



EATING BETTER ON A BUDGET

RECIPES FROM THE

10tips

NUTRITION EDUCATION SERIES



The **10 Tips Nutrition Education Series** was designed by Maine SNAP-Ed to support healthy eating on a budget for all Mainers. Our program participants often request inexpensive, healthy recipes. We have packaged recipes from the **10 Tips** curriculum into a cookbook for you to use and share with your family, friends, and neighbors.

The recipes in this cookbook use a variety of foods from MyPlate and reflect the 2015–2020 Dietary Guidelines for Americans, providing you with a tool you can trust. For more great recipes, meal planning resources, and information about our program, visit our website at www.mainesnap-ed.org.

We hope you enjoy this cookbook!

LET'S COOK!

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OUR TOP TEN TIPS FOR EATING BETTER ON A BUDGET

The **10 Tips Nutrition Education Series** provides Mainers with the skills to purchase healthy foods on a budget.

Each **10 Tips** class includes an interactive and engaging nutrition lesson as well as a recipe demonstration and tasting. All **10 Tips** recipes included in our curriculum are included in this book for you to enjoy.

Here are our top **10 TIPS** to help you **shop, cook, and eat healthy on a budget**:

SHOP HEALTHY ON A BUDGET

1) See what you already have. Look in your freezer, cabinets, and refrigerator. Make a note of what you currently have on hand. You can save money and reduce food waste by using these items in the upcoming week's meals.

2) Create a list of recipes to try. Search for recipe ideas online for healthy and low-cost meals based on what you have on hand, foods your family enjoys, and foods that are inexpensive or on sale. Check the grocery store's flyer for weekly deals on ingredients.

3) Think about your schedule. Choose meals you can easily prepare when you don't have a lot of time. Save recipes that take longer for days when you have more time.

4) Plan to use leftovers. Think about larger recipes with enough servings for multiple meals. This can reduce the number of ingredients you need to buy and save you time preparing another meal.

5) Stick to your list. Plan your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don't shop when you're hungry. Shopping after eating will make it easier to skip the tempting snack foods, leaving more of your food budget for vegetables and fruits.

6) Buy in season. Buying fruits and vegetables in season can lower the cost and add to the freshness! For example, look for fresh strawberries in June/July. If you are not going to use them all right away, buy some that still need time to ripen. Freeze fresh berries when they are on sale to have ripe, delicious berries all year round.

COOK HEALTHY ON A BUDGET

7) Convenience costs...go back to the basics.

Convenience foods like frozen dinners, pre-cut vegetables, and instant rice, oatmeal, or grits will cost you more than if you were to make them from scratch. Take the time to prepare your own—and save!

8) Cook once...eat all week! Prepare a large batch of favorite recipes on your day off and double or triple the recipe. Freeze in individual containers. Use them throughout the week, and you won't have to spend money on take-out meals.

EAT HEALTHY ON A BUDGET

9) Make half your plate veggies and fruits.

Vegetables and fruits are full of nutrients and help promote good health. Choose red, orange, and dark green vegetables such as tomatoes, sweet potatoes, broccoli, and leafy greens!

10) Drink water. Stay hydrated by drinking water instead of sugary drinks such as soda or sports drinks. Keep a reusable water bottle with you to always have water on hand.

RECIPE BASICS

FRESH PRODUCE

Rinse fruit and vegetables before preparing or eating them. Under clean, running water, rub briskly to remove dirt and grime. After rinsing, dry with a clean towel.

COOKING OIL

Some recipes in this cookbook call for **vegetable oil**. It is an inexpensive option made up of multiple vegetable oils and has a milder flavor. The food you cook in vegetable oil tastes like itself and not the oil. You can easily swap out other oils such as olive oil or canola oil in our recipes. Olive oil has better flavor for salad dressing and drizzling, but it will smoke at high temperatures like while frying. Canola oil has less saturated fat than most other vegetable oils and can handle higher temperatures. All of these oils follow our guidance of choosing more oils and fewer solid fats such as butter for health.



PERFECT PUMPKIN PANCAKES

SERVINGS: 12

TIME:
10 MINUTES

INGREDIENTS:

- 1 cup whole wheat flour
- 1 cup all-purpose white flour
- 2 Tablespoons brown sugar
- 1 Tablespoon baking powder
- 1 ¼ teaspoons pumpkin pie spice
- 1 teaspoon salt
- 1 egg
- ½ cup canned pumpkin (not pumpkin pie filling)
- 1¾ cups milk, low-fat
- 2 Tablespoons vegetable oil

MATERIALS:

- Large mixing bowl
- Medium mixing bowl
- Measuring cups and spoons
- Griddle or skillet
- Cooking spray

DIRECTIONS:

1. Combine whole wheat flour, white flour, brown sugar, baking powder, pumpkin pie spice, and salt in a large mixing bowl.
2. In a medium bowl, combine egg, canned pumpkin, milk, and oil. Stir to mix well.
3. Add wet ingredients to flour mixture. Stir just until moist. Batter may be lumpy. For thinner pancakes, add more milk.
4. Lightly coat a griddle or skillet with cooking spray and heat on medium. Flip when bubbles appear or pancake is golden on the bottom. Repeat until all batter is used.
5. Top with applesauce, fresh fruit, or yogurt.

Nutrition Facts	
Serving Size: 1 pancake (77g)	
Servings Per Container: 12	
Amount Per Serving	
Calories 130	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 220mg	9%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 4g	
Vitamin A 35%	Vitamin C 0%
Calcium 15%	Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

RECIPE SOURCE: USDA'S WHAT'S COOKING
WHATSCOOKING.FNS.USDA.GOV

NOTES:

- For homemade applesauce: wash, remove core, and chop 3–4 apples into ½-inch pieces and add to medium saucepan with ½ cup water. Cook on low to medium heat for 10–15 minutes, stirring often, until apples have softened and break apart. Add a sprinkle of cinnamon and enjoy!
- To replace pumpkin pie spice: use ½ teaspoon cinnamon, ⅛ teaspoon cloves, ¼ teaspoon ginger, and ⅛ teaspoon nutmeg.

BREAKFAST

\$6.17 PER RECIPE
\$0.51 PER PANCAKE



- Include whole grains. Aim to make at least half your grains whole grains, which provide more fiber than refined grains. Look for the words “100% whole grain” or “100% whole wheat” as the first ingredient on the food label.
- This recipe can help you satisfy your sweet tooth in a healthy way—topping your pancakes with applesauce or bananas instead of maple syrup helps you meet your servings of fruit, too!

WHOLE WHEAT BLUEBERRY MUFFINS

SERVINGS: 12

TIME:
35 MINUTES

INGREDIENTS:

1½ cups whole wheat flour
¾ cup sugar
½ teaspoon salt
2 teaspoons baking powder
⅓ cup vegetable oil
1 egg, lightly beaten
⅓ cup nonfat or 1% milk
½ cup unsweetened applesauce
2 cups blueberries, fresh or frozen

MATERIALS:

Muffin pan
Cooking spray
Large mixing bowl
Medium mixing bowl
Measuring cups and spoons
Potholder or oven mitt

DIRECTIONS:

1. Preheat oven to 400°F. Lightly coat the bottom of the muffin pan with cooking spray.
2. In a large bowl, mix the flour, sugar, salt, and baking powder.
3. In a separate bowl, blend vegetable oil, egg, milk, and applesauce until smooth.
4. Stir the liquid ingredients into the flour mixture until just moistened. Gently stir in the blueberries.
5. Fill each muffin cup about ¾ full.
6. Bake for 20 minutes or until the muffin tops are golden brown. A toothpick inserted into the center of the muffin should come out moist but without batter.

Nutrition Facts

Serving Size 1 muffin (80g)	
Servings Per Container 12	
Amount Per Serving	
Calories 180	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 170mg	7%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	12%
Sugars 16g	
Protein 3g	
Vitamin A 0%	Vitamin C 10%
Calcium 6%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

RECIPE SOURCE: FOOD HERO

NOTES:

- To avoid rancid whole wheat flour, store it in a container or bag that keeps the air sealed out. Keep in a cool, dark area for up to 3 months or in the freezer for up to 6 months.
- If using sweetened applesauce, remove 1½ teaspoons of sugar from the measured amount in the ingredients list.
- This recipe can be made with unsweetened, non-dairy milk such as almond, soy, or rice milk with similar results.



BREAKFAST

\$4.30 PER RECIPE
\$0.36 PER MUFFIN

www.FOODHERO.org



- This recipe uses whole wheat flour, so the muffins will keep you feeling full longer because of the higher fiber and protein content.
- Whole grain muffins are great to keep in the freezer and have on hand for quick breakfasts! To thaw, place muffin on a plate in the microwave and heat for 45–60 seconds.

BREAKFAST
\$2.53 PER RECIPE
\$0.63 PER SERVING



YOGURT BERRY PARFAIT

SERVINGS: 4 | TIME: 5 MINUTES

INGREDIENTS:

- 2 cups plain yogurt, low-fat or fat-free
- 2 medium bananas, sliced (about 1 cup)
- ½ cup blueberries, fresh or frozen
- ½ cup strawberries, fresh or frozen
- 1 cup “O”-shaped whole grain cereal

MATERIALS:

- 4 bowls or glasses
- Cutting board
- Knife
- Measuring cups

DIRECTIONS:

1. Spoon about ¼ cup of yogurt into each glass. Add ¼ cup of fruit. Add more yogurt and fruit.
2. Sprinkle 2 Tablespoons of cereal on top of the fruit.

NOTES:

- If using fresh berries, wash under cool running water.
- To save money and get the most nutrients, use fresh berries when in season and frozen berries during other times of the year.
- Mix and match your favorite fruits—try raspberries, peaches, pineapple, and/or mangoes.
- If you have leftover open bananas, peel, slice, and freeze extras for smoothies.

Nutrition Facts

Serving Size: 1 parfait (207g)
Servings Per Container: 1

Amount Per Serving	
Calories 150	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 130mg	5%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	12%
Sugars 17g	
Protein 8g	
Vitamin A 6%	Vitamin C 25%
Calcium 30%	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:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

RECIPE SOURCE: USDA'S WHAT'S COOKING
WHATSCOOKING.FNS.USDA.GOV

10tips
TIP

- At breakfast, top your cereal with bananas, peaches, or strawberries. Alternatively, try a fruit mixed with fat-free or low-fat yogurt.
- Did you know? Bananas and berries provide vital nutrients like vitamin C, potassium, folic acid, and dietary fiber. This recipe provides ½ cup of fruit per serving—most bodies need about 2 cups of fruit each day for overall health.



MEALS
\$5.16 PER RECIPE;
\$0.86 PER SERVING

QUICK CHILI

SERVINGS: 6 | TIME: 20 MINUTES

INGREDIENTS:

- ½ pound lean ground meat (at least 85% lean)
- 1 medium onion, chopped
- 1 can (15 ounces) low-sodium kidney beans with liquid
- 2 cans (14.5 ounces each) diced tomatoes with liquid
- 2 Tablespoons chili powder

MATERIALS:

- Large skillet
- Cutting board
- Knife
- Measuring cups and spoons

DIRECTIONS:

1. Brown the meat and onions in a large skillet over medium-high heat (350°F in an electric skillet). Drain fat.
2. Add beans, tomatoes, and chili powder. Reduce heat to low (250°F in an electric skillet), cover and cook for 10 minutes.

NOTES:

- Refrigerate leftovers within 2 hours.
- Serve with shredded cabbage, low-fat sour cream, cilantro, or grated cheese.
- Add other vegetables such as bell peppers, carrots, celery, and corn, if desired.
- Add dried cumin, oregano, or red pepper flakes for extra flavor.

Nutrition Facts

Serving Size 1 cup (257g)
Servings Per Container 6

Amount Per Serving

Calories 170 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 590mg **25%**

Total Carbohydrate 20g **7%**

Dietary Fiber 7g **28%**

Sugars 6g

Protein 12g

Vitamin A 25% • Vitamin C 35%

Calcium 8% • Iron 10%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

RECIPE SOURCE: FOOD HERO

Totips
TIP

- This recipe doubles easily and can be thrown together on a busy weeknight—always keep kidney beans (or any of your favorite beans), diced tomatoes, and tomato paste in your pantry for just this occasion—add an extra can of beans and some more veggies and skip the ground meat for a low-fat vegetarian version.
- Try using plain, non-fat Greek yogurt for a sour cream alternative.

ENGLISH MUFFIN VEGGIE PIZZA

SERVINGS: 4

TIME:
15 MINUTES

INGREDIENTS:

- 1 large broccoli crown, chopped
- 4 whole wheat English muffins, halved
- 1 cup pizza sauce (or tomato sauce), no salt added
- ½ cup shredded mozzarella cheese, part-skim
- 1 medium carrot, shredded
- ½ cup grated Parmesan cheese

MATERIALS:

- Oven or toaster oven
- Cutting board
- Knife
- Medium saucepan
- Vegetable peeler
- Grater
- Measuring cups and spoons

DIRECTIONS:

1. If using oven, preheat to 350°F.
2. Put the broccoli in a medium saucepan with water to cover. Bring to a boil and simmer for 1–2 minutes or until tender. Drain the water from saucepan and let broccoli cool.
3. Toast the 8 English muffin halves in oven or toaster oven.
4. Measure out 3 Tablespoons shredded carrot into small bowl.
5. Spoon 2 Tablespoons pizza sauce over each English muffin half.
6. Sprinkle 1 Tablespoon shredded mozzarella cheese on each half.
7. Put 2 Tablespoons broccoli and 1 teaspoon shredded carrots on each half.
8. Sprinkle each half with 1 teaspoon grated Parmesan cheese.
9. Return to the oven for 2 minutes until cheese melts.

Nutrition Facts

Serving Size: 2 halves (202g)
Servings Per Container: 4

Amount Per Serving		Calories from Fat 60	
		% Daily Value*	
Total Fat 6g			9%
Saturated Fat 3g			15%
Trans Fat 0g			
Cholesterol 20mg			7%
Sodium 450mg			19%
Total Carbohydrate 36g			12%
Dietary Fiber 7g			28%
Sugars 10g			
Protein 15g			
Vitamin A 40%	•	Vitamin C 60%	
Calcium 45%	•	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:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

RECIPE SOURCE: PENNSYLVANIA NUTRITION EDUCATION PROGRAM, PENNSYLVANIA NUTRITION EDUCATION NETWORK WEBSITE RECIPES

NOTES:

- Use leftover veggies from a previous recipe to save time.
- Try using frozen chopped broccoli and thaw before adding to pizza.
- Swap out English muffins for whole wheat bread or whole wheat pita.
- Sauté bell peppers, mushrooms, and onions for additional toppings.

MEALS

\$4.32 PER RECIPE
\$1.08 FOR TWO ENGLISH
MUFFIN HALVES



- Be mindful. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Eating quickly may cause you to eat too much.
- Involve kids in cooking. Shred the carrots and chop the broccoli yourself, and let the kids add the toppings before you cook up these delicious kid-size whole grain pizzas.

HOME RUN HUMMUS WRAP

SERVINGS: 6

TIME:
15 MINUTES

INGREDIENTS:

6 whole wheat tortillas, 8-inch
1½ cups prepared hummus
1–2 red bell peppers, cut into
¼-inch strips
1–2 carrots, shredded
1½ cups baby spinach leaves

MATERIALS:

Butter knife
Cutting board
Knife
Grater
Vegetable peeler
Measuring cups

DIRECTIONS:

1. Place the 6 tortillas on a clean surface.
2. Place ¼ cup hummus in the center of each tortilla. Use a butter knife to spread the hummus evenly from side to side across the center of the tortilla.
3. Top the hummus with 4-6 red pepper strips and 1-2 spoonfuls grated carrots. Divide the spinach leaves evenly between each tortilla, arranging the leaves over the top of the vegetables.
4. Fold the bottom edge of the tortilla up and over the vegetables, and then continue rolling up to the top edge.
5. Cut each wrap diagonally across the center width of the wrap and serve.

NOTES:

- Keep kids energized and satisfied with this delicious, healthy wrap made with beans and vegetables.
- Try using roasted veggies for added flavor; when you cook vegetables, they may taste sweeter!

Nutrition Facts

Serving Size: 1 wrap (143g)
Servings Per Container: 6

Amount Per Serving	
Calories 240	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 530mg	22%
Total Carbohydrate 33g	11%
Dietary Fiber 8g	32%
Sugars 5g	
Protein 9g	
Vitamin A 60%	Vitamin C 45%
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:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

RECIPE SOURCE: USDA'S WHAT'S COOKING
WHATSCOOKING.FNS.USDA.GOV

MEALS

\$6.84 PER RECIPE

\$1.14 PER WRAP



- Whole wheat tortillas can be used in many ways. Leftover tortillas can make healthy breakfast burritos, veggie quesadillas, or even quick, thin-crust pizza. Try making your own Baked Tortilla Chips using our recipe on page 42.
- **Kid Approved!** Great for kids—you cut the peppers and grate the carrots, and they'll do the rest! Then, stick toothpicks in the wrap (about 1 inch apart) and slice into pinwheels for a fun, healthy snack.

BARLEY, BEAN, AND CORN SALAD

SERVINGS: 12
TIME: 1 HOUR

INGREDIENTS:

- 2 cups cooked whole grain barley (*sometimes called "hull-less"*)
- 1 can (15 ounces) kidney beans, no salt added or low-sodium, drained and rinsed
- 1 cup corn, canned, frozen, or fresh
- 1 large red bell pepper, seeded and finely chopped
- ½ cup sliced celery
- ¼ cup sliced green onion
- 1 clove garlic, finely chopped or ¼ teaspoon garlic powder
- ¼ cup fresh lemon or lime juice
- 2 Tablespoons vegetable oil
- Salt and pepper to taste
- Fresh cilantro or parsley sprigs, for garnish (optional)

MATERIALS:

- Large mixing bowl
- Cutting board
- Knife
- Measuring cups and spoons
- Medium saucepan

DIRECTIONS:

1. Cook barley using the instructions on the package. While barley cooks, prepare other ingredients.
2. Mix barley with remaining ingredients, except cilantro/parsley, in a large bowl.
3. Cover and chill several hours or overnight to allow flavors to blend.
4. Garnish with cilantro or parsley sprigs, if desired, and serve.

NOTES:

- Add leftover cooked barley to soups, stews, casseroles, and salads for a healthful whole grain boost.
- To cook your own dried beans, one can (15 ounces) is about 1½ to 1¾ cups drained beans.
- Serve over a bed of leafy greens such as spinach or kale to add more vegetables to your day.
- If you don't have barley on hand, swap in other whole grains like brown rice, quinoa, or bulgur.

Nutrition Facts

Serving Size 1/2 cup (110g)
Servings Per Container 12

Amount Per Serving	
Calories 120	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 19g	6%
Dietary Fiber 5g	20%
Sugars 2g	
Protein 4g	
Vitamin A 8%	Vitamin C 25%
Calcium 0%	Iron 2%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

RECIPE SOURCE: FOOD HERO

MEALS

\$4.17 PER RECIPE
\$0.35 PER SERVING



www.FOODHERO.org



- 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-fried dishes.
- **Whole grains for health!** Choose “hull-less” barley or minimally processed, hulled barley to get the whole grain instead of pearled or polished barley—be sure to check the label or list of ingredients.

SERVINGS: 3

**TIME:
10 MINUTES**

SPINACH BLACK BEAN SALAD

INGREDIENTS:

- 2 Tablespoons vinegar (apple cider, red wine, or balsamic)
- 1 Tablespoon vegetable oil
- 1 Tablespoon mustard (Dijon or other)
- 1 teaspoon garlic powder
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- ⅛ teaspoon nutmeg (optional)
- 2 cups spinach (washed)
- 1½ cups black beans (unsalted)
- 2 tomatoes, chopped (or 1 can diced tomatoes, drained)
- 1 small red onion, chopped

MATERIALS:

- Large mixing bowl
- Cutting board and knife
- Measuring cups and spoons

DIRECTIONS:

1. In a large bowl, combine vinegar, oil, mustard, garlic, oregano, basil, and nutmeg.
2. Wash, drain, and chop spinach.
3. Add spinach, black beans, tomatoes, and onions to vinegar and oil. Toss well and serve.

NOTES:

- Top your salad with other vegetables such as mushrooms, peppers, cucumbers, zucchini, yellow squash, red onions, etc.
- Replace beans with cooked chicken, egg, or tuna as an alternate source of protein.
- Add ¼ cup cheddar, Swiss, or smoked Gouda cheese for additional nutrients.
- Fruit makes a great addition—try fresh berries in season or dried cranberries, cherries, raisins, or apricots.

Nutrition Facts

Serving Size: 1 cup (268g)
Servings Per Container: 3

Amount Per Serving

Calories 190 Calories from Fat 50

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 240mg **10%**

Total Carbohydrate 27g **9%**

Dietary Fiber 10g **40%**

Sugars 3g

Protein 9g

Vitamin A 50% • Vitamin C 35%

Calcium 8% • Iron 20%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

RECIPE SOURCE:
CONNECTICUT FOOD POLICY COUNCIL,
FARM FRESH SUMMERTIME RECIPES



MEALS

\$3.35 PER RECIPE
\$1.17 PER SERVING



- Try our Roasted Vegetables recipe (page 38) and add to the top of salads or reheat as sides all week.
- Make dressings at home, like the one in this recipe, to save money and eat healthy. Some store bought dressings contain excess fats, sugars, and sodium and cost more than homemade.

INDIAN LENTILS AND PASTA

SERVINGS: 5

TIME:
45 MINUTES

INGREDIENTS:

- 3 cups water
- 2 cloves garlic, finely chopped or ½ teaspoon garlic powder
- 1 can (15 ounces) diced tomatoes, with juice
- 1 large onion, chopped
- 1 Tablespoon vegetable oil
- ½ cup dry lentils, rinsed
- 1 teaspoon ground cumin
- 1 teaspoon turmeric
- ¼ teaspoon red pepper flakes (optional)
- ½ cup orzo or tiny pasta
- ¼ cup fresh cilantro, chopped

MATERIALS:

- Large skillet
- Serving dish
- Cutting board and knife
- Measuring cups and spoons

DIRECTIONS:

1. Heat oil in a large skillet over medium heat (300°F in an electric skillet).
2. Add onion and garlic and cook 3–4 minutes.
3. Stir in water, diced tomatoes with juice, lentils, cumin, turmeric, and red pepper flakes.
4. Bring to a boil. Cover and reduce heat to low (250°F in an electric skillet).
5. Simmer for 25 minutes.
6. Add pasta and cook uncovered until pasta is tender, about 10 minutes.
7. Sprinkle with cilantro and serve warm.

Nutrition Facts	
Serving Size 1 cup (250g)	
Servings Per Container 6	
Amount Per Serving	
Calories 150	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 29g	10%
Dietary Fiber 7g	28%
Sugars 4g	
Protein 8g	
Vitamin A 10%	• Vitamin C 20%
Calcium 6%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

RECIPE SOURCE: FOOD HERO

NOTES:

- Refrigerate leftovers within 2 hours.
- Serve topped with light sour cream or plain, nonfat yogurt.
- For a whole grain option, replace orzo with brown rice, prepare separately from lentils and combine when both are cooked through.



MEALS

\$3.38 PER RECIPE
\$0.67 PER SERVING

www.FOODHERO.org



- Get creative with leftovers. Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry, over a garden salad, or in chili.
- Beans are a low-cost protein food that you can buy in bulk (dried or canned), and you'll get more for your money as compared to meats, chicken, or fish.

SERVINGS: 12

**TIME:
1 HOUR,
10 MINUTES**

LENTIL SOUP WITH LIME JUICE

INGREDIENTS:

- 1 Tablespoon vegetable oil
- 1 medium onion, chopped
- 1 pound dried lentils, rinsed and picked over
- 8 cups cold water
- 1 teaspoon salt
- ½ teaspoon dried thyme or oregano
- 2 bay leaves
- 1 can (4 ounces) mild green chilies, drained and chopped
- 1 red bell pepper, cored, seeded and finely chopped
- 1 carrot, peeled, and finely chopped
- ⅓ cup fresh lime juice or to taste

MATERIALS:

- Large saucepan or electric skillet
- Cutting board
- Knife
- Measuring cups and spoons
- Serving bowl

DIRECTIONS:

1. In a large saucepan, sauté the onion in vegetable oil over medium-high heat (350°F for an electric skillet).
2. Add lentils, water, salt, pepper, cumin, thyme or oregano, and bay leaves and bring to a boil.
3. Lower the heat to medium-low (250°F for an electric skillet). Cover and simmer for 30 minutes, stirring occasionally.
4. Add green chilies, red bell pepper, and carrots.
5. Simmer 15 more minutes or until lentils are soft.
6. Before serving, remove and discard bay leaves and stir in lime juice. Serve hot.

NOTES:

- Refrigerate leftovers within 2 hours.
- This soup is also good with a diced potato, another carrot, and/or chopped celery.
- Eliminate the chilies and cumin if you do not want the Mexican flavors.

Nutrition Facts	
Serving Size 3/4 cup (238g) Servings Per Container 12	
Amount Per Serving	
Calories 150	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 25g	8%
Dietary Fiber 5g	20%
Sugars 3g	
Protein 10g	
Vitamin A 25%	Vitamin C 30%
Calcium 2%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

RECIPE SOURCE: FOOD HERO



MEALS

\$5.72 PER RECIPE
\$0.48 PER SERVING

www.FOODHERO.org



- **Eat plant protein foods more often.** Try beans (kidney, pinto, black, or white) and peas (split peas or garbanzo), soy products (tofu, tempeh), nuts, and seeds. They are naturally low in saturated fat and high in fiber.
- **Power packed!** This soup, which contains lentils and carrots, is high in fiber and protein and is packed with vitamins and minerals, like Vitamin C and Iron. Lentils and other legumes are also lower in saturated fat than red meat or poultry.

SPINACH AND CHICKEN ITALIAN

SERVINGS: 7
TIME: 1 HOUR

INGREDIENTS:

- 1 cup canned tomato sauce
- 1 pound chicken breast cut into ½-inch thick slices
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 package frozen spinach, thawed and drained, or 4 cups fresh spinach leaves
- ¾ cup shredded part-skim mozzarella cheese

MATERIALS:

- Large baking dish
- Cutting board
- Knife
- Measuring cups and spoons

DIRECTIONS:

1. Preheat oven to 350°F.
2. Pour ½ cup of pasta sauce in a large baking dish.
3. Sprinkle salt and pepper over chicken and add to the dish.
4. Top with remaining ½ cup of pasta sauce, spinach, and mozzarella.
5. Bake for 30–40 minutes until chicken is no longer pink inside and cheese begins to turn brown.

Nutrition Facts

Serving Size 1 cup (144g)
Servings Per Container 7

Amount Per Serving	
Calories 140	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 510mg	21%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 19g	
Vitamin A 80%	Vitamin C 6%
Calcium 15%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

RECIPE SOURCE: FOOD HERO

NOTES:

- Refrigerate leftovers within 2 hours.
- Add additional vegetables, such as broccoli or cauliflower.
- Serve with a whole grain like brown rice or whole wheat pasta.



MEALS

\$9.56 PER RECIPE
\$1.37 PER SERVING

www.FOODHERO.org

to tips
TIP

- Keep it tasty and healthy. Try grilling, broiling, roasting, or baking—they don't add extra fat. Avoid breading meat or poultry, which adds calories.
- Keep chicken lean! Chicken is a source of lean protein—remove the skin to avoid eating excess amounts of saturated fat to keep your heart healthy and cholesterol at healthy levels.

VEGGIE SKILLET EGGS

INGREDIENTS:

- 6 eggs
- ¼ teaspoon pepper
- ½ teaspoon oregano or basil
- ⅓ cup shredded cheese (1½ ounces)
- 2 teaspoons vegetable oil
- 1 small onion, chopped (about ⅔ cup)
- 1 clove garlic, chopped (or ⅛ teaspoon garlic powder)
- 2 cups fresh, canned or frozen mixed vegetables (green beans, zucchini, peas, corn, broccoli, mushrooms)
- 1 medium tomato, sliced

MATERIALS:

- Whisk or fork
- Medium skillet
- Baking dish
- Spatula
- Cutting board and knife
- Measuring cups and spoons

DIRECTIONS:

1. Beat eggs then add pepper, oregano or basil, and cheese in a medium bowl.
2. Heat oil in a medium skillet. Add onions, garlic, and other vegetables and cook over medium heat until soft.
3. Pour egg mixture over vegetables. With knife or spatula, lift outer edges of eggs so egg mixture flows to the bottom of the pan.
4. Cook until eggs are set, about 6 minutes. Top with tomato slices.
5. Cut into 8 wedges and serve hot.

NOTES:

- Refrigerate leftovers within 2 hours.
- Serve with fruit and whole grain toast or an English muffin.

SERVINGS: 8

**TIME:
10 MINUTES**

Nutrition Facts

Serving Size 1 wedge (115g)
Servings Per Container 8

Amount Per Serving	
Calories 110	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 145mg	48%
Sodium 150mg	6%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 7g	
Vitamin A 10%	• Vitamin C 10%
Calcium 8%	• Iron 6%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

RECIPE SOURCE: USDA'S WHAT'S COOKING
WHATSCOOKING.FNS.USDA.GOV

MEALS

\$3.55 PER RECIPE
\$0.44 PER SERVING



www.FOODHERO.org

to tips
TIP

- Give your body the nutrients it needs by eating a variety of nutrient-packed food, including whole grains, lean protein, fruits and vegetables, and low-fat or fat-free dairy. Eat fewer foods high in solid fats, added sugars, and sodium.
- Vary your veggies by using a variety of colors. Fresh, frozen, and canned veggies are all nutritious and perfect for this recipe—choose “No Salt Added” or “Low-Sodium” versions to limit excess salt.

SPUNKY VEGETABLE PIZZA

SERVINGS: 8

TIME:
30 MINUTES

INGREDIENTS:

► SAUCE

- ¼ teaspoon dried basil
- ¼ teaspoon dried oregano
- 1 can (8 ounces) tomato sauce,
no salt added

► PIZZA

- 1 frozen or refrigerated whole
wheat pizza shell or whole
wheat pizza dough
- 1 cup carrot slices
- ½ cup bell pepper (any color)
thinly sliced
- ½ cup sliced mushroom, fresh
or canned
- 6 ounces part-skim shredded
mozzarella cheese

MATERIALS:

- Baking sheet
- Large skillet
- Can opener
- Cutting board
- Knife
- Measuring cups and spoons

DIRECTIONS:

1. Preheat the oven to 450°F.
2. Mix together ingredients for sauce in a small bowl.
3. Put pizza shell/dough on baking sheet.
4. Spoon sauce on pizza shell/dough.
5. Arrange vegetables over sauce. Sprinkle on the cheese.
6. Bake for 10 minutes or until cheese and crust is golden brown.
7. When baked, cool pizza for 5 minutes before slicing. Cut into 8 wedges.

NOTES:

- Add your favorite vegetables for extra toppings.
- Try making your own whole wheat pizza dough. Make extra and freeze for future pizza nights.

Nutrition Facts

Serving Size: 1 slice (117g)
Servings Per Container: 8

Amount Per Serving
Calories 220 **Calories from Fat 50**

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 450mg **19%**

Total Carbohydrate 35g **12%**

Dietary Fiber 4g **16%**

Sugars 3g

Protein 11g

Vitamin A 60% • Vitamin C 25%

Calcium 20% • Iron 2%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

RECIPE MODIFIED FROM:
USDA'S WHAT'S COOKING
(WHATSCOOKING.FNS.USDA.GOV)
AND COOKING MATTERS

MEALS

\$5.99 PER PIZZA

\$0.75 PER SLICE



- Roast a bunch of veggies as part of your meal preparation at the beginning of the week. Then you will have veggies on hand to make recipes like these even faster.
- Color is key! Who says pizza can't pack a nutrient punch? With three different, brightly colored veggies, you're getting a great variety of vitamins, minerals, and some fiber to boot!

EASY RED BEANS AND RICE

SERVINGS: 8

TIME:
45 MINUTES

INGREDIENTS:

- 1 large onion, peeled and chopped
- 1 medium green bell pepper, chopped
- 1 teaspoon garlic powder
- 2 cans (14.5 ounces each) diced tomatoes, no salt added
- 1 can (15.5 ounces) kidney beans drained and rinsed
- 6 cups cooked brown rice

MATERIALS:

- Cooking spray
- Large skillet
- Cutting board
- Knife
- Measuring cups and spoons

DIRECTIONS:

1. Cook brown rice according to package directions to make 6 cups cooked.
2. Spray skillet with cooking spray. Add onion and green pepper to skillet. Cook over medium heat for 5 minutes or until tender.
3. Add garlic powder, tomatoes, and kidney beans.
4. Bring mixture to a boil. Reduce heat to low and simmer for 5 minutes.
5. Serve while warm over cooked brown rice.

Nutrition Facts

Serving Size: 2 cups (256g)
Servings Per Container: 8

Amount Per Serving		Calories from Fat 20	
		% Daily Value*	
Total Fat	2g		3%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	130mg		5%
Total Carbohydrate	54g		18%
Dietary Fiber	7g		28%
Sugars	5g		
Protein 9g			

Vitamin A 10% • Vitamin C 50%
Calcium 8% • 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:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

RECIPE SOURCE: USDA'S WHAT'S COOKING
WHATSCOOKING.FNS.USDA.GOV

NOTES:

- Try using fresh garlic instead of garlic powder.
- Put mixture inside a whole wheat tortilla with low-fat cheese and wrap tightly to make burritos. Serve with your favorite salsa.
- Add your favorite spices—like chili powder—to add more flavor.

MEALS

\$4.00 PER RECIPE
\$0.50 PER SERVING



- Did you know? Kidney beans are a great source of lean, plant-based protein—try eating a meal with beans instead of meat or poultry this week.
- Use smaller plates at meals to help with portion control. Make half your plate fruits and vegetables.

ASIAN CARROT SALAD

SERVINGS: 4

TIME:
20 MINUTES

INGREDIENTS:

4 medium carrots, shredded
½ bell pepper, any color
¼ cup raisins or craisins
¼ cup unsalted cashews or sunflower seeds

DRESSING:

¼ cup orange juice (juice from ½ orange)
1 Tablespoon vegetable oil or olive oil
1 Tablespoon low-sodium soy sauce
⅛ teaspoon ground ginger
⅛ teaspoon garlic powder
1 teaspoon honey or sugar

MATERIALS:

Mixing bowl
Jar with lid
Vegetable peeler
Grater
Cutting board
Knife
Measuring cups and spoons

DIRECTIONS:

1. Combine carrots, peppers, raisins, and sunflower seeds in a bowl.

▶ TO MAKE DRESSING:

1. Combine orange juice, vegetable oil, soy sauce, ground ginger, garlic powder, and honey (or sugar) in a jar with lid.
2. Cover and shake to blend.
3. Add the salad dressing to the carrot mixture. Stir to blend.
4. Refrigerate for a few hours to blend flavors.

NOTES:

- Honey is not recommended for children less than 12 months old.
- Try using sliced grapes instead of raisins for a juicier option.
- Swap in your favorite nuts or seeds.

Nutrition Facts

Serving Size 1/2 cup (108g)
Servings Per Container 4

Amount Per Serving	
Calories 150	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%
Sugars 12g	
Protein 3g	
Vitamin A 190%	Vitamin C 30%
Calcium 4%	Iron 4%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

RECIPE SOURCE: FOOD HERO

SNACKS & SIDES

\$1.99 PER RECIPE

\$0.50 PER SERVING



- Don't forget dairy! Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk but have less fat and fewer calories. Don't drink milk? Try unsweetened soy milk as your beverage or include fat-free or low-fat yogurt in your meal.
- Try this! Double or even triple this recipe for a crowd—refrigerate the leftovers for lunches or dinner the next day.

FRUIT AND NUT SLAW

SERVINGS: 8

**TIME:
20 MINUTES**

INGREDIENTS:

- 1 cabbage (any color), thinly sliced
- 1 carrot, peeled and grated
- ½ cup dried fruit (raisins or dried cranberries work well)
- ⅓ cup vinegar
- 2 Tablespoons sugar
- 2 teaspoons vegetable oil
- ¾ teaspoon salt
- ½ teaspoon black pepper
- 2 large or 3 medium apples, thinly sliced
- ¼ cup chopped nuts, toasted

MATERIALS:

- Vegetable grater
- Large mixing bowl
- Small mixing bowl
- Cutting board and knife
- Box grater
- Measuring cups and spoons

DIRECTIONS:

1. In a large bowl, combine cabbage, shredded carrot, and dried fruit.
2. In a small bowl, mix vinegar, sugar, oil, salt, and pepper.
3. Pour vinegar mixture over cabbage mixture and stir until well combined.
4. Just before serving, chop apples and nuts and add to mixture. Mix well.

NOTES:

- Refrigerate leftovers within 2 hours.
- Try a combination of red, green, and purple cabbage for a more colorful dish.
- Try slicing up some broccoli stems to replace some of the cabbage.

Nutrition Facts

Serving Size 1 cup (111g)	
Servings Per Container 8	
Amount Per Serving	
Calories 110	Calories from Fat 35
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%
Sugars 15g	
Protein 2g	
Vitamin A 25%	Vitamin C 30%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

RECIPE SOURCE: FOOD HERO



SNACKS & SIDES

\$3.52 PER RECIPE
\$0.44 PER SERVING

www.FOODHERO.org



- **Eat in season!** Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive.
- Fall is a perfect time to **celebrate the season** with this recipe—cabbage, carrots, and apples are plentiful, delicious, and likely less expensive this time of year. This dish makes enough to share at a potluck and is delicious the next day when the flavors have blended.

PASTA SALAD

SERVINGS: 6

**TIME:
10 MINUTES**

INGREDIENTS:

- 3 cups cooked whole grain pasta
- 2 Tablespoons sweet onion, peeled and chopped
- ¼ cup celery, chopped
- ¼ cup carrots, chopped
- ¼ cup frozen peas, thawed
- 2 Tablespoons bell pepper (any color), chopped
- 1½ cups ham, chopped (optional)
- ½ cup cubed cheddar cheese (optional)
- ¼ cup fat-free or low-fat Italian dressing

MATERIALS:

- Large mixing bowl
- Cutting board and knife
- Measuring cups and spoons

DIRECTIONS:

1. Combine all ingredients in a large bowl and mix well.
2. Cover and refrigerate until ready to serve.

NOTES:

- Refrigerate leftovers within 2 hours.
- Make this dish vegetarian by using beans instead of ham.
- Try making your own easy dressing instead by using our Vinaigrette Salad Dressing recipe in this book (page 46).

Nutrition Facts

Serving Size 1 cup (137g)
Servings Per Container 6

Amount Per Serving

Calories 190 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 530mg **22%**

Total Carbohydrate 25g **8%**

Dietary Fiber 2g **8%**

Sugars 1g

Protein 11g

Vitamin A 20% • Vitamin C 6%

Calcium 2% • Iron 8%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

RECIPE SOURCE: FOOD HERO



SNACKS & SIDES

\$3.96 PER RECIPE

\$0.66 PER SERVING

www.FOODHERO.org

to tips
TIP

- **Check the sodium.** Check the Nutrition Facts Label to limit sodium. Salt is added to many canned foods and processed meats.
- **Simple switches:** Use turkey, chicken, or even swap in your favorite beans to vary your protein routine. When meat is not the focus of this meal, balance protein with other nutrient dense foods like whole grains, low-fat dairy, and colorful vegetables.

ROASTED VEGETABLES

SERVINGS: 6
TIME:
40 MINUTES

INGREDIENTS:

- 2 medium potatoes
- 2 medium onions
- 3 medium carrots
- 1 medium turnip
- 2 Tablespoons vegetable oil
- 1 Tablespoon water
- 3 cloves garlic, chopped
- 2 teaspoons dried rosemary (optional)
- ½ teaspoon black pepper
- ¼ teaspoon salt

MATERIALS:

- Baking sheet
- Small mixing bowl
- Cooking spray
- Cutting board
- Knife
- Measuring cups and spoons
- Serving dish

DIRECTIONS:

1. Preheat oven to 400°F. Spray the baking sheet with nonstick cooking spray.
2. Cut vegetables into equal sized pieces.
3. Place potatoes, onions, carrots, and turnips on the baking sheet.
4. Combine oil, water, garlic, rosemary (if using), black pepper, and salt in a small bowl.
5. Drizzle oil mixture over vegetables and mix until coated.
6. Roast for 30–40 minutes or until browned and vegetables are soft.

NOTES:

- Many vegetables will work in this recipe. Try sweet potatoes, beets, Brussels sprouts, peppers, and asparagus.
- Line your baking sheet with aluminum foil for easy cleanup.

Nutrition Facts

Serving Size: 2 cups (168g)
Servings Per Container: 6

Amount Per Serving	
Calories 130	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 2g	
Vitamin A 120%	• Vitamin C 35%
Calcium 4%	• Iron 4%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

RECIPE SOURCE: USDA'S WHAT'S COOKING
WHATSCOOKING.FNS.USDA.GOV



SNACKS & SIDES

\$2.44 PER RECIPE
\$0.40 PER SERVING

www.FOODHERO.ORG



- **Savor the flavor of seasonal vegetables.** Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best in season buys.
- **Spice it up!** Turn any veggie into an intensely flavored, nutrient dense side dish by roasting it with your favorite seasonings. We like sweet potatoes sprinkled with chili powder, salt, and pepper, or broccoli with sliced lemon and pepper.

HARVEST VEGETABLE SALAD

SERVINGS: 8

TIME:
15 MINUTES

INGREDIENTS:

▶ SALAD

- 3 cups cauliflower florets, fresh or frozen (thawed)
- 2 cups broccoli florets, fresh or frozen (thawed)
- 1 can (15.5 ounces) red kidney beans, drained
- 2 medium carrots, sliced diagonally
- 1 cup large pitted olives, sliced
- 2 green onions, sliced

▶ DRESSING

- ¼ cup red wine vinegar
- ¼ cup vegetable oil
- 1 Tablespoon fresh cilantro or parsley, chopped
- 1 clove garlic, minced
- 1 teaspoon sugar
- ½ teaspoon dried basil (optional)

MATERIALS:

- Large mixing bowl
- Jar with lid
- Cutting board
- Knife
- Measuring cups and spoons

DIRECTIONS:

1. In a large bowl, combine all salad ingredients.
2. In a small jar with a tight fitting lid, combine all dressing ingredients and shake well to mix.
3. Pour dressing over vegetables and stir to coat vegetables.
4. Cover and refrigerate for 1–4 hours to marinate, tossing occasionally.

NOTES:

- For softer texture, use thawed frozen cauliflower, broccoli, and carrots or steam the vegetables before adding them to the large mixing bowl.
- If time allows, you can roast the vegetables first. Serve warm over a bed of leafy greens.

Nutrition Facts			
Serving Size: 1 cup (168g)			
Servings Per Container: 8			
Amount Per Serving			
Calories	170	Calories from Fat 80	
% Daily Value*			
Total Fat	9g	14%	
Saturated Fat	1.5g	8%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	270mg	11%	
Total Carbohydrate	18g	6%	
Dietary Fiber	7g	28%	
Sugars	3g		
Protein	6g		
Vitamin A	60%	•	Vitamin C 70%
Calcium	8%	•	Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

RECIPE SOURCE: USDA'S WHAT'S COOKING
WHATSCOOKING.FNS.USDA.GOV

SNACKS & SIDES

\$6.83 PER RECIPE

\$0.85 PER SERVING



- Stock up on canned beans when they are on sale. They can be used in salads, soups, and casseroles.
- Buy frozen food in bulk when it's on sale and use this recipe for a quick, "no chop" version of this salad. It's a great way to clean out the freezer.

SNACKS & SIDES

\$0.20 PER RECIPE

\$0.10 PER SERVING

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BAKED TORTILLA CHIPS

SERVINGS: 2 | TIME: 15 MINUTES

INGREDIENTS:

- 2 corn tortillas (6 to 8 inches)
- 1/4 teaspoon vegetable oil or cooking spray (optional)
- 1/8 teaspoon salt (optional)
- 1/8 teaspoon seasoning (try garlic powder, onion powder, cumin, chili powder, or a mixture of these) (optional)

MATERIALS:

- Baking sheet
- Cutting board
- Knife
- Measuring spoons

NOTES:

- You can substitute whole wheat tortillas.
- Dip in salsa for a healthy snack or appetizer.

DIRECTIONS:

1. Preheat oven to 400°F.
2. Choose your version:
 - Plain:** sprinkle with salt or other seasonings, if desired.
 - Cooking spray:** spray lightly with cooking spray. Sprinkle with salt or other seasonings, if desired.
 - Oil:** brush oil on one side of each tortilla. Sprinkle with salt or other seasonings, if desired.
3. Cut each tortilla into 8 wedges. Arrange in a single layer on a baking sheet.
4. Bake for 5 to 10 minutes depending on oven temperature. Watch closely to avoid burning.

Nutrition Facts

Serving Size 8 chips (33g)
Servings Per Container 2

Amount Per Serving	
Calories 70	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

RECIPE SOURCE: FOOD HERO

 **tips**
TIP

- Heart Happy! Baked tortilla chips contain much less fat and sodium (so they're better for your heart) than most store-bought tortilla chips and are strong enough to pick up thick homemade salsa or your favorite bean dip.



SNACKS & SIDES
 \$1.46 PER RECIPE
 \$0.09 PER 2 TBSP SERVING

HUMMUS (NO TAHINI)

SERVINGS: 16 | TIME: 5 MINUTES

INGREDIENTS:

- 1 can (15 ounces) garbanzo beans, drained and rinsed
- 2 Tablespoons lemon juice (fresh or bottled)
- 2 teaspoons vegetable oil
- ½ cup nonfat plain yogurt
- 1 clove garlic or ¼ teaspoon garlic powder
- ¼ teaspoon black pepper
- ½ teaspoon ground cumin

MATERIALS:

- Blender or food processor
- Fork
- Measuring cups and spoons
- Flexible spatula or wooden spoon

DIRECTIONS:

1. Place all ingredients in a blender or food processor. Blend to desired consistency (more time for smooth dip, less for a chunky dip).
2. If hummus seems too thick, add 2 teaspoons of water.

NOTES:

- Instead of using a blender, use a fork to mash beans to desired texture before adding other ingredients.
- Change the flavor by adding chili powder, chopped cilantro or parsley, or hot sauce.
- Serve with fresh vegetables or baked tortilla chips (see recipe on page 42).
- Use 1 Tablespoon of peanut butter or other nut butter plus ¼ cup of water in place of yogurt for a creamy, dairy-free version.

Nutrition Facts	
Serving Size 2 tablespoons (24g)	
Servings Per Container 16	
Amount Per Serving	
Calories 30	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 1g	
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

RECIPE SOURCE: FOOD HERO



- Store-bought hummus can be expensive. Making your own can save money and allow you to customize your flavor!
- Garbanzo beans are a great source of plant-based protein to build and repair muscles after exercising and help keep active muscles strong.

SNACKS & SIDES

\$4.18 PER RECIPE

\$0.35 PER SERVING

www.FOODHERO.org

PEACH SALSA

SERVINGS: 16 | TIME: 15 MINUTES

INGREDIENTS:

- 1 cup peaches (fresh, frozen, or canned)
- 1 large tomato, chopped
- 1 bell pepper, seeded and chopped
- ½ cup onion, finely chopped
- ½ cup cilantro, chopped
- 1 Tablespoon lime juice
- ¼ teaspoon salt
- ¼ teaspoon pepper

MATERIALS:

- Large mixing bowl
- Mixing spoon
- Cutting board
- Knife
- Measuring spoons
- Measuring cups
- Serving bowl

DIRECTIONS:

1. Combine all ingredients in a large bowl. Stir gently to mix.
2. Cover and refrigerate until ready to serve.

NOTES:

- To save money and get the most nutrients, use fresh peaches when in season.
- Try swapping out peaches for mangoes, pineapple, or another favorite fruit.

Nutrition Facts

Serving Size 2 tablespoons (46g)

Servings Per Container 16

Amount Per Serving	
Calories 20	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 0g	
Vitamin A 6%	Vitamin C 15%
Calcium 0%	Iron 0%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

RECIPE SOURCE: FOOD HERO

tips
TIP

- Buy fruits that are dried, frozen, canned (in water or 100% juice), or fresh, so that you always have a supply on hand.
- Frozen fruit is convenient and ripe. During Maine winters, fresh fruit has to travel far to reach our stores, and we end up paying extra. Keep store brand, frozen fruit in your freezer.

SNACKS & SIDES

\$0.60 PER RECIPE

\$0.10 PER SERVING

www.FOODHERO.org

PEANUT BUTTER YOGURT DIP

SERVINGS: 6 | TIME: 5 MINUTES

INGREDIENTS:

- ½ cup nonfat plain yogurt
- ¼ cup peanut butter
- ¾ teaspoon cinnamon (optional)

MATERIALS:

- Small mixing bowl
- Spoon
- Measuring cups and spoons

DIRECTIONS:

1. In a small bowl, mix together yogurt and peanut butter. Add cinnamon, if desired.
2. Serve with slices of fruit or vegetables, such as apples or pears.

NOTES:

- Use seasonal fruits to save money when buying fresh.
- When buying peanut butter, look for varieties without added sugar, salt, or hydrogenated oils in the ingredient list.

Nutrition Facts

Serving Size 2 tablespoons (30g)
Servings Per Container 6

Amount Per Serving	
Calories 70	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 4g	
Vitamin A 2%	• Vitamin C 2%
Calcium 2%	• Iron 2%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

RECIPE SOURCE: FOOD HERO

Totips
TIP

- Pair this protein-packed dip with fruit for a snack that provides energy that lasts.
- Need a nut-free alternative? Swap out peanut butter for sunflower seed butter or soy nut butter.

SNACKS & SIDES

\$0.20 PER RECIPE

\$0.10 PER SERVING

VINAIGRETTE SALAD DRESSING

SERVINGS: 2 | TIME: 5 MINUTES

INGREDIENTS:

- 3 Tablespoons vegetable oil
- 1 Tablespoon vinegar (cider, balsamic, or red wine vinegar)
- ¼ teaspoon mustard (yellow, Dijon, or brown mustard)
- ¼ teaspoon sugar
- Herbs or black pepper to taste (optional)

MATERIALS:

- Jar with lid
- Measuring spoons

DIRECTIONS:

1. Add all ingredients to jar. Secure lid and shake well before use.
2. Serve on salad or use to marinate vegetables, meat, poultry, and fish.

NOTES:

- Use dried herbs you have on hand or fresh herbs when available.

Nutrition Facts

Serving Size: 2 tablespoons (29g)
Servings Per Container: 2

Amount Per Serving

Calories 180 Calories from Fat 180

% Daily Value*

Total Fat 20g **31%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate <1g **0%**

Dietary Fiber 0g **0%**

Sugars <1g

Protein 0g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

RECIPE SOURCE: USDA'S WHAT'S COOKING
WHATSCOOKING.FNS.USDA.GOV



- Brighten your salad by using colorful vegetables such as diced red bell peppers, shredded radishes, chopped red cabbage, or grated carrots. Your salad will not only look good, but it will taste good, too!
- Try doubling—or tripling!—this recipe so you have plenty for future use. Store in the refrigerator in a washable container.



NOTES



The **10 Tips Nutrition Education Series** was designed by Maine SNAP-Ed to address obesity among Maine adults with a curriculum that is based on the USDA 10 Tips Nutrition Education Series handouts.

Our goal in Maine is to provide participants with the skills and knowledge needed to make **healthier food choices** within a limited budget and choose **physically active lifestyles**, consistent with the latest Dietary Guidelines for Americans. Highly trained Nutrition Educators reach low-income Mainers in all 16 counties. They are integrated into the communities they serve and work in rural and urban settings where Mainers eat, live, learn, play, shop, and work.



Visit us at mainesnap-ed.org for over 300 more recipes and additional tips for eating healthy on a budget.

To find a Nutrition Educator in your area:

www.mainesnap-ed.edu

Call: 207.221.4560

Email: mainesnap-ed@une.edu

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Office of the Assistant Secretary for Civil Rights
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Washington, D.C. 20250-9410;
FAX: (202) 690-7442 or EMAIL: program.intake@usda.gov

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