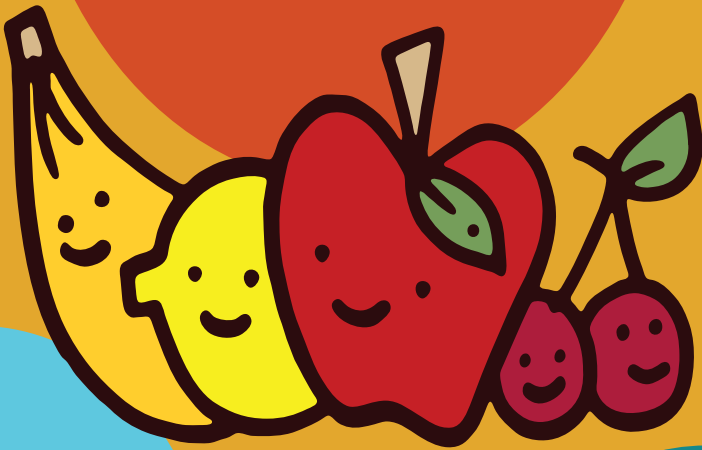


Simply Yummy

Recipes for Children
and Families



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PEACE INC
EMPOWERING PEOPLE TO THRIVE | EST. 1968



Welcome!

PEACE, Inc. Head Start/Early Head Start encourages healthy habits in young children that serve as a foundation for healthy choices in life.

This cookbook offers popular healthy recipes that are served in the Head Start programs as well as some easy classic recipes. Cooking with children offers many opportunities to promote social/emotional development, physical development, cognitive development, and language skills.

Cooking activities and family meals offer ways to introduce your child to new foods and for parents to act as role models for healthy eating. Offering foods lower in sodium (salt), sugar and fat will train their young taste buds to enjoy a healthful diet right from the start. Parents' taste buds can re-adjust in just two weeks to a diet lower in sodium, sugar and fat. The risk for heart disease, high blood pressure, stroke, diabetes and obesity can be reduced with a healthful diet and regular exercise.



★ Look for this star on the Nutrition Facts label on the recipes. It is best for the amount of sodium to be under 20% DV, the closer to 5% DV the better!

Please use and enjoy this cookbook often, and share recipes with others!

What's on The Menu?

Breakfast

1. Baked Blueberry Oatmeal
2. Eggs
3. Morning Toast
4. Overnight Oatmeal

Family Favorites

5. Basil Pesto
6. Beans and Rice
7. Broccoli Forest
8. Chicken A La King
9. Chicken Fajitas
10. Chickpea Meatless Meatballs
11. Lasagna Roll-ups
12. Macaroni and Cheese
13. Meatballs
14. Meatloaf
15. Pasta, Beans and Broccoli
16. Pepper Steak
17. Pizza Crust & Pizza Sauce
18. Shepherd's Pie
19. Spaghetti Sauce
20. Stir Fry
21. Summer Sauce
22. Swedish Meatballs
23. Veggie Burger

Dinner Salads

24. Caesar Salad
25. Taco Salad
26. Whopper Salad

Soups & Chili's

27. 3 Sisters Harvest Soup
28. Beef Barley Soup
29. Beef Chili
30. Cabbage Soup
31. Chicken Chowder
32. Chicken Noodle Soup
33. Egg Drop Soup
34. Minestrone Soup
35. Vegetarian Chili

Snacks

36. Applesauce
37. Carrot Cookies
38. Fruit Parfait
39. Hummus
40. Pizza Hummus
41. Pumpkin Pudding

Pantry Must-Haves

Herbs & Spices

Allspice
Basil
Bay Leaves
Cayenne Pepper
Chili Powder
Cinnamon
Crushed Red Pepper
Cumin
Curry Powder
Garlic Powder
Ground Ginger
Onion Powder
Oregano
Paprika
Parsley
Taco Seasoning Mix – Low Sodium

Basics

Flour
Sugar
Oil (canola, olive, sesame)
Eggs
Lemon Juice
Vinegar (choose from: apple cider, balsamic, red-wine, white)
Rice (brown)
Pasta (whole wheat)
Bread crumbs
Beans – Black, Pinto, Chickpeas, Cannellini, Kidney, Navy, Lentils
Canned Tomatoes:
Puree
Crushed
Diced (in water)
Paste
Parmesan Cheese
Cheddar Cheese
American Cheese
Mozzarella

*Gradually purchase these items over time as you plan to make the recipes, then you will be ready anytime!

Recipe Tips

Onions in Recipes

1 Small Onion Equals:

- 1/3 cup of chopped onion
- 1 tsp of onion powder
- 1 Tbsp of dried onion flakes

1 Medium Onion Equals:

- 1 cup of chopped onion
- 1 Tbsp of onion powder
- 3 Tbsp of dried onion flakes

1 Large Onion Equals:

- 1 1/2 cups of chopped onion
- 1 1/2 Tbsp of onion powder
- 4 1/2 Tbsp of dried onion flakes

Garlic in Recipes

One Clove Fresh Garlic Equals:

- 1/2 tsp jarred minced garlic
- 1/8 tsp garlic powder
- 1/2 tsp garlic flakes
- 1/4 tsp granulated garlic

Add flavor!

- Add spices and herbs. Use powder, not salt (garlic powder instead of garlic salt).
- Use citrus fruit or juice: lemons, limes, or oranges.
- Adding more vegetables to the recipe can add flavor, color, nutrients, AND increase the number of servings!

Know the facts!

- The serving size on the nutrition facts label is for adults. A child's portion size is half the amount of what adults need.
- Read the nutrition facts labels for salt, fat, and added sugar. Look at the numbers under the DV (Daily Value): Make sure the number for salt, sugar and fat is closer to 5% DV and not close to 20% DV, or over.

parent tips



Getting Kids in the Kitchen

Cooking with your kids is a good way to help them build healthy eating habits.



Get them interested

Most kids enjoy helping in the kitchen. While they help you cook, you can talk to them about healthy foods. Children like to eat food they make. This is a good way to get them to try new healthy foods.

Let them help

You can show your kids how to help you prepare meals. Here are ways that young kids can help in the kitchen:

2-year-olds can:

- Wipe tabletops
- Wash fruits and vegetables
- Tear lettuce or greens
- Break cauliflower or broccoli into pieces
- Carry ingredients from one place to another

3-year-olds can:

- Knead and shape dough
- Mix or pour ingredients
- Shake liquids in a covered container to mix them
- Apply soft spreads
- Put things in the trash

4-year-olds can:

- Peel oranges or hard-boiled eggs
- Mash bananas or cooked beans with a fork
- Cut parsley and green onions with kid-safe scissors
- Set the table

5 to 6-year-olds can:

- Measure ingredients
- Use an egg beater

Be sure to have kids wash their hands before and after helping in the kitchen. Be patient with spills and mistakes. Remember that the goal is to help your kids learn about healthy eating.

Let them be creative

Set out three or four healthy foods, and let your kids make a new snack or sandwich from them. Use foods your children can eat without choking.

Start with:

- A new kind of bread (whole grain or rye)
- Whole grain crackers or graham crackers
- Mini rice cakes or popcorn cakes
- Small bagels
- Small pieces of whole-wheat pita bread

Spreads could include:

- Fat-free or low-fat cream cheese or cheese spread
- Fat-free or low-fat peanut butter
- Bean dip
- Jelly with no sugar added

Toppings could include:

- Slices of apple or banana
- Raisins or other dried fruit
- Strawberries
- Slices of cucumber or squash
- Cherry tomatoes cut in small pieces

As you help your kids make the new snack or sandwich talk about why it is healthy. Point out each food group in the snack or sandwich. Explain that eating a mix of foods is good for you. Ask why the snack or sandwich tastes good. Is it sweet, juicy, chewy, or crunchy?

We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WE CAN.

We Can! Ways to Enhance Children's Activity & Nutrition, We Can!, and the We Can! logos are registered trademarks of the U.S. Department of Health & Human Services (DHHS).

Baked Blueberry Oatmeal

Ingredients:

- 2 cups oats
- 2/3 cup chopped walnuts
- 2 tsp cinnamon
- 1/2 tsp nutmeg
- 1 tsp baking powder
- 1 3/4 cups low-fat milk
- 1/3 cup maple syrup (or honey)
- 2 eggs
- 3 Tbsp butter
- 2 tsp vanilla extract
- 2 cups blueberries

Directions:

1. Preheat oven to 375 degrees.
2. In a mixing bowl, combine oats, walnuts, cinnamon, nutmeg, and baking powder.
3. In a smaller bowl, combine milk, maple syrup, eggs, 1 1/2 Tbsp butter and the vanilla. Stir until blended.
4. Arrange berries evenly over the bottom of a baking pan.
5. Cover fruit with the dry oat mixture, drizzle the wet ingredients over the oats. Wiggle the baking dish so the milk moves down into the oats. Gently pat down any dry oats resting on top. Put 1 1/2 Tbsp butter on top of oats.
6. Bake 42-45 minutes, until top is golden. Remove from oven and let cool a few minutes before serving.

Tips:

- Choose any fruit that is in season
- Use any fresh or frozen fruit
- Choose nuts that you like. or don't add nuts to the recipe

Nutrition Facts

6 servings per container	
Serving size	1 cup
Amount per serving	
Calories	350
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 100mg	4%
Total Carbohydrate 42g	15%
Dietary Fiber 5g	18%
Total Sugars 20g	
Includes 11g Added Sugars	22%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 134mg	10%
Iron 2mg	10%
Potassium 375mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Eggs

Hard-Boiled Eggs

1. Fill a saucepan about a quarter of the way with cold water. Place the eggs in a single layer at the bottom of the saucepan. Add more water so that the eggs are covered by at least an inch or two of water.
2. Heat the pot on high heat and bring the water to a full rolling boil.
3. Turn off the heat, keep the pan on the hot burner, cover, and let sit for 10-12 minutes.
4. Strain the water from the pan and run cold water over the eggs to cool them quickly and stop them from cooking further.

Scrambled Eggs

- 4 large eggs
- 1/4 cup milk

1. In mixing bowl, whisk together the eggs and milk until well blended.
2. Melt 1 Tbsp oil or butter in a small pan over medium heat, add the eggs and reduce heat to medium-low.
3. When the edges start to look cooked, push the eggs around in the pan until they are cooked through.

Omelets

- 2 large eggs
- vegetables
- herbs and spices
- cheese

1. Beat eggs lightly with a fork.
2. Melt 1-2 tsp oil or butter in a small pan over medium low heat.
3. Pour the eggs in and let cook on low until the edges appear to cooked.
4. Carefully tilt the pan so the uncooked egg flows to the edge of the pan.
5. Add the filling (not too much!) and cook for a few more seconds.
6. Fold the omelet in half and slide it onto a plate.

Morning Toast

Base Ingredient:

1-2 slices whole-wheat bread, toasted

Tips:

- Substitute a whole wheat English muffin or 1/2 whole wheat bagel
- Choose avocados that are ripe and slightly soft
- Choose any nut or seed butter

Flavors

Avocado Toast

With a fork mash 1/2 avocado onto each slice of bread

Add-ons, choose from:

- Everything But The Bagel spice—sprinkle on top
- Fried or scrambled egg
- Chickpeas sautéed in 1 tsp oil for 3-5 minutes
- Tuna fish and thinly sliced tomato
- Strawberries sliced thin and a thin slice of cheddar cheese

Peanut Butter Toast (or any nut or seed butter)

1-2 Tbsp peanut butter spread onto each slice of bread.

Add-ons, choose from:

- Sliced bananas
- Berries: thinly sliced strawberries, blueberries, raspberries
- Raisins or craisins and mini chocolate chips
- Thin slices of apple with a sprinkle of cinnamon on top

Overnight Oatmeal

Base Ingredients:

- 1/3 cup plain Greek yogurt
- 1/2 cup rolled oats
- 2/3 cup milk
- 1/2 tsp vanilla extract

Flavors

Blueberry

- 1 Tbsp lemon juice
- 1/2 cup blueberries

Strawberry Cheese Cake

- 1/4 cup chopped strawberries
- 3 Tbsp softened cream cheese
- 1 Tbsp lemon juice

Pumpkin Pie

- 1/2 cup pumpkin puree
- 3/4 tsp pumpkin spice (page 40)

Tips:

- Use any type of milk
- Add 1 Tbsp chia seeds or ground flax
- Add 1 tsp of honey or maple syrup
- Pumpkin Spice recipe is on page 40

Banana Chocolate Chip

- 1/2 banana, chopped or mashed
- 2 Tbsp chocolate chips

Carrot cake

- 1 large carrot, shredded
- 2 Tbsp softened cream cheese
- 1/4 cup raisins
- 1/2 tsp cinnamon

Chocolate Peanut Butter

- 2 Tbsp peanut butter
- 2 Tbsp unsweetened cocoa powder

Directions:

1. Whisk together all ingredients in medium-sized mixing bowl. Spoon into a jar or container with a tight-fitting lid.
2. Refrigerate for at least 4 hours, but overnight is best, before eating.

Basil Pesto

Ingredients:

- 2 cups fresh basil leaves, packed
- 1/3 cup pine nuts (or walnuts)
- 3 cloves of garlic, cut in half
- 1/2 cup grated reduced-fat parmesan cheese
- 1/2 cup olive oil
- 1/8 tsp salt

Tips:

- Substitute spinach leaves for half the basil
- Serve on any whole grain pasta
- Put a tablespoon on a baked potato
- Spread on crackers or toasted bread

Directions:

1. Place basil leaves and pine nuts into the bowl of a food processor and pulse several times.
2. Add garlic and cheese and pulse several more times.
3. Slowly add olive oil while pulsing the processor, stopping a few times to scrape down the sides of the bowl.
4. Spoon onto your favorite whole wheat pasta!

Nutrition Facts

12 servings per container	
Serving size	2 Tbsp
Amount per serving	
Calories	120
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 75mg	3%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 1mg	6%
Potassium 51mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Beans & Rice

Ingredients:

- 1 tsp oil
- 1 small onion, chopped
- 2 cloves garlic
- 1 cup uncooked rice
- 1 green pepper, chopped
- 15 oz can low-sodium broth
- 1 tsp cumin
- Black pepper to taste
- 2 cans (15 oz each) pinto or black beans, drained and rinsed

Tips:

- Add corn or tomatoes
- Use brown rice
- Use low-sodium vegetable or chicken broth

Directions:

1. In a pot, heat oil and cook onions and garlic for 4 minutes.
2. Add rice and green peppers, cook and stir for 2 minutes.
3. Add broth and bring to a boil, cover and cook on low-heat for 20 minutes.
4. Stir in spices and beans, heat until warm. Enjoy!

Nutrition Facts

6 servings per container	
Serving size	1 cup
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 33g	12%
Dietary Fiber 7g	25%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 76mg	6%
Iron 2mg	10%
Potassium 461mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Broccoli Forest

Ingredients:

- 1 lb bunch broccoli
- 1 Tbsp butter
- 1 cup onion, chopped
- 2 garlic cloves, minced
- 1/2 tsp dill weed
- 2 cups dry rice, cooked
- 3 eggs
- 1 Tbsp parsley
- 1 1/2 packed cups grated cheddar or swiss cheese
- Juice of 1/2 lemon
- 2 Tbsp butter

Tips:

- Add black pepper or cayenne pepper to rice mixture
- Use brown rice
- Use reduced-fat cheese

Directions:

1. Cut bottom of broccoli stalk off and cut florets into spears. Steam in a pan with a little water until bright green. Cool immediately in cold water. Set aside.
2. Sauté butter, onion, garlic, and dill weed, until onions are well cooked. Add to cooked rice.
3. In small bowl beat together eggs, parsley and cheese. Add to rice mixture.
4. Spread rice mixture evenly into 8X8 baking pan. Plant broccoli florets in rice and drizzle with lemon and 2 Tbsp melted butter.
5. Gently cover with aluminum foil and bake for 30 minutes at 325 degrees.

Nutrition Facts

6 servings per container	
Serving size	1 cup
Amount per serving	
Calories	440
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 420mg	18%
Total Carbohydrate 53g	19%
Dietary Fiber 5g	18%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 400mg	30%
Iron 2mg	10%
Potassium 313mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Chicken A la King

Ingredients:

- 1/2 cup margarine or butter
- 1 small onion, chopped
- 1 stalk celery, chopped
- 1/2 cup flour
- 1/4 tsp each black pepper, garlic powder, onion powder
- 1 1/2 cups of low-fat milk
- 1 1/4 cups low-sodium chicken broth
- 1 cup frozen/thawed peas and carrots
- 2 cups, cut-up cooked chicken

Tips:

- Serve over brown rice or whole grain noodles
- Use leftover chicken or turkey
- Add any fresh, frozen or canned vegetables to recipe

Directions:

1. Heat margarine in large saucepan, add celery and onion and sauté for 3 minutes.
2. Stir in flour and spices, keep stirring until bubbly, remove from heat.
3. Stir in milk and broth.
4. Heat to boiling, stir constantly.
5. Boil and stir 1 minute.
6. Stir in chicken and vegetables.

Nutrition Facts

6 servings per container
Serving size 1 cup

Amount per serving
Calories 320

% Daily Value*

Total Fat 18g 23%

Saturated Fat 3.5g 18%

Trans Fat 3.5g

Cholesterol 60mg 20%

Sodium 240mg 10%

Total Carbohydrate 16g 6%

Dietary Fiber 1g 4%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 22g

Vitamin D 0mcg 0%

Calcium 91mg 8%

Iron 1mg 6%

Potassium 383mg 8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Chicken Fajitas

Ingredients:

- 3 Tbsp olive oil, divided
- 1 lime
- 1 tsp chili powder
- 1/2 tsp each: smoked paprika, onion powder, black pepper and cumin
- 3 chicken breasts, cut into strips
- 1 medium onion, cut into slivers
- 3 bell peppers, cut into strips
- whole wheat tortillas

Tips:

- Serve over brown rice or whole grain noodles
- Use leftover chicken, turkey, beef or pork

Directions:

1. In a bowl, combine 1 Tbsp olive oil, juice of 1/2 lime, and spices. Add cut chicken to spice mixture and toss until mixed well.
2. Heat 1 Tbsp olive oil over medium high heat. Add half the chicken and cook about 3-5 minutes. Remove from pan and set aside. Repeat with remaining chicken, set aside.
3. In same pan add 1 Tbsp oil. Cook onions 2 minutes. Add sliced peppers and cook an additional 2 minutes or until just hot. Add chicken back to pan and stir to combine.
4. Squeeze other half of lime over the top and serve over tortillas.

Nutrition Facts

4 servings per container
Serving size 1 cup

Amount per serving
Calories 230

% Daily Value*

Total Fat 13g 17%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 65mg 22%

Sodium 45mg 2%

Total Carbohydrate 8g 3%

Dietary Fiber 2g 7%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 21g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 1mg 6%

Potassium 503mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Chickpea Meatless Meatballs

Ingredients:

- cooking spray
- 2 Tbsp olive oil
- 1 onion, minced
- 6 cloves garlic, minced
- 15 oz can chickpeas, drained and rinsed
- 3/4 cup bread crumbs
- 1 egg
- 1 Tbsp parsley
- 1 Tbsp salt-free seasoning blend

Tips:

- Buy low-sodium chickpeas
- Buy whole wheat bread crumbs
- Dry oats can be used in place of breadcrumbs
- 1 egg can be replaced with 3 tsp yogurt or 1/4 cup ricotta cheese or 1 Tbsp flaxseed mixed with 3 Tbsp water

Directions:

1. Preheat oven to 375 degrees. Grease a baking sheet with cooking spray.
2. Heat olive oil in a large fry pan over medium-high heat. Add onion and garlic; cook and stir until tender, about 5 minutes.
3. Pulse chickpeas in a food processor until finely ground. Add onion and garlic, bread crumbs, egg, parsley, seasoning blend, and pepper; process until mixture holds together like dough.
4. Scoop out 2 tablespoons of the mixture and roll into a ball, set on prepared baking sheet. Repeat with remaining mixture.
5. Bake in preheated oven until bottom is golden brown, about 15 minutes. Turn them over and bake until golden brown, about 10 minutes.

Nutrition Facts

4 servings per container	
Serving size	4 meatballs
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 30g	11%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 55mg	4%
Iron 2mg	10%
Potassium 239mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Lasagna Roll-ups

Ingredients:

- 12 lasagna noodles, cooked
- 1 pound ground meat
- 1 cup onion, chopped
- 1 1/2 cups Spaghetti Sauce *
- 15 oz low-fat ricotta cheese
- 1 package frozen spinach, thawed, and drained
- 1 cup shredded low-fat mozzarella cheese
- 1/4 cup Parmesan cheese
- 1/4 tsp black pepper
- 1 tsp minced garlic

* Spaghetti Sauce on page 19

Directions:

1. Heat oven to 350 degrees.
2. In pot, cook beef and onion until brown.
3. Stir in spaghetti sauce, heat to boiling, turn off heat.
4. Spread 1/2 cup sauce in 11X7 cake pan.
5. In a mixing bowl, mix ricotta, spinach, mozzarella cheese, parmesan, pepper and garlic.
6. Spread 3 Tbsp of cheese mixture over each noodle.
7. Roll noodles up and lay in cake pan.
8. Put the rest of the meat sauce over the top of the roll-ups.
9. Cover pan with aluminum foil.
10. Bake at 375 degrees for 40 minutes.

Nutrition Facts

8 servings per container	
Serving size	4 oz.
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 4.5g	23%
Trans Fat 0.5g	
Cholesterol 40mg	13%
Sodium 110mg	5%
Total Carbohydrate 7g	3%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 88mg	6%
Iron 2mg	10%
Potassium 346mg	8%

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Mac-N-Cheese Easy and Easier

Easy

Ingredients:

- 2 cups uncooked macaroni
- 2 Tbsp butter
- 2 Tbsp flour
- 1 cup 1% or skim milk
- 1 cup grated cheddar cheese
- Dash cayenne pepper
- 1/2 tsp mustard powder (optional)

Directions:

1. Boil water and cook macaroni, drain.
2. Melt butter in a saucepan.
3. Stir in flour and let bubble for a minute.
4. Add milk and stir until thickened.
5. Add cheese and stir until melted and blended.

Nutrition Facts	
6 servings per container	
Serving size	1 cup
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 5g	30%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 170mg	7%
Total Carbohydrate 33g	12%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 204mg	15%
Iron 1mg	6%
Potassium 76mg	2%



Easier

Ingredients:

- 2 Tbsp margarine
- 2 cups uncooked macaroni
- 4 cups 1% or skim milk
- 2 cups grated cheddar cheese

Directions:

1. Heat oven to 350 degrees.
2. Melt margarine in a 8 X11 inch baking pan while oven is warming up.
3. Remove from oven and stir in uncooked macaroni.
4. Sprinkle cheese to cover macaroni.
5. Pour milk over the top.
6. Bake in oven for 1 hour.

Nutrition Facts	
6 servings per container	
Serving size	1cup
Amount per serving	
Calories	290
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 6g	30%
Trans Fat 1g	
Cholesterol 25mg	8%
Sodium 340mg	15%
Total Carbohydrate 27g	10%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 428mg	35%
Iron 1mg	6%
Potassium 183mg	4%



Meatballs

Ingredients:

- 1 pound ground lean meat
- 1/2 cup plain breadcrumbs
- 1/4 cup 1% milk
- 1/2 tsp salt
- 1/2 tsp Worcestershire sauce
- 1/4 tsp black pepper
- 1 small onion, chopped
- 1 large egg

Directions:

1. Heat oven to 400 degrees.
2. Line 13X9" baking pan with aluminum foil and spray with cooking oil spray.
3. In a large bowl, mix all the ingredients.
4. Shape mixture into 24 meatballs.
5. Place 1 inch apart on baking pan.
6. Bake uncovered 18-22 minutes or until no longer pink in the center.

Tips:

- Any ground meat: beef, turkey, chicken, pork
- Eat with spaghetti sauce or make a meatball sandwich
- Serve with salad and green beans

*Spaghetti Sauce is on page 19



Nutrition Facts

12 servings per container	
Serving size 2 meatballs (58g)	
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 160mg	7%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 1mg	6%
Potassium 136mg	2%

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Meatloaf

Ingredients:

- 1 egg
- 1/3 cup low fat milk
- 2 slices bread (torn into small pieces)
- 1 pound ground beef or turkey
- 1/4 cup finely chopped onion
- 1/2 cup tomato, paste, sauce or ketchup
- 2 Tbsp Parmesan cheese
- 1 tsp basil or oregano (optional)

Tips:

- Use 1/3 cup breadcrumbs instead of bread
- Serve with boiled or mashed potatoes, vegetables, and salad

Directions:

1. Preheat oven to 350 degrees.
2. Beat egg in a large bowl.
3. Add milk and bread, soak a few minutes.
4. Add onion and ground meat to egg mixture. Mix well. Shape into loaf.
5. Spread tomato sauce on top of loaf.
6. Sprinkle Parmesan cheese and seasonings.
7. Put loaf on a lightly oiled baking sheet, bake uncovered for 55 minutes. Let cool for 8-10 minutes before serving.

Nutrition Facts

8 servings per container	
Serving size	4 oz.
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 4.5g	23%
Trans Fat 0.5g	
Cholesterol 40mg	13%
★ Sodium 110mg	5%
Total Carbohydrate 7g	3%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 88mg	6%
Iron 2mg	10%
Potassium 346mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Pasta, Beans & Broccoli

Ingredients:

- 16 oz pasta, cook as per directions on box.
- 1-2 Tbsp olive oil
- 2 tsp minced garlic
- 4 cups broccoli florets, broken into small pieces
- 15 oz can cannellini beans, drained and rinsed.
- 1/2 cup Parmesan low-fat grated cheese

Tips:

- Add any fresh, frozen, or canned vegetables into this recipe
- Choose whole grain pasta
- Use 1/2 tsp garlic powder instead of fresh
- Choose any beans

Directions:

1. Sauté garlic in oil for 1 minute in large pan.
2. Add broccoli and 2-3 Tbsp water and let steam until veggies are cooked but still firm.
3. Stir in beans and cooked pasta until warm.
4. Add Parmesan cheese and pepper.

Serve and enjoy!

Nutrition Facts

16 servings per container	
Serving size	3/4 cup
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
★ Sodium 60mg	3%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 57mg	4%
Iron 2mg	10%
Potassium 236mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Pepper Steak

Ingredients:

- 1 Tbsp oil
- 1 red pepper, cut into strips
- 1 green pepper, cut into strips
- 1 1/4 lbs flank steak, sliced thin
- 2 tsp minced garlic
- 1 tsp minced ginger
- 1/4 tsp black pepper
- 1/4 cup low-sodium soy sauce
- 1 1/2 Tbsp sugar
- 1/4 cup water
- 1 1/2 Tbsp cornstarch

Tips:

- Serve over brown rice or whole grain noodles
- Try chicken, pork or tofu
- Add onions to add flavor
- Try frozen peppers and onions

Directions:

1. Heat 1 tsp oil on medium heat in a large pan add peppers and cook for 3 minutes. Remove from pan and set aside.
2. In a large pan add remaining oil and steak. Season with black pepper. Cook on high heat for 5-6 minutes total, flip half-way.
3. Add ginger and garlic and cook for 30 seconds.
4. Put cooked peppers back in the pan with the steak.
5. In a small bowl, whisk together the soy sauce, sugar, water and cornstarch.
6. Pour the sauce over the steak and bring to a simmer. Cook 2-3 minutes until sauce thickens and then serve.

Nutrition Facts

6 servings per container	
Serving size	4 oz
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 300mg	13%
Total Carbohydrate 7g	3%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 2g Added Sugars	4%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 2mg	10%
Potassium 275mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Pizza Crust

Ingredients:

- 1Tbsp sugar (or honey)
- 1 Tbsp yeast, dry active
- 2/3 cup warm water
- 2 cups flour
- 1 Tbsp olive oil

Directions:

1. Add sugar and yeast to warm water and let sit for five minutes until bubbly.
2. Stir in flour, mix well.
3. Add oil, mix well.
4. On a floured surface kneed dough for 5 minutes.
5. Divide dough into 2 portions, cover with a damp towel and let sit for 20-30 minutes.
6. Sprinkle flour onto baking sheet. Flatten out each ball for pizza crust and place on baking sheet. Make sure pizza dough can move freely, if not, add more flour to pan.
7. Add toppings. Not too much!
8. Bake for 5 minutes at 500 degrees.

Pizza Sauce

Ingredients:

- 15 oz can low-sodium tomato sauce
- 6 oz can tomato paste
- 1 Tbsp oregano
- 2 Tbsp Italian seasoning
- 1 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp pepper

Directions:

1. Put tomato sauce and paste in medium size bowl and mix well.
2. Add the rest of the ingredients and mix well.
3. Use on your favorite pizza.

Tips:

- Make sauce a day ahead and store in refrigerator to meld flavors
- This makes sauce for two 14" pizza's
- Try themed pizza like; White, Buffalo chicken, BBQ, Hawaiian or Taco
- **Add a small amount of each topping, do not overload!**

Shepherd's Pie

Ingredients:

- 1 lb lean ground beef
- 1 medium onion, chopped
- 1/2 medium zucchini, grated
- 1 tsp garlic powder
- 1 1/2 tsp Worcestershire sauce
- 2 Tbsp tomato paste
- 2 cups low-sodium beef broth
- 10 oz bag mixed vegetables
- 3 cups mashed potatoes, cooked

Tips:

- Try ground turkey or chicken
- Try instant mashed potatoes
- Try mashed cauliflower or mashed sweet potatoes instead of mashed potatoes
- Add more vegetables to the recipe

Directions:

1. Preheat oven to 400 degrees.
2. In a pot, brown beef until no longer pink. Drain excess fat.
3. Add onion, zucchini and garlic powder and sauté for 3-5 minutes.
4. Stir in Worcestershire sauce, tomato paste and beef broth.
5. Add frozen vegetables and stir in.
6. In a cake pan, layer meat mixture on the bottom and spread mashed potatoes on top.
7. Bake in oven for 20 –25 minutes until potatoes turn golden.

Nutrition Facts	
6 servings per container	
Serving size	1 cup
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 220mg	10%
Total Carbohydrate 31g	11%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 28mg	2%
Iron 2mg	10%
Potassium 445mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Spaghetti Sauce

Ingredients:

- 1/2 Tbsp. oil
- 2 tsp garlic, minced
- 1 tsp Italian seasoning or oregano
- 1 tsp dried basil
- 28 oz can low-sodium tomato puree or crushed tomatoes

Tips:

- Serve with any whole grain pasta
- Try adding any ground meat or meatballs
- Add onion, green pepper, shredded carrots or your favorite veggies
- Need more? Double the recipe!
- Try using this in other recipes

Directions:

1. In a medium sauce pan, sauté garlic and seasonings in oil for 1 minute.
2. Stir in can of tomato.
3. Cook until warm and slightly thickened.
4. Spoon onto your favorite whole wheat pasta!

Nutrition Facts	
6 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 13g	5%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 3mg	0%
Iron 2mg	10%
Potassium 3mg	0%

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Stir fry

Basic Stir-fry Sauce:

- 1/3 cup + 2 Tbsp reduced-sodium soy sauce
- 1/4 cup sesame oil
- 1 Tbsp cornstarch
- 1 Tbsp Siracha (optional)

Directions:

1. Whisk all ingredients in a small bowl until smooth or shake in a covered jar.
2. Store in refrigerator.

★ Basic sauce: 12 Servings. Serving size is 2 tsp.. Each serving; 50 calories, 240 mg Sodium -10% DV

The Stir-fry:

Choose from:

Protein: Cooked beef, chicken, pork, seafood, tofu

Vegetables: Any fresh, frozen or canned, always add garlic and/or ginger

Grain: Cooked brown rice, or whole wheat spaghetti, or noodles for Lo-Mein!

Directions:

1. Cut vegetables to bite-sized pieces, add a little water, and steam until slightly softened in large pan. (Thaw if frozen before use, drain and rinse canned).
2. Add 1 Tbsp each oil, garlic and ginger to large fry pan or wok. Cook on medium high for 1 minute.
3. Add cooked lean meat and vegetables and stir together, cook until warm.
4. Add 1/3 cup stir fry sauce and cook 3-5 minutes or until sauce thickens.
5. Serve over brown rice or noodles.

Summer Sauce

Ingredients:

- 1 1/2 Tbsp oil
- 2 cloves garlic
- 28oz can pureed or crushed tomatoes
- 1tsp dried basil
- 1 tsp dried oregano
- 1 eggplant, chopped
- 1 onion, chopped
- 1 zucchini, chopped
- 1 cup mushrooms, chopped

Tips:

- Serve as a stew with bread
- Serve over pasta or rice
- Try canned mushrooms

Directions:

1. In a pot, add 1/2 tsp oil and garlic. Cook until browned.
2. Add tomatoes and herbs and cook for 15 minutes.
3. In a large fry pan heat 1 Tbsp oil. Add all chopped vegetables, cook until soft.
4. Add veggies to the pot of tomato sauce and cook on low heat for 15 minutes.

Go to JSYfruitveggies.org for more great recipes!

Nutrition Facts

12 servings per container	
Serving size	1 cup
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 30g	11%
Dietary Fiber 8g	29%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 71mg	6%
Iron 2mg	10%
Potassium 379mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Swedish Meatballs

Ingredients:

Meatballs

- 1/2 Tbsp oil
- 1 small onion, finely chopped
- 1 egg
- 1/4 cup skim milk
- 1/4 tsp nutmeg
- 1/4 tsp allspice
- 1/4 cup breadcrumbs
- 1 pound ground beef

Sauce

- 1 can condensed low-sodium cream of mushroom soup
- 1/2 cup plain yogurt or sour cream
- 1/4 cup milk
- 1 Tbsp dried parley flakes
- 1 Tbsp ground nutmeg

Tips:

- Try half ground pork and half beef
- Try Chickpea Meatless Meatballs, on page 10, in this sauce
- Serve over noodles or boiled potatoes
- Serve with carrots and/or peas

Directions:

1. Combine all ingredients for meatballs and shape them into 24, 1-inch balls.
2. Place meatballs in a shallow 1 1/2 quart microwave-safe dish. Cover and microwave on high until meat is no longer pink, 7 1/2 minutes. Drain fat off.
3. In sauce pan on the stove, combine can of condensed soup, plain yogurt, milk and herbs. Stir and let heat until just bubbling then pour over meatballs in microwave dish and serve.

Nutrition Facts

6 servings per container	
Serving size	3/4 cup
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 13g	17%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 220mg	10%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D 0mcg	0%
Calcium 65mg	6%
Iron 2mg	10%
Potassium 314mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Veggie Burger

Ingredients:

- 15 oz can pinto or black beans
- 3 Tbsp tomato paste or ketchup
- 1/2 tsp garlic powder
- 1/4 tsp onion powder
- 2 Tbsp breadcrumbs or flour or oats
- 1/2 cup cooked, vegetables (any kind), chopped
- Seasonings such as basil, paprika, cumin, curry, or your choice
- 1/2 tsp pepper

Tips:

- Choose low-sodium beans
- Add fresh garlic and onion
- Or bake on a lightly greased pan at 350 F for 10 minutes, flip, bake for 10 minutes more or until they are a desired texture
- Cook on grill by preheating grill and placing burgers on a greased sheet of foil for 7-8 minutes per side

Directions:

1. Drain, rinse, and mash beans by hand or in a food processor to desired texture.
2. Stir in all ingredients and form patties. Add more flour, breadcrumbs or oats if too soft.
3. Cook in oven at 350 degrees on lightly greased pan, flip halfway through cooking.
4. Serve with favorite toppings.
5. Refrigerate or freeze leftovers.

Nutrition Facts

6 servings per container	
Serving size	1 pattie
Amount per serving	
Calories	70
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 13g	5%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1mg	6%
Potassium 285mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Caesar Dinner Salad

Ingredients:

- 1 pound cooked chicken
- 1/2 cup shredded parmesan cheese
- 8 oz chopped mushrooms
- 15 oz can cannellini beans, low-sodium drained, rinsed
- 2 heads romaine lettuce torn into pieces
- Croutons

Low-sodium Caesar dressing

- 4 Tbsp olive oil
- 2 Tbsp lemon juice
- Pinch of black pepper
- 1/2 cup plain non-fat Greek yogurt
- 1/4 cup grated reduced-fat parmesan cheese
- Dash of low-sodium Worcestershire sauce

Directions:

1. Put all ingredients in a bowl, mix well.
2. Prepare Caesar dressing.
3. Add dressing to salad and mix well.
4. Place a few croutons on each portion.

Serve and enjoy!

Tips:

- This salad is enough to be a meal
- Use cooked turkey or tofu
- Add thinly sliced onion and tomato
- Choose dark greens, they have more vitamins and minerals
- Choose any white beans
- Roast white beans in the oven at 400 degrees for 20 minutes

Nutrition Facts

6 servings per container	
Serving size	1 cup
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 410mg	18%
Total Carbohydrate 16g	6%
Dietary Fiber 5g	18%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 27g	
Vitamin D 0mcg	0%
Calcium 186mg	15%
Iron 3mg	15%
Potassium 524mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Cheeseburger Dinner Salad

Ingredients:

- 1 pound lean ground meat
- 1/4 cup low-fat shredded cheddar cheese
- 1 onion, chopped
- 1 tomato, chopped
- 1/4-1/2 cup dill pickles, chopped
- 2 heads romaine lettuce, torn into pieces
- whole wheat plain croutons

Cheeseburger Dressing:

- 1/2 cup low-fat mayonnaise
- 2 tbsp ketchup
- 1 tsp mustard
- Dash black pepper

Directions:

1. Cook meat in pan, drain fat.
2. Put all ingredients in a bowl, mix well.
3. Prepare Cheeseburger Dressing
4. Add dressing to salad and mix well.
5. Serve and enjoy!

Tips:

- Use lean ground beef, chicken or turkey
- Choose dark greens, they have more vitamins and minerals
- This salad is enough to be a meal

Nutrition Facts

6 servings per container	
Serving size	1 cup
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 440mg	19%
Total Carbohydrate 14g	5%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 165mg	15%
Iron 3mg	15%
Potassium 588mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Taco Dinner Salad

Ingredients:

- 1 pound cooked lean ground meat
- 1/2 cup low fat shredded cheddar cheese
- 1 onion, chopped
- 2 tomatoes, chopped
- 15 oz can corn, low sodium, drained
- 15 oz can black beans, low sodium, drained, rinsed
- 1 chopped avocado
- 2 heads romaine lettuce torn into pieces
- crushed tortilla chips

Taco Dressing:

- 1/2 cup low fat ranch dressing
- Hot sauce to taste

Directions:

1. Put all ingredients in a bowl, mix well.
2. Prepare Taco Dressing
3. Add dressing to salad and mix well.

Serve and enjoy!

Tips:

- Use ground or chopped beef, chicken or turkey
- Make it lower in sodium by skipping the cheese, and using less dressing
- Use canned, no salt added, diced tomatoes, drained
- Choose dark greens, they have more vitamins and minerals
- Load your salad into a whole wheat tortilla

Nutrition Facts

6 servings per container	
Serving size	1 1/2 cup
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 530mg	23%
Total Carbohydrate 38g	14%
Dietary Fiber 10g	36%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 28g	
Vitamin D 0mcg	0%
Calcium 156mg	10%
Iron 4mg	20%
Potassium 779mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

3 Sisters Harvest Soup

Ingredients:

- 4 cups low-sodium chicken or vegetable stock
- 1 onion, chopped
- 1 Tbsp chili powder
- 2 1/2 cups pumpkin puree
- 1/2 cup low-fat milk
- 1 cup canned white beans, drained and rinsed
- 1 cup any canned beans, drained and rinsed
- 1 cup corn (canned or fresh)
- 1/2 cup chopped green bell pepper

Directions:

1. Bring 1/4 cup low-sodium stock to a boil and add onions. Cook onions 5 minutes or until soft.
2. Stir in the rest of the stock, add chili powder. Simmer gently for 5 minutes.
3. Stir in the pumpkin puree and low fat milk.
4. Add white beans and other beans, corn and peppers. Simmer 10 minutes.

Tips:

- Use fresh, frozen, or canned vegetables
- Substitute other milks or cream
- Add 1 cup of cooked brown rice along with corn and peppers
- Use low-sodium canned beans
- Add a colorful bell pepper

Nutrition Facts

12 servings per container	
Serving size	1 cup
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0.5g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 48mg	4%
Iron 1mg	6%
Potassium 218mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Beef Barley Soup

Ingredients:

- 1/2 pound of lean ground beef
- 1/2 cup chopped onion
- 1 clove garlic, minced
- 2 cups low-sodium beef broth
- 5 cups water
- 1/2 cup barley (uncooked)
- 1/2 cup sliced celery
- 1/2 cup chopped carrots
- 1/2 tsp basil
- 1 bay leaf
- 9 oz package frozen mixed vegetables - thawed.

Tips:

- Add additional water if soup becomes too thick upon standing
- Add only water if you don't have beef broth
- Substitute 2/3 cup 'quick' barley for 'medium' barley and decrease water to 4 cups

Directions:

1. In a saucepan, cook ground beef.
2. Add onion and garlic. Cook until onion is tender; drain off juices.
3. Add remaining ingredients except frozen vegetables.
4. Cover, bring to a boil. Reduce heat; simmer 50-60 minutes, stirring occasionally.
5. Add thawed vegetables; cook about 10 minutes or until vegetables are tender.

Nutrition Facts

12 servings per container	
Serving size	1 cup
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 50mg	2%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 1mg	6%
Potassium 38mg	0%



*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Beef Chili

Ingredients:

- 1 tsp oil
- 1 pound lean ground meat
- 1 onion, chopped
- 1 green pepper, chopped
- 1 tsp garlic powder
- 28 oz can diced tomatoes, not drained
- 8 oz can tomato sauce
- 15 oz can kidney beans, drained and rinsed
- 3 Tbsp chili powder

Tips:

- Use lean ground beef, chicken or turkey
- Use low-sodium tomato products
- Add red pepper sauce to spice it up
- Serve with whole wheat or corn bread

Directions:

1. In a pot add 1 tsp oil, ground meat, chopped onion and green pepper. Cook for 5-7 minutes, then drain.
2. Add garlic, diced tomatoes, tomato sauce, beans, and spices.
3. Heat to boiling, then reduce heat, cover and simmer for 20 minutes, stir occasionally.



Nutrition Facts

6 servings per container	
Serving size	1 cup
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 4.5g	23%
Trans Fat 0.5g	
Cholesterol 50mg	17%
Sodium 230mg	10%
Total Carbohydrate 27g	10%
Dietary Fiber 7g	25%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 79mg	6%
Iron 4mg	20%
Potassium 462mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Cabbage Soup

Ingredients:

- 1 Tbsp oil
- 1 small onion, chopped
- 1 pound ground meat
- 12 oz can crushed tomatoes
- 1 cup low-sodium beef broth
- 1 head cabbage, chopped
- 1/4 tsp black pepper

Tips:

- Try ground turkey instead of beef
- Add 1 pound of hot Italian turkey sausage too
- Add more vegetables like carrots and celery
- Add cooked brown rice for a heartier soup

Directions:

1. Put oil in pot, brown onions and ground meat.
2. Add canned tomatoes and broth.
3. Add chopped cabbage and cook until tender.
4. Add black pepper. Heat another 15 minutes.



Nutrition Facts	
6 servings per container	
Serving size	1 cup
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 125mg	5%
Total Carbohydrate 18g	7%
Dietary Fiber 7g	25%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 95mg	8%
Iron 3mg	15%
Potassium 613mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Chicken Chowder

Ingredients:

- 1/4 cup butter
- 1 onion, diced
- 2 potatoes, peeled and cubed
- 3 carrots, peeled and diced
- 2 stalks celery, diced
- 1/4 cup all-purpose flour
- 3 cups low-sodium chicken broth
- 2 cups low fat milk
- 2 cups cooked chicken, diced
- 1 cup low-sodium shredded cheddar cheese
- 1/2 tsp black pepper

Tips:

- Use leftover chicken or a rotisserie chicken for ease
- Add brown rice to stretch the chowder and to make it more hearty
- Add 1 tsp Thyme
- Sprinkle chopped fresh parsley onto each bowl of soup

Directions:

1. Melt butter in a large pot over medium heat.
2. Add onion, potatoes, carrots, celery, and cook until tender.
3. Whisk in flour and stir for one minute.
4. Slowly add broth and milk and stir until it slightly thickens.
5. Stir in chicken, cheese, and black pepper, and cook on medium heat for 5 more minutes.



Nutrition Facts	
8 servings per container	
Serving size	1 cup
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 5g	25%
Trans Fat 1g	
Cholesterol 50mg	17%
Sodium 220mg	10%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 183mg	15%
Iron 1mg	6%
Potassium 127mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Chicken Noodle Soup

Ingredients:

- 4 cups low-sodium chicken broth
- 4 cups water
- 1 Tbsp oil
- 1 small onion, chopped
- 2 stalks celery, thinly sliced
- 1 medium carrot, peeled and thinly sliced
- 1/8 tsp black pepper
- 1 lb cooked chicken, cut into pieces
- 3 cups egg noodles – not cooked
- 1 cup frozen peas, thawed

Tips:

- Use leftover chicken or turkey
- Use any pasta, cook separately before you add it
- Add any vegetables you like
- Serve with a green leafy salad

Directions:

1. In a 3 qt. saucepan heat broth and water.
2. In a 5-6 qt. pot, heat oil over medium heat. Add onion and cook, stirring occasionally until lightly browned, about 5 minutes.
3. Add hot broth mixture, celery, carrots, and pepper to pot. Cover and heat to boiling over high heat.
4. Remove cover from pot, stir in noodles, cover and cook 3 more minutes. Stir in peas and chicken pieces and heat to boiling, then simmer for 3-4 minutes.
5. Serve and enjoy!

Nutrition Facts

6 servings per container	
Serving size	1 cup
Amount per serving	
Calories	220
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 135mg	6%
Total Carbohydrate 21g	8%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 28mg	2%
Iron 2mg	10%
Potassium 52mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Egg Drop Soup

Ingredients:

- 4 cups low-sodium chicken or vegetable broth
- 2 eggs, lightly beaten
- 1/4 tsp pepper
- 1 - 2 scallions, finely chopped, for the top
- A favorite spice if you want

Tips:

- For thicker soup, mix together 1-2 Tbsp cornstarch and 1/2 cup of water until it is a smooth paste. Slowly stir the paste into the chicken stock *before* adding the eggs. Proceed with the rest of the recipe instructions
- Before adding eggs, consider adding some mixed vegetables, tofu or cooked chicken
- Serve with cooked Ramen, or egg or spaghetti noodles

Directions:

1. In a saucepan, bring 4 cups broth to a boil.
2. Slowly pour lightly beaten egg into broth and stir for 1 minute, add pepper.
3. Pour soup into bowls and add scallions.

Nutrition Facts

4 servings per container	
Serving size	1 cup
Amount per serving	
Calories	25
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 23mg	2%
Iron 0mg	0%
Potassium 33mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Minestrone Soup

Ingredients:

- 16 oz uncooked ziti pasta
- 3 lbs frozen mixed vegetables
- 2 cans, 28 oz each, low-sodium spaghetti sauce *
- 8 cups water

Tips:

- You can add any fresh, frozen, or canned vegetables into this recipe
- Add kidney beans, drained and rinsed
- Add any whole grain pasta
- *Make Spaghetti Sauce on page 19, add 7 cups to recipe

Directions:

1. Add all ingredients into the pot.
2. Cook for one hour on medium heat until all ingredients are cooked.

Nutrition Facts	
12 servings per container	
Serving size	1 cup
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 30g	11%
Dietary Fiber 8g	29%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 71mg	6%
Iron 2mg	10%
Potassium 379mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Vegetarian Chili

Ingredients:

- 1 Tbsp oil
- 1 onion, chopped
- 1 green pepper, chopped
- 2 cans (4 oz each) mushrooms, drained
- 3 cans (15 oz each) beans; kidney, garbanzo, black beans, drained
- 15 oz can corn, drained
- 2 cans (15 oz each) diced tomatoes, not drained
- 2 tsp cumin
- 2 tsp chili powder

Tips:

- Always use low or reduced sodium canned beans and vegetables
- Put a dollop of plain yogurt on top, it tastes just like sour cream but is good for you
- Sprinkle with reduced-fat shredded cheese

Directions:

1. Heat oil in pot over medium heat. Add onion, pepper and mushrooms, sauté until onions are soft and clear.
2. Add beans, corn, and tomatoes. Stir well.
3. Add cumin, chili powder, and black pepper to taste.
4. Heat until simmering.
5. Serve with cornbread or whole wheat bread.

Nutrition Facts	
12 servings per container	
Serving size	1 cup
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 43g	16%
Dietary Fiber 12g	43%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 125mg	10%
Iron 3mg	15%
Potassium 834mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Apple Sauce

Ingredients:

- 6 apples, peeled and cut into 1-inch cubes.
- 1/4 cup water
- 1/2 tsp cinnamon

Tips:

- Serve warm or chilled
- Can be cooked in pot on stove with 1 cup water. Bring to boil then simmer on medium heat for 30 minutes, stirring often
- Refrigerate leftovers

Directions:

1. Put apples in a microwave-safe bowl.
2. Add the water.
3. Cover and microwave on high for 15 minutes.
4. Stir the apples.
5. Uncover and microwave until the apples are very tender, about 5 minutes.
6. Crush the apples with a fork or a potato masher.
7. Add cinnamon and stir into the apple mixture.

Nutrition Facts

12 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	45
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 0mg	0%
Potassium 97mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Carrot Cookies

Ingredients:

- 1 cup flour
- 1 tsp baking powder
- 1 cup oats
- 1 tsp cinnamon
- 1 1/4 cups shredded carrots
- 1 1/2 cups raisins
- 1/2 cup applesauce (unsweetened)
- 1/4 cup vegetable oil
- 1/2 cup honey

Tips:

- Instead of honey use: syrup molasses
- To grease pan, spray cooking oil on the baking sheet
- Make applesauce on page 36 to use in this recipe

Directions:

1. Preheat oven to 350 degrees.
2. In a large bowl, stir together flour, baking powder, oats, cinnamon, carrots and raisins.
3. In a small bowl, stir together the applesauce, oil and honey.
4. Mix wet ingredients into dry ingredients.
5. Drop by teaspoonful onto 2 greased cookie sheets to make 36 cookies.
6. Bake 10 minutes. Enjoy!

Nutrition Facts

12 servings per container	
Serving size	3 cookies
Amount per serving	
Calories	220
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 41g	15%
Dietary Fiber 2g	7%
Total Sugars 27g	
Includes 11g Added Sugars	22%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 66mg	6%
Iron 1mg	6%
Potassium 195mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Fruit Parfait

Ingredients:

- 2 cups chopped fruit
- 1 cup low-fat yogurt
- 1 cup granola or a favorite breakfast cereal

Tips:

- Great for breakfast or snack
- Try plain yogurt, it sweetens with fruit in it
- Choose fresh, frozen or canned fruit
- Leave the skin on the fruit, it is so good for you

Directions:

1. In 4 small bowls or cups, layer:
 - fruit on the bottom
 - 1/4 cup of yogurt
 - 1/4 cup of cereal or granola on top

Enjoy!

Nutrition Facts

4 servings per container	
Serving size	1 cup
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 70mg	3%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	7%
Total Sugars 16g	
Includes --g Added Sugars	--%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 116mg	8%
Iron 3mg	15%
Potassium 226mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Hummus

Ingredients:

- 1/4 cup lemon juice
- 1/4 cup tahini (optional)
- 1 clove garlic, minced
- 1 Tbsp olive oil
- 1/2 tsp cumin
- 15 oz can Chickpeas, low-sodium, drained and rinsed
- 2-3 Tbsp water, as needed

Tips:

- Dip carrots, cucumbers or sliced bell peppers
- Great snack, with whole grain crackers or pita chips
- Spread on sandwiches or wraps instead of mayonnaise or mustard
- It's so good for you!

Directions:

1. In a food processor or blender, add lemon juice and tahini and mix for 1 minute.
2. Add olive oil, minced garlic, cumin and mix for 30 seconds.
3. Add half the chickpeas and mix for a minute, then add the rest of the chickpeas and mix for another minute.
4. If hummus is very thick or has bits of chickpeas in it, add 1 Tbsp water at a time until you get the smoothness you want.

Nutrition Facts

10 servings per container	
Serving size	1/4 cup
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 1mg	6%
Potassium 98mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Pizza Hummus

Ingredients:

- 15 oz can chickpeas, low-sodium, drained and rinsed
- 1/4 cup tomato paste, no-salt added
- 1/4 cup water
- 1 tsp oregano
- 1 tsp basil
- 1 Tbsp olive oil
- 2 Tbsp lemon juice
- 1/4 cup Parmesan cheese
- 1 clove garlic

Tips:

- Dip your favorite vegetables
- Great snack, with whole grain crackers, toasted bread or pita chips
- Choose any low-sodium beans

Directions:

1. In a food processor or blender, add all ingredients and mix for 1-2 minutes, until smooth and creamy.
2. If the hummus is very thick or has bits of chickpeas in it, add 1 Tbsp of water at a time until you get the smoothness you want.

Nutrition Facts

10 servings per container	
Serving size	1/4 cup
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 35mg	2%
Iron 1mg	6%
Potassium 131mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Adapted from Eatright.org

Pumpkin Pudding

Ingredients:

- 1 package (3.4 oz) instant vanilla pudding
- 1 1/4 cups canned pumpkin
- 1 1/2 cups low-fat milk
- 1 tsp cinnamon or pumpkin pie spice

Tips:

- Use very cold milk and cold canned pumpkin, and it can be eaten right away
- Serve with graham crackers

Directions:

1. Combine all ingredients in a medium bowl.
2. Mix with a spoon or whisk until smooth.
3. Refrigerate for 1 hour.

Make your own:

Pumpkin Pie Spice = 1 tsp

- 1/2 tsp Cinnamon
- 1/4 tsp Ginger
- 1/8 tsp Nutmeg
- 1/8 tsp Allspice

* Go to www.JSfruitveggies.org for more great recipes!

Nutrition Facts

6 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 130mg	6%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	4%
Total Sugars 17g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 1mcg	6%
Calcium 90mg	6%
Iron 1mg	6%
Potassium 200mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Sodium: Look at the Label

Over 70% of dietary sodium comes from eating packaged and prepared foods

Use the Nutrition Facts Label!

Packaged and prepared foods can contain high levels of sodium, whether or not they *taste* salty. The U.S. Food and Drug Administration is working with the food industry to make reasonable reductions in sodium across a wide variety of foods so Americans have an easier time consuming less sodium if they want to. Even though sodium may already be in these foods, you can follow these steps to lower your daily sodium intake.

- Limit sodium to less than 2,300 milligrams (mg)* per day for adults—that's equal to about 1 teaspoon of table salt! Recommended limits are even lower for children under age 14.
- Use % Daily Value (%DV) to see if a serving of food is high or low in sodium and to compare food products. As a general guide: 5% DV or less per serving of sodium is considered low, and 20% DV or more per serving of sodium is considered high.
- Pay attention to the serving size and the number of servings you eat or drink to determine how much sodium you are consuming.

Choose Less Sodium

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
<hr/>	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 460mg	20%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%

20% DV or more per serving is considered high!

Sodium and Health

Diets higher in sodium are associated with an increased risk of developing **high blood pressure** (also known as **hypertension**). Uncontrolled high blood pressure can raise the risk of heart attacks, heart failure, stroke, kidney disease, and blindness. Consuming less sodium can help reduce your risk of developing these health conditions.

* The Daily Value (100% DV) for sodium—reference amount not to exceed each day

Gardening: GROW FOR IT!

Growing your own garden is a fun and rewarding way to form a personal connection to the fruits and vegetables that you eat. Some of the benefits of gardening include:

- Lowering your food costs
- Creating a better connection to nature
- Encouraging healthier eating
- Helping bees and other pollinating insects survive

CHOOSING THE RIGHT Garden Type

You don't have to live on a farm to grow a garden. Gardens can be large or small, depending on how much space you have available.

In-ground gardens are planted directly into a plot of land. This type of garden is usually large and allows you to grow a large variety of fruits and vegetables.

Container gardens involve planting your garden in pots of different sizes instead of in the ground. While you can only grow small amounts of fruits and vegetables, there are many advantages to gardening this way:

- Fewer weeds
- More control over water, sunlight, and temperature because the pots can be moved
- Can be grown on a deck or patio, or inside on a windowsill

Raised bed gardens are elevated gardens built on top of a plot of land and usually contained by a wood frame. This type of garden can make up for poor ground soil when new soil is placed in the frame.

WHAT CAN I Grow?

Try these easy to grow fruits, vegetables, and herbs:

- Basil
- Carrots
- Kale
- Radishes
- Tomatoes
- Beets
- Cauliflower
- Lettuce
- Onions
- Watermelon
- Bell Peppers
- Chives
- Mint
- Squash
- Zucchini
- Broccoli
- Cucumbers
- Peas
- Strawberries
- Cantaloupe
- Green Beans
- Potatoes

Use the USDA Plant Hardiness Zone Map to help determine which plants will thrive in your part of the country: planthardiness.ars.usda.gov or talk to your local extension agent.

CONTAINER GARDENING Basics

1. Fill your container $\frac{2}{3}$ to $\frac{3}{4}$ full with potting soil.
2. Plant your seeds into the soil, using 2-3 seeds for every plant you want to grow.
3. Gently water your plant until the soil is damp.
4. Place the container in a sunny spot that gets sunlight for at least 6 hours a day (some plants may need more).

CONTAINER GARDENING Hints

- Make sure there is a hole in the bottom of your container to allow water to drain out!
- Place a saucer or plate under your container to catch extra water if it is going to be indoors.
- Water your plant until water comes out of the bottom of the container.

PLANT PARTS

The fruits and vegetables we eat and enjoy come from all different parts of the plant.

We Eat

Flowers

Broccoli
Artichoke
Cauliflower

Fruit

Pumpkin
Pepper
Tomato
Squash
Zucchini

Leaves

Collard Greens
Kale
Lettuce
Spinach
Swiss Chard

Seeds

Chickpeas
Black Beans
Black Eyed Peas
Corn
Green Peas

Stems

Celery
Asparagus
Rhubarb
Kohlrabi

Roots / Tubers / Bulbs

Carrot Potato Onion
Beet Sweet Potato Garlic
Parsnip
Radish Turnip

Planting Your Plate A Pizza Garden

Pizza doesn't have to be an unhealthy food! Add color and crunch to your favorite pizza by topping it with vegetables you've grown in your garden. When you top your pizza with home-grown veggies, you are adding nutrients to keep your body healthy. Make pizza night a fun family tradition that starts with harvesting vegetables that you have grown in your own garden or in containers!

How to Plant a Pizza Garden:

Pizza Garden: 
What Can I Plant?

Tomatoes	Cauliflower
Zucchini	Spinach
Eggplant	Arugula
Onions	Broccoli
Cilantro	Peppers
Basil	

Tomatoes: Start seeds indoors. Transplant seedlings 24-36 inches apart directly into garden soil, burying $\frac{2}{3}$ of the plant during planting. Add a cage to support the plant. Harvest when tomatoes are firm and very deep in color.



Peppers: Start seeds indoors. Transplant outside about four weeks before final frost. Plant seedlings directly into garden soil, 18-36 inches apart. Use a shears to harvest when peppers are large.

Zucchini: Plant seeds 36 inches apart directly into garden soil. Harvest zucchini when about 4-6 inches long, carefully cutting away from the plant.



Onions: Plant mini onion bulbs directly into garden soil, six inches apart. Harvest onion bulbs when most of the onion leaves are bending over by pulling up on the plant.

Arugula/Spinach: Plant seeds 12 inches apart directly into garden soil in cooler temperatures. Harvest when leaves are desirable size. Pick outer leaves first.

Have Limited Space? No Problem!

These vegetables are container-friendly:

- * Basil
- * Peppers
- * Arugula
- * Spinach
- * Cilantro

These vegetables can be grown in containers at least 18 inches deep:

- * Broccoli
- * Cauliflower
- * Onions

Give Your Pizza a Nutritious Boost!

Pizza can get a bad reputation when it's loaded with cheese and high-fat meats. Instead, make your pizza better for you by trying these tips:

- Try a part-skim cheese and use half as much
- Use half the usual amount of meat
- Add 1 cup of vegetables to the topping
- Try a thin crust

How to Plant a Pizza Garden:

Eggplant: Start seeds indoors. Transplant seedlings 24–36 inches apart into garden soil. Harvest when eggplant skin becomes glossy.

Broccoli/Cauliflower: Start seeds indoors. Transplant seedlings 18 inches apart into garden soil. Harvest heads when they are large enough by cutting stalk away from plant.

Basil/Cilantro: Plant seedlings 12 inches apart into garden soil. Harvest basil by removing large leaves or cutting stems. Harvest cilantro by cutting stems.

Pizza Garden Nutrients		
Nutrient	Function	Breakfast Garden Sources
Vitamin C	Supports healthy body tissue like skin, tendons, cartilage, bones, and teeth.	Tomatoes, Peppers, Cauliflower, Broccoli
Vitamin A	Supports healthy skin, healthy vision, and bone growth.	Arugula, Spinach, Broccoli
Vitamin K	Supports healthy blood clotting and bone formation.	Spinach, Broccoli

Get Baking!

Try these pizzas that use veggies from your garden. They're fun to make and fun to eat!

Veggie Pizzas

Serves 4

Ingredients:

- 1 prepared refrigerated pizza dough for a 12-inch pizza, divided
- ½ cup pizza or pesto sauce
- 1 cup shredded mozzarella cheese
- 1 cup chopped vegetables (broccoli florets, cauliflower florets, shredded carrots, zucchini slices, pepper slices, tomatoes slices from your garden)
- ½ cup shredded Parmesan cheese

Directions:

- Heat oven to 425 degrees F. Divide pizza dough evenly into four sections and lay flat on baking stone or pan. Roll out each piece into a small circle, approximately 4–5 inches around.
- Spread dough piece with sauce, mozzarella cheese, vegetables and top with Parmesan.
- Bake for 10 minutes or until cheese begins to turn golden brown.

Garden Patch Muffin Tin Pizzas

Serves 12

Ingredients:

- 1 16-ounce loaf frozen whole wheat bread dough, thawed
- ½ cup finely chopped cherry or regular size tomatoes from your garden
- ¼ cup finely chopped peppers from your garden
- 2 Tbsp. finely chopped broccoli from your garden
- 2 Tbsp. finely chopped cauliflower from your garden
- ¼ cup pizza or pesto sauce
- ¾ cup shredded mozzarella cheese

Directions:

- Heat oven to 425 degrees F. Spray a large knife with cooking spray and cut thawed loaf of bread into 12 equal pieces. Flatten each piece into a disk and place in muffin cups sprayed with cooking spray.
- Combine cherry tomatoes, green pepper, broccoli, and cauliflower in a small bowl.
- Place one teaspoon pizza sauce on crust in each muffin cup. Equally divide vegetable mixture among pizzas (about one heaping tablespoon each) and sprinkle with one tablespoon cheese.
- Bake for 15 to 17 minutes or until cheese is bubbly and crust is golden brown.

Nutrition information (per muffin): 98 calories, 6 g protein, 2 g fiber, 3 g fat, 13 g carbohydrate

Nutrition information (per serving): 291 calories, 18 g protein, 2 g fiber, 10 g fat, 33 g carbohydrate

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FOOD POISONING: PROTECT YOURSELF AND YOUR FAMILY

Anybody can get food poisoning (also called foodborne illness).
But the following groups are more likely to get sick and to have a more serious illness:



Adults aged 65 and older



Children younger than age 5



People who have health problems or take medicines that lower the body's ability to fight germs and sickness



Pregnant women

Take Steps to Prevent Food Poisoning



1 Wash hands, utensils, and kitchen surfaces often when you cook.



2 Keep fresh produce separate from raw meat, chicken, turkey, seafood, and eggs. Use separate cutting boards and plates.



3 Cook food to the right internal temperature to kill germs. Use a food thermometer to check.



4 Refrigerate perishable food and leftovers within 2 hours (within 1 hour if it's hotter than 90°F outside).

You should not eat these foods if you are more likely to get food poisoning:

- Undercooked or raw animal products, such as meat, chicken, turkey, eggs, and seafood
- Raw or lightly cooked sprouts
- Unpasteurized (raw) milk and juices
- Soft cheese, such as queso fresco, unless it is made with pasteurized milk

Cook to the right temperature:

145°F	Steaks, roasts, chops of beef, pork, lamb, veal (then let rest 3 minutes before serving)
145°F	Fish with fins
145°F	Fresh ham (raw)
160°F	Ground meats like beef and pork
160°F	Egg dishes like frittata and quiche
165°F	All poultry, including ground chicken and turkey
165°F	Leftovers and casseroles



See a doctor if you have these symptoms. They could be signs of serious food poisoning.

- High fever (over 102°F)
- Diarrhea for more than three days
- Dehydration (dry mouth and throat, feeling dizzy when you stand up)
- Bloody diarrhea
- Frequent vomiting



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Learn more at www.cdc.gov/foodsafety

Come back
again!



The Onondaga County Health Department's Sodium Reduction in Communities Program, in collaboration with PEACE Inc. Head Start, created Simply Yummy for families, children and staff to enjoy. July 2021



Please use this cookbook often and share the recipes with others!