



From the Shelves:

THE NEIGHBORS' COOKBOOK



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Kitchen Measurements Conversion Chart

Liquid Conversions

1 Gallon

4 quarts
8 pints
16 cups
128 fl oz
3.8 liters

1 Quart

2 pints
4 cups
32 fl oz
946 mL

1 Pint

2 cups
16 fl oz
470 mL

1 Cup

16 tbsp
8 fl oz
240 mL

1/4 Cup

4 tbsp
12 tsp
2 fl oz
60 mL



Dash = 1/16 tsp Pinch = 1/8 tsp

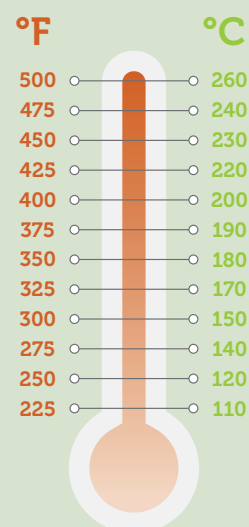
1 tsp = 5mL 1 tbsp = 15mL

Dry Weights

Ounce 	Tablespoon 	Cup 	Gram 	Pound 
1/2 oz	1 tbsp	1/16 c	15 g	—
1 oz	2 tbsp	1/8 c	28 g	—
2 oz	4 tbsp	1/4 c	57 g	—
3 oz	6 tbsp	1/3 c	85 g	—
4 oz	8 tbsp	1/2 c	115 g	1/4 lb
8 oz	16 tbsp	1 c	227 g	1/2 lb
12 oz	24 tbsp	1 1/2 c	340 g	3/4 lb
16 oz	32 tbsp	2 c	455 g	1 lb

Oven Temp

For Fan-Forced Ovens
reduce by 65°F / 20°C



Liquid Volumes

Ounce 	Teaspoon 	Tablespoon 	Milliliter 	Cup 	Pint 	Quart 
1 oz	6 tsp	2 tbsp	30 mL	1/8 c	—	—
2 oz	12 tsp	4 tbsp	60 mL	1/4 c	—	—
2 2/3 oz	16 tsp	5 tbsp	80 mL	1/3 c	—	—
4 oz	24 tsp	8 tbsp	120 mL	1/2 c	—	—
5 1/3 oz	32 tsp	11 tbsp	160 mL	2/3 c	—	—
6 oz	36 tsp	12 tbsp	177 mL	3/4 c	—	—
8 oz	48 tsp	16 tbsp	240 mL	1 c	1/2 pt	1/4 qt
16 oz	96 tsp	32 tbsp	470 mL	2 c	1 pt	1/2 qt
32 oz	192 tsp	64 tbsp	950 mL	4 c	2 pt	1 qt

Servings Per Day

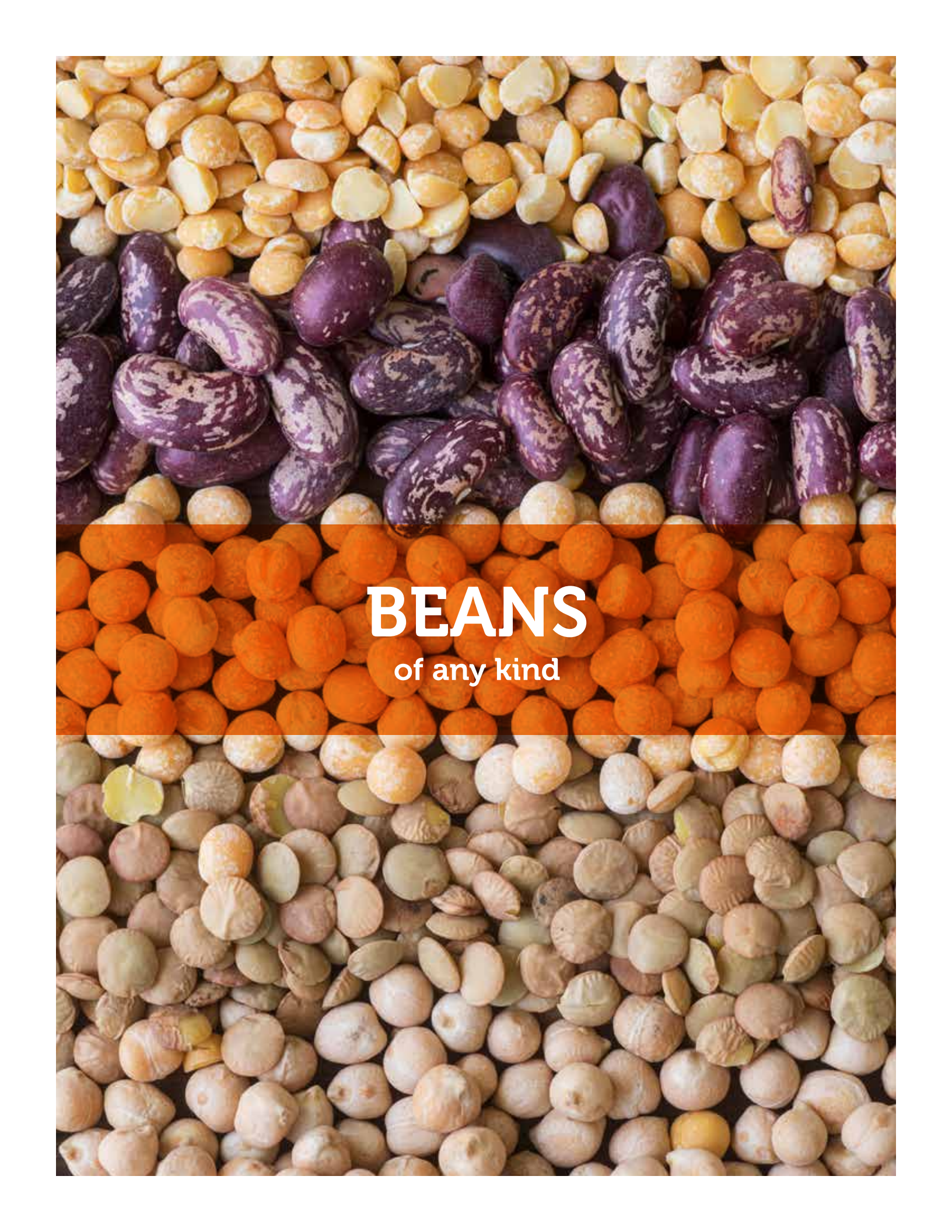
How much should you have from each food group each day?	12-23 Months	2-3 Years	4-8 Years	Girls 9-13 Years	Boys 9-13 Years	Girls 14-18 Years	Boys 14-18 Years
Vegetables Cups 	2/3 to 1 cup	1 to 1-1/2 cups	1-1/2 to 2-1/2 cups	1-1/2 to 3 cups	2 to 3-1/2 cups	2-1/2 to 3 cups	2-1/2 to 4 cups
Fruit Cups 	1/2 to 1 cup	1 to 1-1/2 cups	1 to 2 cups	1-1/2 to 2 cups	1-1/2 to 2 cups	1-1/2 to 2 cups	2 to 2-1/2 cups
Total grains in ounce equivalents 	1-3/4 to 3 oz	3 to 5 oz	4 to 6 oz	5 to 7 oz	5 to 9 oz	6 to 8 oz	6 to 10 oz
Whole grains in ounce equivalents 	1-1/2 to 2 oz	1-1/2 to 3 oz	2 to 3 oz	2-1/2 to 3-1/2 oz	3 to 4-1/2 oz	3 to 4 oz	3 to 5 oz
Protein in ounce equivalents 	2 oz	2 to 4 oz	3 to 5-1/2 oz	4 to 6 oz	5 to 6-1/2 oz	5 to 6-1/2 oz	5-1/2 to 7 oz
Dairy Cups 	1 2/3 to 2 cups	2 to 2-1/2 cups	2-1/2 cups	3 cups	3 cups	3 cups	3 cups

How much should you have from each food group each day?	Women 19-30 Years	Men 19-30 Years	Women 31-59 Years	Men 31-59 Years	Women 60+ Years	Men 60+ Years
Vegetables Cups 	2-1/2 to 3 cups	3 to 4 cups	2 to 3 cups	3 to 4 cups	2 to 3 cups	2-1/2 to 3-1/2 cups
Fruit Cups 	1-1/2 to 2 cups	2 to 2-1/2 cups	1-1/2 to 2 cups	2 to 2-1/2 cups	1-1/2 to 2 cups	2 cups
Total grains in ounce equivalents 	6 to 8 oz	8 to 10 oz	5 to 7 oz	7 to 10 oz	5 to 7 oz	6 to 9 oz
Whole grains in ounce equivalents 	3 to 4 oz	4 to 5 oz	3 to 3-1/2 oz	3-1/2 to 5 oz	3 to 3-1/2 oz	3 to 4-1/2 oz
Protein in ounce equivalents 	5 to 6-1/2 oz	6-1/2 to 7 oz	5 to 6 oz	6 to 7 oz	5 to 6 oz	5-1/2 to 6-1/2 oz
Dairy Cups 	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups

Information in this chart is provided by MyPlate / Dietary Guidelines for Americans

Our Partners





BEANS

of any kind



How to Prepare Dry Beans

FOUR STEP METHOD

Dry beans are an incredibly nutritious, versatile, and affordable ingredient. The cost of one ½ cup serving of dry beans is about one-third the cost of canned beans. To cook with dry beans versus canned beans you need to follow four simple steps.

Step 1: Clean the Beans

- Plate the beans in a shallow layer in a pie plate, baking sheet, or bar pan.
- Pick out and discard any foreign objects like leaves, small stones, or twigs, as well as any broken beans.

Step 2: Rinse the Beans

- Place the beans in a colander or strainer and rinse them under cold running water.

Step 3: Soak the Beans

There are three soaking methods you can use: the Hot Soak Method, the Traditional Soak Method, and the Quick Soak Method. The three different soaking methods vary in the amount of time required for adequate soaking. The “hot soak” method typically is recommended because it reduces cooking time and consistently produces tender beans.

Hot Soak – Recommended Method for Most Consistently Tender Beans

1. Place beans in a large pot and add enough water to cover the beans.
2. Heat to boiling and boil for an additional 3 minutes.
3. Remove beans from heat, cover and let stand for at least 4 hours. (Put them in the refrigerator after they’ve soaked for an hour.)
4. Drain beans and discard soak water.
5. Rinse beans with fresh, cool water.

Traditional Soak – Best Method for Pressure Cooking Beans

1. Pour cold water over beans to cover.
2. Soak beans for 8 hours or overnight.
3. Drain beans and discard soak water. (NOTE: Cold water starts but does not complete the rehydration process so the beans will appear wrinkled after soaking. They will fully rehydrate during cooking.)
4. Rinse beans with fresh, cool water.

Quick Soak – Fastest Method!

1. Place beans in a large pot and add 6 cups of water for every 2 cups of beans.
2. Bring to boil and boil for an additional 2 to 3 minutes.
3. Remove beans from heat, cover, and let stand for 1 hour.
4. Drain beans and discard soak water.
5. Rinse beans with fresh, cool water.

Step 4: Cook the Beans

1. Place beans in a large stock pot and cover with fresh, cold water.
2. Place over medium heat; keep cooking water at a gentle simmer to prevent split skins.
3. Since beans expand as they cook, add warm water periodically during the cooking process to keep the beans covered.
4. Stir beans occasionally throughout the cooking process to prevent sticking.
5. Beans take 30 minutes to 2 hours to cook, depending on the variety. Beans should be tender but not mushy.

For best results, follow these tips:

- Keep cooking water at a gentle simmer to prevent split skins.
- Since beans expand as they cook, add warm water periodically during the cooking process to keep the beans covered.
- Stir beans occasionally throughout the cooking process to prevent sticking.
- You can “bite test” beans for tenderness. Beans should be tender but not mushy. If beans are not tender after the specified cooking time, factors such as altitude, hard water, or the age of the beans may affect cooking time. Keep cooking and “bite test” again in 10-15 minutes for tenderness.
- Drain beans immediately after they reach the desired tenderness to halt the cooking process and prevent over-cooking.
- Onions may be added at any time during the cooking process. For a stronger onion flavor, add them during the last half-hour of cooking.
- Herbs and spices like oregano, parsley, thyme, and garlic may be added at any time during cooking.
- Wait to add acidic ingredients like lemon juice, vinegar, tomatoes, chili sauce, catsup, molasses, or wine until after beans have been soaked and are fully cooked. Adding ingredients rich in calcium or acids too early in the cooking process can prevent the beans from becoming tender.

Source: Bean Institute



Nutritional Information

(Per Serving)

CALORIES 360
TOTAL FAT 6g
SODIUM 850mg
TOTAL CARBS 59g
PROTEIN 17g

Black Bean Burgers

Servings 4 | Prep time 15 mins | Total time 25 mins.

Equipment: Mixing bowl, Large frying pan

Utensils: Fork, Stirring spoon, Measuring cups and spoons

INGREDIENTS

- 1 15.5 ounce can no salt added black beans, drained and rinsed
- 2 large eggs
- 1/2 cup brown rice, cooked
- 2 green onions, minced
- 2 tablespoons chopped fresh cilantro
- 1 clove garlic, minced, OR 1 teaspoon garlic powder
- 1/4 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon olive oil OR vegetable oil
- 4 whole wheat buns

INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and vegetables.
2. Add beans to a bowl and mash with a fork until beans begin to smash and stick together. Add the eggs and mix well.
3. Add precooked rice, green onion, cilantro, garlic, oregano, salt, and black pepper and mix until well combined.
4. Divide the mixture into 4 portions and form each portion into a patty about 3/4 to 1 inch thick.
5. Place a large frying pan on the stove on high heat. When the frying pan is hot, add oil. Add patties and cook 4 to 5 minutes per side until browned on both sides and heated throughout. Serve on a whole wheat buns.



Nutritional Information

(Per Serving)

CALORIES 160
TOTAL FAT 5g
SODIUM 620mg
TOTAL CARBS 24g
PROTEIN 7g

Braised Beans

Servings 12 | Prep time 10 mins. | Total time 3 hours and 10 minutes

Equipment: Large oven-proof pot with tight-fitting lid, Cutting board

Utensils: Knife, Measuring cups and spoons

INGREDIENTS

- 2 cups dried (pinto, navy, kidney, black) beans
- 1/4 cup olive oil OR vegetable oil
- 6 cups water
- 3 large carrots, diced
- 4 stalks celery, diced
- 2 onions, chopped
- 4 cloves garlic, minced OR 4 teaspoons garlic powder
- 1 tablespoon salt (optional)

INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, utensils, and vegetables.
2. Preheat oven to 325 degrees.
3. Rinse beans and pick over to remove any stones or bad beans.
4. Put all ingredients into an oven-proof pot. Add 6 cups water. Put in oven with lid on tight so that the liquid stays in the pot to cook the beans. Use foil to cover tightly if you don't have a lid.
5. Cook 2 1/2 hours – 3 hours, stirring occasionally. Keep the beans covered with water. Add hot water if needed to just cover the beans.
6. Check to see that the beans are cooked. A bean should be soft through, without a hard area in the middle.



Nutritional Information

(Per Serving)

CALORIES 90
TOTAL FAT 4g
SODIUM 90mg
TOTAL CARBS 11g
PROTEIN 2g

Creamy Green Beans and Potatoes

Servings 8 | Prep time 30 mins. | Total time 50 mins.

Equipment: Large saucepan

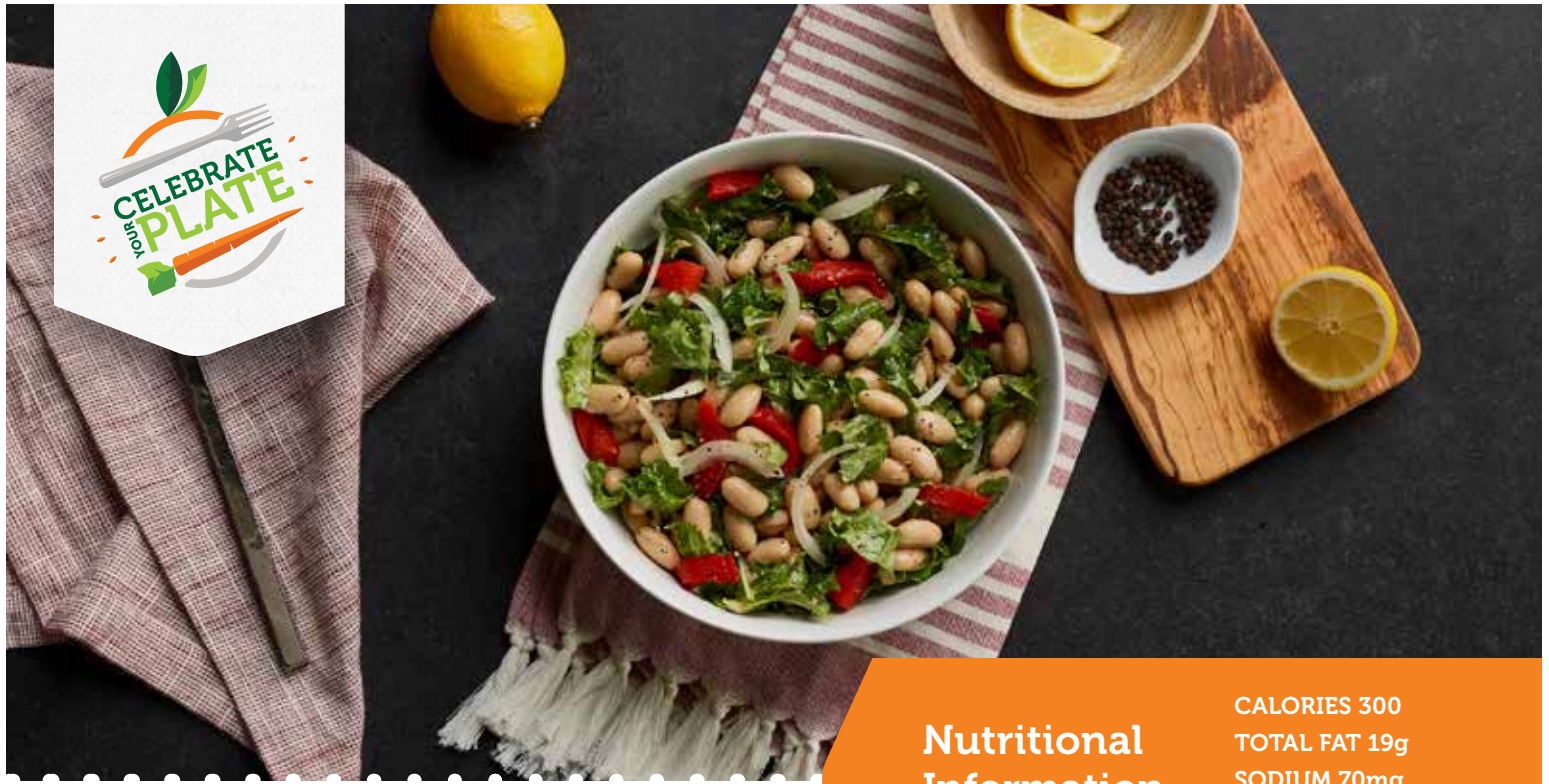
Utensils: Mixing Spoon, Measuring cups and spoons

INGREDIENTS

- 2 cups frozen green beans
- 2 tablespoons olive oil OR vegetable oil
- 1 tablespoon corn starch
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried rosemary
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1 cup low-fat milk
- 1/2 cup mushrooms, sliced
- 2 cups small potatoes, roasted and quartered

INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, produce, and utensils.
2. Cook frozen green beans according to package directions. Set aside.
3. Heat oil in a large saucepan on medium heat, stir in corn starch until evenly blended for three to four minutes.
4. Slowly add basil, rosemary, salt, pepper, milk, and mushrooms stirring constantly until mixture has thickened, about five minutes.
5. Add green beans and potatoes and stir until heated through, and mushrooms have fully cooked.



Nutritional Information

(Per Serving)

CALORIES 300
TOTAL FAT 19g
SODIUM 70mg
TOTAL CARBS 26g
PROTEIN 10g

Lemony White Bean Salad

Servings 6 | Prep time 15 mins. | Total time 15 mins.

Equipment: Cutting board, Large bowl, Whisk or fork, Can opener

Utensils: Knife, Measuring cups and spoons

INGREDIENTS

- ½ cup olive OR vegetable oil
- 3 tablespoons lemon juice (about 1 lemon) OR white vinegar
- 1 tablespoon Dijon mustard
- 3 cloves garlic, minced OR 1 tablespoon garlic powder
- ¼ teaspoon black pepper
- 2 15.5 ounce cans no salt added white beans (navy, Great Northern, cannellini, etc.), drained and rinsed
- ½ small onion, thinly sliced
- 2 cups (about ½ bunch) kale, torn into small pieces and large center stems removed
- ½ cup jarred roasted red peppers (optional)

INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, vegetables, tops of cans, and utensils.
2. In a large bowl, use a whisk or fork to mix together olive oil, lemon juice, Dijon mustard, garlic powder, and black pepper.
3. Add beans, onion, kale, and roasted red peppers (if using). Toss to combine.
4. Refrigerate for at least one hour before serving.



Nutritional Information

(Per Serving)

CALORIES 300
TOTAL FAT 6g
SODIUM 620g
TOTAL CARBS 48g
PROTEIN 15g

One-Minute Bean Burrito

Servings 4 | Prep time 10 mins. | Total time 11 mins.

Equipment: Cutting board, Can opener, Microwave-safe plate

Utensils: Knife, Measuring cups and spoons

INGREDIENTS

- 4 whole wheat tortillas
- 1 14 ounce can no salt added black beans, drained and rinsed OR 1 3/4 cups Celebrate Your Plate Five-Minute Refried Beans
- 1/2 cup salsa OR 1/2 cup Celebrate Your Plate Summer Salsa
- 1/2 cup lettuce, chopped small
- 1 small tomato, diced
- 1/2 cup reduced fat cheese, shredded

INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, tops of cans, utensils, and produce.
2. Spread 1/4 of the beans on each tortilla and top with 1/4 of the shredded cheese and salsa.
3. Arrange the flat tortillas on a large, microwave-safe plate and microwave for 60 seconds or until the beans are hot and cheese has started to melt.
4. Top the bean mixture with lettuce and tomato and close the burritos by folding in the left and right sides of the tortilla and then rolling the tortilla up from top to bottom.



Nutritional Information

(Per Serving)

CALORIES 220
TOTAL FAT 10g
SODIUM 400mg
TOTAL CARBS 30g
PROTEIN 6

Rice and Bean Salad

Servings 6 | Prep time 20 mins. | Total time 20 mins.

Equipment: Cutting board, Large bowl

Utensils: Knife, Mixing spoon, Whisk or fork, Measuring cups and spoons

INGREDIENTS

- 1 cup brown rice, cooked and cooled
- 1 medium tomato, chopped
- 2 medium carrots, grated
- 2 tablespoons onion, finely chopped
- 1 1/4 cups frozen corn OR 1 15 ounce can no salt added corn, drained and rinsed
- 1 green bell pepper, diced
- 1 15 ounce can no salt added black beans, drained and rinsed
- 1/4 cup lime juice
- 1/4 cup olive oil OR vegetable oil
- 1/2 teaspoon salt (optional)
- 1/2 teaspoon black pepper

INSTRUCTIONS

1. Before you begin wash your hands, surfaces, utensils, and vegetables.
2. Using a fork or whisk, mix together lime juice, oil, black pepper, and salt (if using), in a large bowl.
3. Add remaining ingredients to the dressing and stir to combine.
4. Refrigerate at least 30 minutes before serving to let flavors blend.

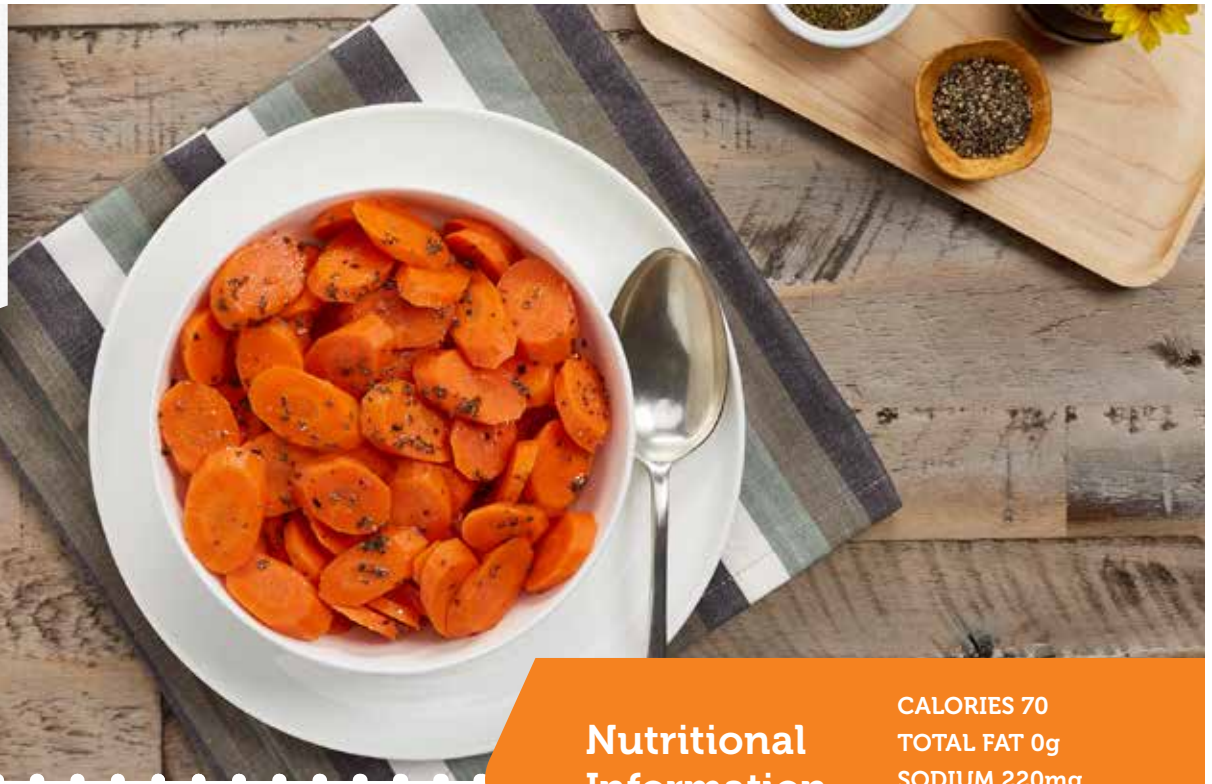
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THE RECIPE VIDEO





CARROTS





Nutritional Information

(Per Serving)

CALORIES 70
TOTAL FAT 0g
SODIUM 220mg
TOTAL CARBS 0g
PROTEIN 1g

Orange Glazed Carrots

Servings 4 | Prep time 15 mins. | Total time 25 mins.

Equipment: Colander, Vegetable peeler, Cutting board, Large pot, Medium bowl, Medium frying pan

Utensils: Knife, Stirring spoon, Measuring cups and spoons

INGREDIENTS

- 1 pound carrots, sliced
- 1 cup 100% orange juice
- 1/4 teaspoon salt (optional)
- 1/2 teaspoon dried basil
- 1 pinch black pepper

INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, utensils, and vegetables.
2. Fill a large pot half-full with water. Bring to a boil.
3. In a medium frying pan over medium heat, warm orange juice until liquid thickens and reduces by about 3/4. Watch carefully after it reduces by 1/2 so that it does not boil dry in the pan. Juice may take up to 20 minutes to reduce.
4. Add carrots to boiling water. Cook until slightly soft but still a bit crunchy, about 7-10 minutes.
5. In a colander, drain carrots. Rinse under cold water.
6. In a medium bowl, add carrots, salt, basil, black pepper, and orange juice sauce. Toss until carrots are fully coated. Taste and adjust seasoning as needed.



Nutritional Information

(Per Serving)

CALORIES 160
TOTAL FAT 8g
SODIUM 690mg
TOTAL CARBS 14g
PROTEIN 8g

Oven-Roasted Carrot Fries

Servings 4 | Prep time 10 mins. | Total time 35 mins.

Equipment: Large bowl, Baking sheet, Small bowl, Aluminum foil

Utensils: Knife, Tongs or spatula for flipping, Measuring Cups and Spoons

INGREDIENTS

For the Carrot Fries:

- Non-stick spray
- 1 pound carrots
- 2 tablespoons olive oil OR vegetable oil
- 2 teaspoons paprika
- 1 teaspoon salt
- 2 teaspoons black pepper

For the Greek Yogurt Chive Dip:

- 1 cup plain Greek low-fat yogurt
- 1 tablespoon lemon juice
- 2 tablespoons chives OR green onions
- 1/4 teaspoon black pepper

INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. Preheat oven to 425 degrees. Place aluminum foil on a large baking sheet. Spray with non-stick spray.
3. Cut carrots into shoestring fries and toss in a large bowl with oil, paprika, salt, and pepper.
4. Place carrot fries on baking sheet in a single layer. Bake for 20-25 minutes, flipping halfway through cooking time.
5. While fries are baking, combine Greek yogurt, lemon juice, chives, and black pepper into small bowl to make dip. Mix thoroughly.



Nutritional Information

(Per Serving)

CALORIES 170
TOTAL FAT 7g
SODIUM 340mg
TOTAL CARBS 20g
PROTEIN 8g

Veggie Roll Ups

Servings 2 | Prep time 10 mins. | Total time 10 mins.

Equipment: Cutting board, Can opener, Frying pan, Plate to hold vegetables

Utensils: Butter knife, Sharp knife, Measuring cups and spoons

INGREDIENTS

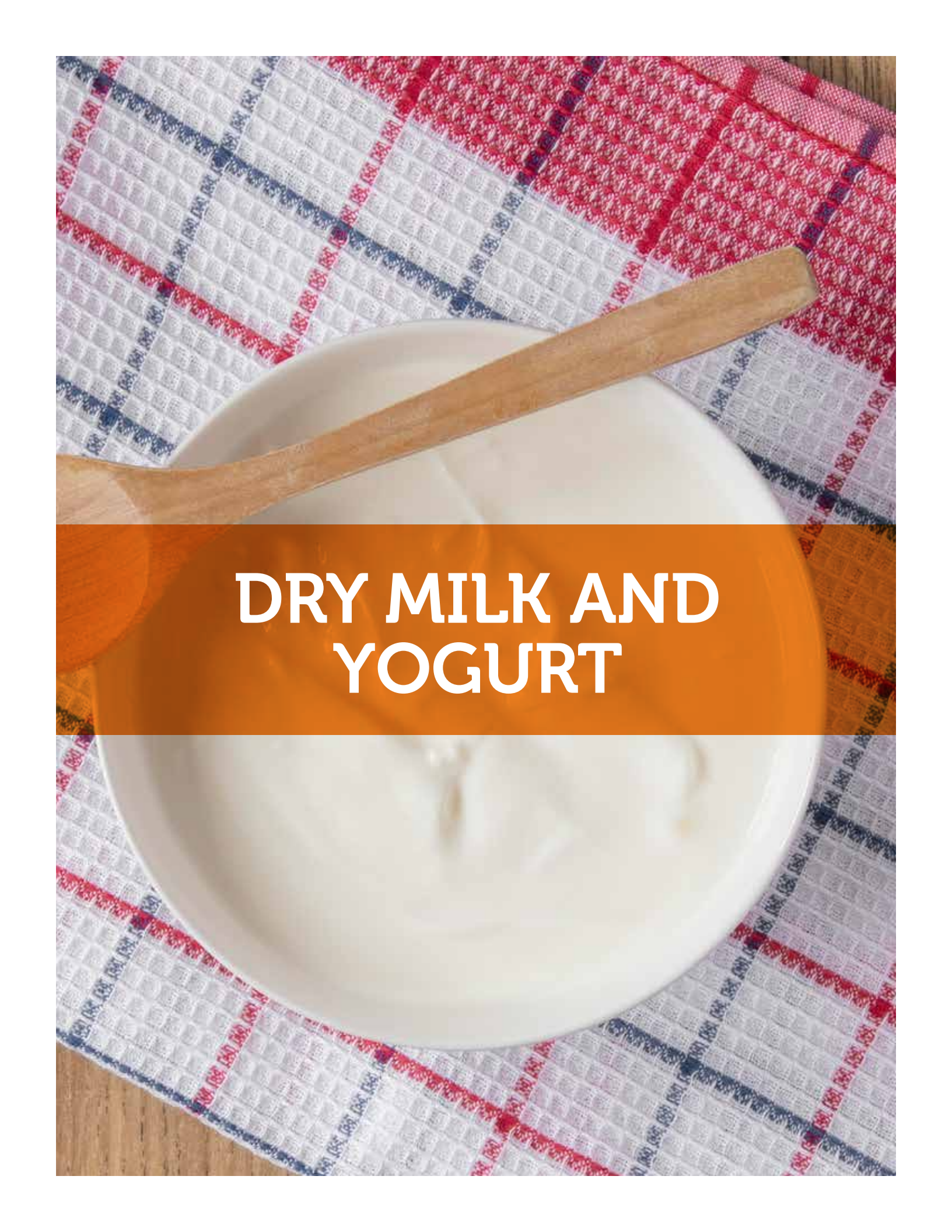
- 1 whole wheat tortilla
- 2 tablespoons reduced fat cream cheese, softened to room temperature
- 1 teaspoon onion powder OR Celebrate Your Plate Italian Seasoning
- 1 1/2 cup fresh vegetables (spinach, tomatoes, carrots, cucumbers, etc.), thinly sliced or grated
- 1/4 cup reduced fat cheese, shredded
- 1 tablespoon fresh herbs (parsley, dill, cilantro, etc.)

INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, utensils, produce, and fresh herbs (if using).
2. Using butter knife, spread cream cheese in an even later to the edges of the tortilla.
3. Evenly sprinkle seasoning and vegetables on top of the cream cheese and top with shredded cheese.
4. Starting at one side of the tortilla, tightly roll the tortilla.
5. Using a sharp knife, slice the rolled tortilla into 1-inch rounds.

**SCAN THIS CODE TO VIEW
THE RECIPE VIDEO**



A top-down photograph of a white ceramic bowl filled with white yogurt. A light-colored wooden spoon rests diagonally across the bowl. The bowl is placed on a red and white checkered tablecloth. An orange semi-transparent banner is centered over the bowl, containing the text "DRY MILK AND YOGURT" in white, bold, sans-serif capital letters.

DRY MILK AND YOGURT



4 Everyday Uses for Dry Milk

Nonfat dry milk has the same nutrient value as skim milk.

Dry milk can be used in many different ways and has a long shelf life. It is a good source of protein, vitamins A and D, calcium and essential fats.

Be sure to store dry milk in a cool place in an airtight container. Unsealed nonfat dry milk keeps for a few months. Because of its fat content, dry whole milk can be stored for only a few weeks.

1. Make fluid skim milk

When dry milk is added to water, fluid skim milk is formed. To make 1 cup of milk, add 3 tablespoons of dry milk to 1 cup of water.

Beat the powder and water together with a mixer on slow speed or use a wire whisk to mix until the liquid has no lumps. For best quality, refrigerate overnight.

2. Use dry milk in recipes

When you add dry milk to a recipe, you also are adding valuable nutrients such as protein and calcium. You can use it in meat loaf, hamburgers, etc. Use $\frac{1}{4}$ to $\frac{1}{2}$ cup per pound of meat. Try adding dry milk to mashed potatoes: Mash cooked potatoes. Add $\frac{1}{4}$ cup dry milk for each cup of potatoes, then add the cooking water from the potatoes to reach the desired consistency.

3. Use dry milk mixed with water instead of plain water

To get a little extra protein and calcium in your diet, try using dry milk mixed with water when making hot cereal, hot chocolate, milk shakes or white sauces.

4. Pack dry milk when you are on the go

If you are planning an outing and want to bring milk along but don't have a fridge to store it in, consider bringing dry milk. Dry milk is lightweight, doesn't spoil and is easy to pack.

HOW TO MAKE A DRY MILK MASTER MIX*

Milk Master Mix

4 cup nonfat dry milk powder

1 cup flour

1 teaspoon salt

In a storage container with a tight lid, combine dry milk, flour and salt. Cover and store in a cool place. Stir before measuring for a recipe.

Making your own master mix saves you time and money. This Milk Master Mix combines nonfat dry milk with other common ingredients. Once the master mix is made, you get to choose which recipe to make next.

Cream of Tomato Soup

1 cup Milk Master Mix

1 quart. reduced-sodium tomato juice

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ teaspoon pepper

$\frac{1}{2}$ teaspoon sugar (optional)

$\frac{1}{2}$ teaspoon Worcestershire sauce (optional)

Mix all ingredients together in a cooking pan. Cook the soup over moderate heat until it is smooth and thick. Stir often.

Makes four servings. Per serving: 150 calories,

28 g carbohydrate, 0 g fat, 1 g fiber and 570 mg sodium

QUICK TIP

How to make cream soup:

Combine $1\frac{1}{4}$ cup Milk Master Mix, $1\frac{1}{4}$ cup water and 1 tablespoon margarine or butter to make the equivalent of one can of cream soup.



Nutritional Information

(Per Serving)

CALORIES 180
TOTAL FAT 3g
SODIUM 95mg
TOTAL CARBS 31g
PROTEIN 8g

Apple Crunch Yogurt Bowl

Servings 2 | Prep time 5 mins. | Total time 5 mins.

Equipment: Cutting board, Medium bowl

Utensils: Knife, Measuring cups and spoons

INGREDIENTS

- 1 apple, cored and chopped
- 1 cup vanilla low-fat yogurt
- 1 teaspoon ground cinnamon
- 1/4 cup granola with dried fruit and nuts

INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, fruit, and utensils.
2. Mix together yogurt and cinnamon in a medium bowl. Add apples and stir to coat.
3. Divide apple mixture into two bowls and top with granola.



Nutritional Information

(Per Serving)

CALORIES 110
TOTAL FAT 0.5g
SODIUM 135mg
TOTAL CARBS 24g
PROTEIN 2g

Apple Oatmeal Muffins

Servings 7 | Prep time 15 mins. | Total time 30 mins.

Equipment: Cutting board, Muffin tin, Large bowl, Toothpick

Utensils: Knife, Measuring cups and spoons, Mixing Spoon

INGREDIENTS

- Non-stick spray
- 1/2 cup low-fat milk
- 1/3 cup unsweetened applesauce OR 1 egg
- 1/2 cup all-purpose flour OR whole wheat flour
- 1/2 cup quick-cooking oats
- 1/4 cup sugar
- 1/2 tablespoon baking powder
- 1 teaspoon ground cinnamon
- 1 apple, cored and chopped

INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, fruit, and utensils.
2. Preheat oven to 400 degrees.
3. Spray 7 cups of a muffin tin with non-stick spray.
4. In a large bowl stir milk and applesauce or egg together.
5. Add flour, oats, sugar, baking powder, and cinnamon. Stir until just mixed.
6. Gently stir in the chopped apples.
7. Spoon batter evenly into the 7 muffin cups.
8. Bake for 15-20 minutes or until a toothpick inserted into the center of the muffin comes out clean.



Nutritional Information

(Per Serving)

CALORIES 60
TOTAL FAT 1.5g
SODIUM 20mg
TOTAL CARBS 9g
PROTEIN 2g

Berry Frozen Yogurt Bark

Servings 15 | Prep time 5 mins | Total time 3 hours

Equipment: Baking sheet, Aluminum foil or wax paper

Utensils: Spatula, Large knife, Measuring cups and spoons

INGREDIENTS

- 2 cups low-fat vanilla yogurt
- 10 strawberries, chopped
- 1 cup raspberries, lightly chopped
- 1 cup blueberries
- 3 tablespoons unsweetened coconut flakes
- 2 tablespoons sliced almonds

INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, utensils, and fruit.
2. Line a baking sheet with aluminum foil.
3. Spread yogurt thinly (1/4 inch thick or less) and evenly on baking sheet.
4. Sprinkle strawberries, raspberries, blueberries, coconut flakes, and sliced almonds on top of the yogurt. Press down gently to make sure the berries, coconut, and almonds are in the yogurt.
5. Freeze for at least 3 hours.
6. Soften on the counter for about 5 minutes. Immediately cut or break bark into pieces. Serve immediately or store in airtight container in freezer for up to two months.

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Nutritional Information

(Per Serving)

CALORIES 80
TOTAL FAT 4g
SODIUM 260mg
TOTAL CARBS 4g
PROTEIN 7g

Cauliflower Mock Potato Salad

Servings 4 | Prep time 10 mins. | Total time 50 mins.

Equipment: Cutting board, Large pot or bowl for cooking cauliflower on stove or in the microwave, Colander, Medium bowl, Small bowl

Utensils: Knife, Measuring spoons and cups

INGREDIENTS

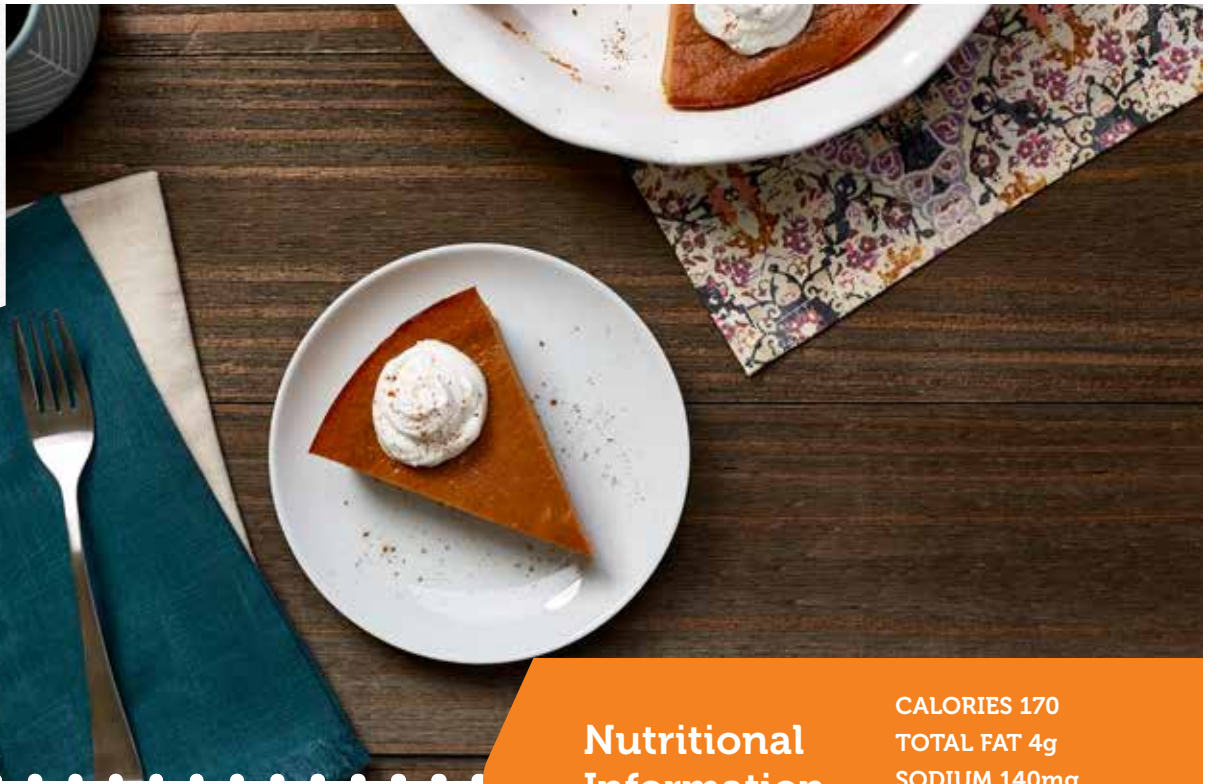
- 1 1/2 cups cauliflower (about 1/2 of a small head)
- 2 hard boiled eggs, peeled and chopped
- 1/2 cup plain Greek low-fat yogurt
- 2 teaspoons Dijon mustard
- 1 dash black pepper
- 2 dill pickle spears, chopped

INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, utensils, and vegetables.
2. Chop cauliflower into bite-size pieces and cook:
3. On the stove: Add cauliflower to boiling water and cook for 5 minutes or until a piece can be pierced easily with a fork.

OR

1. In the microwave: Add cauliflower to large bowl with two teaspoons of water and microwave on high for 5 minutes. Stir and cook for an additional 5 minutes.
2. Drain cauliflower and add to a medium bowl. Add eggs and pickles to bowl.
3. In a small bowl, combine yogurt, mustard, salt, and black pepper. Add to the cauliflower mixture and toss to combine.
4. Refrigerate for at least 30 minutes before serving.



Nutritional Information

(Per Serving)

CALORIES 170
TOTAL FAT 4g
SODIUM 140mg
TOTAL CARBS 28g
PROTEIN 6g

No-Crust Pumpkin Pie

Servings 8 | Prep time 10 mins. | Total time 1 hour 5 mins.

Equipment: 9-inch pie pan, Large bowl, Aluminum foil

Utensils: Fork or spoon for stirring, Toothpick, Measuring cups and spoons

INGREDIENTS

- Non-stick spray
- 2 large eggs
- 1 15 ounce can pumpkin puree
- 1 1/2 tablespoons canola oil OR vegetable oil
- 1/4 teaspoon salt
- 2 teaspoons pumpkin pie spice OR 1 teaspoon cinnamon, 1/2 teaspoon ginger, 1/4 teaspoon nutmeg
- 1 cup non-fat dry milk
- 1/4 cup all-purpose flour
- 2/3 cup sugar
- 3/4 cup water

INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, utensils, and tops of cans.
2. Preheat oven to 350 degrees. Spray a 9-inch pie pan with non-stick spray. Set aside.
3. Crack eggs into a large bowl. Wash hands with soap and water after cracking raw eggs. Add remaining ingredients except water and mix together.
4. Slowly stir in water until well mixed. Pour into prepared pie pan.
5. Bake for 45 to 55 minutes total, checking at 40 minutes. If edges are overly browning remove from oven and apply a loose ring of tin foil covering the edges, and put back in oven until finished. Pie is finished when middle of pie is set, and when inserted toothpick comes out clean.

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Nutritional Information

(Per Serving)

CALORIES 210
TOTAL FAT 3g
SODIUM 60mg
TOTAL CARBS 37g
PROTEIN 9g

Overnight Oats

Servings 1 | Prep time 5 mins. | Total time 5 mins.

Equipment: Small, air-tight container

Utensils: Mixing spoon, Measuring cups and spoons

INGREDIENTS

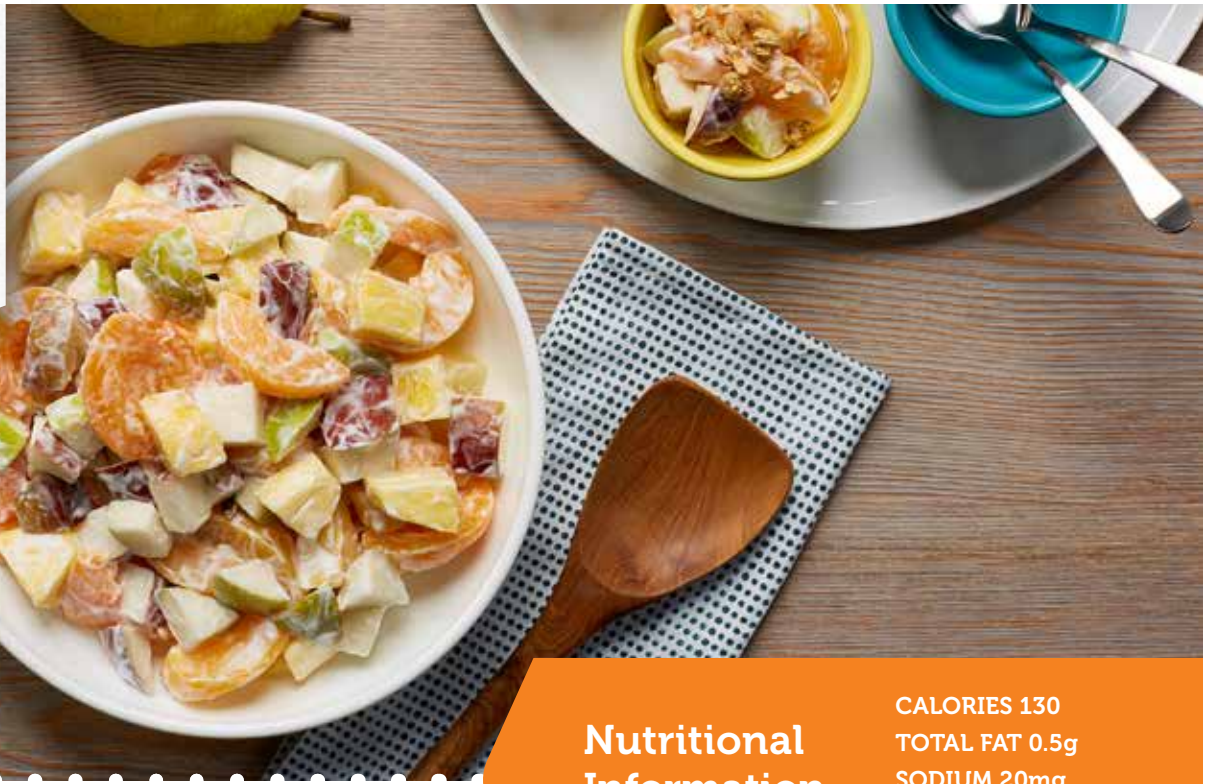
- 1/2 cup rolled oats
- 1 dash salt
- 1/2 cup low-fat milk
- 1 teaspoon sweetener (sugar, brown sugar, maple syrup, honey, etc.)

INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, utensils, and fruit, if using.
2. Mix together rolled oats, salt, low fat milk, and sweetener.
3. If using, stir in ingredients for a flavor combination.
4. Place in an air-tight container and refrigerate overnight.

Flavoring combinations:

- Apple cinnamon walnut:
1/4 cup unsweet applesauce,
1/4 teaspoon cinnamon,
1 tablespoon walnuts
- Brown sugar cinnamon:
2 teaspoon brown sugar,
1 teaspoon maple syrup,
1/4 teaspoon cinnamon
- Chocolate peanut butter:
1/4 teaspoon cocoa powder,
1 teaspoon peanut butter



Nutritional Information

(Per Serving)

CALORIES 130
TOTAL FAT 0.5g
SODIUM 20mg
TOTAL CARBS 32g
PROTEIN 2g

Winter Fruit Salad

Servings 6 | Prep time 5 mins. | Total time 5 mins.

Equipment: Can opener, Cutting board, Medium bowl

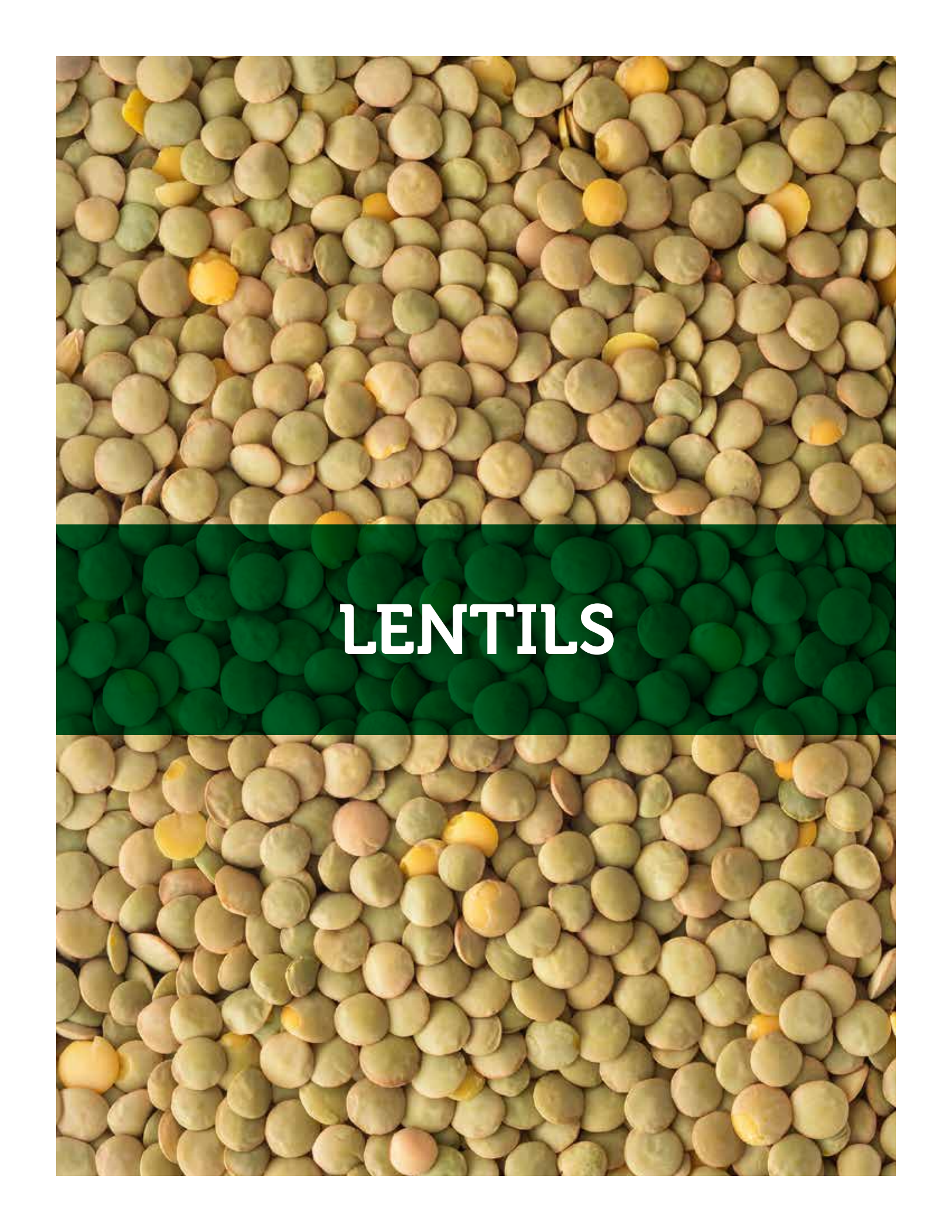
Utensils: Knife, Mixing spoon, Measuring cups and spoons

INGREDIENTS

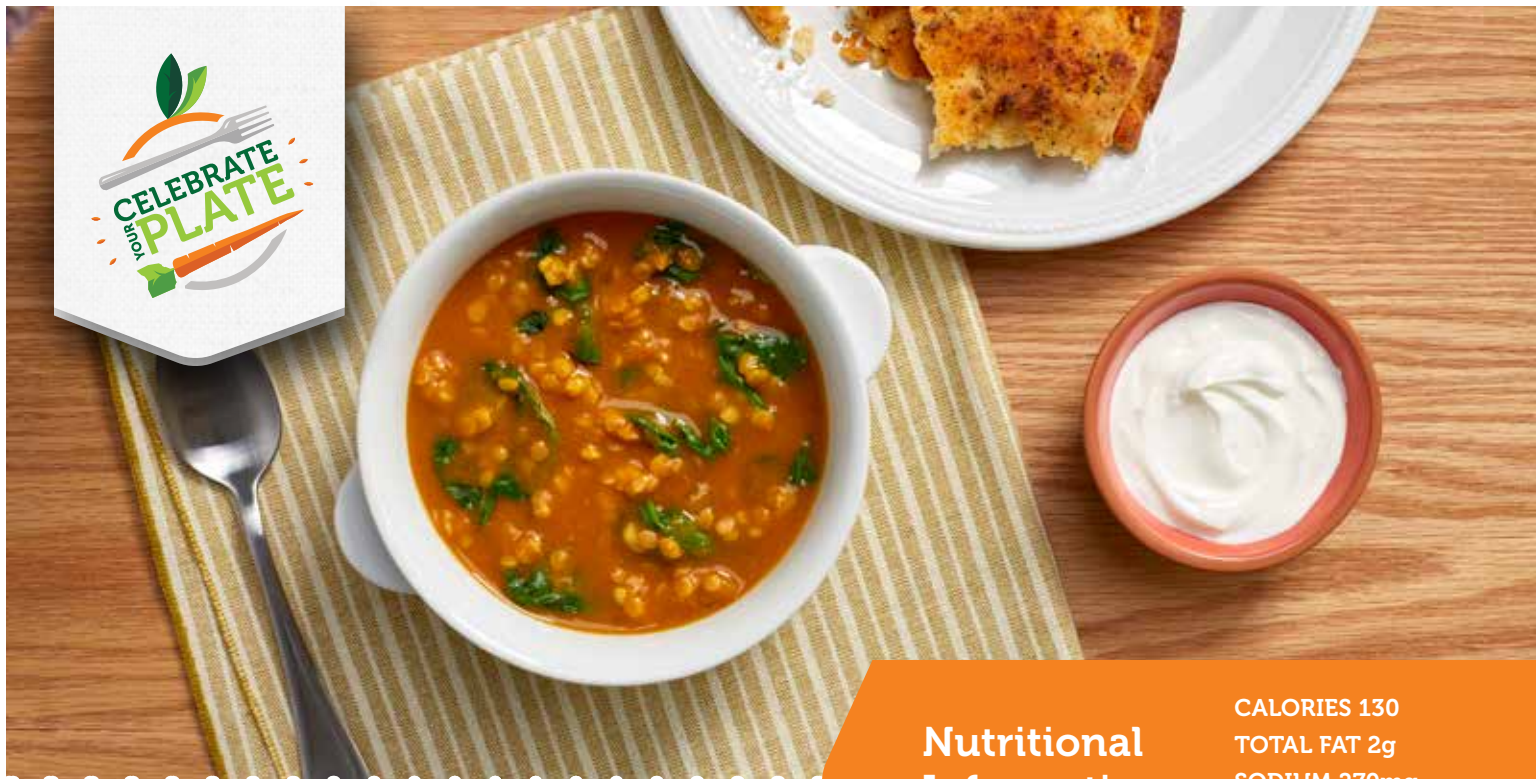
- 1 20 ounce can pineapple chunks in juice, drained
- 2 pears, cut into bite-size pieces OR 1 15 ounce can sliced pears in juice, drained
- 1 15 ounce can sliced peaches in juice, drained
- 1 16 ounce can apricot halves in juice, drained
- 1/2 cup vanilla low-fat yogurt
- 1 cup granola (optional)

INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, utensils, and tops of cans.
2. In a medium bowl, mix fruit together until well-combined.
3. Add yogurt and gently mix together.
4. Spoon fruit mixture into serving bowls and sprinkle with granola, if using.

The image is a full-page background composed of a dense field of lentils. The lentils are primarily light green and yellowish-green, with some showing a reddish-brown hue. They are arranged in a somewhat uniform, overlapping pattern. A solid green horizontal band runs across the center of the image, featuring the word "LENTILS" in a white, bold, sans-serif font.

LENTILS



Nutritional Information

(Per Serving)

CALORIES 130
TOTAL FAT 2g
SODIUM 270mg
TOTAL CARBS 21g
PROTEIN 7g

Curried Lentil and Pumpkin Soup

Servings 8 | Prep time 10 mins. | Total time 40 mins.

Equipment: Large pot with lid

Utensils: Mixing spoon, Measuring cups and spoons

INGREDIENTS

- 1 yellow onion, diced
- 2 garlic cloves, minced OR 2 teaspoons garlic powder
- 1/4 teaspoon powdered ginger OR 1 teaspoon fresh ginger, grated
- 1 tablespoon olive oil OR vegetable oil
- 1 1/4 tablespoons curry powder OR 1/2 teaspoon ground cumin, 1/4 teaspoon coriander, 1/4 teaspoon ground turmeric, 1/4 teaspoon ground chili
- 1 15 ounce can pumpkin purée
- 1 cup dry red lentils
- 6 cups low-sodium vegetable broth
- 4 cups fresh baby spinach
- 1/2 teaspoon salt
- 1 cup Greek yogurt (optional)

INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and vegetables.
2. Add the onion, garlic, and ginger to a large pot with oil and cook over medium heat until the onions are soft and see-through (about 5 minutes).
3. Add the curry powder and continue to cook for about a minute more.
4. Next, add the pumpkin purée, lentils, and vegetable broth. Stir to combine.
5. Place a lid on the pot and bring the soup up to a boil over medium-high heat. Once boiling, turn the heat down to medium-low. Simmer the soup, stirring occasionally, for 20 minutes total. At 16 minutes lift lid, add spinach and mix in so it will wilt.
6. Taste the soup and add 1/2 teaspoon salt, or to taste. Top with Greek yogurt (if using).



Nutritional Information

(Per Serving)

CALORIES 200
TOTAL FAT 2.5g
SODIUM 220mg
TOTAL CARBS 35g
PROTEIN 11g

Lentil Burgers

Servings 8 | Prep time 5 mins. | Total time 50 mins.

Equipment: Cutting board, Grater, Colander, Medium saucepan, Frying pan

Utensils: Knife, Measuring cups and spoons

INGREDIENTS

- 1 cup uncooked lentils
- 2 cups water
- 1 small onion, chopped
- 3/4 cup carrot, grated
- 2 cups bread crumbs
- 1 egg, beaten
- 1 clove garlic, OR 1 teaspoon garlic powder
- 1/2 teaspoon dried oregano
- 1/2 teaspoon salt (optional)
- Non-stick spray

INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, utensils, and vegetables.
2. Place lentils in a colander, rinse in cold water, and drain.
3. In a medium saucepan, bring water to a boil. Add lentils, reduce heat to low, cover, and cook for 15 minutes.
4. Add onion and carrots to the saucepan. Cook 15 minutes more or until lentils are tender.
5. Remove from heat and cool slightly.
6. Stir in breadcrumbs, egg, garlic powder, oregano, and salt (if using).
7. Spray a large frying pan with non-stick spray. Use a 1/2-cup dry measuring cup to drop lentil mixture into the hot frying pan.
8. Flatten into patties and cook until firm and brown on both sides-- about 4 minutes per side.

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PASTA AND RICE



What's in the Pantry? Make a DIY Casserole!

INGREDIENTS

1. Rice or Pasta

Measure 1 cup your choice dry rice or pasta

Cook using instructions on the package

Makes 2-3 cups

Chef's Tip: Use whole-wheat pasta or brown rice for more fiber and flavor!

2. Spices and Seasoning

1/2 teaspoon salt,

1/4 teaspoon black pepper, and

Pick one of the following: 1 tablespoon dry minced onion, 1 clove chopped garlic or 1/2 teaspoon garlic powder, or 2 teaspoons dry oregano

3. Vegetables

Pick one of the following:

1 can (14-15 ounces) green beans, corn, peas, lima beans, or carrots (drained and rinsed), or

1/2 bag (12-16 ounces) frozen broccoli, mixed vegetables, corn, peas, green beans, or carrots (cooked)

4. Protein

Pick one of the following:

2 cans (5-6 ounces) tuna, drained,

1 can (about 12 ounces) canned chicken, drained,

1/2 pound ground beef or turkey, cooked and drained, or

1 can (14-15 ounces) beans, drained (we suggest black beans or kidney beans)

5. Sauce

Pick one of the following:

1 can (about 10 ounces) condensed soup, such as tomato, cream of mushroom, cream of celery, or cream of chicken + 1/4 cup milk, or

1/2 jar (28 ounces) pasta sauce

6. Crunch!

Pick one of the following to sprinkle on top of casserole: cracker crumbs, bread crumbs, or unsweetened cereal (such as corn flakes or bran flakes)

INSTRUCTIONS

There are two ways you could cook your casserole at home.

1. To cook on the top of the stove:

Stir ingredients 1-5 into a large pot or saucepan. Heat over medium heat until hot throughout (165 degrees F with a food thermometer). Add more milk to pot or pan if food starts to dry out during cooking. Pour into a large serving dish and top with crunch ingredient before serving.

2. To bake in the oven:

Preheat oven to 350 degrees F.

Add spices/seasonings and sauce to protein.

Spray a 3-quart (13x9x2-inch) baking dish with non-stick cooking spray.

Add rice or pasta, vegetables, and then meat to the dish. Top with crunch ingredient.

Bake until heated through to 165 degrees F, about 20-30 minute



Nutritional Information

(Per Serving)

CALORIES 470
TOTAL FAT 15g
SODIUM 380mg
TOTAL CARBS 60g
PROTEIN 27g

Mac and Cheese in a Mug

Servings 1 | Prep time 5 mins. | Total time 8 mins.

Equipment: Large mug (about 2 1/2 cups or 20 ounces), Plate

Utensils: Measuring cups, Spoon

INGREDIENTS

- 1/2 cup uncooked whole grain elbow macaroni OR other small pasta
- 1/2 cup water
- 1/2 cup vegetables (broccoli, onion, bell pepper, carrot, etc.), finely chopped
- 1/2 cup cheddar cheese, shredded
- Optional toppings to taste: salt, black pepper, hot sauce
- Non-stick spray

INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. In large, microwave-safe mug, spray mug with a non-stick spray and add macaroni and water. Use small shape pasta like elbow macaroni or orzo -- it will not work with a larger pasta shape like rotini, penne, etc.
3. Place mug on a large plate. Microwave at full power for 1 minute.
4. Remove from microwave mug and stir macaroni, making sure to loosen any macaroni that may be stuck to the bottom of mug.
5. Microwave for an additional 1 minute and stir again.
6. Add vegetables and continue to microwave mixture at 30 second intervals, stirring in between. Cook until noodles are tender. If your macaroni gets dry, add 1 tablespoon of water.
7. Working quickly, add in cheese and stir until cheese melts completely and evenly coats macaroni. Add salt, black pepper, and hot sauce (if using). Serve immediately.

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Nutritional Information

(Per Serving)

CALORIES 120
TOTAL FAT 5g
SODIUM 95mg
TOTAL CARBS 14g
PROTEIN 4g

Pasta Primavera

Servings 4 | Prep time 5 mins. | Total time 20 mins.

Equipment: Cutting board, Large pot, Non-stick frying pan, Strainer

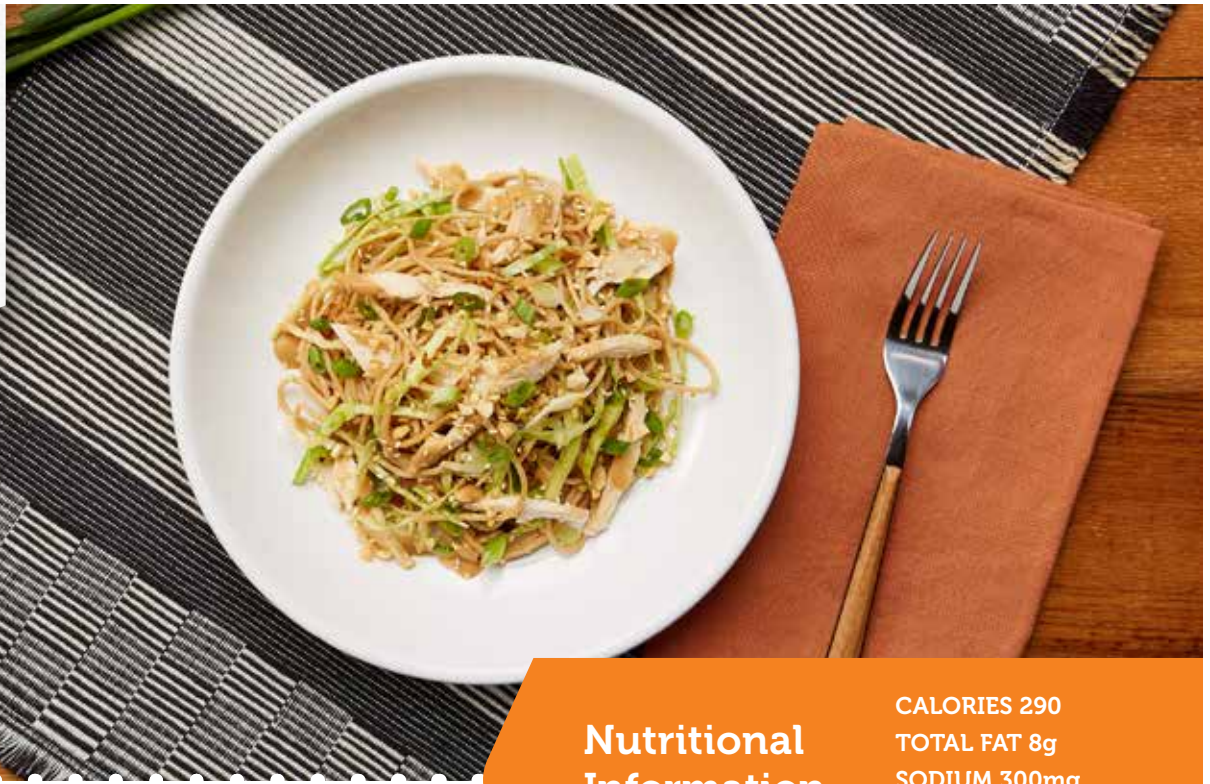
Utensils: Knife, Measuring cups and spoons, Mixing spoon

INGREDIENTS

- 1 cup uncooked whole grain pasta
- 1 tablespoon olive oil OR vegetable oil
- 2 cups vegetables (zucchini, onion, eggplant, carrots, bell pepper, etc.), chopped
- 1 large tomato, chopped
- 1 clove garlic, minced OR 1 teaspoon garlic powder
- 1/8 teaspoon black pepper
- 1 teaspoon Italian seasoning OR Celebrate Your Plate Italian Seasoning
- 3 tablespoons grated Parmesan cheese

INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. Cook noodles according to package directions.
3. While noodles are cooking, heat oil in frying pan.
4. Add vegetables, garlic powder, black pepper, and Italian seasoning. Cook until tender, stirring constantly.
5. Add tomato and sauté 2 more minutes.
6. When noodles are done cooking, drain then, rinse with cool water, and add to frying pan with vegetables.
7. Toss vegetables with noodles and sprinkle with Parmesan cheese.



Nutritional Information

(Per Serving)

CALORIES 290
TOTAL FAT 8g
SODIUM 300mg
TOTAL CARBS 39g
PROTEIN 19g

Simple Stir-Fry Noodles

Servings 6 | Prep time 15 mins. | Total time 30 mins.

Equipment: Large pot, Colander

Utensils: Measuring cups and spoons, Whisk or fork, Tongs or spatulas

INGREDIENTS

- 6 ounces whole grain spaghetti
- 1/4 cup peanut butter
- 2 tablespoons lite soy sauce
- 1/2 cup water
- 1 teaspoon red pepper flakes
- 1/2 teaspoon ground ginger
- 1/2 large head cabbage, thinly sliced OR 1 16 ounce bag of coleslaw mix
- 1/4 cup green onions, thinly sliced
- 8 ounces cooked protein (chicken breast, tofu, or ground pork), chopped (optional)

INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, utensils, and vegetables.
2. Bring 4 cups water to boil in a large pot. Add spaghetti noodles and cook according to package directions. Drain pasta and rinse with water.
3. Over low heat, add peanut butter, soy sauce, and 1/2 cup water to the large pot. Whisk quickly to combine.
4. Add red pepper flakes, ginger, and cabbage to peanut sauce and cook 3 to 4 minutes, tossing continuously.
5. Stir in green onions, cooked noodles and protein, if using.



Nutritional Information

(Per Serving)

CALORIES 350
TOTAL FAT 12g
SODIUM 350mg
TOTAL CARBS 38g
PROTEIN 27g

Veggie Crockpot Lasagna

Servings 8 | Prep time 15 mins. | Total time 4 hours 15 mins.

Equipment: Slow cooker, Cutting board

Utensils: Measuring cups and spoons, Knife

INGREDIENTS

- Non-stick spray
- 2 24 ounce jars tomato sauce
- 9 uncooked lasagna noodles
- 32 ounces (ricotta or cottage) cheese
- 4 cups vegetables (baby spinach, onion, carrots, zucchini, tomatoes, mushrooms, etc.), chopped OR 2 12 ounce packages frozen vegetable mix
- 2 cups mozzarella cheese, shredded
- 1/2 cup grated Parmesan cheese

INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and produce.
2. Spray inner slow cooker dish with non-stick spray.
3. Spread 1/2 cup tomato sauce on bottom of the crockpot.
4. Break noodles to fit and cover tomato sauce in the crockpot
5. Layer 1/3 of ricotta or cottage cheese, vegetables, sauce, and shredded mozzarella.
6. Add another layer of noodles and repeat layering ingredients 2 more times for a total of 3 complete layers. End with a layer of noodles on top. Put a thin layer of tomato sauce on top of the final later of noodles.
7. Top with Parmesan cheese.
8. Cover and cook on high for 3 hours or on low for 5-6 hours. Turn crockpot off completely and let the lasagna cool for 10 minutes.

A black frying pan sits on a grey speckled surface. The pan is filled with ground meat, which is browned and crumbly. A thick layer of bright green powder is spread across the middle of the pan, partially covering the meat. A small sprig of fresh thyme is placed in the center of the green powder. In the background, a dark grey cloth with a white grid pattern is draped over the edge of the pan. To the right, a small white bowl containing a red substance is partially visible.

PROTEINS



Nutritional Information

(Per Serving)

CALORIES 180
TOTAL FAT 2g
SODIUM 190mg
TOTAL CARBS 26g
PROTEIN 14g

Apple Tuna Sandwich

Servings 4 | Prep time 15 mins. | Total time 15 mins.

Equipment: Cutting board, Medium bowl, Can opener

Utensils: Knife, Measuring cups and spoons, Mixing spoon

INGREDIENTS

- 1 apple
- 1 5 ounce can tuna in water
- 1/2 cup vanilla low-fat yogurt
- 1 teaspoon mustard
- 1 teaspoon honey
- 4 slices whole grain: bread slices, English muffins, tortillas, crackers etcup
- OR 4 lettuce leaves for serving

INSTRUCTIONS

1. Before you begin wash your hands, surfaces, utensils, and fruit.
2. Chop apple into small pieces.
3. Drain the water from the can of tuna or chicken.
4. Add tuna, apple, yogurt, mustard, and honey to a medium bowl and stir to combine.
5. Put 1/2 cup tuna mixture on your choice of whole grain bread or lettuce to make a sandwich or wrap.



Nutritional Information

(Per Serving)

CALORIES 250
TOTAL FAT 6g
SODIUM 300mg
TOTAL CARBS 27g
PROTEIN 23g

Asian Chicken Pita Pocket

Servings 2 | Prep time 10 mins. | Total time 10 mins.

Equipment: Cutting board, Medium bowl, Mixing spoon,

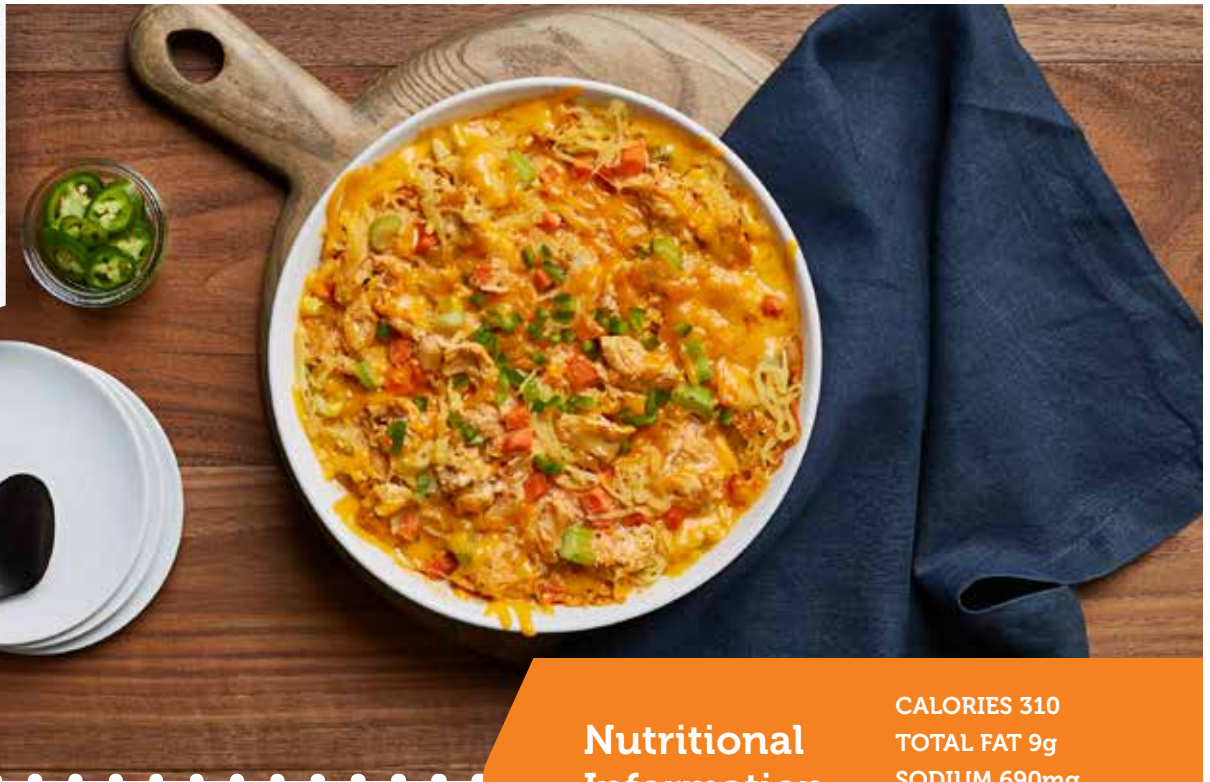
Utensils: Knife, Measuring cups and spoons

INGREDIENTS

- 2 cups leafy greens (romaine lettuce, kale, etc.), shredded
- 1 cup (red or green) seedless grapes, cut in half
- 1 cup chicken, cooked and chopped
- 1/3 cup crispy chow mein noodles
- 1/3 cup carrots, shredded
- 2 tablespoons green onion, sliced
- 2 tablespoons light Asian salad dressing
- 2 whole wheat pita pockets, cut in half

INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, vegetables, fruit, and utensils.
2. Combine all ingredients except the pitas in a medium bowl and stir to combine.
3. Divide the chicken mixture evenly among the four whole wheat pitas.



Nutritional Information

(Per Serving)

CALORIES 310
TOTAL FAT 9g
SODIUM 690mg
TOTAL CARBS 17g
PROTEIN 41g

Buffalo Chicken Casserole

Servings 4 | Prep time 15 mins. | Total time 1 hour 10 mins.

Equipment: Cutting board, Casserole dish, Mixing spoon, Aluminum foil

Utensils: Knife, Measuring cups and spoons

INGREDIENTS

- Non-stick spray
- 1/3 cup hot sauce
- 1 1/2 pounds boneless skinless chicken breast or thighs, cut into 3/4 inch cubes (can substitute with canned chicken)
- 2 stalks celery, diced
- 1 onion, diced
- 2 carrots, diced
- 3 cloves garlic OR 1 tablespoon garlic powder
- 4 cups spaghetti squash (about 1 medium spaghetti squash), cooked
- 2 ounces reduced fat cream cheese, cut into small cubes
- 1/2 cup low-fat shredded cheese (optional)

INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, vegetables, and utensils.
2. Preheat oven to 375 degrees.
3. Spray a 13 x 9 casserole dish with non-stick spray.
4. Add all ingredients in the casserole dish except shredded cheese and stir to combine. Spread out into an even layer.
5. Cover casserole dish with foil or lid and bake for 20 minutes. Remove the casserole dish from the oven and stir: the cream cheese will be soft and as you stir it will create a sauce. Re-cover with the foil or lid and bake for another 20 minutes.
6. Take casserole from oven, remove foil, stir again, sprinkle with cheese (if using), and bake for an additional 15 minutes, uncovered.



Nutritional Information

(Per Serving)

CALORIES 370
TOTAL FAT 24g
SODIUM 870mg
TOTAL CARBS 14g
PROTEIN 25g

Egg Roll in a Bowl

Servings 4 | Prep time 10 mins. | Total time 25 mins.

Equipment: Cutting board, Large non-stick frying pan,

Utensils: Knife, Measuring cups and spoons, Spatula or wooden spoon

INGREDIENTS

- 1 pound lean ground meat (pork, turkey, chicken, or beef)
- 2 tablespoons sesame oil OR olive oil
- 1 onion, diced
- 1 (red, yellow, or green) bell pepper, thinly sliced
- 2 cloves garlic, minced OR 2 teaspoons garlic powder
- 1 teaspoon ground ginger (optional)
- 1/3 cup lite soy sauce
- 1 16 ounce bag coleslaw mix OR 4 cups fresh green cabbage, finely sliced
- 1 carrot, finely grated
- Optional toppings:
- Sriracha hot sauce, green onions, sesame seeds, chow mein noodles

INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. Add ground meat to a large frying pan over medium-high heat. Using a wooden spoon or spatula, break meat into small pieces. Cook meat thoroughly and until to pink remains. (If needed, drain and discard cooking liquid).
3. To same frying pan, add onion and bell pepper. Continue cooking, stirring frequently, until vegetables begin to soften, about 5 minutes.
4. Add oil, garlic, soy sauce, coleslaw mix, carrots, and ginger (if using), to the frying pan. Continue to cook for 5-7 minutes, stirring consistently.
5. Remove frying pan from heat, divide evenly among 4 bowl, and add toppings.

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Nutritional Information

(Per Serving)

CALORIES 240
TOTAL FAT 9g
SODIUM 980mg
TOTAL CARBS 29g
PROTEIN 12g

Garlic Ginger Beef Ramen

Servings 6 | Prep time 10 mins. | Total time 25 mins.

Equipment: Large Frying Pan

Utensils: Mixing spoon, Measuring cups and spoons

INGREDIENTS

- 1/4 tablespoon olive oil OR vegetable oil
- 1/2 pound (85% or leaner) ground beef
- 2 cups water
- 1 ramen noodle seasoning packet (included in ramen noodle packaging)
- 1 20 ounce package frozen stir-fry vegetable mix
- 2 green onions, thinly sliced (optional)
- 1/4 teaspoon ground ginger
- 2 garlic cloves, minced OR 2 teaspoons garlic powder
- 2 packages instant ramen noodles (any flavor), broken into small pieces

INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, and utensils.
2. In a large frying pan add oil and brown ground beef over medium-high heat. Drain fat from frying pan.
3. Add water and one seasoning packet to cooked beef. Mix well.
4. Add vegetables, green onions (if using), ginger, and garlic. Bring to a boil over high heat.
5. Add ramen noodles, reduce heat to low, and simmer 3 to 5 minutes until vegetables are tender, stirring occasionally.
6. Refrigerate leftovers within 2 hours.



Nutritional Information

(Per Serving)

CALORIES 260
TOTAL FAT 8g
SODIUM 60mg
TOTAL CARBS 35g
PROTEIN 17g

Hamburger Skillet

Servings 8 | Prep time 15 mins. | Total time 45 mins.

Equipment: Cutting board, Large pot, Can opener, Paper towels, Bowl or mug

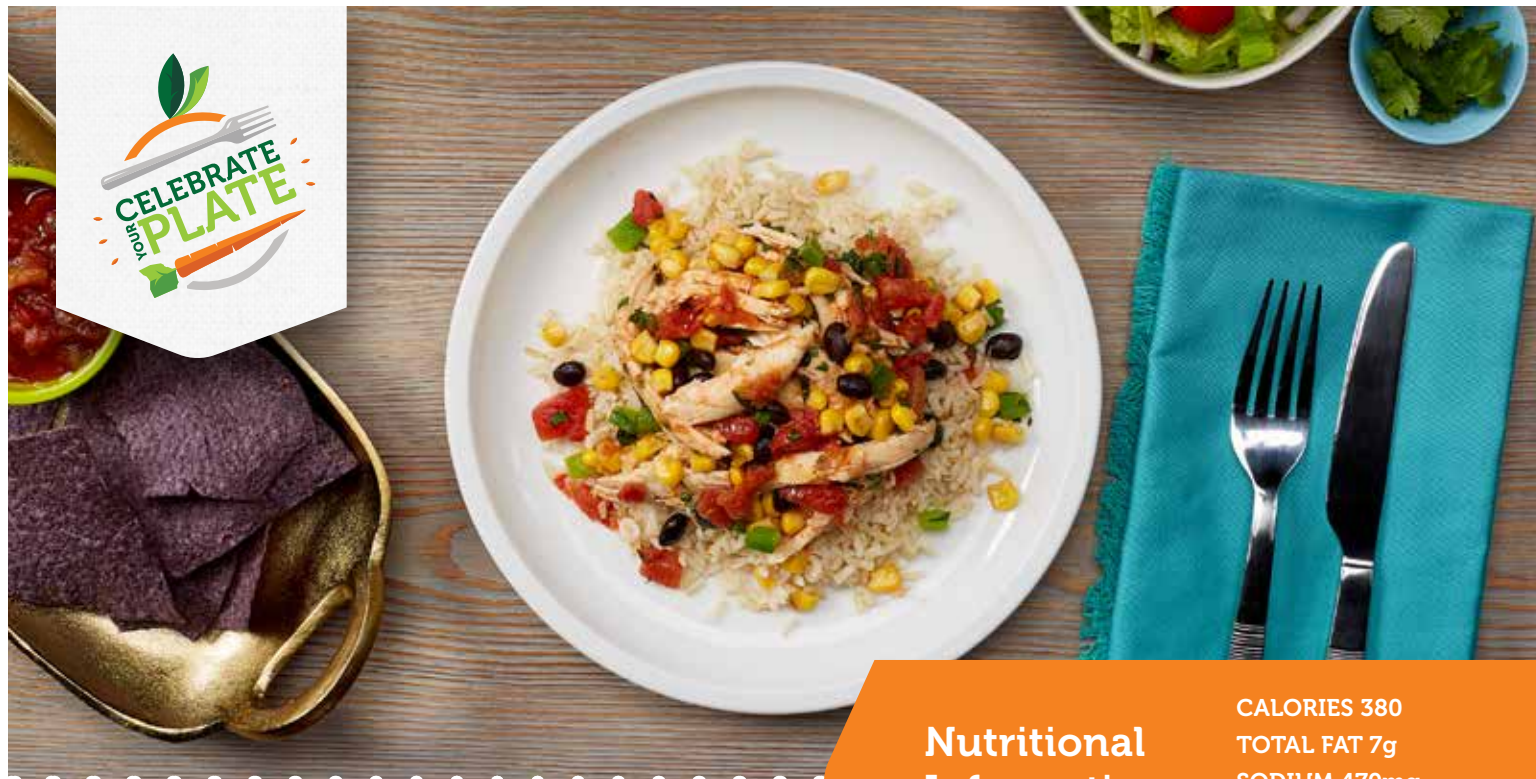
Utensils: Knife, Measuring cups and spoons, Mixing spoon

INGREDIENTS

- 1 pound lean (85% or leaner) ground beef
- 1 onion, chopped
- 2 carrots, chopped
- 2 stalks celery, diced
- 6 cloves garlic, minced OR 2 tablespoons garlic powder
- 1 28 ounce can no salt added crushed tomatoes with liquid
- 2 tablespoons Italian seasoning OR Celebrate Your Plate Italian Seasoning
- 2 cups uncooked whole grain elbow macaroni OR other uncooked whole grain pasta

INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. In a large pot, brown ground beef over medium heat, 5-7 minutes.
3. Drain excess fat into a paper towel-lined bowl or mug, allow to cool, and discard.
4. Add onion and garlic to ground beef and cook until onion is tender, 5-7 minutes.
5. Add remaining ingredients, stir well to combine, increase heat, and bring to a simmer.
6. Cover and cook for an additional 20 minutes until macaroni is tender.



Nutritional Information

(Per Serving)

CALORIES 380
TOTAL FAT 7g
SODIUM 470mg
TOTAL CARBS 37g
PROTEIN 44g

Southwest Shredded Chicken

Servings 6 | Prep time 105 mins. | Total time 4 hours 15 mins. – 8 hours and 15 mins.
 (depending on crockpot setting)

Equipment: Slow cooker, Colander, Can opener, Medium bowl

Utensils: Two forks, Large slotted or mixing spoon, Measuring cups and spoon

INGREDIENTS

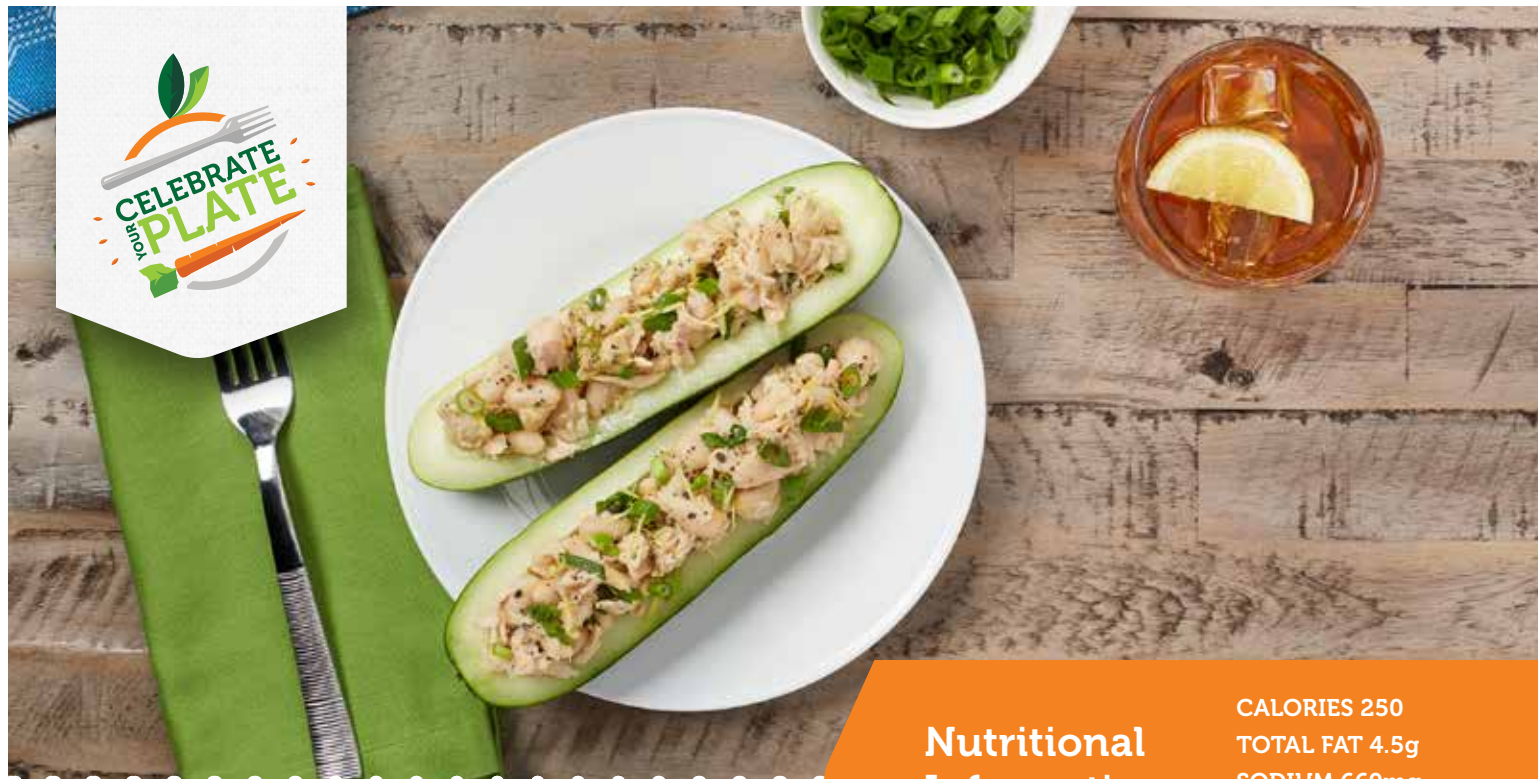
- 2 pounds boneless skinless chicken thighs or breasts (can substitute with canned chicken)
- 1 14.5 ounce can no salt added diced tomatoes with green chilies with liquid
- 1 15 ounce can no salt added black beans, drained and rinsed
- 1 15 ounce can no salt added corn, rinsed and drained OR 1 1/4 cups frozen corn
- 1 onion, diced
- 1 green bell pepper, diced
- 1/4 cup fresh cilantro, chopped (optional)
- 1 15 ounce can low-sodium chicken broth
- 1/2 packet reduced sodium taco seasoning OR 2 tablespoons Celebrate Your Plate Taco Seasoning

INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and produce.
2. Place chicken in bottom of slow cooker.
3. Add all remaining ingredients to slow cooker. If using cilantro, save 1 tablespoon to sprinkle on top of finished dish. Stir to combine and cover with lid.
4. Cook on low for 8 hours or on high for 4 hours.
5. 30 minutes before serving, transfer chicken to a medium bowl. Shred chicken using 2 forks.
6. Using a slotted spoon, transfer vegetables from cooking liquid to bowl with chicken. Stir to combine.
7. Sprinkle with 1 tablespoon of cilantro, if using

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Nutritional Information

(Per Serving)

CALORIES 250
TOTAL FAT 4.5g
SODIUM 660mg
TOTAL CARBS 28g
PROTEIN 26g

Tuna Boats

Servings 4 | Prep time 20 mins. | Total time 20 mins.

Equipment: Box grater, Can opener, Cutting board, Small bowl

Utensils: Knife, Spoon, Fork, Measuring spoons

INGREDIENTS

- 2 large cucumbers
- 2 tablespoons lemon juice (about 1 lemon)
- 2 green onions, diced
- 2 5 ounce cans tuna in water, drained
- 1 15.5 ounce can no salt added white beans (navy, Great Northern, cannellini, etc.), drained and rinsed
- 1 tablespoon olive oil OR vegetable oil
- 1 tablespoon Dijon
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and produce.
2. Cut cucumbers lengthwise and scoop out seeds with a spoon.
3. Zest the entire lemon by scraping it across the small holes of a box grater and collecting the skin. Cut the lemon in half and squeeze the juice into a medium bowl.
4. Add the beans to the bowl and mash with a fork.
5. Add green onion, tuna, oil, mustard, salt, black pepper, and lemon zest to the beans. Mix to combine.
6. Evenly divide the tuna mixture between the 4 cucumber halves.

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Nutritional Information

(Per Serving)

CALORIES 180
TOTAL FAT 2g
SODIUM 340mg
TOTAL CARBS 31g
PROTEIN 12g

Zesty Tuna Pasta Salad

Servings 8 | Prep time 10 mins | Total time 10 mins.

Equipment: Large mixing bowl

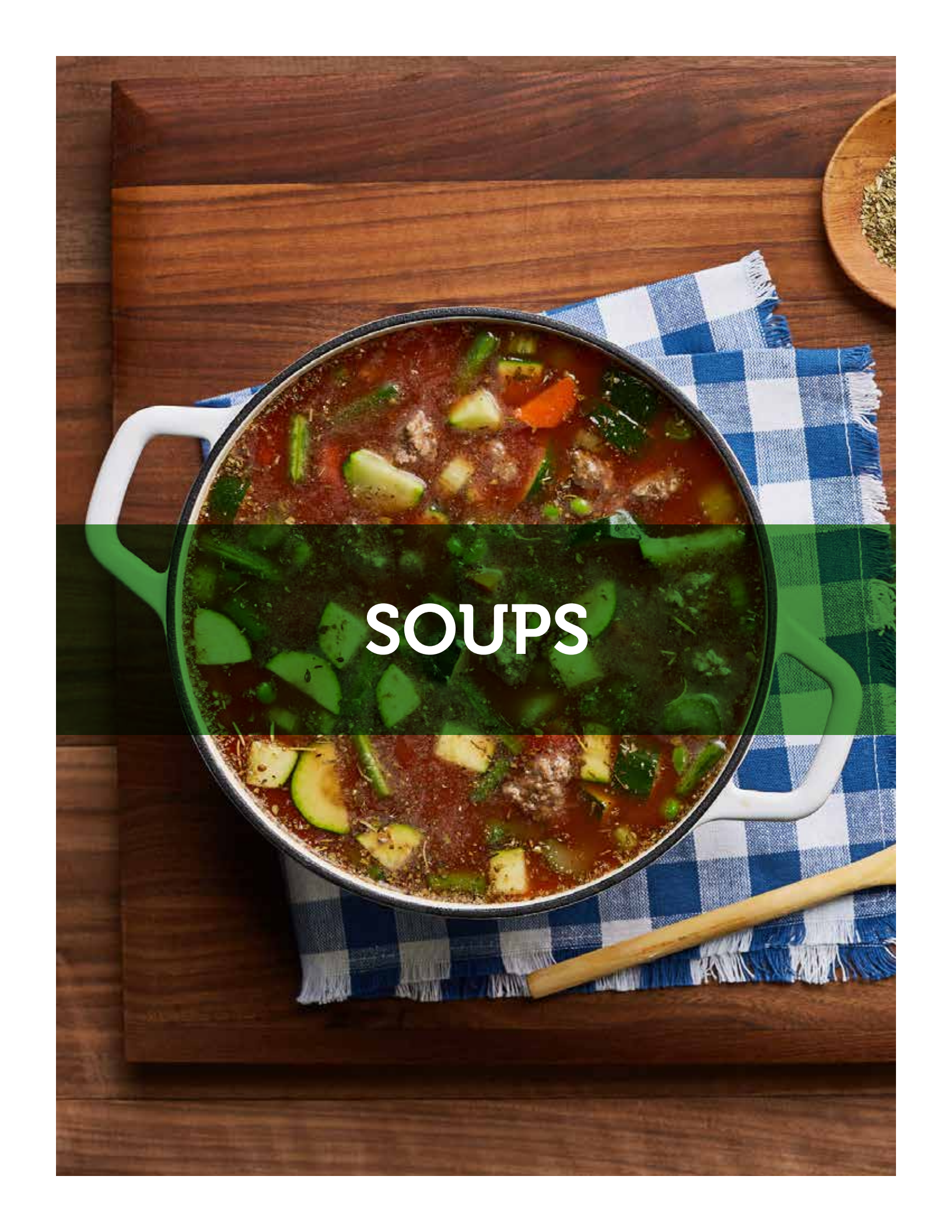
Utensils: Stirring spoon, Measuring cups and spoons

INGREDIENTS

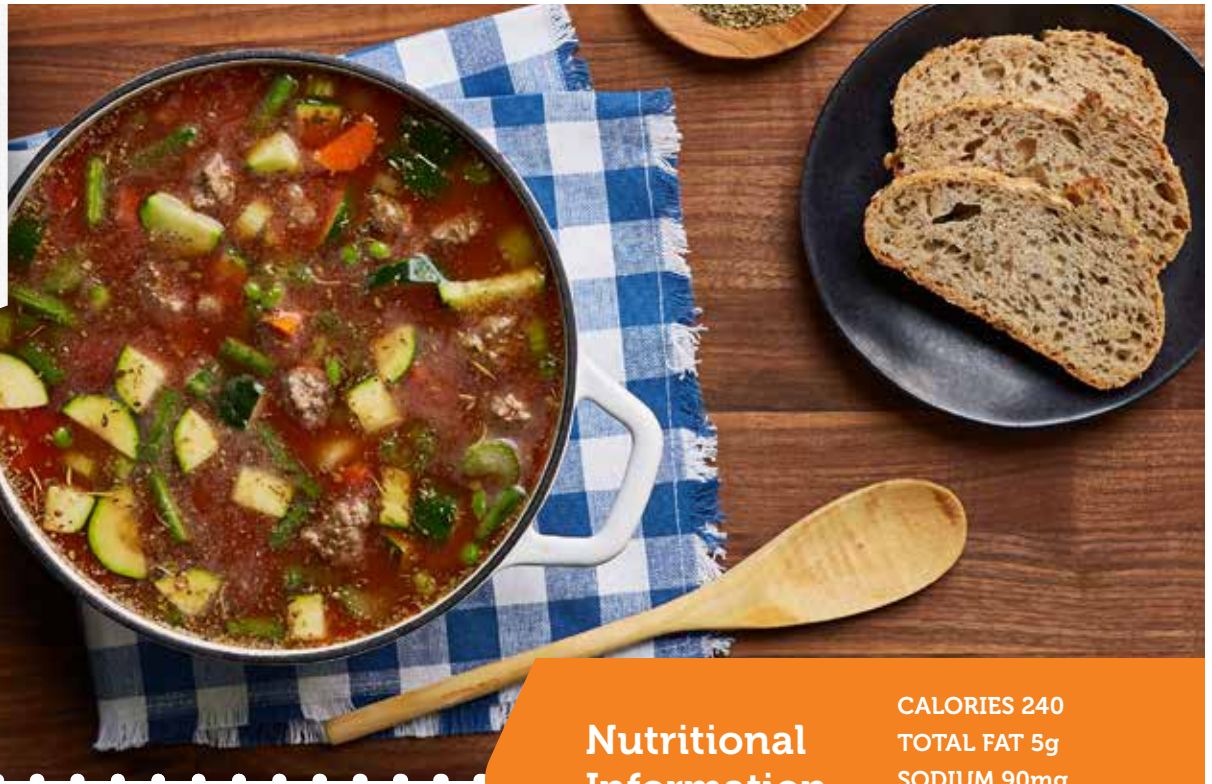
- 2 cups whole grain pasta (such as macaroni, rotini, or penne), cooked and cooled
- 2 5 ounce cans fish (tuna or salmon) packed in water, drained
- 1 small zucchini, chopped
- 1 carrot, chopped
- 1 bell pepper, chopped
- 1/2 onion, diced
- 1/2 teaspoon black pepper
- 3/4 cup fat-free Italian dressing, divided

INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and vegetables.
2. Mix all ingredients except for dressing in bowl. Add 1/2 cup of dressing. Refrigerate for at least 30 minutes before serving.
3. Add remaining 1/4 cup dressing immediately before serving to freshen salad.



SOUPS



Nutritional Information

(Per Serving)

CALORIES 240
TOTAL FAT 5g
SODIUM 90mg
TOTAL CARBS 40g
PROTEIN 11g

4-Ingredient Vegetable Beef Soup

Servings 6 | Prep time 5 minutes) | Total time 20 minutes (stovetop) or 4 hours (crockpot)

Equipment: Frying pan, Small Bowl, Paper towels, Large pot or slow cooker

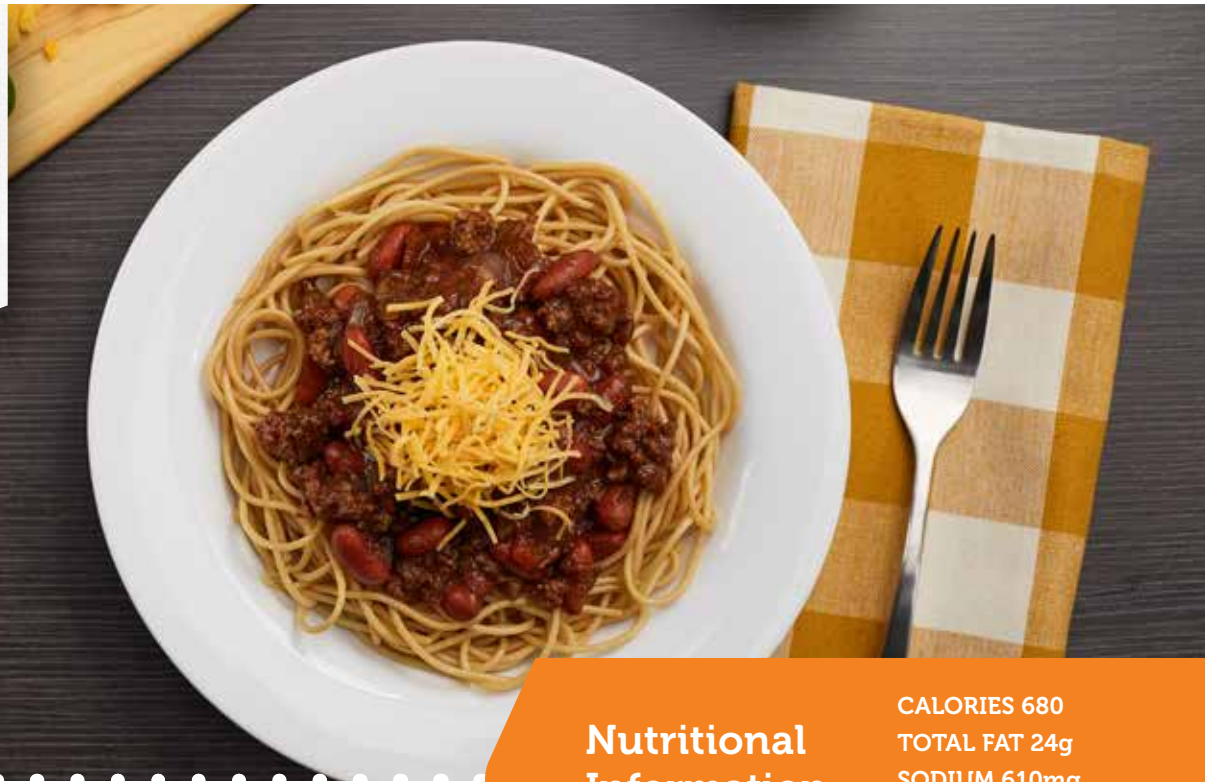
Utensils: Spatula or mixing spoon, Measuring cups and spoons

INGREDIENTS

- 1/2 pound protein: 85% lean ground (beef or turkey) meat OR 1 15 ounce can no salt added kidney beans, drained and rinsed
- 1 64 ounce bottle low-sodium vegetable juice
- 1 32 ounce package frozen vegetable mix
- 1 tablespoon Italian seasoning OR Celebrate Your Plate Italian Seasoning

INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, and utensils.
2. If using ground beef or turkey, cook in a medium frying pan until no pink remains, about 6 minutes. Drain fat into a paper-towel lined bowl and throw away.
3. Combine your protein of choice (either cooked ground beef, turkey, or beans), vegetable juice, frozen vegetables, and Italian seasoning in a slow cooker and cook on low for 4 hours. If using a stovetop, combine ingredients in a large pot and simmer over medium heat for 10 minutes.



Nutritional Information

(Per Serving)

CALORIES 680
TOTAL FAT 24g
SODIUM 610mg
TOTAL CARBS 74g
PROTEIN 48g

5-Way Cincy Chili

Servings 4 | Prep time 10 mins. | Total time 35 mins.

Equipment: Large pot, Large frying pan, Measuring cups and spoons

Utensils: Stirring Spoon, Measuring cups and spoons

INGREDIENTS

- 8 ounces whole grain spaghetti
- 1 tablespoon olive oil OR vegetable oil
- 1 pound lean (85% or leaner) ground beef
- 1 medium onion, diced
- 2 teaspoons cocoa powder
- 2 tablespoons chili powder
- 1 teaspoon ground cinnamon
- 1 15 ounce can no salt added crushed tomatoes
- 1 14 ounce can reduced sodium beef broth
- 1 15.5 ounce can no salt added kidney beans, rinsed and drained
- 1 cup cheddar cheese, shredded

INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, tops of cans, and utensils.
2. Cook pasta in a large pot of boiling water until just tender, 8 to 10 minutes or according to package directions. While pasta is boiling, begin step 3. Drain and set pasta aside.
3. Heat oil in a large frying pan over medium-high heat. Add beef, onion, cocoa powder, chili powder, and cinnamon. Cook, stirring and breaking up lumps with a spoon, until the onion is beginning to soften, about 5 minutes.
4. Stir in tomatoes and broth; bring to a boil. Reduce heat to bring contents to a fast simmer and cook, stirring frequently, until the chili is thickened, about 15 minutes.
5. Stir beans into the sauce. Cook, stirring, until heated through, about 1 minute more. Serve chili over pasta, and top with shredded cheese.



Nutritional Information

(Per Serving)

CALORIES 320
TOTAL FAT 9g
SODIUM 690mg
TOTAL CARBS 40g
PROTEIN 22g

6-Can Chicken Tortilla Soup

Servings 6 | Prep time 5 mins | Total time 15 mins

Equipment: Large pot with lid

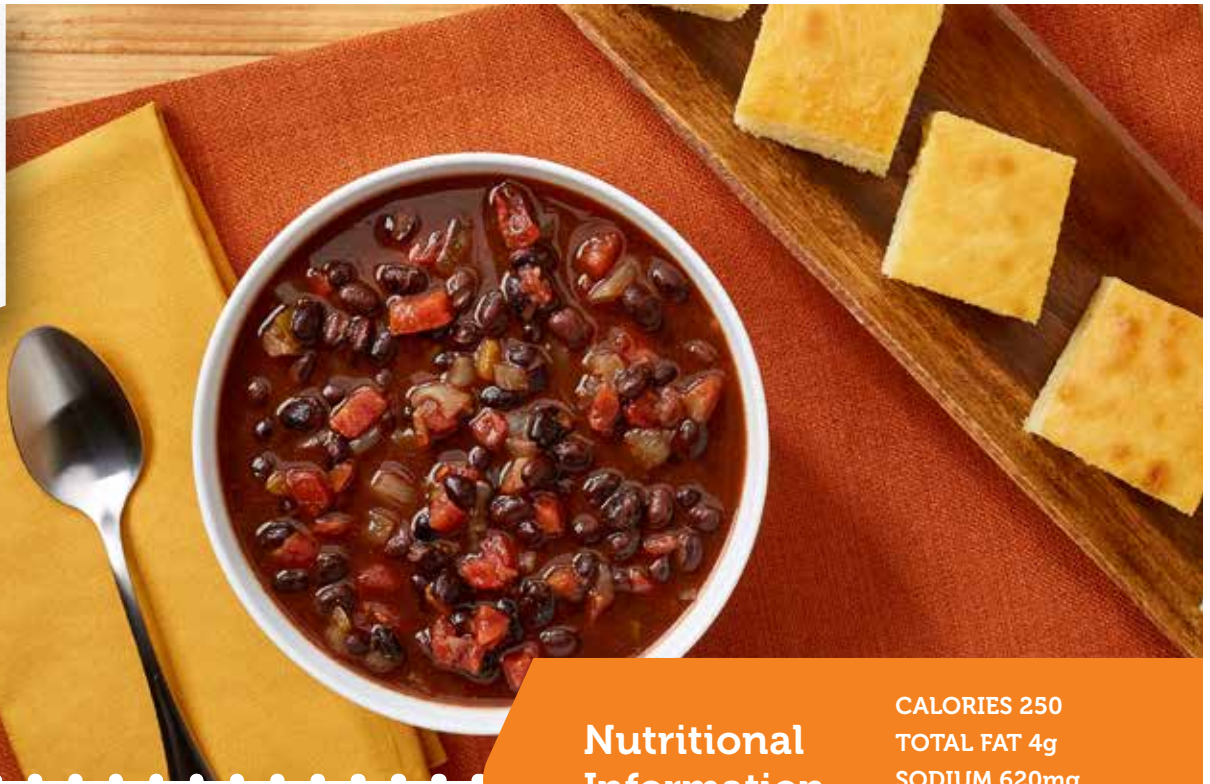
Utensils: Stirring spoon, Measuring cups and spoons

INGREDIENTS

- 1 15 ounce can no salt added corn, drained
- 2 14.5 ounce cans low sodium chicken broth
- 2 tablespoons reduced sodium taco seasoning (1/2 seasoning packet)
- 1 10 ounce can chicken (packed in water), drained
- 1 15 ounce can no salt added black beans, drained and rinsed
- 1 10 ounce can no salt diced tomatoes with green chilies, drained
- 6 handfuls of tortilla chips (about 7 chips per handful)
- 2/3 cups cheddar cheese, shredded

INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, utensils, and tops of cans.
2. In a large pot, combine corn, chicken broth, taco seasoning, chicken, black beans, and tomatoes.
3. Bring to a boil. Cover, reduce heat, and simmer for 5-8 minutes or until heated through.
4. Serve over tortilla chips and top with cheese.



Nutritional Information

(Per Serving)

CALORIES 250
TOTAL FAT 4g
SODIUM 620mg
TOTAL CARBS 42g
PROTEIN 13g

Black Bean Soup

Servings 4 | Prep time 10 mins. | Total time 25 mins.

Equipment: Large saucepan, Colander

Utensils: Mixing spoon, Measuring cups and spoons

INGREDIENTS

- 2 15 ounce cans of no salt added black beans, drained and rinsed
- 2 teaspoons olive oil OR vegetable oil
- 1/2 medium onion, chopped
- 1 tablespoon chili powder
- 1 teaspoon ground cumin (optional)
- 1 14.5 ounce can no salt added diced tomatoes with green chilies
- 1 cup water
- 1 tablespoon lime OR lemon juice (optional)
- 1 tablespoon lime juice (about 1/2 lime) (optional)
- Optional toppings:
- Non-fat yogurt, low-fat sour cream, cilantro

INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, utensils, and vegetables.
2. Heat oil in a large saucepan over medium heat. Add onion and cook, stirring frequently until onion begins to soften (about 2 to 3 minutes). Add chili powder. Add cumin, if using. Cook and stir for 1 minute.
3. Add beans, tomatoes, and water to saucepan and bring to boil. Reduce heat and simmer, covered, for 10 minutes.
4. Remove from heat and stir in lemon or lime juice, if using.
5. Garnish with yogurt or sour cream and cilantro before serving, if using

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Nutritional Information

(Per Serving)

CALORIES 310
TOTAL FAT 7g
SODIUM 350mg
TOTAL CARBS 35g
PROTEIN 28g

Crockpot Chicken Noodle Soup

Servings 6 | Prep time 5 mins. | Total time 3-4 hours or 6-8 hours

Equipment: Slow cooker

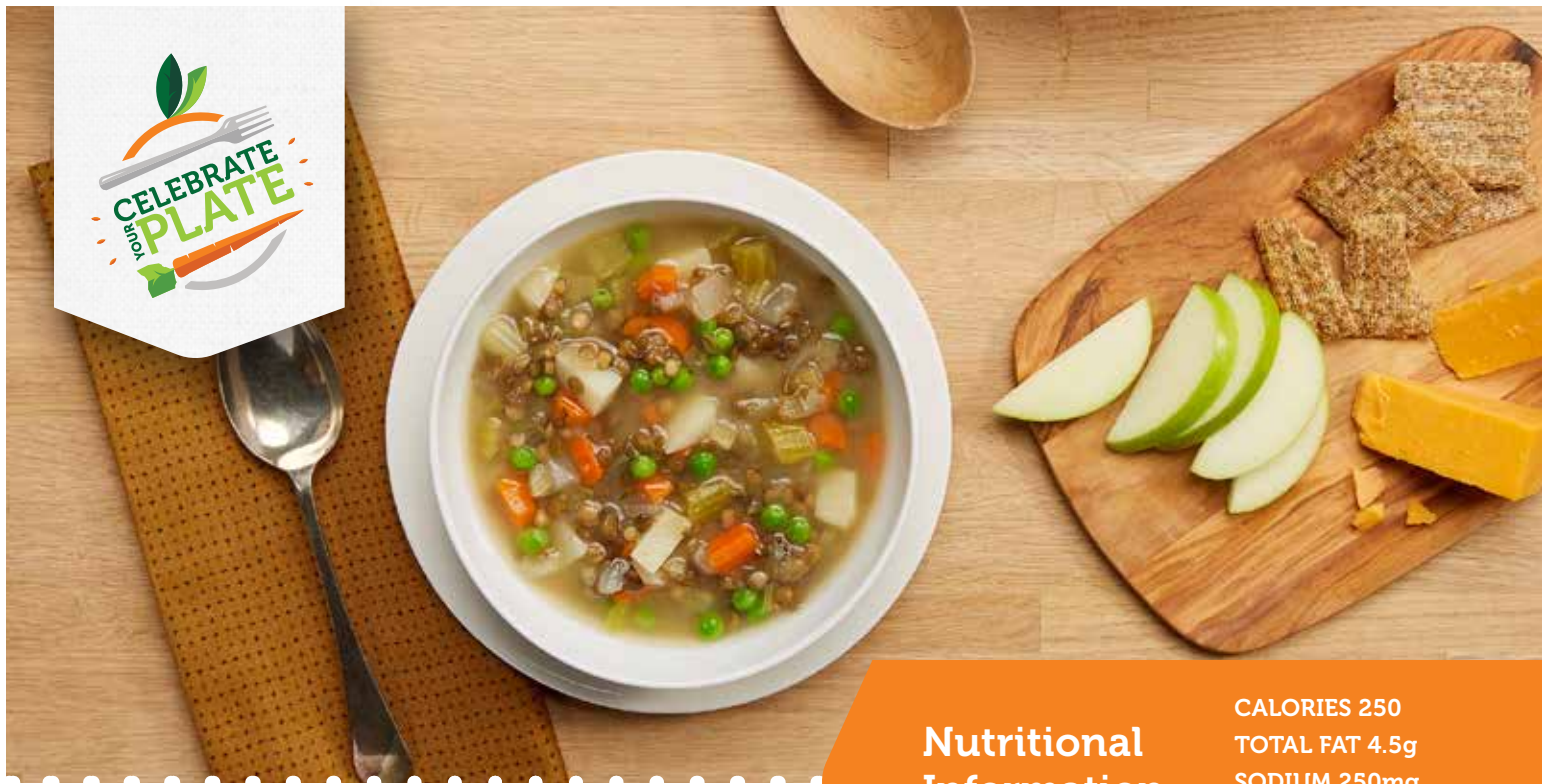
Utensils: Fork, Measuring cups and spoons

INGREDIENTS

- 1 pound boneless skinless chicken breasts
- 3 stalks celery, sliced
- 4 carrots, peeled and sliced
- 1 medium onion, diced
- 2 garlic cloves, minced OR 2 teaspoons powdered garlic
- 1 tablespoon fresh thyme OR 1/2 tablespoon dried thyme
- 1 tablespoon fresh rosemary OR 1/2 tablespoon dried rosemary
- 1 teaspoon black pepper
- 3/4 teaspoon salt (optional)
- 8 cups fat-free chicken stock
- 8 ounces egg noodles

INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and vegetables.
2. Add the chicken, celery, carrots, onion, garlic, thyme, rosemary, and black pepper into the slow cooker.
3. Pour in the chicken stock.
4. Cook on high for 3-4 hours or low for 6-8 hours.
5. During the last 15 minutes, remove the chicken breast. Shred with a fork.
6. Taste soup, add salt as needed. Add the shredded chicken and the egg noodles, then combine. Cover with lid and cook for the last 15 minutes.



Nutritional Information

(Per Serving)

CALORIES 250
TOTAL FAT 4.5g
SODIUM 250mg
TOTAL CARBS 44g
PROTEIN 10g

Hearty Lentil Stew

Servings 8 | Prep time 15 mins. | Total time 60 mins.

Equipment: Cutting board, Large Pot

Utensils: Knife, Measuring cups and spoons, Mixing spoon

INGREDIENTS

- 2 tablespoons olive oil OR vegetable oil
- 1 yellow onion
- 6 cloves garlic, minced OR 2 tablespoons garlic powder
- 4 carrots
- 4 stalks celery
- 2 pounds potatoes
- 1 cup uncooked brown lentils
- 1 teaspoon dried rosemary (optional)
- 1/2 teaspoon ground thyme (optional)
- 2 tablespoons Dijon mustard
- 6 cups low-sodium vegetable broth
- 1 cup frozen peas

INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, utensils, and vegetables.
2. Dice onion, mince garlic, and add to large pot with olive or vegetable oil. Cook over medium heat for 3-5 minutes.
3. Dice celery and carrots. Add to pot and cook for additional 3-5 minutes.
4. Peel and cut potatoes into 1-inch cubes. Add to pot along with lentils, Dijon mustard, vegetable broth, rosemary, and thyme (if using).
5. Stir ingredients to combine, place lid on the pot, and increase heat to high until the stew reaches a boil. Once it reaches a boil, turn heat to low and simmer for 30 minutes, stirring occasionally.
6. Add frozen peas and cook for an additional 5 minutes.



Nutritional Information

(Per Serving)

CALORIES 180
TOTAL FAT 3g
SODIUM 420mg
TOTAL CARBS 35g
PROTEIN 7g

Vegetable Pasta Soup

Servings 8 | Prep time 20 mins. | Total time 45 mins.

Equipment: Large pot

Utensils: Mixing spoon, Measuring cups and spoons

INGREDIENTS

- 1 tablespoon olive oil OR vegetable oil
- 2 carrots, chopped
- 1 large onion, diced
- 1 zucchini, chopped
- 1 14.5 ounce can no salt added diced tomatoes with green chilies with liquid
- 2 14.5 ounce cans reduced sodium (vegetable or chicken) broth
- 4 cups water
- 1/4 teaspoon salt
- 1 tablespoon Italian seasoning OR Celebrate Your Plate Italian Seasoning
- 2 cups uncooked small whole grain pasta
- 6 cups fresh spinach (about 1/2 pound)

INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and produce.
2. Heat the oil in a large pot over medium heat until hot. Add onions and carrots. Cook until the produce is softened (about 3 minutes), stirring often.
3. Stir in zucchini and canned tomatoes. Cook 3-4 minutes.
4. Stir in the broth, water, salt, and Italian seasoning or dried basil. Bring to a boil.
5. Stir in the pasta and spinach. Return to a boil.
6. Cook until the pasta is tender, about 8 minutes

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Nutritional Information

(Per Serving)

CALORIES 260
TOTAL FAT 13g
SODIUM 820mg
TOTAL CARBS 23g
PROTEIN 17g

West African Peanut Soup

Servings 6 | Prep time 10 mins | Total time 30 mins.

Equipment: Large pot

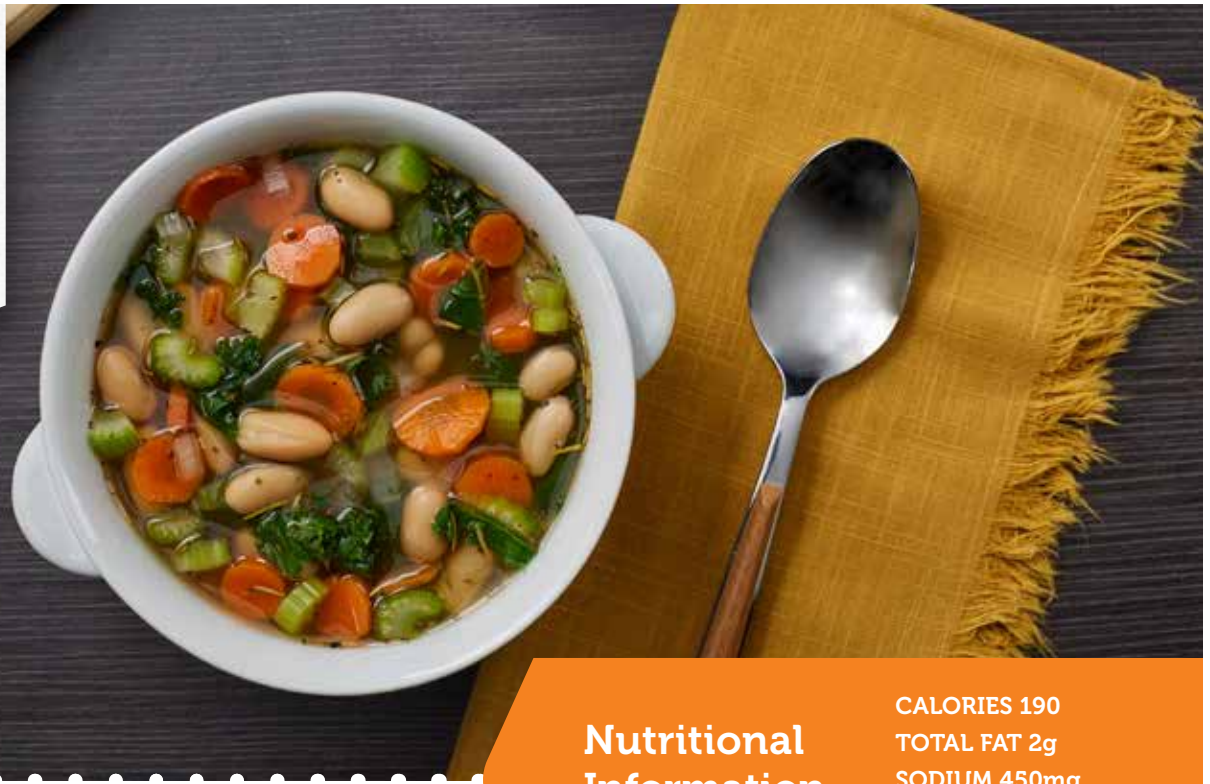
Utensils: Stirring spoon, Measuring cups and spoons

INGREDIENTS

- 1 tablespoon olive oil OR toasted sesame oil
- 1 small onion, chopped
- 1 clove garlic, minced OR 1 teaspoon garlic powder
- 1 cup cooked chicken breast, diced, OR 1 10 ounce can chicken (packed in water), drained
- 1 1/2 teaspoons curry powder
- 1/2 teaspoon black pepper
- 1/2 teaspoon crushed red pepper flakes
- 3 cups low-sodium chicken broth
- 1 6 ounce can tomato paste
- 2 14.5 ounce cans stewed tomatoes
- 6 tablespoons peanut butter

INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and vegetables.
2. Add oil to large pot over medium heat. Add onion and cook stirring frequently until see through. Add garlic and chicken and stir to heat through.
3. Add curry powder, black pepper and red pepper flakes and cook 1 minute longer. Reduce heat to medium heat.
4. Add broth, tomato paste, stewed tomatoes, and peanut butter. Heat over medium heat, stirring often until combined and heated through. Remove before pot begins to boil.



Nutritional Information

(Per Serving)

CALORIES 190
TOTAL FAT 2g
SODIUM 450mg
TOTAL CARBS 32g
PROTEIN 12g

White Bean Kale Soup

Servings 8 | Prep time 45 mins. | Total time 1 hour 5 mins.

Equipment: Large pot

Utensils: Mixing spoon, Measuring cups and spoons

INGREDIENTS

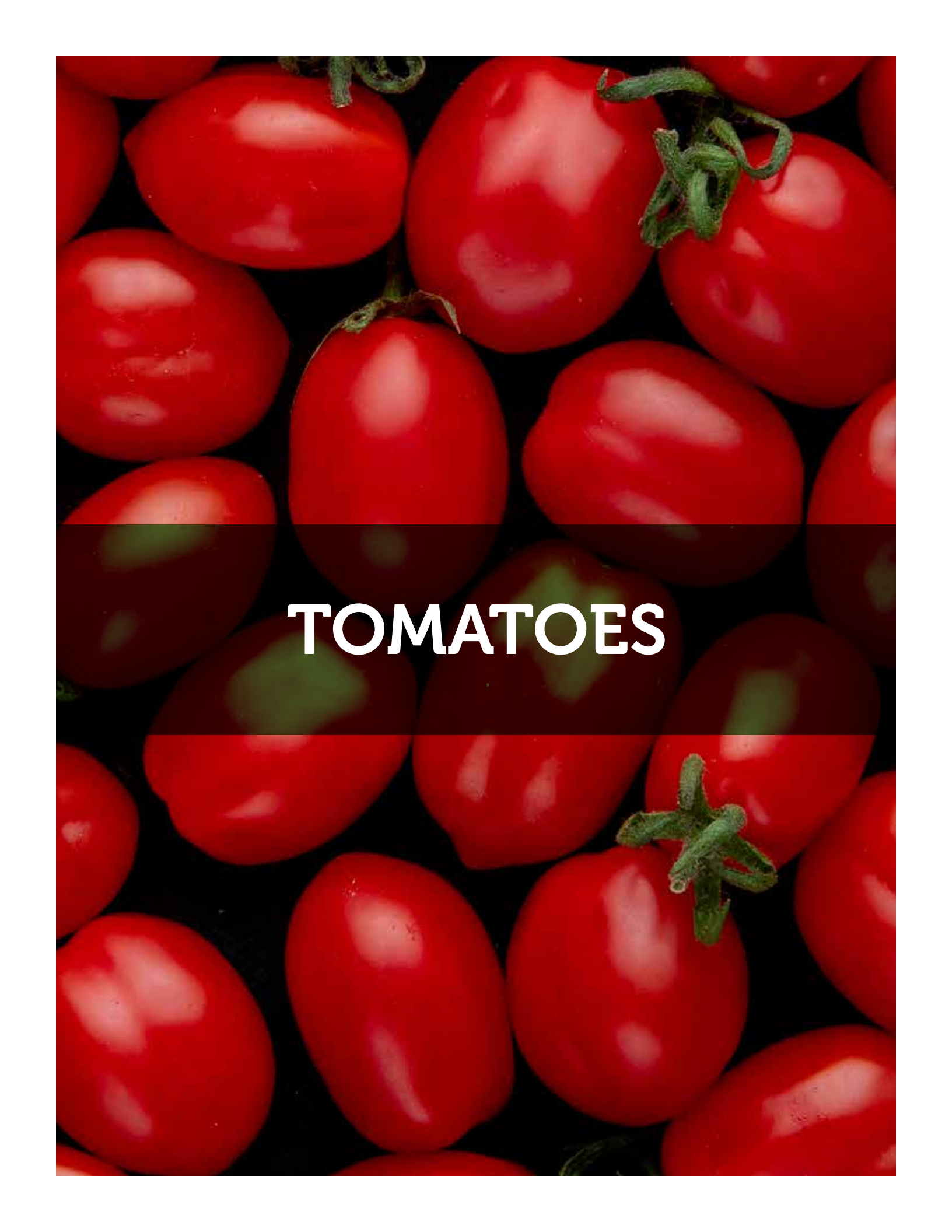
- 1 tablespoon olive oil OR vegetable oil
- 1 yellow onion, diced
- 4 cloves garlic, minced OR 4 teaspoons garlic powder
- 1 cup celery (about 4 stalks), sliced
- 1 cup carrots, sliced
- 3 teaspoons Italian seasoning OR Celebrate Your Plate Italian Seasoning
- 3 cups low-sodium vegetable broth
- 3 15.5 ounce cans no salt added white beans (navy, Great Northern, cannellini, etc.), drained and rinsed
- 3 cups chopped kale, sliced into ribbons and stems removed
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and produce.
2. Heat oil in a large pot over medium-high heat.
3. Add onion, garlic, celery, and carrots. Cook, stirring frequently for 8 minutes.
4. Add Italian seasoning and a large pinch of salt and black pepper. Cook for 1 minute, stirring frequently.
5. Add vegetable broth and white beans to the pot. Stir to combine.
6. Bring pot to simmer on medium-high heat.
7. Reduce heat to medium and leave to simmer for 5 minutes.
8. Stir kale for 2-3 minutes, or until it begin to slightly wilt.
9. Season soup to taste with additional salt and black pepper.

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TOMATOES



Nutritional Information

(Per Serving)

CALORIES 210
TOTAL FAT 10g
SODIUM 80mg
TOTAL CARBS 25g
PROTEIN 7g

Cowboy Caviar

Servings 8 | Prep time 10 mins. | Total time 1 hour, 10 mins.

Equipment: Cutting board, Can opener, Colander, Large bowl, Small bowl

Utensils: Knife, Whisk or fork, Mixing spoon, Measuring cups and spoons

INGREDIENTS

- 1 15 ounce can no salt added corn, rinsed and drained
- 1 15 ounce can no salt added black beans, drained and rinsed
- 1 15.5 ounce can no salt added kidney beans, rinsed and drained
- 1 15 ounce can no salt added diced tomatoes, drained
- 1 small white onion, diced
- 1/3 cup olive oil OR vegetable oil
- 4 tablespoons lime juice (about 2 limes)
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt
- 1 teaspoon ground cumin (optional)
- 1 jalapeño pepper, minced (optional)
- 3/4 cup fresh cilantro, chopped (optional)
- 1 to 2 avocados, sliced (optional)

INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and vegetables.
2. In a large bowl, combine the corn, black beans, kidney beans, tomato, and onion.
3. In a small bowl, combine the oil, lime juice, salt, pepper, and cumin (if using). Whisk the dressing ingredients together until well-combined.
4. Pour the dressing into the large bowl over the veggies. Add the cilantro and jalapeño (if using) and stir to combine. Taste and adjust the seasoning, if needed.
5. Cover and chill for at least 1 hour, or overnight to blend flavors.
6. Serve chilled or at room temperature, with sliced avocado, if using.



Nutritional Information

(Per Serving)

CALORIES 45
TOTAL FAT 1g
SODIUM 230mg
TOTAL CARBS 9g
PROTEIN 1g

Cucumber Salad

Servings 4 | Prep time 10 mins. | Total time 1 hour, 10 mins.

Equipment: Cutting board, Large bowl,

Utensils: Knife, Mixing spoon, Measuring cups and spoons

INGREDIENTS

- 3 small tomatoes, chopped (can substitute with canned tomatoes)
- 1 large cucumber, chopped
- 1/2 red onion, finely chopped
- 1 medium green bell pepper, finely chopped
- 1/3 cup fresh parsley, chopped small OR 1 tablespoon dried parsley (optional)
- 1/3 cup fat-free Italian dressing OR Celebrate Your Plate Vinaigrette Salad Dressing

INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. Combine all ingredients in a large bowl and stir to combine. Refrigerate for at least 1 hour before serving.



Nutritional Information

(Per Serving)

CALORIES 120
TOTAL FAT 5g
SODIUM 240mg
TOTAL CARBS 18g
PROTEIN 3g

Homemade Tomato Sauce

Servings 6 | Prep time 30 mins. | Total time 50 mins.

Equipment: Cutting board, Vegetable peeler, Box grater, Can opener, Medium pot with lid

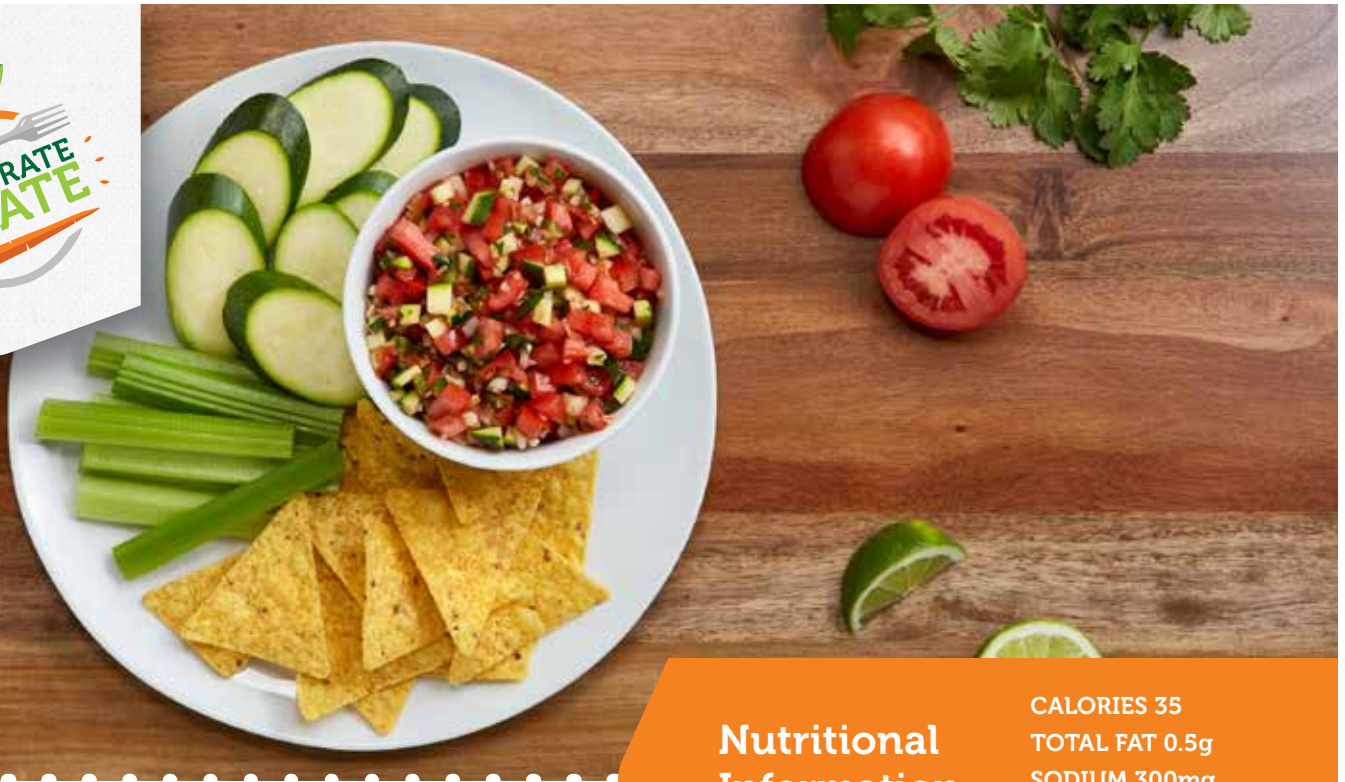
Utensils: Knife, Mixing spoon, Measuring cups and spoons

INGREDIENTS

- 2 onions, diced
- 8 cloves garlic, minced OR 3 tablespoons garlic powder
- 2 medium carrots, grated
- 2 tablespoons olive oil OR vegetable oil
- 1 1/2 tablespoons Italian seasoning OR Celebrate Your Plate Italian Seasoning
- 1/2 teaspoon salt (optional)
- 1 teaspoon black pepper
- 2 28 ounce cans no salt added crushed tomatoes

INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and produce.
2. In a medium-sized pot over medium heat, add oil, onion, garlic, and carrots. Cook until onions soften, about 3-5 minutes.
3. Add tomatoes, Italian seasoning, salt, and pepper. Stir to combine.
4. Increase heat and bring the sauce to a boil.
5. Reduce heat and cover pot. Allow sauce to simmer for 15 minutes, stirring occasionally.



Nutritional Information

(Per Serving)

CALORIES 35
TOTAL FAT 0.5g
SODIUM 300mg
TOTAL CARBS 8g
PROTEIN 2g

Summer Salsa

Servings 4 | Prep time 30 mins. | Total time 30 mins.

Equipment: Sharp knife, Mixing spoon, Measuring cups and spoons

Utensils: Sharp knife, Mixing Spoon

INGREDIENTS

- 1 medium zucchini, diced
- 1 onion, diced
- 3 Roma tomatoes, diced (can substitute with canned tomatoes)
- 1 jalapeño pepper (optional)
- 4 cloves garlic, minced OR 4 teaspoons garlic powder
- 1/2 cup fresh cilantro OR parsley, chopped
- 1/2 teaspoon salt
- 1/4 cup lemon OR lime juice

INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. If using a jalapeño, put on disposable gloves and remove the pepper seeds. Dice small. If you don't have gloves, wash your hands with soap and water after handling the jalapeño.
3. Combine all ingredients in a medium bowl and stir to combine.
4. Chill in the refrigerator for at least 30 minutes before serving so flavors can blend.

