



EATING HEALTHY ON A BUDGET

RECIPES FROM THE

to tips

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 tasty, healthy recipes that fit within their lifestyles. 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 Dietary Guidelines for Americans, 2020-2025, 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!

BREAKFAST

Perfect Pumpkin Pancakes.....	6
Whole Wheat Blueberry Muffins.....	8
Yogurt Berry Parfait.....	10

MEALS

Quick Chili.....	11
English Muffin Veggie Pizza.....	12
Home Run Hummus Wrap.....	14
Barley, Bean, and Corn Salad.....	16
Spinach Black Bean Salad.....	18
Tumeric Lentils and Pasta.....	20
Lentil Soup with Lime Juice.....	22
Spinach and Chicken Bake.....	24
Veggie Skillet Eggs.....	26
Roasted Vegetable Pizza.....	28
Easy Red Beans and Rice.....	30

SNACKS & SIDES

Carrot Ginger Salad.....	32
Fruit and Nut Slaw.....	34
Couscous Salad.....	36
Roasted Vegetables.....	38
Salsa Salad.....	40
Baked Tortilla Chips.....	42
Hummus (No Tahini).....	43
Peach Salsa.....	44
Peanut Butter Yogurt Dip.....	45
Vinaigrette Salad Dressing.....	46



OUR TOP TEN TIPS FOR EATING HEALTHY ON A BUDGET

The **10 Tips Nutrition Education Series** gives Mainers the skills to buy healthy foods on a budget.

Each **10 Tips** class includes a nutrition lesson and a recipe demonstration and tasting.

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

SHOP

1) See what you already have. Look in your freezer, cabinets, and refrigerator. If you have items on hand, you can save money and reduce waste by using them in the upcoming week's meals.

2) Create a list of recipes to try. Search for recipe ideas online or in cookbooks or magazines. Collect recipes from friends and family. Try them out based on what you have on hand and the foods your family enjoys.

3) Consider 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. Each recipe in this cookbook includes time estimates.

4) Compare prices. You can use the orange unit price tags on grocery store shelves to compare prices for different brands and for different sizes of the same brand. Buying items like fresh carrots or milk in larger amounts may save you money. While shopping, think about how much time you will have to cook and prepare foods, and how much your family will eat. You can also buy based on your budget and the amount of space you have to store food at home.

5) Build your shopping list. Try to plan your meals ahead of time. Check the grocery store's flyer for weekly sales. Shopping from your list may save you money. Try to spend most of your budget on foods like vegetables, fruits, whole grains, and lean proteins.

6) If possible, buy in season. Buying fruits and vegetables in season means lower cost and great flavor. For example, look for fresh strawberries in June/July. If you are not going to use it all right away, buy produce that still needs time to ripen. Freeze fresh produce when it is on sale to have ripe, delicious food all year round.

COOK

7) Use your cooking skills. Convenience foods are foods prepared for you. Convenience foods can cost more than foods that you prepare yourself. For example: pre-cut vegetables may cost more than whole vegetables. If you have the time and materials to prepare your own, you can save money and build your technique!

8) Cook once...eat all week! Prepare a double or triple batch of your favorite recipes. Freeze servings to save time for future meals, or enjoy leftovers throughout the week.

EAT

9) Make half your plate veggies and fruits. Vegetables and fruits are full of nutrients and promote good health. Fresh, frozen, dried, and canned are all good options.

10) Water is a great way to stay hydrated. 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.

FOOD SAFETY BASICS

CLEAN

Wash your hands, utensils, and surfaces often.

SEPARATE

Use one cutting board for fresh produce — and a separate one for raw meat, poultry, and seafood. Use separate plates and utensils for cooked and raw foods.

COOK

Food is safely cooked when the internal temperature is high enough to kill germs that can make you sick.

CHILL

Refrigerating or freezing food prevents harmful bacteria from growing. Perishable food should be refrigerated or frozen within two hours of use.

For more about cooking and chilling temperatures, please visit:

<https://www.foodsafety.gov/keep-food-safe/4-steps-to-food-safety>

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
1¼ 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
Frying pan
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 frying pan 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

12 servings per container	
Serving size	1 pancake
Amount per serving	
Calories	124
% Daily Value*	
Total Fat 3.4g	4%
Saturated Fat 0.6g	3%
Trans Fat 0g	
Cholesterol 17mg	6%
Sodium 337mg	15%
Total Carbohydrate 20g	7%
Dietary Fiber 1.7g	6%
Total Sugars 4.1g	
Includes 3g Added Sugars	6%
Protein 4.2g	
Vitamin D 0.5mcg	3%
Calcium 124mg	10%
Iron 1.2mg	7%
Potassium 132mg	3%

* The % Daily Value (DV) 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.

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

\$2.54 PER RECIPE

\$0.21 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.
- Topping your pancakes with applesauce or bananas adds fruit to your day and tastes great!

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 non-fat 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 or knife inserted into the center of the muffin should come out moist but without batter.

NOTES:

- If using sweetened applesauce, you can 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.

Nutrition Facts

12 servings per container	
Serving size	1 muffin
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 190mg	8%
Total Carbohydrate 24g	9%
Dietary Fiber 3g	11%
Total Sugars 12g	
Includes 8g Added Sugars	16%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 58mg	4%
Iron 1mg	6%
Potassium 68mg	2%

* The % Daily Value (DV) 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.

RECIPE SOURCE: FOOD HERO



BREAKFAST

\$6.04 PER RECIPE

\$0.50 PER MUFFIN



- To prevent your whole wheat flour from becoming rancid, store it in an air-tight container or bag. Keep in a cool dark area for up to 3 months or in the freezer for up to 6 months.
- 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
\$3.77 PER RECIPE
\$0.94 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	
4 servings per container	
Serving size	1 parfait
Amount per serving	
Calories	168
% Daily Value*	
Total Fat 2.6g	3%
Saturated Fat 1.3g	7%
Trans Fat 0g	
Cholesterol 6.8mg	2%
Sodium 115mg	5%
Total Carbohydrate 31g	11%
Dietary Fiber 3.1g	11%
Total Sugars 18g	
Includes 0g Added Sugars	0%
Protein 7.7g	
Vitamin D 0.2mcg	1%
Calcium 243mg	19%
Iron 2.7mg	15%
Potassium 569mg	12%
* The % Daily Value (DV) 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.	

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



- At breakfast, top your cereal with bananas, peaches, or strawberries. You can also try mixing fruit into fat-free or low-fat yogurt.
- Did you know? Bananas and berries provide important nutrients like vitamin C, potassium, folic acid, and dietary fiber. This recipe provides ½ cup of fruit for each serving. Most people need 2 cups of fruit each day for good health.



MEALS
\$5.63 PER RECIPE;
\$0.94 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
1 teaspoon garlic powder
1 teaspoon cumin
1 Tablespoon dried oregano
Black pepper to taste

MATERIALS:

Large pot
Cutting board and knife
Measuring cups and spoons

DIRECTIONS:

1. Brown the meat and onions in a large pot 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.

Nutrition Facts

6 servings per container	
Serving size	1 cup
Amount per serving	
Calories	193
% Daily Value*	
Total Fat 5.4g	7%
Saturated Fat 1.3g	7%
Trans Fat 0.1g	
Cholesterol 39mg	13%
Sodium 217mg	9%
Total Carbohydrate 23g	8%
Dietary Fiber 8.1g	29%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0.1mcg	0%
Calcium 98mg	8%
Iron 3.2mg	18%
Potassium 781mg	17%

* The % Daily Value (DV) 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.

RECIPE SOURCE: FOOD HERO



- This recipe doubles easily and can be thrown together on a busy weeknight. Add an extra can of beans and more veggies, and skip the ground meat for a vegetarian version.
- Try using plain, non-fat Greek yogurt for a sour cream alternative.

SERVINGS: 4

**TIME:
15 MINUTES**

ENGLISH MUFFIN VEGGIE PIZZA

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
Small bowl
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

4 servings per container	
Serving size	2 halves
Amount per serving	
Calories	274
% Daily Value*	
Total Fat 7.9g	10%
Saturated Fat 3.4g	17%
Trans Fat 0.2g	
Cholesterol 18mg	6%
Sodium 546mg	24%
Total Carbohydrate 39g	14%
Dietary Fiber 7.2g	26%
Total Sugars 9.9g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0.1mcg	1%
Calcium 413mg	32%
Iron 2.5mg	14%
Potassium 245mg	5%

* The % Daily Value (DV) 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.

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

\$5.43 PER RECIPE

\$1.36 FOR TWO ENGLISH
MUFFIN HALVES



- Be mindful. Explore using meals as an opportunity for mindfulness. Notice the tastes and textures you enjoy.
- Involve kids in cooking. Shred the carrots and chop the broccoli yourself. Then let the kids add the toppings. Cook the pizzas and enjoy.

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.

Nutrition Facts

6 servings per container	
Serving size	1 wrap
Amount per serving	
Calories	234
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 538mg	23%
Total Carbohydrate 43g	16%
Dietary Fiber 8g	14%
Total Sugars 2.7g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 125mg	10%
Iron 2.7mg	15%
Potassium 166mg	4%

* The % Daily Value (DV) 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.

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

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!

MEALS

\$9.65 PER RECIPE

\$1.61 PER WRAP



- Whole wheat tortillas can be used in many ways. They can make breakfast burritos, veggie quesadillas, or even a 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, nutritious 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) equals 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.

Nutrition Facts	
12 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 18g	7%
Dietary Fiber 4g	14%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 28mg	2%
Iron 1mg	6%
Potassium 171mg	4%
* The % Daily Value (DV) 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.	

RECIPE SOURCE: FOOD HERO



MEALS

\$4.85 PER RECIPE
\$0.40 PER SERVING

www.FOODHERO.ORG



- Mix it up with whole grains. Use whole grains, such as barley, in vegetable soups or stews. Try using bulgur wheat in casseroles or stir-fried dishes.
- Whole grains for health! If you don't have barley on hand, swap in other whole grains like brown rice, quinoa, or bulgur.

SPINACH BLACK BEAN SALAD

SERVINGS: 3

TIME:
10 MINUTES

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, make dressing. Combine vinegar, oil, mustard, garlic, oregano, basil, and nutmeg.
2. Wash, drain, and chop spinach.
3. Add spinach, black beans, tomatoes, and onions to the dressing in the large bowl. Toss well and serve.

Nutrition Facts

3 servings per container	
Serving size	1 cup
Amount per serving	
Calories	202
% Daily Value*	
Total Fat 5.3g	7%
Saturated Fat 0.5g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 158mg	7%
Total Carbohydrate 31g	11%
Dietary Fiber 10g	36%
Total Sugars 4.1g	
Includes 0g Added Sugars	0%
Protein 9.7g	
Vitamin D 0mcg	0%
Calcium 98mg	8%
Iron 3.9mg	22%
Potassium 790mg	17%

* The % Daily Value (DV) 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.

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

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.



MEALS

\$3.34 PER RECIPE
\$1.15 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 customize flavors to your taste and save money.

TUMERIC LENTILS AND PASTA

SERVINGS: 6

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 pot
Serving dish
Cutting board and knife
Measuring cups and spoons

DIRECTIONS:

1. Heat oil in a large pot 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

6 servings per container	
Serving size	1 cup
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 30g	11%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 47mg	4%
Iron 2mg	10%
Potassium 327mg	6%

* The % Daily Value (DV) 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.

RECIPE SOURCE: FOOD HERO

NOTES:

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



MEALS

\$3.42 PER RECIPE
\$0.57 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, either canned or dried. You'll get more protein for your money when you buy beans as compared to meat, 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 each black pepper and cumin
1 teaspoon dried thyme or oregano
3 bay leaves
1 can (4 ounces) mild green chilies, drained and chopped
1 red bell pepper, cored, seed-ed 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.
- Adjust the amount of chilies to your preferred spice level.

Nutrition Facts

12 servings per container	
Serving size	3/4 cup
Amount per serving	
Calories	165
% Daily Value*	
Total Fat 1.6g	2%
Saturated Fat 0.1g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 199mg	9%
Total Carbohydrate 29g	11%
Dietary Fiber 5.1g	18%
Total Sugars 3.7g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 28mg	2%
Iron 2.8mg	16%
Potassium 349mg	7%
* The % Daily Value (DV) 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.	

RECIPE SOURCE: FOOD HERO



MEALS

\$6.58 PER RECIPE

\$0.55 PER SERVING

www.FOODHERO.ORG



- Mix it up with plant protein foods. Try kidney beans, pinto beans, black beans, white beans, split peas, and garbanzo beans, soy products like tofu and tempeh, and nuts and seeds.
- Power packed! This lentil soup is high in fiber and protein. It also has 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 BAKE

SERVINGS: 7
TIME: 1 HOUR

INGREDIENTS:

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

DIRECTIONS:

1. Preheat oven to 350°F.
2. Pour ½ cup of pasta sauce in a large baking dish. Add spices to sauce and stir.
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.

MATERIALS:

Large baking dish
Cutting board
Knife
Measuring cups and spoons

NOTES:

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

Nutrition Facts

7 servings per container

Serving size **1 cup**

Amount per serving

Calories **136**

% Daily Value*

Total Fat 4.2g **5%**

Saturated Fat 1.5g **8%**

Trans Fat 0.1g

Cholesterol 53mg **18%**

Sodium 238mg **10%**

Total Carbohydrate 5.8g **2%**

Dietary Fiber 2.9g **11%**

Total Sugars 1.8g

Includes 0g Added Sugars **0%**

Protein 20g

Vitamin D 0mcg **0%**

Calcium 174mg **13%**

Iron 1.9mg **10%**

Potassium 425mg **9%**

* The % Daily Value (DV) 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.

RECIPE SOURCE: FOOD HERO



MEALS

\$7.28 PER RECIPE

\$1.04 PER SERVING



- Make it tasty and healthy. Grilling, broiling, roasting, and baking are delicious cooking methods. They all use less fat than frying.
- Chicken is a source of lean protein. You can remove the skin from the chicken to make it leaner, and this supports heart health.

VEGGIE SKILLET EGGS

SERVINGS: 8

TIME:
10 MINUTES

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.

Nutrition Facts

8 servings per container	
Serving size	1 wedge
Amount per serving	
Calories	111
% Daily Value*	
Total Fat 6.4g	8%
Saturated Fat 2.2g	11%
Trans Fat 0.1g	
Cholesterol 144mg	48%
Sodium 99mg	4%
Total Carbohydrate 6.8g	3%
Dietary Fiber 1.7g	6%
Total Sugars 3.6g	
Includes 0g Added Sugars	0%
Protein 6.9g	
Vitamin D 0.8mcg	4%
Calcium 78mg	6%
Iron 1mg	6%
Potassium 218mg	5%

* The % Daily Value (DV) 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.

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



MEALS

\$4.16 PER RECIPE
\$0.52 PER SERVING

www.FOODHERO.ORG



- Eat a variety of nutritious foods! Choose fruits, vegetables, whole grains, lean protein, and low-fat or fat-free dairy. Eat fewer foods high in solid fats, added sugars, and sodium.
- Vary your veggies. Fresh, frozen, and canned veggies are all nutritious and perfect for this recipe. "No Salt Added" or "Low-Sodium" versions allow you to choose how much salt you want in your recipes.

ROASTED 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
- Can opener
- Cutting board
- Knife
- Small bowl
- 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

8 servings per container	
Serving size	1 slice
Amount per serving	
Calories	244
% Daily Value*	
Total Fat 7.4g	10%
Saturated Fat 2.7g	14%
Trans Fat 0.2g	
Cholesterol 14mg	5%
Sodium 374mg	16%
Total Carbohydrate 35g	13%
Dietary Fiber 2.4g	9%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 9.8g	
Vitamin D 0.1mcg	1%
Calcium 170mg	13%
Iron 2.3mg	13%
Potassium 124mg	3%

* The % Daily Value (DV) 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.

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



MEALS

\$7.11 PER PIZZA

\$0.89 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.
- Who says pizza can't be nutritious? Colorful veggies, cheese, and whole grains are full of protein and fiber. They have lots of vitamins and minerals, too. Consider adding another vegetable on the side to boost these nutrients even more.

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
- ½ teaspoon salt, optional
- 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 pot
- Cutting board
- Knife
- Measuring cups and spoons

DIRECTIONS:

1. Cook brown rice according to package directions to make 6 cups cooked.
2. Spray large pot with cooking spray. Add onion and green pepper to large pot. 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

8 servings per container	
Serving size	2 cups
Amount per serving	
Calories	273
% Daily Value*	
Total Fat 1.8g	2%
Saturated Fat 0.3g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 28mg	1%
Total Carbohydrate 56g	20%
Dietary Fiber 8.8g	32%
Total Sugars 6.4g	
Includes 0g Added Sugars	0%
Protein 9.7g	
Vitamin D 0mcg	0%
Calcium 78mg	6%
Iron 3mg	17%
Potassium 476mg	10%
* The % Daily Value (DV) 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.	

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—for more flavor.

MEALS

\$6.86 PER RECIPE

\$0.68 PER SERVING



- Beans are a great source of plant based protein and fiber. Try adding beans to a recipe instead of meat. Garbanzo, kidney, pinto, and black beans all have great flavor and add texture.
- Choose portions that respect your hunger and make you feel satisfied. Aim to make half of your plate fruits and vegetables that you enjoy.

CARROT GINGER SALAD

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 your favorite sweetener) 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
younger than 12 months old.
- Try using sliced grapes instead of raisins for a
juicier option.
- Swap in your favorite nuts or seeds.

SERVINGS: 4

TIME:
20 MINUTES

Nutrition Facts

4 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 19g	7%
Dietary Fiber 3g	11%
Total Sugars 12g	
Includes 1g Added Sugars	2%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 32mg	2%
Iron 2mg	6%
Potassium 371mg	8%

* The % Daily Value (DV) 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.

RECIPE SOURCE: FOOD HERO

SNACKS & SIDES

\$3.03 PER RECIPE

\$0.76 PER SERVING



- Try adding dairy! Pair your meal with a cup of fat-free or low-fat milk. Milk is a great source of calcium, protein, and other essential nutrients. Don't drink milk? Try unsweetened soy milk as it provides similar nutrients to milk and tastes great.
- Double or even triple this recipe to feed a crowd. Refrigerate the leftovers and have them for lunch or dinner the next day.

SERVINGS: 8

TIME:
20 MINUTES

FRUIT AND NUT SLAW

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 and green cabbage for a more colorful feast for the eyes.
- Try slicing up some broccoli stems to replace some of the cabbage.

Nutrition Facts

8 servings per container

Serving size **1 cup**

Amount per serving

Calories 110

% Daily Value*

Total Fat 3.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 240mg **10%**

Total Carbohydrate 20g **7%**

Dietary Fiber 3g **11%**

Total Sugars 15g

Includes 3g Added Sugars **6%**

Protein 2g

Vitamin D 0mcg **0%**

Calcium 34mg **2%**

Iron 1mg **6%**

Potassium 254mg **6%**

*The % Daily Value (DV) 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.

RECIPE SOURCE: FOOD HERO



SNACKS & SIDES

\$6.02 PER RECIPE

\$0.75 PER SERVING

www.FOODHERO.ORG



- You can buy fruits and vegetables that are fresh, frozen, canned, or dried. Buying fruits and vegetables in a variety of ways can add convenience and give you more textures and flavors to enjoy. They all have beneficial vitamins, minerals, and fiber.
- Fall is a perfect time to celebrate the season with this recipe. Cabbage, carrots, and apples are plentiful and store well in the fridge. This dish makes enough to share at a potluck and is delicious the next day when the flavors have blended.

COUSCOUS SALAD

SERVINGS: 5

TIME:
15 MINUTES

INGREDIENTS:

¾ cup dry couscous
½ cup dried cranberries
1 cup boiling water
½ cup low-fat Italian salad dressing
1 cucumber, peeled, seeded, and diced (about 1 cup)
2 green onions, sliced
¾ cup frozen peas, thawed
¼ cup toasted pecans, chopped

MATERIALS:

Cutting board
Knife
Large bowl
Measuring cups and spoons
Baking sheet

DIRECTIONS:

1. Place the couscous and cranberries in a large bowl.
2. Pour boiling water over the mixture; cover and let stand until just warm. Fluff with a fork to separate.
3. Add dressing and mix lightly.
4. Wash and prepare vegetables and chop nuts.
5. Add to salad and toss lightly to distribute.
6. Refrigerate leftovers within 2 hours.

NOTES:

- To toast nuts, spread on a baking sheet or pan and heat in a 350°F oven or toaster oven for about 10 minutes, depending on the size of the nuts. Watch closely to avoid scorching.
- You may prepare the couscous ahead and refrigerate for up to a day after adding the dressing; then near serving time, toss with vegetables and nuts.
- Try using the salad dressing from page 46 of this cookbook instead of store-bought dressing.

Nutrition Facts

5 servings per container	
Serving size	1 cup
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 0.5g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 35g	13%
Dietary Fiber 4g	11%
Total Sugars 11g	
Includes 5g Added Sugars	10%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1mg	6%
Potassium 176mg	4%

* The % Daily Value (DV) 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.

RECIPE SOURCE: FOOD HERO



SNACKS & SIDES

\$6.31 PER RECIPE

\$1.26 PER SERVING

WWW.FOODHERO.ORG



- Couscous is tiny pasta shaped from wheat flour or sometimes other grains. It can be found in the pasta aisle. Try whole grain couscous for added fiber, protein, and B vitamins.
- The combination of whole grains, peas, and nuts in this recipe provides a good source of plant-based protein in a satisfying dish.

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

6 servings per container	
Serving size	2 cups
Amount per serving	
Calories	198
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.4g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 121mg	5%
Total Carbohydrate 36g	13%
Dietary Fiber 5.2g	19%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 67mg	5%
Iron 1.4mg	8%
Potassium 722mg	15%

* The % Daily Value (DV) 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.

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



SNACKS & SIDES

\$6.21 PER RECIPE

\$1.04 PER SERVING

www.FOODHERO.ORG



- Savor the flavor of seasonal vegetables. Buy vegetables that are in season for better flavor at a lower cost. Check your local supermarket specials for the best in season buys.
- Spice it up! Roast any vegetable with your favorite herbs or spices to make a tasty and nutritious side dish. Try sweet potatoes sprinkled with chili powder, salt, and pepper. You can also try broccoli with sliced lemon and pepper.

SALSA SALAD

SERVINGS: 15

TIME:
20 MINUTES

INGREDIENTS:

2 cans (15 ounces each) black beans
1 can (15 ounces) corn
1 bunch cilantro
1 bunch green onions (5 green onions)
3 medium tomatoes
1 avocado (optional)
1 Tablespoon vegetable oil
2 Tablespoons vinegar
½ teaspoon each salt and pepper

MATERIALS:

Cutting board
Knife
Large bowl
Small bowl
Measuring spoons

DIRECTIONS:

1. Drain and rinse the black beans and corn.
2. Finely chop the cilantro and green onions.
3. Dice the tomatoes and avocado.
4. Combine all ingredients in a large bowl.
5. Mix oil, vinegar, salt, and pepper together in a small bowl.
6. Pour oil mixture over salad ingredients and toss lightly.
7. Refrigerate leftovers within 2 hours.

NOTES:

- Try lime juice instead of the vinegar. Extra lime juice can be frozen to use later.
- Try cooking your own dry beans! You can make this recipe with black-eyed peas instead of black beans. One can (15 ounces) equals about 1½ to 1¾ cups drained beans.
- Try adding other vegetables such as sweet or hot peppers or zucchini.

Nutrition Facts

15 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 14g	5%
Dietary Fiber 5g	18%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 1mg	6%
Potassium 291mg	6%

* The % Daily Value (DV) 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.

RECIPE SOURCE: FOOD HERO



SNACKS & SIDES

\$7.47 PER RECIPE

\$0.50 PER SERVING



- Consider stocking up on canned beans when they are on sale. They can be used in salads, soups, and casseroles.
- Serve over rice or your favorite grain to make it a meal or serve as a snack with tortilla chips.

SNACKS & SIDES

\$0.26 PER RECIPE

\$0.13 PER SERVING

www.FOODHERO.org

BAKED TORTILLA CHIPS

SERVINGS: 2 | TIME: 15 MINUTES

INGREDIENTS:

2 corn tortillas (6 to 8 inches)
¼ teaspoon vegetable oil or
cooking spray (optional)
⅛ teaspoon salt (optional)
⅛ 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 internal oven temperature, watch closely to avoid burning.

Nutrition Facts

2 servings per container

Serving size 8 chips

Amount per serving

Calories 70

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 150mg 7%

Total Carbohydrate 14g 5%

Dietary Fiber 2g 7%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 0mg 0%

* The % Daily Value (DV) 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.

RECIPE SOURCE: FOOD HERO

10tips
TIP

- Heart healthy! Baked tortilla chips have less fat and salt than most store-bought tortilla chips. They are strong enough to pick up thick homemade salsa or your favorite bean dip.



SNACKS & SIDES
\$1.75 PER RECIPE
\$0.11 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 non-fat 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	
16 servings per container	
Serving size 2 Tablespoons	
Amount per serving	
Calories	30
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 0mg	0%
Potassium 19mg	0%

* The % Daily Value (DV) 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.

RECIPE SOURCE: FOOD HERO



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

SNACKS & SIDES

\$4.93 PER RECIPE

\$0.31 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:

- For extra flavor, add cayenne pepper or diced jalapeno peppers.
- Try swapping out peaches for mangoes, pineapple, or another favorite fruit.

Nutrition Facts

16 servings per container

Serving size 2 tablespoons

Amount per serving

Calories 12

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 38mg 2%

Total Carbohydrate 3.1g 1%

Dietary Fiber 0.5g 2%

Total Sugars 2.3g

Includes 0g Added Sugars 0%

Protein 0.3g

Vitamin D 0mcg 0%

Calcium 4.1mg 0%

Iron 0.1mg 1%

Potassium 60mg 1%

* The % Daily Value (DV) 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.

RECIPE SOURCE: FOOD HERO

10tips
TIP

- Buy fruits that are dried, frozen, canned (in water or 100% juice), or fresh, so that you always have a supply on hand.
- Depending on the season, fresh fruit may have to travel far to reach our stores, adding to the cost. Store brand frozen fruit is convenient and ripe, so consider stocking up.



SNACKS & SIDES

\$0.60 PER RECIPE

\$0.10 PER SERVING

PEANUT BUTTER YOGURT DIP

SERVINGS: 6 | TIME: 5 MINUTES

INGREDIENTS:

- ½ cup non-fat 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

6 servings per container

Serving size 2 tablespoons

Amount per serving

Calories 79

% Daily Value*

Total Fat 5.9g **8%**

Saturated Fat 1.1g **5%**

Trans Fat 0g

Cholesterol 1.1mg **0%**

Sodium 53mg **2%**

Total Carbohydrate 4g **2%**

Dietary Fiber 1.1g **4%**

Total Sugars 1.9g

Includes 0g Added Sugars **0%**

Protein 3.8g

Vitamin D 0mcg **0%**

Calcium 44mg **3%**

Iron 0.2mg **1%**

Potassium 118mg **3%**

* The % Daily Value (DV) 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.

RECIPE SOURCE: FOOD HERO



- 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 soynut butter.

SNACKS & SIDES

\$0.24 PER RECIPE

\$0.12 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

2 servings per container

Serving size 2 tablespoons

Amount per serving

Calories 183

% Daily Value*

Total Fat 20g **26%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 51mg **2%**

Total Carbohydrate 0.6g **0%**

Dietary Fiber 0.1g **0%**

Total Sugars 0.5g

Includes 0g Added Sugars **0%**

Protein 0.1g

Vitamin D 0mcg **0%**

Calcium 1.7mg **0%**

Iron 0.1mg **0%**

Potassium 5.8mg **0%**

*The % Daily Value (DV) 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.

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

- Brighten your salad by using colorful vegetables. Try diced red bell peppers, sliced 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



Maine SNAP-Ed offers nutrition and cooking classes and supports projects that address food and physical activity needs in the community. Trained Nutrition Educators reach Mainers in all 16 counties. Nutrition Educators are integrated into the communities they serve and work where Mainers eat, live, learn, play, shop, and work.

The **10 Tips for Adults** curriculum was designed by Maine SNAP-Ed based on the USDA 10 Tips Nutrition Education Series handouts. The recipes from this cookbook are featured in the curriculum.



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:

Visit: www.mainesnap-ed.org

Call: 207.221.4560

Email: mainesnap-ed@une.edu



In accordance with federal civil rights laws and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex (including gender identity and sexual orientation), religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Programs that receive federal financial assistance from the U.S. Department of Health and Human Services (HHS), such as Temporary Assistance for Needy Families (TANF), and programs HHS directly operates are also prohibited from discrimination under federal civil rights laws and HHS regulations.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the agency (state or local) where they applied for benefits. Individuals who are deaf, hard of hearing or who have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

CIVIL RIGHTS COMPLAINTS INVOLVING USDA PROGRAMS

USDA provides federal financial assistance for many food security and hunger reduction programs such as the Supplemental Nutrition Assistance Program (SNAP), the Food Distribution Program on Indian Reservations (FDPIR) and others. To file a program complaint of discrimination, complete the Program Discrimination Complaint Form, (AD-3027) (found online at: How to File a Complaint, and at any USDA office) or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

1. mail: Food and Nutrition Service, USDA
1320 Braddock Place, Room 334, Alexandria, VA 22314; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. phone: (833) 620-1071; or
4. email: FNCSIVILRIGHTSCOMPLAINTS@usda.gov.

For any other information regarding SNAP issues, persons should either contact the USDA SNAP hotline number at (800) 221-5689, which is also in Spanish, or call the state information/hotline numbers (click the link for a listing of hotline numbers by state); found online at: SNAP hotline.

This institution is an equal opportunity provider. Maine SNAP-Ed is funded by the USDA's Supplemental Nutrition Assistance Program, or SNAP, which is administered by the Maine Department of Health and Human Services (DHHS) and implemented statewide by the University of New England (UNE) through contracts with local community coalitions. Maine SNAP-Ed educates families experiencing low-income on low-cost healthy eating and active lifestyles. Contact mainesnap-ed@une.edu or 207-221-4560 for more information.

This cookbook was revised and reprinted in 2022.