

MAKE HALF OF YOUR PLATE  
FRUITS AND VEGGIES

- AND -

HALF OF YOUR GRAINS WHOLE  
GRAINS

USING FDPIR FOODS





# Table of Contents

- 1. Morning Glory Muffins**
- 2. Blueberry Banana Baked Oatmeal**
- 3. Apricot Pecan Bars**
- 4. Breakfast Cookies**
- 5. Carrot Cake Waffles**
- 6. Pear and Ginger Applesauce**
- 7. Southwestern Spaghetti Squash**
- 8. Pumpkin Spice Energy Bites**
- 9. Blueberry Lemon Cornmeal Pancakes**
- 10. Whole Grain Breakfast Porridge**
- 11. Fig and Walnut Energy Bars**
- 12. Cheese and Vegetable Frittata**
- 13. Nutty Whole Grain Banana Bread**
- 14. Fruit and Veggie Smoothie**
- 15. Three Bean Salad**
- 16. Black Bean and Corn Salad**
- 17. Brussels Sprouts with Apples and Onions**
- 18. Wild Rice Salad with Cranberries and Pecans**
- 19. Super Fruit Salad**
- 20. Watermelon Salsa**
- 21. Broccoli, Raisin, and Pasta Salad**
- 22. Fruit and Veggie Leather**
- 23. BBQ Chicken Salad**
- 24. Mini Vegetable Enchilada Stacks**
- 25. Corn and Tomato Fettuccine**
- 26. Baked Salmon with Potatoes and Green Beans**
- 27. Summer Lasagna**
- 28. Thai Peanut Chicken with Sweet Potato Noodles**
- 29. Bison Stuffed Peppers**







# ***Morning Glory Muffins***

## **INGREDIENTS:**

1/2 Cup raisins  
2 Cups whole wheat flour  
3/4 Cup brown sugar, packed  
2 teaspoons baking soda  
1 Tablespoon cinnamon  
1/2 teaspoon ginger  
1/2 teaspoon salt  
2 Cups peeled and grated carrots  
1 large tart apple, peeled, cored, and grated  
1/2 Cup shredded coconut  
1/2 Cup chopped walnuts  
1/3 Cup sunflower seeds  
3 large eggs  
2/3 Cup vegetable oil  
2 teaspoons vanilla extract  
1/4 Cup orange juice

## **DIRECTIONS:**

Preheat the oven to 375°F and lightly grease a 12-cup muffin tin.

In a small bowl, cover the raisins with hot water and set them aside to soak. In a large bowl, whisk together the flour, sugar, baking soda, spices, and salt. Stir in the carrots, apple, coconut, nuts, and sunflower seeds.

In a separate bowl, beat together the eggs, oil, vanilla, and orange juice. Add to the flour mixture, and stir until evenly moistened. Drain the raisins and stir them in.

Divide the batter among the wells of the prepared pan. Bake the muffins for 25 to 28 minutes, until they're domed and a cake tester inserted in the center of one of the inner muffins comes out clean.

Remove from the oven, let cool for 5 minutes in their pan on a rack, then turn out

---

### **Nutrition Facts**

Fat 18.5 - Saturated fat 4g - Cholesterol 47mg - Sodium 343mg - Carbohydrate 39.3g - Fiber 2.7g  
Sugar 19.1g - Protein 5.8g - Vitamin D 4mcg - Calcium 37mg - Iron 2mg - Potassium 240mg





# ***Blueberry Banana Baked Oatmeal***

## INGREDIENTS:

1.5 Cups mashed bananas (about 3 bananas)  
2 large eggs  
1/4 Cup white sugar  
3/4 teaspoon vanilla extract  
1/2 teaspoon salt  
3/4 teaspoon baking powder  
2 Cups milk  
2.5 Cups old fashioned oats  
8 ounces frozen blueberries

## DIRECTIONS:

Preheat oven to 375F. Mash the bananas in a measuring cup, starting with two or three and adding more until you have 1.5 cups of banana mash.

Combine the banana mash in the large bowl with the eggs, sugar, vanilla, salt, and baking powder. Whisk to combine. Add the milk and whisk again until smooth.

Stir in the dry old-fashioned oats. Lastly, stir in the frozen blueberries (keeping them frozen and stirring them in last helps prevent the entire mix from turning purple).

Spray an 8×8 inch baking dish with non-stick spray and then pour in the oat mixture.

Bake in the preheated 375 degree oven and bake for about 45 minutes.

---

## Nutrition Facts

Fat 4.8g - Saturated fat 1.8g - Cholesterol 69mg - Sodium 257mg - Carbohydrates 38.1g Fiber 3.6g - Sugar 21g - Protein 7.6g - Vitamin D 6mcg - Calcium 135mg - Iron 2mg Potassium 297mg



# *Apricot Pecan Bars*

## INGREDIENTS

3 Cups quick cooking oats  
1/2 Cup pecans, chopped  
3 Cups unsweetened grain cereal (cheerios or shredded wheat)  
2 Cups dried apricots, chopped  
1/4 Cup whole-wheat flour  
12 oz. silken tofu, drained  
1 large egg  
1/2 Cup applesauce  
1/2 Cup canola oil  
3/4 Cup honey  
1/2 teaspoon salt  
1 Tablespoon lemon zest, freshly grated  
1 Tablespoon vanilla extract  
Canola oil cooking spray

## DIRECTIONS

Preheat oven to 350F.

Spread oats and pecans on large (15x10 inch) baking dish. Bake until lightly brown and fragrant, 8 to 10 minutes.

Transfer to large mixing bowl and add cereal, apricots and flour; stir to combine.

Puree tofu, egg, applesauce, oil, honey, vanilla and lemon zest in a blender until smooth. Make a well in the center of the oat mixture and fold in the tofu mixture until combined. Coat 9x13 baking dish with cooking spray and spread the mixture uniformly in the dish.

Bake until firm in the center and golden brown, approximately 35 to 40 minutes. Let cool completely in the dish before cutting into bars with a sharp knife.

---

## Nutrition Facts

Calories 311 - Fat 13.9g - Cholesterol 16mg - Sodium 150mg - Carbohydrate 43g - Fiber 3.8g  
Sugar 23.3g - Protein 6.7g - Vitamin D 2mcg - Calcium 51mg - Iron 3mg - Potassium 211mg



# *Breakfast Cookies*

## INGREDIENTS:

1 Cup walnuts  
1 ½ Cups old-fashioned rolled oats (not instant)  
⅓ Cup whole wheat flour  
½ Cup ground flax meal  
1 teaspoon baking soda  
½ teaspoon salt  
1 teaspoon ground cinnamon  
½ Cup almond butter  
¼ Cup canola oil  
¼ Cup honey  
⅓ Cup brown sugar  
1 egg  
1 teaspoon vanilla extract  
½ Cup dried cherries  
1 Cup semi-sweet chocolate chips

## DIRECTIONS:

Preheat oven to 350°F. Combine the almond butter, canola oil, honey, brown sugar, egg, and vanilla extract in the food processor and process a few seconds to blend the ingredients well.

Transfer the almond butter mixture to a large bowl and fold in the dried cherries and chocolate chips. Mix the walnut-oatmeal mixture into the almond butter mixture.

Scoop up heaping teaspoons of dough, and form into balls; lay the dough balls onto the prepared baking sheets, about 2 inches apart.

Bake in the preheated oven until lightly browned, 8 to 10 minutes. Remove from oven and flatten the cookies with a spatula. Allow to cool for about 5 minutes on the baking sheets before removing to finish cooling on wire racks.

---

## Nutrition Facts

Calories 235 - Fat 14.1g - Saturated fat 1.7g - Cholesterol 12mg - Sodium 181mg  
Carbohydrates 23.8g - Fiber 4.9g - Sugar 11.8g - Protein 6.3g - Vitamin D 1mcg - Calcium 28mg Iron  
2mg - Potassium 107mg



# *Carrot Cake Waffles*

## INGREDIENTS

3 large eggs  
2/3 Cup apple juice  
1/3 Cup avocado oil or organic canola oil  
3 Tablespoons dark pure maple syrup, plus more for serving  
1 Cup peeled and shredded carrots, about 2 medium  
1-8 ounce can crushed pineapple, drained well  
3 Tablespoons raisins  
3 Tablespoons chopped toasted walnuts  
1 1/4 Cups white whole-wheat flour  
3/4 Cup all-purpose flour  
2 teaspoons baking powder  
1 1/2 teaspoon cinnamon  
3/4 teaspoon salt  
1/2 teaspoon nutmeg  
whipped cream cheese, optional

## DIRECTIONS

Preheat waffle iron.

Meanwhile, beat eggs, juice, oil, 3 Tablespoons maple syrup in a large bowl. Stir in carrot, pineapple, raisins and walnuts.

Whisk whole-wheat flour, all-purpose flour, baking powder, cinnamon, salt and nutmeg in a medium bowl.

Stir flour mixture into the egg mixture with a spatula.

Cook batter according to waffle maker's instructions. Serve topped with whipped cream cheese and additional maple syrup if desired.

---

### Nutrition Facts

Calories 359 - Fat 15g - Saturated fat 2.1g - Cholesterol 82mg - Sodium 339mg  
Carbohydrate 50.6g - Fiber 4.2g - Sugar 17g - Protein 8.2g - Vitamin D 8mcg  
Calcium 109mg - Iron 2mg - Potassium 489mg





# *Pear and Ginger Applesauce*

## INGREDIENTS:

5 medium-sized apples peeled, cored, quartered, and sliced  
5 medium-sized pears cored, quartered, and sliced  
3 Tablespoons sugar  
 $\frac{1}{2}$  teaspoon ground cinnamon  
1  $\frac{1}{2}$  teaspoons finely grated fresh ginger  
 $\frac{1}{4}$  Cup water or apple juice

## DIRECTIONS:

Place the apple and pear pieces in a large bowl and stir in sugar, ground cinnamon and grated ginger.

Pour water or apple juice into the bottom of a large crockpot and add the apple mixture.

Cover, turn the crockpot setting to Low, and cook for about 8 hours (or on High for 5 hours), stirring occasionally and breaking up the apple and pear slices with a wooden spoon as they soften.

Serve warm or room temperature.

---

### Nutrition Facts

Calories 212 - Fat 0.5g - Sodium 3mg - Carbohydrates 55.9g - Fiber 8.3g - Sugar 40.5g  
Protein 1.2g - Calcium 28mg - Iron 1mg - Potassium 366mg



# *Southwestern Spaghetti Squash*

## INGREDIENTS:

1 Spaghetti Squash  
1 Cup of Corn  
2 Cups of Black beans  
½ Cup of diced tomatoes  
½ Cup Cheddar Cheese  
Lime Juice  
Cilantro  
Southwest Seasoning

## DIRECTIONS:

Wash spaghetti squash and prepare a baking dish by putting a ½ inch of water in the bottom. Poke the squash on each side with a sharp knife, and place squash in baking dish.

Bake on 350 F for 45-60 minutes. The squash is finished baking when you can easily penetrate the skin with a knife.

While the squash is cooking add the peppers, beans, corn, diced tomatoes, and seasoning in a skillet until vegetables are tender.

Take the squash out of the oven and allow it to cool until you are easily able to handle it without risk of burning your hands. Cut the squash down the middle, remove the seeds and discard. Scoop the meat of the squash into a medium sized bowl.

Mix the contents of the skillet with the spaghetti squash until incorporated. Add the mixture back into the shell of the squash and sprinkle with cheese.

Place the squash back in the oven for 30 minutes. Remove from oven and garnish with lime juice and cilantro.

---

### Nutrition Facts

Calories 276 - Fat 7.6g - Saturated fat 4.1g - Cholesterol 20mg - Sodium 133mg - Carbohydrate 35.7g  
Fiber 12.4g - Sugar 3.2g - Protein 11.3g - Vitamin D 2mcg - Calcium 153mg - Iron 3mg  
Potassium 408mg





# ***Pumpkin Spice Energy Bites***

## INGREDIENTS:

3/4 Cup old fashioned oats  
2 Tablespoons hemp seeds  
2 Tablespoons chia seeds  
2 Tablespoons flax seeds  
1/2 Cup chopped walnuts  
1/4 Cup pumpkin seeds  
2 teaspoons pumpkin pie spice  
1/3 Cup dried cranberries or raisins  
1 Cup canned pumpkin  
10 small dates, pitted  
1/3 Cup creamy peanut butter  
1 teaspoon vanilla  
1/3 Cup pumpkin seeds for topping

## DIRECTIONS:

Place oats, hemp, chia, flax, walnuts, 1/4 Cup pumpkin seeds, pumpkin pie spice and dried raisins in container of food processor. Process a few seconds, just until ingredients are finely ground.

Add pumpkin, dates, peanut butter and vanilla and process for a few minutes until smooth, pausing to scrape down sides as needed. Texture should be smooth, finely ground and sticky.

Pour mixture into bowl, cover and chill for about 1 hour.

Remove from refrigerator and form into small balls (makes 28 balls) with hands.

Place 1/3 Cup pumpkin seeds in small dish and roll each ball in pumpkin seeds to coat.

Store in refrigerator in airtight container.

---

## Nutrition Facts

Calories 90 - Fat 5g - Saturated fat 0.5g - Cholesterol 0mg - Sodium 10mg - Carbohydrate 10g  
Fiber 2g - Sugar 6g - Protein 3g - Vitamin D 0mcg - Calcium 15mg - Iron 1mg - Potassium 84mg



# *Blueberry Lemon Cornmeal Pancakes*

## INGREDIENTS:

1½ Cups flour  
2 teaspoons baking powder  
1 teaspoon baking soda  
pinch salt  
⅔ Cup yellow cornmeal  
4 Tablespoons sugar  
4 Tablespoons lemon juice  
1¾ Cups milk  
2 egg yolks  
¼ Cup melted butter  
2 Tablespoons lemon zest, finely chopped  
2 teaspoons vanilla extract  
2 egg whites  
2 Cups blueberries, fresh or frozen

## DIRECTIONS:

Sift together the flour, baking powder, baking soda, salt, cornmeal and sugar.  
Set aside.

Mix together the milk and lemon juice and add to the dry ingredients along with the egg yolks, lemon zest, vanilla extract and melted butter.

Stir together slightly with a wooden spoon, only enough to just form a batter.

Beat 2 egg whites until soft peaks form and fold gently into the batter.

Pour batter by ¼ Cup measures into a preheated oiled griddle pan on medium heat or 375F on an electric griddle pan. Sprinkle each pancake with blueberries.

When bubbles start to break the surface of the pancake, it is time to flip them. Cook for about another 2 minutes until golden brown.

---

### Nutrition Facts

Calories 257 - Fat 8.2g - Saturated fat 4.5g - Cholesterol 59mg - Sodium 245mg

Carbohydrate 40.5g - Fiber 2.3g - Sugar 12.8g - Protein 6.8g - Vitamin D 36mcg - Calcium 130 mg

Iron 2mg - Potassium 314mg





# ***Whole-Grain Breakfast Porridge***

## INGREDIENTS

1/2 Cup red or wild rice  
1/2 Cup steel-cut oats  
1/4 Cup pearl barley or farro  
1/2 Cup farina or wheat cereal  
1 2-inch piece orange peel  
1 cinnamon stick  
1 to 2 Tablespoons packed dark or light brown sugar  
1/4 teaspoon salt  
1/4 Cup dried fruit (cranberries, cherries, raisins and/or chopped apricots)  
Chopped nuts, maple syrup and/or milk, for serving

## DIRECTIONS

Up to 12 hours before serving, put the rice, oats, barley and farina in a 6-to-10-Cup rice cooker.

Stir in the orange peel, cinnamon stick, sugar, salt and 5 cups water.  
Add the dried fruit.


Close the cooker, set the timer and program for the porridge cycle so that breakfast is ready at the desired time. (If you don't have a porridge setting on your rice cooker, program for 50 to 55 minutes)

Serve the warm porridge with nuts, syrup and/or milk, if desired.

---

### Nutrition Facts

Calories 182- Fat 0.9g -Saturated fat 0.1g - Cholesterol 0mg - Sodium 247mg  
Carbohydrates 39.2g - Fiber 4.2g - Sugar 2.8g - Protein 5.4g - Calcium 13mg - Iron 1mg  
Potassium 146mg



# ***Fig and Walnut Energy Bars***

## INGREDIENTS

Nonstick cooking spray  
1 Cup quick-cooking oats  
1 Cup bran cereal  
1/4 Cup whole-wheat flour  
1 Cup walnut pieces  
1 1/2 Cups coarsely chopped stemmed dried figs  
1/2 Cup nonfat dry milk  
1/2 teaspoon ground cinnamon  
1/4 teaspoon ground ginger  
1/4 Cup honey  
2 large eggs

## DIRECTIONS

Preheat the oven to 350 F. Coat a 9-by-13-inch baking pan with cooking spray.

Place the oats, cereal, flour, walnuts, figs, dry milk, cinnamon and ginger in a food processor; coarsely chop.

Add the honey and eggs; pulse until well combined.

Transfer the mixture to the pan; spread evenly with your fingers. Bake until lightly browned around the edges, about 20 minutes.

Cool in the pan for 15 minutes, then cut into 16 bars. Store in an airtight container at room temperature for up to 3 days, or wrap individually and freeze for up to 3 months.

---

## Nutrition Facts

Calories 272- Fat 9.4g -Saturated fat 0.9g - Cholesterol 34mg - Sodium 65mg Carbohydrates 43.4g - Fiber 7.1g - Sugar 25.9g - Protein 9.7g - Vitamin D 23mcg Calcium 164mg - Iron 3mg - Potassium 506mg





# ***Cheese and Vegetable Frittata***

## INGREDIENTS

6 large eggs  
2 Tablespoon whole-wheat flour  
1 teaspoon baking powder  
1/4 teaspoon black pepper  
1 medium onion, cut into 1/2 inch pieces  
1 Cup fresh or frozen spinach, cut into 1/2-inch pieces  
1 Cup red and/or green bell pepper, cut into 1/2-inch pieces  
1 Cup fresh or canned mushrooms  
1 clove garlic, finely chopped  
2 Tablespoon fresh basil leaves, finely chopped  
1/3 Cup part-skim mozzarella cheese, shredded  
Cooking spray

## DIRECTIONS

Preheat oven to broil setting. In a large bowl, whisk eggs together until foamy, stir in the whole wheat flour, black pepper, and baking powder.

Using a heavy skillet with an oven-proof handle, coat the skillet with cooking spray and heat on medium.

Add the onion and cook until it starts to get soft, then add the spinach, bell pepper and mushrooms and cook for 2-3 minutes more. Add the garlic and basil and cook for 1 minute. Stir to avoid burning.

Add the egg mixture into the pan and stir to mix the vegetables with the eggs. Cook for 5-6 minutes or until the egg mixture has set on the bottom and begins to set on top.

Add the shredded cheese and using the back of the spoon, push lightly under the eggs, so it won't burn in the oven. Place pan into the oven and broil for 3-4 minutes until golden and fluffy. Remove from pan, cut into 6 servings and serve.

---

### Nutrition Facts

Calories 84 - Fat 4.5g -Saturated fat 1.8g - Cholesterol 127mg - Sodium 95mg - Carbohydrates 4.7g  
Fiber 0.8g - Sugar 1.4g - Protein 6.8g - Vitamin D 43mcg - Calcium 111mg - Iron 1mg  
Potassium 209mg

# *Nutty Whole Grain Banana Bread*

## INGREDIENTS

3 ripe medium bananas, peeled, mashed  
½ Cup milk  
¼ Cup vegetable oil  
2 Tablespoon chia seeds  
1 teaspoon vanilla  
¼ Cup brown sugar  
1 1/4 Cups whole wheat flour  
1 teaspoon baking soda  
½ teaspoon baking powder  
½ teaspoon cinnamon  
Pinch salt (optional)  
2 Tablespoons sunflower seeds  
2 Tablespoons coconut, unsweetened, shredded  
2 Tablespoons sliced almonds  
3 Tablespoons pistachio nuts  
3 Tablespoons chopped walnuts

## DIRECTIONS

Preheat oven to 350 F.

In a mixing bowl, whip together bananas, milk, vegetable oil, chia seeds, vanilla, and sugar for two minutes. For best results, use an electric mixer.

Stir in remaining ingredients, mixing only until well combined.

Spray a loaf pan with nonstick cooking spray. Pour batter into the loaf pan and bake for about 65 minutes, until fork inserted in center comes out clean.

Remove, cool slightly before slicing.

---

" ±°@¥¥ª /šœ

/š° £ °š±@š°jŸš° £ °«»j°-°j®° ©£ ° «ŸŸ©° ©£ °š® «µŸš°j £  
Fiber 2.9g - Total Sugars 9.7g - Protein 3.2g - Calcium 54mg - Iron 1mg - Potassium 256mg





# ***Fruit and Veggie Smoothie***

## INGREDIENTS:

1/2 Cup unsweetened/plain Greek yogurt  
1 Cup spinach leaves  
1/2 Cup blueberries  
1/2 Cup raspberries  
1 whole banana  
1 whole carrot, chopped into large pieces  
1/2 teaspoon chia seeds  
1/4 Cup water or juice

## DIRECTIONS:

Place all ingredients in a blender and blend until fully mixed. Add more juice or water as needed.

Serve immediately or cover and refrigerate.

---

### Nutrition Facts

Calories 285 - Fat 3.3g - Saturated fat 0.4g - Cholesterol 0mg - Sodium 101mg  
Carbohydrate 57.9g - Fiber 13.4g - Sugar 30.5g - Protein 12.6g - Vitamin D 0mcg  
Calcium 118mg - Iron 3mg - Potassium 963mg



# ***Three Bean Salad***

## INGREDIENTS

1 3/4 Cups cooked green beans  
1 3/4 Cups cooked kidney beans  
1 3/4 Cups cooked chick peas  
1 chopped onion  
3 Tablespoons red or white vinegar  
3 Tablespoons vegetable oil  
3 Tablespoons sugar  
1 minced garlic clove (optional)

## DIRECTIONS

Put the beans and onion in a large bowl.  
In a small bowl, combine vinegar, oil, sugar and garlic. Mix well.  
Pour the dressing over the salad and toss together.  
Cover and refrigerate.  
Serve cold.

---

### Nutrition Facts

Calories 274 - Fat 6.2g - Saturated fat 1.1g - Cholesterol 0mg - Sodium 164mg  
Carbohydrate 44.1g - Fiber 9.5 g - Sugar 6.3g - Protein 12.3g - Vitamin D 0mcg  
Calcium 63mg - Iron 4mg - Potassium 712mg





# ***Black Bean and Corn Salad***

## INGREDIENTS:

- 1-14.5oz can black beans, rinsed and drained
- 1 Cup corn
- 1 Cup chopped tomato
- 1 Cup seeded and chopped orange bell pepper
- 1/3 Cup diced red onion
- 1 medium avocado, diced
- 1 small jalapeno, seeded and minced (optional)
- 1/3 Cup chopped cilantro

## DRESSING:

- 3 Tablespoons olive oil
- 2 1/2 Tablespoons lime juice
- 1 clove garlic, minced
- 1 teaspoon honey
- 1/4 teaspoon each ground cumin and chili powder
- salt and pepper to taste

## DIRECTIONS:

Whisk together all dressing ingredients in a small bowl, season with salt and pepper. Chill until ready to use.

Add black beans, corn, tomatoes, bell pepper, red onion, avocado and jalapeno to a large bowl.

Pour dressing over and gently toss to coat. Serve immediately.

---

### Nutrition Facts

Calories 248 - Fat 17.3g - Saturated fat 2.7g - Sodium 18mg - Carbohydrate 22.7g - Fiber 6.9g  
Sugar 6.2g - Protein 5.2g - Calcium 22mg - Iron 2mg - Potassium 450mg



# ***Brussels Sprouts with Apples and Onions***

## INGREDIENTS

1 Tablespoon vegetable oil  
1 Cup diced onion  
4 Cups sliced Brussels sprouts  
2 Cups diced apple  
4 Tablespoons lemon juice  
1 teaspoon black pepper  
Salt, to taste

## DIRECTIONS

Heat oil in a large pan over medium heat.  
Add onion. Cook for 5 minutes, stirring often, until soft.  
Add Brussels sprouts and cook 5 minutes, stirring often.  
Add the apple and cook 5-10 minutes, or until apples are soft.  
Remove from heat. Add lemon juice, pepper and salt. Mix well.  
Serve hot.

---

### Nutrition Facts

Calories 114- Fat 3.3g -Saturated fat 0.7g - Sodium 22mg - Carbohydrates 21.4g  
Fiber 5.5g - Sugar 12g - Protein 3g - Calcium 32mg - Iron 1mg - Potassium 423mg



# *Wild Rice Salad With Cranberries and Pecans*

## INGREDIENTS:

1 Cup wild rice, rinsed  
1 teaspoon kosher salt  
1/2 Cup dried cranberries  
3/4 Cup pecans, toasted and coarsely chopped  
2 scallions, finely sliced  
2 Tablespoons extra-virgin olive oil  
2 Tablespoons apple cider vinegar  
3/4 teaspoon orange zest and 2 Tablespoons juice from one orange  
1 teaspoon honey  
ground black pepper

## DIRECTIONS:

Add rice, salt and 3 1/2 Cups water to a pot and bring to a boil.  
Turn heat down to low, cover and simmer until rice is done, about 50 minutes.  
Transfer rice to strainer to drain any excess water, then set aside to cool.  
Combine rice with cranberries, pecans, scallions, olive oil, vinegar, orange  
zest, orange juice, and honey.  
Season to taste with salt and pepper, then serve.

---

### Nutrition Facts

Calories 178- Fat 14.1g -Saturated fat 1.5g - Sodium 468mg - Carbohydrates 11.8g  
Fiber 2.2g - Sugar 2.9g - Protein 2.5g - Calcium 16mg - Iron 1mg - Potassium 134mg



# ***Super Fruit Salad***

## INGREDIENTS:

1-15.25 ounce can peaches, drained and diced  
3 oranges, peeled, sectioned and cut into thirds  
3 apples, cored and cubed  
2 bananas, peeled and sliced  
1 Cup low-fat yogurt, apricot or any fruit flavor  
1 Tablespoon honey  
 $\frac{1}{2}$  teaspoon ground cinnamon  
 $\frac{1}{4}$  teaspoon ground ginger

## DIRECTIONS:

In a medium bowl, combine prepared fruit.

In a small bowl, combine yogurt, honey, cinnamon, and ginger.

Pour the yogurt mixture over the fruit. Mix well.

Refrigerate until ready to serve.

Store leftovers in a sealed container in the refrigerator for up to four days

---

### Nutrition Facts

Calories 230- Fat 1.2g -Saturated fat 0.5g - Sodium 29mg - Carbohydrates 56.4g  
Fiber 7.9g - Sugar 42.1g - Protein 4.2g - Calcium 111mg - Iron 1mg  
Potassium 653mg

A background image showing several slices of watermelon with red flesh and green rinds, arranged in a circular pattern.

# *Watermelon Salsa*

## INGREDIENTS:

3 Cups diced seedless watermelon  
1 Cup diced peeled cucumber  
1/4 Cup chopped red onion  
1/4 Cup minced jalapeño pepper, seeds removed  
1/4 Cup chopped fresh cilantro  
2 Tablespoons chopped fresh mint  
2 Tablespoons honey  
1 Tablespoon freshly grated lime zest  
2 Tablespoons freshly squeezed lime juice  
1/2 teaspoon kosher salt  
Tortilla chips, for serving

## DIRECTIONS:

In a large bowl, combine the diced watermelon, diced cucumber, chopped red onion, minced jalapeño pepper, chopped fresh cilantro, and chopped fresh mint.

In a small bowl, whisk together the honey, lime zest, lime juice, and salt. Add the dressing to the large bowl and gently toss to coat the watermelon salsa.

Cover and refrigerate for at least one hour to allow the flavors to meld together. The salt will help draw out moisture from the watermelon and cucumber.

Serve immediately with tortilla chips or over grilled protein. Store in an airtight container and refrigerate for up to 2 days.

---

### Nutrition Facts

Calories 53- Fat 0.2g -Saturated fat 0.1g - Sodium 198mg - Carbohydrates 13.8g  
Fiber 0.9g - Sugar 11.2g - Protein 0.8g - Calcium 17mg - Iron 1mg - Potassium 150mg





# *Broccoli, Raisin, and Pasta Salad*

## INGREDIENTS

1 1/2 Cups pasta shells, cooked and drained  
1 Cup chopped broccoli  
1/2 Cup raisins  
1 chopped onion  
1 chopped bell pepper  
1/3 Cup low-fat mayonnaise  
1 Tablespoon vinegar  
1/2 teaspoon sugar  
Salt and black pepper, to taste

## DIRECTIONS

In a large bowl, add pasta, broccoli, raisins, onion and bell pepper.

In a small bowl, mix mayonnaise, vinegar and sugar.

Pour dressing over pasta salad in large bowl, and mix well.

Add salt and pepper to taste.

Mix well and serve.

---

### Nutrition Facts

Calories 214 - Fat 5.8g - Cholesterol 5mg - Sodium 159mg - Carbohydrate 36.6g - Fiber 2.7g

Total sugars 12.3g - Calcium 23mg - Iron 2mg - Potassium 305mg



# ***Fruit and Veggie Leather***

## INGREDIENTS

1¼ Cups peaches or fruit of choice  
1¼ Cups mango or fruit of choice  
½ Cup boiled carrot or veggie of choice  
1-2 Tablespoons maple syrup  
1 Tablespoon vanilla extract  
1 Tablespoon cinnamon  
½ lemon, juiced

## DIRECTIONS

Preheat the oven to 170 F. Line sheet pan with parchment paper.

In a food processor, blend together all ingredients until smooth.

In a saucepan on medium-low heat, add fruit and veggie mixture. Cook for 10 minutes to reduce slightly, stirring occasionally.

Pour onto the prepared sheet pan. Spread as thinly and evenly as possible into a rectangle with a spatula.

Bake for 4-5 hours or until the fruit is no longer sticky when you touch it.

Let cool completely and then cut into strips. Roll up the strips.

Store in an enclosed container.

---

### Nutrition Facts

Calories 80 - Fat 0.4g - Saturated fat 0.1g - Cholesterol 0mg - Sodium 11mg  
Carbohydrates 17.9g - Fiber 2.1g - Sugar 15.7g - Protein 1.1g - Vitamin D 0mcg  
Calcium 16mg - Iron 0mg - Potassium 245mg



# ***BBQ Chicken Salad***

## INGREDIENTS

3 boneless, skinless chicken breasts  
1 1/2 Cups barbecue sauce

For salad:

3 hearts of Romaine lettuce, rinsed and chopped  
1-15oz can black beans, rinsed and drained  
1-10oz bag of frozen corn, cooked  
1 Cup sliced cherry tomatoes  
1 Cup shredded Colby Jack cheese  
1/4 Cup chopped red onion  
1/2 Cup chopped cilantro  
1/2 Cup chopped yellow or orange pepper  
Tortilla strips  
Salad dressing of choice

## DIRECTIONS

Boil chicken until cooked. Carefully remove chicken and shred with two forks.

Pour barbecue sauce over chicken and toss to coat.

Place chopped lettuce in a large salad bowl. Top with barbecue chicken, beans, corn, tomato, cheese, onion, and cilantro.

Top salad with tortilla strips and dressing on choice.

---

### Nutrition Facts

Calories 411 - Fat 9.2g - Sodium 163mg - Carbohydrates 58.2g - Fiber 13.4g - Sugar 4.6g  
Protein 26.5g - Calcium 32.6mg - Iron 5mg - Potassium 403mg





# *Mini Vegetable Enchilada Stacks*

## INGREDIENTS:

2 Tablespoons extra virgin olive oil  
1 green bell pepper, seeded and chopped  
1 red bell pepper, seeded and chopped  
1 small red onion, chopped  
3-4 teaspoons chili powder blend  
salt  
1 Cup frozen sweet corn kernels  
1 Cup canned black beans, drained and rinsed  
15 street taco-sized corn tortillas  
1-1/2 Cups red enchilada sauce  
8oz shredded Mexican cheese blend  
Optional toppings: cilantro, avocado or guacamole, salsa

## DIRECTIONS:

Preheat oven to 400 F then spray a 9x13" casserole dish with nonstick spray and set aside.

Heat olive oil in a large, 12" skillet over medium-high heat.

Add bell peppers and onions, season with chili powder blend and salt, and saute until peppers are crisp tender, 8-10 minutes.

Add corn then saute 1-2 minutes.

Stir in black beans then set mixture aside to cool slightly.

Place 5 tortillas in the bottom of the prepared baking dish then top each with a big spoonful of the vegetable mixture. Add 2-3 spoonfuls of sauce then a sprinkling of cheese, and then top with another tortilla. Repeat vegetable, sauce, and cheese layers then top stacks with 1 more tortilla and cover with sauce and cheese.

Cover baking dish with nonstick sprayed foil then bake for 25-30 minutes or until cheese has melted.

Serve with toppings and warmed enchilada sauce if desired.

---

### Nutrition Facts

Calories 121- Fat 11.5g -Saturated fat 5.3g - Cholesterol 20mg - Sodium 457mg  
Carbohydrates 18.4g - Fiber 3.5g - Sugar 2.3g - Protein 7.6g - Calcium 193mg - Iron 1mg  
Potassium 163mg



# ***Corn and Tomato Fettuccine***

## INGREDIENTS:

8 ounces uncooked whole wheat fettuccine  
2 medium ears sweet corn, husked  
2 teaspoons plus 2 tablespoons olive oil, divided  
1/2 Cup chopped sweet red pepper  
4 green onions, chopped  
2 medium tomatoes, chopped  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1 Cup crumbled feta cheese  
2 tablespoons minced fresh parsley

## DIRECTIONS:

In a Dutch oven, cook fettuccine according to package directions, adding corn during the last 8 minutes of cooking.

Meanwhile, in a small skillet, heat 2 teaspoons oil over medium-high heat.

Add red pepper and green onions; cook and stir until tender.

Drain pasta and corn; transfer pasta to a large bowl. Cool corn slightly; cut corn from cob and add to pasta.


Add tomatoes, salt, pepper, remaining oil and the pepper mixture; toss to combine.

Sprinkle with cheese and parsley.

---

### Nutrition Facts

Calories 330 - Fat 9.5g - Saturated fat 3.3g - Cholesterol 17mg - Sodium 375mg  
Carbohydrates 52g - Fiber 6.8g - Sugar 6.1g - Protein 11.5g - Calcium 124mg - Iron  
2mg - Potassium 444mg



# ***Baked Salmon with Potatoes and Green Beans***

## INGREDIENTS

1 pound potatoes, quartered (baking or sweet potatoes)  
2 tablespoons olive oil  
1 1/2 teaspoon salt, divided  
1/2 teaspoon ground pepper, divided  
4 6oz each salmon fillets, skin on or off  
4 tablespoons butter, melted  
1 teaspoon seafood seasoning  
4 cloves garlic, minced  
2 tablespoons lemon juice  
1 Tablespoon sugar or honey  
1 pound fresh green beans, trimmed

## DIRECTIONS

Preheat oven to 400 F.

Toss potatoes with the oil, 1/2 teaspoon salt and 1/4 teaspoon pepper. Spread in an even layer on a large rimmed baking sheet.

Roast potatoes for 13-15 minutes, or until tender and starting to brown.

Remove from oven, push potatoes to one side of the pan and arrange salmon fillets down the center.

Melt butter in a small mixing bowl and whisk in garlic, seafood seasoning, lemon juice, and sugar. Remove 1 1/2 tablespoons of butter garlic mix and set aside.

Rub salmon evenly with the remaining butter mixture.

Add the green beans to the other side of the pan and toss with 1 1/2 tablespoons of butter mixture.

Season everything with the remaining salt and pepper.

Return to the oven and continue baking for 10 minutes or until potatoes are golden and salmon is cooked through at 145 F.

---

### Nutrition Facts

Calories 316- Fat 16.5g -Saturated fat 3.5g - Cholesterol 66mg - Sodium 768 mg - Carbohydrates 16.1g  
Fiber 3.6g - Sugar 5.1g - Protein 28.8g - Calcium 88mg - Iron 2mg - Potassium 868mg





# *Summer Lasagna*

## INGREDIENTS

2 eggplants, quartered lengthwise  
6 medium zucchini  
Canola oil cooking spray  
15 oz. low-fat ricotta or low-fat cottage cheese  
2 eggs  
1/2 Cup grated Parmesan cheese  
1/2 teaspoon ground nutmeg  
1/2 teaspoon garlic powder  
4 Cups low-sodium tomato sauce  
1 lb. whole-wheat, no-boil lasagna noodles  
3 Cups part-skim mozzarella cheese

## DIRECTIONS

Preheat oven to 450 F. Grease a 13 x 9 x 2-inch baking pan, set aside.

Slice the eggplant and zucchini in 1/2 -inch slices. Layer on two baking sheets and coat both sides of the vegetables with cooking spray. Roast for about 40 minutes.

Reduce the oven temperature to 375 F.

Meanwhile, in a medium bowl, mix together the ricotta and/or cottage cheeses, eggs, Parmesan, nutmeg and garlic powder.

To assemble: spread a thin layer of sauce over the bottom of the prepared pan. Cover with a layer of pasta. Spread 1/3 of the ricotta mixture on top of pasta. Sprinkle 1/4 of the mozzarella over the ricotta. Spoon 1/3 of the roasted vegetables on top. Top with 1/2 cup of tomato sauce and continue the assembly as directed until you have 4 layers of pasta and 3 layers of filling. Spread the remaining sauce on top and sprinkle with the remaining mozzarella cheese.

Cover the pan with aluminum foil and bake for 30 minutes. Uncover and continue to bake until golden and bubbly, about 15 minutes more. Let stand for 15 minutes.

---

### Nutrition Facts

Calories 292- Fat 5.2g -Saturated fat 2.3g - Cholesterol 44mg - Sodium 446mg  
Carbohydrates 40.9g - Fiber 10.2g - Sugar 7.1g - Protein 20g - Calcium 188mg - Iron 3mg  
Potassium 678mg

# *Thai Peanut Chicken with Sweet Potato Noodles*

## INGREDIENTS:

2-1/2 Tablespoons extra virgin olive oil, divided  
2 chicken breasts, cut into bite-sized pieces  
salt and pepper  
2 medium sweet potatoes, peeled and spiralized  
2 Cups broccoli florets  
1/4 Cup water

Toppings: chopped peanuts, green onions, chopped cilantro

## THAI PEANUT SAUCE:

2 Tablespoons peanut butter  
3 Tablespoons chicken broth  
1-1/2 Tablespoons Tamari or soy sauce  
1/2 Tablespoon rice vinegar  
1 teaspoon chili garlic sauce  
1 teaspoon sesame oil  
1/4 teaspoon ground ginger  
1 clove garlic, minced

## DIRECTIONS:

Whisk together Thai peanut sauce ingredients then set aside.

Add 1/2 Tablespoon oil to a large, 12" skillet over medium-high heat.

Add chicken then season with salt and pepper and saute until cooked through.  
Remove chicken to a plate and set aside.

Turn heat down to a little above medium then add remaining 2 Tablespoons oil. Add sweet potato noodles and broccoli, season with salt and pepper, then saute for 5 minutes, stirring occasionally.

Add water then saute until noodles are al dente, another 3-5 minutes.

Add chicken back into the skillet along with the Thai peanut sauce then toss until the noodles are well coated and everything is heated through.

Scoop into bowls then serve with toppings.

---

## Nutrition Facts

Calories 239 - Fat 12g - Saturated fat 1.9g - Cholesterol 37mg - Sodium 326mg  
Carbohydrate 16.7g - Fiber 3.5 g - Sugar 4.7g - Protein 17.3g - Vitamin D 0mcg  
Calcium 42mg - Iron 2mg - Potassium 270mg



# ***Bison Stuffed Peppers***

## INGREDIENTS

4 red peppers halved, seeds and stem removed  
1 medium onion, diced  
1 carrot, diced  
3 cloves garlic, grated  
20oz ground bison (or beef or turkey)  
2 Cups sliced mushrooms  
2 tablespoons dried oregano  
1 Tablespoon dried thyme  
1 Tablespoon whole grain mustard  
1 teaspoon salt  
1/2 teaspoon chili flakes  
2 tablespoons tomato paste  
14oz can tomato sauce  
1 Cup cooked brown rice  
1/2 Cup shredded Parmesan cheese

## DIRECTIONS

Preheat oven to 350F and place red pepper halves in a large glass baking dish. Set aside.

Heat a large saute pan over medium heat, spray with cooking spray and add diced onion and carrot. Cook until softened, 3-4 minutes.

Add garlic to pan and cook 30 seconds before adding bison. Increase heat to medium-high and brown bison while breaking down with a wooden spoon. Add mushrooms and spices.

When bison is browned (about 10 minutes) stir in tomato paste and mix. Add tomato sauce and cooked rice. Stir to combine and cook an additional 2-3 minutes until warmed through.

Fill each pepper half full with bison and rice mixture. If there is leftover mixture, add it to the pan around the peppers.

Sprinkle a Tablespoon of Parmesan on top of each pepper. Cover pan with foil and bake until peppers are soft, about 30-40 minutes.

---

### Nutrition Facts

Calories 254 - Fat 12.4g - Saturated fat 5.4g - Cholesterol 62mg - Carbohydrates 15.1g - Fiber 2.5g  
Sugars 6.9g - Protein 21.1g - Vitamin D 63mcg - Iron 4mg - Calcium 85mg



# Kitchen Measurement Conversion Table

US Liquid Volume Measurements			
Cups	Fluid Ounces	Tablespoons	Teaspoons
1	8	16	48
3/4	6	12	36
1/2	4	8	24
1/3	2 2/3	5Tbsp + 1tsp	16
1/4	2	4	12
1/16	.5	1	3

## USDA Nondiscrimination Statement:

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of 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.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain 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 have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, *USDA Program Discrimination Complaint Form* which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (833) 620-1071, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to:

**1. Mail:**

Food and Nutrition Service, USDA  
or  
1320 Braddock Place, Room 334  
Alexandria, VA 22314; or

**2. Fax:**

(833) 256-1665 or (202) 690-7442;

**3. Email:**

FNSCIVILRIGHTSCOMPLAINTS@usda.gov

This institution is an equal opportunity provider.

05/05/2022



