



RECIPES

Cooking at home is the best way to save money and enjoy good food.



VEGETABLES

MAKE-IT-A-MEAL SALAD

serves 2

Leafy greens

mixed greens
romaine lettuce
spinach
a mix of what you have on hand



Select veggies

broccoli
carrots
red cabbage
snow peas



Tasty toppings

sliced almonds and tangerine slices
avocado and cooked red beans
leftover chicken, sliced fresh cranberries and toasted sunflower seeds
diced pear and walnuts
cooked garbanzo beans and homemade whole wheat croutons— cut up and toast stale bread

Preparation:

1. Rinse, drain and chop 4 cups of leafy greens. Put in a bowl.
2. Rinse and chop ½ cup of each of the vegetables and add to the bowl.
3. Add ½ cup salad dressing (recipe below).
4. Finish with ½ cup of the optional tasty toppings.

Tip If you have leftover vegetables, chop and store in airtight container for later. For a kid-friendly salad, add chopped pear, tangerine or avocado.

STEP-BY-STEP SALAD DRESSING



serves 2+

Oil

olive
sunflower
whatever you have



Citrus or vinegar

lemon, lime or orange juice **or** mix 1 tsp Dijon mustard and vinegar



Seasoning

salt, pepper, garlic, fresh **or** dry herbs: parsley, rosemary, thyme, etc.

Preparation:

1. Mix 2 parts oil with 1 part citrus or your choice of vinegar. 2 servings is 5 Tbsp oil plus 2 ½ Tbsp of vinegar.
2. Flavor with your choice of seasonings, to taste.

Tip Use olive oil mixed with a low cost oil to add lots of flavor for little money.

CRUNCHY PEANUT SLAW

serves 2

Vegetables

bok choy (Chinese cabbage) **or**
red or green cabbage
carrots
snow peas

+ Dressing

¼ cup oil
¼ cup vinegar*
3 tablespoons soy sauce
(low sodium)
3 tablespoons brown
sugar
2 tablespoons peanut
butter or crushed
peanuts
black pepper to taste

+ Tasty toppings

cilantro
green onions
leftover chicken
sunflower seeds

Instructions:

1. Rinse and chop 2 cups cabbage, ½ cup carrots and/or ½ cup snow peas.
2. Mix dressing & combine with cabbage. *Rice or apple cider vinegar are best.
3. Rinse and chop ¼ cup of any tasty topping. Toss on top.

Tip Ginger packs a punch: mix in 1 tsp fresh or a pinch ground.

KID-APPROVED ROASTED VEGGIES

serves 2

Choose 1 vegetable

15 Brussels sprouts
1 calabaza
4 carrots
3 chayotes
1 eggplant
1 pound okra
½ pumpkin
3 summer squash
2 sweet potatoes or
yams

+ Savory mix

1 medium onion,
chopped
2 garlic cloves, chopped
2-3 tablespoons olive oil
1 teaspoon rosemary **or**
thyme **or** fennel seeds
¼ teaspoon salt
¼ teaspoon black
pepper

or Sweet mix

best with calabaza,
sweet potatoes, yams,
or pumpkin
2-3 tablespoons oil
1 teaspoon brown sugar
(optional)
½ teaspoon cinnamon
¼ teaspoon salt

Preparation:

1. Preheat oven to 425°F.
2. Rinse and chop vegetables into bite-size chunks of equal size.
3. Mix together the sweet or savory seasoning.
4. Coat veggies with sweet or savory mix.
5. Spread veggies on baking sheet in a single layer.
6. Bake until veggies are browned at the edges and tender inside, checking and tossing every 15 minutes.

Tip The browner they get, the sweeter and more kid-pleasing caramelized vegetables will be.



GRAINS

TASTY OATMEAL

serves 2

Oatmeal

1 cup rolled oats
 2 cups water
 ½ teaspoon cinnamon



Fruit

apricot
 dried apricots
 banana
 fresh sliced cranberries
 sliced nectarines
 papaya
 California raisins



Tasty toppings

sliced almonds
 walnuts

Preparation:

1. Bring oatmeal and cinnamon to boil in a pot.
2. Turn down to simmer. Stir occasionally. Cook until thick and creamy, between 5 and 10 minutes.
3. Chop ½ cup dried or 1 cup fresh fruit into bite-size pieces. Mix into simmering oatmeal or save to toss on top with the rest of your tasty toppings.

Tip Make a big pot and refrigerate for a quick and sustaining breakfast throughout the week. Or make a single serving in the microwave: mix ½ cup rolled oats, 1 cup water and a pinch of cinnamon. Microwave for 2-3 minutes.

TABBOULEH TRADITIONAL MIDDLE EASTERN SALAD



serves 6

Basic ingredients

1 ½ cups boiled water
 1 cup bulgur wheat
 2 cups fresh parsley, chopped
 1 large tomato, diced



Seasoning

juice from 2 lemons
 2 tablespoons oil
 ¼ teaspoon salt and pepper
 pinch of cayenne pepper or paprika



Tasty toppings

¼ cup cooked garbanzo beans
 ¼ cup sliced almonds
 3 green onions, chopped
 ¼ cup mint leaves

Preparation:

1. Boil 1 ½ cups of water. Pour boiled water over bulgur in a large bowl. Cover and set aside until soft and chewy, about 30 minutes.
2. In a colander, drain excess liquid from bulgur mixture.
3. Add parsley, tomato and seasoning to bulgur and your choice of toppings.

Tip Bulgur and parsley are nutrition superstars and great buys. This delicious salad made with both makes a fantastic lunch and a yummy leftover.

CHINESE VEGGIES AND RICE



serves 4

Basic ingredients

1 cup brown rice
2 tablespoons oil
1 clove garlic, finely chopped
1 tablespoon fresh ginger or ½ teaspoon ground ginger
½ pound broccoli
1 carrot
½ onion
½ cup frozen peas

+ Sauce

¼ cup low-sodium soy sauce
1 tablespoon whole wheat flour
1 tablespoon brown sugar
1 very small jalapeño or chili pepper, minced

+ Protein choices

6 oz chicken (about ¾ of a breast)
6 oz turkey (about the size of 2 decks of cards)
½ package of firm tofu
¼ cup almonds
¼ cup peanuts

Preparation:

1. Cook rice following package directions. Set aside. Cover to keep warm. While rice is cooking, make veggie mixture.
2. Rinse and chop broccoli. Peel, rinse and chop carrots. Rinse and mince jalapeño. Peel and finely chop garlic, onions and fresh ginger.
3. In a small bowl, stir together soy sauce, brown sugar and flour. Add 1 teaspoon of the minced jalapeño. Stir. If using tofu, marinate in sauce and set aside.
4. If using chicken or turkey, remove skin. Cut into small pieces.
5. Heat 1 tablespoon oil in a skillet over medium-high. Add ginger and stir.
6. Add chicken, turkey or tofu. Cook, stirring occasionally, until slightly brown and completely cooked through but not dry, about 5 minutes. Remove from pan and set aside.
7. Add the last tablespoon of oil and your chopped veggies. Stir frequently. Cook until veggies are tender, about 5 minutes.
8. Add sauce mixture. Bring to a boil. Reduce heat. Add nuts now, if using, and add back in your protein choice. Simmer until sauce is slightly thickened, about 2 minutes.
9. Serve over warm brown rice.

Tip Use any vegetables you have on hand. Cut vegetables into equal-size pieces so they cook evenly. Add vegetables like carrots that take longer to cook first. Vegetables with lots of water, like yellow squash or spinach, should go in last.

BARLEY STEW

serves 4

Basic Ingredients

1 cup barley or brown rice
2 ½ cups water
2 bay leaves
1 tablespoon oil
4 oz ground turkey or ground, bone-in, or cubed goat
1 cup cooked or 1 can pinto or black beans, no salt added

+ Vegetables

3 medium onions
2 cloves garlic
2 medium carrots
2 zucchinis or chayotes
½ pound of okra, or other vegetable
4 cups fresh or frozen dark greens
2 cans diced tomatoes, no salt added

+ Spices

½ teaspoon cayenne pepper
1 ½ teaspoons dried oregano
salt and pepper to taste

Preparation:

1. In a colander, rinse barley under cold water.
2. In a medium pot over high heat, bring barley or rice, water and bay leaves to a boil. Reduce heat to low and cover. Cook until tender and water is absorbed, about 30-40 minutes. Set aside.
3. Peel, rinse and dice onions. Peel and mince garlic.
4. In a large pot over medium-high heat, heat oil. Add chopped onions, garlic, carrots and other veggies to pot. Mix well. Cook until veggies are soft, about 5 minutes.
5. If using turkey, add ground turkey. Cook until turkey is cooked through, about 5 minutes more.
6. Add tomatoes and their juices. Add rinsed and drained beans. Bring to a simmer.
7. Add spices. Stir to combine. Cover and reduce heat. Cook at a low simmer for 15 minutes.
8. Skip this step if you are not using goat. Otherwise, add goat and cook over low heat until goat is tender—at least an hour.
9. Add cooked barley or rice to the mixture. Stir to combine. Add more water, if needed. Cook over low heat to blend flavors, about 5-10 minutes more.
10. Remove bay leaves and serve.

Tip Make a big pot ahead of time and refrigerate for a quick and sustaining dinner throughout the week. You can double the recipe and freeze half – but don't double the cayenne pepper unless you like it very spicy.



YOGURT PARFAIT

serves 1

Yogurt

plain non-fat yogurt



Fruit

apricot
banana
fresh sliced cranberries
kiwi
papaya
California raisins
starfruit

Tasty toppings

sliced almonds
dried apricots
granola
peanuts
chopped prunes
sunflower seeds
walnuts**Preparation:**

1. Put 1 cup of yogurt in a glass.
2. Rinse and chop $\frac{1}{2}$ cup to 1 cup of your favorite fruits.
3. Top the fruit with $\frac{1}{4}$ cup of your optional tasty toppings. For an extra special treat, sauté a banana for 2 minutes with $\frac{1}{2}$ tablespoon sunflower or other flavorless oil. Add 1 teaspoon vanilla and sauté until banana begins to break down, about 5 minutes.

FRUIT DIP

serves 2

Mix together

1 cup plain non-fat yogurt
1 teaspoon honey
1 teaspoon vanilla extract
 $\frac{1}{2}$ teaspoon cinnamon

Select fruits

apricot
banana
kiwi
nectarine
papaya
starfruit**Preparation:**

1. Add yogurt to a medium bowl.
2. Mix in honey, vanilla and cinnamon.
3. Wash and chop fruit into bite size pieces.

Tip Have the kids help chop the fruit with you ahead of time and store for a quick after-school snack they can make themselves.

VEGGIE DIP

serves 2

Mix together

1 cup plain non-fat yogurt
1 teaspoon lemon juice
1 tablespoon fresh dill or 1 teaspoon dried dill
1 green onion, chopped
pinch of cayenne pepper (optional)
salt and pepper, to taste

+ Select veggies

broccoli spears
carrots
snow peas
string beans

Preparation:

1. Add yogurt to a medium bowl.
2. Mix in lemon juice, dill, green onion and spices.
3. Wash and chop vegetables into bite size pieces.

Tip Use a coffee filter or cheesecloth to drain yogurt first for a thicker dip.



MEAT & PROTEIN

CHEF ANN COOPER'S HUMMUS TRADITIONAL MIDDLE EASTERN DIP

serves 4

Mix together

½ cup extra virgin olive oil
1 cup dried garbanzo beans
1 ½ tablespoons lemon juice
3 cloves garlic
3 tablespoons tahini
salt and pepper to taste

+ Select veggies

broccoli spears
carrot sticks
chopped parsley
snow peas
string beans

Preparation:

1. Bring garbanzo beans to a boil in at least 4 cups of water. Reduce to a simmer and cook until tender. Save some of the cooking liquid.
2. Combine ingredients in blender. Blend until very smooth.
3. If the consistency is too thick, add some saved cooking liquid and blend again until smooth. Top with chopped parsley
4. Wash and chop vegetables.

Tip Start with one clove of garlic, and add more to your taste.

STEP-BY-STEP SOUP



serves 4

Meat or Beans

1 lb turkey leg or thigh
and/or
1 lb chicken legs or thighs
and/or
1 lb goat leg or shoulder meat, cubed
and/or
1 lb cooked or 1 can rinsed and drained beans or lentils

+ Vegetables

1 large onion, chopped
2 large carrots, chopped
1 large zucchini, chopped
½ pound okra, sliced
1 can low sodium (salt) tomatoes
1 handful fresh parsley, chopped
whatever you have and need to use up

+ Whole grains

1 cup brown rice **and/or**
1 cup barley **and/or**
1 cup whole wheat pasta

Preparation:

1. In a large pot over medium-high heat sauté vegetables with 1 tablespoon oil until soft.
2. Add your favorite seasonings to pot. Some suggestions: 1 bay leaf, ½ teaspoon of dried cumin, oregano, rosemary, or thyme, ¼ teaspoon cayenne pepper, and salt and pepper to taste. Stir and cook until you can smell them, less than 5 minutes.
3. Add beans or meat. Brown 3-5 minutes.
4. Add brown rice or barley now, or wait to add pasta later.
5. Add enough water or low sodium (salt) vegetable, beef, or chicken stock to cover ingredients, at least 4 cups.
6. Bring soup to a boil. Reduce heat to low. Partially cover and simmer until the meat or beans are tender (40 minutes to 1 hour for turkey, chicken, or beans, 1 to 1½ hours for goat).
7. Check your soup every 10-15 minutes to make sure there is enough liquid in the pot.
8. Before serving, sprinkle parsley on top and adjust seasoning to taste.

Tip Soup gets better with time. Making soup is a great way to use up foods that are in danger of going bad. Make a big batch and freeze or store in an airtight container for later.

BAKED FISH

serves 8

Basic ingredients

2 pounds haddock or tilapia fish fillets,
cut into 8 even-size pieces
oil
1 cup whole wheat flour
½ teaspoon salt
¼ teaspoon black pepper
2 large eggs
¼ cup nonfat milk
8 slices stale whole wheat bread or 2
cups whole wheat bread crumbs

+ Tartar sauce (Optional)

juice from 1/2 medium lemon
1/2 cup low-fat mayonnaise
1/2 cup plain nonfat yogurt
3 tablespoons sweet pickle relish
1/4 teaspoon ground black pepper

Preparation:

1. Preheat oven to 375°F.
2. To make your own crumbs, tear whole wheat bread into pieces and crush between fingers. Or grind in a food processor, if available. Place crumbs in a medium bowl.
3. In a second medium bowl, mix flour, salt, and black pepper.
4. In a third medium bowl, add eggs and milk. Beat with a fork.
5. Dip each piece of fish into flour and shake off excess. Then dip in egg mixture and then bread crumbs. Each piece should be fully coated with crumbs.
6. Lightly coat baking sheet with oil. Place fish pieces on sheet, evenly spaced. Lightly spray or drizzle oil on top.
7. Bake until fish flakes easily with a fork, about 15–20 minutes.
8. While fish cooks, prepare tartar sauce.
9. Rinse lemon. In a small bowl, squeeze juice. Discard seeds.
10. In a second small bowl, add mayonnaise and yogurt. Whisk with a fork until smooth. Add relish, black pepper, and 2 teaspoons lemon juice. Stir until combined.
11. When fish is cooked, serve immediately with fresh lemon slices or tartar sauce.

Tip Leftovers can be refrigerated for about 1 day. Reheat in oven at 350°F for 10–15 minutes. Add to fish tacos, wraps or salad.

TURKEY CHILI WITH VEGETABLES

serves 6

Basic ingredients

1 medium onion
2 medium carrots
3 cloves garlic
1 cup cooked or 1 can red or white kidney beans, no salt added
1 tablespoon of oil
1 pound ground turkey
2 cans diced tomatoes, no salt added
1 cup water



Seasoning

3 tablespoons chili powder
1 tablespoon ground cumin
3/4 teaspoon salt



Tasty toppings

1 medium lime
2/3 cup non-fat plain yogurt

Preparation:

1. Rinse and peel carrots. Peel onion and garlic.
2. Dice onion and carrots. Mince garlic.
3. If using lime, rinse now. Cut into wedges.
4. If using canned beans, drain and rinse beans in a colander.
5. In a large pot over medium-high heat, heat oil. Add turkey and brown.
6. Add onion, carrots, and garlic to pot. Cook until onions are soft and carrots are somewhat tender, about 5 minutes.
7. Add beans, tomatoes, water, chili powder, and cumin to pot. Season with salt.
8. Lower heat to medium. Cook until all flavors have blended, about 15 minutes.
9. If using lime and yogurt, squeeze juice from lime wedges on top of chili or serve on the side. Top each serving with 1 tablespoon yogurt.



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