (1/4 cup chopped) **fresh onion**—1 Tbsp instant minced (dried) onion
- * **Italian seasoning**—1 tsp basil plus 1 Tbsp parsley plus 1/2 tsp oregano
- * **poultry seasoning**—1/2 tsp of each sage plus 1/2 tsp thyme plus 1/2 tsp rosemary

- * 1 cup **honey**—1/4 cup granulated sugar plus 1/4 cup liquid (use liquid called for in recipe)

- * juice of one **lemon**—2 Tbsp bottled lemon juice

- * 1 cup **mayonnaise (for use in salads and salad dressings)**— 1 cup sour cream OR 1 cup yogurt OR 1 cup cottage cheese pureed in a blender

- * 1 can **sweetened condensed milk**—1/3 cup + 2 Tbsp evaporated milk plus 1 cup sugar plus 3 Tbsp butter or margarine. Heat all ingredients until sugar and butter are dissolved.

- * 1 Tbsp **olive oil (for sautéing)**— 1 Tbsp melted butter, margarine, bacon drippings, OR shortening

- * 1 cup **ricotta cheese**—1 cup cottage cheese

- * 1 cup **shortening (solid/for baking)**—1 cup butter or margarine

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Overnight Oatmeal

from What's Cooking? USDA Mixing Bowl

prep time

30 sec

cook time

10-15 minutes

serves

2

things you need

1 cup

dry oatmeal

1/4 cup (optional)

walnuts, lightly chopped (or pecans)

2 1/2 cups

water

as desired

brown sugar

1/2 cup

dried fruit (raisins, cranberries, or apricots)

here's how

- 1 Put all ingredients in a cooking pot and cover. Let sit overnight in refrigerator.
- 2 In the morning, put on a stove burner and cook on medium heat until simmering, then turn on low and heat for 10-15 minutes (more or less depending on type of oats, example quick needs 5 minutes, steel cut needs longer).
- 3 Serve warm with a little milk (or milk alternative) and a side of fresh fruit if desired.

helpful notes

If you don't put this in the a cooking pot in the evening, you can still cook oatmeal the same way by combing all ingredients and cooking on the stove. See directions on oatmeal container.

Jiffy Oatmeal Crunch

from USDA SNAP-Ed

prep time

1-2 minutes

cook time

15-20 min bake

10 min cool

serves

4

things you need

1/2 cup

margarine or butter

1/2 tsp

baking soda

3/4 cup

firmly packed brown sugar

2 cups

uncooked quick oats

1 tsp

vanilla

1 cup

raisins

here's how

- 1 Preheat oven to 350°F and grease a 9x13 inch baking pan.
- 2 In a large skillet, melt butter and brown sugar.
- 3 Remove from heat and stir in remaining ingredients.
- 4 Spread into pan and bake for 15-20 minutes. Let it cool and then cut into squares.

Oatmeal Raisin Muffins

from What's Cooking? USDA Mixing Bowl

prep time

10 min

cook time

20-25 min

serves

12

things you need

1 egg	1/3 cup sugar
1 cup milk	1 tsp baking powder
1/3 cup oil (vegetable or canola)	1 tsp salt
1 1/4 cups flour	1/2 cup raisins
1 cup oatmeal	as needed margarine or butter (to grease muffin cups)

here's how

- 1 Preheat the oven to 400°F.
- 2 Put the egg, milk, and oil in a small mixing bowl. Slowly stir them together.
- 3 In a large mixing bowl, mix the flour, oatmeal, sugar, baking powder, salt and raisins. Stir until they are mixed.
- 4 Pour the egg-milk-oil mix into the large bowl with the dry ingredients. Stir until the dry ingredients are barely moistened. Do not over-mix (the batter should be lumpy).
- 5 Grease each cup in the muffin pans with some margarine or butter. Spoon the batter into the cups in each muffin pan until each cup is half-full with batter.
- 6 Bake until muffins are golden brown, about 20-25 minutes.

helpful notes

To get more flavor in the muffins, add some spices like 1 1/2 tsp cinnamon and 1/2 tsp nutmeg.

Freeze any muffins you won't eat in the next week. They are great to pull out of the freezer when you're in a hurry in the morning.

Mexican Breakfast Casserole

from Betty Crocker

prep time

30 min

cook time

4 hours

slow cooker

serves

8

things you need

1 pound

sausage, cooked, drained

1*

bell pepper, chopped

6

flour tortillas OR 9 corn tortillas

3/4 cup*

green onions, sliced

8

eggs

2 cups

cheese, shredded

1 1/2 cups

milk

1 cup*

salsa

1*

jalapeño chile, seeded, finely chopped

2 Tbsp*

fresh cilantro, chopped

here's how

- 1 Spray slow cooker with cooking spray. Place 3 corn or 2 flour tortillas in a slow cooker, tearing as needed to cover bottom.
- 2 In medium bowl, beat eggs, milk, and chile together. Reserve 2 Tbsp bell pepper, 2 Tbsp green onions and 3/4 cup cheese; set aside.
- 3 Top tortillas in slow cooker with half of the sausage, remaining bell pepper, green onions, and cheese. Repeat layers. Top with remaining 3 corn or 2 flour tortillas, tearing if needed to cover mixture. Pour egg mixture over tortillas.
- 4 Cover and cook on low for 3 1/2 to 4 hours or on high for 2-3 hours. Internal temperature should be 160°F and center is set.
- 5 Sprinkle with reserved cheese, bell pepper, green onions and the cilantro (optional). Serve with salsa.

helpful notes

*Vegetables are optional as salsa will provide flavor. If not adding peppers or green onions, add another 1/2-1 cup of salsa for additional flavoring.

Roast Turkey

adapted from What's Cooking? USDA Mixing Bowl

prep time

15 min

cook time

5-6 hours

slow cooker

serves

10-12

things you need

4 pounds

turkey roast

2 Tbsp*

thyme

2

onions, quartered

2 Tbsp*

sage

4

carrots, quartered

3 Tbsp

oil

3

potatoes, quartered

as desired

salt and pepper

2 Tbsp*

rosemary

1/2 cup (optional)

water or chicken broth

here's how

- 1 Thaw turkey breast (if frozen) in the fridge.
- 2 Place quartered vegetables in the slow cooker.
- 3 Combine all seasonings in a small bowl and mix well. Coat turkey with oil and rub in the spice mixture. Place turkey on top of vegetables.
- 4 If desired, add water or chicken broth to slow cooker.
- 5 Cover and cook on low for 5-6 hours or on high for 3-4 hours. Check for internal temperature of 165°F and tenderness.

helpful notes

*All spices are optional. Adjust spices to taste preferences. Examples of other spices to use include: gravy sauce mix OR basil, parsley, paprika, pepper, and salt OR lemon pepper, garlic, and salt.

Adjust vegetables to pantry and taste preferences. Some other vegetables to try include celery, zucchini, tomatoes, eggplant.

Honey Mustard Chicken

adapted from TheFrugalGirls.com

prep time

2 min

cook time

3 1/2 hours

slow cooker

serves

6

things you need

1 1/2 pounds
chicken breasts

1/2 cup
prepared mustard

1/2 cup
water

1/3 cup
honey

here's how

- 1 In slow cooker, cook chicken with water on high for 3 hours.
- 2 After 3 hours, drain juices* from slow cooker.
- 3 Mix together honey and mustard. Pour mixture over chicken and cook on high for 30 more minutes or until done.

helpful notes

*Save the chicken juices to use as chicken broth and add flavor in other recipes like rice, chicken fajitas, turkey roast, or other chicken dishes.

Eat with rice, pasta, baked potato, or roll and some veggies to make a healthy meal.

Chicken Tacos

from Kraft Recipes

prep time

15 min

cook time

6-8 hours

slow cooker

serves

8

things you need

1 pound (3 large or 4 small)
chicken breasts

1 1/2 cups
salsa

1 packet (2 Tbsp)*
taco seasoning

1 package
tortillas, flour

as desired
shredded cheese
sour cream/plain yogurt
cooked black or pinto beans
tomatoes, diced
avocado
lettuce, shredded
red onions, sliced

here's how

- 1 Place chicken, salsa, and seasoning into slow cooker. If chicken is thawed, cook on high 4 hours or low 6-8 hours. If chicken is frozen, cook on high for 5-6 hours.
- 2 Cut or shred the chicken. Serve chicken and sauce in tortillas.
- 3 Add toppings as desired.

helpful notes

*Seasoning is optional as salsa will provide flavor. See recipe for homemade taco seasoning mix.

Chicken Fajitas

from simplyhealthykitchen.com

prep time

10 min

cook time

6-8 hours

slow cooker

serves

8

things you need

1 pound (3 large or 4 small)
chicken breasts

1/2 cup
chicken broth or water

1 packet (2 Tbsp)*
taco seasoning

1 each*
onion, red bell pepper, yellow bell pepper,
green bell pepper

1 package
tortillas, flour

as desired
shredded cheese
sour cream
avocado
salsa

here's how

- 1 Slice bell peppers and onion in 1/4 inch wide slices. Add to bottom of slow cooker.
- 2 Sprinkle taco seasoning over vegetables. Add chicken breasts and chicken broth or water.
- 3 Cook on low for 6-8 hours or on high for 3-4 hours. Remove chicken from slow cooker and let cool slightly. Use two forks to shred the chicken. Add chicken back to slow cooker and mix with vegetables.
- 4 Serve over tortillas with toppings.

helpful notes

*Seasoning is optional as salsa will provide flavor. See recipe for homemade taco seasoning mix.

*If bell peppers are not available, substitute another vegetable or use more toppings like salsa to add more flavor.

Chicken Pot Pie

from eatingonadime.com

prep time

10 min

cook time

6-8 hours

slow cooker

serves

6-8

things you need

1 pound (3 large or 4 small)
chicken breasts

1 can
cream of chicken

1/2 can
water

1/2 can
milk

1/2
onion

3-4
potatoes, chopped

1 can
vegetables (green beans or corn)

1/2 tsp
salt

1/2 tsp
pepper

1/2 tsp*
garlic powder

here's how

- 1 Place potatoes in the bottom of the slow cooker. Lay chicken on top of potatoes.
- 2 Toss everything else in the slow cooker and mix.
- 3 Cook on low for 6-8 hours or on high for 3-4 hours. Remove chicken from slow cooker and let cool slightly. Use two forks to shred the chicken. Add chicken back to slow cooker and mix with vegetables.
- 4 Serve with biscuits if desired.

helpful notes

*Seasoning is optional.

See two recipes for biscuits in this cookbook.

Penny's Sloppy Joes

from Fix-it and Forget-it Cookbook by Penny Blosser

prep time

15 min

cook time

1-2 hours

slow cooker

serves

6

things you need

1 pound
ground beef, browned and drained

1/4 cup
catsup

1 can (10 3/4 oz)
cream of mushroom

1 package
hamburger buns

1
onion, diced

here's how

- 1 Combine all ingredients in slow cooker.
- 2 Cover and cook on low setting for 1-2 hours.
- 3 Serve on hamburger buns.

helpful notes

Ground beef can be added to the slow cooker without being browned and drained first if using lean beef (90/10: 90% lean beef, 10% fat OR 93/7: 93% lean beef, 7% fat). If the ground beef has higher fat content (i.e. 80/20, 70/30) it will create an unwanted greasy sauce.

Sloppy Joes

adapted from Recipe4Living

prep time

10 min

cook time

20 min stove OR
2-3 hrs slow cooker

serves

8-12

things you need

2 pounds
ground beef

1
onion, chopped

1
green pepper, chopped

1/2 cup
brown sugar, packed

1 1/2 cups
ketchup

1 Tbsp
prepared mustard

1 Tbsp
vinegar

1 package
hamburger buns

here's how

- 1 Brown and drain ground beef. Cook green pepper and onion in a small amount of fat from ground beef at high heat until onions are translucent or about 10 minutes.
- 2 Add brown sugar, ketchup, mustard, and vinegar to pan with cooked meat and vegetables.
- 3 Cook until warmed, about 10 minutes on the stove or 2-3 hours in a slow cooker.
- 4 Serve on hamburger buns. Can be served open face (only a bottom bun) or with a lettuce leaf as the top of the bun to stretch the serving size of the recipe.

helpful notes

Ground beef can be added to the slow cooker without being browned and drained first if using lean beef (90/10: 90% lean beef, 10% fat OR 93/7: 93% lean beef, 7% fat). If the ground beef has higher fat content (i.e. 80/20, 70/30) it will create an unwanted greasy sauce.

Beef Stroganoff

adapted from Betty Crocker

prep time

20 min

cook time

8-10 hours*

slow cooker

serves

10-12

things you need

2 pounds
stewing beef

1 cup
onion, chopped

2 cans
cream of mushroom

1 can (4 oz)*
mushrooms

1/4 tsp
black pepper

1 cup*
cream cheese

1 cup*
sour cream

6 cups*
cooked noodles or rice

here's how

- 1 In slow cooker, mix beef, onion, cream of mushroom, mushrooms, and pepper.
- 2 Cover and cook on low setting for 8-10 hours or until beef is very tender.
- 3 Right before serving, stir cream cheese into beef mixture until melted. Stir sour cream into beef mixture.
- 4 Serve over noodles or rice.

helpful notes

*Try this over a baked potato in place of noodles or rice.

*For a healthier, lower fat dish substitute 1 cup plain yogurt in place of sour cream and try the dish without cream cheese. Add more flavor using herbs and spices, including parsley, paprika, and/or garlic. If no mushrooms available, cream of mushroom soup will still provide good flavor.

*To shorten the time, cook on high setting for 4-5 hours.

Enchiladas

adapted from Fix-it and Forget-it Cookbook

prep time

30 min

cook time

5-7 hours

slow cooker

serves

6-8

things you need

1 pound
ground beef

1 cup
onions, chopped

1/2 cup*
green peppers, chopped

2 cans (14.8 oz each)
black beans, drained

1 can (28 oz)
tomatoes, drained

1/3 cup
water

1 1/2 tsp*
chili powder

1/4 tsp
black pepper

1/2 tsp*
cumin

1/2 tsp
salt

2 cups
shredded cheese

6
flour tortillas

here's how

- 1 Cook beef, onions, and green peppers in skillet until beef is browned and vegetables are tender. Drain.
- 2 Add beans, tomatoes, water and spices. Bring to a boil. Reduce heat. Cover and simmer for 10 minutes.
- 3 In slow cooker, layer about 3/4 cup beef mixture, one tortilla and 1/3 cup cheese. Repeat layers.
- 4 Cover and cook on low 5-7 hours or until heated through.
- 5 To serve, reach to bottom with each spoonful to get all the layers, or carefully flip entire contents of slow cooker onto large platter and cut into wedges.

helpful notes

*If all spices and vegetables are not available they are not needed. This dish can be served with salsa to provide good flavor.

Shepherd's Pie

adapted from ayearofslowcooking.com

prep time

20 min

cook time

6 1/2 hours

slow cooker

serves

8

things you need

1 pound

stewing beef

1

onion, chopped

2*

garlic cloves, minced

1/2 tsp

seasoned salt (or plain salt)

1/4 tsp*

paprika

1/4 tsp

black pepper

2 cups

green beans

1 cup

water

2 cups

shredded cheese

3 cups

mashed potatoes

here's how

- 1 Combine beef, vegetables, spices, and water to slow cooker and stir together.
- 2 Add cheese on top of the mixture.
- 3 Press the mashed potatoes down on top of the cheese and meat. Sprinkle a little extra paprika on top of the potatoes.
- 4 Cover and cook on low for 6 hours or on high for 3 hours, then remove the lid and cook on high for 30 minutes to release condensation and allow potatoes to firm a little on top.

helpful notes

Adjust meat, spices, and vegetables to taste preferences. Can use ground beef, turkey chunks, etc. as desired. If garlic and paprika are not available the recipe will still turn out well.

For a quicker version, layer beef, green beans, tomato soup, and mashed potatoes in that order in the crock pot.

Meatloaf

adapted from Fix-it and Forget-it Cookbook

prep time

15 min

cook time

8-10 hours

slow cooker

serves

8

things you need

2 1/2 pounds

ground beef

1

egg, slightly beaten

3/4 cup

salsa

1 1/4 cups

rolled oats

2 Tbsp*

taco seasoning, divided

2 cups

shredded cheese

2 tsp

salt

1/2 tsp

pepper

here's how

- 1 Combine all ingredients except half (1 Tbsp) of taco seasoning in slow cooker. Mix well.
- 2 Shape into loaf and place in slow cooker. Sprinkle with remaining taco seasoning.
- 3 Cover and cook on low 8-10 hours.
- 4 Remove from slow cooker and let sit for 5-10 minutes to cool before serving.

helpful notes

*Seasoning is optional and can be changed from taco-flavored to Italian –flavored using a combination of garlic powder, basil, oregano, rosemary and/or thyme. Can also use gravy mix as a substitute.

To remove meatloaf or other meats from your slow cooker, make foil handles to lift the food out. Use double strips of heavy foil to make 3 strips, each about 20" x 3". Crisscross them in the bottom of the pot and bring them up the sides in a spoke design before putting in the food. When the meal is cooked, simply lift out the foil and the meal.

Minestrone

adapted from Fix-it and Forget-it Cookbook

prep time

15 min

cook time

4-5 hours

slow cooker

serves

6

things you need

1 1/2 pounds

stewing beef, cut into bite-sized pieces

3 cups

water

1

onion, diced

4

carrots, diced

1/2 can (14 oz)

tomatoes, diced

2 tsp

salt

1 can (14.4 oz)

green beans

1 Tbsp*

dried basil

1/2 cup

pasta noodles

1 tsp*

dried oregano

as desired

shredded cheese

here's how

- 1 Combine all ingredients except pasta noodles and cheese in slow cooker. Stir well.
- 2 Cover and cook on low 10-12 hours or on high 4-5 hours. Add pasta noodles in the last 20-30 minutes before serving.
- 3 Top individual serves with cheese.

helpful notes

*Can use frozen vegetables including green beans, carrots, and/or corn in place of canned vegetables.

* Dish will still taste good without spices. Can substitute 2 tsp black pepper in place of basil and oregano if desired.

Grandma's Noodle Casserole

from ReNae Call

prep time

10 min

cook time

45 minutes

serves

12

things you need

1 pound
ground beef

12 oz (3 cups)
pasta noodles

1
onion, diced

1 can (14.4 oz)
tomato soup

1/2 can (14 oz)
tomatoes, diced

1 can (14.4 oz)
tomato sauce

1 can
corn

1-2 Tbsp*
chili powder

3 cups
shredded cheese, divided

here's how

- 1 Brown the ground beef. Cook the noodles according to package directions. Preheat oven to 350°F.
- 2 Combine into a 9x13" pan the cooked ground beef and noodles, 2 cups of cheese and all other ingredients. Cover pan with tin foil.
- 3 Cook for 40 minutes and then top with remaining 1 cup cheese, leaving tin foil off for the last 5 minutes while the cheese melts.

helpful notes

* Dish will still taste good without spices. Use more chili powder for more flavor. Can also use black pepper as desired.

Spaghetti

adapted from Fix-it and Forget-it Cookbook by Patti Boston

prep time

1 min

cook time

30 min stove OR

3 hrs slow cooker

serves

12

things you need

1 pound

sausage OR ground beef

1 pound

spaghetti noodles, dry (~8 cups cooked)

1 can (27.7 oz)

spaghetti sauce

here's how

- 1 Cook spaghetti noodles according to package directions. Drain well.
- 2 Brown the sausage. Drain the fat.
- 3 Add spaghetti sauce, sausage, and noodles. Heat together on stove.

helpful notes

This recipe can be prepared in a slow cooker by combining all ingredients (brown the sausage/ground beef first to prevent an oily sauce) and cooking for 3 hours on low.

To save time, brown extra ground beef for another recipe at the same time.

Macaroni and Cheese

adapted from Fix-it and Forget-it Cookbook

prep time

10 min

cook time

2-3 hours

slow cooker

OR 50 min oven

serves

6

things you need

2 cups (8 oz)

macaroni, cooked

1 tsp

salt

2 Tbsp

oil

2 cups

shredded cheese

1 can (12 oz)*

canned milk

2 Tbsp

melted butter

1 1/2 cups*

milk

2-4 Tbsp

onion, diced

here's how

- 1 In slow cooker, toss macaroni in oil. Stir in remaining ingredients.
- 2 Cover. Cook on low 2-3 hours.

helpful notes

*Optional substitution: 3 cups (2 cans) canned milk in place of the 12 oz canned milk and 1 1/2 cup milk.

To cook recipe in the oven, grease a 9" x 13" pan with butter, add the mixture and bake at 350°F for 50 minutes. With baking, it creates a crisper dish.

For more flavor, add spices like basil, parsley, oregano, red pepper flakes, cayenne pepper, or diced vegetables like tomatoes, bell peppers, zucchini, yellow squash.

Ham and Pasta Salad

from What's Cooking? USDA Mixing Bowl

prep time

10 min

cook time

10-15 min plus
60 min in fridge

serves

8

things you need

2 cups

macaroni

1 tsp

prepared mustard

4 Tbsp

mayonnaise

1 tsp*

garlic powder

1

onion, chopped

1/4 tsp

black pepper

2*

stalks celery, chopped

6 oz (1 cup)

ham, pre-cooked and chopped

1*

green pepper, chopped

here's how

- 1 Cook macaroni according to package directions. Rinse with cold water until macaroni is cool.
- 2 Combine all ingredients in a large bowl, mixing well.
- 3 Refrigerate for at least 1 hour before serving.

helpful notes

*Substitute vegetables as available and in season. Other vegetables to include in the salad are broccoli, tomatoes, carrots, zucchini, red onion.

*Garlic powder can be taken out if not desired or available. Other spices can be added to change the flavor— dill, parsley, paprika, rosemary. Try as little as a pinch to as much as a Tbsp of spice.

Potato Salad

adapted from Deseret Recipes

prep time

25 min

cook time

5 min

serves

8

things you need

3 cups (3-4 medium)

pre-boiled potatoes, cubed and cold

2/3 cup

salad dressing

1 Tbsp

onion, chopped finely

1 tsp

prepared mustard

1/2 tsp

salt

2

eggs, hard-boiled and chopped

1/2 cup

celery, chopped

here's how

- 1 Mix potatoes, onion, salt and celery in a large bowl.
- 2 Mix salad dressing, mustard, and eggs in a bowl and toss lightly over potato mixture.

helpful notes

To boil potatoes, scrub them clean and place into saucepan filled with cold water. Bring water to a boil. Most potatoes will be done in 10-20 minutes. When done, potatoes will be easily poked to the center with a fork. Drain and rinse in cold water or in a bowl of ice water.

To hard boil eggs, place in a single layer in a saucepan filled with cold water. Bring water to a boil and then remove from heat. Cover the pan and let it stand for 12-15 minutes for a fully cooked, pale-yellow yolk. Drain and rinse in cold water or in a bowl of ice water.

Cook times are approximate and based on egg size—Medium 9min, Large 12 min, Extra large 15 min.

Microwave Baked Potato

adapted from What's Cooking? USDA Mixing Bowl

prep time

1 min

cook time

7-18 min

serves

1, 2, or 4

things you need

1, 2, or 4
potato

here's how

- 1 Scrub potato. Prick several times with a fork or knife.
- 2 Place on a microwave safe plate. To prevent potato(es) from becoming dry, cover with wax paper, parchment paper, paper towels, or a domed container that fits over the plate.
- 3 Cook according to number of potatoes— Cook 1 potato for 7-8 min; 2 potatoes for 10-12 min; 4 potatoes for 14-18 min or until soft.
- 4 Turn over halfway through cooking. Let potato rest for 1-3 min before eating.

helpful notes

Choose potatoes that are similar size and place them equal distances apart from each other so they will cook evenly.

Use a hot pad when turning potatoes and when taking out of the microwave as they will be very hot.

Refried Beans

adapted from 100daysofrealfood.com

prep time

10 min

cook time

8+ hours

slow cooker

serves

8-12

things you need

1 pound (2.5 cups)

dry pinto beans, sorted, rinsed

3/4 tsp

salt

1

onion, diced

1/2 tsp

black pepper

1*

jalapeno (or hot pepper), seeded, chopped

1 tsp*

cumin

2*

garlic cloves, minced

6 1/2 cups

water

here's how

- 1 Combine all ingredients in slow cooker.
- 2 Cook on high for 8 hours or overnight.
- 3 Transfer cooked beans to bowl using slotted spoon.
- 4 Mash beans with potato masher, pastry blender, or fork. Add liquid in crock pot to beans as needed to the final product until it is the desired consistency.

helpful notes

*Pepper and spices do not have to be added to recipe if not desired or available.

Biscuits

from thebackyardpioneer.com

prep time

15 min

cook time

10-12 min

serves

13– 3" diameter

things you need

2 1/2 cups
pancake mix

1/4 cup
melted butter

1/3 cup
water

1
egg

here's how

- 1 Pre-heat oven to 400°F.
- 2 Mix all ingredients in a bowl with a fork or hands until they form a soft dough.
- 3 Place dough onto a lightly floured surface and knead gently until mixed well.
- 4 Roll dough out until it is 1/2 inch thick. Cut biscuits using top of glass, cookie cutters, or knife into desired shape and size.
- 5 Place the cut dough onto a baking sheet. Bake for 10-12 minutes or until golden brown.

Wheat Cheddar Garlic Drop Biscuits

from 100daysofrealfood.com

prep time

10 min

cook time

18-20 min

serves

12

things you need

1 cup
wheat flour

1 1/4 tsp
baking powder

1/2 tsp
salt

1/4 tsp*
garlic powder

1 cup
cheddar cheese, shredded

1/2 cup (1 stick)
melted butter

1/2 cup
milk

here's how

- 1 Preheat the oven to 375°F.
- 2 In a medium-sized bowl mix together the flour, baking powder, salt and garlic powder. Use a fork to stir in the grated cheese.
- 3 Mix in the melted butter and milk until well combined, but not over-mixed.
- 4 Drop 12 heaping spoonfuls of the mixture onto a large ungreased baking sheet (evenly spaced). Bake until light brown, about 18-20 minutes.

helpful notes

* Garlic powder does not have to be included in recipe if not desired or available.

Feather Rolls

from What's Cooking? USDA Mixing Bowl

prep time

25 min active

40-60 min rise

cook time

18-20 min

serves

24-26

things you need

4 cups

wheat flour

1/3 cup

oil

3/4 cup

white flour

3 Tbsp

sugar (or honey)

1 1/4 Tbsp (~2 packets)

yeast, dry active

2

eggs

1/2 cup

dry milk powder

1 tsp

salt

1 1/2 cups

warm water

here's how

- 1 Mix 2 1/2 cups whole wheat flour, dry yeast, and dry milk in large bowl. Add water, oil, and sugar (or honey). Mix well for 2-4 minutes by hand. Cover with a kitchen towel and let dough rest for 10 minutes.
- 2 Add eggs and salt and mix again. Continue mixing by hand while adding remaining flour, 1 cup at a time, until dough begins to stick together and clean the sides of the bowl.
- 3 Knead for 5-6 minutes. Dough should be very soft and manageable. Stiff dough produces heavy, dry rolls. If dough stiffens while mixing, drizzle a little warm water over dough as it kneads.
- 4 Lightly oil hands and counter top if needed. Shape immediately into rolls and place onto greased baking sheet. Let rise until very light.
- 5 Bake at 350°F for 18-20 minutes. Do not overbake.

helpful notes

Dough may be used immediately or covered and stored in the refrigerator for several days.

Make breadsticks by rolling ball of dough between hands to shape like a snake.

Homemade Pizza Crust

from Betty Crocker

prep time

15-20 min active

30 min rest thin

60-75 min rest thick

cook time

15-18 min thin

40-42 min thick

serves

2 pizza crusts

things you need

1 1/2-2 cups

all-purpose flour

1 cup

whole wheat flour

1 Tbsp

sugar

1 tsp

salt

1 packet (2 1/4 tsp)

regular or quick active dry yeast

3 Tbsp

olive or vegetable oil

1 cup

very warm water (120-130°F)

here's how

- 1 Mix 1 cup of the flour, the sugar, salt, and yeast in a large bowl. Then add in oil and warm water.
- 2 Mix by hand for 4-5 minutes, scraping sides of bowl frequently. Stir in enough remaining flour until dough is soft and leaves sides of bowl.
- 3 Place dough on lightly floured surface. Knead 5-8 minutes or until dough is smooth and springy. Cover loosely with kitchen towel and let rest 30 minutes.
- 4 **THIN CRUST:** Heat oven to 425°F. Grease two cookie sheets or 12" pizza pans with oil. Divide dough in half. Pat each half into 12" circle on cookie sheets. Partially bake 7-8 minutes or until crust just begins to brown. Add toppings and bake 8-10 minutes or until cheese is melted.
- 5 **THICK CRUST:** Grease with oil 2 square pans, 8x8x2" or 2 round pans, 9x1 1/2". Optional: Sprinkle with cornmeal. Divide dough in half. Pat each half in bottom of pan. Cover loosely with plastic wrap and let rise in warm place 30-45 minutes or until almost double. Move oven rack to lowest position. Heat oven to 375°F. Partially bake 20-22 minutes or until crust just begins to brown. Add toppings and bake about 20 minutes or until cheese is melted.

Tomato Sauce

adapted from mywholefoodlife.com

prep time

1 min

cook time

3-6 hours

slow cooker

serves

5 cups

things you need

12*

tomatoes, peeled, chopped

1/2 tsp*

garlic powder

1/2

onion, chopped

1/2 tsp*

thyme

1 Tbsp*

dried parsley

1 tsp*

oregano

1 Tbsp*

dried basil

as desired

salt

black pepper

here's how

- 1 Combine all ingredients in slow cooker. Mix well.
- 2 Cover and cook on high for at least 3 hours. The longer it cooks the more the flavors blend.

helpful notes

This sauce is great for spaghetti sauce or pizza sauce.

*To easily peel tomatoes, blanch them. Bring a pot of water to a boil. Cut a shallow X on the bottom of each tomato to help skin split. Immerse tomatoes in the boiling water, cooking for 30-60 seconds or until the skins split open. Using a slotted spoon, transfer tomatoes to a large bowl of ice water. Tomatoes will easily peel. ***If no fresh tomatoes are available, use 3- 14.4 oz cans of diced tomatoes.**

*If using fresh spices, remember that 3 parts fresh is equal to 1 part dried. For this recipe, use 1/4 cup fresh parsley, 10 fresh basil leaves, 2-3 minced garlic cloves, 1 1/2 tsp fresh thyme, and 1 Tbsp fresh oregano.

Taco Seasoning

from wholenewmom.com

prep time

5 min

cook time

serves

~5 Tbsp

things you need

2 Tbsp*

chili powder

1 tsp*

paprika

1/2 tsp*

garlic powder

1 Tbsp*

ground cumin

1/2 tsp*

onion powder

2 1/2 tsp

salt

1/2 tsp*

crushed red pepper flakes

2 tsp

black pepper

1/2 tsp*

dried oregano

here's how

- 1 Combine all ingredients in a small bowl. Mix well.
- 2 Use about 2 Tbsp of the mix for each pound of meat, or more or less as desired.

helpful notes

Use this seasoning to flavor beans, lentils, baked potatoes, vegetables, and more.

*If not all spices are available, use whatever spices are available to make a mix. Another option is to try gravy mix as a seasoning.

CREATE

GOOD FOODS TO HAVE ON HAND

When you have most of these nutritious foods in the house, you will be amazed at what you can create in no time flat!

Grains

- Whole grains - oatmeal, barley, bulgur, brown rice, quinoa, cornmeal, popcorn
- 100% whole-wheat bread, tortillas, bagels, muffins, etc.
- Whole grain crackers
- Rice cakes
- Whole grain cold cereal

Fruits

- Fresh fruits in season - apple, orange, grape, banana, pear, strawberry, blueberry, raspberry, kiwi, melon, peach, plum, pineapple, etc.
- Frozen and/or canned fruit - berry, peach, pear, pineapple, mandarin orange, etc.
- Raisins, other dried fruits
- All fruit jams
- Juice - white and/or purple grape, orange, apple, pineapple

Vegetables

- Fresh vegetables in season - potato, sweet potato, summer squash, winter squash, broccoli, cauliflower, carrot, celery, bell pepper, green bean, corn, tomato, romaine lettuce, spinach, mushroom, avocado, garlic, onion, etc.
- Frozen and/or canned vegetables - green bean, corn, pea, tomato, tomato sauce, tomato paste, etc.
- Vegetable juice

Dairy

- Milk
- Yogurt
- Cottage cheese
- Cheese - cheddar, mozzarella, swiss, feta, parmesan

Protein

- Nuts and seeds - dry roasted peanuts, sunflower seeds, almonds, walnuts
- Canned tuna, salmon, chicken, turkey, chili
- Beef
- Chicken
- Fish
- Wild game
- Deli turkey, ham
- Eggs
- Peanut butter
- Canned and/or dried beans - black, pinto, kidney, white, chickpea, etc.

Miscellaneous

- Staples - flour, sugar, brown sugar, powdered sugar, cornstarch, baking soda, baking powder, yeast, mustard, mayonnaise
- Flax seed
- Salsa
- Chicken/beef/vegetable broths or bouillon
- Canned soups - low-fat, low sodium cream of chicken, mushroom, tomato
- Hummus
- Herbs/Spices - salt, pepper, basil, oregano, parsley, thyme, rosemary, paprika, cumin, chili powder, cinnamon, nutmeg, vanilla

CREATE

THINGS TO EAT from *Good Foods to Have on Hand*

When you have a well-stocked pantry and fridge you can put these foods together faster and lots cheaper than ordering take-out or going through the drive-thru!

Apple slices and peanut butter

Burrito or Quesadilla

Filled with beans, cheese, veggies, egg, rice, potato, chicken, beef, salsa

Crackers

Topped with cheese, peanut butter, tuna or chicken salad, and hummus

Green/Pasta/or Potato Salad

Made with fresh or roasted veggies, beans, fruit, raisins, sunflower seeds

Homemade Soup

How about chicken and rice, tortilla, potato, chicken noodle, beef vegetable, minestrone

Oatmeal

With walnuts, raisins, milk, flax seed

Omelet or Frittata

Filled with eggs, potatoes, cheese, peppers, mushrooms, onion, garlic, tomato, avocado, canned beans, salsa

Potato Bar

Made with baked potato, chili, cheese, broccoli, cottage cheese

Sandwiches or Wraps

Filled with turkey or ham with cheese, lettuce and tomato, tuna with celery, diced apple and walnuts, egg salad with lettuce, peanut butter and jelly, grilled cheese

Smoothie

Made with yogurt, milk, fruit, flax seed, spinach, kale

Stir-fry

Made with chicken, pork, or tofu, lots of veggies, brown rice

Trail mix

Cereal, sunflower seeds, peanuts, raisins, dried fruits

Whole grain pancakes or waffles

Yogurt

Mixed with cereal, fruit, cottage cheese

The possibilities are limited only by your imagination!

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SPICE IT UP!

15 Seasoning Blends So Good You Won't Miss the Salt



SPICES ARE USUALLY DEFINED AS the roots, bark or seeds of various plants. Herbs are usually defined as the leaves. Salt is neither an herb nor a spice!

Most herbs and spices lose flavor and color with age. Each year, test your herbs and spices by sprinkling a small amount into your hand and crushing them; if a distinct aroma is not immediately obvious, your herbs are past their prime. Sealed glass jars are best to lock in flavor and color.

Another way to preserve freshness is to buy whole spices (such as cumin seeds and black peppercorns) and grind them as needed in a coffee grinder (about \$20 retail). This grinder should then be used for spices only and not for other uses.

All these recipes contain negligible amounts of sodium and fat, while many spice blends available in grocery stores are very high in sodium.

RECIPES

For each seasoning blend, mix all ingredients and store in an airtight container. Ingredients are dried herbs and ground spices, unless otherwise noted.

Each blend contains 5 mg sodium or less per teaspoon, except as noted.

LOWER SODIUM SEASONED SALT *Makes ¼ cup*

- 2 tbsp salt
- 1 tsp paprika
- 1 tbsp onion powder
- ½ tsp chili powder
- ½ tsp garlic powder
- ¼ tsp cayenne
- 1½ tsp celery seed, well-ground
- ½ tsp parsley flakes, well-ground

260 mg sodium per ¼ tsp, about 25% less than the leading store brand

MEDITERRANEAN BLEND *Makes 4 tsp*

- ½ tsp garlic powder
- ¼ tsp cayenne
- ½ tsp onion powder
- 1 tsp oregano
- ½ tsp cumin
- ½ tsp thyme
- 1 tsp coriander

LATINO BLEND *Makes 1¼ tbsp*

- ½ tsp garlic powder
- ¼ tsp cayenne
- ½ tsp onion powder
- ½ tsp chili powder
- ½ tsp cumin
- ½ tsp cilantro
- 1 tsp coriander

THAI BLEND *Makes about 1 tbsp*

- ½ tsp garlic powder
- ¼ tsp cayenne
- ½ tsp onion powder
- ½ tsp ginger
- ½ tsp cumin
- ⅛ tsp cinnamon
- 1 tsp coriander

SOUTHERN BLEND *Makes 1/3 cup*

- ¼ cup paprika
- 1 tsp black pepper
- 2 tbsp oregano
- ½ tsp cayenne
- 2 tsp chili powder
- ½ tsp dry mustard
- 1 tsp garlic powder

Use 1½ to 2 tsp to coat 1 pound of tofu, tempeh or lean animal protein

SALT SHAKER BLEND #1 *Makes 2½ tbsp*

- 1 tbsp onion powder
- 1½ tsp basil
- 1½ tsp dry mustard
- ½ tsp chili powder
- ½ tsp ground celery seed
- ½ tsp paprika



SALT SHAKER BLEND #2

Makes 3 tbsp

- 2 tsp thyme
- 2 tsp basil
- 2 tsp savory
- 1 tbsp marjoram
- 1 tsp sage



CURRY BLEND

Makes ½ cup

- 2 tbsp cumin
- 2 tbsp turmeric
- 4 tsp coriander
- 4 tsp dry mustard
- 1 tsp each: allspice, cayenne, cinnamon, ginger

Use 1:1 in place of store-bought



HERB BLEND

Makes 3 tbsp

- 1 tbsp thyme
- 2 tsp rosemary
- 1 tsp sage
- 1 tbsp marjoram



TRADITIONAL SEAFOOD BLEND

Makes ½ cup

- 2 tbsp allspice
- 1 tbsp ginger
- 4 tsp celery seed, ground
- 2 tsp salt
- ¼ tsp cayenne
- 1 tbsp paprika
- 2 tbsp dry mustard

185 mg sodium per tsp



COOKING BLEND

Makes 2½ tbsp

- 2 tsp thyme
- 1 tsp rosemary
- 1 tbsp oregano
- 2 tsp dried minced onion

Use 1 tsp for each pound of lean animal protein.
Add ½ tsp for each 2 quarts of soup



SPICE RUB BLEND

Makes ½ cup

- 2 tbsp black pepper
- 1 tbsp garlic
- 2 tbsp onion powder
- 1 tbsp thyme
- 2 tbsp paprika
- 1 tbsp salt

255 mg sodium per tsp



ALL-PURPOSE BLEND

Makes 3 tbsp

- 1 tsp celery seed
- 1 tsp basil
- 1 tbsp marjoram
- 1 tsp onion powder
- 1 tsp thyme

Use 1 tsp per pound of protein food
Use ½ tsp for 2 cups of vegetables



TANDOORI BLEND

Makes ¼ cup

- 1 tbsp paprika
- 1 tsp salt
- ½ tsp cardamom
- ½ tsp cinnamon
- 2 tsp each: garlic, cayenne, coriander, cumin, ginger

153 mg sodium per tsp



SALAD BLEND

Makes 3⅓ tbsp

- 1 tbsp marjoram
- 1 tsp dill weed
- 1 tsp tarragon
- 1 tbsp parsley
- 2 tsp basil

Sprinkle over tossed salads or add 2 tsp for each cup of homemade salad dressing

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Adapted with permission, Preventive Nutrition Services
410-764-8343, preventive_nutrition@verizon.net

CREATE A CASSEROLE

Create a tasty casserole from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each casserole serves four adults.

1	Choose one starch		
	• Brown Rice: 1 cup rice, 2 cups water: Combine rice and water. Bring to boil. Turn heat to low and cover pan with lid. Simmer until water is absorbed, about 45 minutes.		
	• Whole grain pasta or noodles: 2 cups pasta or 3 cups noodles, 6 cups water: Heat water until it boils. Stir in pasta or noodles. Cook until tender, about 10 minutes. Drain. Look on the package for specific instructions.		
	• Potatoes: 3 cups diced potatoes, 6 cups water. Heat water until it boils. Add potatoes and cook until tender, about 10 minutes. Drain.		
	• Whole grain tortilla: Flour or corn.		
2	Choose one protein		
	• 1 (15 oz.) can or 2 cups cooked dried beans or lentils (pinto, black, white, kidney, etc.)		
	• ½ pound cooked ground beef		
	• 1 ½ cups cooked and diced chicken, turkey, ham, beef, fish, or pork		
	• 2 cups chopped hard-boiled eggs		
	• 1 (6-8 oz.) can beef, chicken, tuna, salmon, or other fish		
	• 1 (12-16 oz.) package extra firm tofu, drained		
3	Choose one to three vegetables: Broccoli, carrots, corn, green beans, peas, squash, mixed veggies		
	• 2 cups fresh vegetables, cooked	• 2 cups frozen vegetables, cooked	• 1-2 (15 oz.) canned vegetables
4	Choose one sauce		
	• 1 (10 oz.) can soup (cream of mushroom, cream of chicken, cream of celery, tomato, cheese, etc.)		
	• 1 (15 oz.) can diced tomatoes with juice		
	• 2 cups gravy: 2 tablespoons cornstarch OR 4 tablespoons flour ¼ cup COLD water 2 cups HOT chicken, beef, or vegetable stock	Mix cornstarch or flour into cold water with fork. Make sure you have no lumps. Slowly add mixture to boiling stock, stirring constantly. Reduce heat and continue to cook and stir with whisk until thickened.	
5	Choose one or more flavors		
	• ½ cup chopped onion, celery, green pepper, or salsa		
	• ¼ cup sliced black olives		
	• 1 - 2 cloves garlic, crushed		
	• Cook onion, garlic, celery, and peppers in small amount of water or broth		
	• 1 - 2 teaspoons dried herbs (oregano, basil, cumin, chili powder, thyme, rosemary, sage, etc.)		
	• Salt and pepper to taste		
6	Choose one or more topping (optional)		
	• ¼ cup breadcrumbs, 2 tablespoons grated parmesan cheese, ¼ cup grated cheddar or mozzarella cheese		

DIRECTIONS:

Select a food from each category or use your own favorites. Combine all ingredients except toppings in a 9x13 pan coated with cooking spray. Bake at 350° F until bubbly (30-45 minutes). Add toppings and return to oven for about 10 minutes.

CREATE A CASSEROLE

CASSEROLE RECIPES

A pantry that is stocked with good whole foods will help you create great tasting casseroles like these.

Potluck Chicken Casserole

- ½ cup chopped fresh mushrooms
- 3 tablespoons finely chopped onion
- 2 garlic cloves, minced
- 1 tablespoon canola oil
- 3 tablespoons flour
- 1¼ cups milk
- 4 cups cooked and cubed chicken
- 3 cups cooked rice
- 1 cup chopped celery
- 1 cup frozen peas, thawed
- 1 tablespoon lemon juice
- ½ teaspoon salt
- ½ teaspoon pepper
- ¾ cup crushed corn flakes or breadcrumbs

Sauté mushrooms, onion, and garlic in canola oil until tender. Stir in flour, then gradually add milk and bring to a boil. Cook and stir for 2 minutes or until mixture is thickened and bubbling. Remove from heat and add chicken, rice, celery, peas, lemon juice, salt, and pepper. Mix well and spoon into 9x13 baking dish. Sprinkle corn flakes or breadcrumbs over casserole. Bake uncovered at 350° F for 30 minutes or until bubbly.

Yield: 8-10 servings

Stuffed Peppers

- 4 bell peppers, any color
- 2 medium onions, chopped
- 3 cloves garlic, minced
- 2 cups (or 15 oz. can) cooked, drained black beans
- 2 cups fresh or frozen corn
- 2 cups cooked brown rice
- 1 (15 oz.) can diced tomatoes
- Juice from one lime
- 1 tablespoon balsamic vinegar
- 1 teaspoon ground cumin
- ½ teaspoon chili powder
- ½ teaspoon salt

Preheat oven to 400° F. Slice peppers in half lengthwise, remove seeds, and set aside. Sauté onion and garlic in ¼ cup water over medium heat until they are soft. Add remaining ingredients and heat through. Fill pepper halves with bean mixture, piling each pepper high. Place peppers on baking sheet, cover with foil, and bake 30 minutes or until peppers are tender.

Yield: 4-6 servings

You can change the taste of basic ingredients in your dish simply by changing the herbs and spices you use. For instance, use these herbs and spices to get these flavors:

Mexican-use cumin, oregano, chili powder, cilantro, and garlic

Italian-use basil, oregano, parsley, and garlic

Asian-use soy sauce, ginger, garlic, chiles, and turmeric

Savory/Thanksgiving-use rosemary, sage, thyme, and parsley

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CREATE A SOUP

Create a tasty soup from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each pot of soup serves four adults.

1	Sauté one medium chopped onion
2	<p>Choose one or more vegetables (2-3 cups, chopped) The following can be fresh, canned, or frozen</p> <ul style="list-style-type: none"> • Celery • Green pepper • Green beans • Carrots • Peas • Corn • Zucchini • Squash • Mushrooms • Cauliflower • Broccoli • Cabbage
3	<p>Choose one protein</p> <ul style="list-style-type: none"> • 1 (16 oz.) canned beans (pinto, kidney, black, white, chick peas, etc.) • 1 pound beef, chicken, ham, sausage, etc. • 1 (16 oz.) can beef, chicken, ham • 1 cup grated cheese
4	<p>Choose one starch</p> <ul style="list-style-type: none"> • 3 – 4 cups diced potatoes • 2 (16 oz.) canned beans (pinto, kidney, black, white, chick peas, etc.) • 4 oz. whole grain egg noodles, macaroni, pasta • ½ cup uncooked brown rice
5	<p>Choose a broth or base - you need 4 cups (1 quart)</p> <ul style="list-style-type: none"> • 2 (16 oz.) cans vegetable, chicken, or beef broth • 4 cups water and vegetable, chicken, or beef bouillon • 1 can crushed or diced tomatoes and 2-3 cups water • 4 cups milk and bouillon • Any combination of above to make 1 quart
6	<p>Choose one or more seasonings</p> <ul style="list-style-type: none"> • 2–3 teaspoons dried herbs (oregano, basil, cumin, chili powder, thyme, rosemary, parsley, etc.) • Bay leaf • 2–4+ tablespoons fresh herbs • Minced garlic • Salt and pepper to taste

DIRECTIONS:

In large pot, cook onion in ¼ cup water or broth until slightly browned. Add vegetables and protein. Brown protein as needed. Add remaining ingredients (except fresh herbs). Partially cover pot and simmer until meat is thoroughly cooked and starch and vegetables are tender (about 20–30 minutes). Add fresh herbs. Season with salt and pepper to taste. Simmer another 5 minutes. **Serve.** *Note: Beans can serve as either protein or starch.*

CREATE A SOUP

SOUP RECIPES

A pantry that is stocked with whole foods will help you create great tasting soups like these!

African Bean Soup

- ½ cup water
- 3 tablespoons reduced-sodium soy sauce
- 1 onion, sliced
- 2 small sweet potatoes or yams, peeled and diced (about 2 cups)
- 1 large carrot, thinly sliced
- 1 celery stalk, thinly sliced
- 1 red bell pepper, seeded and diced
- 1 (15 oz.) can crushed tomatoes
- 4 cups vegetable broth
- 1 (15 oz.) can garbanzo beans
- ½ cup chopped fresh cilantro
- 3 tablespoons peanut butter
- 1 - 2 teaspoons curry powder
- 4 cups cooked brown rice

Heat water and soy sauce in a large pot. Add onion and cook over high heat, stirring often, until onion is soft, about 5 minutes. Add remaining ingredients except for rice. Stir to mix, then cover and simmer until vegetables are tender when pierced with a fork, about 15-20 minutes. To serve, place ½ cup cooked rice in a bowl and top it with a generous ladle of soup.

Yield: 8 servings

Black Bean Chili

- 1 large diced onion
- 1 – 3 minced cloves garlic
- ¼ teaspoon red pepper flakes
- ½ teaspoon cumin
- ½ teaspoon thyme
- 2 (16 oz.) cans vegetable broth
- 1 small can diced green chilies
- 1 (14 oz.) can stewed tomatoes
- 1 (28 oz.) can black beans (3 cups), drained and rinsed
- Cooked brown rice
- Cilantro
- Lime slices
- Grated cheddar cheese

In a Dutch oven, sauté onion, garlic, and pepper flakes in ¼ cup water. Add herbs, broth, and chilies and bring to boil. Add tomatoes and beans. Simmer 1 hour. Remove half of chili, cool slightly, and puree until smooth. Add pureed mixture back into pot and stir to combine. Serve Chili over brown rice. Garnish with cilantro and cheese.

Yield: 4 servings

You can change the taste of basic ingredients in your dish simply by changing the herbs and spices you use. For instance, use these herbs and spices to get these flavors:

Mexican-use cumin, oregano, chili powder, cilantro, and garlic

Italian-use basil, oregano, parsley, and garlic

Asian-use soy sauce, ginger, garlic, chiles, and turmeric

Savory/Thanksgiving-use rosemary, sage, thyme, and parsley

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CREATE A STIR FRY

Create a delicious stir fry dish from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each stir fry serves four adults.

1	Prepare one protein		
	• 1–2 cups cooked beans or lentils		
	• 1 package firm tofu cut into ½ inch cubes		
	• 1 pound raw chicken, beef, or pork cut into bite-sized pieces		
2	Marinate protein		
	• 1 tablespoon soy sauce + 1 tablespoon water, chicken broth or apple juice		
3	Prepare produce		
	• 1 onion, cut in wedges + 1 – 2 cloves garlic, minced + 1 tablespoon grated ginger + 2 cups fresh vegetables from choices below:		
	• Carrots	• Celery	• Bean sprouts
	• Cabbage	• Green pepper	• Zucchini
	• Mushrooms	• Red pepper	• Yellow squash
4	Warm skillet on very low heat		
5	Make a sauce of glaze		
	• Sauce: ¼ cup vegetable or chicken broth, ¼ cup soy sauce, 1-2 teaspoons sugar, 2-4 teaspoons vinegar.		
	• Glaze: 2 teaspoons cornstarch, 2 tablespoons water, broth or apple juice.		
6	Turn heat under skillet to medium-high		
	• Make sure all ingredients are close at hand.		
DIRECTIONS:			
<p>Add 2–4 tablespoons water or broth to pan. When hot, add half of protein. Stir fry until well browned and cooked through, about 2-3 minutes. Transfer to clean bowl, add more water, and stir fry remaining protein the same way. Transfer to bowl. <i>Cooking the protein in batches helps to keep pan hot.</i></p> <p>Add more water to pan. Add onion and stir fry until browned but still crisp, about 1 minute. Add garlic and ginger; stir. Add half of vegetables and stir a few minutes, then add remaining vegetables. Stir fry until vegetables are tender-crisp. Do not overcook vegetables.</p> <p>Return protein to pan and stir in sauce until everything is well coated. Add glaze and stir until sauces in pan are glossy.</p> <p>Serve immediately with noodles or rice.</p>			

CREATE A STIR FRY

STIR FRY RECIPES

A pantry that is stocked with whole foods will help you create great tasting stir fries like these!

Flavorful Veggie Stir Fry

- 1 (16 oz.) package extra firm tofu
- 1 tablespoon sugar
- 5 tablespoons soy sauce, divided
- ¼ cup apple juice or vegetable broth
- 3 cups broccoli florets, cut in bite-sized pieces
- 2 medium carrots, thinly sliced
- 1 (6 oz.) package frozen pea pods, thawed
- 2 tablespoons chopped onion
- 1 (8 oz.) can sliced water chestnuts, un-drained
- 2 tablespoons cornstarch
- Hot cooked rice, spaghetti noodles, or soba noodles

Cut tofu into 1-inch cubes and place on baking sheet. In a bowl, combine sugar, 3 tablespoons soy sauce, and apple juice or water until smooth. Pour over tofu and set aside. In a large skillet over medium-high heat, stir fry broccoli, carrots, pea pods, and onion in 1 tablespoon water or broth for 1 minute. Stir in water chestnuts. Cover and simmer for 4 minutes; remove from pan and keep warm. In the same skillet, stir fry tofu until outside is crispy. Return vegetables to pan. Combine 2 tablespoons soy sauce and cornstarch. Mix well and pour over vegetables. Stir fry until glossy. Serve over rice or noodles.

Yield: 4 servings

Teriyaki Chicken

- 2-3 chicken breasts
- ½ cup soy sauce
- ½ teaspoon ground ginger
- 1 clove garlic, minced
- ½ cup water
- 2 tablespoons sugar
- 1 large onion, chopped
- 1-2 green peppers chopped
- 1 cup sliced mushrooms
- 2 tablespoons cornstarch
- 2 tablespoons water

Cut chicken into 1-inch cubes. Combine soy sauce, ginger, garlic, ½ cup water, and sugar in small bowl. Add chicken and soak 30–60 minutes. Over medium-high heat, stir fry chicken in water or broth until done. Remove from pan and keep warm. Add vegetables to pan and stir fry until crisp tender. Add chicken back into pan. Combine cornstarch and water; add to pan and cook until thick. Serve with hot brown rice.

Yield: 4-6 servings

You can change the taste of basic ingredients in your dish simply by changing the herbs and spices you use. For instance, use these herbs and spices to get these flavors:

Mexican-use cumin, oregano, chili powder, cilantro, and garlic

Italian-use basil, oregano, parsley, and garlic

Asian-use soy sauce, ginger, garlic, chiles, and turmeric

Savory/Thanksgiving-use rosemary, sage, thyme, and parsley

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CREATE A SKILLET MEAL

Create a tasty skillet meal from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each meal serves four adults.

1	Choose one protein	
	• 1 (15 oz.) can or 2 cups cooked dried beans (pinto, black, white, kidney, etc.)	
	• ½ pound ground beef	
	• 1 pound chicken, turkey, pork chops, fish, or ham	
	• 1 (6-8 oz.) can beef, chicken, tuna, salmon, or other fish	
	• 1 (12-16 oz.) package extra firm tofu, drained and cubed	
2	Choose one starch	
	• 1 cup uncooked rice • 2 cups uncooked pasta • 4 cups uncooked noodles. • 2-3 cups cubed raw potatoes	
Optional: cook starch beforehand and top with skillet contents (example – sweet’ n sour chicken over rice). Reduce liquid and sauce in recipe.		
3	Choose one or more flavors	
	• ½ cup chopped onion, celery, green pepper	
	• 1 – 2 cloves minced garlic	
	• ½ cup salsa	
	• 1 – 2 teaspoons dried herbs (oregano, basil, cumin, chili powder, thyme, rosemary, sage, etc.)	
• Salt and pepper to taste		
4	Choose one to three vegetables	
	• Broccoli, carrots, corn, green beans, peas, squash, mixed veggies, etc.	
	• 2 cups fresh vegetables	• 2 cups frozen vegetables
5	Choose one liquid as needed*	
	• 1 ½ cups water, broth, tomato juice, milk, etc.	
6	Choose one sauce (optional)	
	• 1 (10 oz.) can soup (cream of mushroom, cream of chicken, cream of celery, tomato, cheese, etc.)	
	• 1 (15 oz.) can diced tomatoes with juice	
	• 2 cups gravy: 2 tablespoons cornstarch OR 4 tablespoons flour ¼ cup COLD water 2 cups HOT chicken, beef, or vegetable stock	Mix cornstarch or flour into cold water with fork. Make sure you have no lumps. Slowly add mixture to boiling stock, stirring constantly. Reduce heat and continue to cook and stir with whisk until thickened.
7	Choose one or more toppings	
	• 2 tablespoons grated parmesan cheese	¼ cup grated cheddar or mozzarella cheese or breadcrumbs

DIRECTIONS:

Select a food from each category or use your own favorites. Brown meat, if using. Add remaining ingredients to pan, cook over medium heat, stirring frequently to prevent sticking and burning, until meat is thoroughly cooked and vegetables and starches are tender, 15-45 minutes. Add toppings if desired.

* Add more liquid as needed to allow starch to cook, to prevent dish from becoming too dry, and/or from sticking/burning.

CREATE A SKILLET MEAL

SKILLET MEAL RECIPES

A pantry that is stocked with whole foods will help you create great tasting skillet meals like these!

Spanish Macaroni

- ½ cup onion, chopped
- ½ green pepper, chopped
- 1 ½ cups water
- 1 (8 oz.) can tomato sauce
- 1 (15 oz.) can tomatoes
- 2 (15 oz.) cans pinto or kidney beans, drained and rinsed
- 2 teaspoons chili powder
- 1 teaspoon cumin
- 1 ½ cups macaroni (uncooked)

In large skillet, sauté onion in 1 tablespoon water on medium heat until translucent. Add green pepper and cook another 2 minutes. Add remaining ingredients, except macaroni, and cook until vegetables are tender. Stir macaroni into mixture and reduce heat to low. Cover and cook until macaroni is tender, 10-15 minutes, adding additional water as needed.

Yield: 4 servings

Skillet Penne with Veggies

- 2 cups vegetable broth
- 2 cups water
- 2 ½ cups whole grain penne
- 1 small tomato, chopped
- 2 small zucchinis, chopped
- 1 (15 oz.) can cannellini beans, drained and rinsed
- 1 ½ teaspoons dry basil or ¼ cup chopped fresh basil
- ¼ cup parmesan cheese

In large nonstick skillet, cook penne in broth and water over high heat until penne is tender, about 12-15 minutes. Add tomato, zucchini, beans, and dried basil (if using fresh basil, add after veggies have cooked). Cook until veggies are tender. Stir in cheese and fresh basil if using.

Yield: 4 servings

You can change the taste of basic ingredients in your dish simply by changing the herbs and spices you use. For instance, use these herbs and spices to get these flavors:

Mexican-use cumin, oregano, chili powder, cilantro, and garlic

Italian-use basil, oregano, parsley, and garlic

Asian-use soy sauce, ginger, garlic, chiles, and turmeric

Savory/Thanksgiving-use rosemary, sage, thyme, and parsley

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CREATE A SALAD

Create a delicious salad from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each salad serves four adults.

1	Choose one base		
	• Lettuce or salad greens: Romaine, spring greens, arugula, etc.		
	• Whole wheat pasta or noodles: 2 cups pasta or 3 cups noodles, 6 cups water: Heat water until it boils. Stir in pasta or noodles. Cook until tender, about 10 minutes. Drain.		
	• Brown rice: 1 cup rice, 2 cups water: Combine rice and water. Bring to boil. Turn heat to low and cover pan with lid. Simmer until water is absorbed, about 45 minutes.		
	• Potatoes: 3 cups diced red, yellow, or gold potatoes, 6 cups water. Heat water until it boils. Add potatoes and cook until tender, about 10 minutes. Drain.		
2	• Whole grain: Cooked wheat berries, quinoa, barley, etc., or dense whole grain bread torn in bite size pieces and toasted.		
	Choose one protein		
	• 1 (15 oz.) can or 2 cups cooked dried beans (pinto, black, white, kidney, lentils, etc.)		
	• ½ pound cooked ground beef		
	• 1 ½ cups cooked and diced chicken, turkey, ham, beef, fish, or pork		
	• 2 cups chopped hard-boiled eggs		
	• 1-2 (6-8 oz.) canned beef, chicken, tuna, salmon, or other fish		
• 1 (12-16 oz.) package extra firm tofu, drained and marinated in soy sauce and fruit juice			
3	Tomato, cucumber, broccoli, carrots, corn, green beans, peas, squash, etc.		
	• 2 cups fresh vegetables	• 2 cups frozen vegetables, thawed and cooked	• 1-2 (15 oz.) canned vegetables
4	Choose one or more fruits (optional)		
	• Apple, orange, raisins, dried cranberries, etc.		
5	Choose one or more flavors		
	• ½ – 1 cup diced onion, celery, green pepper		
	• ¼ cup sliced black olives		
	• ½ cup salsa		
	• 2–4 tablespoons fresh herbs or 1–2 teaspoons dried herbs (oregano, basil, cumin, chili powder, thyme, rosemary, sage, etc.)		
• Salt and pepper to taste			
6	Choose one dressing (optional)		
	• If desired and/or as necessary, use a fat-free or low-fat dressing to help hold the salad ingredients together, add flavor, and keep salad from being too dry.		
7	Choose one or more toppings (optional)		
	• ¼ cup slivered almonds, chopped walnuts or pecans	• 2 tablespoons grated parmesan cheese	• ¼ cup grated cheddar or mozzarella cheese

Select a food from each category or use your own favorites. Combine all ingredients except dressing and toppings in a large salad bowl. Either dress salad before serving or allow family members to add dressing and toppings as desired.

CREATE A SALAD

A pantry that is stocked with whole foods will help you create great tasting salads like these!

Taco Salad

- 1 onion, chopped
- 2 cups frozen corn
- 3 large tomatoes, diced
- 1 (15 oz.) can kidney or pinto beans, drained
- 1 cup cooked brown rice
- 1–2 teaspoons chili powder
- 1 teaspoon dried oregano, divided
- ¼ cup chopped fresh cilantro
- ½ cup salsa
- 1 head romaine lettuce, chopped
- Crumbled tortilla chips
- Shredded cheese
- Lime wedges
- Sour cream or Greek yogurt (optional)

Heat small amount of water or vegetable broth in large nonstick skillet over medium heat. Add onion and corn and cook until the onion begins to brown, about 5 minutes. Remove from heat and add diced tomatoes, beans, rice, chili powder, and oregano. Stir to combine. Mix cilantro into salsa. Toss lettuce in a large bowl with the bean/rice mixture. Serve sprinkled with tortilla chips and cheese, with lime wedges and salsa at table.

Yield: 4 servings

Thai Noodle Salad

- 10 ounces spaghetti noodles, cooked and cooled
- ¼ cup rice vinegar or red wine vinegar
- 3 tablespoons soy sauce
- 3 tablespoons lime juice
- 3 tablespoons sugar
- 1 teaspoon minced garlic
- ¼ teaspoon red chili flakes (optional)
- ¼ teaspoon sesame oil (optional)
- 1 (15 oz.) can chickpeas, drained and rinsed
- ¾ cup shredded carrots
- 2 green onions, finely diced
- 1 cup bell pepper, diced
- 1 cup frozen peas, thawed
- ½ cup chopped peanuts
- ½ cup chopped cilantro

Place noodles in large bowl. In small bowl, combine vinegar, soy sauce, lime juice, sugar, garlic, red chili flakes, and sesame oil. Stir to combine and dissolve sugar. Pour over noodles. Add chickpeas, carrots, green onions, bell pepper, and peas. Stir to coat veggies with dressing. Add peanuts and cilantro just before serving. Toss to mix.

Yield: 4 servings

Simple Salad Dressing: Mix together 3 tablespoons balsamic vinegar, 2 tablespoons Dijon mustard, 1 tablespoon maple syrup or honey. Especially good on green, grain, and pasta salads!

You can change the taste of basic ingredients in your dish simply by changing the herbs and spices you use. For instance, use these herbs and spices to get these flavors:

Mexican-use cumin, oregano, chili powder, cilantro, and garlic

Italian-use basil, oregano, parsley, and garlic

Asian-use soy sauce, ginger, garlic, chiles, and turmeric

Savory/Thanksgiving-use rosemary, sage, thyme, and parsley

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CREATE A WRAP/SANDWICH

Create a tasty sandwich, wrap, or pocket from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each serves one adult.

1	Choose one wrap				
	<ul style="list-style-type: none"> • 2 slices of whole grain bread • 1 whole grain bun or roll • 1 corn or whole wheat tortilla • ½ whole wheat pita 				
2	Choose one or more proteins				
	<ul style="list-style-type: none"> • Cooked dried beans (pinto, black, chick pea, kidney, etc.) • Peanut or almond butter • Hummus • Refried beans • Cooked, sliced, or cubed roast, chicken, turkey, or ham • Sliced, cubed, or shredded cheese • Hard-boiled or scrambled egg 				
3	Choose one or more fillings				
	<table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top;"> <ul style="list-style-type: none"> • Lettuce • Spinach • Tomato • Onion • Sprouts • Green pepper </td> <td style="vertical-align: top;"> <ul style="list-style-type: none"> • Banana pepper • Celery • Olives • Pickles • Potato • Avocado </td> <td style="vertical-align: top;"> <ul style="list-style-type: none"> • Corn • Shredded carrot • Apple • Grapes • Pear • Pineapple </td> <td style="vertical-align: top;"> <ul style="list-style-type: none"> • Jam • Jelly • Honey • Nuts (walnuts, pecans, almonds, pine nuts) </td> </tr> </table>	<ul style="list-style-type: none"> • Lettuce • Spinach • Tomato • Onion • Sprouts • Green pepper 	<ul style="list-style-type: none"> • Banana pepper • Celery • Olives • Pickles • Potato • Avocado 	<ul style="list-style-type: none"> • Corn • Shredded carrot • Apple • Grapes • Pear • Pineapple 	<ul style="list-style-type: none"> • Jam • Jelly • Honey • Nuts (walnuts, pecans, almonds, pine nuts)
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4	Choose one or more spreads (optional)				
	<ul style="list-style-type: none"> • Low-fat mayonnaise, mustard, ketchup, ranch dressing, Italian dressing, hummus, etc. 				

DIRECTIONS:

Some wraps or sandwiches are better eaten cold and others are better cooked.

For a cold wrap/sandwich: Select foods from each category. Place spread directly on bread or tortilla or inside pita pocket. Build wrap by placing remaining ingredients on one side of bread or tortilla or inside pita pocket. Cover sandwich with other slice of bread or roll up tortilla.

For a cooked wrap: Select foods from each category. Cook filling ingredients in 1 tablespoon water or broth until soft. Add protein and heat through. Add spread to moisten the mixture. Place mixture on one side of bread or tortilla or inside pita pocket. Cover sandwich with other slice of bread or roll up tortilla.

CREATE A WRAP/SANDWICH

WRAP/SANDWICH RECIPES

A pantry that is stocked with whole foods will help you create great tasting wraps or sandwiches like these!

Hearty Veggie Quesadillas

- ½ cup cooked pinto or black beans
- 1 medium tomato, chopped
- ½ bell pepper, chopped
- 1 green onion, chopped
- 1 carrot, peeled and grated
- 2 (6 inch) whole-wheat flour tortillas
- 2 tablespoons salsa
- Lettuce
- ½ cup of cheddar cheese

Combine beans, tomato, pepper, onion, and carrots in medium bowl. Set aside. Warm skillet over medium heat. Place a tortilla in pan and warm one side, then flip tortilla over. Place half of ingredients from bowl on one side of tortilla and fold tortilla in half over the filling. Cook about 3 minutes or until filling is heated through. Transfer quesadilla to a plate and keep warm. Repeat for 2nd quesadilla.

Yield: 2 servings

Use your imagination and add any veggie, bean, or cooked rice that you have on hand to your quesadilla.

Chickpea Pitas with Nutty Sauce

- 2 cans chickpeas, drained and rinsed
- 4 ribs celery, diced
- ¼ cup red onion, finely diced
- 1 teaspoon dried basil
- ¼ cup fresh parsley, chopped
- 1 ripe avocado, diced
- ½ cup walnuts
- ½ cup water
- 1½ teaspoons red wine vinegar
- 2 teaspoons mustard
- ½ teaspoon garlic powder
- Romaine lettuce or fresh spinach
- 3 whole wheat pita pockets, cut in half

In medium bowl, lightly crush chickpeas with vegetable masher. Add celery, onion, basil, parsley, and avocado. Stir to mix well. In blender or food processor, place walnuts, water, vinegar, mustard, and garlic powder. Blend until smooth. Add blender ingredients to chickpea mixture and mix well. Place lettuce or spinach in each pita pocket then add chickpea mixture.

Yield: 6 servings

You can change the taste of basic ingredients in your dish simply by changing the herbs and spices you use. For instance, use these herbs and spices to get these flavors:

Mexican-use cumin, oregano, chili powder, cilantro, and garlic

Italian-use basil, oregano, parsley, and garlic

Asian-use soy sauce, ginger, garlic, chiles, and turmeric

Savory/Thanksgiving-use rosemary, sage, thyme, and parsley

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CREATE A PIZZA

Create a delicious pizza from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each pizza serves four adults.

1	Choose/Prepare a crust			
	<ul style="list-style-type: none"> • Options: homemade crust (see recipe below), premade crust from store, flour tortilla, flat bread, pita bread, English muffin, bagel, French bread. <p>RECIPE</p> <ul style="list-style-type: none"> • 2 cups whole-wheat flour • 1 1/2 tablespoons yeast • 1 teaspoon salt • 1 1/2 teaspoons sugar • 3/4 cup water • 1 teaspoon canola oil (optional) 			
2	Choose a sauce			
	• Tomato paste thinned with water or tomato sauce + basil + oregano + pepper			
	• Refried beans or bean dip			
	• Barbeque sauce			
	• Sweet chili sauce (found in Asian aisle of grocery store)			
	• Peanut sauce – peanut butter thinned with hot water + soy sauce + sugar + garlic + crushed red pepper			
	• Hummus			
3	Choose flavors			
	<ul style="list-style-type: none"> • 1 – 2 teaspoons dried herbs as needed according to sauce (oregano, basil, cumin, chili powder, ginger, soy sauce, garlic, crushed red pepper, etc.) • Salt and pepper to taste 			
4	Choose toppings			
	• Tomato	• Mushroom	• Carrot	• Ham
	• Spinach	• Banana pepper	• Pineapple	• Ground beef
	• Onion	• Olive	• Dried cranberries	• Sausage
	• Green pepper	• Avocado	• Broccoli	• Cheese
	• Red pepper	• Corn	• Eggplant	
	• Jalapeno	• Squash	• Chicken	
	DIRECTIONS:			
<p>Prepare homemade crust and set aside to rise. Preheat oven to 425°F. Prepare sauce and toppings. Spray baking pan or pizza pan with cooking spray. Roll crust out and place on pan. Top with sauce and toppings. Bake approximately 10-12 minutes or until crust is cooked and sauce is bubbly.</p>				

CREATE A PIZZA

PIZZA RECIPES

A pantry that is stocked with whole foods will help you create great tasting homemade pizzas like these!

Mexican Spicy Bean Pizza

- 1 whole-wheat pizza crust (see below)
- 1 (6 oz.) can tomato paste
- ½ to 1 (15 oz.) can refried beans
- 1 cup frozen corn, thawed
- ¾ cup sliced bell pepper
- ¼ cup thinly sliced red onion
- ½ cup grated Monterey jack cheese (optional)
- ½ teaspoon red pepper flakes (optional)
- ¼ cup chopped fresh cilantro
- ¼ cup mango

Preheat oven to 425°F. Put pizza crust on baking sheet or pizza pan. Spread tomato paste and refried beans over crust. Arrange corn, bell pepper, and onion over beans. Sprinkle with cheese and red pepper flakes. Bake 15 minutes or until hot and bubbly. Garnish with fresh cilantro.

Yield: 4 servings

Whole-wheat Pizza Dough

- 2 cups whole-wheat flour
- 1 ½ tablespoons yeast
- 1 teaspoon salt
- 1 ½ teaspoons sugar
- 1¼ cup water
- 1 teaspoon canola oil (optional)

Mix dry ingredients in bowl. Add water and oil and mix well to incorporate flour mixture. Form dough into ball. Let rise 10 minutes while covered with clean towel. Roll out in pizza shape. Cover with favorite toppings.

Caramelized Onion and Mushroom Pizza

- 1 small yellow onion, halved and thinly sliced
- 1 teaspoon olive oil
- ¼ cup water or broth
- Pinch of sugar
- 1 teaspoon balsamic vinegar
- 2 large whole wheat flour tortillas or flat bread
- Cooking spray
- ¼ cup shredded parmesan cheese (optional)
- 6 – 8 button mushrooms, thinly sliced
- Salt and pepper to taste

Preheat oven to 450° F. Sauté the sliced onions in olive oil and small amount of water or broth and cook 30 minutes or more, stirring occasionally, until the onions reach a dark brown color. Add water in small amounts as needed to keep onions from burning. Add a pinch of sugar and the balsamic vinegar. Cook a few more minutes and remove from heat. Line baking sheet with parchment paper and spray with cooking spray. Place tortillas or flatbread on baking sheet and lightly spray each one with cooking spray. Sprinkle each tortilla with cheese, then mushrooms, then caramelized onions, then salt and pepper. Bake until the crust is crisp and brown, 5-10 minutes.

Yield: 2 servings

You can change the taste of basic ingredients in your dish simply by changing the herbs and spices you use. For instance, use these herbs and spices to get these flavors:

Mexican-use cumin, oregano, chili powder, cilantro, and garlic

Italian-use basil, oregano, parsley, and garlic

Asian-use soy sauce, ginger, garlic, chiles, and turmeric

Savory/Thanksgiving-use rosemary, sage, thyme, and parsley

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CREATE A SMOOTHIE

Create a delicious and nutritious smoothie from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each smoothie serves 1 adult.

1	Choose produce (2-3 cups) <ul style="list-style-type: none">• Fruit: fresh, frozen, or canned such as strawberry, raspberry, blackberry, blueberry, cranberry, banana, pineapple, peach, pear, plum, cherry, melon, apple, kiwi, mango, papaya, orange, lemon, lime.• Vegetable: fresh spinach, chard, kale, green pepper, avocado, carrot, cooked, frozen, or canned pumpkin, squash, sweet potato, peas.
2	Choose a liquid (½ to 1½ cups, depending on desired consistency) <ul style="list-style-type: none">• Water: inexpensive, easy, and calorie free.• Milk: dairy, soy, almond, rice, hemp, coconut, etc.• Fruit Juice: use sparingly for added flavor, and combine with water or milk.
3	Choose extras (optional) <ul style="list-style-type: none">• ¼ to ½ cup raw oats• 1-2 tablespoons peanut butter• 1-2 tablespoons ground flax seed• 1-2 tablespoons chia seed• ½ diced avocado• ½ cup yogurt• cinnamon, nutmeg, vanilla• ice as needed

DIRECTIONS:

Select a food from each category, or use your own favorites. Combine all ingredients in blender or food processor in order listed. Blend until smooth. HINT: You will need minimal to no ice if using mostly frozen produce. You will need more ice if using fresh, canned, or cooked produce. Do not overload blender, and chop any large pieces of fruit or vegetables for the best texture.

CREATE A SMOOTHIE

SMOOTHIE RECIPES

A pantry that is stocked with good whole foods will help you create great tasting smoothies like these!

Popeye Smoothie

- 6-8 ounces yogurt, any flavor
- ½ cup skim milk
- ½ fresh or frozen banana
- ½ cup fresh or frozen fruit
- 1 cup packed fresh spinach

Combine all ingredients in blender and blend until smooth.

Yield: 1 big delicious smoothie

**Surprised to see spinach in a smoothie? Don't worry, you won't taste it at all, and it really boosts the nutrition of this great smoothie!*

Mango Avocado Smoothie

- 1 fully ripened avocado, pitted and peeled
- 2 cups frozen mango or other frozen fruit (not thawed)
- 1 cup orange juice
- 1 cup water

Combine all ingredients in blender and blend until smooth.

Yield: 2 large or 4 small smoothies

** The avocado gives the smoothie a rich, smooth texture!*

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CREATE AN OMELET

Create a tasty omelet from simple foods. Just follow each step. Use your imagination! Each omelet serves one adult.

1	Prepare fillings of choice; set aside <ul style="list-style-type: none">• Vegetables—onion, green pepper, mushroom, tomato, salsa, green chili, broccoli, squash, etc.• Grated cheese—cheddar, mozzarella, Swiss, American, parmesan, feta, etc.• Cooked meat—ham, bacon, Canadian bacon, chicken, etc.
2	Crack two eggs in a small bowl
3	Add salt, pepper, water, and herbs to bowl and gently stir. <ul style="list-style-type: none">• Water: 2 tablespoons• Herbs: 1 tablespoon of chives and/or parsley (optional)
4	Heat omelet pan or non-stick skillet over medium-high heat. Spray with cooking spray.
5	Add egg mixture to pan and tilt to evenly coat bottom of pan with eggs.
6	Pull cooked egg from edge of pan with spatula and let liquid eggs run underneath.
7	Add fillings down center of omelet.
8	Fold omelet in thirds and slide onto plate.

DIRECTIONS:

The pan should be hot when you add the cooking spray so that it sizzles. Pour the egg mixture into the pan. Spread the mixture evenly over the bottom of the pan. Gently start pulling the cooked egg to the center of the pan and let the liquid egg run underneath. When the eggs are mostly set but the top is still a little runny, add any filling of choice. Fold the omelet with a spatula and carefully slide it onto a plate.

CREATE AN OMELET

OMELET RECIPES

A pantry that is stocked with whole foods will help you create great tasting skillet meals like these!

Ranch Style Omelet Filling

- Cherry tomatoes, cut in half
- Sliced mushrooms
- Diced red onion
- Fresh parsley
- Cheddar cheese
- Fat-free ranch dressing

Mexican Style Omelet Filling

- Pinto or black beans—refried or whole
- Salsa
- Avocado slices
- Monterey Jack cheese
- Cumin and chili powder (added to eggs)

Greek Style Omelet Filling

- Sliced mushrooms
- Sliced green onions
- Diced tomato
- Sliced olives
- Feta cheese

Garden Style Omelet Filling

- Sliced mushrooms
- Sliced yellow summer squash
- Sliced zucchini
- Diced red pepper
- Diced onion
- Parmesan cheese
- Basil and garlic powder (added to eggs)

You can change the taste of basic ingredients in your dish simply by changing the herbs and spices you use. For instance, use these herbs and spices to get these flavors:

Mexican-use cumin, oregano, chili powder, cilantro, and garlic

Italian-use basil, oregano, parsley, and garlic

Asian-use soy sauce, ginger, garlic, chiles, and turmeric

Savory/Thanksgiving-use rosemary, sage, thyme, and parsley

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CREATE A QUICK BREAD

CREATE A SAVORY QUICK BREAD

Create a delicious savory quick bread from simple foods. Just follow each step and use your imagination! Each quick bread makes 12 slices.

1	In a liquid measuring cup
	<ul style="list-style-type: none"> Place 2 teaspoons lemon juice or vinegar, add milk (dairy, soy, or almond) to make $\frac{3}{4}$ cup, let sit for 5 minutes. Other options: $\frac{3}{4}$ cup buttermilk; $\frac{3}{4}$ cup plain yogurt
2	In large bowl
	<p>Lightly beat 2 eggs with fork OR mix 2 tablespoons ground flax seed with 6 tablespoons warm water. Stir in:</p> <ul style="list-style-type: none"> $\frac{1}{2}$ cup pureed white or pinto beans OR $\frac{1}{4}$ cup oil Milk mixture from step one
3	Add flavor to bowl (select one)
	<ul style="list-style-type: none"> 1-2 teaspoons dried thyme, sage, rosemary, parsley, basil, chili powder, cumin, or combination of several (optional) 1-2 teaspoons garlic powder
4	Add dry ingredients to bowl
	1 $\frac{2}{3}$ cup whole wheat flour
	$\frac{2}{3}$ cup oatmeal or cornmeal
	$\frac{1}{4}$ cup sugar
	2 teaspoons baking powder
	$\frac{1}{2}$ teaspoon baking soda
5	Add extras to bowl (optional): Gently fold in any of the following as desired (do NOT over-mix):
	• $\frac{1}{2}$ -1 cup any of following: onion, green onion, corn, chives, jalapeno, green chili, bell pepper, olives
	• $\frac{1}{2}$ cup fresh or canned vegetables like shredded zucchini or carrot or pumpkin puree
	• 2 tablespoons tomato paste
	• $\frac{1}{2}$ cup shredded cheese
	• $\frac{1}{2}$ cup chopped nuts/seeds like walnuts, pecans, or almonds
	• $\frac{1}{4}$ cup or less sunflower seeds, sesame seeds, poppy seeds

DIRECTIONS:

Combine ingredients in order listed. Stir to incorporate ingredients, but do not over mix. Pour batter into loaf pan sprayed with cooking spray and bake in preheated oven at 350° F for 40-50 minutes or until toothpick comes out clean. Cool slightly and remove from pan. Slice to serve. **Option:** Bake in muffin tins for 18-20 minutes.

Suggested combinations:

- Corn meal, onion, corn, jalapeno or green chili, chili powder, cumin
- Green onion, cheddar cheese, sesame seeds
- Onion, bell pepper, tomato paste, mozzarella cheese

CREATE A QUICK BREAD

CREATE A SWEET QUICK BREAD

Create a delicious sweet quick bread from simple foods. Just follow each step and use your imagination! Each quick bread makes 12 slices.

- 1 In a liquid measuring cup**
 - Place 2 teaspoons lemon juice or vinegar, Add milk (dairy, soy, or almond) to make $\frac{3}{4}$ cup, let sit for 5 minutes.
 - **Other options:** $\frac{3}{4}$ cup buttermilk; $\frac{3}{4}$ cup yogurt
- 2 In large bowl**

Lightly beat 2 eggs with fork **OR** mix 2 tablespoons ground flax seed with 6 tablespoons warm water. **Stir in:**

 - $\frac{1}{2}$ cup pureed white or pinto beans **OR** $\frac{1}{2}$ cup applesauce **OR** $\frac{1}{2}$ cup mashed banana **OR** $\frac{1}{4}$ cup oil
 - 1 teaspoon vanilla • Milk mixture from step one
- 3 Add flavor to bowl (select one)**
 - 1-2 teaspoons extract such as lemon, almond, coconut, banana
 - 1-2 teaspoons cinnamon or ginger or allspice or combination of several
 - $\frac{1}{4}$ - $\frac{1}{2}$ teaspoon nutmeg or clove or cardamom or combination
 - 2-3 tablespoons zest from lemon, lime or orange
- 4 Add dry ingredients to bowl**
 - 1 $\frac{2}{3}$ cup whole wheat flour • $\frac{2}{3}$ cup oatmeal • 2 teaspoons baking powder
 - $\frac{1}{2}$ teaspoon baking soda • $\frac{1}{4}$ teaspoon salt • $\frac{1}{2}$ cup sugar (if using applesauce or banana in step 2, use only $\frac{1}{4}$ cup sugar)
- 5 Add extras to bowl (optional): Gently fold in any of the following as desired (do NOT over-mix):**
 - $\frac{1}{2}$ cup fresh, canned, or dried fruit like chopped apple, blueberry, peach, cherry, raisins, dried cranberry, dried apricot, **OR** $\frac{1}{2}$ cup fresh vegetables like shredded zucchini or carrot or pumpkin puree
 - $\frac{1}{2}$ cup chopped nuts/seeds like walnut, pecan, almond
 - $\frac{1}{4}$ cup or less sunflower seed, sesame seed, poppy seed

DIRECTIONS:

Combine ingredients in order listed. Stir to incorporate ingredients, but do not over mix. Pour batter into loaf pan sprayed with cooking spray and bake in preheated oven at 350°F for 40-50 minutes, or until toothpick comes out clean. Cool slightly and remove from pan. Slice to serve. **Option:** Bake in muffin tins for 18-20 minutes.

Suggested combinations:

- Lemon zest, dried cranberries, poppy seeds • Cinnamon, cloves, zucchini, walnuts
- Pumpkin puree, cinnamon, pecans • Orange zest, diced tart apple, dried cranberries

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CREATE

AMAZING VEGGIES

Create delicious and nutritious vegetable dishes from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each dish serves four adults.

1	Choose one or more vegetables to make 4 cups <ul style="list-style-type: none">• Arugula• Asparagus• Avocado• Bamboo Shoots• Bell Pepper• Beets• Bok Choy• Broccoli• Brussels Sprouts• Cabbage• Carrots• Cauliflower• Celery• Collard Greens• Corn• Cucumber• Eggplant• Green Beans• Jalapeno• Jicama• Kale• Leek• Lettuce• Mushrooms• Mustard Greens• Okra• Onion• Parsnip• Peas• Potato• Pumpkin• Radish• Rutabaga• Shallot• Spinach• Squash• Swiss Chard• Sweet Potato• Tomatillo• Tomato• Turnip• Water Chestnut• Watercress• Yam• Zucchini
2	Choose a cooking method <ul style="list-style-type: none">• Fresh: no cooking method required (salads, veggie trays, etc.).• Roast: Chop vegetables into uniform 1" cubes. Combine with 1-2 tablespoons olive oil and herbs as desired. Put on a baking sheet in single layer. Roast at 425°F til tender, 10-50 minutes depending on vegetable. Stir occasionally. Roasting brings out naturally sweet flavor of vegetables!• Steam: Bring water to a boil in sauce pan with steamer basket. Place vegetables in the steamer. Cover and steam until tender (3-10 minutes depending on vegetable). If vegetables are green, leave lid askew to help retain color. Season as desired.• Sauté: Heat a small amount of oil or water on low heat. Turn heat to medium-high and when pan is hot, add food. Don't over-crowd food. The goal is to create a crust around each piece of food in the pan so that it is browned and crispy outside and tender inside. Do not over-stir.• Grill/broil: Spray grill rack or broiler pan with cooking spray. Heat grill or broiler pan for 10-15 minutes. Add cubed or sliced vegetables. Leave $\frac{3}{4}$ inch between food items to ensure even cooking. "Flip" vegetables only once during cooking to sear. Use seasonings for flavor; add sticky sauces just before serving or pass sauce around table.• Boil: Place cubed vegetables in large pot and add enough water or stock to barely cover. Cover and bring to low boil over high heat; reduce heat and simmer until vegetables are tender. Do not overcook.
3	Choose one or more flavors (optional) <ul style="list-style-type: none">• Chopped onion, celery, green pepper, hot pepper• Minced garlic and/or ginger• Lemon juice and/or zest• 1 – 2 teaspoons dried herbs (oregano, basil, cumin, chili powder, thyme, rosemary, sage, dill, etc.)• Salt and pepper to taste• Soy sauce, balsamic vinegar, red wine vinegar, sesame oil, or olive oil
4	Choose one or more extras (optional) <ul style="list-style-type: none">• $\frac{1}{4}$ cup breadcrumbs, 2 tablespoons grated parmesan cheese, $\frac{1}{4}$ cup grated cheddar or mozzarella cheese

DIRECTIONS:

Select vegetables and cooking method. Choose flavors and extras. Cook according to instructions above. Add extras before serving.

AMAZING VEGGIE RECIPES

A pantry that is stocked with whole foods will help you create great tasting vegetables like these!

Roasted Potatoes

- 1 tablespoon olive oil
- 1 teaspoon paprika
- ¾ teaspoon chili powder
- ½ teaspoon salt
- ¾ teaspoon pepper
- 6 cups diced baking potato
- Cooking spray
- Aluminum foil

Preheat oven to 400°F . Combine all ingredients in a large bowl and stir to coat potatoes in seasonings and oil. Line baking sheet with foil and spray with cooking spray. Spread potatoes on sheet in a single layer. Bake 30 minutes or until browned.

Yield: 5 (1 cup) servings

Sweet Seasoned Carrots

- 6 – 8 large carrots, thin sliced on the diagonal
- 1 yellow onion, diced
- 1 teaspoon butter
- 1 – 2 tablespoons brown sugar
- ½ - ¾ teaspoon Italian seasoning
- Salt and pepper to taste

Place carrots, onion, and butter in large skillet with just enough water to cover carrots. Bring to boil, reduce heat, and simmer until water is evaporated and carrots are tender but not mushy.

Add brown sugar and seasonings. Stir well to coat each carrot with seasoning and cook another 5 minutes.

Yield: 4 servings

You can change the taste of basic ingredients in your dish simply by changing the herbs and spices you use. For instance, use these herbs and spices to get these flavors:

Mexican-use cumin, oregano, chili powder, cilantro, and garlic

Italian-use basil, oregano, parsley, and garlic

Asian-use soy sauce, ginger, garlic, chiles, and turmeric

Savory/Thanksgiving-use rosemary, sage, thyme, and parsley

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CREATE

A FRUITY DESSERT

Create a delicious fruity dessert from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each dish serves four adults.

1	Choose one or more fruits to make 4 cups				
	<ul style="list-style-type: none"> • Apple • Apricot • Banana • Blackberry • Blueberry • Cantaloupe • Cherry 	<ul style="list-style-type: none"> • Chokecherry • Clementine • Coconut • Cranberry • Dragon fruit • Elderberry • Grapefruit 	<ul style="list-style-type: none"> • Grapes • Guava • Honeydew • Huckleberry • Kiwi • Lemon • Lime 	<ul style="list-style-type: none"> • Mango • Nectarine • Orange • Papaya • Passion Fruit • Peach • Pear 	<ul style="list-style-type: none"> • Pineapple • Plum • Pomegranate • Raspberry • Rhubarb • Strawberry • Watermelon
2	Choose a preparation method				
	<ul style="list-style-type: none"> • Fresh: Just wash, peel, and slice before enjoying the fruit. 				
<ul style="list-style-type: none"> • Crumble: Preheat oven to 375° F. Cut fruit into uniform 1" cubes and layer on the bottom of a 9" baking dish. Combine the topping ingredients together in another bowl. Distribute the topping mixture evenly over the fruit. Bake for 35-40 minutes or until the fruit is bubbling and the topping is golden brown. 		<p style="text-align: center;">Crumble Topping</p> <ul style="list-style-type: none"> • ½ cup oats • ¼ cup brown sugar • ¼ cup whole-wheat flour • 2 tablespoons canola oil • 1 teaspoon cinnamon 			
<ul style="list-style-type: none"> • Parfait: Wash and cut fruit into bite sized pieces. Choose any variety of base ingredients and toppings; layer base, fruit, and toppings. Enjoy! <ul style="list-style-type: none"> • Base: yogurt (Greek), cottage cheese, oats, pudding • Toppings: crumble topping from above, granola, nuts, honey, crumbled graham crackers 					

DIRECTIONS:

Select fruit and preparation method. Follow instructions for desired method. The options and combinations are truly endless, so use your creativity in putting the fruity dessert together and the whole family is sure to enjoy your creation.

CREATE

A FRUITY DESSERT

FRUITY DESSERT RECIPES

A pantry that is stocked with whole foods will help you create great tasting fruity desserts like these!

Rhubarb and Strawberry Crumble

Filling:

- 4 cups rhubarb, cut into 1/2" pieces
- 2 cups strawberries, quartered
- 1/2 cup sugar
- 2 tablespoons whole-wheat flour

Crumble Topping:

- 1/2 cup rolled oats
- 1/2 cup whole-wheat flour
- 1/2 cup brown sugar
- 1 tablespoon butter, softened
- 1 tablespoon canola oil
- 1 tablespoon fruit juice (any flavor)
- 1/4 cup chopped nuts

Preheat oven to 375°F. In a large bowl, toss together rhubarb, strawberries, sugar, and flour. Place this mixture in a 9" square baking dish. In the same bowl, combine oats, flour, brown sugar, butter, and oil. With a fork or your fingers, combine the ingredients until the mixture is crumbly. Stir in the juice and nuts until evenly moistened. Distribute the topping mixture over the fruit. Bake for 35-40 minutes, or until the fruit is bubbling and the topping is golden.

Make-Ahead Fruit and Yogurt Parfaits

- 6 ounces low-fat yogurt
- 1/3 cup old fashioned oats, uncooked
- 2 tablespoons skim milk
- 1 cup fruit of choice

In a bowl combine yogurt, oats, and milk. Stir to combine. Layer with the fruit in a mason jar or any other container. Refrigerate for a few hours or overnight.

Yield: 1 serving

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