

HUNGER TASK FORCE

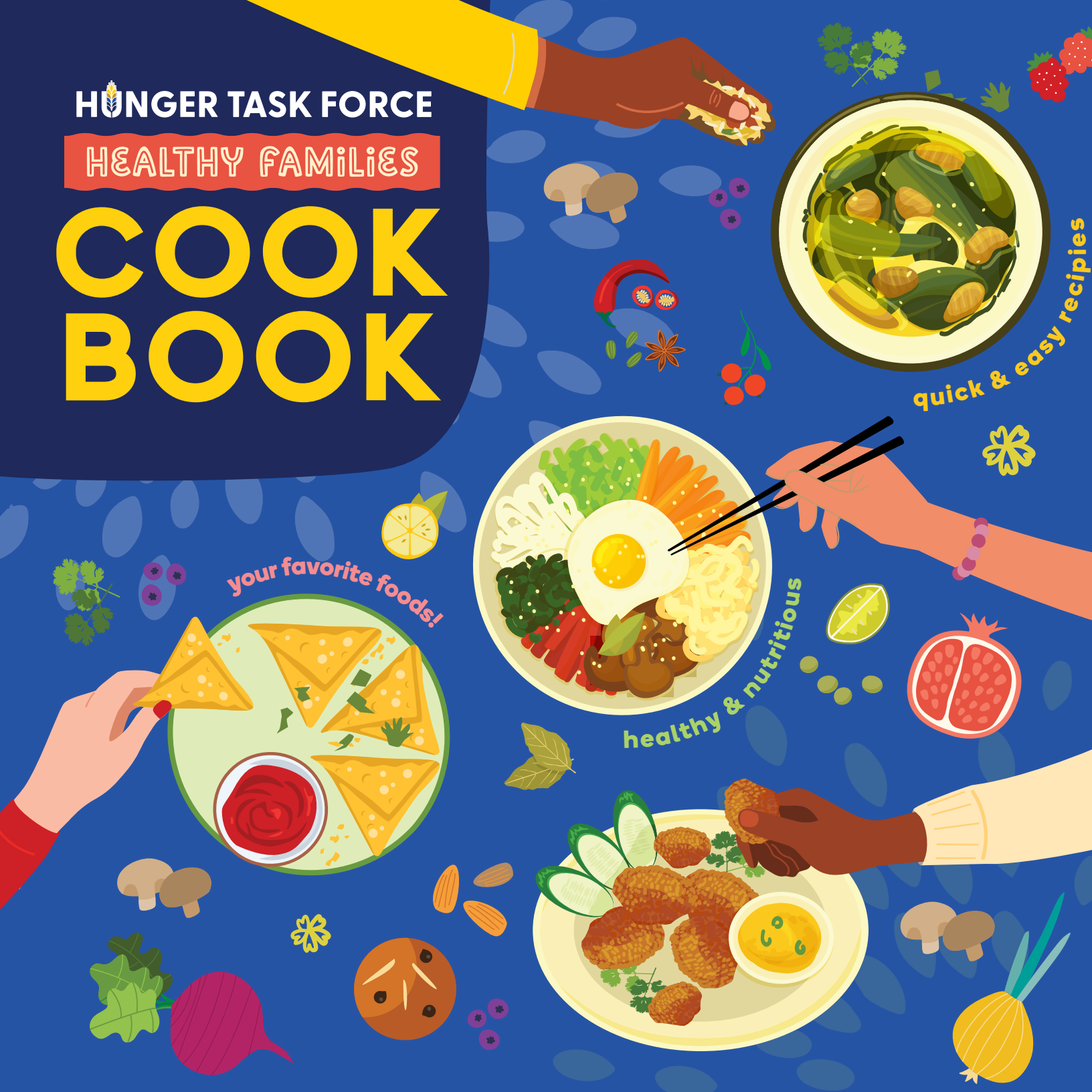
HEALTHY FAMILIES

COOKBOOK

quick & easy recipes

your favorite foods!

healthy & nutritious



THIS COOKBOOK PROVIDES A COMPREHENSIVE RESOURCE FOR STUDENTS, FAMILIES AND SCHOOL PARTNERS TO COOK UP NEW DISHES THAT MAKE HEALTHY CHOICES FUN AND EASY FOR KIDS.



The Hunger Task Force Nutrition Education program serves to help young students achieve a healthy lifestyle. The goal of the program is to teach complex nutrition concepts in a kid-friendly way, using hands-on experiences, both in the classroom, at the Hunger Task Force Farm in Franklin and in the McCarty Education Kitchen at Hunger Task Force's West Milwaukee headquarters.

Students have the unique opportunity to visit The Farm where they grow and harvest food in the School Garden and work with culturally relevant ingredients in our demonstration kitchen. Students also participate in stretching and physical activities that are age-appropriate, enjoyable, and offer variety.

Over the years, our program has received national attention. Community outreach partners and other food bank operators from across the country often visit Hunger Task Force to learn more, and our program continues to grow with new partnerships.

All these efforts align to help students build positive personal relationships with food and healthy living.

All of these recipes can be modified depending on allergies, food restrictions and family needs.

TABLE OF CONTENTS

Introduction and Basics to cooking	2
RECIPES	
Healthy Breakfasts	
Carrot Pancakes.....	10
Cranberry Pecan Granola.....	12
Healthy Breakfast Smoothies.....	14
Overnight Oats.....	16
Pumpkin Zucchini Chocolate Chip Muffins.....	18
After-School Snacks	
Baked Cauliflower Tots.....	20
Coconut Peanut Butter Balls.....	22
Cranberry Oatmeal Bites.....	24
Spicy Roasted Chickpeas.....	26
Zesty Kale Chips.....	28
Quick & Easy Sides	
Baby Bok Choy with Garlic.....	30
Corn and Cucumber Salad.....	32
Oven Roasted Okra.....	34
Pico de Gallo.....	36
Triple Header Greens.....	38
Hearty Main Dishes	
Build-Your Own Quesadillas.....	40
Personal Pizzas.....	42
Sesame Noodles with Broccoli.....	44
Vegetable Stew with Coconut milk.....	46
Sweet Treats	
Carrot Cake Cookies.....	48
Cherry Oat Crumble.....	50
Fruit Yogurt Pops.....	52

This institution is an equal opportunity provider and employer. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local office at 1-888-947-6583 or visit <https://access.wisconsin.gov>. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

COOKING BASICS

Cooking can be stressful and draining when it feels like a hurried, chaotic mess the whole time. Fortunately, there are a few simple steps you can take to make cooking feel less frustrating and anxiety-inducing:

1. **If using a recipe, read it through before doing anything else:** This ensures you have all of the ingredients and equipment you need. If you are only missing an ingredient or two, you can figure out substitutions, instead of having to think through while some ingredients are already cooking on the stove.
2. **Wash your hands and ingredients:** Give your hands a thorough wash with soap and water, making sure to get between fingers and cover all the nooks and crannies. Rinse off the soap, and dry with a clean towel. For most types of produce, use running water to rinse them off, and avoid using soap. Scrub firm fruits and vegetables with a brush, including melons that you will cut. Bacteria and dirt can be transferred from the outside of a fruit or vegetable to the inside, so washing is important even if you don't eat the outside part.
3. **Gather your equipment:** Place all of the equipment you'll need in one spot to make it easier to access.
4. **Do the prep work:** Chop all of the ingredients before you begin the cooking process. Having all of your ingredients chopped and ready to go in containers drastically reduces stress once the pan is hot. You don't have to worry about your onions burning while you're still trying to chop your carrots or cut up the meat.
5. **Clean during downtime:** Reduce the stress of dishes by cleaning as you go! Wash used dishes when you're waiting for your food to cook or chill.



PANTRY BASICS

Although not always possible, having a pantry stocked with basic ingredients can allow you to create countless recipes without having to run to the store every time you want to make something. Everyone's pantry essentials will be different, as it depends on individual needs and preferences, but here is guide to get you started:

Cooking and Baking Essentials	Dry Goods	Dried Herbs & Spices	Canned and Jarred Foods	Root Vegetables
<ul style="list-style-type: none">• Baking powder• Baking soda• Cornstarch• Salt• Black pepper• Cooking oils• Distilled white vinegar• Vanilla	<ul style="list-style-type: none">• Brown rice• All-purpose flour• Whole wheat flour• Whole wheat pasta• Old-fashioned oats• Tortillas• Dry beans• Bread	<ul style="list-style-type: none">• Italian seasoning• Garlic powder• Paprika• Chili powder• Cinnamon	<ul style="list-style-type: none">• Salmon• Tuna• Chicken• Beans• Tomato sauce• Peanut butter• Salsa• Vegetables• Fruits (packed in water, juice, or light syrup)	<ul style="list-style-type: none">• Onions• Potatoes



DAIRY MILK SUBSTITUTES

Dairy Milk Substitutes

- **Evaporated Milk:** Mix 50/50 with water.
- **Sweetened Condensed Milk:** Mix 50/50 with water.
- **Sour Cream or Plain Yogurt:** Replace measure for measure. This works in baked goods and savory recipes. Vanilla yogurt can also be used in desserts. To use Greek yogurt, combine 2/3 cup Greek yogurt with 1/3 cup water.
- **Half and Half:** Mix 50/50 with water.
- **Heavy Cream:** To replace one cup, combine 1/4 cup heavy cream and 3/4 cup water.
- **Powdered Milk:** Follow the manufacturers' instructions and replace measure for measure. Powdered milk also has a longer shelf life, perfect for those who consume milk at a slower rate.
- **Water:** Use as a 1:1 replacement in cakes and other desserts. Consider adding one tablespoon of melted butter for every cup of milk that's called for. To make mac and cheese, replace the milk with water, and double the butter called for.



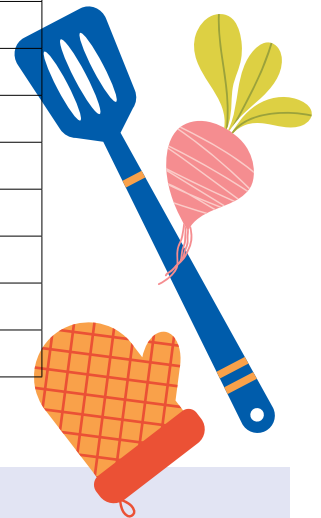
Dairy-Free Milk Substitutes

Replace measure for measure with one of the following:

- **Almond Milk:** Use in desserts and other sweet foods.
- **Soy Milk:** Use in sweet or savory dishes, but stick to unflavored in savory recipes. Excellent choice for sauces and casseroles. Also excellent for baked goods that contain lemon juice or vinegar, as these require a high-protein milk to rise properly.
- **Rice Milk:** This tastes the most like milk, but it's pretty thin, so it doesn't work well in creamy sauces and dishes.
- **Oat Milk or Hemp Milk:** These high-protein milks are also solid options in baked goods that rely on protein and an acid – like lemon juice or vinegar – to rise.

BASIC LIQUID MEASURE CONVERSION (US)

Gallon	Quart	Pint	Cup	Fluid Ounce	Tablespoon	Teaspoon
				1/2 fl. oz.	1 Tbs.	3 tsp.
			1/8 c.	1 fl. oz.	2 Tbs.	6 tsp.
			1/4 c.	2 fl. oz.	4 Tbs.	12 tsp.
			1/2 c.	4 fl. oz.	8 Tbs.	24 tsp.
	1/4 qt.	1/2 pt.	1 c.	8 fl. oz.		
	1/2 qt.	1 pt.	2 c.	16 fl. oz.		
1/4 gal.	4 qt.	2 pt.	4 c.	32 fl. oz.		
1/2 gal.	2 qt.	4 pt.	8 c.	64 fl. oz.		
1 gal.	4 qt.	8 pt.	16 c.	128 fl. oz.		



1 GALLON = 4 QUARTS = 8 PINTS = 16 CUPS

MAKING THE MOST OF YOUR FOOD BUDGET!

Making a plan, using coupons, shopping at local farmers' markets and staying organized when at the grocery store are all great ways to save money, choose healthier options and stretch your food buying dollars. Below are other helpful programs and opportunities you may be eligible for that will help you make healthier meals that fit your budget.

Get Groceries Using FoodShare

FoodShare (food stamps/EBT) is Wisconsin's first line of defense against hunger. Low-income households are eligible for FoodShare. FoodShare provides food buying power at the grocery store through an EBT card called Quest. People can apply online, over the phone or receive in-person help. People with little or no money for food can get priority help.

♦ Learn more at: www.HungerTaskForce.org/foodshare



Shop the Mobile Market

Hunger Task Force and Piggly Wiggly are proud partners on the Mobile Market. This grocery store on wheels visits neighborhoods and communities that have limited access to fresh and healthy foods. The Mobile Market is open to the public and makes stops at sites throughout Milwaukee County to bring healthy food to people.

♦ Learn more at: www.HungerTaskForce.org/mobile-market



Utilize the Women, Infant and Children Program (WIC)

Pregnant and post-partum women, infants and children up to age 5 are eligible for the Women, Infant and Children's Program, commonly called WIC. WIC provides a debit card for the purchase of healthy foods each month, plus nutrition education and other support services.

♦ Learn more at: www.HungerTaskForce.org/wic



Take Advantage of School Meals

For families with children – take advantage of free or reduced meals at school. Check in with your district to see if you qualify and inquire about summer programs that offer free meals for kids. The National School Lunch Program, School Breakfast Program, and Summer Food Service Program help ensure kids have access to healthy food throughout the year.

♦ Learn more at: www.HungerTaskForce.org/school-meals



KNIFE SKILLS FOR THE LITTLE ONES

One of the most essential skills you can have in the kitchen is knife skills. Knives can feel scary to work with if you don't have much experience, but there are a few basic techniques that can ensure your safety and help you.



- **The claw method:** when chopping fruits, vegetables, and other items, place your free hand on the ingredient in the shape of a claw. This not only holds the ingredient in place, but it also protects your fingers from the sharp blade. Bring the knife down to slice and keep the side of the knife in contact with your knuckle.

- **Creating a flat side:** the first cut(s) you should make with a fruit or vegetable is one that will give you a flat side. From there, the produce will be stable and easier to keep in place with your clawed hand.

- **Using a sharp knife:** a dull knife is more dangerous than a sharp one. Dull knives slip more easily and are more likely to cause injuries. Test the sharpness of your knife by gently sliding the blade on a plastic marker or pen. If it sticks, it's sharp. If it slides, it's dull. You can find knife sharpeners for as little as a few dollars, and giving your knife a few swipes from time to time can make chopping feel much less difficult and frustrating.

- **Using the right knife for the job:** many people are intimidated by how large a chef's or kitchen knife is, so they opt to use pairing knives when chopping fruits and vegetables. Using a blade that is too small can make



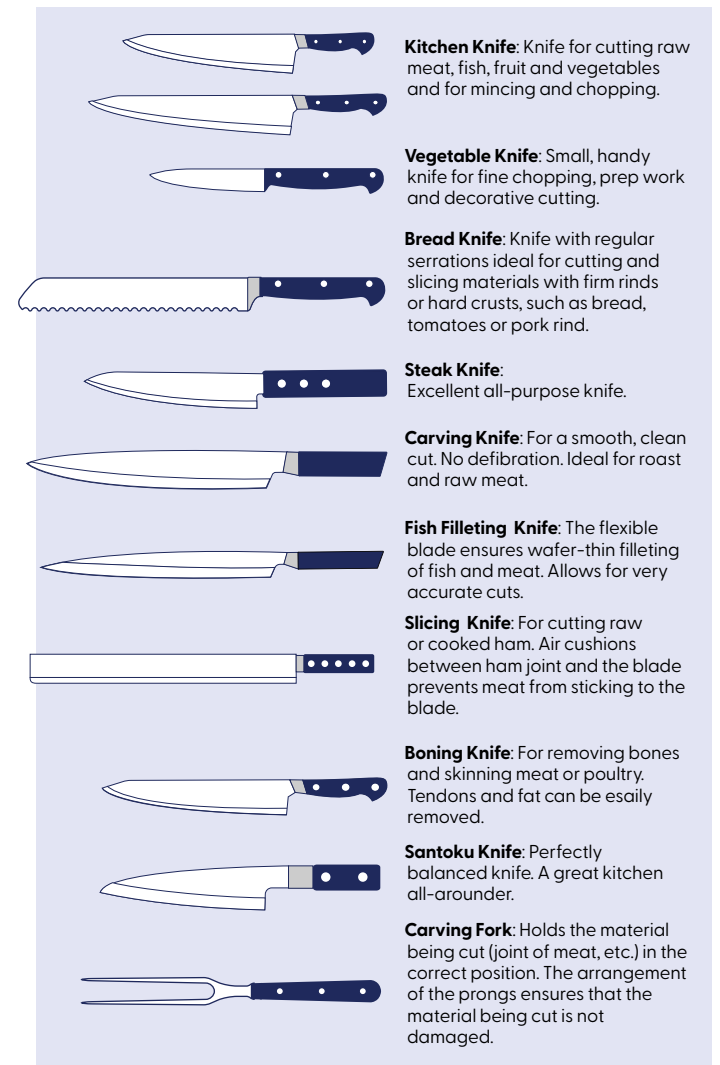
chopping take twice as long and feel twice as frustrating. By following the above knife skills tips, using a chef's knife can be perfectly safe and more efficient.

- **Using a cutting board:** chopping vegetables on a plate or the counter can quickly dull and damage knives. It also makes cutting less efficient. Using a cutting board protects your knives and gives you a flat, even surface to work with. If your cutting board moves around while you're trying to cut, put a damp towel beneath it to keep it in place.

- **Taking your time:** we've all seen professional chefs on tv slice onions at the speed of light, but that doesn't mean home cooks have to! There's nothing wrong with taking your time when chopping, especially at first. Chopping slowly and methodically can make your dish better, as it provides a more uniform and appealing appearance, and it can ensure more even cooking. In the kitchen, slow is smooth, and smooth is fast, meaning that taking a bit of extra time to do things the right way can save you a lot of time, headaches and wasted ingredients overall.

KITCHEN KNIVES AND THEIR FUNCTIONS

There are lots of possible knives to choose from, but most home cooks really only need a kitchen knife, a vegetable knife, and a bread knife. If you can only have one knife, however, make it a kitchen knife. You can complete almost any task with this knife alone.





**SERVE WITH
UNSWEETENED
APPLE SAUCE OR
FRESH FRUIT!**



PREP TIME
15 minutes



COOK TIME
10 minutes



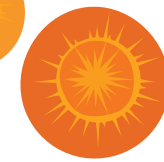
SERVINGS
7 medium pancakes



UTENSILS NEEDED
3 Medium bowls
Grater
Measuring cups
Measuring spoons
Large skillet or griddle
Slotted spatula



APPLIANCES NEEDED
Stove top or electric skillet



CARROT PANCAKES



These sweet and savory pancakes are a great way to incorporate vegetables in the morning or at breakfast for dinner! Carrots are high in vitamin A, a nutrient that keeps your immune system and eyes healthy.

INGREDIENTS



- 1/2 cup oats (quick cooking or old fashioned rolled)
- 3/4 cup low-fat buttermilk*
- 1/2 cup finely grated or chopped carrot
- 1 egg
- 1 Tbsp vegetable oil
- 1/4 cup nonfat or 1% milk
- 1/2 cup all-purpose flour

1 Tbsp sugar

1 tsp baking powder

1/2 tsp baking soda

1/2 tsp salt

1/2 tsp vanilla (optional)

1/2 tsp cinnamon (optional)



DIRECTIONS

1. Wash your hands with soap and water.
2. In medium bowl 1, mix oats and buttermilk* and set aside to soak.
3. In medium bowl 2, add egg, oil, milk, and vanilla extract, beat well. Stir in the carrot.
4. In a medium bowl 3, stir together flour, sugar, baking powder, baking soda, salt, and cinnamon (optional).
5. Combine ingredients in medium bowl 1 and 2. Stir well.
6. Add dry ingredients from bowl 3 to the oat and carrot mixture and stir gently. If it seems too thick, add a small amount of milk.
7. Lightly grease a large skillet or griddle and heat over medium-high heat (350 degrees F in an electric skillet). For each pancake, pour about 1/4 cup batter onto the hot skillet or griddle.
8. Cook until bubbles come to the surface of the pancake and the edges begin to dry. Turn over and cook on the other side until golden brown.
9. Refrigerate leftovers within 2 hours.

NOTES: *Make your own buttermilk by adding 3/4 Tbsp of white vinegar or lemon juice to 3/4 cup of milk. Stir together and allow to sit for a minute or two. The milk will curdle slightly and is ready for use.



CUSTOMIZE YOUR GRANOLA BY ADDING YOUR FAVORITE NUTS, SEEDS AND SPICES



PREP TIME
15 minutes



COOK TIME
20 minutes; 30 minutes
Total time: 1 hour 5 minutes



SERVINGS
12 servings, 1/2 cup each



UTENSILS NEEDED
Large mixing bowl
Measuring cups
Measuring spoons
Spoon or spatula
Baking sheet
Parchment paper
Small saucepan





APPLIANCES NEEDED
Oven





CRANBERRY PECAN GRANOLA

Homemade granola is easy and endlessly customizable. Did we mention homemade granola is much cheaper than granola bought at the grocery store? Use your favorite mix of nuts, seeds, and spices to make it your own.

INGREDIENTS

-  4 cups old fashioned rolled oats
-  1/2 cup chopped pecans
- 1/2 cup unsweetened coconut
- 1/2 cup cooking oil
- 1/4 cup brown sugar

- 1/4 cup honey or maple syrup
- 1/4 tsp cinnamon 
- 1/2 tsp salt
-  1/2 tsp vanilla extract
- 1/2 cup dried cranberries



DIRECTIONS

1. Wash your hands with soap and water.
2. Preheat oven to 350 degrees F. In a large mixing bowl, stir together oats, pecans, and coconut.
3. In a small saucepan, add the oil, brown sugar, honey, cinnamon, salt, and vanilla. Stir and cook over medium heat about 3-5 minutes or until the brown sugar is melted.
4. Pour the sugar and oil mixture over the bowl of dry ingredients. Stir until everything is very well coated.
5. Line a large baking sheet with parchment. Spread an even layer of the granola over the parchment paper on the baking sheet.
6. Bake the granola for 20 minutes, or until it is deeply golden brown.
7. Remove the baking sheet from the oven and stir in the dried cranberries while the granola is still warm and soft. Spread it out into an even layer again and let cool completely. The granola will harden as it cools.
8. Once cool, break the granola into chunks and transfer to an air-tight container for storage.

NOTES: Eat as a snack or serve over your favorite yogurt.



PREP TIME
10 minutes



COOK TIME
No cooking necessary



SERVINGS
2 servings



UTENSILS NEEDED
Measuring cups
Measuring spoons

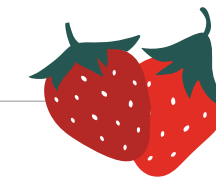


APPLIANCES NEEDED
Blender

HEALTHY BREAKFAST SMOOTHIES



Looking for a refreshing breakfast? These kid-approved smoothies are a quick, colorful way to get your fruits and veggies in. Try on a hot, summer day or every morning for breakfast!



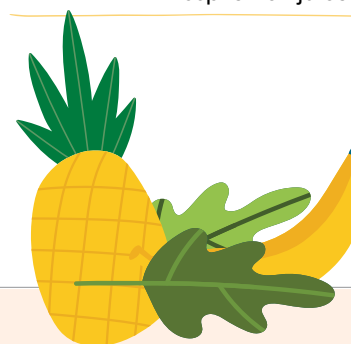
INGREDIENTS

TROPICAL GREEN SMOOTHIE

- 1 cup spinach or other greens
- 1 cup 1% milk (or milk of choice)
- 1 3/4 cup frozen pineapple chunks
- 1 medium banana
- 1 Tbsp lemon juice (optional)

UN-BEET-ABLE BERRY SMOOTHIE

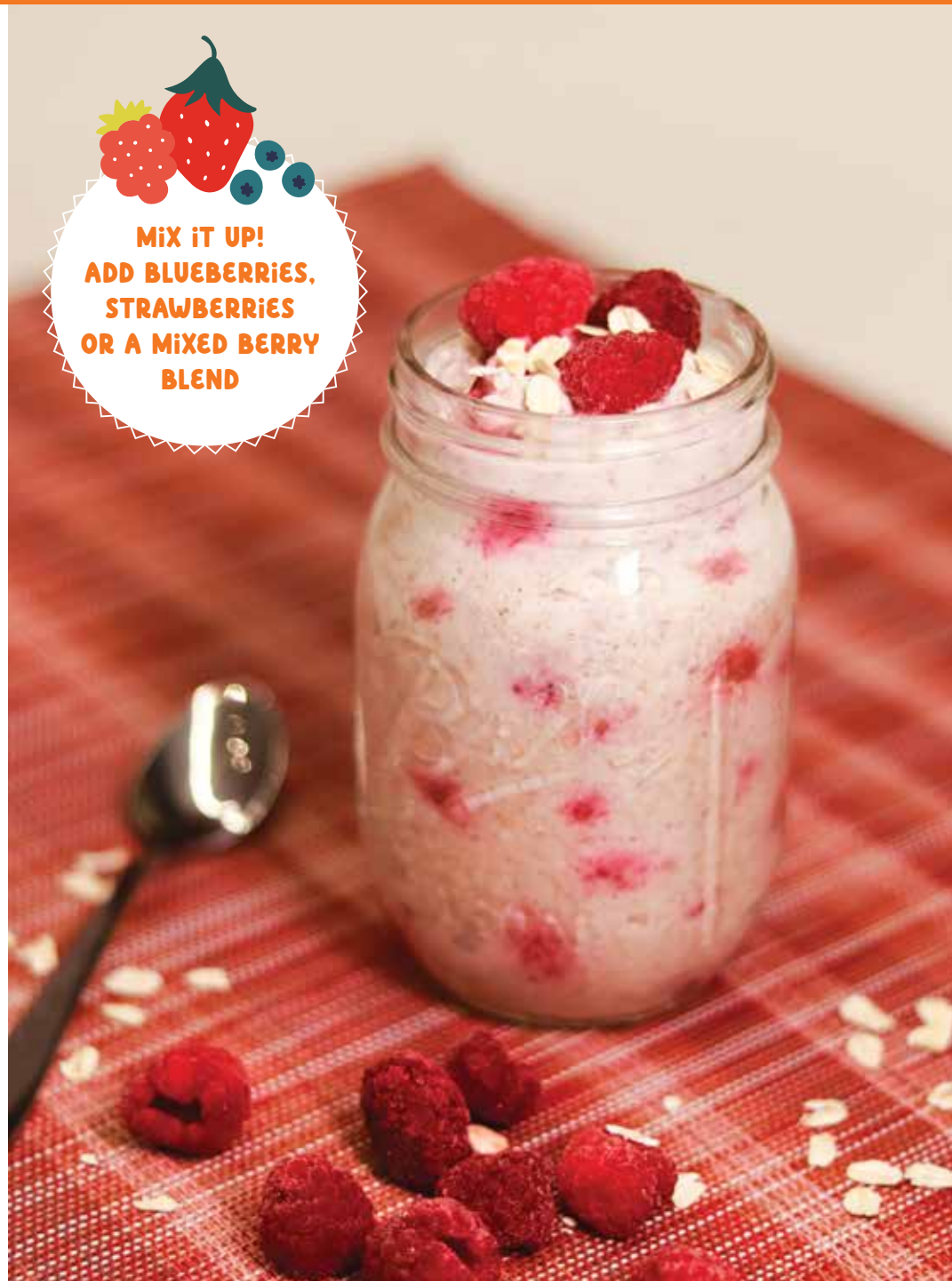
- 1 cup pineapple juice
- 1 cup unsweetened vanilla almond milk
- 1 cup fresh or frozen strawberries
- 1/2 cup fresh or frozen blueberries
- 1/2 cup canned sliced beets, drained



DIRECTIONS

1. Wash your hands with soap and water.
2. Add all ingredients to blender and blend until smooth.
3. Serve immediately.

NOTES: For a thicker smoothie, use frozen fruit instead of fresh fruit.
Substitute yogurt, low-fat milk or milk of your choice for the unsweetened almond milk.



MIX IT UP!
ADD BLUEBERRIES,
STRAWBERRIES
OR A MIXED BERRY
BLEND



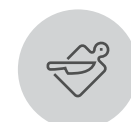
PREP TIME
 10 minutes



COOK TIME
 No cooking necessary



SERVINGS
 1 serving



UTENSILS NEEDED
 Container with a lid
 (Tupperware or Mason Jar)
 Measuring cups
 Measuring spoons



APPLIANCES NEEDED
 Refrigerator

OVERNIGHT OATS

A super-simple breakfast that only takes 5 minutes to prep!
 Mix it together and refrigerate overnight for a quick morning boost of nutrients!

INGREDIENTS

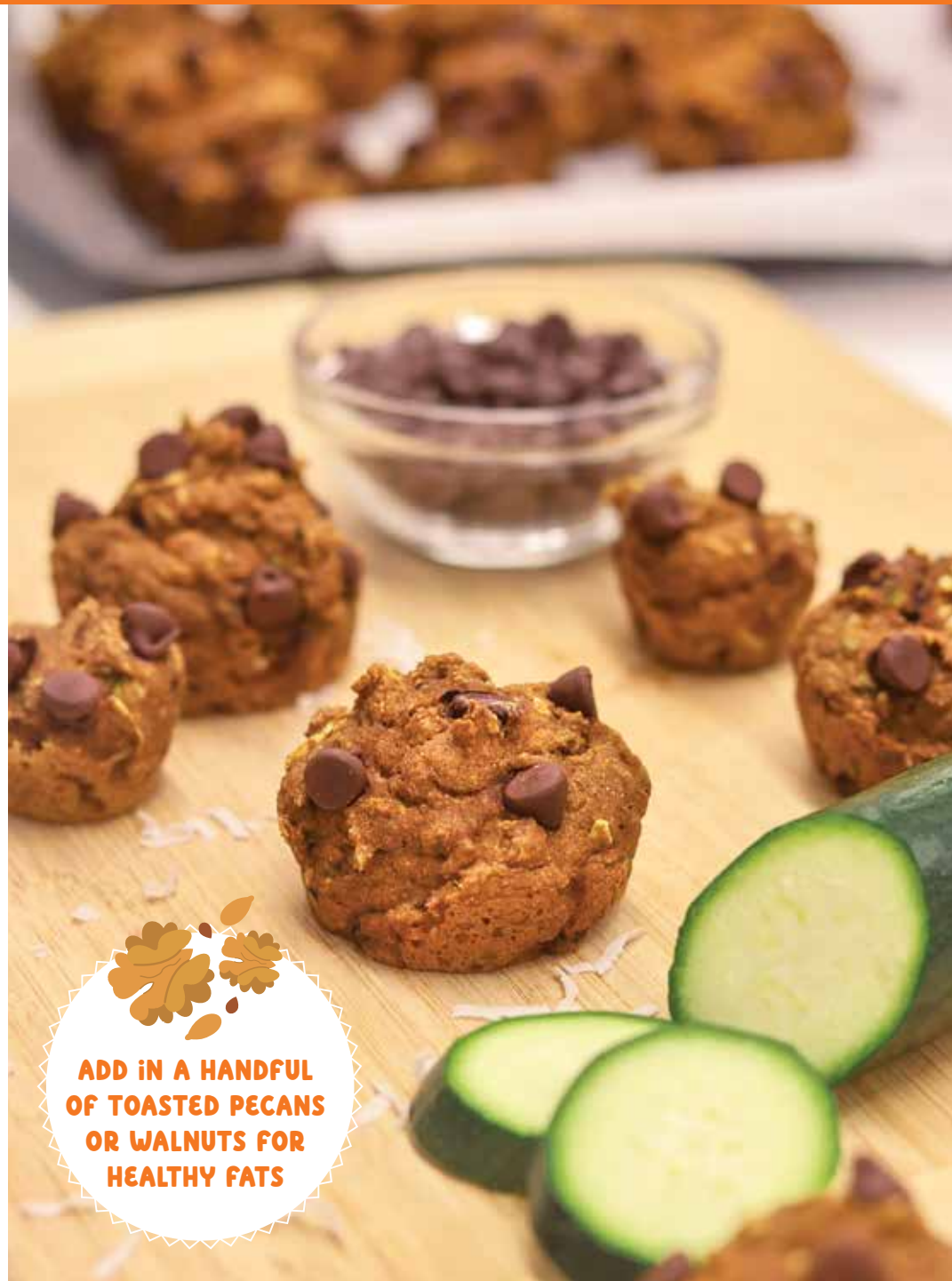
- 1/2 cup low-fat milk (or less for thicker oatmeal)
- 1/4 cup Greek yogurt, fat-free
- 2 tsp honey
- 1/4 tsp cinnamon

- 1/4 tsp vanilla extract
- 1/2 cup uncooked rolled oats
- 1/4 cup raspberries, fresh or frozen

DIRECTIONS

1. Wash your hands with soap and water.
2. Combine milk, yogurt, honey, cinnamon and vanilla extract in a container or jar with a lid.
3. Add oats and mix well.
4. Gently fold in raspberries.
5. Cover and refrigerate 8 hours to overnight.
6. Enjoy cold or heat as desired.

NOTES: Use any yogurt as a substitute for Greek yogurt.
 Use oat, almond or coconut milk as a substitute for the low-fat milk



PREP TIME
15 minutes



COOK TIME
20 minutes



SERVINGS
12 medium-sized muffins



UTENSILS NEEDED
Large bowl
Medium bowl
Measuring cups
Measuring spoons
Whisk
Muffin Tin (or loaf pan)
Grater
Nonstick cooking spray



APPLIANCES NEEDED
Oven

ADD IN A HANDFUL OF TOASTED PECANS OR WALNUTS FOR HEALTHY FATS






PUMPKIN ZUCCHINI CHOCOLATE CHIP MUFFINS



A delicious, low-fat pumpkin muffin with a touch of vegetables and some sweet chocolate chips! A healthy alternative to other sugary breakfast options.

INGREDIENTS

- 1 1/2 cup whole wheat flour or white flour
- 1 tsp baking soda
- 1/4 tsp salt
-  2 tsp cinnamon
- 1/2 tsp ground ginger
- 1/2 tsp nutmeg
- 1/4 tsp ground cloves
- 3/4 cup canned pumpkin puree

- 1 cup shredded zucchini, squeezed of excess moisture
- 1/3 cup honey (or pure maple syrup) 
- 1 Tbsp olive or coconut oil
- 1 egg
- 1 tsp vanilla extract
- 1/2 cup unsweetened vanilla almond milk
-  1/2 cup chocolate chips



DIRECTIONS

1. Wash your hands with soap and water.
2. Preheat oven to 350 degrees F. Grease muffin tin with nonstick cooking spray.
3. In a large bowl, whisk together flour, baking soda, salt, cinnamon, ginger, nutmeg, and cloves.
4. In a separate bowl combine pumpkin, zucchini, honey, oil, egg and vanilla until well combined and smooth. Whisk in almond milk. Add wet ingredients to dry ingredients and mix until just combined. Gently fold in chocolate chips, reserving a few for sprinkling on top.
5. Bake for 20 minutes or until a toothpick comes out clean. Cool on wire rack for 10 minutes, then remove muffins from pan and transfer to wire rack to finish cooling.

NOTES: Add 1/2 cup of unsweetened shredded coconut to make these muffins a bit sweeter.



**SERVE WITH
KETCHUP OR YOUR
FAVORITE PIZZA
SAUCE**



PREP TIME
10 minutes



COOK TIME
20 minutes



SERVINGS
Makes 15 tots



UTENSILS NEEDED
Medium bowl
Spoon or spatula
Cookie sheet
Parchment paper
Measuring cups
Measuring spoons
Grater
Knife



APPLIANCES NEEDED
Oven or air fryer

BAKED CAULIFLOWER TOTS

A tasty and healthy alternative to traditional tots - these tots are made with cauliflower, a nutrient-dense and high-fiber vegetable. Serve with a side of ketchup or hot sauce - or just as tasty on their own.

INGREDIENTS

2 cups grated or finely chopped cauliflower (about 1/2 medium head)	1/2 cup grated cheddar cheese 
1 egg	1/4 tsp salt
3 Tbsp flour	1/8 tsp cayenne (optional)



DIRECTIONS

1. Wash your hands with soap and water.
2. Preheat oven to 400 degrees F.
3. Line baking sheet with parchment paper or lightly grease.
4. In a medium bowl, combine all ingredients and mix well.
5. Press mixture together to make about 15 small nuggets and put them on the baking sheet with about one inch of space between each one.
6. Bake for 20 minutes or until cooked through. For extra crispy tots, broil for an additional 2 minutes. Watch closely to avoid burning.
7. Refrigerate leftovers within 2 hours.

NOTES: *Texture is best when freshly made.*
Air fryer: 400 degrees for 9-11 minutes, flip halfway through.



PREP TIME

35 minutes



SERVINGS

Makes 15 medium balls



UTENSILS NEEDED

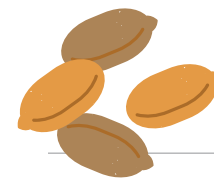
Large mixing bowl
Measuring cups
Measuring spoons
Spatula or spoon



APPLIANCES NEEDED

Refrigerator

COCONUT PEANUT BUTTER BALLS

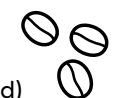


These no-bake energy bites only have five healthy ingredients and are packed with protein. Choose to enjoy as a snack, dessert, or breakfast! Prepare your snack for the whole week.

INGREDIENTS

- 1/2 cup peanut butter or almond butter
- 1/4 cup maple syrup, honey, or agave syrup
- 1/4 cup chia seeds

- 1 cup oats (quick-cooking or old fashioned rolled)
- 1/2 cup unsweetened shredded coconut
- 2 Tbsp cocoa powder



DIRECTIONS

1. In a large mixing bowl, starting with 1/2 cup nut butter, mix all ingredients together. If the mixture seems too dry, add more nut butter.
2. Chill for 20 minutes in refrigerator.
3. Shape into small balls about 1 inch in diameter.
4. Enjoy or refrigerate in a covered container for future snacking!

NOTES: Place mixture into baking pan instead for Step 3 to make into bars!





PREP TIME
15 minutes



CHILL TIME
50 minutes



SERVINGS
Makes 16 small balls



UTENSILS NEEDED
Medium mixing bowl
Measuring cups
Measuring spoons
Spoon or spatula
Cooking sheet



APPLIANCES NEEDED
Refrigerator



CRANBERRY OATMEAL BITES

This is a child-favorite tasty twist to trail mix. Pack your protein in with these Cranberry Oatmeal Bites to keep you full until your next meal!

INGREDIENTS

- 1 cup oats (quick-cooking or old fashioned rolled)
- 1/3 cup chopped almonds or other nuts or seeds
- 1/3 cup peanut butter

- 1/3 cup dried cranberries or other dried fruit
- 3 Tbsp honey* or maple syrup

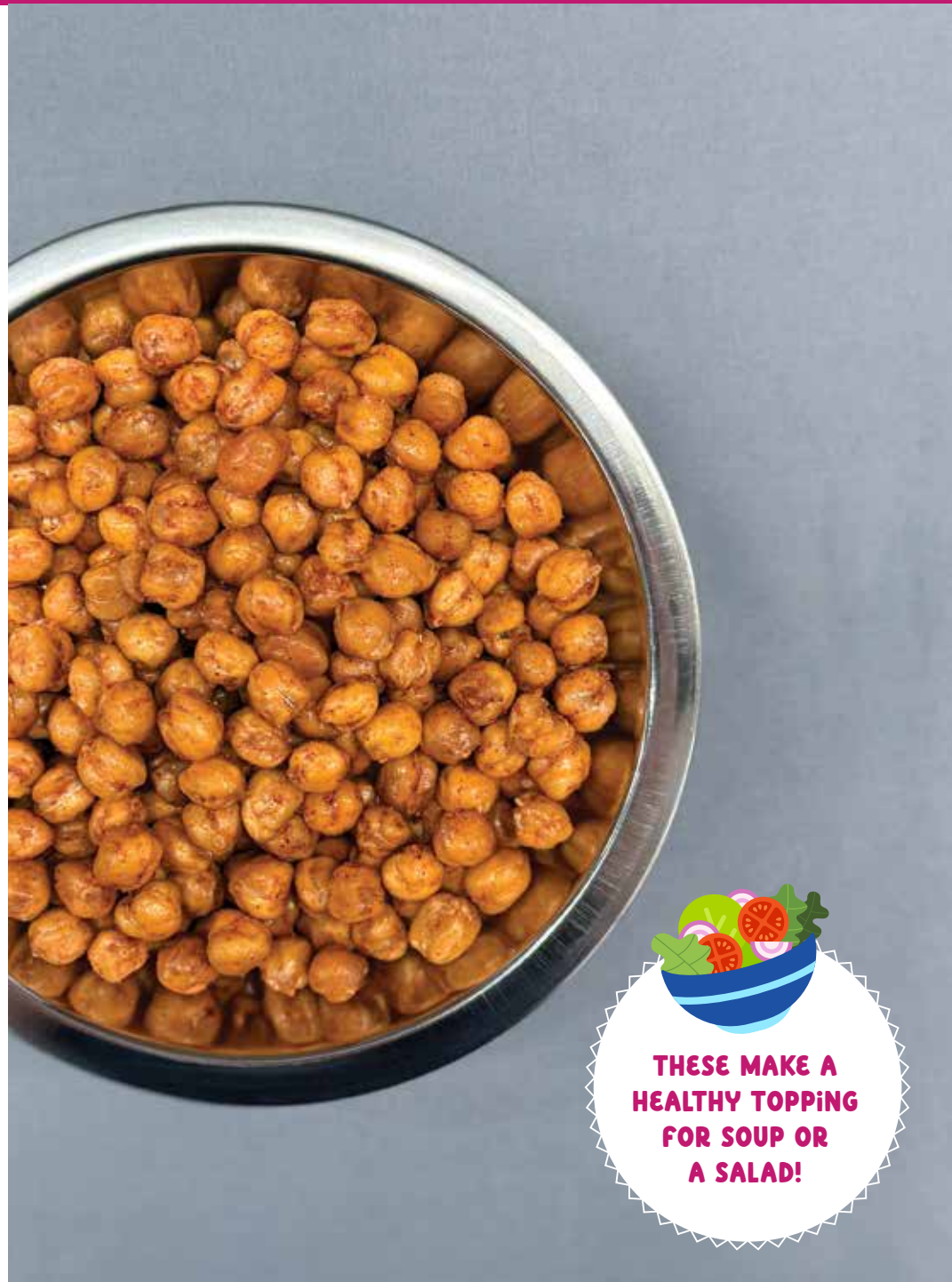


* Honey is not recommended for children under 1 year old.

DIRECTIONS

1. Wash your hands with soap and water.
2. In a medium mixing bowl, combine all ingredients until well mixed.
3. Chill in refrigerator for 20 minutes.
4. Scoop 1 tablespoon of mixture into a ball and place on a baking sheet. Repeat with remaining mixture to make 16 balls.
5. Refrigerate for 30 minutes.

NOTES: To avoid sticky fingers, keep the cranberry oatmeal bites cool until ready to eat.
Use sunflower seed butter or other nut butter instead of peanut butter.



PREP TIME
10 minutes



COOK TIME
45-60 minutes



SERVINGS
16 servings, 1/4 cup each

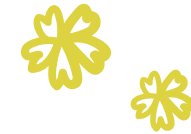


UTENSILS NEEDED
Medium mixing bowl
Measuring cups
Measuring spoons
Spoon or spatula
Baking sheet
Parchment paper
or aluminum foil



APPLIANCES NEEDED
Oven

SPICY ROASTED CHICKPEAS



This snack may taste salty, but it's actually low in sodium! Using seasonings that are in their powder form helps us keep our sodium levels low. There are many different flavors and seasonings to try with this recipe!

INGREDIENTS



2-15oz cans chickpeas (garbanzo beans)
or about 4 cups cooked chickpeas

1 Tbsp olive oil

1/2 tsp paprika

1/2 tsp sea salt

1/2 tsp garlic powder

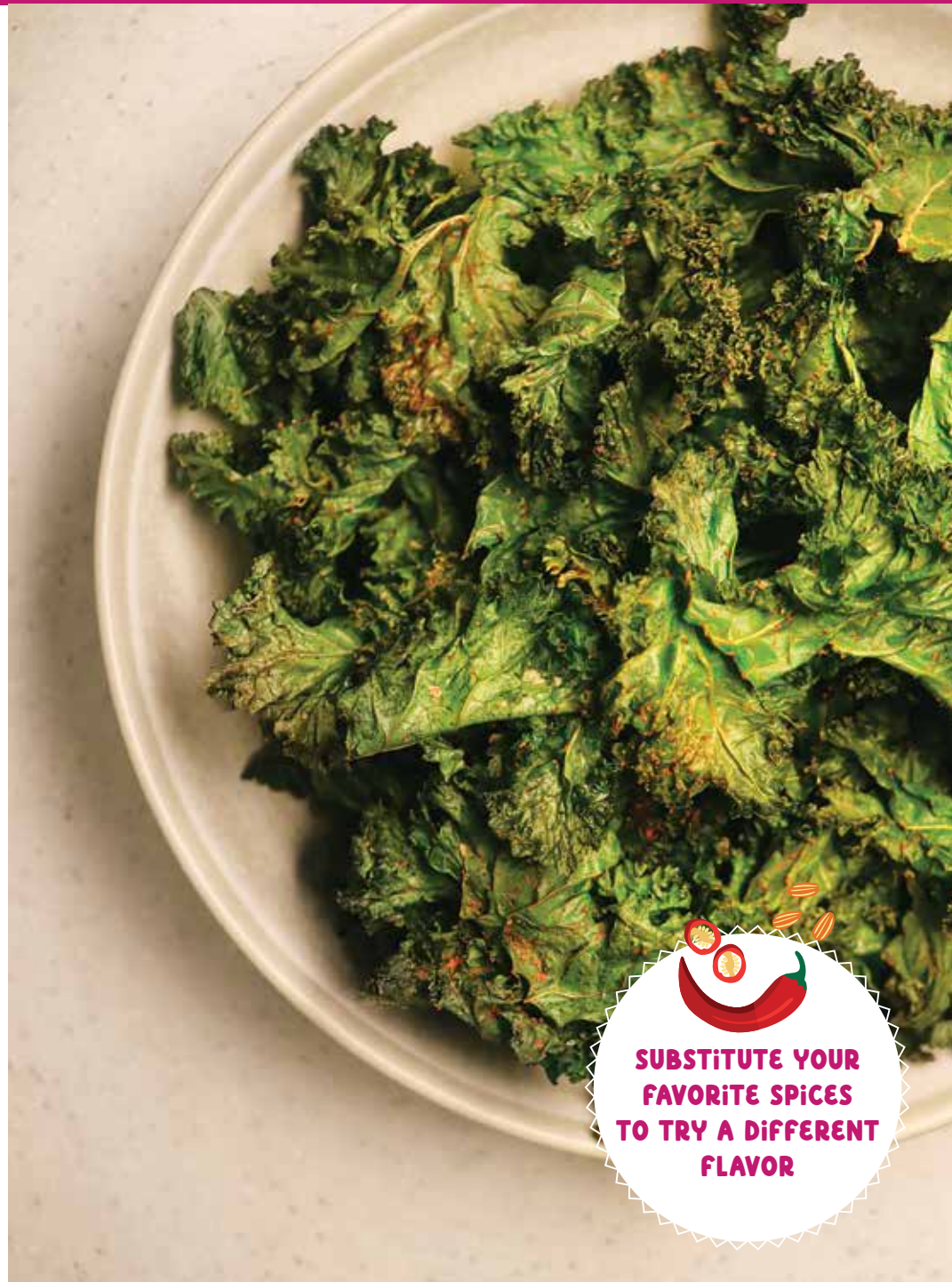
1/8 tsp cayenne pepper



DIRECTIONS

1. Preheat oven to 375 degrees F.
2. Drain and rinse chickpeas in a strainer. Spread chickpeas onto paper towels and lightly dab to absorb excess moisture.
3. Line baking sheet with parchment paper or aluminum foil. Spread chickpeas across baking sheet.
4. Roast chickpeas in the oven for 45-60 minutes, or until the chickpeas are crunchy throughout. Stir every 10 minutes for extra crisp.
5. While the chickpeas are still hot, toss with olive oil and seasonings.
6. Serve hot or at room temperature.
7. Store in airtight container for up to 4 days.

NOTES: For less spicy chickpeas, use 1 Tbsp olive oil, 1 tsp garlic powder and 1/2 tsp salt.



PREP TIME
5 minutes



COOK TIME
20 minutes



SERVINGS
10 chips



UTENSILS NEEDED

Medium mixing bowl
Cutting board
Knife
Paper towel or salad spinner
Measuring spoons
Spoon or spatula
Baking sheet
Parchment paper



APPLIANCES NEEDED

Oven or air fryer



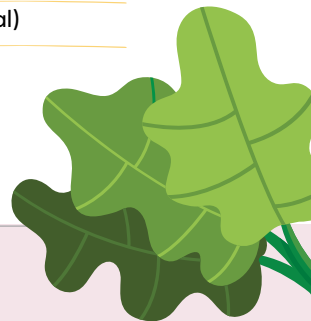
ZESTY KALE CHIPS

This healthy, zesty twist on potato chips will have you wanting more – and that’s fine! Unlike potato chips, this snack option is high in fiber, antioxidants, vitamin A, B, C, potassium, and calcium. Enjoy as many as you’d like!

INGREDIENTS

1/2 bunch kale leaves (approx. 30 leaves)
2 tsp olive oil
1/2 tsp garlic powder
1/2 tsp paprika

1/4 tsp salt
1/4 tsp black pepper
1/8 tsp cayenne pepper (optional)



DIRECTIONS

1. Wash your hands with soap and water.
2. Preheat oven to 300 degrees F.
3. Remove the stems from the kale leaves. Rip large leaves into halves or fourths to make them “chip-size”.
4. Wash and dry the leaves using a paper towel or salad spinner. Place the washed leaves in a medium mixing bowl.
5. Add the olive oil and spices to the bowl. Mix gently until the leaves are coated.
6. Spread the leaves in a single layer on a parchment lined baking sheet. (You may need to repeat the cooking process twice to bake all the leaves).
7. Bake the leaves for 10 minutes and rotate the pan. Bake for another 5-7 minutes or until the leaves feel and appear crispy.
8. Once the leaves are completely dried out, remove from the oven and cool for about 3 minutes.
9. Enjoy as a snack or use these to top off your salad for a little crunch.

NOTES: This healthy alternative to potato chips is sure to please! If you don’t have kale on hand, try using collards or swiss chard to make chips.



TOP WITH CHOPPED PEANUTS FOR EXTRA CRUNCH



PREP TIME
5 minutes



COOK TIME
5 minutes



SERVINGS
3 servings



UTENSILS NEEDED
Wok or large frying pan/
skillet
Cutting board
Knife
Measuring cups
Measuring spoons



APPLIANCES NEEDED
Stove top, electric skillet,
or hot plate

BABY BOK CHOY WITH GARLIC

Try this recipe with baby bok choy or traditional bok choy. We prefer baby bok choy for a quicker cook time and more consistent texture!



INGREDIENTS

1 1/2 Tbsp olive oil (canola or vegetable oil)
2 tsp garlic, minced
1lb Baby Bok Choy
1 Tbsp low-sodium soy sauce



1/2 tsp white sugar
1/4 cup broth
Salt and pepper to taste, just a sprinkle

DIRECTIONS

1. Wash your hands with soap and water.
2. Heat a frying pan or wok over medium heat. Add oil to and heat until simmering.
3. Add garlic and stir-fry for about 30 seconds.
4. Add Bok Choy and cook for 30 seconds.
5. Add soy sauce and sugar to frying pan. Season with salt and pepper and cook for 1 minute.
6. Pour broth into the frying pan. Cover and simmer for about 3 minutes, or until Bok Choy leaves are dark green and stems are tender but still firm.
7. Remove from heat.

NOTES: For extra flavor drizzle sesame oil over bok choy before serving.
You can substitute water for broth in step 6.



PREP TIME
10 minutes



COOK TIME
No cook time necessary



SERVINGS
7 servings



UTENSILS NEEDED
Cutting board
Sharp knife
Measuring cups
Measuring spoons
Large mixing bowl
Spoon or spatula



APPLIANCES NEEDED
Refrigerator

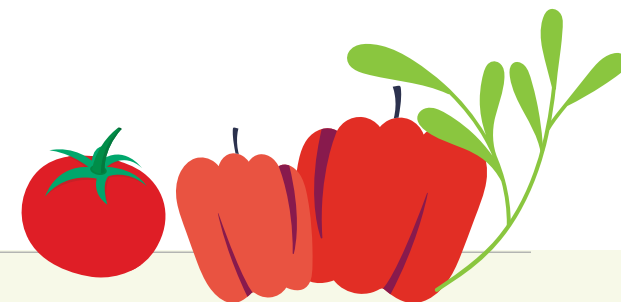


CORN AND CUCUMBER SALAD

Spices and red wine vinegar dress up the vegetables in this recipe. Enjoy as a side dish with your favorite entrée. Add additional spices to flavor this dish to your liking such as Tajín, low sodium soy sauce, lime juice, etc.

INGREDIENTS

1 cup cucumber, chopped, with peel	2 Tbsp red wine vinegar
1 can corn, drained	1/2 tsp garlic powder
1 cup cherry tomatoes, chopped	1/2 tsp cumin
1/2 cup red pepper, chopped	1/4 cup fresh cilantro, chopped (or 1/4 tsp dried)
1/2 cup yellow or orange pepper, chopped	Sprinkle of ground black pepper to taste



DIRECTIONS

1. Wash your hands with soap and water.
2. Combine ingredients in your mixing bowl and mix well.
3. Serve cold, refrigerate leftovers in covered container. Store for up to 7 days.

NOTES: Serve with tortilla chips or as a topping for tacos!



PREP TIME
10 minutes



COOK TIME
15 minutes



SERVINGS
4 servings



UTENSILS NEEDED
Medium mixing bowl
Cutting board
Knife
Measuring cup
Measuring spoon
Spoon or spatula
Baking sheet
Parchment paper



APPLIANCES NEEDED
Oven



OVEN ROASTED OKRA

Okra is a crunchy vegetable rich in magnesium, folate, fiber, vitamin C and vitamin A. This recipe is easy, nutritious, and the perfect snack for munching.

INGREDIENTS

1 lb fresh okra
2 Tbsp olive oil
1 tsp

Salt to taste
A pinch cayenne pepper (optional)

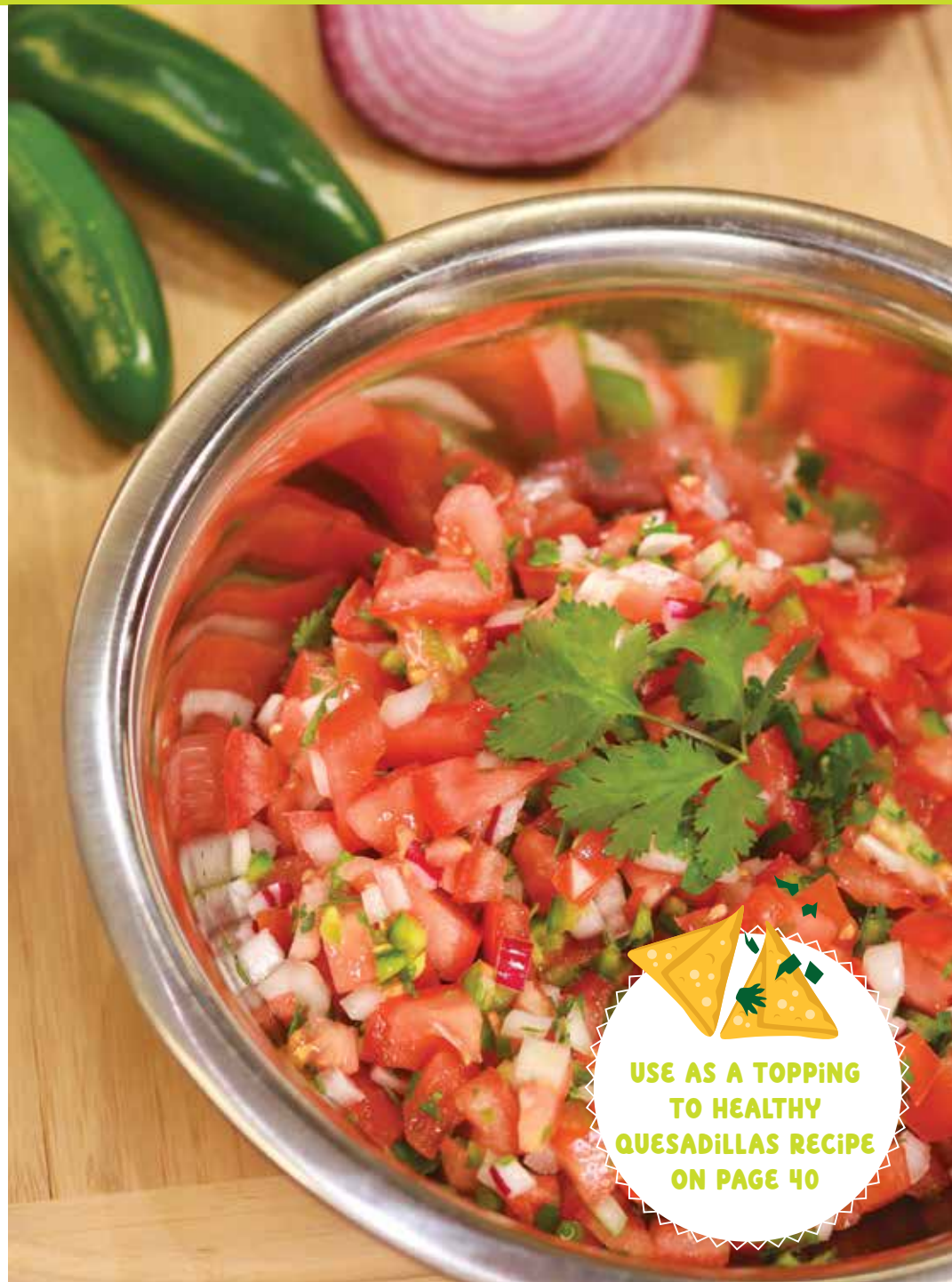


DIRECTIONS



1. Wash your hands with soap and water.
2. Preheat the oven to 450 degrees F.
3. Rinse the okra, and dry with paper towel.
4. Trim away the ends of the okra.
5. Cut okra into 1/2 -inch to 3/4 -inch pieces.
6. Spread okra in a single layer on parchment lined baking sheet.
7. Drizzle with olive oil, paprika, salt, and a pinch of cayenne pepper. mix well.
8. Roast the okra for about 15 minutes. The okra should be lightly browned and tender.
9. Serve and enjoy!

NOTES: Experiment with your favorite spices to change the flavor of your okra.



USE AS A TOPPING
TO HEALTHY
QUESADILLAS RECIPE
ON PAGE 40



PREP TIME
25 minutes



COOK TIME
No cook time necessary



SERVINGS
6 servings (1/2 cup each)



UTENSILS NEEDED
Medium mixing bowl
Cutting board
Knife
Measuring cups
Measuring spoons



APPLIANCES NEEDED
Refrigerator




PICO DE GALLO

Fresh tomatoes with jalapeño peppers, cilantro, onions, and lime make this dish a light and easy treat enjoyed year-round. Serve it with chicken and rice for a complete meal.

INGREDIENTS

3 large tomatoes
1 small onion, chopped
1/4 cup fresh cilantro, chopped
(or 2 Tbsp dried cilantro)

3 jalapeño peppers, seeded and finely chopped 
2 cloves garlic, minced
1/4 tsp salt
1 lime, juiced

DIRECTIONS

1. In a medium mixing bowl, combine and stir all ingredients.
2. Serve immediately or cover in plastic or glass container for up to 3 days.



NOTES: Pico de Gallo, also called “salsa fresco” in Mexico, can be used as a dip for chips, a salad addition, or a fresh topping for poultry and fish. This simple recipe requires only a cutting board, knife, bowl and measuring utensils.



TRIPLE HEADER GREENS

This recipe combines 3 hearty greens with a variety of strong flavors for an appetizing side dish packed with nutrition. Add some almonds or walnuts for an extra crunch!



PREP TIME
15 minutes



COOK TIME
40 minutes



SERVINGS
4 servings




UTENSILS NEEDED
Large frying pan/skillet
Sharp knife
Mixing bowl
Spatula or spoon
Measuring cups
Measuring spoons
Cutting board
Strainer/colander



APPLIANCES NEEDED
Stove top, electric skillet,
or hot plate

INGREDIENTS

2lbs greens (collard, turnip and mustard)
2 tsp olive oil (or canola or vegetable)
1 onion chopped
2 jalapeño pepper, seeded and chopped

2 Tbsp garlic, minced 
2/3 cup low-sodium vegetable or chicken broth
3 Tbsp apple cider vinegar
1 Tbsp brown sugar

DIRECTIONS

1. Wash your hands with soap and water.
2. Rinse greens. Remove stems and tear or chop leaves into 1-2 inch pieces. Set it aside.
3. Heat oil in a frying pan over medium heat.
4. Add onions, garlic and jalapeño to frying pan and cook until softened - about 3 to 4 minutes.
5. Add broth, apple cider vinegar and sugar. Turn the burner to simmer.
6. Stir until sugar is dissolved - for about 1 minute.
7. Reduce heat to low and stir greens.
8. Cover and simmer, stirring occasionally until tender for about 12 to 15 minutes.
9. Serve immediately.



NOTES: If you don't have apple cider vinegar, distilled white vinegar can be used instead!



PREP TIME
15 minutes



COOK TIME
10 minutes



SERVINGS
4 servings



UTENSILS NEEDED
Cutting board
Knife
Measuring cups
Measuring spoons
Can opener
Frying pan/Skillet





APPLIANCES NEEDED
Stove top, electric skillet,
or hot plate



BUILD YOUR OWN QUESADILLA

What's better than Taco Night? Quesadilla Day! This quick meal option can be prepared with your choice of veggies like mushrooms, spinach, avocado, zucchini, squash, or any other vegetable or protein of your choice.

INGREDIENTS

- | | |
|---|---|
| 1 cup chopped red pepper | 1 green onion |
| 1 cup chopped orange pepper | 2 cups low fat shredded mozzarella cheese, Monterey Jack, or Sharp Cheddar cheese  |
| 1 cup canned black beans, low sodium | 8 whole wheat tortillas |
| 1 canned corn, low sodium | |
| 1 jalapeño seeded and chopped  | |

DIRECTIONS

1. Wash your hands with soap and water.
2. Spray a large frying pan with cooking spray.
3. Over medium heat place tortilla in frying pan and spread cheese, beans, peppers, corn, onion and top with more cheese and tortilla.
4. Cook until cheese melts and tortillas are crispy and golden brown, about 4 minutes per side.
5. Repeat until all quesadillas are cooked.

NOTES: Consider adding some chicken breast or other healthy protein options!



**PREP TIME**

15 minutes

**COOK TIME**

15 minutes

**SERVINGS**

4 servings

**UTENSILS NEEDED**

(2) Baking sheets
 Sharp knife
 Cutting board
 Large frying pan/skillet
 Measuring cup
 Measuring spoons

**APPLIANCES NEEDED**

Stove top, electric skillet,
 or hot plate
 Oven or air fryer



PERSONAL PIZZA



Next time you're in the mood for pizza, you can feel good about saying "yes!" to this personal-sized pizza option. Flour tortillas make for a crispy crust, perfect for loading with low-sodium tomato sauce, low-fat cheese and lots of fresh veggies.

INGREDIENTS

4 flour tortillas (6-inch shells)

1/2 tsp extra virgin olive oil

2 cups sliced mushrooms
 (white button or baby Portobello)

1 green bell pepper (thinly sliced, about 1 cup)

1 red onion (thinly sliced, about 1 cup)

2 tsp minced garlic

1/2 cup low-sodium tomato sauce

1/2 cup shredded fat-free mozzarella cheese



2 tsp grated reduced-fat Parmesan cheese

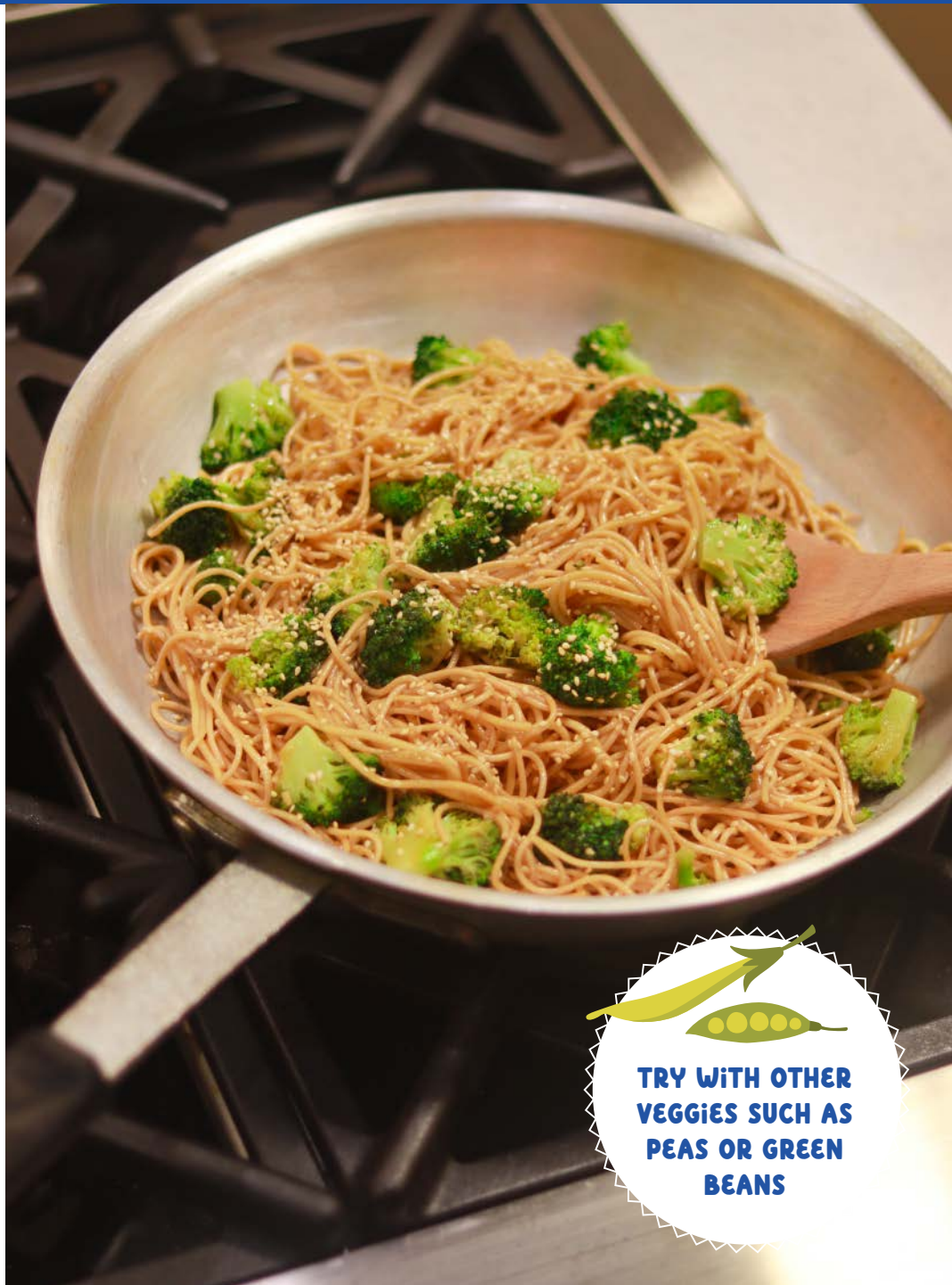


DIRECTIONS

1. Wash your hands with soap and water.
2. Pre-heat oven 400 degrees F.
3. Place tortillas on 2 baking sheets. Heat for about 10 minutes, flipping the tortilla shells after about 5 minutes.
4. Meanwhile, heat oil in large skillet over medium heat. Add mushrooms, peppers, onions, and garlic. Cook for about 10 minutes or until all vegetables are soft and tender. Set it aside.
5. Spread tortilla crust with 2 Tbsp tomato sauce, 1/4 cup vegetable mixture, 2 Tbsp mozzarella cheese and 1/2 tsp of Parmesan cheese; repeat with remaining crusts and topping ingredients.
6. Transfer pizzas to same baking sheets.
7. Cook about 10 minutes or until cheese is melted and edges of tortillas are golden brown.

NOTES: Use low-fat cheese or refried beans to shake things up.

Add your favorite veggies to make it your own!



TRY WITH OTHER VEGGIES SUCH AS PEAS OR GREEN BEANS



PREP TIME

10 minutes



COOK TIME

30 minutes



SERVINGS

8 cups



UTENSILS NEEDED

Large pot
Small frying pan
Large frying pan
Small bowl
Colander/Strainer
Measuring cups
Measuring spoons
Sharp knife
Cutting board




APPLIANCES NEEDED

Stove top, electric skillet, or hot plate

SESAME NOODLES WITH BROCCOLI

This fresh and zesty dish makes a quick and delicious 30-minute meal any night of the week. Try this dish meatless or add some protein – ground meat or seeds/nuts are all great additions!

INGREDIENTS

8oz whole-wheat thin spaghetti noodles	1/4 cup vegetable oil
1 Tbsp sesame seeds	1 1/2 cup bite-sized cut broccoli (fresh or frozen)
1 Tbsp sugar	 3 cloves minced garlic or 3/4 teaspoon of garlic powder
2 Tbsp low-sodium soy sauce	
2 Tbsp vinegar (try rice or cider)	

DIRECTIONS

1. Wash your hands with soap and water.
2. Cook pasta according to package directions. Set it aside.
3. While pasta is cooking, toast sesame seeds in a small skillet over medium heat. Stir often until they turn light brown.
4. In a small bowl, mix together sugar, soy sauce and vinegar. Set it aside.
5. Heat oil in large skillet over medium heat (300 degrees F in an electric skillet). Add broccoli and cook 3-4 minutes. Add garlic and cook until broccoli is tender.
6. Add drained pasta and soy sauce mixture and mix well. Sprinkle the toasted sesame seeds on top.
7. Refrigerate leftovers within 2 hours.

FOR ADDED PROTEIN

1. Use firm, diced tofu, 1 1/2 cups diced cooked chicken, or a can of drained and rinsed garbanzo beans.
2. Add to the skillet in Step 5.



NOTES: Flavor boosters: red chili flakes, sliced green onions, and a teaspoon of sesame oil. Try any or all.
For a saucier batch double the soy sauce mixture.



PREP TIME
15 minutes



COOK TIME
40 minutes



SERVINGS
6 servings



UTENSILS NEEDED

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




APPLIANCES NEEDED

- Stove top, electric skillet, or hot plate

VEGETABLE STEW

This refreshing, colorful stew goes well on a cold or a hot day. Serve with quinoa, rice, or another grain to add some texture to this soupy mix.

INGREDIENTS

1 tsp vegetable oil	14oz coconut milk
1 onion, small diced	2 cups vegetable broth
2 cloves garlic, minced 	1 Tbsp low-sodium soy sauce
2 sweet potatoes or 1 small butternut squash, diced into 2-inch chunks	Crushed red pepper flakes to taste
1/2 cup collard greens or kale, one small bunch cut into bite-sized pieces	1 lime, juiced

DIRECTIONS

1. In a large pot, heat oil and sauté onion and garlic for 2 minutes
2. Add the sweet potatoes, greens, coconut milk, broth, soy sauce and chili flakes. Simmer for 20 minutes, stirring occasionally. Squeeze lime juice over the dish before serving. Add garnishes such as cilantro, basil, or green onions as you wish.

FOR ADDED PROTEIN

1. Add 1 pound fish fillets, shrimp or boneless, skinless chicken breast or 10 oz canned garbanzo beans.
2. Cut the fish into large chunks or the chicken into bite size pieces. Leave the shrimp whole but peeled and deveined. Drain the garbanzo beans.
3. When the vegetables are tender, add protein to the pot. Cover and let cook for about 7-10 more minutes, or until meat is cooked through.

NOTES: Add chicken or your favorite protein to make this meal even heartier!





PREP TIME
20 minutes



COOK TIME
15 minutes



SERVINGS
48 cookies

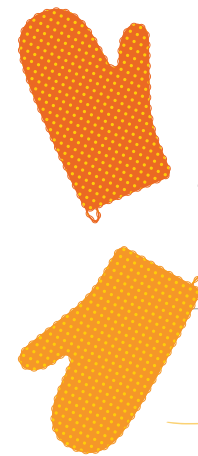


UTENSILS NEEDED

- Large mixing bowl
- Medium mixing bowl
- Baking sheet
- Measuring cups
- Measuring spoons
- Spatula or wooden spoon
- Spoon
- Grater



APPLIANCES NEEDED
Oven



CARROT CAKE COOKIES

These naturally sweetened carrot cake cookies taste just like the carrot cake you know and love but are healthy enough to enjoy for breakfast - or any meal for that matter!

INGREDIENTS

1/2 cup packed brown sugar	1 tsp baking powder
1/2 cup sugar	1/4 tsp salt
1/2 cup vegetable oil	1 tsp cinnamon
1/2 cup unsweetened applesauce or fruit puree	1/2 tsp nutmeg
2 eggs	1/2 tsp ground ginger
1 tsp vanilla	2 cups old fashioned rolled oats
1 cup all-purpose flour	1 1/2 cup finely grated carrot (about 3 large carrots)
1 cup whole-wheat flour	1 cup raisins (or any kind of dried fruit)
1 tsp baking soda	

DIRECTIONS

1. Wash your hands with soap and water.
2. Preheat oven to 350 degrees F. Lightly grease a baking sheet or line with parchment paper.
3. In a large mixing bowl, stir the brown and white sugars, oil, applesauce, eggs, and vanilla together. Mix well.
4. In a separate, medium mixing bowl, stir the dry ingredients together.
5. Stir the dry ingredients into the wet mixture. Stir in the carrots and raisins.
6. Scoop the dough with a teaspoon onto the baking sheet.
7. Bake for 12 to 15 minutes until golden brown.
8. Store in an airtight container.

NOTES: Press mixture into a bowl, rather than shaping cookies, for a delicious carrot cake bar!





PREP TIME
15 minutes



COOK TIME
30-45 minutes



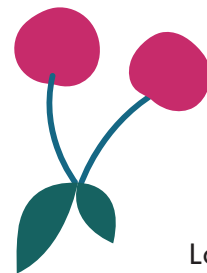
SERVINGS
3 cups



UTENSILS NEEDED
Large mixing bowl
Medium mixing bowl
8x8in baking dish
Measuring cups
Measuring spoons
Spoon or spatula
Microwave-safe dish



APPLIANCES NEEDED
Microwave
Oven
Refrigerator



CHERRY OAT CRUMBLE

This old-fashioned Cherry Oat Crumble is what summer dessert dreams are made of! Loaded with your choice of sweet or tart cherries, with a toasty crumble on top, this quick and easy recipe will have everyone in the mood for some dessert!

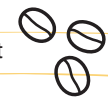


INGREDIENTS

- 1/4 cup sugar
- 1 Tbsp cornstarch
- 4 cups chopped and pitted cherries (fresh, frozen, or canned)
- 1/2 tsp vanilla



- 2/3 cup whole-wheat flour
- 2/3 cup old fashioned rolled oat
- 3 Tbsp packed brown sugar
- 3 Tbsp melted margarine or butter



DIRECTIONS

1. Wash your hands with soap and water.
2. Preheat oven to 350 degrees F.
3. In a large mixing bowl, mix the sugar and cornstarch together. Add the cherries and vanilla. Mix well.
4. Pour the fruit into 8x8in baking dish.
5. In a medium mixing bowl, mix together the flour, oats and brown sugar. Add the melted butter and stir until the texture is coarse with some clumps.
6. Sprinkle the oat topping over the fruit mixture.
7. Bake for 30 to 45 minutes, or until the juices are bubbling and the oat topping is golden brown.
8. Refrigerate leftovers within 2 hours.

NOTES: No tart cherries? Use another fruit such as blueberries or chopped apricots, peaches or plums.
Reduce the sugar added to the cornstarch (in step 2) to 1 or 2 tablespoons.



PREP TIME
10 minutes



COOK TIME
Overnight



SERVINGS
6 serving (5oz servings)



UTENSILS NEEDED
Medium bowl
Spatula
Measuring cups



APPLIANCES NEEDED
Freezer

FROZEN FRUIT & YOGURT POPS

These frozen pops contain three simple ingredients – juice, fruit and low-fat yogurt. These ingredients create a refreshing frozen treat that can be stored for days!

INGREDIENTS

TROPICAL TREASURE POPS

- 1 cup crushed pineapple
- 1 cup low-fat vanilla yogurt
- 6 oz orange juice, frozen concentrate (thawed)

VERY BERRY POPS

- 2 1/2 cups strawberries (sliced frozen, thawed)
- 1 cup low-fat vanilla yogurt



DIRECTIONS

1. Wash your hands with soap and water.
2. Mix the ingredients in a medium size mixing bowl.
3. Divide into paper cups.
4. Freeze for approximately 60 minutes or until slushy.
5. Insert a wooden stick halfway through the center of each fruit pop.
6. Freeze until hard for at least 4 hours or overnight.
7. Peel away the paper cup before you eat the fruit pop.

NOTES: *Try other fruits or juices concentrates for a different flavor!