Let’s Get Cooking
DEDICATION

Dedicated to the health and well being of all children and their families in our community.

Let’s Get Cooking is a cookbook developed for all families in our community. Our goal is to provide healthy, tasty meal ideas to make cooking together quick, easy and healthy for everyone. You will find these recipes easy to prepare, low-cost, tasty and nutritious. We hope that you and your children will enjoy learning, cooking and eating together.

The Eat Smart New York programs help participants to: Stretch food dollars • Save time and money • Plan ways to use leftovers • Plan and prepare healthy and tasty meals and snacks • Keep Food Safe • Find fun ways to be active • Eat less sugar, salt and fat... and more!

The Eat Smart New York Program is available for residents who receive S.N.A.P. benefits (or have applied for the S.N.A.P. program), residents participating in the W.I.C. or Head Start programs; youth and their families attending schools that have 50% or more of students in receipt of free/reduced school meals.

Contact our office to speak with an Eat Smart New York nutrition educator to learn about our group programs.

Cornell Cooperative Extension of Onondaga County
The Atrium, 2 Clinton Square, Syracuse, New York 13202
Phone: 315-424-9485 Email: Onondaga@cornell.edu
Website: www.ExtendOnondaga.org
Sustainable. Educational. Local

ACKNOWLEDGEMENTS

This cookbook became a reality due to the collaboration among many community partners that include: United Way’s Success By 6, Cornell Cooperative Extension of Onondaga County, Syracuse University Department of Public Health, Food Studies and Nutrition faculty and students, P.E.A.C.E. Inc.-Head Start Nutrition Services, WIC staff, and Cornell University Dietetic Interns. Community members have also provided recipes, assistance with distribution and translation support.

Some of the information and recipes in this book were adapted from materials developed by the USDA and Cooperative Extension in other states. All recipes have been modified from their original content. Recipes and photos were provided in part from the following sources:

- The American Institute for Cancer Research Recipe Collection, 2007;
- Michigan State University Extension, Eating Right is Basic, 3rd edition Recipe Set.
- University of Nebraska Cooperative Extension, Food Preparation, NEP Handout 1 BL7 Manual
- University of Wisconsin-Extension Cooperative Family Living Programs, 1996.
- USDA, FNS photo collection at www.fns.usda.gov
- The WIC Program, New York State Department of Health, Get Fresh-Your Farmers Market Recipe Collection.
- The Food and Nutrition Services, USDA provided funds. Cornell Cooperative Extension and the Division of Nutritional Sciences, Cornell University, 2001, produced some recipes.
- Other recipes were contributed by community members and have been modified to ease preparation or reduce cost.

Reprinting: Permission is granted to reproduce materials appearing in this cookbook with the following provisions:

- Full acknowledgement is made to the source: “Let’s Get Cooking” Cookbook, United Way Success By 6, and Cornell Cooperative Extension of Onondaga County
- No profit is made on the sale or distribution of this cookbook.
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WIC IN YOUR COMMUNITY
(Supplemental Feeding Program for Women, Infants and Children)

WIC is a nutrition program for pregnant and breastfeeding women and infants and children up to age 5. *Income guidelines valid for 2011-12.

WIC provides:
• Nutrition Education
• Coupons for healthy foods (like milk, cheese, eggs, juice, cereal, peanut butter, dried beans, etc.)
• Referrals to other helpful programs in the community

To qualify for WIC you must:
• Live in New York State
• Be pregnant or breastfeeding, or
• Have an infant or child under 5 years old
• Your household must meet income and eligibility guidelines

Many working families qualify for WIC. To learn more about the WIC program in Onondaga County call 435-3304.

<table>
<thead>
<tr>
<th>Number in Household</th>
<th>Annual</th>
<th>Monthly</th>
<th>Twice-Monthly</th>
<th>Weekly</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>20,147</td>
<td>1,679</td>
<td>840</td>
<td>388</td>
</tr>
<tr>
<td>2</td>
<td>27,214</td>
<td>2,268</td>
<td>1,134</td>
<td>524</td>
</tr>
<tr>
<td>3</td>
<td>34,281</td>
<td>2,857</td>
<td>1,429</td>
<td>660</td>
</tr>
<tr>
<td>4</td>
<td>41,348</td>
<td>3,446</td>
<td>1,723</td>
<td>796</td>
</tr>
<tr>
<td>5</td>
<td>48,415</td>
<td>4,035</td>
<td>2,018</td>
<td>932</td>
</tr>
</tbody>
</table>

*These guidelines are in effect July 1, 2011 - June 30, 2012 and can change every year.

Look for an * in recipes that use WIC Foods throughout this cookbook.
FACTS ABOUT FOOD STAMPS

- If you have low income you may be able to get Food Stamps.
- You will get a plastic card, called an EBT card, which will allow you to get your Food Stamp Benefits.
- You can own a car and still be eligible to get Food Stamps.
- You may qualify if you have child or elder care costs or if you are elderly or disabled and have high medical expenses.

Food Stamps help individuals and families buy the food that they need. Nutritious food is important for your health and the health of your family.

### Income Guidelines

<table>
<thead>
<tr>
<th>Number in Household</th>
<th>Monthly Income Guidelines*</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 person</td>
<td>$1,180</td>
</tr>
<tr>
<td>2 people</td>
<td>$1,594</td>
</tr>
<tr>
<td>3 people</td>
<td>$2,008</td>
</tr>
<tr>
<td>4 people</td>
<td>$2,422</td>
</tr>
<tr>
<td>5 people</td>
<td>$2,836</td>
</tr>
</tbody>
</table>

*These guidelines are in effect October 1, 2011 – September 30, 2012 and change every year. These levels do not apply if a household member is elderly or disabled.

If you live in New York State, go to your local Social Services Office. In Onondaga County, contact the Food Stamp office at (315) 435-2700 or the Nutrition Outreach & Education Program (NOEP) at the Food Bank of Central New York at (315) 437-1899 ext.224 or at 800-444-1562. For more information call the USDA Food Stamp Information Line at:

1-800-221-5689  
www.fns.usda.gov/snap
To easily remove burnt on food from your skillet, simply add a drop or two of dish soap and enough water to cover bottom of pan, and bring to a boil on stovetop.
Plan Meals the “MyPlate” Way

- **Use MyPlate** to check how many servings from each food group each person in your family needs every day.

- **Make half your grains whole** – choose 6-11 servings of pasta, rice and whole-grain or enriched breads and cereals. These foods provide low-cost sources of B vitamins, iron, carbohydrates and fiber.

- **Next add at LEAST 4-5 cups of vegetables and fruits.** They have fiber, Vitamins A & C, potassium and other nutrients for health.

- **Consume 2-3 servings of low fat milk, cheese or yogurt** - These foods are good sources of calcium and protein.

- **Add 2-3 servings of “protein” foods** - These include lean meat, poultry, seafood, fish, eggs, nuts or dry beans. They are rich in iron, B vitamins and protein. Try dry beans and peas and use less meat to stretch food dollars.

- **Choose small amounts “of extras”!** Gravy, sauces, fried foods, candy, and sweets add empty calories to your meal plan.

### Staples to Have on Hand

<table>
<thead>
<tr>
<th>Canned Soup (Low Sodium)</th>
<th>Canned Fruit (in fruit juice)</th>
<th>Cereal (whole grain)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Broth (Low Sodium)</td>
<td>Peanut butter (natural or no trans-fat)</td>
<td>Oatmeal</td>
</tr>
<tr>
<td>Canned Beans (rinse)</td>
<td>Canned Salmon</td>
<td>Flour (whole wheat needs refrigeration)</td>
</tr>
<tr>
<td>Canned Veggies (rinse)</td>
<td>Applesauce</td>
<td>Sugar</td>
</tr>
<tr>
<td>Canned Tuna</td>
<td>Dried Milk</td>
<td>Pretzels</td>
</tr>
<tr>
<td>Canned Tomato Paste</td>
<td>Nuts</td>
<td>Crackers (whole grain)</td>
</tr>
<tr>
<td>Spaghetti Sauce</td>
<td>Raisins and other dried fruit</td>
<td>Fat Free condensed milk</td>
</tr>
<tr>
<td>Tomato Sauce</td>
<td>Pancake Mix</td>
<td>Herbs and spices</td>
</tr>
<tr>
<td>Diced Tomatoes</td>
<td>Brown Rice</td>
<td>Canola or Olive Oil</td>
</tr>
<tr>
<td>Canned Fruit Juice (100%)</td>
<td>Pasta or noodles (Whole grain is best)</td>
<td></td>
</tr>
</tbody>
</table>

### Healthy Shopping Tips

- **Buy Natural Peanut Butter and Low-Sugar Jelly**
- **Buy Whole Grain Breads and Cereals / Popcorn is a whole grain and great snack**
- **Buy 1% Milk for all over 2 years old or consider Lactaid, Soy or Rice Milk**
- **Read the Labels ... Keep these low: Saturated and Trans-fats, Cholesterol and Sodium**
- **Get Enough of these Nutrients: Potassium, Fiber, Vitamins A & C, Calcium and Iron**
- **Buy Lots of Colorful Fruits and Veggies (fresh, frozen or canned)**
- **Buy Canola or Olive Oil**
- **Buy Low-Fat Yogurt**
- **Try Low-Fat Salad Dressings**
Smart Meal Planning Tips
Get Ready to Shop

- Think about how many people you need to feed and how much they usually eat.
- Plan how much money you can spend on food. Keep your other expenses in mind.
- Include the number of days you will need meals. Be sure to think about any meals family members eat away from home.
- Check the food and staples such as flour, salt, spices, dry milk, and sugar that you have on hand.
- To stretch your food dollars read the newspaper for ads, specials, sales, and coupons on the foods you can use. Change your meal plan to take advantage of the savings.
- Think about how much time you have for meal preparation. It will help you decide which foods and recipes to use in your plan.

Day 1 Menu
Sample Day 1 menu uses recipes from this cookbook. When planning a menu use the Food Pyramid to check that basic nutrients and recommended number of daily servings are included.

<table>
<thead>
<tr>
<th>One Day</th>
<th>Serving for one person</th>
<th>Number of servings from MyPyramid</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Breakfast Sandwich made with: 2 pieces toast (try whole grain) 1 egg 1 slice cheese ¾ cup orange juice</td>
<td>Fruits: ▲▲&lt;br&gt;Vegetables: ▲▲▲▲</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>Tuna Sandwich made with: 1/3 cup tuna 1 tablespoon mayonnaise 2 tablespoons celery and onion *1 cup Italian bean soup (pg. 66) 1 cup milk</td>
<td>Breads, Cereal, Pasta: ▲▲▲▲▲&lt;br&gt;Dried Beans, Peas, Meat, Poultry, Fish, Eggs: ▲▲▲&lt;br&gt;Milk, Cheese: ▲▲</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td>*½ cup spaghetti sauce (pg.160) 1 cup spaghetti sauce (p. 87) *4 meatballs (pg.105) 2 cups greens 2 tablespoons salad dressing</td>
<td>Fats, Oils, Sweets: ▲▲▲</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>1 medium size apple</td>
<td></td>
</tr>
</tbody>
</table>

*Recipe and page number
Day 2 Menu
Sample Day 2 menu uses recipes from this cookbook.

<table>
<thead>
<tr>
<th>One Day</th>
<th>Serving for one person</th>
<th>Number of servings from MyPyramid</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>½ cup corn flakes 1 medium banana 1½ cup milk 1 piece toast (try whole grain) 1 teaspoon margarine</td>
<td>Fruits: ▲▲ Vegetables: ▲▲▲</td>
</tr>
<tr>
<td>Lunch</td>
<td>1 meatball sandwich using: 2 pieces bread *4 meatballs (pg.105) ½ cup sauce 1 cup celery, carrot sticks ¾ cup apple juice</td>
<td>Breads, Cereal, Pasta: ▲▲▲▲▲ Dried Beans, Peas, Meat, Poultry, Fish, Eggs: ▲▲ Milk, Cheese: ▲▲ Fats, Oils, Sweets: ▲▲▲</td>
</tr>
<tr>
<td>Dinner *1 piece Oven Fried Chicken (pg.112) *½ cup Oven French Fries (pg.87) *½ cup What's in the Cupboard Salad (pg.74) Bread, margarine Water</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td>3 pieces (2½ inch square) Graham Crackers 1 cup low-fat milk</td>
<td></td>
</tr>
</tbody>
</table>

*Recipe and page number

Food Shopping on a Budget
Food shopping on a budget takes planning. Follow these steps to get the most for your money.

**Step 1: Make a food budget.**
- Decide how much money you have for food. If you plan to buy nonfood items, such as dish soap, at the grocery store, be sure to save some money for these items. (Use food stamps, WIC coupons or other resources if you have them for food.)
- If you shop once a week, divide your monthly food budget by four to find out how much you have for food each week.

**Step 2: Plan meals and snacks for your family for a week.**
- Check which foods you have on hand. Plan to use these foods.
- Check newspaper ads or store flyers for weekly specials.
- Plan to use leftovers for other meals during the week.
- Plan menus with foods from all five food groups on MyPyramid.
- Include meatless meals to stretch your food dollars.

**Step 3: Make a shopping list.** Write down all of the foods you need to make the meals and snacks on your menu.

**Step 4: Stick to your list!**
Compare the Cost
What Do You Get For Your Money?

Comparing prices can help you find the best buy. Unit prices for foods are displayed on the store shelves below the foods. A unit price tells you how much the food costs per ounce or per pound. You can use the unit price to compare the cost on different size packages.

<table>
<thead>
<tr>
<th>Unit Price</th>
<th>Total Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>4¢ per oz.</td>
<td>$0.72</td>
</tr>
<tr>
<td>10¢ per oz.</td>
<td>$0.60</td>
</tr>
</tbody>
</table>

- Notice the unit of measure for the two brands of cereal is an ounce. The cost per ounce is the unit price.
- The cereal that costs the least (total price) is Crackly Rice Cereal.
- The brand that costs the least per ounce is Snappy Rice Cereal.
- The cereal product that is the better buy is Snappy Rice Cereal because it costs the least per ounce, 4¢ compared to 10¢ per ounce for the Crackly Rice Cereal.

Label Reading for Better Eating

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size 2.5 oz. (70 g/about 1 cup)</td>
</tr>
<tr>
<td>Servings Per Container: about 3</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount Per Serving (as prepared)</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 410</td>
<td>Calories from Fat 170</td>
</tr>
<tr>
<td>Total Fat 16g</td>
<td>28%</td>
</tr>
<tr>
<td>Saturated Fat 4g</td>
<td>21%</td>
</tr>
<tr>
<td>Cholesterol 10mg</td>
<td>4%</td>
</tr>
<tr>
<td>Sodium 710mg</td>
<td>30%</td>
</tr>
<tr>
<td>Total Carbohydrate 45g</td>
<td>16%</td>
</tr>
<tr>
<td>Dietary Fiber 1g</td>
<td>6%</td>
</tr>
<tr>
<td>Sugars 9g</td>
<td></td>
</tr>
<tr>
<td>Protein 11g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 15% • Vitamin C 0%
Calcium 10% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories: 2,000</th>
<th>Calories: 2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>65g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>20g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
</tr>
<tr>
<td>Fiber</td>
<td>25g</td>
</tr>
</tbody>
</table>

Daily Values are based on recommended nutrient intakes when eating 2,000 calories per day. Daily Values are also listed for persons eating 2,500 calories per day.

Ingredients are listed in descending order - main ingredient is listed first, smallest ingredient is listed last.

Ingredients: Enriched Macaroni (Flour, Niacin, Riboflavin, Thiamine Mononitrate, Folic Acid), Cheese Sauce Mix (Whey, Dehydrated Cheese [Cheddar and Colby], Milk, Cheese Culture, Salt, Enzymes), Whey Protein Concentrate, Skim Milk, Butter, Salt, Pimento, Vegetable Oils (Soybean, Corn, Canola), Yeast, Guar Gum, Natural Flavor, Salt, Carrageenan, Choline Chloride, Paprika, Salt, Acetate, Monoglycerides, Sorbic Acid, Calcium Propionate.
Helpful Hints to Reduce Your Time in the Kitchen

1. Stock your freezer and cabinets with quick-to-fix staples such as canned or frozen vegetables, fish fillets, lean ground beef, boneless chicken breasts, pasta and rice.

2. Check grocery stores and delis for pre-sliced, diced, and pre-washed fruit and vegetables from the produce section or salad bar. If this is the best way to include fresh fruits and vegetables in your diet, go for it.

3. Cook vegetables in the microwave.

4. Jot down menu ideas a week in advance. This is a game plan: make your plan and defrost meat in the refrigerator overnight.

5. Used dried onion instead of chopped fresh.

6. Use a salad spinner for cleaning lettuce quickly. Do a whole head of lettuce and store in the new vegetable plastic bags with the holes.

7. Double a recipe and freeze for future meals.

8. Keep a grocery list in a convenient place in your kitchen. Encourage your family to add to it when needed or when items look low.

9. To skin chicken parts, place a paper towel on the skin and pull.

Cooking from a Recipe

Cooking or baking from a recipe will help make sure you have tasty and attractive food when you serve it.

New recipes can add variety to your meals. Recipes can give you ideas for new ways to fix favorite foods.

Ask yourself these questions when you are choosing a recipe:

1) Do I have enough time to make this recipe?

With a little planning, even longer recipes can be used by busy cooks. For example, if a casserole recipe calls for cooked rice, you can cook the rice the night before. Refrigerate the cooked rice until you are ready to put the casserole together.

2) Do I have the pans and the kitchen tools I need?
   Do I have pans or kitchen tools I can use instead?

Many items you have around the house can be used instead of purchased kitchen tools (see page 17).

3) Do I have all the ingredients listed in the recipe?
   Do I have an ingredient that can be substituted for one I don’t have?

Most recipes can be made with different ingredients. Use ingredients you have on hand in place of similar ingredients listed in a recipe (see page 16)
Measuring

- Measure ingredients correctly to help your recipes turn out right.
- Measure over an empty plate so spills are easy to clean up.

**Dry ingredients** – flour, sugar, corn meal, solid shortening:
- Stir or fluff flour or powdered sugar before measuring.
- Spoon a dry ingredient into a measuring cup that holds the amount you need when filled to the rim.
- Level off the dry ingredient with the flat side of a knife or spatula.

**Liquid ingredients** – water, milk, vegetable oil, syrup:
- Pour a liquid into a marked, see-through container or measuring cup (page 17).
- Look at eye level to make sure the correct amount is measured.

**Small amounts of ingredients** – salt, baking soda, spices, flavorings:
- Amounts less than ¼ cup are usually measured in measuring spoons

### Measurements

These are equal measurements.

- 3 teaspoons = 1 tablespoon
- 4 tablespoons = 1/4 cup
- 5 1/3 tablespoons = 1/3 cup
- 8 tablespoons = 1/2 cup
- 12 tablespoons = 3/4 cup
- 16 tablespoons = 1 cup
- 16 ounces = 1 pound
- 2 tablespoons = 1 fluid ounce
- 1 cup = 8 fluid ounces
- 1 cup = 1/2 pint
- 2 cups = 1 pint
- 4 cups = 1 quart
- 4 quarts = 1 gallon

### Abbreviations

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>t or tsp</td>
<td>teaspoon</td>
</tr>
<tr>
<td>T or Tb</td>
<td>tablespoon</td>
</tr>
<tr>
<td>c</td>
<td>cup</td>
</tr>
<tr>
<td>pt</td>
<td>pint</td>
</tr>
<tr>
<td>q</td>
<td>quart</td>
</tr>
<tr>
<td>oz</td>
<td>ounce</td>
</tr>
<tr>
<td>lb</td>
<td>pound</td>
</tr>
<tr>
<td>doz</td>
<td>dozen</td>
</tr>
<tr>
<td>min</td>
<td>minute</td>
</tr>
<tr>
<td>hr</td>
<td>hour</td>
</tr>
<tr>
<td>mod</td>
<td>moderate</td>
</tr>
</tbody>
</table>

### Cooking Substitutes

**If You Don’t Have:**

- Bread crumbs, dry (¼ cup)
- Broth, beef or chicken (14⅓ ounce can)
- Brown sugar (1 cup)
- Buttermilk (1 cup)
- Cake flour (1 cup)
- Chocolate, unsweetened
- Cornstarch (1 Tablespoon)
- Garlic (1 clove)
- Honey (1 cup)
- Milk, fluid (1 cup)
- Molasses (1 cup)

**Instead:**

- ¼ cup crushed cereal crumbs or crackers
- 2 beef or chicken bouillon cubes plus 2 cups water
- 1 cup white sugar plus 2 Tablespoons molasses
- 1 Tablespoon lemon juice or vinegar plus milk to make 1 cup – Stir and let stand 5 minutes. OR use 1 cup plain yogurt.
- 1 cup all purpose flour minus 2 Tablespoons
- 3 Tablespoons unsweetened cocoa plus 1 Tablespoon butter or margarine
- 2 Tablespoons all-purpose flour
- 1 teaspoon garlic powder
- 1¼ cups sugar plus ¼ cup liquid or 1 cup corn syrup or 1 cup molasses
- 1/3 cup nonfat dry milk plus 1 cup water – stir well
- 1 cup honey or dark corn syrup

**If You Don’t Have:**

- Pancake syrup (1½ cups)
- Sour cream (1 cup)
- Sour milk (1 cup)
- Sugar (1 cup)
- Tomatoes, cut up (16 ounce can)
- Tomato juice (1 cup)
- Tomato sauce (15 ounce can)
- Vegetables (16 ounce can), drained
- Vegetables, frozen (10 ounce package), cooked
- Yeast, dry (2¼ Tablespoons)
- Yeast, compressed (1 package)

**Instead:**

- ½ cup brown sugar, 1 cup water and 2 ½ teaspoons cornstarch - Cook until slightly thickened.
- 1 cup plain yogurt or 1 Tablespoon vinegar or lemon juice mixed with milk to make 1 cup
- 1 Tablespoon lemon juice or vinegar plus enough milk to make 1 cup – Stir well and let stand 5 minutes.
- 1 cup packed brown sugar or ¾ cup honey and reduce liquid in recipe by ¼ cup.
- 3 medium tomatoes cut up
- ½ cup tomato sauce plus ½ cup water
- 6 ounce can tomato paste plus 1 cup water
- 2 cups cut-up fresh vegetables, cooked and drained
- 1 ½ cups cut-up fresh vegetables, cooked and drained
- 1 package dry yeast or 1 compressed yeast cake
### Kitchen Tools

Look at the “Use Instead” listed across from each kitchen tool. You can use these in place of the kitchen tools listed.

<table>
<thead>
<tr>
<th>If You Don’t Have</th>
<th>Use Instead</th>
</tr>
</thead>
<tbody>
<tr>
<td>Measuring Cup</td>
<td>Marked jar or baby bottle</td>
</tr>
<tr>
<td>Colander or strainer</td>
<td>Pan with lid</td>
</tr>
<tr>
<td>Rolling pin</td>
<td>Smooth bottle or heavy drinking glass</td>
</tr>
<tr>
<td>Potato masher</td>
<td>2 forks</td>
</tr>
<tr>
<td>Measuring spoons</td>
<td>Regular teaspoon and tablespoon</td>
</tr>
<tr>
<td>Mixing bowls</td>
<td>Deep kettle or pan</td>
</tr>
<tr>
<td>Cutting board</td>
<td>Sturdy plate</td>
</tr>
<tr>
<td>Round cake pan</td>
<td>Square or oblong pan</td>
</tr>
<tr>
<td>Biscuit or cookie cutters</td>
<td>Lids, jar or glass rims</td>
</tr>
<tr>
<td>Soup ladle</td>
<td>Cup with handle</td>
</tr>
<tr>
<td>Roasting pan</td>
<td>Any pan or skillet that can be used in oven with cover (or cover with foil)</td>
</tr>
<tr>
<td>Wire whisk</td>
<td>2 forks or jar with tight lid</td>
</tr>
<tr>
<td>Pot holders</td>
<td>Folded dry towels</td>
</tr>
</tbody>
</table>

### Cooking Terms

- **Bake**: To cook by dry heat in an oven.
- **Baste**: To brush or spoon a glaze, a sauce, or drippings over a food as it cooks, to add flavor and to help keep the surface moist.
- **Beat**: To mix one or more ingredients rapidly using a brisk up and over motion to add air to a mixture. Or, use an electric mixer.
- **Blend**: To combine two or more ingredients thoroughly until they seem to be one.
- **Broil**: To cook by direct heat over hot coals or by using broiler setting in the oven.
- **Brown**: To give a cooked surface to a food (such as meat or flour) by applying high heat. Also occurs during baking and roasting.
- **Chop**: To cut into small pieces with a sharp knife or scissors.
- **Core**: To remove the seeded, inner portion of a fruit.
- **Cream**: To work or beat one or more foods until soft and creamy.
- **Cube**: To cut evenly shaped pieces that are equal on all sides.
- **Cut**: To work fat into dry ingredients with a pastry blender or two knives, with the least possible amount of blending.
- **Fry**: To cook in heated fat.
- **Grate**: To rub foods against grater to divide into tiny pieces.
**Marinate:** To allow food to stand in an oil and acid mixture to add flavor or to tenderize.

**Mix:** To combine two or more ingredients.

**Roast:** Cooked by dry heat in an oven.

**Saute:** To cook in a small amount of fat.

**Shred:** To rub foods against grater to divide into small pieces.

**Sift:** To mix flour with air using flour sifter or mesh strainer.

**Simmer:** To cook in liquid that is just below the boiling point. Bubbles burst before reaching the surface.

**Stir-fry:** To cook quickly in a small amount of hot fat, stirring constantly.

**Whip:** To beat rapidly to add air.

### Food Yields

<table>
<thead>
<tr>
<th>FOOD</th>
<th>AMOUNT</th>
<th>SAME AS (EQUALS)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>1 pound</td>
<td>3 medium or 3 cups slices</td>
</tr>
<tr>
<td>Bananas</td>
<td>1 pound</td>
<td>3-4 medium or 1½ cups mashed</td>
</tr>
<tr>
<td>Beans (dry)</td>
<td>1 pound</td>
<td>2-2½ cups (dry) or 6 cups cooked</td>
</tr>
<tr>
<td>Bread crumbs</td>
<td>4 slices bread</td>
<td>2 cups fresh crumbs or 1 1/3 cups dry crumbs</td>
</tr>
<tr>
<td>Butter, margarine, or shortening</td>
<td>1 pound</td>
<td>6 cups shredded or 2-3 cups cooked</td>
</tr>
<tr>
<td>Cabbage</td>
<td>1 pound</td>
<td>3 cups sliced or 2½ cups shredded</td>
</tr>
<tr>
<td>Carrots</td>
<td>1 pound</td>
<td>3 cups sliced or 2½ cups shredded</td>
</tr>
<tr>
<td>Cheese</td>
<td>4 ounces</td>
<td>1 cup shredded</td>
</tr>
<tr>
<td>Coffee</td>
<td>1 pound</td>
<td>40-50 cups brewed</td>
</tr>
<tr>
<td>Cornmeal</td>
<td>1 pound</td>
<td>3 cups (dry) or 12 cups cooked</td>
</tr>
<tr>
<td>Flour, all purpose</td>
<td>1 pound</td>
<td>4 cups sifted</td>
</tr>
<tr>
<td>Flour, whole wheat</td>
<td>1 pound</td>
<td>3¼ - 3¾ cups</td>
</tr>
<tr>
<td>FOOD</td>
<td>AMOUNT</td>
<td>SAME AS (EQUALS)</td>
</tr>
<tr>
<td>-------------------------</td>
<td>-----------------</td>
<td>-------------------------------------------------------</td>
</tr>
<tr>
<td>Lemons</td>
<td>1 lemon</td>
<td>2-4 tablespoons juice</td>
</tr>
<tr>
<td>Macaroni, spaghetti</td>
<td>1 pound</td>
<td>4 cups (dry) or 8 cups cooked</td>
</tr>
<tr>
<td>Milk, evaporated</td>
<td>6 ounce can</td>
<td>1½ cups with the water added</td>
</tr>
<tr>
<td>Oatmeal</td>
<td>½ cup (dry)</td>
<td>1 cup cooked</td>
</tr>
<tr>
<td>Onions</td>
<td>1 pound</td>
<td>3 large</td>
</tr>
<tr>
<td>Potatoes</td>
<td>1 pound</td>
<td>3 medium or 3½ cups sliced or 2 cups mashed</td>
</tr>
<tr>
<td>Rice, regular, white, or brown</td>
<td>1 pound</td>
<td>2½ cups (dry) or 7½ cups cooked</td>
</tr>
<tr>
<td>Saltines</td>
<td>22 crackers</td>
<td>1 cup crumbs</td>
</tr>
<tr>
<td>Sugar, white-granulated</td>
<td>1 pound</td>
<td>2 cups</td>
</tr>
<tr>
<td>Brown sugar</td>
<td>1 pound</td>
<td>2 ¼ cups (firmly packed)</td>
</tr>
</tbody>
</table>

**Storing Protein Foods**

Here is a list of foods that spoil quickly in the refrigerator. Foods need to be tightly wrapped before freezing.

<table>
<thead>
<tr>
<th>PRODUCT</th>
<th>STORAGE TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>In Refrigerator</strong></td>
<td><strong>In Freezer</strong></td>
</tr>
<tr>
<td>Fresh Raw Meat:</td>
<td></td>
</tr>
<tr>
<td>Beef &amp; Pork, Ground</td>
<td>1-2 days</td>
</tr>
<tr>
<td>Beef-Roasts &amp; Steaks</td>
<td>3-5 days</td>
</tr>
<tr>
<td>Pork-Roasts</td>
<td>3-5 days</td>
</tr>
<tr>
<td>Pork-Chops</td>
<td>3-5 days</td>
</tr>
<tr>
<td>Sausage, Uncooked</td>
<td>1-2 days</td>
</tr>
<tr>
<td>Chicken, Turkey-Whole</td>
<td>1-2 days</td>
</tr>
<tr>
<td>Chicken, Turkey-Parts</td>
<td>1-2 days</td>
</tr>
<tr>
<td>Fish-Fatty (Perch, Salmon)</td>
<td>1-2 days</td>
</tr>
<tr>
<td>Fish-Lean (Cod, Haddock)</td>
<td>1-2 days</td>
</tr>
<tr>
<td>Cured Meats:</td>
<td></td>
</tr>
<tr>
<td>Lunch Meats</td>
<td>3-5 days</td>
</tr>
<tr>
<td>Hot Dogs</td>
<td>5-7 days</td>
</tr>
<tr>
<td>Dairy</td>
<td></td>
</tr>
<tr>
<td>Cheese - Cheddar, Swiss</td>
<td>3-4 weeks</td>
</tr>
<tr>
<td>Cheese - Cheddar, Swiss (shredded)</td>
<td>1-2 weeks</td>
</tr>
<tr>
<td>Processed Cheese</td>
<td>3-4 weeks</td>
</tr>
<tr>
<td>Eggs-Fresh in shell</td>
<td>3 weeks</td>
</tr>
<tr>
<td>Eggs-Hard boiled in shell</td>
<td>5-7 days</td>
</tr>
</tbody>
</table>
Does it Feel Like the Flu?

If you have a headache, stomachache, vomiting, or diarrhea, you may have **food borne illness**. It usually starts from 3 to 24 hours after you eat contaminated food. It can last from 24 hours to 2 weeks.

We sometimes get sick from germs that get into foods. These germs are invisible. Some of these germs are bacteria. They grow in moist, warm foods and on things the food touches.

**How to Prevent Food Poisoning**

Germs grow fast in food. A few germs will quickly grow into an army of germs. If you eat the food, that army of germs could make you sick.

Stop Germs From Spreading

1. Always wash your hands with soap and water before you touch food.

2. Clean everything in the kitchen often. Wash all surfaces and cutting boards with hot, soapy water.

3. Rinse all items that have touched raw meat and poultry with bleach and water. Use one teaspoon of bleach in one quart of water. Let air-dry.

4. Thaw food on a plate in the refrigerator. Never on the counter!

5. Don’t leave meat, poultry, fish, milk, eggs and cooked foods at room temperature more than 2 hours. Refrigerate leftovers right after a meal.

6. Keep your refrigerator at 36° to 40°. Put a thermometer in the middle of the refrigerator. If milk spoils in a week, your refrigerator may be too warm.

7. While cooking do not taste the food with a spoon then return that spoon to the food. Use a different spoon.

8. Keep pets away from food areas.


You Can Keep Your Food Safe.

Very high temperatures will kill bacteria and cold temperatures slow their growth. The rule is:

*“Keep hot foods hot and cold foods cold.”*
Use Safe Temperatures

- Place a food thermometer in the center of the dish or the thickest part of meat away from bone.
- Bring leftovers like soups, gravies, and sauces to a slow boil before serving.
- Cook poultry to 180°
- Cook chicken breast to 170°
- Cook poultry until juices run clear.
- Heat leftovers to 165°
- Cook ground meat and pork until no longer pink, at least 160°
- Cook steaks and roasts to medium rare or more, at least 145°
- Cook all eggs until whites are solid and yolks are beginning to set.
- Do not eat raw eggs
- Keep hot foods above 140°.
- Do NOT leave food between 40° and 140° for more than 2 hours.
- Do NOT thaw foods at temperatures between 40° and 140°.
- Cold foods should be kept at 36° to 40°.
- The best temperature to thaw food in the refrigerator is 36° to 40°.
- The best freezer temperature is 0° to -10°.
In Case of Fire!!!

Cover pan with a lid to put out the fire.

Pour salt or baking soda on the fire.

Do not throw water on a grease fire.

Prevent fire! Keep matches in a closed container out of the reach of children.

10 tips to help you eat whole grains

1. **make simple switches**
   To make half your grains whole grains, substitute a whole-grain product for a refined-grain product. For example, eat 100% whole-wheat bread or bagels instead of white bread or bagels, or brown rice instead of white rice.

2. **whole grains can be healthy snacks**
   Popcorn, a whole grain, can be a healthy snack. Make it with little or no added salt or butter. Also, try 100% whole-wheat or rye crackers.

3. **save some time**
   Cook extra bulgur or barley when you have time. Freeze half to heat and serve later as a quick side dish.

4. **mix it up with whole grains**
   Use whole grains in mixed dishes, such as barley in vegetable soups or stews and bulgur wheat in casseroles or stir-fries. Try a quinoa salad or pilaf.

5. **try whole-wheat versions**
   For a change, try brown rice or whole-wheat pasta. Try brown rice stuffing in baked green peppers or tomatoes, and whole-wheat macaroni in macaroni and cheese.

6. **bake up some whole-grain goodness**
   Experiment by substituting buckwheat, millet, or oat flour for up to half of the flour in pancake, waffle, muffin, or other flour-based recipes. They may need a bit more leavening in order to rise.

7. **be a good role model for children**
   Set a good example for children by serving and eating whole grains every day with meals or as snacks.

8. **check the label for fiber**
   Use the Nutrition Facts label to check the fiber content of whole-grain foods. Good sources of fiber contain 10% to 19% of the Daily Value; excellent sources contain 20% or more.

9. **know what to look for on the ingredients list**
   Read the ingredients list and choose products that name a whole-grain ingredient first on the list. Look for “whole wheat,” “brown rice,” “bulgur,” “buckwheat,” “oatmeal,” “whole-grain cornmeal,” “whole oats,” “whole rye,” or “wild rice.”

10. **be a smart shopper**
    The color of a food is not an indication that it is a whole-grain food. Foods labeled as “multi-grain,” “stone-ground,” “100% wheat,” “cracked wheat,” “seven-grain,” or “bran” are usually not 100% whole-grain products, and may not contain any whole grain.
SNACK IDEAS & MORE FOR KIDS

Children learn best by watching you!

Be a GOOD role model!
MyPlate for Kids
Eat Right. Exercise. Have Fun!

Children need 4-6 meals and snacks each day for good health and proper growth.

Snacks That Follow The MyPlate Food Guide

- Fruits – washed fresh, canned, frozen, dried, juices
- Vegetables – washed raw, canned, frozen, juices
- Bread, Cereal & Pasta – crackers, graham crackers, cereal, whole grain: breads, rolls, biscuits, muffins or tortillas.
- Meat, Poultry, Fish, Beans, Eggs and Nuts - hard-cooked eggs, meat slices or wedges, tuna or egg salad, bean dip, bean spread, peanut butter, nuts (Not for children under 4!)
- Milk and cheese - homemade milkshakes, smoothies, hot cocoa, cheese cubes or slices, string cheese, yogurt, cottage cheese, pudding.
- Combinations – pizza snacks, apple-cheese snacks, apple boats, celery filled with peanut butter and topped with raisins, cereal with milk and fruit, snack mix made with cereal, pretzels, raisins and small crackers. (Not for children under 4!)
What Makes a Good Snack?

• Snacks should be low in fats and sugars.
• Too much sugar can cause cavities.
• Too much fat or sugar can result in overweight.
• Snacks are fun to eat.
• Snacks should look and taste good.
• Snacks should be quick and easy to make.
• Children need nutritious snacks. They cannot eat too much at one time. They need food in between meals to help them meet their nutritional needs. This would especially help with picky eaters.
• Snacks should not be eaten within 1 hour of a regular meal.

Healthy Snacks For Children - By Age Group

9 months-1 ½ Years

- Graham Crackers
- Soft breads
- Fruit juice
- Dry cereal
- Cooked carrots
- Cooked peas
- Mashed potatoes
- Applesauce

2-5 Years

- Fresh fruit cut up into small pieces
- Fruit and vegetable juices
- Cheese cubes or slices
- Yogurt
- Hard-boiled eggs
- Cottage cheese with fruit
- Peanut butter spread thinly on crackers
- Toast with cheese
- Raw vegetables cut into small pieces
- Celery Not for children under 4
- Popcorn Not for children under 4
- Popsicles made from fruit juice
Daily Food Guide for Preschool Children

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Count as One Serving</th>
<th>Recommended Number of Servings Per Day for 2-3 Year Olds</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bread, Cereal, Rice, Pasta or Tortillas</strong></td>
<td>1 slice bread &lt;br&gt; ½ roll or muffin &lt;br&gt; ½ bagel or ½ hamburger bun &lt;br&gt; ½ to 1 cup ready-to-eat cereal &lt;br&gt; 1/3 cup cooked cereal or rice &lt;br&gt; 1/3 cup spaghetti or noodles &lt;br&gt; 1 medium tortilla &lt;br&gt; 4 saltines or small crackers &lt;br&gt; 2 graham cracker squares &lt;br&gt; 1 three-inch pancake</td>
<td>6</td>
</tr>
<tr>
<td><strong>Vegetables</strong></td>
<td>1/3 cup small pieces of cooked vegetable &lt;br&gt; ½ cup vegetable juice &lt;br&gt; 2/3 cup raw leafy vegetable</td>
<td>3</td>
</tr>
<tr>
<td><strong>Fruits</strong></td>
<td>1/3 cup small pieces of fruit &lt;br&gt; * ½ cup 100% fruit juice</td>
<td>2</td>
</tr>
<tr>
<td><strong>Milk, Yogurt, Cheese</strong></td>
<td>½ cup milk or yogurt &lt;br&gt; ½ cup pudding or custard &lt;br&gt; ¾ ounce cheese &lt;br&gt; 1 ounce processed cheese</td>
<td>4</td>
</tr>
<tr>
<td><strong>Meat, Poultry, Fish, Dry Beans, Eggs and Nuts</strong></td>
<td>1 ounce cooked lean meat, poultry or fish &lt;br&gt; 1 egg &lt;br&gt; ** 2 Tablespoons peanut butter</td>
<td>3</td>
</tr>
</tbody>
</table>

* Two- to 3-year-old children should not drink more than 4 to 6 ounces of fruit juice in a day. This amount is one serving from the fruit group.

** May cause choking in 2- to 3-year old children.
Parenting and Feeding Children

**PARENTS are responsible for:**
- Buying healthy foods to prepare meals.
- Deciding when to serve meals and snacks.
- Making family mealtimes pleasant.

**CHILDREN are responsible for:**
- How much they eat …and even if they eat!

### Feeding a “Picky Eater”

- Give very **small servings**. Let the child ask for more.
- **Offer choices**. Let the child help plan the meal.
- Plan to **offer new foods 8 or more times** before your child may like it and actually try it!
- Serve **new foods** when the child is well rested and happy.
- Make food **interesting**. Children like different colors and textures.
- **Avoid arguing** about food with the child.
- **Enjoy** eating with your child!

### Children Learn By Doing

Successful cooking with children happens when you give them jobs that they are able to complete. This will depend on your child’s age.

**2 -year olds can** - scrub, tear, break, snap and dip.

**3-year olds can** - wrap, pour, mix, shake and spread.

**4-year olds can** - roll, juice, crack eggs and mash.

**5-year olds can** - measure out, peel and beat.

**Children of all ages can help clean up!**
100 Calorie Snacks

**Popcorn**
Provide – 1,409 calories/lb
2 cups microwave popcorn
~ 100 calories

**Potato Chips**
Provide – 2,400 calories/lb
7 chips ~ 100 calories

**Pretzels**
Provide – 1,665 calories/lb
Three 3” pretzel rods
~ 100 calories

**Gummi Candy**
Provides – 1,673 calories/lb
11 gummi candies ~ 100 calories

**Strawberries**
Provide – 145 calories/lb
18 strawberries ~ 100 calories

**Apple**
Provides – 233 calories/lb
1 med. large apple ~ 100 calories

**Red Grapes**
Provide – 272 calories/lb
25 grapes ~ 100 calories

**Chocolate Chip Cookie**
Provide – 2,142 calories/lb
One 3” cookie ~ 100 calories

**Baby Carrots**
Provide – 213 calories/lb
2 cups carrots ~ 100 calories

**Cheese Twists**
Provide – 2400 calories/lb
9 cheese twists ~ 100 calories

Which would you choose?

Need a snack....?
Top 10 Choking Foods for Children Under Age 4

Some foods can cause choking because they slip down the throat easily and can get stuck. Or the child may not be able to chew the food properly before swallowing.

**Apples.** Always chop into bite-sized pieces or cook until soft.

**Carrots.** Raw carrots should be shredded or cooked until mushy.

**Celery.** Remove the stringy parts with a peeler and cut it up.

**Grapes.** Cut them in half and remove the seeds.

**Hot Dogs** are one of the most common choking foods. They must be cut up. Slice length wise first, and then chop into pieces.

**Hard Candy** is dangerous because it may be swallowed whole, blocking the airway. Do not give to children under 4.

**Peanut Butter.** The safest way to serve it is to spread it thinly on bread and serve with a beverage. Do not serve large clumps of peanut butter by itself.

**Nuts** are also a common choking food because of their size and shape. They should not be served to children under 4.

**Popcorn** is dangerous because of its size, shape and sharp edges.

**Raisins** should not be given to children under age 2. 2-4 year olds should be served plump, moist raisins.

---

**“Purple Cow”**

Serves: 2

Serving Size: 1 1/3 cups

1 can (6 oz) frozen grape juice* - do not add water
1 cup water
1 cup 1% milk*
½ teaspoon vanilla (if you like)

1. Place all ingredients in a covered container.
2. Shake until well blended (or use blender).
3. Serve cold.

*WIC Foods

---

**Nutrition Facts - Amount per serving**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>200</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
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<tr>
<td>Fiber</td>
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<tr>
<td>Sugars</td>
<td>41 g</td>
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<tr>
<td>Protein</td>
<td>6 g</td>
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<tr>
<td>Total Fat</td>
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<tr>
<td>Saturated Fat</td>
<td>1 g</td>
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<tr>
<td>Trans Fat</td>
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<tr>
<td>Cholesterol</td>
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<tr>
<td>Sodium</td>
<td>55 mg</td>
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<tr>
<td>Vitamin A</td>
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<tr>
<td>Vitamin C</td>
<td>210%</td>
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<tr>
<td>Calcium</td>
<td>15%</td>
</tr>
<tr>
<td>Iron</td>
<td>4%</td>
</tr>
</tbody>
</table>
Orange Frost Shake

Serves: 6
Serving Size: 8 ounces

2 cups orange-pineapple juice*
2 ripe medium bananas*
1 1/2 cups 1% vanilla-flavored yogurt
4-5 ice cubes

1. Measure orange-pineapple juice and yogurt in glass measuring cup.
2. Peel bananas. Break into 2 pieces each.
3. Combine juice yogurt and bananas with ice in a blender.
4. Blend until smooth.
5. Pour into glasses.

* WIC Food

Yogurt Popsicles

Serves: 8
Serving Size: 1 Popsicle

6 Tablespoons (1/2 of 6 ounce can) of Frozen orange* or grape juice* concentrate (undiluted)
2 cups plain or fruit flavored yogurt
1 teaspoon vanilla (if you like)

1. Mix all ingredients together.
2. Pour into 8 paper cups or plastic popsicle molds.
3. Place a popsicle stick in each cup.
4. Set in freezer.
5. Serve when frozen hard.
6. To eat, peel off paper cup or plastic mold.

Try This!
Prepare the “Purple Cow” or “Orange Frost Shake” smoothie drinks. Pour into molds or paper cups. Freeze using the directions above.

* WIC Food

Nutrition Facts

Amount per serving

<table>
<thead>
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<th>Amount per serving</th>
</tr>
</thead>
<tbody>
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<td>Cholesterol</td>
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<tr>
<td>Vitamin C</td>
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<tr>
<td>Calcium</td>
<td>10%</td>
</tr>
<tr>
<td>Iron</td>
<td>0%</td>
</tr>
</tbody>
</table>

Nutrition Facts - Amount per serving

<table>
<thead>
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<th>Amount per serving</th>
</tr>
</thead>
<tbody>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
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<td>2%</td>
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<tr>
<td>Vitamin C</td>
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<tr>
<td>Calcium</td>
<td>10%</td>
</tr>
<tr>
<td>Iron</td>
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</tr>
</tbody>
</table>
**Trail Mix**

Serves: 12  
Serving Size: 1 cup

1 cup O-shaped cereal pieces*  
1 cup □ - shaped cereal pieces*  
2 cups lite popcorn  
2 cups low-fat crackers  
3 cups thin pretzel twists  
½ cup low sodium fry roasted peanuts  
1 cup raisins

1. Put all ingredients into a large plastic bag.  
2. Shake bag well.  
3. Scoop a portion of the mix into re-sealable medium sized storage bags.  
   *WIC Food (Cheerios and Life)

**Nutrition Facts**

**Amount per serving**

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Total Carbohydrate</th>
<th>Fiber</th>
<th>Sugars</th>
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**Bean Dip**

Serves: 10  
Serving Size: ¼ cup

1 (14-16 ounce) can pinto beans*  
1 cup cheddar cheese* (shredded)  
Vegetables for dipping  
Baked Tortilla Chips for dipping

1. Drain pinto beans and rinse under cold water.  
2. Mash beans until smooth.  
3. Grate the cheese.  
4. Add salsa and cheese to beans and mix well.  
5. Cut vegetables into bite size pieces for dipping.  
   *WIC Food

**Nutrition Facts - Amount per serving**

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Fun Pizza Snacks
Serves: 5
Serving Size: 1 muffin

5 English muffins
1 cup of tomato sauce
2 cups mozzarella cheese* (shredded)

1. Fork-split English muffins.
2. Toast muffin halves lightly in oven or in toaster oven.
3. Top each muffin half with 1 tablespoon of sauce and 1 tablespoon of shredded cheese.
4. Put in oven or toaster oven until cheese is melted.

* WIC Food

Apple Boats
Serves: 12
Serving Size: ½ apple

7 medium apples*
¾ cup peanut butter*
¼ cup crispy rice cereal*
¼ cup raisins

1. Wash and cut 6 apples in half. Remove the core making a hollow spot for the peanut butter.
2. Mix together peanut butter, rice cereal and raisins.
3. Spoon into the hollow spaces of the apples.
4. Cut the remaining apple into sail like slices.
5. Stick a toothpick into each apple half and top with a slice of apple.

* WIC Food

Nutrition Facts - Amount per serving
Calories: 280
Total Carbohydrate: 30g
Fiber: 2 g
Sugars: 3 g
Protein: 17 g

Total Fat: 10 g
Saturated Fat: 6 g
Trans Fat: 0 g
Cholesterol: 25 mg
Sodium: 670 mg

Vitamin A: 8%
Vitamin C: 6%
Calcium: 35%
Iron: 15%

Nutrition Facts
Amount per serving
Calories: 140
Total Carbohydrate: 16 g
Fiber: 3 g
Sugars: 12 g
Protein: 4 g
Total Fat: 8 g
Saturated Fat: 1.5 g
Trans Fat: 0 g
Cholesterol: 0 mg
Sodium: 75

Vitamin A: 0%
Vitamin C: 6%
Calcium: 2%
Iron: 2%
Crunchy Fruit Sundae

Serves: 6
Serving Size: 1 cup

1 - 16 oz can Fruit Cocktail*, or Canned Fruit
(Try: peaches*, pears* or mandarin oranges* etc.)
3 pieces Fresh Fruit—cut up in small pieces. (Try: bananas*,
    Apples*, pears*, oranges* or seedless grapes* cut in half)
2 cups low-fat (1%) Vanilla Yogurt
6 Graham Cracker squares—crumbled in baggie or granola

1. Mix fresh fruit with drained canned fruit
2. Put into bowls for serving.
3. Top with yogurt and spoon graham crackers on top.
* WIC Food

Mexican Layer Dip

Serves: 10
Serving Size: 1/2 cup dip + 12 tortilla chips

1 pound container 1% cottage cheese
2 tablespoons 1% milk*
1 envelope Taco Seasoning
1 jar salsa (16 oz.)
1 head romaine lettuce*, washed and shredded
1 can (15 oz) beans*, rinsed and drained (use your favorite)
1 large tomato*, chopped
10 black olives*, diced
1 red or green bell pepper*, chopped
1 cup cheddar cheese* (4 ounces), grated
16-ounce bag Baked tortilla chips

1. Cream cottage cheese with a bit of milk in blender or mash smooth.
2. Mix cottage cheese with taco seasoning.
3. Layer mixture on a plate.
4. Spoon salsa and smooth over top.
5. Add shredded lettuce over the salsa.
6. Mix drained and rinsed beans with olives, onions and tomatoes and layer on top of shredded lettuce.
7. Sprinkle with cheddar cheese and serve with tortilla chips
* WIC Food

Nutrition Facts - Amount per serving

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Vitamin A: 25%
Vitamin C: 50%
Calcium: 20%
Iron: 10%
Apple Cinnamon Wrap and Roll

Serves: 8
Serving Size: 1/2 Wrap

2 tablespoons sugar
1 teaspoon sugar
Low-fat cooking spray
2 apples* (2 cups chopped)

1/3 cup low fat vanilla yogurt

1. Mix sugar and cinnamon in small bowl.
2. Wash and chop apples. Place in medium bowl.
3. Add yogurt to apples, stirring to combine.
4. Lay tortilla flat on plate. Spray low-fat cooking spray to lightly coat topside. Sprinkle with a spoonful of cinnamon sugar.
5. Flip tortilla so unsprayed side is up. Using 1/4 of apple mixture, fill half tortilla. Fold other half over mixture.
6. Place folded tortilla in pan and cook about 1 minute, or until lightly brown. Flip to cook second side. (If pan starts to smoke, remove pan from burner for a minute and then continue.)
7. Remove from pan and cut in half.
8. Repeat with remaining tortillas.

Homemade Applesauce

Serves: 6
Serving Size: 3/4 cup

8 medium apples*
3/4 teaspoon cinnamon
3/4 cup water
brown sugar (optional)

1. Wash, peel, core and cut apples into small sections.
2. In a pot, combine the apples, cinnamon and water.
3. Cover pot, and simmer on medium heat for about 45 minutes, stirring occasionally.
4.Sprinkle with brown sugar (optional).

* WIC Food

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Tortilla Roll-Ups
Serving Size: 1 roll-up

These are easy for children to make. Choose any fillings you like. Place in a flour tortilla (or whole grain tortillas*). Roll-up and enjoy!

Low-fat cream cheese, salsa and shredded lettuce*
Low-fat cream cheese, raisins and shredded carrots*
**Peanut butter* and raisins (See Nutrient Analysis below.)**
Leftover sliced meat, shredded cheese* and salsa
Salad* and low-fat dressing
Tuna*, low-fat dressing, shredded carrots* and apples*
Yogurt and canned peaches* (drained)

Try this for breakfast:

Make scrambled eggs*. Roll up inside a whole grain tortilla* with shredded cheese* and salsa.
* WIC Food

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Microwave Potato Skins
Serves: 2
Serving Size: Half of potato

1 large baking potato
I Can’t Believe It's Not Butter spray
1 tbsp scallions (green onions)*
1/2 cup light cheddar cheese*
2 tbsp fat free sour cream

1. Rinse the potato and then poke holes using a fork. Microwave the potato for 5 - 10 minutes. Remove from microwave and then cut potato in half lengthwise. Allow the potato to cool before handling again.
2. Scrape the insides of the potato out, but do not scrape all the way to the skin (leave a little potato around the edges and on the bottom).
3. Mix potato insides and scallions in a bowl. Place mixture back into potato skins. Spray with butter spray and sprinkle cheese on top.
4. Put in microwave for 30 seconds or until cheese is melted. Top with sour cream.

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**Nutrition Facts - Amount per serving**

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**Try this for breakfast:**

Make scrambled eggs*. Roll up inside a whole grain tortilla* with shredded cheese* and salsa.

---

* WIC Food
Wrap celery in aluminum foil when putting in the refrigerator and it will keep better.

To keep potatoes from budding, place an apple in the bag with the potatoes.
Soups, Salads, Vegetables and Sauces

- Use cold water when starting soup.
- Bring soup to a rapid boil at first. Then simmer.
- Add extra and different seasonings to your taste.
- Chill soups and use a spoon to remove the hardened fat from the surface. Throw away fat.
- Wash and scrub fresh vegetables under cool water before peeling and eating.
- Wash well, drain and dry greens before storing.
- Tear washed greens into bite-sized pieces.
- Read the labels on bottled dressings. Many dressings are high in fat, calories and sodium.
- Bake, steam or microwave vegetables. Use seasonings with small amounts of butter, margarine or oil.
- Sauces made with vegetables have less fat and calories than those made with cream.

How To Use Fresh Vegetables

BROCCOLI:

- Buy bright green broccoli. Refrigerate in loosely closed plastic bag.
- Wash well and cut off tough end of stems.
- Cook whole or cut into large pieces.
- Boil (in small amount of water), steam, microwave or stir fry until easily pierced with a fork. It’s also good when eaten raw.
- Good source of vitamins A & C and calcium.

CABBAGE:

- Buy heads that feel heavy for size. Refrigerate in a plastic bag.
- Wash well and cut into wedges or shred.
- Boil in a small amount of water, stir-fry or use raw in a salad.
- Good source of vitamin C.

CARROTS:

- Cut leafy tops off right away. Refrigerate in plastic bag.
- Scrub well or peel. Slice large carrots.
- Boil (in a small amount of water), steam, microwave or stir fry until just tender. Try carrots raw too.
- Great source of vitamin A.
**CAULIFLOWER:**

Look for white, firm cauliflower. Refrigerate in plastic bag.

Remove outer leaves, wash and break into florets or leave whole.

Boil (in a small amount of water), steam, microwave or stir fry until easily pierced with a fork. It’s also good raw.

Source of vitamin C.

**SWEET POTATOES AND YAMS:**

Store in a cool place but not in the refrigerator.

Scrub well and trim ends. Cook whole or quartered.

Bake, microwave, or boil in enough water to cover, until tender.

Source of vitamin A.

**GREENS:**

Types of greens: Beet, collard, dandelion, kale, spinach, mustard and turnip.

Refrigerate in closed plastic bag.

Wash under running water and cut off tough stems.

Boil in a small amount of water or steam until leaves are wilted and tender. Do not overcook. Cooking time depends on the type of green.

Source of vitamins A and C and Iron

---

**POTATOES:**

Store in cool dark place. Light and heat cause potatoes to sprout and turn green. **Do not eat green parts of the potato or potatoes that have sprouted.**

Scrub well with a stiff brush.

Cook with skins on to keep vitamins in. Cut in pieces if large.

Bake or microwave whole or boil in just enough water to cover until easily pierced with a fork.

Source of B vitamins and vitamin C.

**SUMMER SQUASH:**

Types: Zucchini, yellow and spaghetti.

Store in refrigerator.

Small squash can be cooked without peeling. Slice or cut into chunks for cooking. Zucchini and yellow squash: Raw or stir-fry or boil pieces in a small amount of water. Spaghetti squash can be baked.

Source of vitamin A.

**WINTER SQUASH:**

Types: Acorn, buttercup, turban, butternut, patty pan, hubbard, and spaghetti.

Buy squash with hard rind. Store in a cool dry place or at room temperature. Do not refrigerate.

Cut squash in half and remove seeds.

Bake halves, cut side down in a baking dish for 1 hour or boil by cutting into 2 inch pieces and covering with water and cooking until tender when pierced with a fork.

Good source of vitamin A.
Vegetables

- Everyone needs 3-5 servings of vegetables every day.

- A serving of vegetables is:
  - 1 cup of cooked vegetables or
  - 2 cups of raw leafy vegetables.

- Most vegetables contain no fat. They are good for all eating plans. To keep calories low, use herbs and spices instead of butter or sauce on cooked vegetables.

Buying Vegetables

- Buy only the amount you can store and use while still fresh.

- When you buy green leafy vegetables, look for ones that are crisp and not wilted or yellow.

- Compare prices of fresh, canned and frozen vegetables.

- Canned or frozen vegetables may cost less when fresh vegetables are out of season. **Whether fresh or frozen all are nutritious.**

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|                 |              | Summer Squash|              |}

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Best Time To Buy Fresh Vegetables

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Turkey or Chicken Soup
Serves: 7
Serving Size: 1½ cups

1 cup cooked turkey or chicken
1½-quart (6 cups) water or chicken broth
½ cup uncooked rice, not instant (or brown rice*)
1 cup onions*, chopped (2 medium)
1 (10 ounce) package frozen corn*

1. In large saucepan combine turkey, water and rice.
2. Simmer covered, 1½ hour.
3. Add onions, corn, tomatoes, green pepper, carrots and celery to the broth.
4. Simmer covered 30 minutes or until vegetables are tender. Season to taste.
5. Serve immediately or freeze for later use.

* WIC Food

Nutrition Facts - Amount per serving
Calories: 169
Total Carbohydrate: 28 g
Fiber: 4 g
Sugars: 5 g
Protein: 10 g

Total Fat: 2 g
Saturated Fat: 0 g
Trans Fat: 0 g
Cholesterol: 15 mg
Sodium: 846 mg

Vitamin A: 110%
Vitamin C: 35%
Calcium: 4%
Iron: 8%

Minestrone Soup
Serves: 4
Serving Size: 1 cup

1 teaspoon vegetable oil
½ medium onion*
1 clove garlic*, minced
1 medium potato, peeled and cubed
1 carrot*, sliced
½ teaspoon oregano
½ teaspoon ground black pepper
1 cup cooked kidney beans*
( equivalent to 1/3 cup dry beans*)
1 cup no-salt-added canned tomatoes*
¼ cup uncooked rotini or elbow macaroni
1 small zucchini*, sliced

2. Add potatoes, carrots, spices, and water. Cook on low heat for 15 minutes.
3. Add beans, tomatoes, macaroni and zucchini.
4. Boil on low-medium heat for 15-20 minutes or until macaroni and vegetables are cooked.

* WIC Food

Nutrition Facts - Amount per serving
Calories: 160
Total Carbohydrate: 32 g
Fiber: 6 g
Sugars: 5 g
Protein: 7 g

Total Fat: 1.5 g
Saturated Fat: 0 g
Trans Fat: 0 g
Cholesterol: 15 mg
Sodium: 50 mg

Vitamin A: 70%
Vitamin C: 25%
Calcium: 6%
Iron: 10%
**Tomato Ravioli Soup**
Serves: 8  
Serving Size: 1½ cups

1 can (28 ounces) tomatoes*  
1 can (14-16 ounce) chicken or vegetable broth  
1 can water (use broth can to measure water)  
1 teaspoon dried Italian seasoning or ½ teaspoon Oregano & ½ teaspoon basil  
1 package frozen small cheese ravioli (20 ounce)  
2 small zucchini*, sliced or 1 (10 ounce) frozen mixed vegetables or 1 (14-1/2 ounce can mixed vegetables)  
½ teaspoon pepper  
½ teaspoon garlic powder

1. Mix first three ingredients in a large saucepan and bring to a boil.  
3. Add frozen ravioli, zucchini (or vegetables) and peppers and garlic powder. Bring to a boil.  
4. Cover and reduce heat.  
5. Simmer 7-8 minutes or until ravioli and vegetables are tender.

* WIC Food

**Nutrition Facts - Amount per serving**

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**Tortellini and Spinach Soup**
Serves: 6  
Serving Size: 1½ cups

8 cups low sodium chicken or vegetable stock  
1 lb. bag frozen tortellini  
1 lb. bag fresh or frozen chopped spinach*  
2 tablespoons fresh chopped parsley  
4 medium carrots* (grated or thinly sliced)  
2 cloves garlic*, chopped  
1 onion*, chopped  
Black pepper and thyme to taste  
Freshly grated Parmesan cheese

1. Heat the stock to a boil.  
2. Add the spinach, carrots, onions, garlic and parsley.  
3. Add pepper and thyme as desired. Let simmer for 15 minutes.  
4. Add tortellini and simmer for another 3 minutes. (Do not OVERCOOK tortellini!!) Serve immediately.  
5. Top with Parmesan cheese.

* WIC Food

**Nutrition Facts**

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**Potato Soup**

Serves: 4  
Serving Size: ½ cup

1 small onion chopped*  
1 teaspoon margarine  
2 large chopped potatoes  
1 teaspoon salt  
¼ teaspoon pepper  
1 cup water  
1 cup 1% milk*

1. In a large pan cook onion in margarine until soft.  
2. Add potatoes, salt and water.  
3. Bring to a boil, cover and cook 15 minutes.  
4. Stir in milk and pepper.  
5. Simmer until hot. DO NOT boil.

**Try This!**  
- Mash the cooked potatoes before you put in the milk to make the soup thicker.  
- Add chopped carrots* and celery* along with the potatoes in Step 2.

* WIC Food

**Nutrition Facts - Amount per serving**
- Calories: 180  
- Total Carbohydrate: 37 g  
- Fiber: 4 g  
- Sugars: 6 g  
- Protein: 6 g  
- Total Fat: 2 g  
- Saturated Fat: 0.5 g  
- Trans Fat: 0 g  
- Cholesterol: 5 mg  
- Sodium: 640 mg  
- Vitamin A: 4%  
- Vitamin C: 25%  
- Calcium: 10%  
- Iron: 10%

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**Italian White Bean Soup**

Serves: 4  
Serving Size: 1½ cups

2 cans (15 oz. each) white kidney beans* (Cannellini or Great Northern beans), drained and rinsed  
4 cups non-fat, reduced sodium chicken broth  
1/2 cup chopped onion*  
2 cloves garlic*, minced  
1 can (16 oz.) whole tomatoes* with no salt, undrained, chopped  
OR 4-6 fresh plum tomatoes*  
2 tsp. dried basil  
1/2 tsp. dried thyme leaves  
1/8 tsp. white pepper

1. Combine one can of beans with two cups of broth in a blender.  
2. Blend until mixture becomes a smooth puree. Transfer to a large saucepan.  
4. Reduce heat and simmer covered, for about 10 to 15 minutes, or until beans and tomatoes are tender.

* WIC Food

**Nutrition Facts - Amount per serving**
- Calories: 230  
- Total Carbohydrate: 42 g  
- Fiber: 15 g  
- Sugars: 6 g  
- Protein: 11 g  
- Total Fat: 2 g  
- Saturated Fat: 0 g  
- Trans Fat: 0 g  
- Cholesterol: 0 mg  
- Sodium: 540 mg  
- Vitamin A: 4%  
- Vitamin C: 30%  
- Calcium: 20%  
- Iron: 20%
Chili Soup
Serves: 6
Serving Size: 1 1/2 cups

1 pound ground beef - 90% lean
1/2 cup chopped onion*
1/2 cup chopped green pepper*
1 can corn* (14-16 ounces)
1 can stewed tomatoes (14-16 ounces)
1/4 teaspoon salt
1/4 teaspoon pepper
1 teaspoon chili powder
1 can tomato soup or 1 1/4 cups tomato sauce
2 cups water

1. In a skillet brown ground beef and drain fat.
2. In a large pot mix the remaining ingredients.
3. Add cooked beef to mixture.
4. Cover with lid and simmer for 20 minutes.

* WIC Food

Nutrition Facts
Amount per serving
Calories: 280
Total Carbohydrate: 25
Fiber: 4
Sugars: 10
Protein: 251
Total Fat: 9
Saturated Fat: 3.5
Trans Fat: 0.5
Cholesterol: 65
Sodium: 780
Vitamin A: 15%
Vitamin C: 35%
Calcium: 4%
Iron: 20%

Carrot Confetti Salad
Serves: 6
Serving Size: 3/4 cup

3 large carrots* (2 cups grated)
1/4 pound red cabbage* (1 cup grated)
2 tablespoons vinegar (try apple cider)
2 tablespoons vegetable oil (try olive oil)
1/2 teaspoon sugar
1/2 teaspoon mustard
1/4 teaspoon salt
1/8 teaspoon black pepper

1. Peel and grate carrots. Wash and grate cabbage.
2. Combine both in a large bowl.
3. In a small bowl, combine rest of ingredients to make the dressing.
4. Mix dressing with carrots and cabbage.
5. Chill.

Try This!
• Add 1/2 cup raisins or dried cranberries (Craisins)

* WIC Food

Nutrition Facts
Amount per serving
Calories: 60
Total Carbohydrate: 5
Fiber: 1
Sugars: 3
Protein: 1
Total Fat: 5
Saturated Fat: 0.5
Trans Fat: 0
Cholesterol: 130
Sodium: 780
Vitamin A: 130%
Vitamin C: 20%
Calcium: 2%
Iron: 2%
“Mock” Potato Salad
Serves: 6
Serving Size: 1 cup

3 cups fresh, raw cauliflower*, cut into pieces OR
1 large bag (16 ounces) frozen cauliflower*
4 hard cooked eggs*, diced
2 ribs celery*, sliced
2 onions*, chopped
1 tablespoon mustard (Dijon recommended.)
¼ cup Light mayonnaise
½ teaspoon dill weed
½ teaspoon each salt and black pepper

1. Put cauliflower in glass or other microwave safe container.
2. Cook cauliflower in microwave about 5-7 minutes on high.
3. Cauliflower should be soft, not mushy.
4. Drain well.
5. Let cauliflower cool.
7. Chill for 2 hours (or overnight).

* WIC Food

Nutrition Facts
Amount per serving
Calories: 150
Total Carbohydrate: 8
Fiber: 3
Sugars: 4
Protein: 6
Total Fat: 11
Saturated Fat: 2
Trans Fat: 0
Cholesterol: 150
Sodium: 350
Vitamin A: 6%
Vitamin C: 70%
Calcium: 4%
Iron: 6%

Macaroni Salad
Serves: 4
Serving Size: 1 ½ cups

3 cups elbow macaroni, uncooked
½ cup celery*, chopped
½ onion*, chopped
½ cup Light mayonnaise
½ teaspoon pepper
¼ teaspoon garlic powder

1. Cook macaroni according to package directions.
2. Drain macaroni and cool.
3. Mix celery, onions, mayonnaise and spices.
4. Add macaroni and toss lightly.
5. Chill for several hours.

Try this!
• Add 1 can of tuna**, drained
• Add 1 grated carrot**
• Add 2 hard cooked eggs*, chopped

* WIC Food

Nutrition Facts - Amount per serving
Calories: 410
Total Carbohydrate: 66 g
Fiber: 3 g
Sugars: 5 g
Protein: 12 g
Total Fat: 12 g
Saturated Fat: 2 g
Trans Fat: 0 g
Cholesterol: 0 mg
Sodium: 230 mg
Vitamin A: 2%
Vitamin C: 4%
Calcium: 2%
Iron: 15%
Broccoli Salad
Serves: 6
Serving Size: 1 cup

1 large bunch broccoli*, just tops
½ lb. Turkey bacon or 2 Tbsp. Bacon bits
3 tablespoons vinegar
2 tablespoons sugar
2/3 cup light mayonnaise
1 small red onion*, diced
1 (4 oz.) pkg. grated mozzarella cheese*

1. Cook bacon, cool and crumble into a bowl (if using regular bacon).
2. Cut broccoli tops into bite-sized pieces. Add to bacon.
3. Add onion and cheese, and mix together.
4. In a separate bowl, mix together sugar, vinegar and mayonnaise. Add to broccoli mixture and mix well.
5. Chill several hours. Stir before serving.

* WIC Food

Nutrition Facts - Amount per serving
Calories: 220
Total Carbohydrate: 17 g
Fiber: 3 g
Sugars: 6 g
Protein: 9 g
Total Fat: 14 g
Saturated Fat: 3.2 g
Trans Fat: 0 g
Cholesterol: 20 mg
Sodium: 460 mg
Vitamin A: 15%
Vitamin C: 150%
Calcium: 20%
Iron: 6%

Asian Cabbage Salad
Serves: 12
Serving Size: 1 cup

4 cups shredded green cabbage*
4 cups shredded red cabbage*
2 green onions*, chopped (or ¼ cup onion finely chopped)
3 tablespoons vegetable oil (try Olive oil) OR TRY (2-1/2 Tablespoons olive oil + 1-1/2 teaspoons sesame oil)
2 tablespoons sugar
6 tablespoons rice-wine vinegar
½ cup roasted sunflower seeds (or other nuts if you like)
½ cup raisins
2 teaspoons low-sodium soy sauce

1. Combine all ingredients in a large bowl.
2. Gently stir and serve.

* WIC Food

Nutrition Facts
Amount per serving
Calories: 145
Total Carbohydrate: 19 g
Fiber: 4 g
Sugars: 13 g
Protein: 3 g
Total Fat: 7 g
Saturated Fat: 1 g
Trans Fat: 0 g
Cholesterol: 0 mg
Sodium: 150 mg
Vitamin A: 6%
Vitamin C: 90%
Calcium: 6%
Iron: 6%
Three Bean Salad

Serves: 10
Serving Size: ½ cup

1 15-ounce can kidney beans*, rinsed and drained
1 15-ounce can garbanzo beans* (chick-peas*), rinsed and drained
1 can cut green beans*, rinsed and drained
1/2 red onion*, finely chopped
3 tablespoons oil (try olive oil)
3 tablespoons vinegar
1 large garlic clove*, minced or ¼ teaspoon garlic powder
1 teaspoon dried basil or 1 tablespoon fresh

1. Combine all ingredients in a large bowl
2. Season with spices
3. Toss well. Refrigerate 1 to 2 hours.

* WIC Food

Nutrition Facts - Amount per serving
Calories: 140
Total Carbohydrate: 17 g
Fiber: 3 g
Sugars: 6 g
Protein: 9 g

Total Fat: 14 g
Saturated Fat: 3.2 g
Trans Fat: 0 g
Cholesterol: 20 mg
Sodium: 460 mg

Vitamin A: 15%
Vitamin C: 150%
Calcium: 20%
Iron: 6%

What’s in the Cupboard Salad

Serves: 4
Serving Size: 1 cup

1 (15-ounce can) black* or red beans* (or both!)
1 (15-ounce can) whole kernel corn*
1 large tomato*
½ red onion*
2 tablespoons fresh parsley or cilantro - chopped
1 tablespoon juice (lemon, lime or add red-wine vinegar)
2 tablespoons oil (try olive oil)
2 cloves garlic* or ½ teaspoon garlic powder
½ teaspoon black pepper
2 tablespoons hot peppers* - chopped (if you like)

1. Drain and rinse beans and corn.
2. Chop tomato. Dice onion.
3. Add juice or vinegar and spices.
4. Mix all together.
5. Cover. Chill for several hours in refrigerator.

* WIC Food

Nutrition Facts
Amount per serving
Calories: 210
Total Carbohydrate: 36
Fiber: 10
Sugars: 9
Protein: 7
Total Fat: 9
Saturated Fat: 1
Trans Fat: 0
Cholesterol: 0
Sodium: 850

Vitamin A: 15%
Vitamin C: 50%
Calcium: 6%
Iron: 10%
Zucchini with Cheese
Serves: 6
Serving Size: ¾ cup

1 15-ounce can kidney beans*, rinsed and drained
1 15-ounce can garbanzo beans* (chick-peas*), rinsed and drained
1 can cut green beans*, rinsed and drained
1/2 red onion*, finely chopped
3 tablespoons oil (try olive oil)
3 tablespoons vinegar
1 large garlic clove*, minced or ¼ teaspoon garlic powder
1 teaspoon dried basil or 1 tablespoon fresh

1. Heat oil with garlic in fry pan.
2. Sauté onions and garlic for 3 minutes.
3. Add zucchini. Cook 2-3 minutes. Add water and cook another 5-7 minutes until crisp-tender.
4. Turn with large spoon to cook evenly.
5. Sprinkle with cheese; toss lightly.

* WIC Food

Green Bean and Potato Salad
Serves: 8
Serving Size: 1 cup

Salad
1 pound green beans*, cut and steamed
4 large potatoes, diced and boiled
2 scallions* (green onions)

Dressing
2 tablespoons oil (try olive oil)
2 tablespoons vinegar
1 clove garlic*, crushed
1 small onion*, sliced
½ teaspoon oregano
¼ teaspoon black pepper (to taste)

1. Place the beans, potatoes and scallions in a medium bowl.
2. Combine all the dressing ingredients in a jar and shake.
3. Pour over salad. Toss gently to mix the ingredients well.
4. Cover the salad and refrigerate for several hours or overnight.

* WIC Food

Nutrition Facts - Amount per serving
Calories: 50
Total Carbohydrate: 7
Fiber: 1
Sugars: 2
Protein: 2
Total Fat: 3.5 g
Saturated Fat: 1 g
Trans Fat: 0 g
Cholesterol: 5 mg
Sodium: 30 mg
Vitamin A: 4%
Vitamin C: 25%
Calcium: 4%
Iron: 2%

Nutrition Facts - Amount per serving
Calories: 190
Total Carbohydrate: 37
Fiber: 6
Sugars: 3
Protein: 5
Total Fat: 4 g
Saturated Fat: 0.5 g
Trans Fat: 0 g
Cholesterol: 5 mg
Sodium: 20 mg
Vitamin A: 10%
Vitamin C: 40%
Calcium: 6%
Iron: 15%
Orange-Flavored Carrots
Serves: 6
Serving Size: ½ cup

1 cup water
6 carrots, sliced*
2 tablespoons onion*, chopped
¼ cup frozen orange juice* (undiluted)
1 teaspoon lemon juice

1. Place water in a saucepan. Bring to a boil.
2. Add carrots and onion to the boiling water.
3. Cover. Continue to boil gently until carrots are tender (about 20 minutes).
4. Drain the water.
5. Add orange juice and lemon juice.
6. Reheat until warm and serve.

* WIC Food

Nutrition Facts
Amount per serving
Calories: 50
Total Carbohydrate: 11
Fiber: 2
Sugars: 7
Protein: 1
Total Fat: 0
Saturated Fat: 0
Trans Fat: 0
Cholesterol: 0
Sodium: 50
Vitamin A: 240%
Vitamin C: 30%
Calcium: 2%
Iron: 2%

Cauliflower-Potato Bake
Serves: 6
Serving Size: ¾ cup

1 medium yellow or white potato, peeled and cut into bite-size pieces
1 medium red pepper*, seeded and chopped
2 cups cauliflower florets*, cut into bite-sized pieces
1 tablespoon extra virgin olive oil
½ teaspoon garlic powder
¼ teaspoon onion powder
½ teaspoon black pepper (to taste)
2 tablespoons fat-free (skim) milk*
¼ cup Parmesan cheese
2 tablespoons minced fresh Italian parsley for garnish

1. Preheat oven to 400 degrees.
2. Spray a 9-inch baking dish with canola or olive oil cooking spray.
3. In a medium bowl, toss potato, red pepper and cauliflower with oil, garlic and onion powder. Add salt and pepper to taste.
4. Transfer vegetables to baking dish.
5. Drizzle milk evenly over top.
7. Cover tightly with aluminum foil and bake for 30-40 minutes, or until vegetables are tender.

If desired, brown cheese by placing dish under broiler for 30 seconds, watching carefully. Garnish with parsley and serve hot as side dish.

* WIC Food

Nutrition Facts - Amount per serving
Calories: 80
Total Carbohydrate: 10
Fiber: 2
Sugars: 2
Protein: 3
Total Fat: 3.5 g
Saturated Fat: 1 g
Trans Fat: 0 g
Cholesterol: 5 mg
Sodium: 70 mg
Vitamin A: 15%
Vitamin C: 100%
Calcium: 6%
Iron: 4%
Nutty Asparagus Salad
Serves: 4
Serving Size: 1½ cups

Salad
1 pound fresh asparagus*, steamed for about 5 minutes (until tender-crisp) and chilled
½ cup chopped walnuts
2 oranges*, peeled and separated into sections
3 cups lettuce*

Dressing
2 tablespoons oil
2 tablespoons vinegar
2 tablespoons orange juice*
2 teaspoons sugar
Pepper to taste

1. Cut the cooked asparagus into 1-inch pieces. Place in a bowl; add the walnuts, orange sections and salad greens.
2. In a small bowl, combine all the dressing ingredients and mix well. Add the dressing to the salad.

* WIC Food

Nutrition Facts
Amount per serving
Calories: 230
Total Carbohydrate: 18
Fiber: 5
Sugars: 11
Protein: 6
Total Fat: 17
Saturated Fat: 2
Trans Fat: 0
Cholesterol: 0
Sodium: 20
Vitamin A: 30%
Vitamin C: 70%
Calcium: 8%
Iron: 10%

Squash and Apple Bake (Crisp)
Serves: 18
Serving Size: ½ cup

6 cups butternut squash*
3 cups chopped apples*
¼ cup “Lite” tub margarine (Zero Trans fat)
½ cup brown sugar

1/3 cup oats (Maypo Vermont Style oatmeal*)
1 tablespoon cinnamon
½ teaspoon ground ginger

1. Preheat oven to 350 degrees.
2. Stir together cooked squash and chopped apples.
3. Spread squash and apples in a lightly greased 9” x 13” pan.
4. Combine margarine, sugar, flour, oatmeal and spices until crumbly.
5. Sprinkle over squash and apple mixture.
6. Bake in 350° oven for 35-40 minutes or until hot and brown.
7. Serve warm.

* WIC Food

Nutrition Facts
Amount per serving
Calories: 80
Total Carbohydrate: 16
Fiber: 3
Sugars: 6
Protein: 1
Total Fat: 3
Saturated Fat: 0
Trans Fat: 0
Cholesterol: 0
Sodium: 40
Vitamin A: 150%
Vitamin C: 20%
Calcium: 4%
Iron: 4%
Sweet Potato Fries
Serves: 8
Serving Size: ½ cup

2 pounds sweet potatoes* or yams*
1 tablespoon oil

1. Peel sweet potatoes or yams. Cut into sticks.
2. Toss with oil in a bowl.
3. Spread out on baking sheet.
4. Bake at 400˚ for about 20 minutes. Fries will be brown and tender.
5. Sprinkle with a little salt (if you like).

Try this!
• Sprinkle with cinnamon for a sweet taste.
* WIC Food

Scalloped Potatoes
Serves: 6
Serving Size: 1 cup

2 pounds potatoes (about 7 cups sliced)
2 tablespoons Lite-tub margarine (Zero trans fat)
1 cup onions*, sliced
3 tablespoons flour
½ teaspoon salt
¼ teaspoon pepper
2 cups 1% milk*

1. Wash potatoes. Peel and slice thin.
2. Melt 1 tablespoon of margarine in large pot or frying pan.
3. Remove pot from heat. Spread half of potato slices in pot.
4. Cover potatoes with onions.
5. Sprinkle half of flour, pepper and salt over potato mixture.
6. Add rest of potato slices, flour, and spices.
7. Cut 1 tablespoon of margarine into small pieces. Place on top of potato mixture.
8. Pour milk over potato mixture. Bring to a boil over high heat.
9. Reduce heat to medium-low, cover. Cook until potatoes are tender (about 15 minutes).
* WIC Food

Nutrition Facts - Amount per serving
Sweet Potato Fries:
Calories: 110
Total Carbohydrate: 23
Fiber: 3
Sugars: 5
Protein: 2

Scalloped Potatoes:
Calories: 230
Total Carbohydrate: 42
Fiber: 4
Sugars: 7
Protein: 7

Nutrition Facts - Amount per serving
Sweet Potato Fries:
Total Fat: 2 g
Saturated Fat: 0 g
Trans Fat: 0 g
Cholesterol: 0 mg
Sodium: 60 mg
Vitamin A: 320%
Vitamin C: 4%
Calcium: 4%
Iron: 4%

Scalloped Potatoes:
Total Fat: 5 g
Saturated Fat: 1 g
Trans Fat: 0 g
Cholesterol: 5 mg
Sodium: 300 mg
Vitamin A: 6%
Vitamin C: 25%
Calcium: 25%
Iron: 10%
Loaded Baked Potatoes
Serves: 8
Serving Size: 1/2 potato with topping

1 pound 90-95% lean ground beef or turkey
4 baking potatoes (½ pound each)
8 oz. shredded sharp cheddar cheese*
½ teaspoon onion powder
½ teaspoon garlic powder
1 cup salsa

1. Scrub potatoes; pierce each with a fork in several places. Microwave at HIGH 14-18 min, or bake at 350 for approx. 60 mins., until fork tender.

2. Cook ground beef over medium heat until browned, seasoning with garlic and onion powder. Drain. Add salsa, stirring to combine and continue cooking 3-4 minutes.

3. Cut potatoes in half lengthwise; spoon an equal amount of beef mixture over each potato half. Top with shredded cheese. Serve and enjoy!

Recipe from our Eat Smart New York! Program

* WIC Food

Nutrition Facts
Amount per serving
Calories: 390
Total Carbohydrate: 35
Fiber: 4
Sugars: 2
Protein: 25
Total Fat: 16
Saturated Fat: 9
Trans Fat: 0
Cholesterol: 75
Sodium: 340
Vitamin A: 6%
Vitamin C: 60%
Calcium: 25%
Iron: 15%

Skillet Potatoes
Serves: 8
Serving Size: 1 cup

6 medium potatoes, thinly sliced
1 medium onion*, chopped
1 small garlic clove*, crushed or ¼ teaspoon garlic powder
2 Tablespoons oil
2 teaspoons dry parsley flakes, or ¼ cup fresh, chopped parsley
1 cup grated carrots*
½ teaspoon ground black pepper
2 cups, low-sodium chicken broth

1. Cook onion and garlic in the oil until soft.
2. Stir in rest of food.
4. Cover and simmer about 20 minutes until tender.

Try this!
- Add 2 cups pieces of ham. Adding ham will make this a main dish.
* WIC Food

Nutrition Facts
Amount per serving
Calories: 230
Total Carbohydrate: 31
Fiber: 4
Sugars: 3
Protein: 12
Total Fat: 7
Saturated Fat: 1.5
Trans Fat: 0
Cholesterol: 20
Sodium: 530
Vitamin A: 50%
Vitamin C: 30%
Calcium: 4%
Iron: 10%
Oven French Fries

Serves: 6
Serving Size: 2/3 potato

4 medium potatoes
1 Tablespoon vegetable oil or vegetable spray

1. Wash well and cut potatoes into long strings (about ½ inch thick). Dry strips well with paper towels or clean dishtowel.
2. Mix strips in mixing bowl with oil.
3. After strips are coated with oil, spread them in a single layer on cookie sheet.
4. Bake at 400° for about 35 minutes. Turn strips during baking to brown on all sides.

Try This:
- If you want crisper potatoes place under broiler for a minute or two. To lower fat and calories, place strips in a single layer and spray with vegetable oil spray.

Nutrition Facts - Amount per serving
Calories: 130
Total Carbohydrate: 24
Fiber: 2
Sugars: 2
Protein: 2
Total Fat: 2.5 g
Saturated Fat: 0 g
Trans Fat: 0 g
Cholesterol: 0 mg
Sodium: 10 mg
Vitamin A: 0%
Vitamin C: 25%
Calcium: 2%
Iron: 4%

Cheese Sauce

Serves: 6
Serving Size: 3 tablespoons

1 Tablespoon Lite-tub margarine (Zero Trans fats listed on label.)
2 tablespoons flour
1 cup of 1% milk*
¾ cup (3 ounces) Colby or Cheddar* cheese (shredded)

2. Add milk slowly, stirring until smooth.
3. Cook and stir over medium heat until sauce thickens.
4. Add shredded cheese. Stir until cheese is melted.
5. Mix with cooked macaroni or serve over cooked vegetables.

Nutrition Facts
Amount per serving
Calories: 100
Total Carbohydrate: 4
Fiber: 0
Sugars: 2
Protein: 5
Total Fat: 7
Saturated Fat: 3.5
Trans Fat: 0
Cholesterol: 15
Sodium: 130
Vitamin A: 6%
Vitamin C: 0%
Calcium: 15%
Iron: 2%

* WIC Food
Spaghetti Sauce

Serves: 12  
Serving Size: 1 cup  
(Freeze half of the recipe for another meal)

2 tablespoons oil  
1 large onion*, chopped (if you like)  
2 cloves garlic* chopped (or ½ teaspoon powder)  
2 (28 ounce) cans crushed tomatoes*  
3 (6 ounce) cans tomato paste*  
2½ cups water  
1 teaspoon salt  
Basil, parsley, oregano (or Italian seasoning) to taste

1. Heat oil in large cooking pot. Use medium heat.  
2. Cook onions and garlic in oil.  
3. Add remaining ingredients. Bring to a boil.  
4. Reduce to a simmer. Leave uncovered and stir often for 2 hours.  
5. If you like, add browned meatballs or sausage and simmer 30 minutes.

* WIC Food

Nutrition Facts
Amount per serving

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All Purpose Gravy

Serves: 16  
Serving Size: 2 tablespoons

1-cup cold broth with fat removed (chicken, turkey or beef)  
2 tablespoons flour or 1 tablespoon of cornstarch  
Salt, pepper, garlic, onion powder to taste

1. Pour ¼ cup cold broth in a jar with a tight lid.  
2. Add flour or cornstarch and shake well to avoid lumps.  
3. In a small saucepan mix the rest of the broth and seasonings with flour or cornstarch mixture.  
4. Heat on medium. Stir all the time with a spoon until thick.

Nutrition Facts
Amount per serving

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| Calcium: 0% | Iron: 0%
Stuffed Pepper Soup
Serves: 6
Serving Size: 1 1/3 cups soup, 1/2 cup rice
skinnytaste.com

3 cups cooked brown rice
1 lb 95% lean ground beef
1/2 cup chopped green bell pepper
1/2 cup chopped red bell pepper
1 cup finely diced onion
3 cloves garlic, chopped

2 cans (14.5 oz each) cans petite diced tomatoes
1 3/4 cup tomato sauce
2 cups reduced sodium, fat-free chicken broth
1/2 tsp. dried marjoram
Salt and pepper to taste

1. In a large pot or dutch oven, brown ground meat on high heat and season with salt. Drain fat if any, reduce heat to medium-low, then add peppers, onions and garlic. Cook about 5 minutes on low heat.
2. Add tomatoes, tomato sauce, chicken broth, marjoram and season with salt and pepper to taste.
3. Cover and simmer on low heat for 30 minutes. Top with 1/2 cup cooked brown rice.

Herb Tomato Slices
Serves: 6
Serving Size: 1/6 of mixture
Recipe from Low Fat and Light Four Ingredient Cookbook

3 medium tomatoes*
2/3 cup fresh bread crumbs (make sure they are trans-fat free)
1 tbsp fat-free margarine, melted (trans-fat free ex. Smartbalance)
1/4 tsp dried basil

1. Slice tomatoes and place in a shallow baking dish. Mix bread crumbs, margarine and basil.
2. Sprinkle mixture over tomatoes and bake, uncovered at 350 degrees for 5 to 6 minutes or until crumbs are brown.

Nutritional Information
Servings: 6 (1 1/3 cups soup, 1/2 cup rice)
Calories: 261
Fat: 4.8 g
Carb: 37.5 g
Fiber: 4.7 g
Protein: 17.6 g
Sugar: 6 g
Sodium: 606.3 g (without salt)

Nutritional Information
Calories: 52.68
Total Fat: 0.74 g
Trans Fat: 0 g
Fiber: 1.09 g
% calories from fat: 11%
When baking in a glass pan, reduce the oven temperature by 25°.

Breads, Biscuits, and Mixes

- **Use** Master Mix in any recipe that calls for biscuit mix. It is made from cupboard staples (see page 160).

- **Homemade** muffins and breads are easy to prepare and add fiber and nutrients that our bodies need.

- **Make** lower fat muffins and quick breads. Use unsweetened applesauce for part of the fat in the recipe.

- **Choose** more – breads, rolls, English Muffins, pancakes, tortillas (not fried), bagels, lower-fat cornbread, muffins, quick breads, and waffles.

- **Choose** less – biscuits, croissants, fried tortillas, donuts, sweet rolls, pies, brownies, cake and cookies.

- **Freeze** leftover slices of bread. When you have enough, use them to make strata or bread pudding or toast them in the oven and grate them to make breadcrumbs.
Southern-Style Cornbread
Serves: 8
Serving Size: 2 inch slice

1- cup flour
1 cup yellow cornmeal
1-tablespoon baking powder
2 tablespoons sugar
½ teaspoon salt
1 cup 1% buttermilk

Or, 1 cup 1% milk* mixed with
2 teaspoons lemon or vinegar
2 tablespoons canola oil
Non-stick vegetable oil cooking spray

1. Pre-heat oven to 425°.
2. Spray 8-inch square baking pan with vegetable spray.
3. Combine dry ingredients together.
4. In separate bowl, combine beaten egg, milk and oil.
5. Add dry ingredients. Stir lightly until just moist.
6. Pour into pan.
7. Bake 20-25 minutes or until wooden toothpick comes out clean.

Try This!
• Add ½ cup canned, drained and rinsed whole kernel corn
  before baking.

* WIC Food

Pizza
Serves: 8
Serving Size: 1/8 pizza

1- pound ready-made pizza dough-try whole wheat
dough
1-cup pasta sauce
1-cup (4 ounces) part-skim milk mozzarella cheese*
2 cups sautéed vegetables (Try ½
cup each: onions*, Bell peppers*,
mushrooms* and broccoli*)
½ teaspoon oregano
½ teaspoon black pepper
Non-stick vegetable oil cooking spray

1. Pre-heat oven to 450°.
2. Spray baking sheet or pizza pan with vegetable spray.
3. Let dough sit at room temperature for 15-20 minutes.
4. Spread dough out with hands or use floured rolling pin.
5. Spray vegetable oil spray in fry pan. Add vegetables with 2-3
6. Tablespoons of water sprinkled over top. Add oregano and
  black pepper. Sauté for about 5-7 minutes.
7. Spread sauce over pizza dough.
8. Sprinkle with cheese. Add vegetables. Add more seasonings if
   you like.
9. Bake for 15-20 minutes. Crust will be golden brown and
   cheese melted.

* WIC Food

Nutrition Facts - Amount per serving

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Vitamin A: 2%
Vitamin C: 0%
Calcium: 15%
Iron: 6%

Nutrition Facts

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Vitamin A: 0%
Vitamin C: 0%
Calcium: 0%
Iron: 0%
Oatmeal Pancakes
Serves: 9
Serving Size: 2 pancakes

1/2 cup quick-cooking (not instant) rolled oats*
2 1/2 cups low-fat milk*
1 cup whole-wheat flour
3/4 cup unbleached all-purpose flour
1 Tbsp. sugar

1 Tbsp. baking powder
1/2 tsp. salt
1/4 tsp. cinnamon
1/4 tsp. nutmeg
3 medium eggs*
1 tsp. vanilla extract
Canola oil spray

1. In a medium bowl, combine oats and milk.
2. Stir to blend. Set aside.
3. In a large bowl, combine whole-wheat and all-purpose flour, sugar, baking powder, salt, cinnamon and nutmeg. Blend well.
4. Add eggs and vanilla to oat mixture. Stir to blend, add to dry mixture.
5. Stir until ingredients are moist. Do not over mix.
6. Spray vegetable spray onto large fry pan or griddle.
7. Spoon ¼ cup batter onto hot griddle for each pancake.
8. Turn pancakes when bubbles cover and break on the surface.
9. Edge will be dry.
10. Serve warm with fruit, jam, or syrup.

* WIC Food

Nutrition Facts

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<td>Calcium: 20%</td>
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<td></td>
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<td>Iron: 8%</td>
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French Toast
Serves: 4
Serving Size: 2 slices

8 slices of whole wheat bread*
4 large eggs*
½ cup 1% milk*
2 teaspoons vanilla
½ teaspoon cinnamon (if you like)

Vegetable oil spray or 2 tablespoons lite tub margarine (No trans fat.)

1. Crack eggs into bowl.
2. Beat eggs with fork or eggbeater until well mixed.
4. Dip one slice of bread into egg mixture. Coat well.
5. Spray vegetable spray or 1 tablespoon lite margarine onto large fry pan or griddle.
6. Place slice of bread on pan, repeat with the rest of the bread slices.
7. Cook over medium heat until lightly browned. Flip to brown other side.
8. Serve warm with fruit, jam or syrup

* WIC Food

Nutrition Facts

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Carrot Spice Muffin

Serves: 12
Serving Size: 1 muffin

- 2 large carrots* (1-1/2 cups grated)
- 2 large eggs*
- 1/2 cup no sugar added applesauce*
- 2/3 cup sugar
- 1 teaspoons vanilla
- 2 tablespoons vegetable oil
- 1/2 cup whole-wheat flour
- 1/2 cup white flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 tablespoon cinnamon
- 1/2 cup raisins
- Vegetable oil spray

1. Preheat oven to 350°
2. Coat 12 muffin cups with vegetable cooking spray.
3. Peel and grate carrots.
4. In a large bowl, combine eggs, applesauce, sugar, vanilla, and oil; mix until well blended.
5. In another bowl mix together the flours, salt, baking soda and cinnamon.
7. Slowly stir in the dry ingredients until just well blended.
8. Fill each muffin cup to about half full. Use all of the batter.
9. Bake about 25 minutes until lightly browned.
10. Let cool in the pan about 5 minutes. Remove muffins and place on a rack.
11. Cool completely.

* WIC Food

Nutrition Facts

Amount per serving

- Calories: 140
- Total Carbohydrate: 25
- Fiber: 2 g
- Sugars: 12 g
- Protein: 3 g
- Total Fat: 3.5 g
- Saturated Fat: 0 g
- Trans Fat: 0 g
- Cholesterol: 35mg
- Sodium: 130mg
- Vitamin A: 45%
- Vitamin C: 6%
- Calcium: 2%
- Iron: 6%

Rise and Shine Muffins

Serves: 12
Serving Size: 1 muffin

- 1 cup bran cereal, crushed
- 1/2 cup 1% milk*
- 1/2 cup crunchy peanut butter*
- 1 cup grated apple*
- 1/2 cup grated zucchini*
- 1/4 cup grated carrots*
- 2/3 cup brown sugar
- 1 teaspoon vanilla
- 2 eggs*
- 1-3/4 cups whole-wheat flour
- 1 tablespoon baking powder
- 2 teaspoons cinnamon
- Vegetable oil spray

1. Pre-heat the oven to 375°
2. Mix the cereal and milk together. Let stand until cereal is soft.
3. Stir in the peanut butter, apple, zucchini, carrots, sugar and vanilla.
4. In a bowl, beat the eggs. Mix by hand into the batter.
5. In a bowl, mix together the flour, baking powder and cinnamon.
6. Mix the dry ingredients into the batter.
7. Spray a 12-cup muffin pan with vegetable oil spray.
8. Bake in a pre-heated oven for 20-25 minutes
10. Remove from muffin pan. Cool muffins on rack.

* WIC Food

Nutrition Facts

Amount per serving

- Calories: 210
- Total Carbohydrate: 33 g
- Fiber: 4 g
- Sugars: 16 g
- Protein: 7 g
- Total Fat: 7 g
- Saturated Fat: 1.5 g
- Trans Fat: 0 g
- Cholesterol: 35 mg
- Sodium: 170 mg
- Vitamin A: 15%
- Vitamin C: 4%
- Calcium: 10%
- Iron: 10%
**Pumpkin Bread**

Serves: 32  
Serving Size: 1 slice

- 1 can (15 oz.) pumpkin*  
- 1 cup sugar  
- ½ cup vegetable oil  
- 1 cup yogurt, plain low fat  
- 1 ½ cups all purpose flour  
- 1 1/2 cups whole wheat flour

1. Preheat oven to 350º.  
2. In a large mixing bowl, beat together pumpkin, sugar, oil, and yogurt.  
3. In a medium bowl, combine the flours, baking powder, soda, cinnamon, and salt; add to pumpkin mixture, stirring until just moistened.  
4. Stir in raisins.  
5. Pour into 2 greased 9x5x3 inch loaf pans and bake for about 1 hour.  
6. Cool on a wire rack for 10 minutes; remove from pan and cool completely.  

* WIC Food

**Nutrition Facts**

**Amount per serving**

- Calories: 110  
- Total Carbohydrate: 21 g  
- Fiber: 1 g  
- Sugars: 16 g  
- Protein: 2 g  
- Total Fat: 2 g  
- Saturated Fat: 0 g  
- Trans Fat: 0 g  
- Cholesterol: 0 mg  
- Sodium: 150 mg  
- Vitamin A: 40%  
- Vitamin C: 4%  
- Calcium: 4%  
- Iron: 4%

**Banana Bread**

Serves: 12  
Serving Size: 1 slice

- 3 large well-ripened bananas*  
- 1 egg  
- 2 tablespoons vegetable oil  
- 1/3 cup milk*  
- 1/3 cup sugar

1. Preheat oven to 350º.  
2. Peel bananas, mash in a mixing bowl with a fork.  
3. Add egg, oil, milk, sugar, salt, baking soda, and baking powder. Mix will with a fork.  
4. Slowly stir the flour into the banana mixture, stir for 20 seconds until the flour is moistened.  
5. Lightly grease the bread pan with a little oil, or cooking spray.  
6. Pour the batter into the bread pan, bake for 45 min or until a toothpick or knife inserted into the center comes out clean.  

* WIC Food

**Nutrition Facts - Amount per serving**

- Calories: 140  
- Total Carbohydrate: 26 g  
- Fiber: 1 g  
- Sugars: 10 g  
- Protein: 3 g  
- Total Fat: 3 g  
- Saturated Fat: 0 g  
- Trans Fat: 0 g  
- Cholesterol: 20 mg  
- Sodium: 330 mg  
- Vitamin A: 2%  
- Vitamin C: 4%  
- Calcium: 2%  
- Iron: 6%
Blueberry-Oatmeal Bars
Serves: 30  
Serving Size: 1 slice

1 1/2 cup wheat flour  
1 tsp. cinnamon  
1 tsp. baking soda  
1/2 tsp. salt  
3/4 cup packed light brown sugar  
1/4 cup sugar

1/2 cup margarine (tub margarine)  
* 1/2 cup prune puree

2 eggs  
1 tsp. vanilla  
3 cups raw oats  
Blueberries, 3 cups  
Slivered almonds (optional)

1. Preheat oven to 350 degrees. Grease 13 x 9 x 2 inch pan.
2. Whisk dry ingredients.
3. Mix sugars and margarine until smooth.
5. Use a rubber spatula to spread evenly in pan. Sprinkle with slivered almonds. Bake 35-40 minutes or until lightly browned. Bars will mold as they cool. 30 servings.

*Prune puree- soak 1/2 cup pitted prunes in hot water (hot enough to brew tea). Soak for one hour to "plum them". Puree prunes until smooth with some of the water used for soaking.

Applesauce Muffins
Serves: 12  
Serving Size: 1 muffin

Recipe modified from familyfun.com

6 tablespoons butter or margarine  
3/4 cup wheat flour  
3/4 cup white flour  
1/2 teaspoon baking soda  
1 teaspoon cinnamon  
1/2 teaspoon salt  
2 eggs  
1 1/2 cups chunky applesauce

1/2 cup brown sugar  
1/2 teaspoon baking soda

Kids’ Cooking Skills: Use this recipe as an opportunity to teach your kids how to mix wet and dry ingredients, scoop batter into muffin tins, and test for doneness.
1. Heat oven to 375 degrees. Line a 12-cup muffin tin with bake cups and set aside.
2. In a small microwave-safe bowl, melt the butter or margarine on high for about 30 to 60 seconds; set aside to cool slightly.
3. Sift together the flours, baking powder, baking soda, cinnamon, and salt into a large mixing bowl. When mixing dry and wet ingredients for muffins, gently stir just until the flour disappears. This will produce muffins with a nice crumbly texture.
4. In another large bowl, whisk together the eggs and brown sugar. Stir in the applesauce and melted butter until the mixture is smooth.
5. Pour the apple mixture over the flour mixture. Mix with a wooden spoon until combined (when you can’t see any traces of flour). For mess-free muffins, use an ice-cream scoop to spoon the batter into the bake cups.
6. Fill the bake cups about two-thirds full with batter. Bake for 20 minutes or until light brown.
7. Have your kids test for doneness by inserting a knife in the middle of one muffin. If it comes out clean, the muffins are ready to eat.

Nutrition Information
Calories: 6.7 g  
Fat: 6.7 g (0.9 g saturated)  
Carb: 26 g

Nutrition Information
Fiber: 1.3 g  
Sugars: 12.2 g (8 g added sugar)  
Protein: 3 g
A roast with a bone in will cook faster than a boneless roast. The bone carries the heat to the inside more quickly.

**Meat, Poultry, and Seafood**

- **Keep** raw meat, poultry and seafood away from other foods in your grocery cart and in your refrigerator.

- **Thaw** frozen foods in the refrigerator or in the microwave. Cook food right away after thawing. *It is never safe to thaw food on the countertop!!!*

- **Cook** until it is done. Meat, poultry, seafood and eggs that are raw or undercooked can make you sick.

- **Keep** your kitchen clean.

- **Clean** cutting boards - Use one for raw meat, poultry and seafood, another for foods that are ready to eat. If you don’t have cutting boards use clean sturdy plates.

- **Place** cooked food on a clean plate. Do not use one that held raw meat, poultry or seafood.

- **To be safe:** If you think a food might be bad, do not taste it! One bite may make you sick.

- **Remember, “When in doubt, throw it out!”**
Chicken

Chicken Facts to Remember

- Whole chicken generally costs less than cut-up chicken.
- Remove the fat before cooking chicken.
- Eat chicken without the skin to get less fat. Bake, broil or simmer chicken to keep the fat content low.

Handle Chicken Safely

- If refrigerated, raw chicken will keep for 2 days. Freeze chicken to keep it longer.
- Thaw chicken in the refrigerator.
- Cook chicken until well done. Use medium heat. If cooked at high temperatures, chicken gets tough and dry.
- Refrigerate leftover cooked chicken immediately.
- Use hot soapy water to wash knives, cutting boards, counter tops and hands after touching raw chicken.
- To sanitize knives and cutting boards, wash in a mild solution of 2 Tablespoons of chlorine bleach in 1 gallon of water.

How to Cut up a Whole Chicken

Remove wings:
Remove wings by cutting into joint, keeping the knife close to the bone. This is easier if one hand holds the wing tip away from the chicken.

Remove leg and thigh from body:
Cut skin between thigh and body of bird. Grasp the leg and apply pressure to snap the hip joint.

To remove the leg and thigh from body, cut from the tail toward the neck. Rock knife back and forth in hip joint to cut tendons.

Pull leg and thigh away from the body:
Pull leg and thigh away and cut connecting skin.

Separate leg from thigh:
Cut through leg joint to separate thigh from leg.
Separate back from breast:
Place breast down on cutting board so back bone is face up. Cut back from breast.

Remove tail and breast from back:
Lift back and end strip out. Cut through skin to remove tail and breast section from back.

Split the breast:
Split the whole breast by placing skin side down and cutting through “V” of the breast-bone.

Wash knives, cutting board and hands in hot water and soap.

Homemade Breading
Serves: 16
Serving Size: ¼ cup  
(For meat, poultry or seafood)

4 cups cornflake crumbs*
4 teaspoons paprika
1 tablespoon Italian herb seasoning
½ teaspoon pepper
1 teaspoon garlic powder
1 teaspoon onion powder

1. Combine all items and mix well.
2. Place in a jar with a tight lid.
3. Mix well before using.
4. Use for oven fried chicken, fish, pork chops, etc.

* WIC Food

Nutrition Facts
Amount per serving
Calories: 30
Total Carbohydrate: 7 g
Fiber: 0 g
Sugars: 1 g
Protein: 1 g
Total Fat: 0 g
Saturated Fat: 0 g
Trans Fat: 0 g
Cholesterol: 0 mg
Sodium: 75 mg
Vitamin A: 8%
Vitamin C: 6%
Calcium: 0%
Iron: 15%
Baked Meatballs
Serves: 12  
Serving Size: 4 meatballs

2 pounds lean ground beef or ground turkey  
1 tablespoon dried parsley  
1 cup cracker or bread crumbs  
1 cup milk*  
1 teaspoon salt (if you like)

1/2 teaspoon black pepper  
2 teaspoons onion powder  
1/4 teaspoon garlic powder

2 tablespoons Parmesan cheese  
(if you like)

1. Preheat oven to 425°.
2. Place all ingredients in bowl and mix well.
3. Shape into 1-1/2 inch balls.
4. Put oil or cooking spray on 2 baking pans with sides.
5. Place meatballs on pans.
6. Bake for 12 minutes or until done.

* Use in the recipes ("Swedish Meatballs" on page 110 or "Spaghetti and Meatballs on page 111) or freeze for later use.

* WIC Food

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Baked Pork Chops
Serves: 6  
Serving Size: 1 pork chop

6 lean center-cut pork chops  
(1/2 inch thick)

1 egg white*  
1 cup Evaporated skim milk*  
3/4 cup corn flake crumbs*

1/4 cup fine dry breadcrumbs

Hot 'n Spicy Seasoning

1/4 cup Paprika  
2 tablespoons Dried oregano (crushed)

2 teaspoons Chili powder  
1 teaspoon Garlic powder

1 teaspoon Black pepper  
1/2 teaspoon Red (cayenne) pepper  
1/2 teaspoon Dry mustard

1. Trim all fat from chops.
2. Beat egg white with evaporated skim milk. Place chops in milk mixture; let stand for 5 minutes, turning chops once.
3. In a separate bowl, mix together corn flake crumbs, breadcrumbs, Hot 'n Spicy Seasoning and salt. Remove chops from milk mixture and place in crumb mixture. Coat each chop well.
4. Spray a 13 x 9 inch baking pan with non-stick spray coating. Place chops in pan; bake at 375° oven for 20 minutes.
5. Turn chops over; bake 15 minutes longer until no pink remains.

Note: If desired, substitute skinless, boneless chicken, turkey pieces or fish for pork chops and bake for 20 minutes.

* WIC Food

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Nutrition Facts

Amount per serving

Calories: 180
Total Carbohydrate: 8 g
Fiber: 0 g
Sugars: 1 g
Protein: 18 g
Total Fat: 8 g
Saturated Fat: 3 g
Cholesterol: 30 mg
Sodium: 350 mg
Vitamin A: 2%
Vitamin C: 0%
Calcium: 6%
Iron: 15%

Nutrition Facts - Amount per serving

Calories: 210
Total Carbohydrate: 12 g
Fiber: 0 g
Sugars: 6 g
Protein: 26 g
Total Fat: 5 g
Saturated Fat: 1.5 g
Cholesterol: 65 mg
Sodium: 280 mg
Vitamin A: 4%
Vitamin C: 4%
Calcium: 15%
Iron: 10%
Beef Stew

Serves: 6
Serving Size: 1½ cups

1½ pounds stew beef, cut into small pieces
1/3 cup flour
2 tablespoons oil
3 cups water
5 medium potatoes, cut in 4

Prepare:

1. Coat meat with 3 tablespoons flour. (Save the other 2 tablespoons flour for thickening stew.)
2. Heat oil in a large heavy saucepan and brown meat on all sides.
3. Add 3 cups water and cover tightly.
4. Simmer about 2 hours or until meat is tender.
5. Add vegetables and seasonings and cover. Keep cooking for about 25 minutes. Vegetables should be tender.
6. Blend rest of flour with 1/3 cup cold water.
7. Stir flour mixture gently into stew. Keep stirring only as needed to prevent sticking. Stew should be thick.

* WIC Food

Nutrition Facts

Amount per serving

Calories: 520
Total Carbohydrate: 34 g
Fiber: 5 g
Sugars: 7 g
Protein: 36 g
Total Fat: 28 g
Saturated Fat: 10 g
Cholesterol: 115 mg
Sodium: 480 mg
Vitamin A: 290%
Vitamin C: 50%
Calcium: 4%
Iron: 30%

Plan Two Meals from a Large Piece of Meat

Meal 1: Beef Pot Roast

Serves: 4
Serving Size: 3 ounces of meat, 1 potato, 2 carrots

1 beef chuck roast, 3 to 4 pounds (bone-in)
Pepper and salt
1 tablespoon vegetable oil
½ cup water or tomato juice
4 potatoes, peeled and cut up
2-3 large onions*, cut up

Prepare:

1. Trim excess fat from roast.
2. Sprinkle with salt and pepper.
3. Heat vegetable oil in a fry pan or skillet. Place roast in oil and brown on both sides.
4. Place browned meat in covered baking dish. Pour water or tomato juice over meat.
5. Cover and roast in 325° oven for 2 to 2½ hours.
6. Add vegetables to meat.
7. Cover. Keep cooking about 45 minutes or until meat and vegetables are tender. You can also cook on top of the stove on low heat. Serve.
8. Right after the meal, remove bone and fat from leftover meat. Cut meat into bite-size pieces. Refrigerate and use in 1 or 2 days. Or label, date and freeze and use within 2 to 3 months.

* WIC Food

Nutrition Facts

Amount per serving

Calories: 560
Total Carbohydrate: 39 g
Fiber: 7 g
Sugars: 13 g
Protein: 48 g
Total Fat: 22 g
Saturated Fat: 8 g
Cholesterol: 115 mg
Sodium: 420 mg
Vitamin A: 690%
Vitamin C: 45%
Calcium: 8%
Iron: 35%
Meal 2: Beef and Vegetable Soup
Serves: 4
Serving Size: 1 cups
Use leftover beef pot roast (page 115) to make this soup.

- 2 cups cooked beef - diced
- 1 can tomato soup or (14-16 ounce) canned tomatoes*
- 1 can (14-16 ounce) mixed vegetables*
- ½ cup uncooked macaroni or noodles
- ¼ teaspoon pepper
- 4 cups water

1. Mix all ingredients (except noodles) in a large pot.
2. Bring to a boil over medium heat.
3. Add noodles and stir.
4. Reduce heat and simmer until macaroni or noodles are done.

• You may also use 2 cups of cooked or frozen vegetables*. Try celery*, carrots*, green beans*, peas*, corn* or potatoes.
  * WIC Food

Nutrition Facts
Amount per serving
Calories: 240
Total Carbohydrate: 29 g
Fiber: 6 g
Sugars: 4 g
Protein: 25 g
Total Fat: 3.5 g
Saturated Fat: 1.5 g
Cholesterol: 50 mg
Sodium: 800 mg
Vitamin A: 280%
Vitamin C: 30%
Calcium: 8%
Iron: 30%

Meat Loaf
Serves: 4
Serving Size: ¼ loaf

- 1 egg*
- 1/3 cup milk*
- 2 slices whole grain bread*, torn into small pieces
- ¼ cup onion*, finely chopped
- 1 stalk finely chopped celery* (if you like)
- 2 tablespoons grated Parmesan cheese (if you like)
- 1 pound lean ground beef

1. Beat egg in a large bowl.
2. Add milk and bread pieces. Let soak a few minutes.
3. Add onion and ground beef to the egg/milk/bread mixture and mix well.
4. Shape meat into a loaf or ball in a baking pan or loaf pan.
5. Bake at 350° for one hour.

Try this!
• Add ½ teaspoon oregano in step #3.
• Spread 2 tablespoons ketchup on top of loaf before baking.
  * WIC Food

Nutrition Facts
Amount per serving
Calories: 350
Total Carbohydrate: 9 g
Fiber: less than 1g
Sugars: 2 g
Protein: 26 g
Total Fat: 22 g
Saturated Fat: 9 g
Cholesterol: 135 mg
Sodium: 240 mg
Vitamin A: 4%
Vitamin C: 4%
Calcium: 8%
Iron: 15%
**Lemon-Garlic Chicken**

Serves: 4  
Serving Size: 2 cups (1 cup chicken + 1 cup pasta)

- 8 garlic cloves*  
- 2 tablespoons spicy brown mustard  
- 2 tablespoons lemon juice  
- 8 ounces boneless chicken breasts, cut into cubes  
- 2 cups fresh or frozen vegetables*

1½ cups chicken broth (low sodium)  
½ teaspoon black pepper  
1 teaspoon margarine  
8 ounces (1/2 pound) of whole-wheat pasta

1. In a food processor or blender puree garlic, mustard and lemon juice. Set aside.
2. In a skillet or fry pan, saute the chicken breast pieces.
3. Add the chicken broth and margarine. Mix to blend well.
4. Add 2 cups fresh or frozen vegetables. (Try: snow peas, mushrooms, broccoli, carrot sticks and cauliflower.)
5. Reduce heat to low.
6. Add puree. Cook and stir until sauce is heated through.
7. Serve over cooked pasta – follow directions on package to cook pasta (try whole wheat pasta)

* WIC Food

**Nutrition Facts**

Amount per serving

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
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<td>Iron: 60%</td>
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**Oven Fried Chicken**

Serves: 4  
Serving Size: 2 cups (1 cup chicken + 1 cup pasta)

- ½ cup evaporated skim milk*  
- 1/3 cup flour  
- ½ teaspoon ground thyme  
- ½ teaspoon rosemary leaves, crushed  
- 1 teaspoon ground Italian seasoning  
- ¼ teaspoon garlic powder  
- 1 teaspoon paprika  
- 1½ cups corn flake crumbs*  
- 2 tablespoons Parmesan cheese  
- 2 tablespoons vegetable oil  
- 1 (2½-3 pounds) Chicken, cut into serving pieces and skinned

1. Preheat oven to 375°.
2. In a medium bowl, combine milk, flour, thyme, rosemary, Italian seasoning, garlic powder, paprika, corn flake crumbs and cheese.
3. Dip chicken in milk, then roll in crumb mixture to coat.
4. Place on rack in shallow baking pan.
5. Lightly drizzle oil over chicken pieces.
6. Bake for 55-60 minutes or until golden brown.

**NOTE:** Boneless chicken and chicken breast will require a shorter cooking time.

* WIC Food

**Nutrition Facts**

Amount per serving

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<td>Calcium: 8%</td>
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<td>Iron: 15%</td>
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Chicken Jambalaya

Serves: 6
Serving Size: 1 cup

1 Tbsp. olive oil
1 medium onion*, chopped
2-3 garlic cloves*, minced
3/4 lb. skinless, boneless chicken breast, cut in chunks
1 can (14.5 oz.) whole plum tomatoes in juice*
1 rib celery*, cut in 1/2-inch slices
1 small green bell pepper*, chopped
1 scallion*, chopped
1 Tbsp. tomato paste*
1 bay leaf
1 tsp. dried thyme
1/4 tsp. dried red pepper flakes
Pinch of ground cloves
1 cup long-grain brown rice*, cooked (according to package directions)

1. In a 3-quart pot, heat oil over medium-high heat. Add onion and garlic. Sauté until onion is tender, about 4 minutes.
2. Add chicken and cook, stirring, until pieces are white on all sides.
3. Add tomatoes with liquid, breaking them up with a spoon.
4. Mix in celery, bell pepper, scallion and tomato paste. Stir in bay leaf, thyme, pepper flakes and cloves. Bring to a boil.
5. Reduce heat and simmer until chicken is cooked and sauce has thickened. This will take about 20 minutes.
6. Remove bay leaf. Stir cooked rice into chicken and heat through.

Salmon Chowder

Serves: 7
Serving Size: 1 cup

1/2 cup each: celery*, onion*, and green pepper*, chopped
1 garlic clove*, minced
1 can (14 1/2 ounces) chicken broth, divided
2 cups diced peeled potatoes
1 1/2 cups carrots*, sliced
1 teaspoon seasoned salt (if you like)
1/2 teaspoon dill weed (if you like)
1 can (14-15 ounces) creamed corn*
1 can (12 ounces) evaporated skim milk*
1 can (14-15 ounces) pink salmon*, drained and bones removed

1. Put 1/4 cup broth in a large saucepan.
2. Add onion, celery, green pepper and garlic; cook until tender.
3. Add potatoes, carrots, salt, dill and rest of the broth. Cover and simmer for 20 minutes or until the vegetables are tender.
4. Add corn, milk and salmon; heat through.

* WIC Food

Nutrition Facts - Amount per serving
Calories: 150
Total Carbohydrate: 15 g
Fiber: 2 g
Sugars: 3 g
Protein: 15 g

Total Fat: 3 g
Saturated Fat: 1 g
Cholesterol: 35 mg
Sodium: 136 mg

Vitamin A: 10%
Vitamin C: 40%
Calcium: 3%
Iron: 8%

Nutrition Facts
Amount per serving
Calories: 240
Total Carbohydrate: 30 g
Fiber: 3 g
Sugars: 11 g
Protein: 19 g
Total Fat: 8 g
Saturated Fat: 1 g
Cholesterol: 35 mg
Sodium: 1200 mg

Vitamin A: 90%
Vitamin C: 30%
Calcium: 30%
Iron: 8%
**Chicken Divan**

Serves: 6

**Cream Sauce**
1 can low-sodium/low-fat cream soup (cream of mushroom or chicken)
1 cup sharp cheddar cheese, shredded
1 cup non-fat plain yogurt

1/4 cup water (if using fresh broccoli)

**Buttered Breadcrumbs**
Yz c. seasoned breadcrumbs (or try ground oats)
2 Tbsp. butter or margarine

1. Spread chicken in greased 13x9x2 inch pan.
2. Lay broccoli on top and around chicken.
3. Combine all cream sauce ingredients in bowl and mix well.
4. Pour cream sauce evenly over broccoli.
5. In a small saucepan, melt the butter. Add the breadcrumbs or ground oats and toss until all are coated.
6. Sprinkle breadcrumbs over top of cream sauce.
7. Bake covered at 375 for 45 minutes. Remove foil and continue cooking for Yz hour or until chicken is cooked and sauce is thickened.

**Nutritional Information**

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Baked Chicken Nuggets

Serves: 4
Skinnytaste.com

16 oz. (2 large) skinless, boneless chicken breasts, cut into even-sized pieces
Salt and pepper to taste
2 tablespoons olive oil

6 tablespoons whole-wheat breadcrumbs
2 tablespoons panko
2 tablespoons grated cheese
Olive oil spray

1. Preheat oven to 425. Spray baking sheet with olive-oil spray. Put olive oil in one bowl and breadcrumbs, panko and parmesan cheese in other.
2. Season chicken w/salt and pepper, then put in the bowl w/olive oil and mix well so the olive oil evenly coats all of the chicken.
3. Put a few chunks of chicken at a time into the bread crumb mixture to coat, then on the baking sheet. Lightly spray the top w/olive-oil spray and bake 8-10 minutes. Turn and cook another 4-5 minutes or until cooked through.

**Nutritional Information**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Calories</th>
<th>Fat</th>
<th>Protein</th>
<th>Carb</th>
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<tr>
<td>Servings: 4</td>
<td>165 kcal</td>
<td>4.6 g</td>
<td>22.1</td>
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Fish Sticks
Serves: 4
Recipe compliments of A Little Nosh

3 tilapia (or other white fish) filets (approximately 12 oz. total)
2 egg whites, beaten

1 1/2 cups panko bread crumbs
1/2 teaspoon salt
1/4 cup parmesan cheese
1/2 teaspoon pepper

1. Preheat oven to 450.
2. Lay a wire rack on a baking sheet and spray it with non-stick spray.
3. Cut the tilapia once down the middle, then in half, creating four “sticks.” Season with salt and pepper. In a bowl, beat the 2 egg whites. In a separate bowl, add the panko, salt, pepper and parmesan cheese. Dip each fish stick in egg whites, than in the panko mixture, pressing to adhere. Lay on the wire rack and spritz with olive oil.
4. Bake for 10 minutes, then flip and bake for 10 more minutes. Serve hot!

Nutritional Information
Carb: 21 g
Calories: 274
Fiber: 1.5 g
Fat: 7.4 (3.1 saturated)
Protein: 30 g

Spray your plastic containers with nonstick cooking spray before pouring in tomato-based sauces and there won’t be any stains.
What Makes Beans, Peas, and Lentils So Good to Eat?

They are:
• Easy to cook
• Very low in fat, high in fiber
• High in protein like meat
• Low in cost

Meat Chili
1 cup = 58 cents

Meat & Bean Chili
1 cup = 38 cents

Bean Chili
1 cup = 24 cents

Buy Beans 2 Ways:
1. Dry in a package for the best buy.
2. Cooked in a can for convenience.

Look for them at your market near the rice and noodles, or near the canned vegetables.

Store Dry Beans, Peas and Lentils at Home:
• In a dry, cool place, not in the refrigerator.
• In a covered jar or a tightly closed bag.
**Prepare Dry Beans in 4 Easy Steps:**

1. Rinse and pick out any stems or stones.
2. Put beans in a large pot. Add enough water to cover them, about 2-3 cups.
3. Cover the pot and put in the refrigerator to soak overnight.
   **Or to save time:**
   - Boil the beans for 2 minutes. Turn off the heat. Let soak in covered pot for one hour. Rinse, drain and add fresh water before cooking.

---

**Black Bean Nacho Dish**

**Serves:** 8  
**Serving Size:** 1 cup

- 1 medium zucchini*, chopped  
- 1 green* or red bell pepper*, chopped  
- 1 cup corn* (frozen or canned and drained)  
- 1 can (14-16 ounce) or 2 cups cooked black beans*, rinse and drain  
- 1 jar salsa (8-10 ounces)  
- 1 cup crushed tortilla chips  
- 1 cup cheddar cheese* (shredded)  

1. Oil lightly or spray a 9 x 13 pan.  
2. Start with ½ of the ingredients.  
3. Make layers of zucchini, peppers, corn, beans, and salsa.  
4. Repeat a second layer the same way.  
5. Cover with foil. Bake for 20 minutes at 400˚.  
6. Take off foil. Add chips and cheese on top and bake for 5 minutes or until cheese bubbles.

* WIC Food

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**Nutrition Facts - Amount per serving**

- Calories: 162  
- Total Carbohydrate: 23 g  
- Fiber: 5 g  
- Sugars: 3 g  
- Protein: 8 g  
- Total Fat: 6.5 g  
- Saturated Fat: 3 g  
- Trans Fat: 0 g  
- Cholesterol: 15 mg  
- Sodium: 684 mg  

- Vitamin A: 6%  
- Vitamin C: 35%  
- Calcium: 15%  
- Iron: 6%
**Pasta and Beans**

**Serves:** 4  
**Serving Size:** 1 cup

- 2 tablespoons olive oil
- 2 garlic cloves*, minced
- 1 can (14-16 ounces) or 2 cups tomatoes drained and chopped
- 2 teaspoons dry parsley
- ½ teaspoon dried basil
- ¼ teaspoon dried oregano
- 1 can (15 ounces) drained and rinsed or 2 cups cooked, northern*, pinto*, cannellini* or other beans*
- Salt and pepper
- 2 cups elbow macaroni - uncooked
- Grated Parmesan cheese

1. Heat 1 tablespoon oil in large skillet over medium heat.
2. Add garlic and cook until brown, about 2 minutes.
3. Stir in tomatoes and cook 5 minutes.
4. Add parsley, basil and oregano. Simmer until tomatoes soften, stirring every few minutes, about 15 minutes.
5. Add beans and cook until heated through, about 5 minutes.
6. Season with salt and pepper.
7. Boil macaroni according to the package. Drain. Place cooked pasta in bowl and top with bean mixture.
8. Serve with Parmesan cheese.

* WIC Food

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**Nutrition Facts**  
**Amount per serving**

- Calories: 360  
- Total Carbohydrate: 60 g  
- Fiber: 10 g  
- Sugars: 5 g  
- Protein: 14 g  
- Total Fat: 9 g  
- Saturated Fat: 1 g  
- Trans Fat: 0 g  
- Cholesterol: 2 mg  
- Sodium: 380 mg  
- Vitamin A: 10%  
- Vitamin C: 15%  
- Calcium: 10%  
- Iron: 20%

**Broccoli Stir-Fry**

**Serves:** 4  
**Serving Size:** 1 1/2 cups

- 1 cup water
- 1 bouillon cube
- 2 broccoli spears* (3 cups chopped)
- 1 large onion (1 cup chopped)
- 2 teaspoons cornstarch
- 1 tablespoon vegetable oil
- 2 cups cooked rice
- 2 teaspoons hot mustard
- 2 teaspoons duck sauce
- 2 teaspoons soy sauce
- ½ teaspoon garlic powder

1. Boil water and add bouillon cube, stirring to dissolve; set aside to cool.
2. Wash and chop broccoli. Chop onion.
3. To make sauce, combine 1 tablespoon bouillon water with cornstarch in small cup. Pour cornstarch mixture back into bouillon water. Stir in hot mustard, duck sauce, soy sauce, and garlic powder.
4. Heat oil in frying pan on medium. Add broccoli and onion. Stir-fry 3 to 5 minutes, or until broccoli just tender.
5. Add sauce, stirring until mixture boils and thickens.

* WIC Food

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**Nutrition Facts**  
**Amount per serving**

- Calories: 180  
- Total Carbohydrate: 31 g  
- Fiber: 3 g  
- Sugars: 3 g  
- Protein: 4 g  
- Total Fat: 5 g  
- Saturated Fat: 0 g  
- Trans Fat: 0 g  
- Cholesterol: 0 mg  
- Sodium: 538 mg  
- Vitamin A: 6%  
- Vitamin C: 25%  
- Calcium: 4%  
- Iron: 6%
**Broccoli and Pasta**

Serves: 4  
Serving Size: 1 1/2 cups

2 heads broccoli*  
4-5 cups cooked pasta (medium sized, like elbow). Try whole wheat!  
6-10 cloves garlic*, chopped  
3 Tablespoons oil  
1 teaspoon Italian seasoning (if you like)  
1 can (14 1/2 ounces) chicken or beef broth  
½ cup Parmesan or any kind grated cheese*

1. Wash and cut broccoli into pieces.  
2. Cook garlic and broccoli in the oil on medium heat until garlic is soft but not brown.  
3. Slowly add broth and seasoning. Cook until broccoli is crisp tender.  
4. Add cooked pasta and simmer until heated through.  
5. Mix in cheese. Serve while hot.

**Try This:**  
- Add a can of rinsed and drained beans. The beans add protein and fiber.  
* WIC Food

**Nutrition Facts - Amount per serving**

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**Pita Vegetable Boats**

Serves: 4  
Serving Size: ½ filled pita pocket

2 whole-wheat pita breads  
Filling:  
1 cup grated carrots*  
1 apple*, finely chopped  
½ cup chopped celery*  
2 Tablespoons chopped green pepper*  
¼ cup chopped walnuts  
¼ cup raisins  
¼ cup cheese* (shredded)  
¼ cup low-fat mayonnaise

1. Combine all filling ingredients.  
2. Cut pita breads in half to form pockets.  
3. Fill bread with filling.  
* WIC Food

**Nutrition Facts - Amount per serving**

<table>
<thead>
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<th>Calories</th>
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<th>Total Carbohydrate: 35 g</th>
<th>Protein: 8 g</th>
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| Vitamin A: 20% | Vitamin C: 60% | Calcium: 15% | Iron: 10% | Vitamin A: 100% | Vitamin C: 10% | Calcium: 8% | Iron: 8% |
Vegetable Primavera
Serves: 5
Serving Size: ¾ cup vegetables & sauce, ½ cup noodles

4 cups vegetables. Try any combination of the following:
- chopped – broccoli*, cauliflower*, celery*, cabbage*, onions*, or green peppers*, sliced
- mushrooms* or carrots*, peas*, and green beans*

1 jar (28 oz.) spaghetti sauce
(less than 4 g fat per 4 oz.)
2½ cups cooked pasta (try whole wheat pasta)
1 container 8 oz part skim ricotta cheese

Microwave Method:
1. Mix all vegetables, cover and cook on HIGH for 15 minutes. Stir at 5 minute intervals.
2. Cook longer if you prefer vegetables to be less crisp. Add ricotta for last 5 mins. of simmering.
3. Serve over pasta.

Stovetop Method:
1. Mix all ingredients together except pasta, cover and simmer until vegetables are cooked to preferred tenderness. Add ricotta for last five mins. of simmering.
2. Serve over pasta and enjoy!

Collard Greens with Black-Eyed Peas and Tomatoes
Serves: 6 - 8
Serving Size: 1 cup

2-3 cups cooked brown* or white rice
1 large onion*, chopped
1 large green* or red bell pepper*, diced
1 large bunch collard greens*
3 - 4 garlic cloves*, finely chopped
½ tsp cayenne pepper (or pepper flakes)
3 tablespoons oil

1 can (28 ounces) diced or chopped tomatoes*
1 can black-eyed peas (14-16 ounce)*, drain & rinse
2-3 tablespoons maple syrup (or brown sugar)
1-2 tablespoons cider vinegar
1 tablespoon hot chilis or hot sauce to taste
½ teaspoon black pepper

1. Wash collard greens, remove the stems, and slice leaves into strips.
2. Heat oil in a large pot over medium heat, add garlic, onions and bell pepper. Cook for 1-2 minutes.
3. Stir in collards to coat with oil and cook for about 10 minutes, stirring regularly. (Add more water if collards start to stick to the pot).
4. Stir in tomatoes, cover and cook for another 10 minutes.
5. Add the black-eyed peas, maple syrup, vinegar, and seasonings (black pepper, thyme, paprika, garlic powder, cayenne pepper or hot sauce, etc.)
6. Stir well, cover, and cook until collards are tender.
7. Serve the collard greens and beans on a bed of rice. (Brown rice provides more fiber and nutrients than white.)

Nutrition Facts

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<td></td>
<td>Iron: 15%</td>
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* WIC Food
Spinach Pesto
Serves: 8
Serving Size: 1 1/2 cups

3 - 4 cloves garlic*
1 package frozen chopped spinach* (thawed undrained)
1/3 cup olive oil
1/2 - 1 teaspoon salt
1/2 cup fresh basil
1 cup water (drained from pasta pot)
1/2 cup walnuts
1/2 cup parmesan cheese
1 lb. pasta (try whole wheat)

1. Blend first 5 ingredients in a blender. Add water as needed.
2. Add walnuts and blend.
3. Pour into bowl, add cheese and mix just before serving.

* WIC Food

Nutrition Facts
Amount per serving
Calories: 232
Total Carbohydrate: 18 g
Fiber: 3 g
Sugars: 0 g
Protein: 8 g
Total Fat: 15 g
Saturated Fat: 2.5 g
Trans Fat: 0 g
Cholesterol: 4 mg
Sodium: 252 mg
Vitamin A: 90%
Vitamin C: 15%
Calcium: 15%
Iron: 10%

Cheese Quesadilla
Serves: 1
Serving Size: 1 quesadilla

1 ounce cheddar cheese*
2 flour tortillas (try whole grain*)

1. Grate cheese.
2. Heat the skillet on medium on the stovetop.
3. Place one tortilla on the hot skillet. Sprinkle tortilla with grated cheese. Top with the second tortilla. Cook about 30 seconds then flip.
4. Cook about 30 seconds on the second side. The quesadilla is done when both sides are golden brown and cheese is melted.

Create-a-Flavor Changes
Add your own ideas, too!

1. Use corn or whole wheat tortillas*.
2. Try different kinds of cheeses*.
3. Spread on refried beans with the cheese. Add chopped tomatoes*, green peppers*, or onions* with the cheese.
4. Top with low-fat sour cream and salsa.

* WIC Food

Nutrition Facts
Amount per serving
Calories: 261
Total Carbohydrate: 40 g
Fiber: 4 g
Sugars: 0 g
Protein: 13 g
Total Fat: 10 g
Saturated Fat: 6 g
Trans Fat: 0 g
Cholesterol: 30 mg
Sodium: 518 mg
Vitamin A: 6%
Vitamin C: 0%
Calcium: 20%
Iron: 10%
Broccoli and Black Bean Quesadillas

Serves: 8
Serving Size: ½ quesadilla

1 cup cooked black beans*
½ cup salsa
4 ounces cheddar cheese* (1 cup grated)
1 cup cooked broccoli*, chopped
1 tablespoon vegetable oil
4, 8-inch whole wheat flour tortillas*

1. In large mixing bowl, mash beans.
2. Add salsa to beans.
3. Grate cheese and add to beans.
4. Chop broccoli and add to beans.
5. Heat oil in frying pan on medium.
6. Lay tortilla flat on plate. Using ¼ of bean mixture, fill half of tortilla, folding other half over mixture.
7. Place folded tortilla in pan and cook 3 to 4 minutes, or until lightly browned. Flip and cook second side.
8. Remove from pan and cut in half.
9. Repeat with remaining ingredients.

* WIC Food

Nutrition Facts
Amount per serving
Calories: 180
Total Carbohydrate: 20 g
Fiber: 3 g
Sugars: 1 g
Protein: 8 g
Total Fat: 8 g
Saturated Fat: 3.5 g
Trans Fat: 0 g
Cholesterol: 15 mg
Sodium: 270 mg
Vitamin A: 10%
Vitamin C: 20%
Calcium: 15%
Iron: 6%

Vegetable Wraps

Serves: 8
Serving Size: 1 wrap

8 small flour tortillas (try whole wheat*)
10 oz package frozen corn kernels*
4 carrots*
1 green* or red pepper*
16 oz can beans* (pinto, black, red)
¾ head cabbage* or romaine*
1 scallion*
6 oz cheddar cheese*
3 tablespoons low-fat dressing or salsa

1. Thaw corn in saucepan, on burner, or in bowl in microwave. Let cool.
2. Drain and rinse beans.
3. Peel and grate carrots. Wash and chop pepper.
4. Wash cabbage or lettuce.
5. Slice into thin strips to make 2 cups
6. Wash and chop scallion into small pieces. Mix all vegetables and cheddar cheese together into large bowl with low-fat dressing or salsa.
7. Place a spoonful of the vegetable mixture on a warmed tortilla and roll up.

* WIC Food

Nutrition Facts
Amount per serving
Calories: 247
Total Carbohydrate: 36 g
Fiber: 8 g
Sugars: 4 g
Protein: 13 g
Total Fat: 8 g
Saturated Fat: 5 g
Trans Fat: 0 g
Cholesterol: 22 mg
Sodium: 580 mg
Vitamin A: 110%
Vitamin C: 45%
Calcium: 25%
Iron: 15%
Greens and Beans
Serves: 8
Serving Size: 1½ cups

2 bunches greens (collards*, kale*, escarole*) – cleaned and cut up
2 cans or 4 cups cooked great northern beans*; 1 can or 2 cups cooked red kidney beans* (drain and rinse canned beans)
4 cups chicken or beef broth

1. In large pot, bring 1 cup water to a slow boil.
2. Add cut-up greens. Bring water back to a boil and simmer greens for 2-4 minutes. Drain well. Remove greens to a bowl.
3. Add garlic and oil to the pot and cook for 2-3 minutes on medium-low heat.
4. Add drained greens and rest of the ingredients.
6. Add more broth to make a soupy mixture (if needed).

* WIC Food

Vegetarian Chili
Serves: 8
Serving Size: 1 wrap

1 medium onion*, chopped
2 tablespoons oil
3 cans (14-16 ounce each) or 6 cups cooked beans* (Drain and rinse canned beans)
3 14-16 ounce can of tomatoes*
2 carrots*, sliced
⅛ cup rinsed lentils*
1-2 tablespoons chili powder
1 tablespoon parsley, chopped
1 cup of cheddar cheese* (shredded)
Tortilla chips

1. Cook onions in oil.
2. Mix in beans, tomatoes, and carrots.
3. Add chili powder to taste.
4. Simmer 1-1/2 hours, or until carrots are cooked. Add parsley.
5. Serve in large bowls, topped with cheese.

* WIC Food

Nutrition Facts
Amount per serving
Calories: 207
Total Carbohydrate: 32 g
Fiber: 14 g
Sugars: 4 g
Protein: 14 g
Total Fat: 5 g
Saturated Fat: 1 g
Trans Fat: 0 g
Cholesterol: 2 mg
Sodium: 513 mg
Vitamin A: 60%
Vitamin C: 15%
Calcium: 15%
Iron: 15%

Nutrition Facts
Amount per serving
Calories: 640
Total Carbohydrate: 86 g
Fiber: 23 g
Sugars: 12 g
Protein: 33 g
Total Fat: 18 g
Saturated Fat: 7 g
Trans Fat: 0 g
Cholesterol: 30 mg
Sodium: 1636 mg
Vitamin A: 140%
Vitamin C: 60%
Calcium: 45%
Iron: 60%
Company Rice with Beans
Serves: 4
Serving Size: 2 cups

1 cup uncooked brown rice*
2 cups water
1 tablespoon vegetable oil
1 medium onion*, chopped
2 medium tomatoes*, chopped
½ teaspoon oregano (if you like)

1 medium green pepper* - chopped
1 can (14-16 ounce) or 2 cups cooked beans* - drained
Pepper to taste
1 cup or less cheese* (shredded)

1. In medium saucepan, combine the rice and water and bring to a boil.
2. Reduce heat, cover the pan and simmer for 20 minutes.
3. Fluff rice with a fork before serving.
4. Heat oil, margarine or butter in large frying pan.
5. Add onion and cook until soft.
6. Add tomatoes, peppers and oregano. Cover the frying pan, and simmer for five minutes or until vegetables are tender but crisp.
7. Add the beans. Simmer the mixture, stirring every few minutes, until heated through.
8. Add ground pepper and cheese (if you like).

* WIC Food

Nutrition Facts
Amount per serving
Calories: 478
Total Carbohydrate: 67 g
Fiber: 12.5 g
Sugars: 6 g
Protein: 19 g
Total Fat: 15 g
Saturated Fat: 6 g
Trans Fat: 0 g
Cholesterol: 30 mg
Sodium: 185 mg
Vitamin A: 20%
Vitamin C: 60%
Calcium: 25%
Iron: 8%

Cheese Lasagna
Serves: 12
Serving Size: 3” x 3” piece

4 cups spaghetti sauce (see page 96)
2 cups part-skim milk ricotta cheese
1 cup cottage cheese
1 teaspoon chopped garlic*, if you like

2 tablespoons parsley
½ cup grated, part skim mozzarella cheese*
¾ pound uncooked lasagna noodles (About 12 noodles)
¼ cup Parmesan cheese

1. Preheat oven to 350°.
2. Mix ricotta cheese, cottage cheese, parsley and garlic.
3. Grease 9x13 inch pan (glass or stainless steel NOT aluminum).
4. Pour 1 cup of sauce in bottom of pan.
5. Put 1/3 of noodles in pan closely, but don’t overlap.
6. Spread ½ cheese mixture over noodles.
7. Top with ½ Mozzarella Cheese.
8. Repeat steps 4, 5, & 6. Top with rest of mozzarella cheese.
9. Add another cup of sauce.
10. Add another layer of noodles.
11. Add the rest of sauce.
13. Cover tightly with aluminum foil, bake for 1 hour.
14. Remove from oven; let rest for 10 minutes.

* WIC Food

Nutrition Facts - Amount per serving
Calories: 233
Total Carbohydrate: 30 g
Fiber: 2 g
Sugars: 5 g
Protein: 13.5 g
Total Fat: 7 g
Saturated Fat: 3.5 g
Trans Fat: 0 g
Cholesterol: 20 mg
Sodium: 546 mg
Vitamin A: 10%
Vitamin C: 10%
Calcium: 20%
Iron: 10%
Soft Tacos
Serves: 4
Serving Size: 1 taco

4 whole-wheat tortillas*

Filling:
1/2 can fat free refried beans, (Or ¾ cup rinsed, drained beans*– mashed and seasoned with favorite spices)
1/2 cup cheddar cheese*

1. Spread tortillas with beans.
2. Fill with desired toppings.
3. Roll up.

* WIC Food

Bulgur and Bean Chili
Serves: 8
Serving Size: 1 cup

1 cup onion*, chopped
1 cup green pepper*, chopped
1/2 can corn*, drained
2 garlic cloves*
1 tablespoon chili powder
1 teaspoon salt
1 teaspoon cumin
1 teaspoon oregano
1 teaspoon cocoa
2 teaspoons vegetable oil
1 ½ cups canned corn*, drained
1 can (1 ½ cups) black beans*, drained
1 can (1 ½ cups) kidney beans*, drained
1 28 oz. can tomatoes*
1 cup cooked bulgur

2. Measure chili powder, salt, cumin, oregano, and cocoa in small dish; stir to combine.
3. Heat vegetable oil in pan. Add onion, green pepper, garlic and seasonings. Sauté 2-3 minutes.
4. Stir in corn, black beans, kidney beans and tomatoes with juice.
5. Add 1 cup cooked bulgur.
6. Cover and simmer 15 to 20 minutes.
7. Uncover pan and simmer an additional 5-10 minutes, stirring occasionally.

To prepare bulgur: Combine ½ cup bulgur and 1 cup water in saucepan. Cover and bring to a boil on high heat. Lower heat and simmer 15-20 minutes, until bulgur is soft but still chewy.

* WIC Food

Nutrition Facts
Amount per serving
Calories: 327
Total Carbohydrate: 47 g
Fiber: 7 g
Sugars: 9 g
Protein: 13 g
Total Fat: 9 g
Saturated Fat: 3 g
Trans Fat: 0 g
Cholesterol: 15 mg
Sodium: 507 mg
Vitamin A: 60%
Vitamin C: 15%
Calcium: 15%
Iron: 10%

Nutrition Facts - Amount per serving
Calories: 169
Total Carbohydrate: 18 g
Fiber: 4 g
Sugars: 2 g
Protein: 7 g
Total Fat: 8 g
Saturated Fat: 3 g
Trans Fat: 0 g
Cholesterol: 15 mg
Sodium: 391 mg
Vitamin A: 10%
Vitamin C: 25%
Calcium: 10%
Iron: 6%
**Baked Macaroni and Cheese**

Serves: 6  
Serving Size: 1 cup

- 8 ounces elbow macaroni, uncooked
- 1 cup reduced fat, sharp cheddar cheese* (grated or cut into small pieces.)
- 2 cups evaporated skim milk*

**Ingredients:**
- 1 dash black pepper
- 2 tablespoons enriched flour
- 1/3-cup seasoned bread crumbs (optional)
- Non-stick vegetable oil cooking spray

1. Boil macaroni until nearly tender.
2. Combine flour and milk; cook over low heat until thickened. Add pepper.
3. Stir in cheese until melted.
4. Add cooked macaroni and stir until well coated with sauce. Spray baking dish with cooking spray. Spoon macaroni evenly into dish. Top with breadcrumbs if desired.
5. Bake at 350° for about 40 minutes

* WIC Food

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**Nutrition Facts**

**Amount per serving**

- Calories: 307
- Total Carbohydrate: 45 g
- Protein: 18 g
- Total Fat: 7 g
- Saturated Fat: 4 g
- Trans Fat: 0 g
- Cholesterol: 23 mg
- Sodium: 395 mg
- Vitamin A: 10%
- Vitamin C: 25%
- Calcium: 40%
- Iron: 15%

---

**Butternut Squash Soup**

- 2 Tbsp. olive or canola oil
- 2 small onions, finely chopped
- 1 lb butternut squash, peeled, seeded and cubed
- 2 cups chicken stock
- 3 cups water
- 8 oz. red potatoes, cubed
- 1 tsp. paprika
- 1 cup 1% milk
- Chopped fresh chives (optional)
- Toasted sunflower seeds (optional)
- Salt and ground black pepper

**Ingredients:**

1. Cook onions in olive and canola oil for about 5 minutes or until soft.
2. Add squash, stock, water, potatoes and paprika. Bring to a boil. Reduce the heat to low, cover the pan and simmer for about 35 minutes or until all the vegetables are soft.
3. Pour the soup into a food processor or blender and process until smooth. Return the soup to the pan.
4. Stir in the milk. If using, season with salt and pepper and reheat gently. Stir in the chopped chives just before serving. Garnish each serving with chives and toasted sunflower seeds.
Roasted Red Pepper Rotini Caesar

Serves: 4
Serving Size: 1/4 of prepared mixture
Recipe from Food.com

1 box whole wheat rotini
1 (12 oz) jar roasted red peppers, sliced
4 cups fresh baby spinach or frozen spinach*
1 cup fat free creamy Caesar dressing
Black pepper to taste

1. Cook pasta according to package directions.
2. In a large saute pan, heat red peppers and spinach (about one minute). Add cooked pasta into saute pan. Add Caesar dressing, stirring frequently until heated through (approximately 3-5 minutes).
3. Add desired amount of black pepper.

Nutrition Information
Calories: 301.9
Total fat: 2.4 g
Trans fat: 2.0 g
Fiber: 5.7 g
% calories from fat: 7.2 %

Curried Pumpkin Soup

Serves: 4
Serving Size: 1 cup
Recipe from tasteofhome.com

1 small onion chopped*
1 tsp canola oil
2 cups low sodium chicken broth (can also use vegetable broth)
1.5 canned pumpkin
1 tbsp lemon juice*
1 tsp curry powder
1 tsp sugar
1/2 cup evaporated skim milk*

1. In a saucepan over medium heat, saute onion in the canola oil until tender.
2. Add Broth, pumpkin, lemon juice, curry powder, and sugar. Bring to a boil. Reduce heat; cover and simmer for 15 minutes.
3. Stir in evaporated milk; heat thoroughly.

Nutritional Information:
Calories: 80.8
Total fat: 1.5 g
Trans fat: 0.2 g
Fiber: 3.2 g
% calories from fat: 17 %
If you accidentally over salt a dish while it's still cooking, drop in a peeled potato and it will absorb the excess salt for an instant “fix me up”

ONE DISH MEALS & CASSEROLES

Tips for creating a one-dish meal

- Use rice, pasta, or dried beans to make dishes bigger.
- Do not overcook any foods that need to be pre-cooked. They will finish cooking when cooked or baked.
- Use meat as an ingredient to save money.
- Use leftovers to make one-dish meals.
- Use well washed fresh vegetables in season.
- Use canned soups and sauce mixes like Magic Mix (on page 160)
- Prepare two dishes. Use one now. Freeze one for later.
- Freeze one-dish meals before they are baked. Allow 15-30 minutes additional heating time when cooking frozen one-dish meals.
- To freeze one-dish meals with the baking dish, line the dish with aluminum foil. Cover the contents completely with foil and freeze. When frozen, slide the foil covered meal out of the dish. Place the meal back into the freezer. When ready to bake slip frozen one-dish meal back into baking dish to bake.
- Frozen one-dish meals should be used within 4 months.
### Make a One-Dish Meal

Choose one or more ingredients from each category.

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Chicken, fish, meat, eggs, dried beans or peas</th>
</tr>
</thead>
<tbody>
<tr>
<td>About 1½ cups</td>
<td>1½ - 2 cups</td>
</tr>
<tr>
<td>Mixed vegetables</td>
<td>Tuna fish or salmon</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Canned meat</td>
</tr>
<tr>
<td>Corn</td>
<td>Cooked meat: Chicken, Hamburger, Lean sausage, Pork</td>
</tr>
<tr>
<td>Green beans</td>
<td>Turkey</td>
</tr>
<tr>
<td>Squash</td>
<td>Hard cooked eggs</td>
</tr>
<tr>
<td>Zucchini</td>
<td>Cooked lentils or split peas</td>
</tr>
<tr>
<td>Potatoes</td>
<td>Cooked navy or pinto beans</td>
</tr>
<tr>
<td>Broccoli</td>
<td></td>
</tr>
<tr>
<td>Peas</td>
<td></td>
</tr>
<tr>
<td>Cabbage</td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>Liquid ingredients</th>
<th>Rice, pasta or grain</th>
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<tbody>
<tr>
<td>1 - 1 ½ cups</td>
<td>1 - 1 ½ cups</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Cheese sauce</th>
<th>Cooked rice, white or brown</th>
</tr>
</thead>
<tbody>
<tr>
<td>White sauce</td>
<td>Cooked macaroni</td>
</tr>
<tr>
<td>Any cream soup</td>
<td>Cooked spaghetti</td>
</tr>
<tr>
<td>Tomato Sauce</td>
<td>Cooked noodles</td>
</tr>
<tr>
<td>Shredded cheese + milk</td>
<td>Cooked barley</td>
</tr>
<tr>
<td>Evaporated milk</td>
<td></td>
</tr>
<tr>
<td>&quot;Magic Sauce&quot; (page 145)</td>
<td></td>
</tr>
</tbody>
</table>

### Your One-Dish Meal

1. Choose one or more ingredients from each category from page 139.
2. Add other ingredients for flavor. Try onion, spices, or herbs.
3. Mix ingredients together. Place in a baking dish.
4. Add topping of bread or cracker crumbs, or cheese.
5. Bake in a 350° oven for 45 minutes. Uncover last 15 minutes to brown topping. Instead of baking, simmer in a skillet on stovetop till bubbly.
Magic Mix

3 cups instant nonfat dry milk*  
1 cup flour or ½ cup cornstarch  
1/3 cup margarine  
1 teaspoon salt (if you like)

1. Combine all food in a large bowl and mix until it looks like cornmeal.  
Keep Magic Mix tightly covered in the refrigerator.

Note:
• Magic Mix can be used in many recipes to make cooking cheap and easy.  
• Use Magic Sauce made from Magic Mix as the liquid ingredient in your favorite one-dish meal.

* WIC Food

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Magic Sauce

Makes 1 cup

½ cup Magic Mix (see previous page)  
1 cup cold water

1. In saucepan, mix Magic Mix and water.  
2. Stir over medium heat until it starts to bubble.  
3. Add cooked meat, cheese or vegetables to the hot sauce.

For cheese sauce:
1. Stir ½ cup cheddar cheese* (shredded) into 1 cup Magic Sauce.  
2. For extra flavor, add 1 teaspoon Worcestershire sauce and ¼ teaspoon dry mustard.

For nacho sauce:
1. Stir ½ cup grated cheese* into 1 cup Magic Sauce.  
2. Add 1 teaspoon chili powder and ½ teaspoon cumin.  
3. If you like, stir in 1 tablespoon chopped chili peppers.

For egg sauce:
1. Hard cook and chop 2 eggs*  
2. Add 1 cup Magic Sauce.  
3. If you like, add ½ teaspoon dry mustard to sauce.

For creamed chicken or tuna:
1. Add ½ cup to 1 cup chopped chicken (or 1 can drained tuna*) to Magic Sauce.  
2. For extra flavor, add 2 tablespoons chopped onion and celery or 1 tablespoon chopped parsley and salt and pepper to taste.  
3. Serve over toast or noodles.

* WIC Food

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Nutrition Facts - Amount per serving

<table>
<thead>
<tr>
<th>Calories: 260</th>
<th>Total Fat: 10 g</th>
<th>Vitamin A: 8%</th>
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<tbody>
<tr>
<td>Total Carbohydrate: 30 g</td>
<td>Saturated Fat: 1.5 g</td>
<td>Vitamin C: 10%</td>
</tr>
<tr>
<td>Fiber: 2 g</td>
<td>Trans Fat: 0 g</td>
<td>Calcium: 45%</td>
</tr>
<tr>
<td>Sugars: 16 g</td>
<td>Cholesterol: 0 mg</td>
<td>Iron: 4%</td>
</tr>
<tr>
<td>Protein: 15 g</td>
<td>Sodium: 645 mg</td>
<td></td>
</tr>
</tbody>
</table>

Nutrition content will vary as you add ingredients to Magic Sauce recipe
Tuna Noodle Casserole

Serves: 4-6
Serving Size: 1 cup

3 cups uncooked egg noodles
½ of a small onion*, chopped (if you like)
1 6-½ ounce can tuna, drained*
1 10½ ounce can cream of mushroom soup
1 10-ounce package of frozen peas*
1/8 teaspoon pepper
½ cup crushed corn* or wheat flakes* or cracker crumbs

1. Preheat oven to 325°.
2. Cook noodles and drain well.
3. Steam or microwave peas until tender.
4. Steam or microwave onions in a small amount of water until tender. Drain.
5. Combine noodles, onions, tuna, soup, peas and pepper in a casserole dish.
6. Bake uncovered for 15-30 minutes or till heated through.
7. Sprinkle with crushed cereal or cracker crumbs over top. Bake 5 minutes more and serve.

* WIC Food

Nutrition Facts - Amount per serving

Calories: 310
Total Carbohydrate: 26 g
Fiber: 9 g
Sugars: 5 g
Protein: 27 g
Total Fat: 10 g
Saturated Fat: 2.5 g
Trans Fat: 0 g
Cholesterol: 90 mg
Sodium: 1260 mg
Vitamin A: 8%
Vitamin C: 10%
Calcium: 2%
Iron: 25%

Turkey Chili

Serves: 8
Serving Size: 1 cup

1 pound lean ground turkey
1 cup onion*, chopped
1 cup green pepper* chopped
deep green pepper
2 garlic cloves*, minced
1 tablespoon chili powder
1 teaspoon salt
1 teaspoon cumin
1 teaspoon oregano
1 teaspoon cocoa
1 can (28 oz.) diced tomatoes*
1 can (1 ½ cups) kidney beans*
1 can black beans*, drained and rinsed
1 can corn*, drained & rinse
1 small can tomato paste*

1. In a large skillet, cook ground turkey until browned; remove the excess fat.
2. Add onion, green pepper, garlic and seasonings to meat. Sauté 3-5 min.
3. Stir in tomatoes with juice, tomato paste, beans and corn.
4. Heat mixture to boiling; reduce heat. Cover and simmer 15-20 minutes.
5. Simmer, uncovered, stirring occasionally, 5-10 minutes.

* WIC Food

Nutrition Facts - Amount per serving

Calories: 313
Total Carbohydrate: 42 g
Fiber: 4 g
Sugars: 7 g
Protein: 20 g
Total Fat: 7.5 g
Saturated Fat: 2 g
Trans Fat: 0 g
Cholesterol: 43 mg
Sodium: 913 mg
Vitamin A: 8%
Vitamin C: 10%
Calcium: 2%
Iron: 25%
Leftover Chili in 3 Quick & Easy Meals

Serves: 6
Serving Size: 1 cup

1. Chili Macaroni
4 cups prepared chili (see page 147)
2 cups macaroni, cooked
½ cup cheddar cheese* (shredded)

1. Heat chili and macaroni together in a skillet over medium heat until hot.
2. Sprinkle with cheese and serve hot.

2. Stuffed Baked Potatoes
Prepared chili (see page 147)
Baked potatoes
Choice of toppings: chopped onion*, shredded cheese*, chopped cooked broccoli*

1. Prepare one potato for each person.
2. Heat chili until hot.
3. Cut opening in the top of the potatoes.
4. Top each with about ½ cup chili and other toppings you choose.

3. Mini Chili Pizzas
English muffins or hamburger buns, halves
Prepared chili (see page 147)
Mozzarella cheese*, shredded or sliced

1. Spread each half muffin or bun with ¼ cup chili.
2. Top with cheese and microwave for 15-20 seconds on HIGH or bake in oven at 350 degrees until cheese is melted.

* WIC Food

Squash and Turkey Chili

Serves: 6
Serving Size: 1 1/2 cups

1 tablespoon canola oil
1 medium onion*, chopped
½ cup fat-free, reduced-sodium chicken broth
1 large carrot*, cut in ¾ inch slices
2 cups peeled and seeded butternut squash*, cut into 1-inch pieces
1 can (28 ounce) whole, peeled tomatoes*, Try the “no-salt added” kind
2 cups diced cooked turkey breast
¼ cup chopped fresh cilantro
½ teaspoon cumin
1 teaspoon chili powder, or to taste
½ teaspoon cinnamon
1 cup red kidney or black beans*, rinsed and drained
Salt and black pepper to taste
Hot sauce or salsa (optional)

1. In small Dutch oven, heat oil over medium-high heat.
2. Add onion and sauté until translucent, about 2 minutes.
3. Add broth, carrot and squash.
4. Lower heat and simmer until tender, about 4 minutes.
5. Add tomatoes.
6. Cover and cook over medium-low heat 10 minutes.
7. Add turkey, beans, cilantro, cumin, chili powder and cinnamon.
8. Simmer on low heat until squash is tender and turkey is heat through, 15-20 minutes.
9. Season to taste with black pepper
10. Add hot sauce or salsa if desired.
11. Serve over brown rich or whole-wheat pasta.

* WIC Food

Nutrition Facts - Amount per serving

Calories: 140
Total Fat: 4 g
Saturated Fat: 0 g
Trans Fat: 0 g
Cholesterol: 0 mg
Sodium: 160 mg

Vitamin A: 200%
Vitamin C: 30%
Calcium: 4%
Iron: 20%
Hamburger Cabbage Skillet Dinner

Serves: 4
Serving Size: 1½ cups

½ pound lean ground meat
½ cup chopped onion*
2 cups shredded carrots*
2 potatoes, cooked and cubed
4 cups shredded cabbage*
⅛ teaspoon pepper
½ teaspoon thyme
½ cup beef broth

1. In a large skillet, cook ground meat and onion.
2. Drain grease from pan.
3. Add the rest of the ingredients.
4. Cover and cook ten minutes or until cabbage is cooked and potatoes are heated through.

* WIC Food

Shepherd’s Pie

Serves: 5
Serving Size: 1½ cup

1 pound lean ground beef or turkey
1 small onion*, chopped
¼ teaspoon pepper
1½ cup cooked green beans*
1 can (10 ounces) tomato soup or 1¼ cup spaghetti sauce
4 to 5 medium potatoes, boiled and mashed (about 3 cups)
4 slices American or ½ cup Colby or cheddar cheese* (shredded)

1. In a large fry pan, brown the ground meat and onion. Drain off fat.
2. Add pepper, green beans and tomato soup.
4. Top with mashed potatoes.
5. Top potato with cheese
6. Bake at 350° for about 20 minutes.

* WIC Food

Nutrition Facts

Amount per serving

Calories: 264
Total Carbohydrate: 30 g
Fiber: 6 g
Sugars: 8 g
Protein: 20 g
Total Fat: 8 g
Saturated Fat: 3 g
Trans Fat: 0.5 g
Cholesterol: 50.5 mg
Sodium: 202 mg
Vitamin A: 190%
Vitamin C: 70%
Calcium: 8%
Iron: 15%

Nutrition Facts - Amount per serving

Calories: 416
Total Carbohydrate: 32 g
Fiber: 2 g
Sugars: 3 g
Protein: 33 g
Total Fat: 17 g
Saturated Fat: 7 g
Trans Fat: 0.5 g
Cholesterol: 95.5 mg
Sodium: 677 mg
Vitamin A: 10%
Vitamin C: 15%
Calcium: 15%
Iron: 25%
Family Ziti Bake

Serves: 8
Serving Size: 1 1/2 cups

1 16 ounce package ziti macaroni
1 medium onion*, chopped
1/2 pound lean ground beef
1 15 ounce carton cottage cheese
1/2 cup parmesan cheese
1 egg*, slightly beaten
1/2 teaspoon salt
1/4 teaspoon pepper
1 32-ounce jar (4 cups) spaghetti sauce
1 cup mozzarella cheese*

1. Cook ziti according to instructions. Drain.
3. Add next 5 ingredients to ground beef, stir in one-half of spaghetti sauce.
4. Add ziti and toss to coat.
5. Pour into baking dish. Pour rest of sauce over ziti mixture. Sprinkle with mozzarella cheese.
6. Bake at 350° until hot and bubbly. Let set for 10 minutes before serving.

* WIC Food

Nutrition Facts - Amount per serving
Calories: 473
Total Carbohydrate: 55 g
Fiber: 4 g
Sugars: 3.5 g
Protein: 30 g
Total Fat: 13 g
Saturated Fat: 5 g
Trans Fat: 0 g
Cholesterol: 71 mg
Sodium: 1085 mg
Vitamin A: 15%
Vitamin C: 20%
Calcium: 20%
Iron: 15%

Cheese Tortilla Casserole

Serves: 6
Serving Size: 1 cup

Keep heat low to medium so cheese won’t curdle

1 medium onion*, chopped
1 tablespoon cooking oil
4 cups (32 ounces) tomato sauce
1 teaspoon chili powder
1 (10 ounce) package of frozen chopped spinach*, thawed out
1 egg*
6-8 corn tortillas
1/4 cup cheddar* or Monterey Jack cheese* (shredded)

1. Cook onion in oil over medium heat.
2. Add sauce and chili powder.
3. Simmer 15 to 20 minutes until thick.
4. Mix spinach with cottage cheese and egg in bowl.
5. Grease baking pan. Cover bottom of pan with 2 or 3 tortillas.
6. Layer the food as follows: 2 or 3 tortillas (cover bottom of pan); then some cottage cheese mixture; then some of the tomato sauce. Repeat layers until food is gone. End with sauce.
7. Sprinkle with cheddar or Monterey Jack cheese.
8. Bake at 350° for 30 to 40 minutes until golden brown.
9. Serve right away.

* WIC Food

Nutrition Facts - Amount per serving
Calories: 271
Total Carbohydrate: 35 g
Fiber: 7 g
Sugars: 9 g
Protein: 29 g
Total Fat: 13 g
Saturated Fat: 5 g
Trans Fat: 0 g
Cholesterol: 71 mg
Sodium: 1266 mg
Vitamin A: 130%
Vitamin C: 20%
Calcium: 20%
Iron: 15%
**Sloppy Joes**

Serves: 4  
Serving Size: 1 cup and 1 bun

1 pound lean ground beef or ground turkey  
1 cup tomato sauce  
½ onion*, chopped  
1 tablespoon brown sugar  
1 tablespoon vinegar  
1 teaspoon prepared mustard  
4 hamburger buns

1. Brown beef or turkey.  
2. Drain fat! This cuts calories.  
3. Add onion, chili sauce, or ketchup, brown sugar, vinegar and mustard.  
4. Simmer 30 minutes.  
5. Spoon onto whole wheat hamburger buns.

* WIC Food

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**Spanish Rice**

Serves: 8  
Serving Size: ¾ cup

½ pound lean ground beef or turkey  
1 tablespoon oil  
1 small onion*, chopped  
½ green pepper*, chopped  
½ teaspoon black pepper  
1 tablespoon prepared mustard  
2 tablespoons tomato paste*  
1 tablespoon Worcestershire sauce  
4 cups cooked rice (or brown rice*)  
1 28-ounce can crushed tomatoes*

1. Saute onion and green pepper in the oil until soft.  
2. Add ground beef and seasonings, stirring until meat loses its pink color. Drain fat.  
3. Stir in the cooked rice, the tomatoes, and the Worcestershire sauce. Mix thoroughly.  
4. Reduce heat and simmer, covered, for 15 minutes. Serve warm.

* WIC Food

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**Nutrition Facts**

**Amount per serving**

- Calories: 420  
- Total Carbohydrate: 30 g  
- Fiber: 2 g  
- Sugars: 9 g  
- Protein: 37 g  
- Total Fat: 16 g  
- Saturated Fat: 6 g  
- Trans Fat: 1 g  
- Cholesterol: 101 mg  
- Sodium: 630 mg  
- Vitamin A: 4%  
- Vitamin C: 8%  
- Calcium: 10%  
- Iron: 30%

---

**Nutrition Facts**

**Amount per serving**

- Calories: 236  
- Total Carbohydrate: 33 g  
- Fiber: 4 g  
- Sugars: 2 g  
- Protein: 13 g  
- Total Fat: 7 g  
- Saturated Fat: 2 g  
- Trans Fat: 0 g  
- Cholesterol: 25 mg  
- Sodium: 220 mg  
- Vitamin A: 15%  
- Vitamin C: 40%  
- Calcium: 6%  
- Iron: 15%
Stuffed Peppers
Serves: 4
Serving Size: 1 pepper

4 medium green peppers*
Prepared Spanish Rice (see page 156)
¼ cup breadcrumbs

1. Remove tops and seeds from green peppers.
2. Boil peppers in 3 cups of water for 5 minutes and save the water.
3. Fill peppers with Spanish Rice.
4. Top with breadcrumbs.
5. Stand peppers in a baking dish in the water in which they were boiled.
6. Bake 30 minutes at 350°.

* WIC Food

Main Dish Taco Salad
Serves: 5
Serving Size: 2 cups

½ pound ground beef (90%) or turkey
1/8 teaspoon chili powder
1/8 teaspoon garlic powder
1/8 teaspoon salt (if you like)
½ head of romaine lettuce*, chopped
½ cup chopped green onion*
3 tomatoes*, chopped
1 can (15 ounce) kidney beans*, drained and rinsed
1 cup grated cheddar cheese*
½ bag tortilla chips (10-ounce bag)
¾ cup salsa

1. Cook meat with the seasonings in a pan.
2. Remove from heat.
3. In a large bowl mix lettuce, onion, tomatoes, kidney beans, cheese and meat.
4. Put tortilla chips on 5 plates and top with salad.
5. Top with salsa. Serve right away.

Light Ranch dressing or light sour cream may be added, but it will increase the fat and calories in each serving.

* WIC Food

Nutrition Facts - Amount per serving
Calories: 522
Total Carbohydrate: 76 g
Fiber: 11 g
Sugars: 7 g
Protein: 27 g

Total Fat: 14 g
Saturated Fat: 4 g
Trans Fat: 0 g
Cholesterol: 51 mg
Sodium: 493 mg

Vitamin A: 40%
Vitamin C: 230%
Calcium: 15%
Iron: 35%

Nutrition Facts
Amount per serving
Calories: 620
Total Carbohydrate: 63 g
Fiber: 13 g
Sugars: 7 g
Protein: 30 g
Total Fat: 28 g
Saturated Fat: 9 g
Trans Fat: 0 g
Cholesterol: 65 mg
Sodium: 610 mg

Vitamin A: 30%
Vitamin C: 25%
Calcium: 30%
Iron: 15%
**Burritos**
Serves: 6
Serving Size: 2 burritos

- 1 pound lean ground beef
- 1 green pepper*, chopped
- ¼ cup onion*, chopped
- 1 cup water

- ½ cup tomato sauce
- ½ teaspoon chili powder
- 12 whole-wheat tortillas* (12-inch)

2. Add all other foods to the beef except tortillas. Simmer until onions and green peppers are soft, about 30 minutes.
3. Warm tortillas in 350˚ oven for 10 minutes before filling.
4. To make burritos, put about 2 tablespoons of the filling onto a tortilla and roll.
5. Serve hot.

**Try This!**
- To lower fat and cholesterol, use can refried beans or mashed kidney beans* instead of beef (about 2 cups).

* WIC Food

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**Chicken and Brown Rice Skillet Dinner**
Serves: 4
Serving Size: 2 cups

- 1/3 cup low-fat Italian salad dressing
- 1 pound of boneless chicken breast or thigh meat (or 2 pounds of leg quarters or thighs (with bone in))
- 2 teaspoons dried oregano or Italian Seasoning
- 4 cups of fresh chopped vegetables such as broccoli*, green Pepper* or carrots* or 1 bag frozen vegetables*, thawed (16 oz)

- 2 cups instant brown rice*, uncooked

1. If using fresh vegetables, rinse them and cut them on a clean cutting board before preparing the chicken. If using frozen vegetables, thaw them in microwave for 3 minutes on defrost. Or, run warm water over vegetables in the sink and let them drain in a colander.
2. If using chicken thighs or leg quarters, remove the skin and bone.
3. Cut chicken into bite sized pieces.
4. Heat the salad dressing in a large, deep skillet or frying pan on medium heat.
5. Add chicken and sprinkle with oregano. Cook 5 minutes, stir once.
6. Add vegetables and broth. Simmer 5 minutes.
7. Stir in rice. Cover. Simmer 5 minutes. Turn off heat and let stand, covered, 5 minutes or until liquid is absorbed.

* WIC Food

---

**Nutrition Facts - Amount per serving**

- Calorie: 467
- Total Carbohydrate: 47 g
- Fiber: 4.5 g
- Sugars: 4 g
- Protein: 30 g
- Total Fat: 15 g
- Saturated Fat: 4 g
- Trans Fat: 0.5 g
- Cholesterol: 67 mg
- Sodium: 520 mg
- Vitamin A: 2%
- Vitamin C: 20%
- Calcium: 2%
- Iron: 25%

---

**Nutrition Facts - Amount per serving**

- Calorie: 422
- Total Carbohydrate: 42 g
- Fiber: 7 g
- Sugars: 4 g
- Protein: 42 g
- Total Fat: 8.5 g
- Saturated Fat: 2 g
- Trans Fat: 0 g
- Cholesterol: 96 mg
- Sodium: 658 mg
- Vitamin A: 100%
- Vitamin C: 8%
- Calcium: 8%
- Iron: 20%
**Homemade Pizza**

Serves: 6  
Serving Size: 1 slice

1 pound ready-made pizza dough (regular or whole wheat)  
1 cup pizza sauce or spaghetti sauce  
1 cup shredded mozzarella cheese*  
2 cups steamed vegetables (like broccoli*, peppers*, onions*, mushrooms* or whatever vegetables you like)

1. Preheat oven to 450 degrees.  
2. Spread dough out on greased baking sheet or pizza pan.  
3. Push up edges to make rim to hold filling.  
4. Spread sauce evenly over dough.  
5. Sprinkle with cheese and vegetables.  
6. Bake for 15 to 20 minutes.  

* WIC Food

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**Chicken and Vegetable Stir Fry**

Serves: 4  
Serving Size: 1 1/2 cups

2/3 cup canned reduced-sodium chicken broth  
1 can sliced mushrooms*, drained and rinsed  
4 teaspoons cornstarch  
2 tablespoons low-sodium soy sauce  
2-3 tablespoons canola oil  
1 10 ounce can chicken, drained, rinsed and flaked  
1 cup sliced celery*  
1 cup sliced carrots*  
1 cup sliced green or red peppers*

1. Combine the chicken broth, cornstarch and soy sauce in a bowl. Blend well. Set aside.  
2. Place in a large skillet over HIGH heat. Add oil. When oil is hot, add vegetables.  
3. Cook and stir for 2-3 minutes until tender-crisp.  
4. Lower heat to medium high, and add the chicken, stir and heat through.  
5. Add the broth mixture and stir until the sauce is simmering.  

* WIC Food

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**Nutrition Facts - Amount per serving**

<table>
<thead>
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<th></th>
<th>Calories: 225</th>
<th>Total Fat: 7 g</th>
<th>Saturated Fat: 2.5 g</th>
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<th>Cholesterol: 15 mg</th>
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<th>Vitamin A: 10%</th>
<th>Vitamin C: 40%</th>
<th>Calcium: 15%</th>
<th>Iron: 15%</th>
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<tr>
<td>Total Carbohydrate: 11 g</td>
<td>Fiber: 3.5 g</td>
<td>Sugars: 3.5 g</td>
<td>Protein: 25 g</td>
<td>Total Fat: 14 g</td>
<td>Saturated Fat: 2 g</td>
<td>Trans Fat: 0 g</td>
<td>Cholesterol: 64 mg</td>
<td>Sodium: 1161 mg</td>
<td>Vitamin A: 100%</td>
<td>Vitamin C: 35%</td>
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</table>
Simply Desserts

Place a slice of apple in brown sugar to soften it if it becomes hard.

Lowering Fat Doesn’t Mean Giving Up Desserts

- **Eat** more fresh fruits you buy in season.
- **Eat** more fruits canned in juice.
- **Eat** fat free ice cream or frozen yogurt.
- **Buy** fewer bakery items. They have a lot of fat.
- **Use** recipes at home that have less fat and sugar.
- **Use** one tablespoon of unsweetened applesauce in place of one tablespoon of fat each time you make a recipe. This will let you decide how much fat is needed for good taste.
- **Use** unsweetened applesauce for the oil in the directions on boxed cake and brownie mixes.
- **Use** fat free milk (skim milk) for Homogenized (whole milk) in most recipes.
- **Use** evaporated fat free milk (skim milk) for whipped cream. Just freeze the bowl, beaters and can of milk in the freezer for 30 minutes before whipping.
# Best Time to Buy Fresh Fruit

<table>
<thead>
<tr>
<th>Winter</th>
<th>Spring</th>
<th>Summer</th>
<th>Fall</th>
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<tbody>
<tr>
<td>Bananas</td>
<td>Bananas</td>
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</tr>
<tr>
<td>Citrus Fruits</td>
<td>Citrus Fruits</td>
<td>Grapes</td>
<td>Grapes</td>
</tr>
<tr>
<td>Apples</td>
<td>Berries</td>
<td>Melons</td>
<td>Peaches</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Nectarines</td>
</tr>
</tbody>
</table>

## Apple Crisp

**Serves:** 6  
**Serving Size:** 1 cup (or 3 inch square)

- 6 medium apples*, peeled and sliced thin (Try Granny Smiths, Empires or Cortland)  
- ¼ cup brown sugar  
- 1 teaspoon cinnamon  
- ½ cup raisins  
- 1 teaspoon nutmeg  
- ¼ cup apple juice*  
- 1 cup oatmeal - uncooked  
- ¼ cup whole-wheat flour  
- 1 tablespoon butter (cut into small pieces)  
- ¼ cup old-fashioned oatmeal*  
- Vegetable-oil spray

1. Preheat oven to 375˚  
2. Coat a 8-inch square baking pan with cooking spray  
3. Mix the apples, raisins, and apple juice in a bowl. Set aside.  
4. In another bowl, mix the flour, oats brown sugar and spices together. Add the pieces of butter.  
5. Mix with clean hands until mixture is crumbly.  
6. Put the apple mixture into the baking pan  
7. Sprinkle the flour/oat mixture over the apples.  
8. Lightly spray with vegetable-oil spray.  
9. Cover with lid or aluminum foil. Bake at 375˚ for 20 minutes.  
10. Uncover. Bake for about 15 more minutes. Let cool for about 20 minutes before serving.

**Try This!**
- Use peaches or other fruit in place of the apples.

* WIC Food  

**Nutrition Facts - Amount per serving**

- Calories: 227  
- Total Carbohydrate: 53 g  
- Fiber: 6 g  
- Sugars: 32 g  
- Protein: 3 g  
- Total Fat: 3 g  
- Saturated Fat: 1 g  
- Cholesterol: 5 mg  
- Sodium: 27 mg  
- Vitamin A: 2%  
- Vitamin C: 20%  
- Calcium: 4%  
- Iron: 8%
Baked Apples
Serves: 4
Serving Size: 1 apple

4 medium apples*
4 teaspoons brown or white sugar
2 teaspoons cinnamon
½ cup water

1. Wash and take the core out of the apple. Try to not cut through the bottom of the apple.
2. Mix sugar and cinnamon.
3. Divide the mixture evenly. Spoon some into each apple.
4. Make several cuts with a knife into the top edge of each apple.
5. Bake at 375° for about 45 minutes or until very soft.
6. Spoon some pan juices over apples while baking
7. Serve warm or cold.

Try This!
• Spoon some vanilla yogurt over apple. Serve as a snack or as part of a breakfast.
* WIC Food

Apple Dumplings
Serves: 4
Serving Size: 1 apple

Pie crust, unbaked (for recipe, see page 192).
2 Tablespoons brown sugar
1 tablespoon Butter
¼ cup Raisins
4 apples*

1. Preheat oven to 400°.
2. Press the brown sugar into the dough.
3. Core the apples. Fill the apples with some sugar and raisins and butter.
4. Roll out dough in circles big enough to surround each apple. Place the apple in the center of the circle and wrap the dough around it.
5. Bake at 400° for about 25 minutes, or until the dough is golden.
6. Serve warm in a bowl with ice cream (if you like).
* WIC Food

Nutrition Facts
Amount per serving
Calories: 242
Total Carbohydrate: 39 g
Fiber: 3 g
Sugars: 27 g
Protein: 2 g
Total Fat: 10 g
Saturated Fat: 2.5 g
Cholesterol: 10 mg
Sodium: 167 mg
Vitamin A: 4%
Vitamin C: 10%
Calcium: 2%
Iron: 4%

Nutrition Facts
Amount per serving
Calories: 80
Total Carbohydrate: 22 g
Fiber: 3 g
Sugars: 19 g
Protein: 0 g
Total Fat: 0 g
Saturated Fat: 0 g
Cholesterol: 0 mg
Sodium: 0 mg
Vitamin A: 0%
Vitamin C: 10%
Calcium: 2%
Iron: 4%
No-Bake Peanut Butter Logs

Serves: 12  
Serving Size: 3 cookies

1½ cups chunky or smooth peanut butter*  
¾ cup confectioner’s sugar  
3 cups rice cereal*, crispy type  
½ cup peanuts – chopped (if you like)  
¾ cup nonfat dry milk powder*

1. Put peanut butter in the mixing bowl.  
2. Add sugar to peanut butter and mix.  
3. Add cereal, crushing lightly with spoon.  
4. Add chopped nuts if you like.  
5. Shape into three logs (7 x 1¼ inches).  
6. Pat peanuts over log, if you like.  
7. Wrap in foil or plastic wrap. Refrigerate.  
8. Slice each log into 12 cookies.  
* WIC Food

Nutrition Facts - Amount per serving
Calories: 300  
Total Carbohydrate: 23 g  
Fiber: 2 g  
Sugars: 13 g  
Protein: 12 g

Total Fat: 19 g  
Saturated Fat: 3.5 g  
Cholesterol: 0 mg  
Sodium: 227 mg

Vitamin A: 6%  
Vitamin C: 8%  
Calcium: 8%  
Iron: 6%

Zucchini Drop Cookies

Serves: 18  
Serving Size: 2 cookies

1/3 cup vegetable oil (Canola, corn, etc.)  
¼ cup no sugar added applesauce* (drained)  
1 egg, slightly beaten*  
1 cup grated zucchini*  
2 cups flour  
½ teaspoon ground cloves  
1 cup raisins  
1 teaspoon cinnamon  
1 teaspoon baking soda  
1 cup sugar  
½ cup quick oats (Maypo Vermont Style Oatmeal*)

1. Preheat oven to 375°.  
2. Combine margarine, applesauce, egg and zucchini in a bowl.  
3. In a separate bowl, mix the rest of the food.  
4. Mix all the food together until well blended.  
5. Drop by teaspoonful onto a greased baking sheet.  
6. Bake at 375° for 12-15 minutes or until golden brown.  
* WIC Food

Nutrition Facts - Amount per serving
Calories: 170  
Total Carbohydrate: 30 g  
Fiber: 1 g  
Sugars: 17 g  
Protein: 2 g

Total Fat: 4.5 g  
Saturated Fat: 0 g  
Cholesterol: 10 mg  
Sodium: 140 mg

Vitamin A: 2%  
Vitamin C: 4%  
Calcium: 2%  
Iron: 6%
**Pumpkin Cheesecake**

Serves: 12  
Serving Size: 1/12 of cake  

3 packages (8 ounce) fat free cream cheese  
¾ cup canned pumpkin* (100% pumpkin, no added sugar or fat)  
½ cup sugar  

1 teaspoon vanilla extract  
3 eggs*  
½ teaspoon cinnamon  
¼ teaspoon ground cloves  
2 Tablespoons cornflake crumbs* (if you like)  

1. Take cream cheese out of refrigerator one hour ahead of time.  
2. Preheat oven to 325°.  
3. In large bowl combine cream cheese, pumpkin, sugar and vanilla. Mix until well blended. Beat in eggs and spices.  
4. Coat a 9” pie pan with cooking spray or shortening.  
5. Add cornflake crumbs (if you like). Pour in cream cheese mixture.  
6. Bake for 45 minutes or until center is set.  
7. Cool 30 minutes.  
8. Store in the refrigerator.  

* WIC Food  

**Nutrition Facts - Amount per serving**  

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<th>Nutrient</th>
<th>Per Serving</th>
<th>Calories: 170</th>
<th>Total Fat: 3.5 g</th>
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**Peach Cobbler**

Serves: 8  
Serving Size: 1/8 of pie  

**Fruit layer**  

2 (16 ounce) cans peaches* (in juice)  
½ teaspoon nutmeg  
¼ teaspoon cinnamon  
2 tablespoons flour  
4 tablespoons sugar  
1 tablespoon lemon juice  

1. Preheat oven to 425°.  
2. Drain peaches but **SAVE THE JUICE**.  
3. In medium pan combine sugar, flour, nutmeg and cinnamon. Slowly stir in peach juice and lemon juice. Cook over medium heat, stirring constantly until thickened.  
4. Add peaches, stir gently until heated through. Cover and set aside while making crust.  

**Crust**  

1 cup sifted flour  
1½ teaspoons baking powder  
¼ teaspoon salt  
1½ teaspoons cold tub margarine  
1/3 cup fat-free (skim) milk*  
1½ tablespoons vegetable oil  

1. Mix together flour, salt and baking powder. Add margarine and blend with fork until mixture looks like coarse crumbs. Add skim milk and oil.  
2. Stir just until combined and mixture gathers together into a ball.  
3. Turn out dough onto floured board and pat into 8” circle.  
4. Cut dough into 6 strips.  
5. Pour hot fruit mixture into 8-inch pie plate.  
6. Place strips of dough over fruit, either straight or in a woven design.  

* WIC Food  

**Nutrition Facts - Amount per serving**  

<table>
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<th>Nutrient</th>
<th>Per Serving</th>
<th>Calories: 120</th>
<th>Total Fat: 2 g</th>
<th>Saturated Fat: 1 g</th>
<th>Cholesterol: 17 mg</th>
<th>Sodium: 360 mg</th>
<th>Vitamin A: 40%</th>
<th>Calcium: 10%</th>
<th>Iron: 2%</th>
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</table>
Old Fashioned Bread Pudding

Serves: 6
Serving Size: 1/2 cup

5 slices whole wheat bread*
2 tablespoon margarine or butter
¼ teaspoon cinnamon
1/3 cup sugar, white or brown
½ cup raisins
3 eggs*
2 cups non fat milk*
¼ teaspoon salt
1 teaspoon vanilla extract

1. Heat oven to 350˚.
2. Spread one side of bread with margarine or butter, sprinkle with cinnamon.
3. Cut bread into 1 inch cubes.
4. In a medium bowl, combine bread cubes, sugar, and raisins.
5. In another bowl, blend eggs, milk, salt, and vanilla. Pour liquid over bread mixture; lightly mix.
6. Transfer mixture to a casserole dish that has been coated with oil or sprayed.
7. Bake uncovered for 50-60 minutes or until the center of the pudding is 160˚, a metal knife inserted into the center should come out clean.
8. Serve warm or cold.

* WIC Food

Chocolate Pudding

Serves: 6
Serving Size: 1/2 cup

1/3 cup sugar
2 tablespoons corn starch
2 tablespoons cocoa, unsweetened
2 cups milk*
1 teaspoon vanilla (if you like)

1. Combine first 4 ingredients in a heavy sauce pan.
2. Cook over low heat until thickened.
3. Stir constantly until thick.
4. Remove from heat and stir in vanilla.
5. Serve warm or cold.

* WIC Food

Nutrition Facts
Amount per serving
Calories: 230
Total Carbohydrate: 36 g
Fiber: 1 g
Sugars: 23 g
Protein: 7 g
Total Fat: 7 g
Saturated Fat: 1.5 g
Cholesterol: 105 mg
Sodium: 340 mg

Vitamin A: 4%
Vitamin C: 2%
Calcium: 10%
Iron: 8%

Nutrition Facts - Amount per serving
Calories: 110
Total Carbohydrate: 18 g
Fiber: <1 g
Sugars: 14 g
Protein: 3 g

Total Fat: 3 g
Saturated Fat: 2 g
Cholesterol: 10 mg
Sodium: 40 mg

Vitamin A: 2%
Vitamin C: 2%
Calcium: 10%
Iron: 2%
**Rice Pudding**
Serves: 9
Serving Size: 1/2 cup

2/3 cup rice, uncooked
11/3 cup water
1 egg*
2 egg whites*
½ cup sugar

½ cup raisins
2 cups evaporated skim milk*
½ teaspoon vanilla
½ teaspoon cinnamon
½ teaspoon nutmeg

1. Cook rice with water until done.
2. Beat egg and egg whites together.
4. Put into ungreased, 1½ quart baking dish.
5. Bake at 325° for 50-60 minutes.

* WIC Food

**Sweet Potato Soufflé**
Serves: 6
Serving Size: ¾ cup

4 sweet potatoes*
2 Tbsp. sugar
2 large eggs*
1 tsp. Vanilla
2 tsp. plus 1/3 c. whole-wheat flour (preferred)
1/3 c. pecans, chopped
2 Tbsp. butter, softened
1/3 c. brown sugar
1 tsp. Cinnamon

1. Preheat oven to 350˚.
2. Bake potatoes until tender.
3. Peel and mash potatoes with electric mixer.
4. Stir in sugar. In a separate bowl, beat eggs and combine with vanilla and 2 tsp. flour. Add to potato mixture.
5. Mix well and pour into a greased casserole dish.
6. Combine 1/3 c. flour, nuts, softened butter, cinnamon and brown sugar. Spread on top of potatoes.
7. Bake uncovered for 30 minutes. Serves 6 to 8.

* WIC Food

**Nutrition Facts - Amount per serving**

- Calories: 180
- Total Carbohydrate: 35 g
- Fiber: <0 g
- Sugars: 23 g
- Protein: 6 g
- Total Fat: 2 g
- Saturated Fat: 1 g
- Cholesterol: 30 mg
- Sodium: 75 mg
- Vitamin A: 0%
- Vitamin C: 0%
- Calcium: 0%
- Iron: 4%

**Nutrition Facts**

- Calories: 320
- Total Carbohydrate: 52 g
- Fiber: 5 g
- Sugars: 28 g
- Protein: 6 g
- Total Fat: 10 g
- Saturated Fat: 3.5 g
- Cholesterol: 80 mg
- Sodium: 75 mg
- Vitamin A: 530%
- Vitamin C: 50%
- Calcium: 6%
- Iron: 8%
Pie Crust
Serves: 2, 9-inch pie
Serving Size: 1/8 of pie crust

2-1/4 cups all-purpose flour
½ teaspoon sugar
1/3 cup cold 1% milk* or ice water
½ cup plus 1 tablespoon oil

1. Pre-heat oven to 425°
2. In a bowl, mix flour and sugar.
3. Combine milk or ice water and oil together in a cup.
4. Add liquid all at once to flour and sugar.
5. Stir lightly with a fork until well mixed. Divide in half to make two balls of dough.
6. Roll out into a 12-inch circle between 2 sheets of waxed paper. Use a rolling pin or bottle.
7. Peel off top paper. Gently place crust on pie plate. Peel off other paper and gently press crust into pie plate.
8. Crimp edges with a fork or clean fingers.
9. For a one-crust pie, fill and follow the recipe’s directions.
10. For a two-crust pie, follow recipe’s directions.
11. To bake a one-crust pie shell for cream pies, prick the pie shell with a fork before baking.
12. If baking the pie shell only, bake for 8-10 minutes, or until lightly browned.
* WIC Food

Nutrition Facts - Amount per serving
Calories: 250
Total Carbohydrate: 22 g
Fiber: 1 g
Sugars: 1 g
Protein: 3 g
Total Fat: 17 g
Saturated Fat: 1 g
Cholesterol: 0 mg
Sodium: 330 mg
Vitamin A: 0%
Vitamin C: 0%
Calcium: 2%
Iron: 8%

Pat-a-Pie Crust
Serves: 1-9 inch piecrust
Serving Size: 1/9 of pie crust

2 cups flour
1 ¼ teaspoon salt
3 tablespoons 1% milk*
2 teaspoons sugar
2/3 cup oil (not olive)

1. Mix together flour, salt and sugar.
2. Mix milk and oil together. Add to flour mixture.
3. Mix with a fork until flour is all slightly wet.
4. Save about 1/3 of dough to use for topping.
5. Press the rest of the dough into pie plate with fingertips.
6. Press dough evenly around the plate and up the sides. Crimp or push dough around the edge of the plate. (It will look nice.)
7. Fill with your favorite filling.
8. If you like, crumble the extra dough over the top to use as a “crumb crust”.
9. Follow the pie recipe for time and baking temperature.
* WIC Food

Nutrition Facts - Amount per serving
Calories: 130
Total Carbohydrate: 14 g
Fiber: 0 g
Sugars: 1 g
Protein: 2 g
Total Fat: 7 g
Saturated Fat: 1 g
Cholesterol: 0 mg
Sodium: 0 mg
Vitamin A: 0%
Vitamin C: 0%
Calcium: 0%
Iron: 4%
**Sweet Potato Pie**

Serves: 8  
Serving Size: 1 slice

- 4 sweet potatoes* - baked in skins (sweet potatoes to make 3 cups mashed sweet potatoes)  
- 3 eggs*  
- ½ cups sugar  
- 3 tablespoons flour

1. Baked sweet potatoes (or yams) in 400° oven for 45 minutes or until tender.  
2. Cool for about 15 minutes.  
3. Put 2 cups mashed sweet potatoes in large mixing bowl.  
4. Beat the eggs, sugar and spices together.  
5. Pour in the evaporated milk and mix until well blended  
6. Mix in the vanilla.  
7. Pour in pie shell.  
8. Bake at 350° for about 30-45 minutes.

* WIC Food

**Nutrition Facts - Amount per serving**

<table>
<thead>
<tr>
<th>Calories: 272</th>
<th>Total Fat: 8 g</th>
<th>Vitamin A: 400%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Carbohydrate: 43 g</td>
<td>Saturated Fat: 0.5 g</td>
<td>Vitamin C: 40%</td>
</tr>
<tr>
<td>Fiber: 3 g</td>
<td>Cholesterol: 80 mg</td>
<td>Calcium: 19%</td>
</tr>
<tr>
<td>Sugars: 19 g</td>
<td>Sodium: 192 mg</td>
<td>Iron: 6%</td>
</tr>
<tr>
<td>Protein: 8 g</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**No Crust Pumpkin Pie**

Serves: 8  
Serving Size: 1 slice

- 2 eggs*  
- 2 cups cooked pumpkin* or yams*  
- 1 cup dry milk powder*  
- 2/3 cup brown or white sugar  
- ½ evaporated skim milk*  
- 1 teaspoon cinnamon  
- ¼ teaspoon nutmeg  
- ¼ cup flour  
- 1 cup water

1. Preheat oven to 350°.  
2. Mix all together except water.  
3. Slowly stir in water.  
4. Mix well.  
5. Pour into greased 9-inch pie plate.  
6. Bake for 45-55 minutes or until knife inserted near the center comes out clean.

* WIC Food

**Nutrition Facts - Amount per serving**

<table>
<thead>
<tr>
<th>Calories: 150</th>
<th>Total Fat: 1.5 g</th>
<th>Vitamin A: 280%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Carbohydrate: 30 g</td>
<td>Saturated Fat: 0.5 g</td>
<td>Vitamin C: 6%</td>
</tr>
<tr>
<td>Fiber: 2 g</td>
<td>Cholesterol: 55 mg</td>
<td>Calcium: 25%</td>
</tr>
<tr>
<td>Sugars: 24 g</td>
<td>Sodium: 290 mg</td>
<td>Iron: 10%</td>
</tr>
<tr>
<td>Protein: 6 g</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Thanksgiving Pumpkin Pie**

Serves: 8  
Serving Size: 1/8 of pie

- 2 cups canned pumpkin*  
- 1, 12-ounce can evaporated skim milk*  
- 1 cup brown sugar, packed  
- 1 large egg*  
- 2 large egg whites*

1. 1-1/2 teaspoons of Pumpkin Pie spice  
2. 1/4 teaspoon salt  
3. 1 unbaked, 9-inch pie shell  
4. 2 teaspoons flour mixed with 1/2 teaspoon of Pumpkin pie spice

1. Preheat oven to 400°.  
2. Cook pumpkin in a pan over medium-heat. Stir well for about 5-10 minutes so that it all heats through.  
3. Spoon pumpkin into a bowl to cool slightly.  
4. Add the milk, salt and pumpkin pie spice to the warm pumpkin. Mix well until the sugar dissolves.  
5. Sprinkle flour and spice mixture evenly over bottom of unbaked pie shell. (See page 182 or 183 for pie crust recipes.)  
6. Pour filling into pie crust. Bake 15 minutes.  
7. Reduce heat to 325°. Bake 30 minutes more, until filling is set. (If you place a knife into the filling it will come out clean.)  
8. Set on rack and cool completely.

* WIC Food

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**Nutritional Information**

| Amount per serving | Calories: 264  
| Total Carbohydrate: 30 g  
| Fiber: 6 g  
| Sugars: 8 g  
| Protein: 20 g  
| Total Fat: 8 g  
| Saturated Fat: 3 g  
| Trans Fat: 0.5 g  
| Cholesterol: 50.5 mg  
| Sodium: 202 mg  
| Vitamin A: 190%  
| Vitamin C: 70%  
| Calcium: 8%  
| Iron: 15% |

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**Angel Lush**

Serves: 10  
Serving Size: 1 piece  
Recipe from Kraftrecipes.com

- 1 can (20 oz) crushed pineapple in juice, undrained*  
- 1 package (4-serving size) Jello-0 vanilla flavor fat free, sugar free instant reduced calorie pudding and pie filling  
- 1 cup thawed Cool Whip Lite whipped topping  
- 1 package (10 oz) round angel food cake  
- 10 fresh strawberries

1. Mix pineapple with its juice and the dry pudding mix in a medium bowl. Gently stir in whipped topping.  
2. Cut cake horizontally into three layers. Place bottom cake layer, cutside up, on serving plate; top with 1 1/3 cups of the pudding mixture.  
3. Cover with middle cake layer and an additional 1 cup of the remaining pudding mixture. Top with remaining cake layer; spread top of dessert with the remaining pudding mixture.  
4. Refrigerate at least 1 hour. Top with strawberries just before serving. Slice cake into 10 pieces.

---

**Nutritional Information**

| Amount per serving | Calories: 126.6  
| Total fat: 1.1 g  
| Trans fat: 0.3 g  
| % calories from fat: 7.8%  
| Fiber: 1.7 g |
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