Take a Fresh Look

Basic Food

# Eating Well *for Less*

Shop • Save • Eat • Enjoy!

## SYMBOLS USED IN THIS BOOK

This symbol shows the page on which the recipe is found.

This symbol shows that a recipe is liked by kids.

The update for this publication was requested by WA State Department of Social & Health Services Supplemental Nutrition Assistance Program.

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS Community Service Office.

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# Before You Shop

Plan what to buy and make a list! This will save you time, energy and money. To make a list:

- **See what food you already have.** Check your cupboards, refrigerator, and freezer to see what foods you already have on-hand.
- **See what foods are on sale.** Check your grocery ads on-line for sales, and in newspapers and in-store coupons for specials. Clip coupons only for nutritious foods and foods you normally use. Buy fruits and vegetables that are in season (page 7).
- **Make a food plan for a week or more.** Make menus based on what is already in the cupboard. Invite your family to help plan menus. Write down meal ideas. Look over recipes you plan to use. Add items you will need to buy.
- **Check your list.** Be sure to include foods from each food group (fruits, vegetables, grains, dairy, protein).

# Grocery Shopping List

| | |
|---|---|
| Dry and Bulk Foods | Fresh Fruits and Vegetables |
| Canned Foods | Breads and Grains |
| Frozen Foods | Dairy and Refrigerated Foods |
| Meat, Poultry, and Seafood | Other |

# The Savvy Shopper Checklist

## GROCERY SHOPPING TIPS

- **Fill your cart with basic foods.** Shop for prepared and canned foods first. Add fresh and frozen foods last to avoid food spoilage.

- **Stick to your plan.** Only buy food items that are on your list. Avoid sales promotion items in stores (like chips, candy and crackers) that are usually located:
  - ☐ at end-of-aisle displays,
  - ☐ in fancy food packages,
  - ☐ near the checkout counter.

- **Try generic or store brand items.** Sometimes it costs less than name brand items.

- **Shop only once a week or less.** The less you shop, the less you spend. You can save money on food and transportation costs.
- **Try buying dry foods in bulk.** Many stores have grains, cereals, dried beans, peas, flour, herbs and spices, nuts, and dried fruit in bulk. These cost less than those that are pre-packaged.
- **Get to know your grocery store.** Find out when fresh fruits and vegetables arrive and when your store marks down meat. For additional savings, sign up for a rewards card or super saver program if your store has one.

# Read Your Labels

## GET THE BEST PRICE! COMPARE LABELS AND SAVE.

Compare unit-pricing labels to select the best buy! Usually store brand items cost less than brand name.

***Above:*** *The name brand product is $1.49 per pound while a similar store brand product is $0.95 per pound on sale.*

# Get Familiar with Your Food

Package labels provide valuable information that can help you find nutrition and value in the foods you buy.

- **Brand.** Compare name brands with store brands for savings.
- **Amount.** Know how much is actually in the package. Sometimes there is more or less than there seems.
- **Ingredients.** Know what is in your food.
- **Look for an expiration or sell-by dates for freshness.**
- **Check the Nutrition Facts Label to compare key nutrients for the best buy.**

**INGREDIENTS:** W
ATS, CRISP OATS (RICE FLOUR, WHOLE GRAIN
ACT, SALT, BHT [PRESERVATIVE]), BROWN
STED OATS, (WHOLE GRAIN OATS, SUGAR,
HIGH
N SYRUP, SOYBEAN OIL, HONEY, BROWN SUGAR, MOLASSES), SALT, WHEAT BITS (WHOLE GRAIN WHEAT, CORN STARCH, CORN FLOUR, SUGAR, SALT, TRISODIUM PHOSPHATE, BAKING SODA, COLOR ADDED), BARLEY MALT EXTRACT, HONEY, MODIFIED CORN STARCH, MALT SYRUP, TRIPOTASSIUM PHOSPHATE, COLOR ADDED, CINNAMON, NATURAL AND ARTIFICIAL FLAVOR, SUCRALOSE, WALNUT MEAL, ALMOND, MEAL, NONFAT MILK, VITAMIN E (MIXED TOCOPHEROLS) AND BHT ADDED TO PRESERVE FRESHNESS

**VITAMINS AND MINERALS:** CALCIUM CARBONATE, ZINC AND IRON (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), VITAMIN $B_6$ (PYRIDOXINE HYDROCHLORIDE), VITAMIN $B_2$ (RIBOFLAVIN), VITAMIN $B_1$ (THIAMIN MONONITRATE), A B VITAMIN (FOLIC ACID), VITAMIN $B_{12}$

**CONTAINS WHEAT, WALNUT, ALMOND AND MILK INGREDIENTS.**

**Exchange:** 3 starch

Exchange calculations based on the Exchange Lists for Meal Planning ©2003 the American Dietetic Association, the American Diabetes Association.

# Buy Fruits and Vegetables in Season

**SPRING** (March, April, May)

**Fruits:** Pineapple, mangoes, oranges, strawberries

**Vegetables:** Broccoli, zucchini, collard greens, Swiss chard, mustard greens, green beans

**SUMMER** (June, July, August)

**Fruits:** Watermelon, cantaloupe, apricot, peaches, blueberries, cherries, nectarines

**Vegetables:** Tomatoes, corn, cucumbers, lettuce, summer squash, sugar snap peas, carrots, celery

**FALL** (September, October, November)

**Fruits:** Grapes, cranberries, pears, apples

**Vegetables:** Pumpkin, spinach, sweet potato, Brussels sprouts, cabbage, potatoes

**WINTER** (December, January, February)

**Fruits:** Oranges, grapefruit, tangerines, pears, bananas

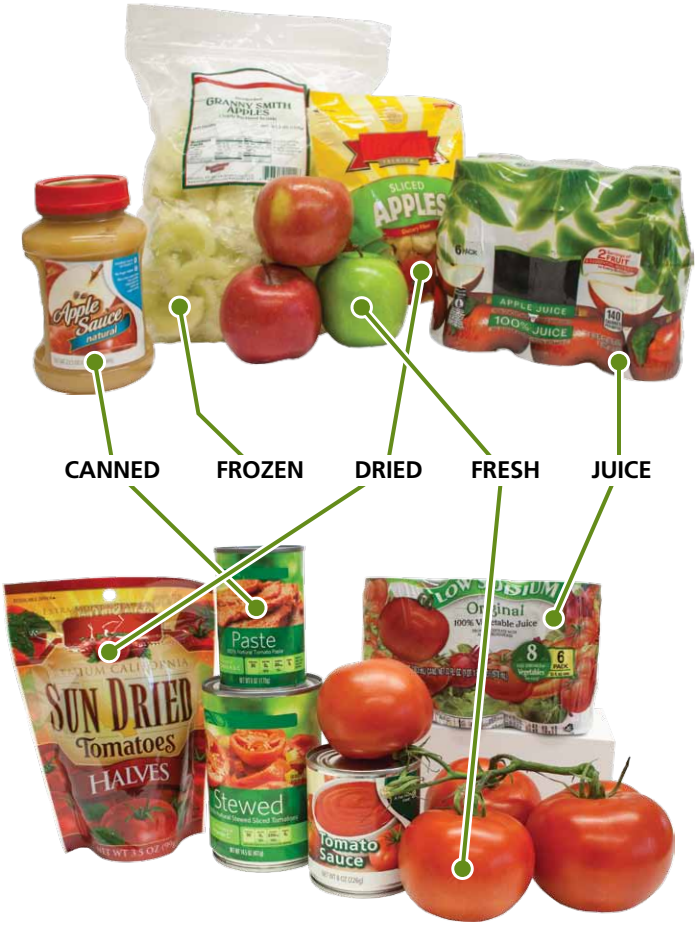
**Vegetables:** Kale, cauliflower, broccoli, winter squash

**YEAR-ROUND**

You may find many fruits and vegetables throughout the year in most grocery stores.

# Fruits and Vegetables: All Forms Count

Most canned and frozen foods are processed at harvest time. Their nutritional value and flavor are preserved and are similar to fresh items.[a]




[a] *http://www.fruitsandveggiesmorematters.org/fresh-frozen-canned-dried-and-100-juice/*

# Saving Money at Home

- **Prepare food yourself.** Meals made at home usually cost less than packaged prepared products.
- **Serve some meatless meals.** Meals without meat tend to be cheaper than meals with meat.
- **Use small amounts of meat.** Serve meats with lots of vegetables and whole grains.
- **Refrigerate or freeze leftovers immediately after the meal.**
- **Double or triple the recipe.** Cook meals today and use them as "planned-overs" throughout the week, or freeze for later use.
- **Keep your meals simple.** See page 15 for examples.

# Tips to Improve Nutrition

### Lower Sodium

- Drain and rinse canned foods.
- Use only half of flavor packets in boxed or packaged food like ramen.
- Use herbs for flavoring instead of salt.
- When using processed foods, avoid adding salt.

### Reduce Fat

- Steam, roast or broil foods. These are lower-fat cooking methods.
- Use a non-stick pan and non-stick spray rather than solid fats, like butter.

### Increase Fiber

- Make at least half your grains whole grains.
- Aim to eat 4 to 5 cups of fruits and vegetables every day.

**Use a variety of lean protein foods.** Fish and shellfish, beans, peas, lentils, eggs and low-fat cottage cheese are some examples of protein foods that can be used in place of poultry and meat.

# Herbs and Spices

These plants can give foods great taste with little or no added salt. Used in small amounts, they only add 'cents' to the cost of a recipe.

## TO GET THE MOST VALUE…

- Buy dried herbs and spices in bulk to greatly decrease the cost.
- Store dried herbs and spices in the freezer or in dark, airtight containers to retain flavor.
- Grow fresh herbs from seeds in containers on your porch or in a kitchen window.
- Try adding one or more of these seasonings to add great flavor to your meal:

**Herbs & Spices**

Basil
Cayenne pepper
Chili powder
Cinnamon
Cumin
Curry powder
Garlic powder
Ginger, fresh or ground
Ground black pepper
Onion powder
Oregano
Paprika
Pumpkin Pie Spice
Italian Herb Mix

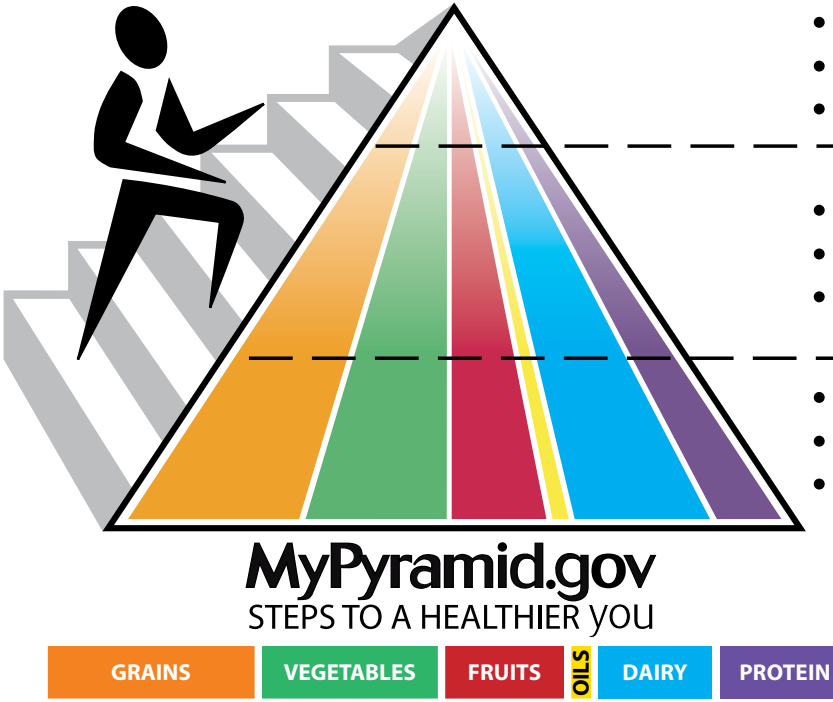
**These add flavor too:**

Lemon
Mustard
Reduced-sodium soy sauce
Vanilla extract
Vegetable Oil (like Canola or olive oil)
Vinegar

MyPyramid told us to

# Build on a Healthy Base

to get the most from our food choices.




Tips for

## Making Healthy Choices

Choose most foods from the bottom.

Use foods from the middle to help meet your budget.

**Highly processed**
**Highest in fat, sugar, salt**
**Lowest in fiber**

**Refined, processed**
**Some added fat, sugar, salt**
**Limited fiber**

**Least processed**
**Fresh, whole**
**Highest fiber, vitamins & minerals**

**Fat/Sugar = Extra calories**

## Examples of Top Foods

- Donuts, cinnamon rolls;
- Fried or creamed veggies;
- Fruit pie, fruit leather;
- Stick margarine, butter;
- Ice cream, pudding;
- Lunch meat, fried chicken.

## Examples of Middle Foods

- Granola, ready-to-eat cereal;
- Canned vegetables;
- Canned fruit in syrup;
- Salad dressings, mayonnaise;
- 2% milk, cheese, yogurt;
- Eggs, salmon, roasted chicken with skin, lean hamburger.

## Examples of Bottom Foods

- Oatmeal, brown rice, whole-grain breads, bulgur, popcorn;
- Fresh or frozen vegetables;
- Fruit (fresh, frozen, or canned in juice);
- Seed or nut oils;
- Nonfat milk or yogurt;
- Fresh or canned fish, skinless chicken breast, cooked beans, peas, or lentils.

Eat fewer foods from the top. They are highest in extra calories and salt, and lowest in nutrients.

# The U.S. Dietary Guidelines

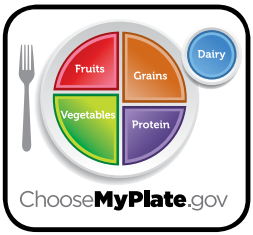
Suggest to us **what and how much** to eat each day to balance calories for a healthy weight.

| 2,000 calories* | Food Group | One serving is… |
|---|---|---|
| 6 ounces | Grains | ½ cup cooked cereal, rice, or pasta; 1 ounce (~1 slice) bread; ¾ cup ready-to-eat cereal |
| 3 cups | Vegetables | 1 cup raw; ½ cup cut up, cooked; ½ cup juice; 2 cups raw, leafy greens |
| 2 cups | Fruits | 1 medium piece; ½ cup frozen, canned, or juice; ¼ cup dried |
| 3 cups | Dairy | 1 cup non-fat or 1% milk (or milk alternative) or yogurt; 1½ ounces cheese; 4 ounces tofu |
| 5–6 ounces | Protein | 1 egg; 1 ounce meat, poultry, or fish; ½ cup beans or legumes; ⅓ cup nuts; 1 tablespoon seeds; 2 tablespoons peanut butter |
| 5–6 teaspoons | Oil | Found in nuts, seeds, vegetables; oil-based salad dressings |
| — | Salt | Limit to 2,300 mg per day. This includes added salt and all salt found naturally in foods. |
| (200 calories) | Sugar | No more than 10% of calories |

**Level listed on Nutrition Facts label on most food packages.*

# MyPlate

Reminds us to **divide the variety and amount of food into meals and snacks** to meet daily calorie levels.




Here is an example of what MyPlate looks like for a day:

## Breakfast

- 1 egg
- 1 slice whole grain toast
- 1 teaspoon soft margarine
- ½ cup sliced fruit
- 8 ounces 1% milk

## Lunch

- 2 ounces Tuna Salad
- 2 tablespoon low-fat mayo
- 2 slices whole grain bread
- 1 medium apple
- 1 cup low-fat yogurt

## Dinner

- 3 ounces Salsa Chicken 19
- 1 cup Spanish Bulgur 30
- ½ cup green beans
- 8 ounces 1% milk

## Snacks (2)

- ½ cup Simple Hummus 27
- 1 cup veggie sticks

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- 3 cups popcorn
- 2 teaspoons oil
- Seasoning
- 8 ounces water

2000 Calorie Daily Total

| 6 OUNCES | 3 CUPS | 2 CUPS | 5 TEASPOONS | 3 CUPS | 6 OUNCES |
|---|---|---|---|---|---|

# = Recipe featured in this book.

# Build a Skillet Meal

## PROTEIN

Use ½ to 1 pound raw meat.

**OR**

Use 1½ cups of cooked or canned meat, fish, poultry, or beans.

Choose from:

- Ground beef
- Ground or chopped turkey or chicken
- Chopped pork or beef
- Cubed ham
- Canned tuna, salmon, or mackerel
- Canned kidney or pinto beans

## VEGETABLES

Use 1½ to 2 cups of vegetables.

Choose from:

- Carrots
- Peas
- Corn
- Green beans
- Broccoli
- Spinach
- Mixed vegetables
- Celery
- Bell peppers

## GRAINS

Choose an un-cooked pasta or whole grain:

- 1 cup pasta of your choice
- ¾ cup rice
- 1 cup bulgur
- 1 cup barley

## SAUCE

Use 2 cups of water.

**OR**

Use 1 cup low-fat milk.

To thicken, add 1 tablespoon cornstarch.

**OR**

Add 2 tablespoons All Purpose flour.

For flavor, choose a combination of herbs and spices (to taste).

½ to 1 cup of cheese may be stirred in at the end of cooking.

## SKILLET MEAL MASTER RECIPE

***Makes 4 to 6 servings***

1. **Choose one food from each group.** Cook meat — if necessary — and drain fat. Combine all ingredients in a large skillet.

2. **Season to taste.** Add salt, pepper, soy sauce, onion flakes, garlic powder, or other herbs and spices.

3. **Bring to a boil.** Turn heat to low. Cover pan and simmer for 30 minutes until pasta or grain is tender. Stir occasionally to prevent grain from sticking.

## SOME VARIATIONS TO TRY:

**American Skillet.** 1 tablespoon oil, 6 ounces canned, drained tuna, 2 cups dry macaroni, 3 cups hot water, ½ teaspoon salt, ¼ teaspoon garlic powder, 2 cups chopped vegetables (like onion, celery, bell pepper, carrots), 1 cup peas, 1 tablespoon cornstarch OR 2 tablespoons all-purpose flour, 1 cup nonfat or low-fat milk, 1 cup shredded cheese.

**Italian Skillet.** ½ pound lean ground meat, 2 cups chopped vegetables (any mix of onion, celery, bell pepper, and carrots), 2 cloves of garlic, minced, 2½ cups hot water, ½ pound dry spaghetti noodles, 1 (8 ounce) can tomato sauce, 2 teaspoons Italian herb mix, ¼ teaspoon crushed red pepper flakes, 1 (15 ounce) can tomatoes, diced.

**Don't forget** to write down your own favorite combinations so you can make them again, or share them with friends!

# Chicken Breast: A Great Money and Time Saver!

- **Chicken breast is a good budget choice for lean protein.** There is no waste, and it cooks in minutes!
- **At $3 per pound, a standard 2 to 3 ounce serving only costs 50 cents.**
- **One pound of chicken breast (two half-breast pieces) provides enough protein for six servings.**
- **Chicken breast absorbs the great flavors of fruit and vegetable sauces.**

## CUTTING CHICKEN BREAST

**Cutlets for Six.** Trim visible fat. Make two cuts with a knife so pieces are about the same thickness.

***Step 3 Tip:*** *If thickness varies, pound the thicker portions between waxed paper to ¼ inch thickness.*

Repeat the process for the second half-breast.

**For stir-fry.** Slice each cutlet across into ½ inch strips.

## TASTY SAUCES & MARINADES FOR CHICKEN OR FISH

**Step 1.** Cut chicken and season or marinate.

**Step 2.** Add oil to pan on medium-high heat. Cook until golden brown, then turn over (3 to 6 minutes). Remove from pan. Set aside.

**Step 3.** To make sauce, add ingredients to pan. Cook until sauce has reduced to ⅓ cup OR add salsa. Put chicken back in pan and turn to coat. Cook until done. Serve.

| Dish Ingredients | Sauce |
|---|---|
| **Orange Sauce**<br>(Try with Oat & Pepper Pilaf 29)<br>■ 1 pound chicken cutlets<br>■ ¼ teaspoon each: salt, pepper, paprika<br>■ 2 teaspoons vegetable oil | ■ 1 cup orange juice<br>■ 1 teaspoon honey<br>Optional<br>■ 1½ teaspoons orange zest<br>■ 1½ teaspoons tarragon OR<br>■ ¼ cup dried cranberries |
| **Salsa Chicken**<br>(Try with Spanish Bulgur 30)<br>■ 1 pound chicken cutlets<br>■ Salt & pepper<br>■ 2 teaspoons Canola oil | ■ ¾ cup of your favorite salsa<br>■ ½ cup chopped peach or mango (optional) |

### Mediterranean Marinade

(Try with Couscous Salad 31)

- 1 tablespoon vegetable oil
- ⅛ teaspoon each salt and black pepper
- ½ teaspoon dried oregano
- 2 cloves of minced garlic
- 1 tablespoon lemon juice
- 1 pound chicken cutlets

### Teriyaki Marinade

(Try with Steamed rice and stir-fried veggies)

- 1 tablespoon vegetable oil
- 2 tablespoons low sodium soy sauce
- 2 tablespoon brown sugar or honey
- 1 tablespoon each: fresh grated ginger, vinegar
- 1 clove garlic, minced
- 1 pound chicken strips

Kid-Tested Recipe

# Tuna Veggie Melt

***Makes 5 to 10 servings***

***Source:*** *WSU Extension Food $ense*

2 (6 ounce) cans tuna or salmon, in water

1 stalk celery, chopped

½ cup grated carrots

4 tablespoons low-fat mayonnaise

¼ teaspoon black pepper

5 whole wheat English muffins

Cooking spray

½ cup grated cheddar cheese

## DIRECTIONS

1. Open cans of fish and drain off water. Place in bowl.
2. Add all vegetables, mayonnaise, and pepper to bowl. Stir until well-mixed.
3. Slice English muffins in half. Place on cookie sheet coated with cooking spray. Top each muffin with fish mixture and sprinkle with cheese.
4. Place cookie sheet under the broiler until cheese is melted and begins to bubble (about 3 minutes). Let cool for 2 to 3 minutes before serving.

## *Time Saver*

Place sandwiches on microwave-safe plate. Microwave on full power for 30 seconds. Repeat as needed until cheese is melted. Let cool for 2 minutes before serving.

Kid-Tested Recipe

# Egg & Veggie Scramble

***Makes 4 servings***

***Source:*** *WSU Extension Food $ense*

6 eggs

½ cup chopped red bell pepper

2 cups chopped fresh spinach leaves or other greens

½ cup reduced-fat cheese

Salt and pepper to taste

Cooking Spray

## DIRECTIONS

1. Pre-heat a 10-inch nonstick pan on medium heat.
2. In a medium bowl, beat egg with a fork until foamy.
3. Stir vegetables, salt and pepper into egg mixture.
4. Lightly spray skillet with cooking spray. Add egg mixture.
5. Cook over medium heat, stirring often. When egg is cooked thoroughly (160° F), sprinkle with cheese and serve.

## *Money $aver*

Eggs are good for the budget and are good sources of protein and iron.

# Quick and Creamy Mac & Cheese

***Makes 4 servings***

***Source:*** *Budget Bytes*[1]

2¼ cups low-fat (1%) milk

2 cups (8 ounces) dry macaroni

1½ cups (6 ounces) shredded cheddar cheese

½ teaspoon salt

½ teaspoon mustard

¼ teaspoon ground black pepper

## DIRECTIONS

1. In a medium pot, combine the dry macaroni and 2 cups milk. Cover with lid and bring it to a boil over medium/high heat while occasionally stirring.
2. Reduce heat to low, cover, and simmer until the pasta is tender (about 10 to 15 minutes). Stir often to keep from sticking. Replace lid after stirring.
3. When the pasta is soft and has absorbed most of the milk, add the last ¼ cup milk, salt, pepper and mustard.
4. Turn heat off. Add the shredded cheese. Stir until cheese is melted. Serve immediately.

# Meatloaf-in-a-Mug

***Makes 4 servings***

***Source:*** *Iowa State University Extension, Spend Smart Eat Smart*[2]

1 pound of ground turkey or lean ground meat

½ cup oatmeal

¼ cup ketchup

1 tablespoon + 1 teaspoon dry onion soup mix

Cooking spray

## DIRECTIONS

1. In a medium-size bowl, combine all ingredients. Mix thoroughly. Divide into four equal portions.
2. Use cooking spray to cover inside of four microwave-safe coffee mugs. Divide into four portions (about ½ cup each). Place each portion in a mug and poke a hole in the middle down to the bottom of the mug.
3. Place each mug in microwave and cook on high for 2 to 3 minutes, or until instant-read thermometer reads 165° F.
4. Remove mugs with hot pads. Let stand for 2 to 3 minutes so fluids are absorbed back into the meatloaf. Top each meatloaf with ketchup, if desired.

## *Make Once, Eat Four Times*

After mixing the recipe, individual portions can be stored in an airtight freezer bag and taken out as desired. Completely thaw in the refrigerator before cooking so individual portions can be formed in the mug and cooking time remains the same.

# Quick and Easy Chili

***Makes 6 servings*** ***Source:*** *WSU Extension Food $ense*

1 tablespoon vegetable oil

1 onion, chopped

1 carrot, chopped

1 tablespoon minced jalapeño pepper or green bell pepper

2 cloves garlic, minced or ¼ teaspoon garlic powder

2–3 tablespoons chili powder

½ teaspoon cumin

2 (14 ounce) cans diced tomatoes with juice

2 (15 ounce) cans red kidney beans, drained and rinsed

¼ cup rice (optional)

1 cup corn

## DIRECTIONS

1. In large pan, heat oil over medium heat. Add onions, carrots, jalapeños or green pepper, garlic, chili powder and cumin. Cook and stir until onions are soft.

2. Add tomatoes, beans and rice and corn. Cook on high heat until the chili begins to bubble. Turn heat to low and simmer, uncovered for about 15 minutes until rice is cooked. Stir occasionally.

## *Easy Substitutions*

Any type of beans can be substituted for kidney beans. Try using pinto, navy, or black beans…or even garbanzo beans.

# Black-eyed Pea & Ham Soup with Greens

***Makes 4 to 6 servings*** ***Source:*** *WSU Extension Food $ense*

1 tablespoon vegetable oil

1 medium onion, chopped

1 clove garlic, chopped

½ pound collard greens, chopped

1 cup low-sodium chicken broth

3 cups water

2 (16 ounce) cans of black-eyed peas, drained

4 ounces ham, diced

Salt and pepper (optional)

2 teaspoons vinegar

## DIRECTIONS

1. Chop onion, garlic and dice ham. Place them in a 3 quart saucepan with oil over medium heat. Stir occasionally until onion is pale gold.
2. Wash collard greens. Discard stems and center ribs. Finely chop greens. Add to pan with water and chicken broth. Simmer until collards are tender, about 20 minutes.
3. Place half of the drained peas in bowl; mash with a fork. Stir all peas into soup with ham. Simmer for 5 minutes.
4. Add salt and pepper to taste. Stir in vinegar before serving.

# Spicy Lentil & Sausage Stew

***Makes 4 to 6 servings***

***Source:*** *Budget Bytes*[1]

Cooking spray

½ pound Italian sausage or other ground meat

½ medium onion, diced

2 medium carrots, peeled and sliced

2 stalks celery with leaves, sliced

1 clove garlic, minced

1 cup dried lentils

1 tablespoon chicken bouillon

3 cups water

¼ teaspoon cayenne pepper

½ teaspoon each: paprika, cumin, oregano

2 cups finely chopped, frozen spinach or kale

2 teaspoons vinegar

## DIRECTIONS

1. Spray inside of large pot with cooking spray. Cook the sausage over medium heat. While sausage is cooking, wash, peel and slice vegetables.
2. Drain excess fat. Add the vegetables to the sausage and cook until the onions are soft, about 5 minutes.
3. Measure and rinse lentils; remove any stones. Add them to the pot with cayenne, cumin, paprika and oregano. Stir well.
4. Add chicken bouillon and water and turn up to high heat until it comes to a boil. Turn heat to low and cover. Simmer for 30 minutes or until lentils are soft.
5. Add spinach or kale and cook for another 15 minutes. Add salt and pepper to taste. Stir in vinegar.

Kid-Tested Recipe

# Simple Hummus

***Makes 4 servings***

***Source:*** *WSU Extension Food $ense*

1 (15 ounce) can garbanzo beans, drained

2 medium garlic cloves, minced or ¼ teaspoon garlic powder

4 teaspoons vegetable oil

1 teaspoon ground cumin

⅛ teaspoon black pepper

½ cup plain non-fat yogurt

## DIRECTIONS

1. Combine beans, garlic, lemon juice, cumin, oil and pepper in blender. Blend on low speed until beans are mashed and smooth.
2. Stir in yogurt with a spoon.
3. Refrigerate for several hours (or overnight) so the flavors blend.
4. Serve with pita chips, crackers, or fresh veggies.

## *Food Safety Tips*

- Make sure to wash the outside of food cans before opening them to keep your food safe.
- Refrigerate or freeze fresh and prepared foods, or leftovers within two hours of purchase or use.

# Pumpkin Spice Oatmeal

***Makes 4 servings***

***Source:*** *Budget Bytes*[1]

4 cups 1% milk or water

2 cups old-fashioned oats

1 (16 ounce) can pumpkin puree

¼ cup brown sugar

2 teaspoons pumpkin pie spice

¼ teaspoon salt

⅓ cup raisins (optional)

Topping suggestions: chopped nuts (optional) or lite maple syrup. Add milk if using water to cook oats.

## DIRECTIONS

1. In a 2 quart pan, add cold milk or water, oats, pumpkin, salt and spices; and raisins if desired.
2. Bring to a boil over medium-high heat; cover, turn heat down to simmer. Cook about 10 minutes. Take off heat and leave in pan for 5 more minutes. Serve hot.

## *Time Saver*

Cooking grains in 1% milk results in a creamy texture, and increases the protein and calcium of the dish. Make sure to put the grains in cold milk before starting to heat.

# Oat and Pepper Pilaf

***Makes 6 servings***

***Source:*** *Quaker Oats website*[b]

1¾ cups old-fashioned oats, uncooked

1 egg, lightly beaten

1 tablespoon vegetable oil

2 large garlic cloves, minced

1 cup chopped bell pepper (red or orange)

2–3 mushrooms, chopped

4 green onions, sliced

¾ cup chicken broth

2 tablespoons fresh basil leaves or 2 teaspoons dried basil

¼ teaspoon salt

¼ teaspoon black pepper

## DIRECTIONS

1. In a large bowl, mix oats and egg together until oats are evenly coated. Put aside.

2. Heat a large, nonstick skillet over medium heat. Add oil and garlic. Cook for 12 minutes, stirring constantly. Add bell pepper, mushrooms and green onions. Stir until vegetables are tender (about 2 minutes).

3. Add the oat and egg mixture to the skillet. Cook over medium heat and stir until oats are dry and separated (about 5 to 6 minutes). Add broth, basil, salt and pepper. Continue cooking for 2 to 3 minutes or until liquid is absorbed. Serve immediately.

[b] *http://www.quakeroats.com/cooking-and-recipes/content/recipes/*

# Spanish Bulgur

***Makes 5 servings***

***Source:*** *WSU Extension Food $ense*

¾ cup bulgur

1¼ cups water

4 teaspoons vegetable oil

1 cup onion, chopped

½ cup celery, chopped

½ cup green bell pepper, chopped

2 cloves garlic, minced

2 teaspoons chili powder

½ teaspoon oregano

¼ teaspoon cumin

¼ teaspoon black pepper

1 teaspoon low-sodium chicken bouillon

1 (15 ounce) diced, canned tomatoes with juice

2 tablespoons jalapeño chiles, chopped (optional)

½ cup grated cheese (optional)

## DIRECTIONS

1. In a small pan, measure water and bulgur. Bring to a boil. Turn off heat and cover. Let set for 20 minutes.
2. Chop and measure remaining ingredients. Heat oil in a 10 inch nonstick skillet on medium high. Add onion, green pepper, celery. Sauté until onions are soft (5 minutes).
3. Add dry herbs and spices. Stir for 1 minute. Add tomatoes with juice. Add chopped chiles (if desired). Bring mixture to a boil. Turn the burner down to medium high. Cook uncovered until liquid has almost evaporated.
4. Fluff bulgur with a fork. Add to skillet and fold in until evenly blended. Continue cooking until moisture is gone from the bottom of skillet. Add cheese (if desired), and serve.

# Couscous Salad

***Makes 4 servings*** ***Source:*** *WSU Extension Food $ense*

1¼ cups whole wheat couscous
1 cup water
1 cup sliced cucumber
1 cup chopped tomatoes
2 green onions
4 tablespoons vegetable oil
⅓ cup lemon juice
¼ teaspoon oregano
½ teaspoon salt
⅛ teaspoon pepper

## DIRECTIONS

1. In a pan with a lid, measure chicken broth or water and bring to a boil. Add couscous, cover and turn the heat off. Let sit for 10 minutes to absorb the fluid. Cool in a shallow dish.
2. Meanwhile, wash and prepare vegetables and place in a medium bowl.
3. To make dressing, mix oil, lemon juice, and oregano in a small bowl. Set aside.
4. When couscous is cool, add to vegetables. Toss to mix. Pour dressing over the salad mixture. Chill until ready to serve.

## *Making it Work*

If whole wheat couscous in not available, use regular couscous and let it set for 5 minutes, covered.

# Mix & Match Meals

Using prepared foods can be important for managing time and resources. Here are some common food products that easily match up with some fresh or frozen foods for better nutrition.

## BREAD

- **Bread Pudding.** Cut 4 to 6 slices of bread into ½ inch squares. Coat 8-inch pan with cooking spray; add bread. Mix 3 cups milk, 2 eggs, ½ cup sugar and 1 teaspoon vanilla or cinnamon. Pour over bread. Bake at 300° F for 60 minutes until mixture is firm and an insert knife comes out clean.
- **Cheese Toast.** Spread grated cheese over a slice of bread and place in a microwave or under a broiler until the cheese is melted.
- **Bread crumbs.** Put dry bread into a plastic bag and crush until fine. Use to coat meat, chicken or fish before cooking. Add to meatloaf or use to thicken soups.
- **Other Ideas.** Cinnamon toast, French toast, sandwiches, creamed tuna on toast.

## SPAGHETTI SAUCE

- **Add 1 cup grated carrots and 1 cup of other fresh, frozen, or left-over mixed vegetables.**
- **Add 1 cup left-over cooked meat or poultry.**
- **Make Chicken Cacciatore.** In 10-inch skillet, add 2 teaspoons oil over medium-high heat. Add 1 pound of chicken breast pieces (see page 18) and cook 3 to 5 minutes, stirring occasionally. Remove chicken pieces and set aside. Add prepared sauce to skillet with 2 cups of fresh or frozen vegetables (like onions, mushrooms, bell pepper, carrots) and 2 teaspoons dried basil. Heat to boiling, stirring frequently. Add chicken. Reduce heat. Simmer 5 minutes or until fresh vegetables are tender, stirring occasionally. Serve with whole grain pasta, if available.

## MAC & CHEESE

- **Add two cups of frozen mixed vegetables.**

## RAMEN NOODLES *(Use only half the seasoning packet)*

- **Add left-over poultry or meat.**
- **Stir in 2 beaten eggs for 'bird nest soup'.**
- **Add 1 cup of frozen of left-over veggies.**
- **Place grated carrots and fresh spinach on the bottom of the bowl and pour hot soup over it.** Wait 3 minutes and stir.

## CHICKEN BREAST

- **Add to stir-fry vegetables with ramen noodles.**
- **See page 18 for more tips on cooking with chicken breast.**

## CANNED CHILI

- **Try these eight ways to serve chili:**

| | | |
|---|---|---|
| **Chili Burger**<br>Pour over a hamburger bun. | **Chili Taco**<br>Fill a tortilla and add cheese. | **Chili-stuffed Baked Potato**<br>Bake a potato. Stuff with chili. |
| **Chili Omelet**<br>Spoon chili over an omelet or scrambled eggs. | | **Chili Mac**<br>Mix chili with cooked macaroni. |
| **Taco Salad**<br>Top green salad with chili, cheese and tortilla chips. | **Chili Spaghetti**<br>Top cooked spaghetti with chili. Sprinkle with cheese. | **Chili Soup**<br>Top with onions, cilantro and cheese. |

Eat Together, Eat Better artwork courtesy of the Washington State Dairy Council.

# Basic Stir-Fry Vegetables

***Makes 4 servings***

***Source:*** *WSU Extension Food $ense*

3 cups raw vegetables, washed and cut into bite-size pieces

1 small onion, chopped

1 tablespoon vegetable oil

1 clove garlic, minced

¼ cup water

Salt, pepper or low-sodium soy sauce, if desired

## DIRECTIONS

1. Prepare vegetables. Set aside.
2. Heat oil in 10 to 12-inch pan over medium heat. Stir in onion and cook just until it is limp.
3. Stir in rest of vegetables. Add water, cover and cook 2 to 4 minutes until vegetables are just tender.
4. Season with salt, pepper or soy sauce if desired. Serve immediately.

## *Choosing Vegetables*

Good vegetables to stir-fry include cabbage, broccoli, celery, carrots, green beans, bell pepper, zucchini, spinach, and bok choy.

# Skillet Roasted Potatoes & Greens

***Makes 4 to 5 servings*** ***Source:*** *WSU Extension Food $ense*

4 medium potatoes

2 tablespoons of vegetable oil

1 large clove garlic, minced

1 cup chopped tender greens (chard or spinach)

Salt & pepper, to taste

2 teaspoons vinegar (optional)

## DIRECTIONS

1. Scrub potatoes and drain. Chop potatoes into ¼ inch slices. If using new or gold potatoes, cut in half or small chunks.
2. Rinse greens. Remove any large stems, then chop and set aside.
3. Heat skillet on medium-low. In a large bowl, mix the potatoes and olive oil. Add to the heated skillet.
4. Cook potatoes with lid for 5 minutes. Turn over the potatoes and cover partially so steam can escape for another 5 minutes. Turn heat to low.
5. Stir in prepared greens and garlic. Cook until greens are done, about 5 to 10 minutes. Season to taste. If desired, add vinegar at the end of cooking to bring out the flavor of the greens.

# Confetti Salad

***Makes 4 servings***

***Source:*** *WSU Extension Food $ense*

1 large or 2 thin carrots, peeled and grated (about 2 cups)

1 firm pear or apple, chopped

½ cup raisins

1 tablespoon lemon juice

2 tablespoons orange juice

1 tablespoon honey

## DIRECTIONS

1. Place grated carrots, chopped pear, and raisins in a medium mixing bowl.
2. Mix lemon juice, orange juice, and honey together until the honey is dissolved. Pour over grated carrots, chopped pear and raisins.

## *Food Safety Tip*

Always wash fresh fruit and vegetables under running water before using them to keep your family safe from food-borne illness.

# Chard with Garlicky Garbanzos

***Makes 4 to 6 servings***

***Source:*** *TENDER: farmers, cooks, eaters*[3]

1 (15 ounce) can of garbanzo beans, drained

5 garlic cloves, peeled

1 sweet onion, sliced thin

1 tablespoon + 2 teaspoons vegetable oil

2 bunches Swiss chard (about 8 cups torn leaves)

Juice and grated zest of 1 lemon

⅛ teaspoon salt

Dash of ground black pepper

Sliced nuts (optional)

Feta cheese, crumbled (optional)

## DIRECTIONS

1. Place garbanzo beans, whole garlic cloves and onion in a skillet with tight fitting lid. Add 2 teaspoons of oil and toss to coat. Cover and cook on medium-low heat with until the garlic is fork tender, about 5 to 10 minutes.

2. While garbanzo mixture cooks, wash chard in cold water. Drain and pat dry. Snip off the bottom of the chard stalks. Slice remaining stems into ½ inch pieces with sharp knife.

3. When garlic cloves are fork tender, mash the garlic cloves with a fork in the pan, add the remaining 1 tablespoon of oil. Cook until the garlic starts turning brown. Remove and throw away the garlic. Add the chard and cook for a few minutes until just wilted. Add the lemon juice, zest, salt, and pepper. Toss mixture and serve. If desired, add 1 tablespoon of feta cheese or sliced nuts to each serving.

# Just Peachy! Yams

***Makes 4 to 6 servings*** ***Source:*** *WSU Extension Food $ense*

2 deep orange sweet potatoes or yams

1 (16 ounce) can sliced peaches in juice or light syrup, drained

2 tablespoons peach juice from can

¼ cup chopped nuts

## DIRECTIONS

1. Preheat oven to 350° F. Place yams in shallow dish and microwave in skin for 3 to 4 minutes, until they can be pierced with a fork. Let cool while preparing peaches and nuts.
2. Peel yams and slice in half lengthwise; then again crosswise. Prepare shallow dish with cooking spray. Lay yam pieces in one layer in bowl.
3. Layer peach slices on top of sliced yams. Drizzle the 2 tablespoons of juice over this mixture.
4. Sprinkle with chopped nuts. Place in pre-heated oven for 15 to 20 minutes until warmed through and juice bubbles. Serve.

# Basic Vegetable Soup

***Makes 6 servings*** ***Source:*** *Budget Bytes*[1]

2 tablespoons vegetable oil

3 stalks celery, sliced in ½ inch pieces

4 medium carrots, sliced in ¼ inch pieces

1 medium onion, chopped

3 cloves fresh garlic

1 tablespoon dried basil

1 tablespoon dried oregano

2 tablespoons tomato paste

1 (28 ounce) can + 1 (15 ounce) can diced tomatoes

1½ cup water

1 chicken bouillon cube

1 (10 ounce) box frozen, chopped spinach

## DIRECTIONS

1. Wash, peel and slice onion, carrot, celery and garlic.
2. Measure olive oil into large pot on medium heat. Add prepared vegetables and cook until softened, about 5 minutes. Stir in basil and oregano, cook for 1 more minute.
3. Add the tomato paste and diced tomatoes.
4. Add water and bouillon. Heat to boiling. Add frozen spinach. Heat until reaches a boil. Serve.

## VARIATIONS

- **Swamp Soup.** Use frozen leaf spinach and add 6 ounces of Swiss cheese in ½ inch cubes. Stir until cheese starts melting.
- **Minestrone.** Add 1 (15 ounce) can drained and rinsed red or white kidney beans and ½ cup dry small pasta. Cook until pasta is tender. Sprinkle each bowl with 1 tablespoon Parmesan cheese.

# Seasonal Fruit Salad

***Makes 4 servings***

***Source:*** *WSU Extension Food $ense*

1½ tablespoons frozen orange juice concentrate

4 cups seasonal fruit in three colors (see chart on page 7)

## DIRECTIONS

1. Wash and prepare fruit.
2. Add all ingredients to medium bowl. Toss gently and serve.

## *Seasonal Salad Ideas*

**Spring:** Pineapple, bananas, strawberries

**Summer:** Nectarines, blueberries, watermelon

**Fall:** Red grapes, pears, apples

**Winter:** Pears, kiwi fruit, tangerines

# Hurry-Up Bake Apples

***Makes 4 servings***

***Source:*** *Iowa State University Extension, Spend Smart Eat Smart*[2]

2 medium-sized tart apples (Granny Smith, Braeburn or Fuji)

1 teaspoon white or brown sugar, packed

¼ teaspoon ground cinnamon

2 tablespoons oatmeal

2 tablespoons dried fruit or chopped nuts

1 (6 ounce) container low-fat vanilla yogurt

## DIRECTIONS

1. Cut apples in half lengthwise. Remove the cores and hollow out a space 1-inch or more deep. Arrange apple halves, cut sides up in a deep microwave-safe dish.
2. Combine sugar, cinnamon, oatmeal, dried fruit or nuts. Fill each apple half.
3. Cover with plastic wrap. Fold back one edge ¼ inch to vent steam.
4. Microwave 3 to 3½ minutes, or until apples can be cut easily. Take from microwave. Let sit for a few minutes.
5. Drizzle yogurt over the top and serve warm.

### *Food Safety Tip*

To avoid having plastic wrap touch food in the microwave, use a deep dish or microwave-safe lid (if available).

# Dessert Roll-Ups

***Makes 4 servings*** ***Source:*** *WSU Extension Food $ense*

4 (7-inch) whole wheat flour tortillas

2 cups sliced fruit (like bananas or seasonal fruit)

4 teaspoons cinnamon-sugar

4 tablespoons chopped nuts or mini chocolate chips (optional)

Chocolate syrup (optional)

## DIRECTIONS

1. Wash, drain and slice fruit.
2. Lay out tortillas. In the center of each tortilla, measure ½ cup sliced fruit, 1 tablespoon nuts. If desired add 1 tablespoon mini-chocolate chips or cinnamon-sugar.
3. Roll each filled tortilla so ends are open. Place on microwave-safe plate and warm at high power for 30 to 60 seconds to soften tortilla and filling. Drizzle with chocolate syrup, if desired.

## *Substitution Tip*

Use canned fruit in juice (drained) in place of fresh fruit!

Peaches, pears, mandarin oranges, apricots are fun choices.

Kid-Tested Recipe

# Shamrock Smoothie

***Makes 4 servings***

***Source:*** *WSU Extension Food $ense*

2 cups chopped kale

2 large bananas, frozen (see tip below)

1 pear (fresh or canned in juice)

1 cup chilled orange juice with calcium

## DIRECTIONS

1. Into blender, place chopped kale, fruit and juice.
2. Turn blender on medium speed until all ingredients are moving; then turn it to high.
3. When kale is well blended, stop blender and pour into serving glasses.

## *Food Safety Tip*

If you have over-ripe bananas, store them in the freezer to use in smoothies later. Freeze them whole in their skins; or peel, break into chunks, and freeze in a zip-top freezer bag with ½ cup of orange juice to prevent browning.

# Acknowlegements

All recipes were analyzed using *Food Processor SQL* software (©2010s ESHA Research). Nutrient content of each recipe in this booklet can be found at: *http://nutrition.wsu.edu/recipes/*

The following recipe resources were adapted and printed with permission of:

1. Budget Bytes *(budgetbytes.blogspot.com)*, pages 22, 26, 28, 39.
2. Iowa State University Extension Spend Smart *(www.extension.iastate.edu/foodsavings/)*, pages 23, 41.
3. *TENDER: farmers, cooks, eaters* [ShinShinChez, publisher] *(www.farmerscookseaters.com),* page 37.

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