

# Tomato Egg Bake

Makes 4 Servings

## Ingredients

- 2 teaspoons oil
- 1 small yellow onion, chopped
- 1 medium red bell pepper, chopped
- 2 cloves garlic, chopped small or 1/4 teaspoon garlic powder
- 1 teaspoon paprika
- 1/2 teaspoon chili powder
- 1 (28-ounce) can crushed tomatoes
- 1/4 teaspoon salt
- 4 large eggs
- 1/4 cup crumbled feta (or other shredded cheese of choice)
- 2 tablespoons chopped fresh parsley (optional)

## Directions

1. Heat oil in medium pan over medium heat. Add onions and bell peppers and cook until soft, about 5 minutes. Add garlic, paprika and chili powder and cook about 30 seconds. Stir in tomatoes and salt and cook about 10 to 15 minutes.
2. Remove pan from the heat and make 4 small wells in sauce. Crack eggs into each well. Cover pan and return to medium-low heat. Cook, until whites are set and yolks are cooked to your liking, about 8 to 10 minutes.
3. Top with feta and parsley (if using). Serve right away.



Recipe from: Feeding Pennsylvania and PA Eats

# Sweet and Savory Orange Chicken Thighs

Makes 6 Servings

## Ingredients

- 1/2 teaspoon salt
- 1/2 teaspoon dried rosemary
- 1 teaspoon pepper
- 3/4 cup orange juice
- 6 chicken thighs, bone-in skin-on
- 3 tablespoons honey
- 2 teaspoons oil
- 3 cloves garlic, chopped small

## Directions

1. Preheat oven to 400°F. Season chicken with salt and pepper. Heat oil in a large, oven-proof pan over medium-high heat. Cook chicken, skin side down until golden-brown, about 4 to 5 minutes. Move chicken to a plate. Add garlic and rosemary to the pan and cook about 30 seconds. Stir in the orange juice and honey and bring to a simmer (bubble). Return chicken to pan.
2. Move the pan to the oven and bake chicken for 10 minutes. Use a spoon to pour juices from the pan over the chicken. Cook 10 more minutes and pour juices over chicken again. Check the temperature using a cooking thermometer. Cook until the temperature reaches 165°F. (This should take about 20-25 minutes).
3. Serve and enjoy.



Recipe from: Feeding Pennsylvania and PA Eats

# Sheet-Pan Dutch Baby Pancake

Makes 8 Servings

## Ingredients

- 6 tablespoons unsalted butter
- 1 cup milk
- 4 large eggs
- 1 tablespoon sugar
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1 cup all-purpose flour
- 1 (15-ounce) can sliced peaches, in light syrup, for serving
- Powdered sugar, for serving (optional)

## Directions

1. Preheat oven to 425°F. Place butter on rimmed baking sheet. Bake until butter is melted, and pan is hot, about 5 minutes.
2. While the butter is melting, in a large bowl, mix milk, eggs, sugar, vanilla and salt.
3. Add flour 1/3 cup at a time, mixing between each one.
4. Carefully remove baking sheet from oven. Pour batter evenly onto baking sheet. Bake until golden-brown, about 30 to 35 minutes.
5. Top with peaches and powdered sugar (if using). Slice and serve warm.



Recipe from: Feeding Pennsylvania and PA Eats

# Orange Cranberry Muffins

Makes 12 Servings

## Ingredients

- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 3/4 cup orange juice
- 3/4 cup sugar
- 1/2 cup vegetable oil
- 1 large egg
- 1 1/2 cups cranberries, fresh or frozen (about 3/4- 1 cup dried cranberries)
- 1/2 cup old fashioned rolled oats

## Directions

1. Preheat oven to 400°F and grease a 12-cup muffin tin with non-stick cooking spray.
2. In a large bowl, mix flour, baking powder, baking soda and salt. In a second bowl, mix orange juice, sugar, vegetable oil and egg. Add wet ingredients to dry and stir until just mixed. Fold in cranberries.
3. Fill each muffin cup with batter about three-quarter (3/4) full. Top evenly with oats.
4. Place muffin tin in the oven and bake until a toothpick inserted comes out clean, about 15 to 25 minutes.
5. Take muffins out of the tin and allow to cool for 10 minutes before serving.



Recipe from: Feeding Pennsylvania and PA Eats

# Cantaloupe with Bacon-Cashew Crumble

Makes 6 Servings

## Ingredients

- 5 slices bacon, chopped
- 3 cloves garlic, chopped small
- 1/2 cup cashews, chopped small
- 2 teaspoons brown sugar
- 1 small cantaloupe, seeded and cut into 1-inch thick wedges

## Directions

1. Heat a large pan over medium heat. Add bacon and cook until crisp, about 5 minutes. Move bacon to a paper towel on a plate. Chop bacon when cool.
2. Using a spoon, skim off all but 2 teaspoons of bacon fat. Stir in garlic and cashews and cook about 30 seconds. Stir in bacon and brown sugar and take the pan off the heat.
3. Top cantaloupe with warm bacon mixture and serve.



Recipe from: Feeding Pennsylvania and PA Eats

# Pork Roast with Mashed Chickpeas and Lemon Vinaigrette

Makes 8 Servings

## Ingredients

### For vinaigrette:

- 1/4 cup oil
- 1/2 lemon, juiced (about 1 tablespoon of lemon juice)
- 1/2 teaspoon salt
- 1 teaspoon dried parsley

### For pork and chickpeas:

- 1 (4-pound) pork loin roast
- 1 tablespoon mustard
- 6 cloves garlic, chopped
- 1 tablespoon each dried thyme and dried rosemary (or 2 tablespoons Italian seasoning)
- 1/2 teaspoon salt
- 1 teaspoon pepper
- 2 (15-ounce) cans chickpeas, rinsed and drained, or 3 cups cooked chickpeas
- 3/4 cup low-sodium chicken broth or water

## Directions

### For vinaigrette:

1. In a small bowl, using a fork, mix oil, lemon juice, salt and parsley. Once mixed, set aside.

### For pork and chickpeas:

1. Preheat oven to 350°F. Line a rimmed baking sheet with aluminum foil. Brush roast with mustard until coated.
2. In a small bowl, mix garlic, thyme, rosemary, salt and pepper. Rub herb mixture evenly over roast.
3. Place roast on the baking sheet. Cook pork roast until light golden-brown, or until meat thermometer reads 145°F, about 1 hour-1 hour 15 minutes. Remove from oven and allow to rest for 20 minutes before slicing.
4. While the pork is cooking, in a pot over medium heat, add chickpeas and broth. Bring to a simmer (bubble) and cook for about 5 minutes. Using a fork or potato masher, mash chickpeas until smooth.
5. Serve sliced pork with mashed chickpeas and top with vinaigrette.



Recipe from: Feeding Pennsylvania and PA Eats

# Ham Steak with Maple Apples

Makes 4 Servings

## Ingredients

- 3 apples, cored and sliced thin
- 1/4 cup raisins
- 3 tablespoons maple syrup
- 1/8 teaspoon cinnamon (or nutmeg)
- 1 tablespoon oil
- 2 (8-ounce) ham steaks
- 2 cloves garlic, minced
- 1 (14.5-ounce) can cut green beans, drained

## Directions

1. In a small pot over medium heat, add apples, raisins, syrup and cinnamon, and mix. Cook, stirring often until apples are tender, about 8 to 10 minutes. Set aside.
2. In a large pan over medium-high heat, heat 2 teaspoons of oil. Cook ham steaks (you may have to do this one at a time) 4 to 5 minutes. Flip ham steak and cook 4 more minutes until heated through. Move to a plate and let rest.
3. In the same pan you cooked the ham in, on medium heat, add 1 teaspoon of oil. Add garlic and cook about 30 seconds. Stir in green beans and cook, until hot, about 1 to 2 minutes.
4. Top ham steaks with apple mixture and serve with green beans.



Recipe from: Feeding Pennsylvania and PA Eats

# Grape and Broccoli Salad | Makes 4 Servings

## Ingredients

- 1/4 cup Greek yogurt
- 3 tablespoons mayonnaise
- 1 tablespoon apple cider vinegar
- 2 teaspoons honey
- 1/4 teaspoon each salt and pepper
- 1 small head broccoli, cut into 1/2-inch pieces
- 1 1/2 cups seedless grapes, cut end to end
- 1/2 small red onion, chopped
- 1/4 cup toasted pecans, chopped

## Directions

1. In a large bowl, mix yogurt, mayonnaise, vinegar, honey, salt and pepper.
2. Add cut broccoli, grapes, red onions and pecans and toss to coat. Keep refrigerated in a closed container until ready to serve.



Recipe from: Feeding Pennsylvania and PA Eats

# Creamy Lemon and Tuna Spaghetti

Makes 6 Servings

## Ingredients

- 1 pound dry spaghetti
- 2 teaspoons oil
- 2 cloves garlic, chopped small
- 3 (5-ounce) cans chunk white tuna, drained
- 1 cup frozen peas
- 1 cup heavy cream or half & half
- 1/2 cup grated parmesan cheese
- 1/2 lemon, juiced (about 1 tablespoon of lemon juice)
- 1/2 teaspoon each salt and pepper

## Directions

1. In a large pot of salted boiling water, cook spaghetti according to package; drain.
2. In a large pan over medium-high heat, heat oil. Add garlic and cook about 30 seconds. Stir in tuna, peas, cream, parmesan and cooked spaghetti.
3. Cook, stirring often until heated through, about 2 to 3 minutes. Take the pan off the heat and stir in lemon juice. Season with salt and pepper. Serve and enjoy.



Recipe from: Feeding Pennsylvania and PA Eats

# Whole Wheat Pancakes with Caramelized Banana Topping

Makes 3-4 Servings

## Ingredients

- 2/3 cup milk
- 3 teaspoons white vinegar or fresh lemon juice
- 1 cup whole wheat flour
- 1 tablespoon baking powder
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 1 large egg
- 2 tablespoons syrup, plus more for serving
- 2 tablespoons butter
- 3 ripe bananas (1 mashed, 2 sliced)
- 1/2 teaspoon vanilla extract
- 2 teaspoons brown sugar

## Directions

For pancakes:

1. Whisk together milk and vinegar, then set aside for about 10 minutes.
2. In a large bowl, mix flour, baking powder, cinnamon and salt.
3. In a separate bowl, whisk milk/vinegar mixture and egg together. Add 1 tablespoon melted butter, syrup and vanilla. Mash one banana and add to wet ingredients.
4. Add wet ingredients to dry ingredients, gently stirring (do not overmix).
5. Add a small amount of butter or non-stick spray to a pan over medium heat. Then add 1/3 cup batter to the pan and cook until small bubbles form, about 2-3 minutes. Flip pancake and cook 1-2 more minutes. Do the same with the rest of the batter.

For banana topping:

1. In a pan, melt 1 tablespoon of butter and mix in brown sugar over medium heat. Add in the sliced bananas and a sprinkle of cinnamon. Cook for 2-3 minutes, stirring often, until lightly golden brown.
2. Top pancakes with bananas and other toppings such as syrup or peanut butter.

Recipe from: Feeding Pennsylvania and PA Eats



# Baked Apple Parfaits

Makes 6 Servings

## Ingredients

- 3 apples
- 1/4 cup rolled oats
- 2 tablespoons lightly packed brown sugar
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 2 tablespoons butter, melted
- 1 1/2 cups vanilla yogurt

## Directions

1. Preheat the oven to 350 degrees. Spray a baking sheet with non-stick spray.
2. Cut apples in half and remove the core using a small (paring) knife. Add apples to baking sheet, skin side down. Set aside.
3. To make granola: In a bowl, mix oats, brown sugar, cinnamon, salt and butter with a fork. Using a spoon, add the mixture to each apple. Bake for 30-35 minutes.
4. Once apples are baked through, allow to cool for 5 minutes. Serve with a large scoop of vanilla yogurt and an extra sprinkle of cinnamon (optional).



Recipe from: Feeding Pennsylvania and PA Eats

# Kale Chips

Makes 4 Servings

## Ingredients

- 1 bunch of kale
- 1 tablespoon olive oil
- 1/2 teaspoon salt

## Directions

1. Preheat the oven to 250 degrees and spray two rimmed baking sheets with non-stick spray. Set aside.
2. Wash kale and allow to fully dry before you start. Pat dry with paper towels to speed up drying time.
3. Once kale is dry, cut the greens free of the tough stem in the middle. Cut into "chip size" bites, about the same size.
4. Add the kale to a medium sized bowl and drizzle with oil. Massage the oil into the kale with your hands. Then sprinkle with salt and give a quick toss.
5. Split the kale evenly between the two baking sheets, make a single layer on each pan.
6. Bake for 15 minutes, then flip the chips with a spatula or kitchen tongs, and bake for 5-8 more minutes, or until the edges are slightly golden. Watch closely to avoid burning.
7. Once out of the oven, allow chips to cool for 3 minutes to reach peak crispiness. Enjoy right away.

Note: Add other spices you like when you add the salt in this recipe to enjoy it a bunch of different ways!



Recipe from: Feeding Pennsylvania and PA Eats

# Wilted Salad with Warm Bacon Dressing

Makes 3 Servings

## Ingredients

- 6 cups salad greens (iceberg, romaine, spinach); use ones that are slightly old or wilted
- 4 slices bacon
- 2 tablespoons white or apple cider vinegar
- 1 tablespoon sugar
- Salt and pepper, to taste
- 3 eggs
- 1/2 small red onion, sliced small
- 1 ripe pear, cored and cubed

## Directions

1. To hard-boil eggs: Place eggs in the bottom of a saucepan and add enough cold water to cover the eggs by about an inch. Bring the water to a full boil, then place a lid on the pot. Turn off the heat and allow it to set on the burner for 10 minutes. After the eggs are cooked, move them to a bowl with ice water or allow cold water to run over them. Peel and cut into quarters once they're cool. Refrigerate until you're ready to assemble the salad.
2. Cook bacon in a pan over medium-low heat until crisp. Once crispy, move bacon to a paper towel, leave the bacon grease in the pan (about 2 tablespoons, a thin layer on the bottom of the pan). If there are more than 2 tablespoons, remove extra bacon grease.
3. Add vinegar, sugar and salt to the pan and bring to a boil, stirring often. Take off the heat.
4. Add the chopped greens to a large salad bowl. Sprinkle onion slices, egg quarters, pear and chopped bacon evenly over the greens. Pour the bacon dressing over the salad and serve immediately.



Recipe from: Feeding Pennsylvania and PA Eats

# Greek Yogurt Chicken Salad

Makes 2-3 Servings

## Ingredients

- 2 (5-ounce) cans of chicken, drained
- 1/2 cup plain Greek yogurt
- 2 tablespoons mayo
- 1 teaspoon honey (optional)
- 2 teaspoons Dijon mustard
- 1 cup seedless grapes, halved
- 2 stalks celery, chopped
- 1-2 tablespoons finely chopped celery tops
- 1 teaspoon dried dill
- Black pepper, to taste

## Directions

1. In a small bowl, mix yogurt, mayo, honey and Dijon mustard until smooth.
2. Add chicken, grapes and celery and stir.
3. Top with chopped celery tops, dill and pepper.



Recipe from: Feeding Pennsylvania and PA Eats

# Quick Pork Tacos with Cabbage Slaw

Makes 4 Servings

## Ingredients

- 8 (6-inch) corn or flour tortillas (2 per person)

### Pork:

- 1 pound pork shoulder, fat cut off, sliced thin
- 1 packet taco seasoning (keep 1 tablespoon for slaw)
- 1 orange, juiced (about ½ cup)
- 1/2 red onion, sliced thin
- 1 tablespoon cooking oil
- Pepper, to taste

### Cabbage Slaw:

- 1/2 small red cabbage, shredded (about 3-4 cups)
- 1/2 red onion, sliced thin
- 1 tablespoon taco seasoning
- 1/4 cup chopped fresh cilantro
- 2 tablespoons oil
- 3/4 teaspoon salt
- 1/2 teaspoon sugar
- Juice of 2 limes (about 1/4 cup)

## Directions

1. In a large bowl, mix pork pieces, taco seasoning (setting 1 tablespoon aside) and pepper. Let sit at room temperature for about 20 minutes.
2. Next, make the cabbage slaw. Whisk lime juice, salt, sugar, oil and 1 tablespoon taco seasoning. Add the cilantro, cabbage, red onion and stir. Store in the fridge until ready to serve.
3. After the pork is done sitting, heat oil in a pan over medium-high heat. Once the oil is hot, add the onion and cook about 2 minutes, then add the pork. Stir as pork cooks for about 2 to 3 minutes.
4. Turn off the heat, add orange juice and stir.
5. Serve on tortillas with toppings of choice.

Recipe from: Feeding Pennsylvania and PA Eats



# Spinach Orange Salad with 2-Minute Dressing

Makes 2 Servings

## Ingredients

### Dressing:

- 1 large orange (about 3/4-1 cup juice)
- 1 clove garlic, cut small (or 1/4 teaspoon garlic powder)
- 1 tablespoon apple cider vinegar
- 3 tablespoons olive oil
- 1 teaspoon honey
- Salt and pepper, to taste

### Salad:

- 10-12 ounces fresh spinach leaves, washed
- 2 oranges, peeled and sliced into rounds
- 1/4 cup walnuts, chopped

## Directions

1. Dressing: Zest the orange into a large salad bowl.\* Cut the orange in half and squeeze over the bowl to get all the juice. Add the garlic, olive oil, vinegar, honey, salt and pepper to the bowl. Mix and set aside.
2. Place spinach on plates, top with orange slices and walnuts. Pour dressing over the salad.

\*Note: If you don't have a zester at home, try using the fine side of a cheese grater.



Recipe from: Feeding Pennsylvania and PA Eats

# Lighter Tuna Casserole

Makes 8 Servings

## Ingredients

- 8 ounces uncooked egg noodles
- 2 tablespoons butter
- 1 onion, diced
- 8 ounces (1 package) mushrooms, sliced
- 1 cup chicken broth
- 1 cup milk
- 1/4 cup flour
- 1/2 teaspoon garlic powder
- 1 can peas and carrots, drained
- 2 (5 ounce) cans tuna, drained
- 1/2 cup shredded cheese
- 1/4 cup breadcrumbs
- Salt and pepper

## Directions

1. Preheat the oven to 375° and grease a 9x13 inch baking dish.
2. Cook noodles in water to al dente (not cooked the whole way). Drain and set aside.
3. Melt 1 tablespoon of butter in a deep pan. Add the onions and cook on medium heat until see through, about 3 to 5 minutes. Stir in the flour and salt. Cook flour, stirring for 2 to 3 minutes.
4. Slowly add in the chicken broth and stir until smooth. Then, slowly add in the milk. Keep stirring until the liquid starts to bubble.
5. Once boiling, add the mushrooms, peas and carrots and turn heat to a simmer (small bubbles). Add salt and pepper. Stir at times while the liquid thickens, about 5 to 8 minutes.
6. Remove the pan from heat. Add the tuna and cheese. Stir until cheese melts. Then stir in the noodles. Pour the creamy noodle mixture into the baking dish.
7. In a small dish, melt 1 tablespoon butter and mix with the breadcrumbs. Sprinkle over the top of the casserole.
8. Bake the casserole about 25 minutes, or until bubbling. Then, place under the broiler for 1 to 2 minutes to brown the top, keeping a close eye to prevent burning.



Recipe from: Feeding Pennsylvania and PA Eats

# Ham and Spinach Strata

Makes 8 Servings

## Ingredients

- 8 slices of bread (wheat), cubed
- 1 (8 ounce) ham steak, cut into 1-inch cubes
- 6 large eggs
- 2 cups milk
- 1 onion, chopped
- 1 bell pepper, chopped
- 1 tablespoon oil
- 1/2 teaspoon garlic powder
- 1 cup shredded cheddar cheese
- 1 (13.5 ounce) can spinach
- Pepper, to taste

## Directions

1. Grease a 9x13 inch baking pan and spread bread cubes onto the greased pan. Set aside.
2. Drain spinach and pat dry with paper towels. Set aside.
3. In a large pan on the stove, heat oil over medium heat. Add chopped bell pepper and onion, and cook for 3 to 5 minutes, stirring at times.
4. Stir in ham and spinach and keep cooking for 1 to 3 more minutes. Remove the pan from the heat.
5. In a medium mixing bowl, whisk eggs, milk, 1/2 cup cheese and garlic powder. Add pepper, to taste. Pour egg-milk mixture over the bread.
6. Next, add the ham and vegetable mixture on top of the bread and egg mixture. Sprinkle 1/2 cup of cheddar cheese on top.
7. Cover and refrigerate for 4 hours or overnight.
8. Preheat the oven to 350°, remove strata from the fridge, and take off the cover.
9. Bake for 45 to 50 minutes, or until a knife inserted in the middle comes out clean. Remove from the oven and allow to cool for 5 to 10 minutes before serving.



Recipe from: Feeding Pennsylvania and PA Eats

# Apple Cinnamon Bread

Makes 8 Servings

## Ingredients

- 1 large apple, diced
- 1 tablespoon sugar
- 3/4 teaspoon cinnamon
- 1/4 teaspoon salt
- 1 1/2 cups unsweetened applesauce
- 3/4 cup all-purpose flour
- 3/4 cup whole wheat flour
- 3/4 cup brown sugar
- 1 teaspoon baking soda
- 1 egg
- 3 tablespoons butter, melted
- 1 1/2 teaspoons vanilla
- 1/4 cup chopped walnuts (optional)

## Directions

1. Preheat oven to 350° and grease a 9x5 inch loaf pan. Set aside.
2. In a mixing bowl, mix diced apple and sugar. Set aside.
3. In a second bowl, mix flours, baking soda, cinnamon and salt. Set aside.
4. In a third bowl, stir together melted butter, egg, brown sugar, applesauce and vanilla. Mix well, making sure to scrape down the sides of the bowl.
5. Add the flour mixture to the butter mixture and stir until just mixed.
6. Fold in apples and walnuts (if using).
7. Pour batter into the loaf pan and bake for 50 to 60 minutes, or until an inserted knife comes out clean.
8. Allow the pan to cool (at least 30 minutes) before removing bread from the pan.

Recipe from: Feeding Pennsylvania and PA Eats



# Pasta Primavera with Asparagus, Tomatoes and Peas

Makes 4-6 Servings

## Ingredients

- 8 oz (about 2 cups) uncooked whole wheat pasta
- 2 tablespoons olive oil
- 1 pound of asparagus, cut into 1 inch pieces
- 1/2-1 teaspoon garlic powder
- 2 cups cherry tomatoes, cut in half
- 1 cup shelled peas (fresh or frozen)
- 1/2 cup low sodium chicken broth
- 1/2 cup grated parmesan cheese
- Black pepper to taste

## Directions

1. Cook pasta according to package directions.
2. While the pasta noodles are cooking, heat oil in a skillet.
3. Add asparagus and garlic powder to the skillet and cook for about 3 minutes.
4. Add tomatoes and peas to the asparagus and cook for 2 more minutes.
5. Pour chicken broth into the pan and bring to a simmer.
6. Stir in cooked pasta, parmesan cheese and black pepper.

If desired, can be served with pasta sauce. Other vegetables, such as green beans or carrots, can be used in place of asparagus.

Recipe from: Utah State University Cooperative Extension, MyPlate Kitchen  
<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/pasta-primavera>



# Avocado, Corn and Salsa

Makes 6 Servings

## Ingredients

- 1 (15 ounce) can corn, drained and rinsed
- 1 cup cucumber, diced
- 1/4 cup onions, diced
- 2 tablespoons lemon, lime or orange juice
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper (optional)
- 1 avocado, diced

## Directions

1. Add corn, cucumber, onions, juice, salt and black pepper to a large mixing bowl. Stir to mix.
2. Add avocado. Carefully mix avocado into salsa.
3. Allow to marinate for 30 minutes before serving.

Use Avocado, Corn and Cucumber Salsa as a topping for fish tacos or serve as a side dish with grilled chicken breast.



Recipe from:



# Brazilian Black Beans and Sausage

Makes 8 (1 cup) Servings

## Ingredients

- 2 teaspoons oil
- 8 ounces low-fat polish kielbasa sausage, cut into small pieces
- 1 large onion, chopped
- 1/4 teaspoon garlic powder
- 1 red bell pepper, chopped
- 1 teaspoon ground cumin
- 1 cup uncooked brown rice
- 1 (15 ounce) can black beans, drained and rinsed
- 2 cups water

## Directions

1. Heat oil over medium-high heat (350 degrees in an electric skillet); sauté sausage and onion until onion is clear.
2. Add remaining ingredients.
3. Bring to boil over high heat, reduce heat to low, cover, and simmer for 30 minutes.

Recipe from: Recipe from: Food Hero  
<https://foodhero.org/recipes/brazilian-black-beans-and-sausage>



# Beet and White Bean Salad

Makes 4 Servings

## Ingredients

For the Dressing:

- 2 tablespoons apple cider vinegar
- 1 tablespoon Dijon mustard
- 1/2 teaspoon sugar
- 1/4 cup olive oil

For the Salad:

- 2 3/4 cups roasted beets, diced
- 1 (14.5 ounce) can white beans (cannellini), rinsed and drained
- 4 cups salad greens
- Optional toppings: Cheese (shredded cheddar, blue cheese or feta) or chopped nuts (walnuts or almonds)

## Directions

1. Make dressing: Combine cider vinegar, Dijon mustard and sugar in bowl. Slowly add oil. Season with salt and pepper.
2. Combine beans and beets with salad dressing.
3. Place beet mixture on top of salad greens. Sprinkle with nuts and cheese.

Recipe adapted from: Cans Get You Cooking, MyPlate Kitchen  
<https://www.myplate.gov/recipes/myplate-cnpp/beet-white-bean-salad>



# Broccoli Potato Soup | Makes 4 Servings

## Ingredients

- 4 cups broccoli, chopped
- 1 small onion, chopped
- 4 cups low sodium chicken or vegetable broth
- 1 cup low-fat milk
- 1 cup mashed potatoes, instant (prepared in water)
- Salt and pepper (to taste, optional)
- 1/4 cup cheddar cheese, shredded (or American)

## Directions

1. Combine broccoli, onion and broth in large sauce pan. Bring to a boil.
2. Reduce heat. Cover and simmer about 10 minutes or until vegetables are tender.
3. Add milk to soup. Slowly stir in potatoes.
4. Cook, stirring constantly, until bubbly and thickened.
5. Season with salt and pepper; stir in a little more milk or water if soup is too thick.
6. Sprinkle about 1 tablespoon cheese over each serving.

Recipe adapted from: Arizona Nutrition Network,  
Don't Play With Your Food: Fall and Winter Cookbook, MyPlate Kitchen  
<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/broccoli-potato-soup>



# Lemon Dill Brussels Sprouts

Makes 2 Servings

## Ingredients

- 1 cup Greek yogurt
- 1 teaspoon dill weed
- 1 teaspoon lemon juice
- 1 teaspoon salt
- 1 pound (2 cups) Brussels sprouts (trimmed and halved end to end)
- 2 teaspoons margarine or butter
- 1/4 cup water

## Directions

1. In a small bowl, mix yogurt, dill weed, lemon juice and salt. Set aside.
2. In a large pan over medium-high heat, sauté sprouts (cut side down) in margarine or butter until they begin to brown.
3. Stir. Add water. Cover. Steam until the water is gone and sprouts are tender crisp, 3-5 minutes.
4. Mix sprouts with lemon dill sauce. Serve warm.

Recipe adapted from: Food Hero  
<https://foodhero.org/recipes/lemon-dill-brussels-sprouts>



# Black Bean and Butternut Squash Quesadillas

Makes 4 Servings

## Ingredients

- Non-stick cooking spray
- 1 small butternut squash, cooked and mashed
- 1 cup black beans, canned
- 1 small onion, chopped
- 1 clove garlic, chopped
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons paprika
- 1/2 large chili pepper
- 2 tablespoons sour cream, low-fat or reduced fat plain yogurt
- 8 whole wheat tortillas
- 1/4 cup cheddar cheese, reduced-fat
- 1/2 cup baby spinach

## Directions

1. Saute onion and garlic (using nonstick cooking spray) in a medium size pan until soft.
2. Add mashed butternut squash, black beans, spices and jalapeno.
3. Heat until just warm.
4. Spread squash mixture over tortilla, then top with baby spinach, cheese and onion.
5. Top with second tortilla.
6. Heat a pan on high heat and spray with nonstick cooking spray.
7. Brown quesadilla about 1 minute on each side, until the inside is warm, and the cheese is melted.

Recipe adapted from: Bronson Wellness Center, MyPlate Kitchen  
<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/black-bean-and-sweet-potato-quesadillas>



# Rustic Cabbage Soup | Makes 6 Servings

## Ingredients

- 1 tablespoon olive oil
- 1/2-pound potatoes, skin on, cut into 1/4-inch pieces
- 4 cloves garlic, chopped or 1/2 teaspoon garlic powder
- 1/2 large yellow onion, thinly sliced
- 6 cups broth
- 1 1/2 cups canned tomatoes, crushed or diced
- 1 1/2 cups white beans, canned, drained and rinsed
- 1/2 medium cabbage, cored and sliced into 1/4-inch ribbons
- 1/2 cup parmesan cheese

## Directions

1. Warm the olive oil in a large pot over medium-high heat. Stir in the potatoes. Cover and cook until a bit soft and starting to brown, about 5 minutes.
2. Stir in the garlic and onion and cook for 1-2 minutes.
3. Add the broth, canned tomatoes and beans, and bring the pot to a simmer.
4. Stir in the cabbage and cook for 2-3 more minutes, until the cabbage softens.
5. Add cheese and season with pepper to taste.

Recipe adapted from: <https://hungerandhealth.feedingamerica.org/recipe/rustic-cabbage-soup/>



# Carrot Raisin Salad

Makes 6 (1/2 cup) Servings

## Ingredients

- 2 cups shredded carrots (about 4 carrots)
- 1/2 cup raisins
- 2 tablespoons low-fat mayonnaise or salad dressing
- 2 tablespoons plain yogurt or orange juice

## Directions

1. 1. Combine carrots and raisins in a serving bowl.
2. Mix low-fat mayonnaise or salad dressing with yogurt or orange juice.
3. Pour mixture over carrots and raisins and chill until serving time.



Recipe adapted from: Food Hero  
<https://foodhero.org/recipes/carrot-raisin-salad>

# Cauliflower Mac and Cheese

Makes 7 Servings

## Ingredients

- 1 pound whole wheat pasta shells
- 8 cups water
- 2 cups cauliflower, chopped
- 1 1/2 cups milk, non-fat
- 1 teaspoon garlic powder
- 1/4 cup flour
- 1/4 cup vegetable oil
- 1 cup cheese, low-fat

## Directions

1. Fill a pot with 6 cups of water and bring to a boil. Once the water is boiling, add pasta and cook for 8 minutes.
2. Drain pasta and fill the same pot with 2 cups of water; bring to a boil.
3. Place the chopped cauliflower in the boiling water and cook until the florets are soft (about 4 minutes). Drain cauliflower.
4. Place the cooked cauliflower, 1/2 cup milk and garlic powder in a blender, and blend until smooth.
5. In a separate pot, heat oil. Add the flour and whisk until the mixture is smooth. Add 1 cup of milk and cook until it bubbles and thickens. Add the cheese and cauliflower and mix.
6. Once the mixture is complete, remove from heat. Add the pasta back into the sauce and serve.

Recipe adapted from: Michigan State University Extension-Midland County. With Veggies, More Matters! MyPlate Kitchen [myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/cauliflower-shells-cheese](https://myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/cauliflower-shells-cheese)



# Chickpeas and Spinach Sauté

Makes 4 Servings

## Ingredients

- 1 pound whole wheat pasta shells
- 8 cups water
- 2 cups cauliflower, chopped
- 1 1/2 cups milk, non-fat
- 1 teaspoon garlic powder
- 1/4 cup flour
- 1/4 cup vegetable oil
- 1 cup cheese, low-fat

## Directions

1. Put a pan on the stove on medium-high heat. When the pan is hot, add oil.
2. Add onion, garlic, celery and carrot. Cook about 15 minutes until the mixture is soft and the onions are lightly browned.
3. Raise the heat to high and add the tomatoes, beans and water. Cook for 5 minutes. Lower the heat to low and top the mixture with the spinach (don't worry about stirring). Cover and cook until the spinach has thawed and heated throughout, about 10 minutes. Stir well.
4. Add the lemon juice and red pepper flakes and stir thoroughly.
5. Serve with cooked quinoa or brown rice.

Recipe from: MyPlate Kitchen

<https://www.myplate.gov/recipes/myplate-cnpp/chickpeas-and-spinach-saute>



### Ingredients

- 1 teaspoon oil
- 1 cup onion, chopped
- 3 garlic cloves, chopped
- 6 cups collard greens, chopped
- 1 (15 ounce) can white beans, drained and rinsed
- 1 cup low-sodium chicken broth
- 1 tablespoon lemon juice or apple cider vinegar
- 1/2 teaspoon black pepper or red pepper flakes
- 1/2 cup parmesan cheese (optional)

### Directions

1. Heat oil in a large pot over medium heat.
2. Add onion and garlic. Cook for 3 minutes.
3. Add half of the greens. Cook for 2 minutes.
4. Add the rest of the greens, white beans and chicken broth. Cover pot with a lid. Cook for 15 minutes.
5. Before serving, add lemon juice or apple cider vinegar. Top with pepper and parmesan cheese, if using.



Recipe from:



# Penne with Eggplant | Makes 4-6 Servings

## Ingredients

- 8 ounces whole wheat penne or ziti (half of a 16-ounce package)
- 1 1/2 teaspoons canola or olive oil
- 3 cups cubed eggplant (about 1 small)
- 1/2 cup finely chopped onion
- 2 garlic cloves, chopped or 1 teaspoon garlic powder
- 1/8 teaspoon salt
- 1/8 teaspoon crushed red pepper
- 1 1/2 cups pasta sauce
- 3 tablespoons finely chopped fresh basil or 1 tablespoon dried basil (optional)
- 1/2 cup + 1/4 cup shredded part-skim mozzarella cheese; keep divided

## Directions

1. Cook pasta according to package directions, leaving out salt and oil. Drain well.
2. Heat oil in a large skillet over medium-high heat. Add cubed eggplant and onion. Cook for 8 minutes or until onion is browned.
3. Stir in garlic and cook for 3 minutes.
4. Add salt, crushed red pepper and pasta sauce (and basil, if using). Bring to a simmer. Reduce heat and cook for 5 minutes. Remove from heat.
5. Toss eggplant mixture with pasta. Sprinkle with 1/2 cup cheese and toss gently.
6. Top evenly with remaining 1/4 cup cheese. Serve immediately.



Recipe from: Jewish Family and Children's Service, [hungerandhealth.feedingamerica.org/wp-content/uploads/legacy/2014/06/PenneWithEggplant\\_JFCS\\_10.18.13.pdf](https://hungerandhealth.feedingamerica.org/wp-content/uploads/legacy/2014/06/PenneWithEggplant_JFCS_10.18.13.pdf)

# Asian Inspired Sesame Peanut Eggplant

Makes 4 Servings

## Ingredients

- 2 tablespoons sesame oil
- 2 tablespoons creamy peanut butter
- 2 tablespoons soy sauce
- 1 tablespoon lime juice
- 3 tablespoons maple syrup or honey
- Pinch of red pepper flakes
- 2 cups eggplant (stems removed, sliced end to end into planks, then cut into 1-inch pieces, skin on)
- 2 cups hot cooked rice
- 1 teaspoon sesame seeds (optional)

## Directions

1. In a medium bowl with a fork, whisk together 1 tablespoon each of the sesame oil, soy sauce and maple syrup. Add eggplant pieces and toss to coat.
2. Heat a large pan over medium heat. When hot, add the eggplant pieces and any remaining sauce to the skillet. Cook for 3 to 4 minutes, turning eggplant until brown on all sides, about 1 to 1 ½ minutes per side.
3. When eggplant is ready, place on top of the rice in the serving bowl. Return the hot pan to the stove.
4. In a medium bowl with a fork, whisk 1 tablespoon each of sesame oil, soy sauce and maple syrup with the peanut butter, lime juice and red pepper flakes. Add the peanut butter sauce to the hot pan and cook for 2 to 3 minutes, stirring gently.
5. Drizzle hot peanut butter sauce over the eggplant and rice. Sprinkle with sesame seeds.

Recipe from: Feeding Pennsylvania and PA Eats



# Marinated Stuffed Eggplant

Makes 4-6 Servings

## Ingredients

- 1 small eggplant (sliced end to end with skin on into 1/4-inch slices)
- 1/4 teaspoon salt
- 1/4 cup olive oil, divided
- 1 ounce crumbled feta cheese
- 2 tablespoons fresh basil or 1/2-1 tablespoon dry basil
- 2 tablespoons fresh parsley or 1/2-1 tablespoon dry parsley
- 1 clove chopped garlic or 1/2 teaspoon garlic powder
- 1/2 cup red wine vinegar

## Directions

1. Cut eggplant end to end to make long thin slices. Lightly salt eggplant slices on each side and let sit for 20 minutes. Pat the slices dry on both sides with paper towels.
2. In a large pan, heat 1/4 cup olive oil over medium-high heat. When it's hot, turn heat to medium and add eggplant slices a few at a time. Cook until soft on one side, about 1 to 2 minutes. Flip and cook for 1 to 2 more minutes. Slices should be golden brown on both sides. Remove to a plate to cool. Turn off the pan and let the rest of the oil to cool for 10 to 15 minutes.
3. While the oil is cooling, mix feta cheese, basil and parsley in a small bowl. Break up any large clumps of cheese.
4. Add feta mix on top of each slice of eggplant and roll up into a tube. Use toothpick to keep them rolled up and place in a small deep dish. Do this for all the eggplant slices.
5. In a bowl, add any remaining cooled olive oil from the pan, garlic, red wine vinegar. Using a fork, whisk to combine. Pour over eggplant rolls. Cover with plastic wrap and refrigerate for at least 1 hour.

Recipe from: Feeding Pennsylvania and PA Eats



# French-Inspired Eggplant Stew

Makes 4-6 Servings

## Ingredients

- 1/4 cup olive oil
- 1 small eggplant (stem removed, peeled and sliced end to end into 1/2-inch planks, then cut into 1/2-inch pieces)
- 1 small onion, diced
- 1 small green pepper, diced
- 1/2 teaspoon salt
- 1 clove garlic, chopped small
- 1 (15 ounce) can diced tomatoes with juice
- 2 tablespoons sliced black olives (optional)
- 3 tablespoons chopped fresh basil or 1 tablespoon dried basil

## Directions

1. In a medium pot over medium-high heat, add olive oil, eggplant, onion and green pepper. Cook for 6 to 8 minutes, stirring often.
2. Stir in salt and garlic and cook one more minute.
3. Add canned tomatoes with juice and bring to a simmer (bubble). Reduce heat to medium-low, cover, and cook for 5 to 6 minutes. Stir and cover for 5 to 6 more minutes.
4. Turn off heat. Remove the lid, stir in black olives and basil. Allow to sit for 5 minutes before serving.



Recipe from: Feeding Pennsylvania and PA Eats

# Veggie Stew

Makes 8 (1 cup) Servings

## Ingredients

- 1 tablespoon vegetable oil
- 1/2 cup diced onion (1/2 medium onion)
- 2 fennel bulbs, chopped (can use 2 stalks celery)
- 2 carrots, sliced in 2 inch sticks
- 1 (15 ounce) can diced tomatoes, with juice
- 1 medium potato, diced
- 1 zucchini (sliced 1/4 inch thick)
- 2 tablespoons parsley, chopped
- 1 cup broth
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

## Directions

1. In a deep pot, heat 1 tablespoon of oil.
2. Add onions and fennel and sauté until they are soft.
3. Add the rest of the vegetables and 1 cup broth (or water and vegetable broth cubes).
4. Season with salt and pepper.
5. Cover and simmer slowly for 30 minutes or until carrots and potatoes are tender.
6. If soup gets too dry or thick, add more broth.

Recipe adapted from: Food Hero  
<https://www.foodhero.org/recipes/veggie-stew>



# Easy Oven Fish Sticks

Makes 4 Servings

## Ingredients

- Cooking spray
- 1 pound frozen pollock, or other white fish, such as haddock or cod (partially thawed)
- 1/2 cup flour
- 2 egg whites, beaten
- 3/4 cup whole wheat bread crumbs
- 2 tablespoons grated parmesan cheese
- 1/8 teaspoon ground black pepper

## Directions

1. Place rack in center and heat oven to 450 degrees. Spray baking sheet with cooking spray.
2. Cut pollock into strips 1-inch wide (easiest when fish is partially, rather than fully, thawed) and place on baking sheet.
3. Mix breading ingredients (bread crumbs, parmesan cheese and pepper) in a shallow dish; place flour and egg whites in separate dishes.
4. Dip fish sticks in flour, then in egg whites, then breading mix, coating evenly.
5. Return coated fish sticks to baking sheet, spacing evenly. Cook fish until it is 145 degrees, about 10-12 minutes, and golden brown, turning as needed.

Recipe from: Produce For Better Health Foundation, MyPlate Kitchen  
<https://www.myplate.gov/recipes/myplate-cnpp/easy-oven-fish-spinach-basil-dipping-sauce-spiced-apples>



# Chicken and Green Bean Salad

Makes 4 Servings

## Ingredients

For the salad:

- 2 cups shredded chicken or 20 ounces canned white meat chicken, drained
- 1 (31 ounce) can low-sodium green beans, drained and rinsed
- 3 stalks celery, chopped
- 3 tablespoons chopped almonds (or any nut)

For the dressing:

- 1 tablespoon Dijon mustard or spicy brown mustard
- 2 tablespoons olive oil or canola oil
- 2 tablespoons lemon juice or vinegar
- 1/4 teaspoon dried thyme
- 1/4 teaspoon ground pepper

## Directions

1. Add salad ingredients into a large bowl and mix together.
2. For the dressing, add mustard, olive oil, lemon juice, thyme and pepper to a small bowl. Use a fork or whisk to combine.
3. Add dressing to salad, tossing to combine.

Recipe from: American Heart Association, <https://hungerandhealth.feedingamerica.org/recipe/chicken-and-green-bean-salad/>



# Breakfast Squash Cookies

Makes 48 Servings

## Ingredients

- 1 3/4 cups winter squash (butternut, hubbard, pumpkin, etc.), cooked and pureed
- 1 1/2 cups brown sugar
- 2 eggs
- 1/2 cup vegetable oil
- 1 1/2 cups flour
- 1 1/4 cups whole wheat flour
- 1 tablespoon baking powder
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- 1/4 teaspoon ground ginger
- 1 cup raisins
- 1 cup walnuts, chopped

## Directions

1. Preheat oven to 400 degrees.
2. Mix pureed squash, brown sugar, eggs and oil thoroughly.
3. Blend dry ingredients and add to pumpkin mixture.
4. Add raisins and nuts.
5. Drop by teaspoonfuls on greased cookie sheet.
6. Bake 10-12 minutes until golden brown.

Recipe adapted from: Oregon State University Cooperative Extension Service, MyPlate Kitchen  
<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/pumpkin-cookies>



# Greens with Carrots

Makes 4 (1 cup) Servings

## Ingredients

- 8 cups kale (or other greens)
- 2 teaspoons vegetable oil
- 2 large carrots, peeled and cut in thin strips or coarsely shredded
- 1 clove garlic, chopped or 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon ground coriander (optional)
- 1 pinch cayenne pepper (optional)
- 1 tablespoon vinegar
- 1 1/2 teaspoons low-sodium soy sauce

## Directions

1. Wash kale and separate leaves from stems if needed. Slice stems crosswise, if using. Chop or slice leaves into thin strips.
2. Heat oil in large pan over medium-high heat (350 degrees in an electric skillet).
3. Add carrots and stems, if separated; cook for 2 minutes. Add garlic and cook for 1 minute.
4. Add kale, salt, pepper, coriander and cayenne, if desired. Stir often.
5. When greens have turned bright green and begun to wilt, remove from heat. Sprinkle vinegar and soy sauce over the top. Toss gently and serve.
6. Cooked brown rice or cooked quinoa go well with this recipe.



Recipe from: Food Hero  
<https://foodhero.org/recipes/greens-carrots>

# Leek and Mushroom Orzo

Makes 4 Servings

## Ingredients

- 2 cups leeks, chopped
- 1 tablespoon oil
- 2 cups mushrooms, sliced
- 1 cup dry orzo (rice shaped pasta) or rice
- 2 cups chicken or vegetable broth
- 1 1/2 cups tomato, chopped
- 3 tablespoons cream cheese
- 1 teaspoon garlic powder
- 1/4 teaspoon each salt and pepper

## Directions

1. Sauté leeks in oil in a medium skillet over medium heat, stirring occasionally, until the leeks are soft (about 5 minutes).
2. Add mushrooms and cook until soft (about 5 minutes).
3. Stir in the orzo and toast lightly, stirring frequently, for about 3 minutes.
4. Add broth and bring to a boil. Reduce heat to simmer, stirring occasionally, until the orzo is almost tender, about 8 minutes.
5. Add the tomatoes and simmer until orzo is tender (about 2 minutes).
6. Remove from heat and stir in cream cheese, garlic powder, salt and pepper. Serve warm.

Recipe from: Food Hero  
<https://foodhero.org/recipes/leek-and-mushroom-orzo>



# Lentil Chili

Makes 6 Servings

## Ingredients

- 1/2 pound lean ground beef
- 1 1/2 cups onion, chopped
- 1 clove garlic
- 2 cups lentils, cooked
- 2 (14.5 ounce) cans diced tomatoes
- 1 tablespoon chili powder
- 1/2 teaspoon cumin, ground

## Directions

1. In a large saucepan, brown beef over medium-high heat, breaking it into bite size pieces. Drain fat.
2. Add onion and garlic and cook until softened.
3. Add lentils, tomatoes, chili powder and cumin. Cook for about 1 hour until flavors are blended.
4. Serve hot, topped with your favorite chili toppings.



Recipe from: Montana State University Extension Service, MyPlate Kitchen  
<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/lentil-chili>

# Green Bean and Mushroom Medley

Makes 8 Servings

## Ingredients

- 3 cups fresh green beans, cut into 1-inch pieces
- 2 carrots, cut into thick strips
- 3 tablespoons olive oil
- 1 large onion, sliced
- 1-pound fresh mushrooms, sliced
- 1 teaspoon lemon pepper seasoning
- 1/2 tablespoon garlic powder
- 1/4 cup sliced or slivered almonds

## Directions

1. Place green beans and carrots in 1 inch of boiling water. Cover, and cook until tender but still firm. Drain.
2. Add oil to heated skillet. Sauté onions and mushrooms until almost tender.
3. Reduce heat, cover, and simmer 3 minutes. Stir in green beans, carrots, lemon pepper and garlic powder. Cover, and cook for 5 minutes over medium heat.

Recipe from: North Carolina Cooperative Extension, Wayne County,  
<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/green-bean-and-mushroom-medley>



# Chinese Ramen Cabbage Salad

Makes 8 (1 cup) Servings

## Ingredients

- 5 cups shredded cabbage
- 2 cups chopped broccoli (or broccoli florets)
- 1 cup shredded carrot
- 1/2 cup chopped green onions
- 1 package chicken flavored ramen noodles crushed. Reserve seasoning packet for dressing.
- 3 tablespoons apple cider vinegar
- 1 tablespoon sugar
- 2 tablespoons oil

## Directions

1. In a large bowl, combine cabbage, broccoli, carrot, green onions and uncooked ramen noodles.
2. For the dressing, combine ramen seasoning packet, vinegar, sugar and oil in a small bowl. Stir well.
3. Pour dressing over salad. Toss to coat. Refrigerate until served.



Recipe from: Food Hero  
<https://www.foodhero.org/recipes/chinese-ramen-cabbage-salad>

# Baked Oatmeal

Makes 9 Servings

## Ingredients

- 3 cups old fashioned oats
- 1/3 cup brown sugar
- 1 1/2 teaspoons baking powder
- 1 1/2 teaspoons cinnamon
- 2 eggs, lightly beaten
- 2 1/2 cups low-fat milk
- 1 teaspoon vanilla extract
- 2 tablespoons vegetable oil (or 2 tablespoons unsweetened applesauce)
- 2 cups fresh or frozen berries

## Directions

1. Preheat oven to 350 degrees. Spray 2 1/2 quart baking dish with non-stick spray.
2. Mix all dry ingredients (oats, brown sugar, baking powder and cinnamon).
3. Put half of the dry ingredients into the baking dish. Sprinkle with half of the berries. Add the rest of the dry ingredients.
4. Mix eggs, milk, vanilla and oil and pour over the dry mix in baking dish. Add the rest of the berries on top. Gently move baking dish back and forth to get wet ingredients down into the oat mixture.
5. Bake uncovered for about 45 minutes. Most of the liquid should be gone.

Recipe from: Feeding Pennsylvania



### Ingredients

- 1 can (1 3/4 cup) pinto beans, drained and rinsed
- 3 cups water
- 8 ounces ham, cut into cubes
- 1 cup onion, diced
- 2 cloves garlic, minced
- 1 small bay leaf
- 1 (14.5 ounce) can diced tomatoes
- 2 cups green pepper, chopped
- 1 teaspoon chili powder
- 2 tablespoons brown sugar
- 2 teaspoons dry mustard
- 1/4 teaspoon oregano or cumin

### Directions

1. Combine beans, water, ham, onion, garlic and bay leaf in a large pot.
2. Cover and simmer about 15 minutes.
3. Add remaining ingredients, cover and simmer for at least 30 more minutes. The longer the mixture simmers, the better the flavor. Enough liquid should be left on beans to resemble a medium-thick gravy.

Recipe adapted from: NDSU Extension Service  
<https://www.ag.ndsu.edu/food/recipes/meats/buckaroo-beans>



# Red Potato and Cabbage (Colcannon)

Makes 6 (1 cup) Servings

## Ingredients

- 1-pound red potatoes (about 3-4 cups chopped)
- 1 tablespoon margarine or butter
- 1/2 cup onion, chopped
- 6 cups green cabbage, thinly sliced (about 1/2 head)
- 1 cup nonfat or 1% milk
- 1 teaspoon salt
- 1/4 teaspoon pepper

## Directions

1. Scrub potatoes, but do not peel. Cut into quarters. Cook in boiling water or steam until tender, about 15-20 minutes.
2. While potatoes cook, heat butter or margarine in a large skillet over medium-high heat. Add onion and cook until it becomes clear, about 3-5 minutes.
3. Add cabbage and cook, stirring occasionally, until cabbage begins to brown, about 4-6 minutes.
4. Reduce heat to low. Add milk, salt and pepper. Cover and cook until cabbage is tender, about 6-8 minutes.
5. Drain potatoes. Add cabbage mixture to potatoes. Mash with a potato masher or large fork to reach desired texture. Serve warm.



Recipe from: Food Hero  
<https://foodhero.org/recipes/red-potato-and-cabbage-colcannon>

# Perfect Pumpkin Pancakes

Makes 12 Servings

## Ingredients

- 2 cups flour
- 6 teaspoons brown sugar
- 1 tablespoon baking powder
- 1 1/4 teaspoons pumpkin pie spice (or cinnamon)
- 1 teaspoon salt
- 1 egg
- 1/2 cup pumpkin (canned)
- 1 3/4 cups milk, low-fat
- 2 tablespoons vegetable oil

## Directions

1. Combine flour, brown sugar, baking powder, pumpkin pie spice and salt in a large mixing bowl.
2. In a medium bowl, combine egg, canned pumpkin, milk and vegetable oil, mixing well.
3. Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy. (For thinner batter, add more milk).
4. Lightly coat a griddle or skillet with cooking spray and heat on medium.
5. Using a 1/4 cup measure, pour batter onto hot griddle. Cook until bubbles begin to burst, then flip pancakes and cook until golden brown, 1 1/2 to 2 1/2 minutes. Repeat with remaining batter. Makes about 12, 3 1/2-inch pancakes.

Recipe from: Kansas Family Nutrition Program, MyPlate Kitchen  
<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/perfect-pumpkin-pancakes>



# Warm Radicchio Tuna Salad

Makes 2-4 Servings

## Ingredients

- 1 tablespoon olive oil
- 2 cups radicchio, chopped
- 1 (14.5 ounce) can white beans (cannellini), drained and rinsed
- 2 tablespoons balsamic vinegar
- 1 teaspoon onion powder
- Black pepper
- 1 can tuna, drained
- 1/4 cup shredded cheese
- 4 cups spinach, fresh

## Directions

1. Heat a pan over medium heat. Add olive oil and chopped radicchio. Cook for about 2 minutes.
2. Add in white beans, vinegar, onion powder and pepper. Stir and cook for 2 minutes.
3. Stir in tuna and turn off heat. Allow to sit for 1 minute.
4. Serve on top of spinach. Sprinkle with shredded cheese. Add more vinegar if desired.

Recipe from: Feeding Pennsylvania



# Cinnamon-Topped Rhubarb Muffins

Makes 12 Servings

## Ingredients

- 1/2 cup brown sugar, firmly packed
- 1/4 cup butter
- 1 cup (8 ounces) reduced-fat sour cream
- 2 eggs
- 1 1/2 cups all-purpose flour
- 3/4 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1 1/2 cups chopped rhubarb
- 1 tablespoon sugar
- 1/2 teaspoon cinnamon

## Directions

1. Preheat oven to 375 degrees.
2. In large bowl, combine brown sugar and butter. Beat at medium speed until well-mixed (1-2 minutes).
3. Add sour cream and eggs; continue beating, scraping bowl often until well-mixed (1-2 minutes).
4. In medium bowl, stir together flour, baking soda and 1/2 teaspoon cinnamon.
5. By hand, stir flour mixture into sour cream mixture until just moistened. Fold in rhubarb. Spoon into greased muffin pans.
6. In small bowl, stir together a tablespoon of sugar and 1/2 teaspoon of cinnamon. Sprinkle onto each muffin.
7. Bake for 20-25 minutes or until lightly browned. Cool 10 minutes. Remove from pan.

Recipe from: North Dakota State University Extension Service  
<https://www.ag.ndsu.edu/food/recipes/grains/cinnamon-topped-rhubarb-mufins>



# Mashed Rutabagas

Makes 4 Servings

## Ingredients

- 4 cups rutabaga, peeled and chopped
- 2 cups potatoes, peeled and chopped
- 4 cups water
- 1/2 cup low-fat milk
- 2 teaspoons oil
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1/8 teaspoon salt

## Directions

1. Add chopped vegetables and water to a large pot with a lid. Bring to a boil over medium-high heat.
2. When the water boils, reduce heat to medium-low and cover with lid. Simmer for 20-25 minutes.
3. Drain boiled vegetables.
4. Add drained vegetables back to the pot.
5. Add milk, oil, garlic powder, pepper and salt to a microwave-safe container. Stir to mix. Microwave for 1 minute.
6. Add warm milk to the boiled vegetables. Mash with a fork or potato masher.



Recipe from:



# Roasted Sugar Snap Peas

Makes 3 Servings

## Ingredients

- 1-pound sugar snap peas
- 1 teaspoon olive or vegetable oil
- 1 tablespoon soy sauce
- 1/4 teaspoon
- Black pepper

## Directions

1. Place the sugar snap peas in a large bowl. Sprinkle with oil, soy sauce, salt and black pepper. Toss to coat.
2. Place the peas on a metal baking sheet.
3. Bake in a 400-degree oven for 8-10 minutes. Turn a few times while roasting.



Recipe from: Food Hero  
<https://foodhero.org/recipes/roasted-sugar-snap-peas>

# Cheesy Baked Spaghetti Squash

Makes 4 Servings

## Ingredients

- 1 spaghetti squash
- 1 teaspoon oil
- 1 cup onion, chopped
- 1 cup bell pepper, chopped
- 1 tablespoon Italian herbs
- 2 teaspoons garlic powder (optional)
- 1 (15 ounce) can white beans, drained and rinsed
- 1 (15 ounce) can low-sodium tomato sauce
- 1/2 cup low-fat shredded mozzarella cheese

## Directions

1. Preheat oven to 400 degrees.
2. Use a knife to poke squash all over. Microwave on a microwave-safe plate for 5 minutes. Allow squash to cool and cut in half. Scoop out seeds.
3. Place squash halves cut-side down on the plate. Microwave for 10 minutes.
4. Heat oil in a skillet over medium heat. Add onion, pepper and seasoning. Cook for 5 minutes. Add beans and sauce. Stir to mix.
5. Remove squash from the microwave. Cool slightly. Use a fork to scrape squash out of the skin. Add squash and tomato mixture to baking dish. Stir to mix.
6. Sprinkle with cheese. Bake for 15 minutes.

Recipe from:



# Spinach Salad with Apples and Raisins

Makes 4-6 Servings

## Ingredients

For the salad:

- 1 bag baby spinach, about 2 cups (10 ounces, washed)
- 2 apples, chopped
- 1 cup raisins or dried cranberries
- 1/2 cup walnuts
- 1/4 cup cheese

For the dressing:

- 1/4 cup canola oil
- 1/4 cup apple cider vinegar
- 1 tablespoon sugar
- Garlic powder (pinch)

## Directions

1. Combine spinach, apples, raisins, walnuts and cheese.
2. Mix all dressing ingredients and pour over salad just prior to serving.
3. Add chicken or eggs to salad to make a full meal.

Recipe adapted from: University of Maryland Extension, MyPlate Kitchen  
<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/spinach-salad-apples-and-raisins>



# Vegetable Chili

Makes 5 Servings

## Ingredients

- 2 tablespoons vegetable oil
- 2 yellow onions, chopped
- 2 zucchinis, cubed
- 2 sweet potatoes, cubed
- 3 cloves garlic, peeled and minced
- 2 teaspoons ground cumin
- 2 tablespoons chili powder
- 2 teaspoons dried oregano
- 3 (16 ounce) cans low-sodium dark red kidney beans, drained and rinsed
- 2 (14.5 ounce) cans low-sodium diced tomatoes
- 2 cups frozen corn

## Directions

1. Put the pot over medium heat and when it is hot, add the oil. Add the onions, zucchini, sweet potatoes, garlic and spices and cook, stirring from time to time, about 20 minutes.
2. Add the kidney beans and tomatoes. Stir and cook, covered, until the squash is tender, about 30 minutes.
3. Add the corn and cook until warmed throughout.

Recipe adapted from: MyPlate Kitchen  
<https://www.myplate.gov/recipes/myplate-cnpp/vegetable-chili>



# Pasta with Greens, Beans and Chicken

Makes 6 Servings

## Ingredients

- 16 ounces pasta, whole wheat
- 1 tablespoon vegetable oil
- 1/2 onion, chopped
- 3 cloves garlic, chopped
- 2 cups cooked chicken cubes (or 3 chicken sausages, chopped)
- 6 cups swiss chard, chopped
- 1 (15.5 ounce) can low sodium cannellini beans, rinsed and drained (can also use great northern or navy beans)
- 2 cups chicken broth, low-sodium (or vegetable broth)
- 1 teaspoon Italian seasoning
- Salt and pepper, to taste
- 1/2 cup parmesan cheese (optional)

## Directions

1. Cook the pasta according to directions on the box.
2. On medium heat, add vegetable oil and onion to a large pan.
3. Cook for 5 minutes; add garlic and cook for 1 minute more.
4. Stir in chopped chicken and cook until heated through.
5. Add swiss chard, beans, chicken or vegetable broth, and spices.
6. Add cooked pasta and stir to combine.
7. Cook for 5 minutes, until pasta is heated through.
8. Add salt and pepper, to taste (optional), and garnish with parmesan cheese before serving (optional).

Recipe adapted from: University of Maryland Extension, MyPlate Kitchen  
<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/pasta-greens-beans-and-chicken>



# Quinoa Stuffed Tomatoes

Makes 4 Servings

## Ingredients

- 4 medium (2 1/2 inches) tomatoes, rinsed
- 1 tablespoon olive oil
- 2 tablespoons red onions, peeled and chopped
- 1 cup cooked mixed vegetables—such as peppers, corn, carrots or peas
- 1 cup quinoa, rinsed
- 1 cup low-sodium chicken broth
- 1/2 ripe avocado, peeled and diced
- 1/4 teaspoon ground black pepper
- 1 tablespoon fresh parsley, rinsed, dried and chopped (or 1 teaspoon dried)

## Directions

1. Preheat oven to 350 degrees. Cut off the tops of the tomatoes and hollow out the insides. (The pulp can be saved for use in tomato soup or sauce or salsa.) Set tomatoes aside.
2. Heat oil in a saucepan over medium-high heat. Add onions, and cook until they begin to soften, about 1–2 minutes. Add cooked vegetables and heat through, another 1–2 minutes.
3. Add quinoa, and cook gently until it smells good, about 2 minutes.
4. Add chicken broth and bring to a boil. Reduce the heat and cover the pan. Cook until the quinoa has absorbed all of the liquid and is fully cooked, about 7–10 minutes.
5. When the quinoa is cooked, remove the lid and gently fluff quinoa with a fork. Gently mix in the avocado, pepper and parsley.
6. Carefully stuff about 3/4 cup of quinoa into each tomato. Place tomatoes on a baking sheet, and bake for about 15–20 minutes, or until tomatoes are hot throughout (tomatoes may be stuffed in advance and baked later). Serve immediately.

Recipe from: <https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/quinoa-tomatoes.htm>



# Bruschetta Salad

Makes 5 (1 cup) Servings

## Ingredients

- 3 cups Roma tomatoes, chopped
- 1/2 cup red onion, chopped
- 1/4 cup fresh basil, chopped
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons balsamic or red wine vinegar
- 1 tablespoon oil
- 2 cups croutons

## Directions

1. Combine the tomatoes, onion, basil, salt, black pepper, vinegar and oil in a bowl.
2. Stir croutons in the salad and serve.



Recipe from: Food Hero  
<https://foodhero.org/recipes/bruschetta-salad>

# Root Vegetable Hash with Eggs

Makes 2-4 Servings

## Ingredients

- 1/2 cup onion, diced
- 1 cup potato, diced
- 1 cup turnip, diced
- 1 cup carrot, diced
- 1 tablespoon olive oil
- 1/4 cup water
- 1 teaspoon garlic powder
- 1 tablespoon Italian seasoning
- Pepper, to taste
- 4 eggs

## Directions

1. Heat a pan over medium heat. Add olive oil and onion. Cook for about 3 minutes.
2. Add in diced potato, turnip and carrots. Season with garlic powder and Italian seasoning. Cook for 5 more minutes, stirring occasionally.
3. Add water and cover pan with a lid.
4. Turn heat to low and cook 8-10 minutes. Take the lid off and cook 5 more minutes.
5. Crack eggs on top of vegetable mixture and cook for about 5-8 more minutes until eggs are cooked.

Recipe from: Feeding Pennsylvania



# Zesty Skillet Zucchini

Makes 6 Servings

## Ingredients

- 1 tablespoon oil
- 1 onion (medium), diced
- 1 pound ground meat (lean beef or turkey)
- 1/4 teaspoon black pepper
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 1 (14.5 ounce) can diced tomatoes with green chilis (or 1 fresh tomato with 1 jalapeno)
- 1/2 cup tomato juice, low-sodium
- 2 zucchini (medium), sliced and cut into bite size pieces

## Directions

1. Heat oil in pan. Once hot, add onions. Cook until clear.
2. Add ground meat to pan and cook through. Add spices, canned tomatoes and tomato juice.
3. Cover pan and cook on low for about 10 minutes.
4. Add in zucchini and stir. Cover and cook about 5-7 more minutes.

Recipe adapted from: MyPlate Kitchen  
<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/zesty-skillet-zucchini>



# Chickpea Salad with Greens

Makes 4-6 Servings

## Ingredients

- 1 (15 ounce) can chickpeas, drained and rinsed, or 1 1/2 cups of drained cooked dried beans
- 1/4 cup mayonnaise
- 1/2 tablespoon lemon juice
- 1/2 tablespoon salt
- 1/2 tablespoon black pepper
- 1 teaspoon dried oregano
- 1 teaspoon dried dill
- 1/2 bunch kale, stems removed and roughly chopped
- 1 tablespoon olive oil

## Directions

1. In a large mixing bowl, smash chickpeas with fork. Combine smashed chickpeas, mayonnaise, lemon juice, salt, pepper, oregano and dill.
2. In another mixing bowl, add chopped kale, olive oil and one pinch of salt. Toss all together and put on a plate.
3. Top kale with chickpea salad and serve.

Recipe from: Feeding Pennsylvania and PA Eats



# Turkey and Chickpea Stew

Makes 4-6 Servings

## Ingredients

- 1 tablespoon oil
- 1 clove garlic, chopped
- 1/2 tablespoon lemon juice
- 1 pound ground turkey
- 1 (14.5 to 16 ounce) can crushed tomatoes
- 1 (15 ounce) can chickpeas, drained and rinsed, or 1 1/2 cups of drained cooked dried beans
- 1 (14.5 ounce) can diced white potatoes
- 4 bay leaves
- 1/2 tablespoon dried oregano
- 1/2 tablespoon dried thyme
- Water
- Salt and pepper
- 3 cups cooked rice (optional), for serving

## Directions

1. Heat oil in large pot or saucepan over medium heat. Add garlic, stirring until it begins to brown, about 2-3 minutes. Add ground turkey and cook until browned and crumbled, breaking up with a wooden spoon.
2. Add tomatoes, chickpeas, potatoes, bay leaves, oregano, thyme and a pinch of salt and pepper. Fill empty tomato can with water and pour into pot. Bring ingredients to boil and lower heat to medium-low.
3. Simmer (lightly bubbling) for one hour. Taste and adjust spices, if needed. To serve, remove bay leaves and spoon over rice in bowls.

Recipe from: Feeding Pennsylvania and PA Eats



# Bean Gumbo

Makes 4-6 Servings

## Ingredients

- 1/3 cup olive or vegetable oil
- 6 tablespoons all-purpose flour
- 1 bunch greens, such as kale, rinsed and chopped with stems
- 1 (14 ounce) canned diced tomatoes, (keep tomato liquid)
- 1 teaspoon dried oregano or thyme
- 2 onions, peeled and cut into quarters
- 2 carrots, peeled and cut into coin slices
- 5 garlic cloves, peeled and chopped
- 3 cups cooked kidney beans or 2 (15 ounce) cans chickpea or black beans
- Salt and pepper

## Directions

1. In a pot, heat oil over medium high heat. Whisk in flour, reduce heat to low, and cook, stirring the whole time with a wooden spoon. Stir until flour mixture is a dark reddish brown, about 10-15 minutes (this gives the gumbo its rich taste).
2. Stir in greens, canned tomatoes with liquid, dried oregano or thyme, onions and carrots. Cook for 5 minutes.
3. Add chopped garlic and 2 quarts (8 cups) water or liquid from the dried beans, if dried beans were cooked from scratch (if you don't have enough
4. liquid, add water to make 8 cups).
5. Continue stirring until liquid comes to a boil, then lower the heat and simmer for 20 minutes. Add beans and cook 15 minutes more. Season with salt and pepper to taste.

Recipe from: Feeding Pennsylvania and PA Eats



# Sweet Potato, Lentil and Brussels Sprout Salad

Makes 6 Servings

## Ingredients

- 1 pound Brussels sprouts
- 3 small sweet potatoes, peeled and cubed
- 16 ounces dried green or black lentils
- Salt and black pepper
- 2 tablespoons oil
- 1 lemon, halved and seeds removed
- 1 tablespoon balsamic vinegar

## Directions

1. Preheat oven to 400 degrees. Trim Brussels sprouts and slice in half. Peel sweet potatoes and cut into 1-inch cubes.
2. In a mixing bowl, toss Brussels sprouts and sweet potatoes in oil, a pinch of salt and black pepper and juice from half a lemon. Place vegetable mix onto a baking sheet. Roast for 25-35 minutes, until vegetables turn golden brown and are tender. Remove from oven and allow to cook on baking sheet for 10 minutes.
3. While the veggies are roasting, make the lentils. To cook them, combine 1 cup of dried lentils with 3 cups of water or broth in a pot. Bring to a boil, then reduce the heat to low and put a lid on the pot so it is partly covered.
4. Simmer gently until the lentils are soft but not mushy. This should take about 30-40 minutes. Check to make sure there is enough liquid from time to time; add water if needed.
5. Mix vegetables and lentils in a large mixing bowl. Add lemon juice, balsamic vinegar, salt and pepper to taste. Transfer salad to 4-6 plates and serve warm or at room temperature.

Recipe from: Feeding Pennsylvania and PA Eats



# Smashed Beans on Toast

Makes 6 Servings

## Ingredients

- 1/4 cup plus 2 tablespoons olive oil
- 1 loaf bread (such as an Italian roll), cut into quarters
- 3/4 teaspoon salt, divided
- 1 onion, peeled and chopped
- 2 garlic cloves, peeled and chopped
- 1 bunch kale or greens, rinsed and chopped
- 1 (14 ounce) canned diced tomatoes or 1 (14 ounce) can spaghetti sauce
- 2 cups cooked navy beans or 2 (15 ounce) cans chickpeas or black beans, drained and rinsed

## Directions

1. Preheat oven to 400 degrees. Place bread on baking sheet. Drizzle bread with 1/4 cup olive oil and 1/4 teaspoon salt.
2. Heat medium pot over medium-high heat for 2-3 minutes. Add remaining oil and onion and stir occasionally with a wooden spoon for 5 minutes until onions begin to soften.
3. Add garlic and stir for 1 more minute. Add chopped greens and 1/2 teaspoon salt, and stir until greens have wilted, about 3-4 minutes.
4. Place bread in oven to lightly toast, about 3-5 minutes. Add canned tomatoes or sauce and beans to the pot, and cook until warmed through, about 5 minutes.
5. Check bread; if lightly toasted, remove from oven.
6. With a fork, smash 1/3 of the beans in pot. Top toast with beans and greens mixture.

Recipe from: Feeding Pennsylvania and PA Eats



# Stuffed Peppers with Turkey and Vegetables

Makes 6 Servings

## Ingredients

- 1 cup cooked rice (white or brown)
- 3 bell peppers, cut in half
- 1/2 pound ground turkey or beef
- 1 teaspoon Italian spice mix (or dry basil and oregano)
- 1 teaspoon garlic powder
- 1/4 teaspoon each salt and pepper
- 1/2 cup onion, chopped
- 1 cup mushrooms, sliced
- 1 cup zucchini, chopped (about 1 small zucchini)
- 1 (14.5 ounce) can diced tomatoes with liquid

## Directions

1. Cook the rice according to package directions. Preheat oven to 350 degrees.
2. Cut the peppers in half from top to bottom. Remove the stem and seeds.
3. In a large pan over medium heat (300 degrees in an electric skillet), cook the turkey until no longer pink. Add spices during last few minutes.
4. Add onion, mushrooms and zucchini to the pan. Add a small amount of oil, if needed. Cook until tender.
5. Mix in the tomatoes and rice. Remove from heat.
6. Fill the pepper halves with the skillet mixture.
7. Cover the baking dish with foil. Bake at 350 degrees for 40-50 minutes or until peppers are tender when poked with a fork.

Recipe from: Food Hero  
<https://foodhero.org/recipes/stuffed-peppers-turkey-vegetables>



# Garden Fresh Pasta Salad

Makes 14 Servings

## Ingredients

- 1 (16 ounce) box whole wheat pasta, uncooked
- 2 cups broccoli
- 1 red onion, chopped
- 1 red pepper, chopped
- 2 cups cherry tomatoes, cut in half
- 1 cup dressing (Italian, sundried tomato or balsamic vinaigrette)
- 1/2 cup Parmesan cheese, grated

## Directions

1. Cook pasta in large pot as directed on box. Add broccoli to the boiling water for the last 3 minutes. Drain.
2. Rinse pasta mixture with cold water; drain well. Place in large bowl. Add all the rest of the ingredients except cheese; mix lightly.
3. Refrigerate 1 hour. Stir gently before serving; top with cheese.

<https://hungerandhealth.feedingamerica.org/recipe/garden-fresh-pasta-salad/>



### Ingredients

- 1 (15 ounce) can black eyed peas, drained and rinsed
- 1 (15 ounce) can black beans, drained and rinsed
- 1 (15 ounce) can corn or 1 1/2 cups fresh or frozen corn
- 1 (15 ounce) can crushed tomatoes or 1 cup diced fresh tomatoes
- 1 jalapeno, diced
- 1/2 cup onion, diced
- 2 tablespoons oil
- 2 tablespoons lime juice
- 1 teaspoon cumin
- Salt and pepper

### Directions

1. Mix beans, corn, tomatoes, jalapeno and onion in a large bowl.
2. Add lime juice, oil and cumin. Toss gently to mix. Add small amount of salt and pepper to taste.
3. Serve by itself, with raw vegetables and/or corn chips.
4. Avocado, cucumbers and bell pepper can all be added to this recipe. Add more oil, lime juice and spices as well.

Recipe from: MyPlate Kitchen

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/cowboy-caviar-bean-salsa>



# Mediterranean Tuna Salad

Makes 4-6 Servings (5 cups)

## Ingredients

- 3 (5 ounce) cans tuna in water, drained
- 1 cup carrot, diced or grated (about 2 medium carrots)
- 2 cups cucumber, diced
- 1 1/2 cups peas, canned or frozen (thaw before using)
- 3/4 cup low-fat Italian salad dressing

## Directions

1. Place drained tuna in a medium bowl. Use a fork to break apart chunks of tuna.
2. Add carrot, cucumber, peas and salad dressing. Mix well.
3. Serve immediately or make ahead. Cover and refrigerate until ready to serve.
4. This can be served over greens or in a wrap.



Recipe from: Food Hero  
<https://foodhero.org/recipes/mediterranean-tuna-salad>

# Potato, Black Bean and Kale Skillet

Makes 4 Servings

## Ingredients

- 4 red potatoes
- 2 1/2 cups kale, chopped
- 1-2 jalapeno peppers, chopped small
- 2 tablespoons olive oil
- 1 clove garlic or 1/2 teaspoon garlic powder
- 1/4 cup onion, chopped
- 1/4 teaspoon salt
- 1 (15 ounce) can black beans, drained and rinsed
- 1/2 cup nonfat plain Greek yogurt

## Directions

1. Dice potatoes into 1/4" pieces.
2. Chop kale and jalapenos.
3. Heat oil in large pan over medium heat. Add garlic, jalapeno and onion; cook 2-3 minutes until just starting to brown.
4. Add diced potatoes, salt and pepper to pan. Cover with lid and cook 4-5 minutes. Stir and cook 4-5 more minutes.
5. Add chopped kale and black beans. Cook about 3-5 more minutes, stirring gently.
6. Serve with Greek yogurt.

Recipe adapted from: Produce for Better Health, MyPlate Kitchen  
<https://www.myplate.gov/recipes/myplate-cnpp/potato-black-bean-kale-skillet>



# Summer Salad with Lite Italian Dressing

Makes 8 Servings

## Ingredients

For the Dressing:

- 1/2 teaspoon garlic powder (or 1 fresh clove, chopped)
- 1 teaspoon Italian herb mix
- 1 tablespoon Parmesan cheese
- 1/4 teaspoon pepper
- 1/2 teaspoon salt
- 1/2 cup vinegar (white or white wine)
- 1/4 cup vegetable oil
- 1/2 cup water

For the Salad:

- 1 cup cucumber, diced
- 1 cup carrots, sliced
- 1 bell pepper, diced
- 1/4 cup shredded cheese

## Directions

1. Add all dressing ingredients in a pint-sized jar with lid.
2. Shake well to mix.
3. Mix salad vegetables all together.
4. Drizzle dressing over salad and store extra in the refrigerator. Sprinkle salad with cheese.

Recipe adapted from: Washington State University Extension, Favorite Recipes for Family Meal, MyPlate Kitchen  
<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/lite-italian-dressing>



# Cuban Salad

Makes 4 Servings

## Ingredients

For the Dressing:

- 3 tablespoons oil
- 1/4 cup lime juice (1 large or 2 small limes)
- 1 teaspoon garlic or 1/4 teaspoon garlic powder
- 1/4 teaspoon salt and pepper

For the Salad:

- 1 head Romaine lettuce, washed and torn into pieces
- 2 large tomatoes, diced
- 1 red onion, diced
- 6 radishes, sliced thin

## Directions

To make the Dressing:

1. Put the oil, lime juice, garlic, salt and pepper in the small bowl and mix well. Lemon juice can be used instead of lime juice.

To make the Salad:

1. Put the lettuce, tomatoes, onion and radishes in the mixing bowl and toss to combine. White onion can be used instead of red onion.
2. Pour the dressing over the lettuce mixture and toss. Serve right away.

Recipe adapted from: USDA Center for Nutrition Policy and Promotion, MyPlate Kitchen  
<https://www.myplate.gov/recipes/myplate-cnpp/cuban-salad>



# Squash Au Gratin | Makes 7 Servings

## Ingredients

- 4 cups yellow squash, thinly sliced
- 1/2 cup onion, sliced
- 2 tablespoons water or broth
- 1 tablespoon butter or margarine
- 1 teaspoon Italian spice mix
- Salt and pepper
- 3 tablespoons Parmesan cheese (grated)

## Directions

1. Wash and slice vegetables. Place zucchini, onion, water, butter, Italian spice mix, salt and pepper in a frying pan. Cover and cook over medium heat for 1 minute.
2. Remove cover and cook until crisp-tender, about 10 minutes.
3. Turn with large spoon to cook evenly.
4. Sprinkle with cheese; toss lightly.



Recipe adapted from: Michigan State University Cooperative Extension Service, Eating Right is Basic Nutrition Education Program, MyPlate Kitchen  
<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/zucchini-au-gratin>

# BBQ Butternut Squash Chili

Makes 4-6 Servings

## Ingredients

- 1 (15 ounce) can of beef or 1 pound ground meat
- 1 (28 ounce) can diced or whole tomatoes
- 2 (15 ounce) cans of beans (such as kidney, black, pinto, Great Northern, etc.)
- 1 small onion, chopped
- 2 cups butternut squash, cubed
- 2 teaspoons salt
- 2 teaspoons black pepper
- 2 tablespoons chili powder
- 1/4 cup BBQ sauce (optional)

## Directions

1. Drain juices from canned beef and beans and add into a large pot. If using ground meat, cook, drain grease and then add beans into a large pot. Add canned tomatoes with juices into the same pot.
2. Chop onion in small pieces. Peel squash and cut in half from end to end. Remove seeds. Cut into 1/2-inch pieces. Add onions and squash to large pot. Season ingredients with salt, black pepper and chili powder. If adding BBQ sauce, add now.
3. Turn the heat to medium and bring the mix to simmer (bubble). Stir every few minutes to prevent burning. After 15 minutes turn heat to low. Cook until squash is tender (soft), then serve.

Recipe from: Feeding Pennsylvania and PA Eats



# Harvest Corn Muffins

Makes 6-8 Muffins

## Ingredients

- 1 1/2 cups flour
- 1/2 cup yellow corn meal
- 6 teaspoons sugar (or maple syrup, agave, honey)
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 1 cup cooked, peeled and mashed sweet potatoes (about 1 medium sweet potato)
- 1 teaspoon vanilla
- 6 ounces milk or non-dairy milk (almond, soy, etc.)
- 1 teaspoon vinegar or lemon juice
- 1 cup fresh, frozen or canned corn (canned corn should be drained and rinsed)
- 1/2 cup dried cherries (or dried cranberries)

## Directions

1. Preheat oven to 375 degrees.
2. Place flour, corn meal, sugar, salt and baking soda in a large bowl. Mix and set aside.
3. In another bowl, mix mashed sweet potatoes, vanilla, milk and vinegar (or lemon juice).
4. Add the sweet potato mixture to the other bowl and mix. Mixture will be on the thick side. Add more milk, if needed.
5. Add corn and dried cherries, stir well. Allow to "proof" (sit) for about ten minutes.
6. Place the batter in a lined muffin tin, fill about 2/3 of the way.
7. Bake for 15-20 minutes. Muffins should be golden brown. Allow to cool.



# Roasted Butternut Squash

Makes 4-6 Servings

## Ingredients

- Pre-cut (1-inch cubes) medium squash (about 3 cups)
- 1 tablespoon maple syrup
- 1 tablespoon of soy sauce
- 1 teaspoon of cinnamon

## Directions

1. Mix the maple syrup, soy sauce and cinnamon together.
2. Place the squash on a parchment-lined baking sheet. Drizzle the mixture on the squash.
3. Roast on middle rack for about 10 minutes. Flip squash and roast for 10 more minutes.
4. Remove from oven. Can be served as a side dish or added to a salad.



# Boxed Seasoned Rice with Frozen Spinach and Roasted Chickpeas

Makes 4 Servings

## Ingredients

- 2 cups cooked chickpeas or 1 (15 ounce) can chickpeas, drained and rinsed
- 1 tablespoon olive oil
- 1 (7-9 ounce) package of seasoned rice
- 1 (12 ounce) package of frozen spinach
- Salt and pepper
- Grated Parmesan cheese (optional)

## Directions

1. Preheat oven to 400 degrees. Drain and rinse chickpeas. Dry chickpeas between 2 paper towels and remove skins.
2. Place chickpeas on a baking sheet, drizzle with tablespoon olive oil. Add salt and pepper. Stir chickpeas until coated with oil.
3. Roast chickpeas for 20 to 25 minutes, or until chickpeas are golden and crunchy.
4. While the chickpeas roast, make the rice as directed on the package. Add the frozen spinach and stir.
5. Cook over low to medium heat until there is no liquid. Stir from time to time.
6. To serve, top the rice with roasted chickpeas. Add Parmesan cheese (optional).



Recipe from: Feeding Pennsylvania and PA Eats

# Baked Mac and Cheese with Tomatoes, Peas and Chicken

Makes 4 Servings

## Ingredients

- 1 box macaroni-and-cheese
- 1/2 cup milk
- 1/2 cup shredded cheese (Italian or cheddar)
- 1 tablespoon flour
- 1 (12.5 ounce) can chicken, drained and shredded with a fork
- 1 (14.5 ounce) can diced tomatoes, drained and rinsed
- 1/2 cup frozen peas, thawed and drained
- 1/2 teaspoon garlic powder
- Pepper
- 1/4 cup bread crumbs or crushed crackers

## Directions

1. Preheat oven to 375 degrees.
2. Make macaroni-and-cheese as directed on the package.
3. Place the made macaroni-and-cheese on the stove on low heat. Add milk, cheese and flour and stir until cheese melts.
4. Stir in chicken, tomatoes, peas and spices.
5. Pour into a greased 8x8" baking pan. Top with bread crumbs or crushed crackers.
6. Bake for 20 minutes. To brown the bread crumbs, broil for 3 minutes or until the top is golden-brown.



Recipe from: Feeding Pennsylvania and PA Eats

# Skillet Stove Top Stuffing with Sweet Potatoes and Apples

Makes 8 Servings

## Ingredients

- 2 tablespoons olive oil, divided
- 2 medium sweet potatoes, peeled and chopped into small cubes
- 1 medium apple, peeled and chopped
- 2 ribs celery, chopped
- 1/4 teaspoon dried sage
- 1/4 teaspoon dried thyme
- 1 box of stove top stuffing
- 1 1/2 cups low-sodium broth or water
- Pepper, to taste
- Dried cranberries or chopped walnuts (optional)

## Directions

1. Heat 1 tablespoon oil in a skillet. Add sweet potatoes, apple, and celery and cook over low-medium heat until the sweet potatoes have softened, stirring from time to time. This takes about seven minutes.
2. Add sage and thyme to vegetable-apple mixture and stir.
3. Add dried stuffing mix and broth (or water) to the skillet and stir. Turn up the heat to bring the liquid to a simmer (light bubble), then turn off the heat and place lid over skillet. Allow to sit for 5 minutes, or until all the liquid is gone.
4. Add pepper. If using, add dried cranberries and chopped walnuts.
5. Optional: For a crispy top, place the skillet under the broiler for 3-4 minutes, or until the top layer is golden.

Recipe from: Feeding Pennsylvania and PA Eats



# Pumpkin Oatmeal with Walnuts

Makes 2 Servings

## Ingredients

- 1 cup rolled oats
- 1 1/2 cups milk
- Pinch of salt
- 1/2 cup canned pumpkin
- 1/2 teaspoon cinnamon
- 1/8 teaspoon pumpkin pie spice
- 1/4 cup chopped walnuts
- Optional toppings: applesauce, chopped apples, dried cranberries, Greek yogurt

## Directions

1. Combine oats, salt, and milk in a large microwave-safe bowl. (Choose a bowl large enough to prevent the oats from cooking up over the sides). Microwave for 2 minutes or until cooked.
2. Stir in pumpkin and spices (skip pumpkin pie spice if you do not have it). If needed, microwave for 4 more minutes, or until hot.
3. Add chopped walnuts and any other toppings, such as chopped apples, dried cranberries, applesauce or Greek yogurt.



Recipe from: Feeding Pennsylvania and PA Eats

# Classic Baked Chicken and Winter Vegetables

Makes 4 Servings

## Ingredients

- 1 pound bone-in chicken legs or thighs
- 2 cups Brussels sprouts, cut in half
- 2 medium sweet potatoes, peeled and chopped into small cubes
- 1 tablespoon olive oil
- 3 tablespoons balsamic vinegar
- 1 teaspoon brown sugar
- Salt and pepper
- 1/4 teaspoon garlic powder
- 1/4 cup dried cranberries

## Directions

1. Preheat oven to 400 degrees.
2. Make the balsamic dressing: In a small bowl, mix oil, vinegar, salt and brown sugar. Set aside.
3. Place cut Brussels sprouts and cut sweet potatoes in a greased 9x13 baking dish. Pour the dressing over the vegetables and stir until coated.
4. Season the chicken with garlic powder, salt and pepper. Place the chicken on top of the vegetables in the baking dish.
5. Roast for 25 minutes. Set the chicken aside and stir the vegetables. Place the chicken back on top and bake for 15 more minutes, or until the vegetables are tender and the chicken reaches an internal temperature of 165 degrees.
6. Take pan from the oven and top with dried cranberries.

Recipe from: Feeding Pennsylvania and PA Eats



# PA Dutch-Inspired Unstuffed Cabbage

Makes 6 Servings

## Ingredients

- 1 pound lean ground beef
- 1 tablespoon olive oil
- 1 clove garlic, chopped
- 1 onion, chopped
- 1 green pepper, chopped
- 1 small head of green cabbage, cut into strips
- 1 (8 ounce) can tomato sauce
- 2 tablespoons tomato paste
- 1 (28 ounce) can diced tomatoes, not drained
- 1 teaspoon smoked paprika
- 1 tablespoon Worcestershire sauce
- 1/2 cup low sodium beef broth
- Salt and pepper, to taste

## Directions

1. Heat a large pot over medium heat. Add the ground beef and season with salt and pepper. Cook until browned, about 5 minutes. Remove the beef from the pot to a plate and set to the side.
2. Add olive oil and garlic to the pot and cook for 30 seconds. Then, add onion and peppers. Cook over medium heat until the onions are clear, about 5 minutes.
3. Add the cabbage, tomato sauce, tomato paste, and canned diced tomatoes to the pot and stir.
4. Stir in paprika, Worcestershire sauce and broth. Add the cooked beef back into the pot.
5. Turn the heat to high and bring to a boil. After it starts to boil, turn the heat to low to simmer (bubble) and cover with a lid. Allow to simmer over low heat for about 30 minutes, or until cabbage is very soft. Serve over rice or with cornbread.

Recipe from: Feeding Pennsylvania and PA Eats



# Hearty Turkey Vegetable Soup | Makes 8 Servings

## Ingredients

- 1 tablespoon olive oil
- 1 onion, chopped
- 1 pound lean ground turkey or beef
- 1 carrot, peeled and chopped
- 1 green pepper, chopped
- 1 (32 ounce) box low sodium beef broth
- 1 (26 ounce) jar tomato sauce
- 1 (15 ounce) can kidney beans, drained and rinsed
- 1 (15 ounce) can cannellini beans, drained and rinsed
- 1 (14.5 ounce) can diced tomatoes, not drained
- 2 teaspoons dried oregano
- 2 teaspoons dried parsley
- 1 teaspoon garlic powder
- Salt and pepper, to taste
- 1 cup uncooked pasta

## Directions

1. In a large pot, add olive oil, onion and ground meat. Cook over medium heat until the meat is no longer pink.
2. Add the carrot and pepper. Cook for 5 minutes.
3. Stir in the rest of the ingredients except the pasta. Bring to a boil, then turn the heat to medium low and allow soup to simmer (bubble). Simmer for 30 minutes.
4. Stir in the uncooked pasta and return to a simmer. Cook for 12 to 15 more minutes, or until the pasta is cooked.



Recipe from: Feeding Pennsylvania and PA Eats

# Baked Salmon Chickpea Patties

Makes 8 Servings

## Ingredients

- 1 cup canned chickpeas, drained and rinsed
- 1 egg
- 1 (5 ounce) can salmon, drained
- 1/4 cup breadcrumbs
- 1/2 cup plain Greek yogurt
- 1 teaspoon white vinegar
- 1 teaspoon dijon mustard
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried dill
- 1/2 teaspoon paprika
- Salt and pepper, to taste

## Directions

1. Preheat the oven to 400 degrees. Lightly grease a baking sheet and set aside.
2. Place the chickpeas in a zip-top bag. Using a heavy pan, mash chickpeas in the bag. Once the chickpeas are smooth and only have small lumps, set aside.
3. In a medium mixing bowl, lightly beat 1 egg. Add mashed chickpeas. If the canned salmon has bones, remove them. Add the salmon and the rest of the ingredients.
4. Stir with a fork, breaking up the salmon.
5. With a 1/3 measuring cup, measure out 8 patties, shaping with your hands, to about 1/2 inch thick.
6. Place on a baking sheet for 10 minutes. Flip the patties and cook for 10 more minutes.

Recipe from: Feeding Pennsylvania and PA Eats



# 4-Ingredient Banana French Toast

Makes 2 Servings

## Ingredients

- 1 ripe banana
- 1 egg
- 3 tablespoons milk
- 4 slices of bread
- 2 teaspoons butter or cooking spray
- A sprinkle of ground cinnamon (optional)

## Directions

1. Warm a medium or large pan over medium-low heat and grease with butter or cooking spray.
2. In a dish, mash the banana with a fork until smooth.
3. Add the egg and milk to the dish. Stir together. If using, add a sprinkle of cinnamon and stir.
4. Lay one slice of bread in the egg mixture, then flip it over so both sides are coated. Gently shake off extra batter and place the slice of bread in the pan. Repeat with remaining slices.
5. Allow bread to cook until golden brown on one side, about 3 to 4 minutes. Cook for 1 to 2 minutes on the other side.
6. Serve hot with syrup, frozen berries, fresh or canned fruit slices (bananas, pears, peaches), or with peanut butter.



Recipe from: Feeding Pennsylvania and PA Eats