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Cost Analysis: The cost for the recipes was determined by the 2014 prices found online through Peapod: <http://www.peapod.com>

Spices are calculated at \$.25 each time they are used. Food taxes are not included in the cost.

Nutrition Analysis: The nutrition facts were analyzed using the USDA website: <http://supertracker.usda.gov>

Please be aware that nutrition facts are subject to change if any ingredients are substituted or altered from those ingredients listed in the recipe.

MyPlate Servings: MyPlate servings were analyzed using the USDA website: <http://supertracker.usda.gov>, with the following guidelines:

- 1 serving of vegetables = 1 cup of vegetables
- 1 serving of fruit = 1 cup of fruit
- 1 serving of grains = 1 ounce of grains
- 1 serving of protein = 1 ounce of protein
- 1 serving of dairy = 1 cup of dairy

When planning your meals beans and lentils can be considered a vegetable or a protein: they have nutrients that are similar to those found in meats and in vegetables. In this workbook, beans and lentils are counted as vegetables in MyPlate servings.



Apple Crisp

Number of servings: 6

Serving size: ½ cup

Equipment:

Slow Cooker

Ingredients:

6 cups cooking apples, peeled, cored, and sliced
 ½ cup rolled oats
 ½ cup brown sugar
 ¼ cup whole-wheat flour
 ¼ cup white flour
 2 Tablespoons butter
 ½ teaspoon ground cinnamon

Directions:

Place apples in slow cooker sprayed with non-fat cooking spray. Combine remaining ingredients in mixing bowl until crumbly. Sprinkle mixture over apples. Cover. Cook on low for 4 hours or on high for 2 hours.

Cost per recipe: \$5.12

Cost per serving: \$0.85

MyPlate servings: 1 serving of grain, 1 serving of fruit

Nutrition Facts

Serving Size 1/2 cup
 Serving Per Container 6

Amount Per Serving

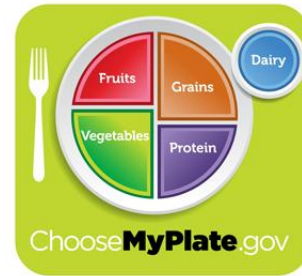
Calories 199

| | % Daily Values* |
|-------------------------------|-----------------|
| Total Fat 5g | 8% |
| Saturated Fat 3g | 15% |
| Trans Fat 0g | |
| Monounsaturated Fat 1g | |
| Cholesterol 0mg | 0% |
| Potassium 187mg | 5% |
| Sodium 7mg | 0% |
| Total Carbohydrate 39g | 13% |
| Dietary Fiber 4g | 16% |
| Sugars 23g | |
| Protein 2g | 4% |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|--------|--------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

****Nutrition Analysis:** performed using
<https://www.supertracker.usda.gov>



Black Beans and Quinoa

Number of Servings: 8

Serving Size: 1 cup

Equipment:

Rice cooker

Ingredients:

- 1 cup uncooked red or regular quinoa
- 2 15-ounce cans black beans, drained and rinsed
- 1 cup fresh cilantro, chopped
- 2 green onions, sliced
- 1 small jalapeno pepper, seeded and finely diced
- 2 carrots, peeled and chopped
- ¼ cup olive oil
- 2 Tablespoons fresh lime juice, about 2 limes
- Zest of 1 lime
- 1 teaspoon cumin, ground
- 1 teaspoon chili powder
- 1 teaspoon salt

Directions:

Rinse quinoa well. Cook quinoa according to package directions. Combine cooked quinoa and all other ingredients. Mix well.

Cost per recipe: \$7.98

Cost per serving: \$1.33

MyPlate servings: ½ serving of grain, ¾ serving of vegetable

Nutrition Facts

Serving Size 1 cup
Serving Per Container 8

Amount Per Serving

Calories 274

% Daily Values*

| | |
|-------------------------------|------------|
| Total Fat 9g | 14% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Polyunsaturated Fat 2g | |
| Monounsaturated Fat 5g | |
| Cholesterol 0mg | 0% |
| Potassium 611mg | 17% |
| Sodium 266mg | 11% |
| Total Carbohydrate 39g | 13% |
| Dietary Fiber 8g | 32% |
| Sugars 2g | |
| Protein 11g | 22% |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|--------|--------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

****Nutrition Analysis:** performed using
<https://www.supertracker.usda.gov>



Black Eyed Peas and Greens

Number of servings: 3
Serving Size: 1 ½ cups

Equipment:

Medium pot with a lid

Ingredients:

1 ½ cups black eyed peas, prepared from dry, without salt or fat added
1 Tablespoon canola oil
½ cup chopped onion
1 clove garlic, minced
1 cup water
16-ounce bag frozen chopped collard greens
¼ teaspoon pepper
¼ teaspoon salt

Directions:

To prepare beans, rinse 2 cups dry black-eyed peas several times in cool water. Remove any foreign objects like small pebbles. Place peas in a large saucepot with water, covering 1-2 inches above the peas. Bring to a boil. Boil, uncovered, for 3 to 5 minutes. Turn off heat. Cover pot and allow beans to soak for 1 hour. Drain and rinse peas in cold water. To finish cooking peas, place soaked peas in a pot with at least 6 cups water and bring to a simmer. Reduce heat and cover pot, almost completely, with a lid. Simmer 30 minutes or until peas are soft but skins are still on. Drain water. The peas are now ready to use. You will only need 1 ½ cups of the prepared peas, so you may refrigerate or freeze the leftovers.

In a large pot, heat canola oil over medium heat. Sauté onion for a few minutes. Add garlic and cook 30 seconds. Add water and bring to a boil. Add collard greens, pepper and salt. Stir and reduce heat to low. Cover pot and cook for 15 minutes. Add peas, stir, cover and cook 5 more minutes or until greens are very tender and peas are heated through.

Cost per recipe \$4.54

Cost per serving \$1.51

MyPlate servings: 1 ¼ serving vegetables

Adapted from: <http://www.lightenuplancaster.org/LULC/media/media/get%20healthy/AfricanAmerican.pdf>

Nutrition Facts

Serving Size 1.5 cups
Serving Per Container 3

Amount Per Serving

Calories 186

| | % Daily Values* |
|-------------------------------|-----------------|
| Total Fat 5g | 8% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Polyunsaturated Fat 2g | |
| Monounsaturated Fat 3g | |
| Cholesterol 0mg | 0% |
| Potassium 461mg | 13% |
| Sodium 216mg | 9% |
| Total Carbohydrate 27g | 9% |
| Dietary Fiber 8g | 32% |
| Sugars 5g | |
| Protein 9g | 18% |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|--------|--------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

****Nutrition Analysis:** performed using
<https://www.supertracker.usda.gov>



Cheesy Pasta and Cauliflower

Number of servings: 5

Serving size: 1 cup

Equipment:

2-1 quart pots

Ingredients:

- 8 ounces whole grain pasta
- ½ head of cauliflower, chopped into small pieces
- 3 ounces extra sharp cheddar cheese, grated or cubed
- 3 ounces Monterey Jack cheese, grated or cubed
- 1 large egg
- 12 ounce can fat free evaporated milk
- 2 teaspoons cornstarch
- 1 Tablespoon spicy brown mustard
- ½ teaspoon garlic powder
- ½ teaspoon black pepper
- 1 pinch cayenne pepper

Directions:

Cook the noodles according to the package directions. Cook the cauliflower with the pasta, in the same boiling water. Drain and set aside. In a large pan on the stovetop, combine milk, egg, cornstarch and cook over LOW heat stirring frequently for about 15 minutes until well thickened. Turn off heat and add the cheese, mustard and spices. Stir until cheese is melted and the sauce is well mixed. Add the pasta and cauliflower and stir to combine.

Cost per recipe: \$6.00

Cost per serving: \$1.20

MyPlate servings: 2 servings of grains, ½ servings of vegetables, 1 1/3 servings of dairy

Nutrition Facts

Serving Size 1 cup
Serving Per Container 5

| Amount Per Serving | | % Daily Values* | |
|--|-----------|-----------------|------------|
| Calories 348 | | | |
| Total Fat 9g | | | 14% |
| Saturated Fat 5g | | | 25% |
| Trans Fat 0g | | | |
| Polyunsaturated Fat 1g | | | |
| Monounsaturated Fat 2g | | | |
| Cholesterol 61mg | | | 20% |
| Potassium 466mg | | | 13% |
| Sodium 346mg | | | 14% |
| Total Carbohydrate 46g | | | 15% |
| Dietary Fiber 5g | | | 20% |
| Sugars 12g | | | |
| Protein 24g | | | 48% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. | | | |
| | Calories | 2,000 | 2,500 |
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

****Nutrition Analysis:** performed using <https://www.supertracker.usda.gov>



Cherry Tomato and Green Bean Salad

Number of Servings: 5

Serving Size: 1 cup

Equipment:

Pot to steam green beans

Ingredients:

- 1 pound green beans, ends trimmed, cut in half
- 1 pint cherry tomatoes, cut in half
- 1/3 cup chopped red onion
- 2 tablespoons lemon juice
- 2 teaspoons Dijon mustard
- 2 cloves garlic, minced
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1/3 cup extra-virgin olive oil

Directions: Steam beans 5 to 7 minutes or until crisp-tender. Run under cold water; drain well. Place in large bowl; add tomatoes and onion.

Whisk lemon juice, mustard, garlic, salt and pepper in small bowl. Gradually whisk in oil. Pour over vegetables; toss to coat.

Cost per recipe: \$7.00

Cost per serving: \$1.40

MyPlate servings: 1 serving of vegetables

Nutrition Facts

Serving Size 1 cup
Serving Per Container 5

| Amount Per Serving | | % Daily Values* | |
|--|-----------|-----------------|------------|
| Calories 164 | | | |
| Total Fat 14g | | | 22% |
| Saturated Fat 2g | | | 10% |
| Trans Fat 0g | | | |
| Polyunsaturated Fat 2g | | | |
| Monounsaturated Fat 10g | | | |
| Cholesterol 0mg | | | 0% |
| Potassium 279mg | | | 8% |
| Sodium 144mg | | | 6% |
| Total Carbohydrate 10g | | | 3% |
| Dietary Fiber 3g | | | 12% |
| Sugars 3g | | | |
| Protein 2g | | | 4% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. | | | |
| | Calories | 2,000 | 2,500 |
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

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Chicken and Barley

Number of servings: 10

Serving size: 1 cup

Equipment:

Slow Cooker

Ingredients:

- 1-16 ounce box of barley, uncooked
- 1 whole fryer chicken, with skin removed
- 1 yellow onion, chopped
- 2 cloves garlic, chopped
- 1 pound bag of carrots, peeled and sliced
- 32 ounces of low sodium chicken broth
- 1 teaspoon thyme

Directions:

Place onions, garlic and carrots in the slow cooker. Pour in barley. Place chicken, whole or cut up, on top of barley and vegetables. Add seasonings and chicken broth. Cover and cook on low 4 to 5 hours. If mixture looks dry while cooking, add broth or water to moisten.

When cooked, discard bones, shred meat and serve with barley and vegetables.

Cost per recipe: \$10.17

Cost per serving: \$1.02

MyPlate servings: 2 servings of grains, 1 ½ servings of protein, ½ serving of vegetables

Nutrition Facts

Serving Size 1 cup
Serving Per Container 10

Amount Per Serving

Calories 282

| | % Daily Values* |
|-------------------------------|-----------------|
| Total Fat 4g | 6% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Polyunsaturated Fat 1g | |
| Monounsaturated Fat 1g | |
| Cholesterol 34mg | 11% |
| Potassium 458mg | 13% |
| Sodium 213mg | 9% |
| Total Carbohydrate 49g | 16% |
| Dietary Fiber 7g | 28% |
| Sugars 3g | |
| Protein 16g | 32% |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|--------|--------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

****Nutrition Analysis:** performed using
<https://www.supertracker.usda.gov>



Chicken Salad Taco

Number of servings: 3

Serving size: 2 tortillas

Equipment:

Rice Cooker

Ingredients:

- 1 boneless skinless chicken breast
- 1 ear of cooked corn, kernels cut from the cob, or 1-15 ounce can of corn
- 1 tomatillo (or substitute ½ cucumber) husked, rinsed and chopped
- 1 Tablespoon jalapeno, finely chopped
- ¾ cup red onion, finely chopped
- 1 cup jicama, chopped
- 1 avocado, chopped
- ¼ cup cilantro, chopped
- Juice of 3 limes
- 2 teaspoons honey and ¼ teaspoon sugar
- 2 Tablespoons, plus 2 teaspoons olive oil
- 6 small corn tortillas, warmed

Directions:

Add 1 teaspoon of olive oil to the rice cooker and coat chicken breast with the other teaspoon of olive oil.

Season the chicken with salt and pepper. Place the chicken into the rice cooker (do not use rack), cover and press down “on” button. Cook for 25 minutes then unplug the cooker. While chicken is cooking, in a bowl add corn, tomatillo, jalapeno, red onion, jicama, avocado and cilantro. Whisk the juice of 3 limes and 2 tablespoons olive oil together. Add to the vegetables and toss to coat. When the chicken is cool enough to handle, chop or shred it and add to the bowl. Serve on warm tortillas.

Cost per recipe: \$7.98

Cost per serving: \$2.66

MyPlate servings: ½ serving of grains, 1 ¼ serving of vegetables, ¼ serving of fruit, 1/3 serving of protein

Nutrition Facts

Serving Size 2 tortillas
Serving Per Container 3

Amount Per Serving

Calories 336

% Daily Values*

| | |
|-------------------------------|------------|
| Total Fat 21g | 32% |
| Saturated Fat 3g | 15% |
| Trans Fat 0g | |
| Polyunsaturated Fat 3g | |
| Monounsaturated Fat 17g | |
| Cholesterol 24mg | 8% |
| Potassium 598mg | 17% |
| Sodium 130mg | 5% |
| Total Carbohydrate 30g | 10% |
| Dietary Fiber 7g | 28% |
| Sugars 9g | |
| Protein 13g | 26% |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | | Calories | 2,000 | 2,500 |
|--------------------|-----------|----------|--------|-------|
| Total Fat | Less than | 65g | 80g | |
| Sat Fat | Less than | 20g | 25g | |
| Cholesterol | Less than | 300mg | 300mg | |
| Sodium | Less than | 2400mg | 2400mg | |
| Total Carbohydrate | | 300g | 375g | |
| Dietary Fiber | | 25g | 30g | |

****Nutrition Analysis:** performed using
<https://www.supertracker.usda.gov>



Chili

Number of Servings: 10

Serving Size: 1 ¼ cups

Equipment:

Slow cooker

Ingredients:

- 1 pound dried black beans, cooked
(45oz of canned beans may be substituted but note that sodium content may increase)
- 1 pound 93% lean ground beef
- 3 cans (14.5oz) low sodium diced tomatoes, undrained
- 1 large onion, diced
- 1 red pepper, cored and diced
- 3 cloves garlic, minced (about 2 teaspoons)
- 2 ½ tablespoons chili powder
- 1 teaspoon cumin
- ½ teaspoon salt
- 1 teaspoon oregano
- 1 teaspoon basil
- 1 teaspoon black pepper

Directions:

Mix all ingredients into the slow cooker. Cook on low for 6 - 8 hours or on high for 4 hours.

Cost per recipe: \$15.02

Cost per serving: \$1.50

MyPlate servings: 1 ¼ servings of vegetables, 1 protein serving

Nutrition Facts

Serving Size 1 1/4 cup
Serving Per Container 10

| Amount Per Serving | | % Daily Values* | |
|--|-----------|-----------------|------------|
| Calories 235 | | | |
| Total Fat 5g | | | 8% |
| Saturated Fat 2g | | | 10% |
| Trans Fat 0g | | | |
| Polyunsaturated Fat 1g | | | |
| Monounsaturated Fat 2g | | | |
| Cholesterol 28mg | | | 9% |
| Potassium 788mg | | | 23% |
| Sodium 225mg | | | 9% |
| Total Carbohydrate 31g | | | 10% |
| Dietary Fiber 11g | | | 44% |
| Sugars 4g | | | |
| Protein 19g | | | 38% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. | | | |
| | Calories | 2,000 | 2,500 |
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

****Nutrition Analysis:** performed using <https://www.supertracker.usda.gov>



Cold Lentil Salad

Number of servings: 8

Serving size: 1 cup

Equipment:

Saucepan with lid

Ingredients:

1 pound bag of brown or green lentils*, rinsed

1 bell pepper, chopped (any type)

*Do not use red lentils.

Dressing:

½ cup olive oil

1 Tablespoon mustard

Juice from 1 lemon

1 Tablespoon cumin

½ teaspoon salt

¼ cup chopped parsley

Directions:

In a large saucepan, add bag of lentils and 6-8 cups of water. Simmer with the lid on for 45 – 50 minutes until chewy and slightly tender. Mix dressing ingredients together and add to cooked lentils along with bell pepper.

Cost per recipe: \$3.19

Cost per serving: \$0.40

My plate servings: 1 serving of protein

Nutrition Facts

Serving Size 1 cup
Serving Per Container 8

Amount Per Serving

Calories 305

| | % Daily Values* |
|-------------------------------|-----------------|
| Total Fat 14g | 22% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Polyunsaturated Fat 2g | |
| Monounsaturated Fat 10g | |
| Cholesterol 0mg | 0% |
| Potassium 620mg | 18% |
| Sodium 173mg | 7% |
| Total Carbohydrate 32g | 11% |
| Dietary Fiber 12g | 48% |
| Sugars 3g | |
| Protein 14g | 28% |

Vitamin A 2% • Vitamin C 26%
Calcium 4% • Iron 32%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|--------|--------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

****Nutrition Analysis:** performed using
<https://www.supertracker.usda.gov>



Corn Salsa

Number of Servings: 8

Serving Size: ½ cup

Equipment:

None

Ingredients:

2 cups fresh corn cut from the cob
8 ounce canned black beans, drained and rinsed
8 ounce canned low sodium diced tomatoes, drained
¼ cup cilantro
juice from 1 lime

Directions:

Mix all ingredients in a bowl and serve.

Cost per recipe: \$3.82

Cost per serving: \$0.48

MyPlate servings: ½ serving vegetables

Nutrition Facts

Serving Size 1/2 cup
Serving Per Container 8

| Amount Per Serving | | % Daily Values* | |
|--|-----------|-----------------|------------------|
| Calories 76 | | | |
| Total Fat 1g | | | 2% |
| Saturated Fat 0g | | | 0% |
| Trans Fat 0g | | | |
| Cholesterol 0mg | | | 0% |
| Potassium 249mg | | | 7% |
| Sodium 62mg | | | 3% |
| Total Carbohydrate 16g | | | 5% |
| Dietary Fiber 3g | | | 12% |
| Sugars 3g | | | |
| Protein 4g | | | 8% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. | | | |
| | | Calories | 2,000 2,500 |
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

****Nutrition Analysis:** performed using
<https://www.supertracker.usda.gov>



Fruit Salsa

Number of servings: 6
Serving size: 1 cup

Equipment:

None

Ingredients:

- 1 green pepper, seeded, diced
- 1 small cucumber, peeled, seeded, diced
- 1 small jalapeno, minced
- 1 cup pineapple, diced
- 1 cup cantaloupe or honeydew, diced
- 1 cup watermelon, diced
- 1 cup cilantro chopped
- 1 Tablespoon lime juice
- 1 Tablespoon honey

Directions:

Mix all the ingredients together in a bowl. Enjoy!

Cost per recipe: \$4.58

Cost per serving: \$0.76

MyPlate servings: ½ serving of vegetables, ½ serving of fruit

Nutrition Facts

Serving Size 1 cup
Serving Per Container 6

Amount Per Serving

Calories 49

% Daily Values*

| | |
|-------------------------------|-----------|
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Potassium 214mg | 6% |
| Sodium 7mg | 0% |
| Total Carbohydrate 12g | 4% |
| Dietary Fiber 1g | 4% |
| Sugars 10g | |
| Protein 1g | 2% |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|--------|--------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

****Nutrition Analysis:** performed using

<https://www.supertracker.usda.gov>



Good Night Good Morning Oatmeal

Number of servings: 10

Serving size: 1 cup

Equipment:

Slow cooker

Ingredients:

- 2 cups steel cut oats
- 9 cups water
- 3 medium apples, cored and diced
- 1 Tablespoon cinnamon

Directions:

Combine all ingredients in a slow cooker. Cover and let cook on low overnight, or 8 to 9 hours or cook on high for 4 hours. Serve with milk, honey, cinnamon, fresh or dried fruit and/ or nuts as desired.

Cost per recipe: \$4.82

Cost per serving: \$ 0.48

MyPlate servings: 1 serving grain and ½ serving fruit

Nutrition Facts

Serving Size 1 cup
Serving Per Container 10

| Amount Per Serving | |
|--|----------------------------|
| Calories 151 | Calories from Fat 18 |
| | % Daily Values* |
| Total Fat 2g | 3% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Polyunsaturated Fat 1g | |
| Monounsaturated Fat 1g | |
| Cholesterol 0mg | 0% |
| Potassium 169mg | 5% |
| Sodium 11mg | 0% |
| Total Carbohydrate 29g | 10% |
| Dietary Fiber 5g | 20% |
| Sugars 5g | |
| Protein 5g | 10% |
| Vitamin C 3% | Calcium 3% |
| Iron 9% | |
| *Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. | |
| | Calories 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Sat Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2400mg 2400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |

****Nutrition Analysis:** performed using
<https://www.supertracker.usda.gov>

* Toppings or additions are not included in nutritional analysis



Greek Yogurt Dip

Number of servings: 12

Serving size: 4 Tablespoons

Equipment:

None

Ingredients:

- 1 pint fat free Greek yogurt
- 1 10-ounce package frozen chopped spinach, thawed and drained
- 2 cloves garlic, minced
- 4 green onions, minced
- ¼ teaspoon onion powder
- ¼ teaspoon salt

Directions:

Mix all ingredients in a bowl.
Serve with cut fresh vegetables or whole grain pita chips.

Cost per recipe: \$ 6.25

Cost per serving: \$ 0.52

MyPlate servings: ¼ serving vegetables and ¼ serving dairy

Nutrition Facts

Serving Size 4 Tablespoons

Serving Per Container 12

Amount Per Serving

Calories 33

| | % Daily Values* |
|------------------------------|-----------------|
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 1mg | 0% |
| Potassium 134mg | 4% |
| Sodium 86mg | 4% |
| Total Carbohydrate 3g | 1% |
| Dietary Fiber 1g | 4% |
| Sugars 2g | |
| Protein 5g | 10% |

Vitamin A 16% • Vitamin C 2%
Calcium 8% • Iron 3%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|--------|--------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

****Nutrition Analysis:** performed using
<https://www.supertracker.usda.gov>



Green Machine

Number of servings: 1

Serving size: 8 ounces

Equipment:

Blender

Ingredients:

- ½ Banana
- 1-2 Tablespoons lemon juice
- 1 cup of washed spinach
- 2-teaspoons honey
- 3-4 ounces of water

Directions:

Place all the ingredients in a blender, and blend until smooth. You can add a few ice cubes if you like your green juice extra cold. Makes approximately 8 ounces.

Feel free to get creative, you can swap out any fruit such as frozen blueberries, strawberries or mangos. Also, if the lemon juice is too tart try a splash of orange or apple juice.

Nutrition Facts

Serving Size 1 cup
Serving Per Container 1

| Amount Per Serving | | % Daily Values* | |
|--|-----------|-----------------|------------|
| Calories 110 | | | |
| Total Fat 0g | | | 0% |
| Saturated Fat 0g | | | 0% |
| Trans Fat 0g | | | |
| Cholesterol 0mg | | | 0% |
| Potassium 424mg | | | 12% |
| Sodium 30mg | | | 1% |
| Total Carbohydrate 29g | | | 10% |
| Dietary Fiber 2g | | | 8% |
| Sugars 20g | | | |
| Protein 2g | | | 4% |
| Vitamin A 20% | • | Vitamin C 37% | |
| Calcium 4% | • | Iron 6% | |
| *Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. | | | |
| | Calories | 2,000 | 2,500 |
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

****Nutrition Analysis:** performed using <https://www.supertracker.usda.gov>

MyPlate servings: 1 serving of fruit, 1/2 serving of vegetables



Herbed Lentil Soup

Number of servings: 6

Serving Size: 2 cups

Equipment:

Slow Cooker

Ingredients:

- 2 cups dry lentils
- 1 large yellow sweet onion, diced
- 3 carrots, peeled and diced
- 3 stalks celery, chopped small
- 1 large shallot, diced
- 1 leek, white part only, thinly sliced
- 4 cloves garlic, minced
- 5 plum tomatoes, diced or 1 can fire roasted diced tomatoes*
- 2 teaspoons dried tarragon
- 1 teaspoon each, thyme, paprika
- 2 bay leaves
- 2 Tablespoons sherry vinegar, champagne vinegar, or red wine vinegar
- Ground black pepper to taste
- 6 cups low sodium vegetable broth

*Use of canned tomatoes may increase sodium content.

Directions:

Place all ingredients in a slow cooker, including the juice of the canned tomatoes (if using). Cover and cook on high for 4 to 6 hours or on low for 6 to 8 hours.

Cost per recipe \$9.05

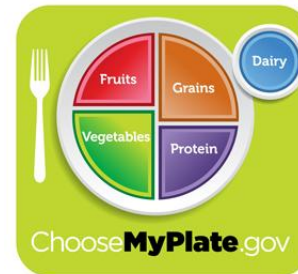
Cost per serving \$1.51

MyPlate servings: 2 servings of vegetables

Adapted from Karma Chow <http://karmachow.com/>

| Nutrition Facts | |
|--|-------------------------------|
| Serving Size 2 cups | |
| Serving Per Container 6 | |
| Amount Per Serving | |
| Calories 281 | |
| | % Daily Values* |
| Total Fat 1g | 2% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Potassium 1069mg | 31% |
| Sodium 180mg | 8% |
| Total Carbohydrate 50g | 17% |
| Dietary Fiber 17g | 68% |
| Sugars 9g | |
| Protein 20g | 40% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. | |
| | Calories 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Sat Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2400mg 2400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |

****Nutrition Analysis:** performed using
<https://www.supertracker.usda.gov>



Homemade Lemonade

Number of servings: 1

Serving size: 8 ounces

Equipment:

None

Ingredients:

1 Tablespoon honey or 100% pure maple syrup

2 Tablespoons lemon juice freshly squeezed*

8 ounces water

* one lemon yields about 2 tablespoons juice

Directions:

Squeeze the lemons to get the juice. Place all the ingredients in a glass and stir together.

Grapefruit juice can be substituted for lemon juice.

Cost per recipe: \$1.20

Cost per serving: \$1.20

MyPlate servings: 1/4 serving of fruit

Nutrition Facts

Serving Size 8 ounces

Serving Per Container 1

Amount Per Serving

Calories 76

% Daily Values*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Potassium 69mg **2%**

Sodium 11mg **0%**

Total Carbohydrate 21g **7%**

Dietary Fiber 0g **0%**

Sugars 18g

Protein 0g **0%**

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|--------|--------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

****Nutrition Analysis:** performed using
<https://www.supertracker.usda.gov>



Lentil Tostadas

Number of servings: 8
Serving size: 2 tostadas

Equipment:

Rice cooker
Oven

Ingredients:

2 rice cooker cups or 1 ½ measuring cups of dry lentils
½ cup salsa
4 Tablespoons olive oil, divided
2 Tablespoons red wine vinegar
¼ teaspoon pepper
16 small (4" diameter) corn tortillas
1 ½ cups shredded low fat Monterey Jack or cheddar cheese
1 ½ cups lettuce, shredded
4 green onions, chopped
1 cup light sour cream

Directions:

Rinse lentils. Put lentils in rice cooker and add 4 rice cooker-cups water. Push down "on" button. Button will "click" up to warm position when lentils are done.

Unplug cooker when done. Put lentils in a large bowl and add the salsa, 2 Tablespoons olive oil, vinegar and pepper. Set aside.

Preheat oven to 400 degrees. Line a baking sheet with foil. Brush both sides of tortillas with remaining 2 Tablespoons olive oil and place in the oven for 10 minutes to crisp. Let cool a few minutes. Spoon ¼ cup of lentils on each tortilla. Top each tortilla with cheese, lettuce, onions and ½ Tablespoon of sour cream and serve.

Cost per recipe: \$8.05

Cost per serving: \$1.00

MyPlate servings: 1 serving of grain, ¾ serving vegetable, ¼ serving dairy

Nutrition Facts

Serving Size 2 tostadas
Serving Per Container 8

Amount Per Serving

Calories 321

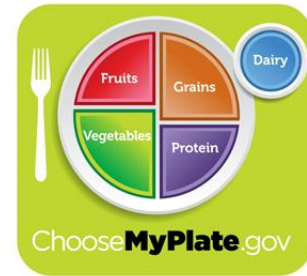
% Daily Values*

| | | |
|-------------------------------|--|------------|
| Total Fat 14g | | 22% |
| Saturated Fat 4g | | 20% |
| Trans Fat 0g | | |
| Polyunsaturated Fat 2g | | |
| Monounsaturated Fat 7g | | |
| Cholesterol 15mg | | 5% |
| Potassium 571mg | | 16% |
| Sodium 193mg | | 8% |
| Total Carbohydrate 34g | | 11% |
| Dietary Fiber 10g | | 40% |
| Sugars 3g | | |
| Protein 17g | | 34% |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|--------|--------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

****Nutrition Analysis:** performed using
<https://www.supertracker.usda.gov>



Mediterranean Salad

Number of Servings: 8
Serving Size: 1 cup

Equipment:

Slow Cooker

Ingredients:

2 cups wheat berries*
6 cups of water
½ red bell pepper, diced
½ yellow bell pepper, diced
1 cucumber, peeled and diced
1/3 red onion, diced
1 lemon, juiced
2 Tablespoons extra virgin olive oil
½ teaspoon salt
Pepper to taste
4-ounce feta cheese, crumbled

*Any whole grain can be substituted for the wheat berries, according to your preference.

Directions:

Rinse wheat berries well. Put the 2 cups of wheat berries and 6 cups water in slow cooker and cook on low for 8 to 12 hours. Remove wheat berries from slow cooker and allow to cool slightly. Add all remaining ingredients except for the feta cheese, and stir to combine. Serve with feta sprinkled over the top.

Cost per recipe: \$11.42

Cost per serving: \$1.43

MyPlate servings: 2 servings of grain, ½ serving of vegetables, ¼ serving of dairy

Nutrition Facts

Serving Size 1 cup
Serving Per Container 8

Amount Per Serving

Calories 192

% Daily Values*

| | |
|-------------------------------|------------|
| Total Fat 7g | 11% |
| Saturated Fat 3g | 15% |
| Trans Fat 0g | |
| Polyunsaturated Fat 1g | |
| Monounsaturated Fat 3g | |
| Cholesterol 13mg | 4% |
| Potassium 221mg | 6% |
| Sodium 168mg | 7% |
| Total Carbohydrate 28g | 9% |
| Dietary Fiber 5g | 20% |
| Sugars 0g | |
| Protein 7g | 14% |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|--------|--------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

****Nutrition Analysis:** performed using
<https://www.supertracker.usda.gov>



MyPlate Pizza

Number of servings: 2
Serving size: ½ muffin

Equipment:

Oven or toaster oven

Ingredients:

- 1 whole-wheat English muffin or mini whole-wheat bagel
- 2 Tablespoons low sodium tomato sauce
- 1 slice of roasted turkey meat (ham or chicken can be substituted)
- ¼ cup shredded low sodium mozzarella cheese
- 4 chunks of pineapple (in 100% juice, no sugar added)

Directions:

Preheat the oven to 400 degrees. Slice the meat into bite sized pieces. Assemble the pizza, spreading the tomato sauce on the muffin first. Then add the meat and pineapple. Finally, top with cheese. Place pizza on baking sheet and bake for five minutes or bake in a toaster oven until cheese is completely melted. Remember to ask an adult for help with the oven!

Cost per recipe: \$1.61

Cost per serving: \$0.81

MyPlate servings: 1 serving of grain, ¼ serving of fruit, ¼ serving of dairy, ½ serving of protein

Nutrition Facts

Serving Size 1/2 muffin
Serving Per Container 2

| Amount Per Serving | | % Daily Values* | |
|-------------------------------|--|-----------------|------------|
| Calories 131 | | | |
| Total Fat 4g | | | 6% |
| Saturated Fat 2g | | | 10% |
| Trans Fat 0g | | | |
| Monounsaturated Fat 1g | | | |
| Cholesterol 15mg | | | 5% |
| Potassium 181mg | | | 5% |
| Sodium 150mg | | | 6% |
| Total Carbohydrate 16g | | | 5% |
| Dietary Fiber 3g | | | 12% |
| Sugars 5g | | | |
| Protein 10g | | | 20% |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | | Calories 2,000 | 2,500 |
|--------------------|-----------|----------------|--------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

****Nutrition Analysis:** performed using <https://www.supertracker.usda.gov>



Nut Free Trail Mix

Number of servings: 5

Serving size: ½ cup

Ingredients:

2 cups of your favorite nut-free cereals* (Wheat Chex, Heart to Heart, Cheerios, Quaker Oatmeal Squares, etc.)

¼ cup dried fruit (raisins, craisins, chopped dates, banana chips, chopped apricot, etc.)

¼ cup roasted and unsalted sunflower seeds or pepitas

*Go cereals have 3 grams or more of fiber and 9 grams or less of sugar.

Directions:

Mix ingredients together in a bowl and enjoy!

MyPlate servings: ½ serving of grains, ½ servings of protein

Nutrition Facts

Serving Size 1/2 cup
Serving Per Container 5

Amount Per Serving

Calories 134

% Daily Values*

| | | |
|-------------------------------|--|------------|
| Total Fat 4g | | 6% |
| Saturated Fat 1g | | 5% |
| Trans Fat 0g | | |
| Polyunsaturated Fat 2g | | |
| Monounsaturated Fat 1g | | |
| Cholesterol 0mg | | 0% |
| Potassium 163mg | | 5% |
| Sodium 169mg | | 7% |
| Total Carbohydrate 24g | | 8% |
| Dietary Fiber 3g | | 12% |
| Sugars 7g | | |
| Protein 4g | | 8% |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|--------|--------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

***Nutrition Analysis:** performed using <https://www.supertracker.usda.gov>

Preparing with Wheat Chex, raisins and sunflower seeds.



Oatmeal Sundaes

Number of servings: 4

Serving size: 1 cup

Equipment:

Stovetop

Ingredients:

4 cups water

pinch of salt

2 cups rolled oats

1 teaspoon cinnamon

Add your own toppings: fresh fruit, cranberries, raisins, apricots, figs, cherries, blueberries, chocolate chips, coconut, chopped nuts, flax seed, fruit jams or butters, honey, maple syrup.

Directions:

Put water and salt in a pot and bring to a boil.

Reduce heat to medium, add oats and cinnamon and cook for 4 to 5 minutes until oats reach desired consistency. Serve the oatmeal with toppings of your choice.

Cost per recipe: \$0.96

Cost per serving: \$0.24

MyPlate servings: 1 ½ servings of grains

Nutrition Facts

Serving Size 1 cup
Serving Per Container 4

Amount Per Serving

Calories 155

% Daily Values*

| | |
|-------------------------------|------------|
| Total Fat 3g | 5% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Polyunsaturated Fat 1g | |
| Monounsaturated Fat 1g | |
| Cholesterol 0mg | 0% |
| Potassium 149mg | 4% |
| Sodium 51mg | 2% |
| Total Carbohydrate 28g | 9% |
| Dietary Fiber 4g | 16% |
| Sugars 0g | |
| Protein 5g | 10% |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|--------|--------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

****Nutrition Analysis:** performed using
<https://www.supertracker.usda.gov>

Toppings are not included in nutritional

Old Fashion Oat Buttermilk Pancakes

Number of servings: 4
Serving size: 4 small pancakes

Equipment:

Electric skillet or burner with frying pan
Spatula – non-scratch
Measuring cups – ¼ and 1 cup
Teaspoons – ¼ and ½ teaspoon
Tablespoons – 1 and ½ tablespoon

Ingredients:

1 cup old fashion rolled oats
1 cup buttermilk
1 egg
¼ cup whole-wheat flour
1 tablespoon sugar
½ teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon cinnamon
1 tablespoon butter, melted

Mix oats and buttermilk. Cover and refrigerate overnight.
Add remaining ingredients and mix well.
Cook pancakes in skillet or on a stove.

No Cook Raspberry Sauce

Number of servings: 4
Serving size: ¼ cup

Equipment:

Blender
Zester

Ingredients:

1 pound thawed frozen raspberries
1 tablespoon honey
1 ½ tablespoons freshly squeezed lemon juice
zest from 1 medium lemon

In a blender, combine all ingredients. Blend until smooth.
Drizzle on pancakes or mix into yogurt.

Raspberry Sauce recipe from: <http://www.afarmgirlsdabbles.com/2013/07/07/super-simple-fresh-strawberry-sauce-no-cook-recipe> Source for pancakes unknown.

Nutrition Facts

Serving Size 4 small pancakes
Serving Per Container 4

| Amount Per Serving | | | |
|-------------------------------|--|------------------------|------------|
| Calories 273 | | Calories from Fat 72 | |
| | | % Daily Values* | |
| Total Fat 8g | | | 12% |
| Saturated Fat 3g | | | 15% |
| Trans Fat 0g | | | |
| Polyunsaturated Fat 1g | | | |
| Monounsaturated Fat 2g | | | |
| Cholesterol 59mg | | | 20% |
| Potassium 309mg | | | 9% |
| Sodium 310mg | | | 13% |
| Total Carbohydrate 41g | | | 14% |
| Dietary Fiber 5g | | | 20% |
| Sugars 7g | | | |
| Protein 10g | | | 20% |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|--------|--------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

***Nutrition Analyses*: performed using
<https://www.supertracker.usda.gov>

Nutrition Facts

Serving Size
Serving Per Container 4

| Amount Per Serving | | | |
|-------------------------------|---|------------------------|------------|
| Calories 133 | | | |
| | | % Daily Values* | |
| Total Fat 0g | | | 0% |
| Saturated Fat 0g | | | 0% |
| Trans Fat 0g | | | |
| Cholesterol 0mg | | | 0% |
| Sodium 1mg | | | 0% |
| Total Carbohydrate 34g | | | 11% |
| Dietary Fiber 5g | | | 20% |
| Sugars 29g | | | |
| Protein 1g | | | 2% |
| Vitamin A 1% | • | Vitamin C 35% | |
| Calcium 2% | • | Iron 4% | |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|--------|--------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |



Peanut Buttery Oatmeal

Number of servings: 4
Serving size: ½ cup

Equipment:
Stovetop

Ingredients:
1 ½ cups oats, cooked
¼ cup peanut butter (any nut butter may be substituted)
1 Tablespoon 1% milk
2 teaspoons honey
1 large apple cored and sliced

Directions:
Mix nut butter, milk and honey. Combine with oatmeal and stir well. Spoon into 4 bowls and add apple slices to each bowl.

Cost per recipe: \$2.06

Cost per serving: \$0.51

MyPlate servings: ½ serving of grain, ½ serving of fruit, 1 servings of protein

Nutrition Facts

Serving Size 1/4 cup
Serving Per Container 4

| Amount Per Serving | | % Daily Values* | |
|--|-----------|-----------------|------------|
| Calories 191 | | | |
| Total Fat 9g | | | 14% |
| Saturated Fat 2g | | | 10% |
| Trans Fat 0g | | | |
| Polyunsaturated Fat 3g | | | |
| Monounsaturated Fat 4g | | | |
| Cholesterol 0mg | | | 0% |
| Potassium 223mg | | | 6% |
| Sodium 77mg | | | 3% |
| Total Carbohydrate 24g | | | 8% |
| Dietary Fiber 4g | | | 16% |
| Sugars 10g | | | |
| Protein 6g | | | 12% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. | | | |
| | Calories | 2,000 | 2,500 |
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

****Nutrition Analysis:** performed using
<https://www.supertracker.usda.gov>



Pumpkin Pecan Oatmeal

Number of servings: 3

Serving Size: 1 cup

Equipment:

Rice Cooker

Ingredients:

- 1 cup old fashioned oats
- ¼ cup packed brown sugar
- 1 teaspoon pumpkin pie spice
- pinch of salt
- 1 cup 2% milk
- ½ cup canned pumpkin
- 1 egg
- 3 Tablespoons chopped pecans

Directions:

Combine oats, brown sugar, pumpkin pie spice and pinch of salt in rice cooker. Whisk milk, pumpkin and egg in small bowl. Pour over oat mixture; stir to combine. Cover and press down “on” button. Button will click up to the “warm” setting when oats are done, about 20 minutes. Unplug cooker. Serve topped with pecans and an extra splash of milk, if desired.

Cost per recipe: \$4.37

Cost per serving: \$1.46

MyPlate servings: 1 serving of grain, ¼ serving of vegetable, ¼ serving of dairy, 1 serving of protein

Nutrition Facts

Serving Size 3
Serving Per Container 1

Amount Per Serving

Calories 268

% Daily Values*

| | |
|-------------------------------|------------|
| Total Fat 11g | 17% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Polyunsaturated Fat 3g | |
| Monounsaturated Fat 5g | |
| Cholesterol 66mg | 22% |
| Potassium 375mg | 11% |
| Sodium 180mg | 8% |
| Total Carbohydrate 35g | 12% |
| Dietary Fiber 4g | 16% |
| Sugars 15g | |
| Protein 10g | 20% |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|--------|--------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

****Nutrition Analysis:** performed using
<https://www.supertracker.usda.gov>



Rice and Beans, Red and Green

Number of Servings: 6

Serving Size: 1 cup

Equipment:

Rice cooker

Ingredients:

- 1 rice cooker cup (3/4 cup regular measuring cup), uncooked brown rice
- 1 cup canned pinto beans, drained and rinsed
- 1/2 cup frozen peas
- 1 to 1 1/4 cup homemade salsa (approximately 15-ounce low sodium jar)
- 1 green onion
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder
- 1/2 teaspoon oregano
- 1/4 cup cilantro (1/2 a bunch), chopped
- 1/2 cup Monterrey Jack cheese, shredded

Directions:

Cook rice in 2 rice cooker cups of water (or low sodium broth) in a rice cooker or on stovetop. When the rice is finished and still hot, stir the peas into the rice and let sit for 1 or 2 minutes. Pour rice and peas into a large bowl and mix in the beans, salsa, green onion, cumin, chili powder, oregano and cilantro. To serve, sprinkle with shredded cheese and warm up in the microwave until cheese melts, 1 to 4 minutes depending on microwave.

Cost per recipe: \$5.46

Cost per serving: \$0.91

MyPlate servings: 1 serving of grain, 1/2 serving of vegetables

| Nutrition Facts | |
|--|-------------------------------|
| Serving Size 1 cup | |
| Serving Per Container 6 | |
| Amount Per Serving | |
| Calories 192 | |
| | % Daily Values* |
| Total Fat 5g | 8% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Polyunsaturated Fat 2g | |
| Monounsaturated Fat 2g | |
| Cholesterol 2mg | 1% |
| Potassium 254mg | 7% |
| Sodium 227mg | 9% |
| Total Carbohydrate 29g | 10% |
| Dietary Fiber 4g | 16% |
| Sugars 0g | |
| Protein 8g | 16% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. | |
| | Calories 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Sat Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2400mg 2400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |

****Nutrition Analysis:** performed using <https://www.supertracker.usda.gov>



Sausage Lentil and Kale Stew

Number of servings: 12

Serving size: 1 cup

Equipment:

Fry pan and slow cooker

Ingredients:

- 1 Tablespoon extra virgin olive oil
- 2 large yellow onions, chopped
- 3 cloves garlic, minced
- 3 large carrots, coarsely chopped or sliced
- 13 ounces smoked beef or turkey sausage, sliced*
- 1 pound dried brown lentils, rinsed and drained
- 2 cups low sodium chicken or vegetable broth
- 2 cups water
- 2 teaspoons dried sage
- 2 teaspoons dried thyme
- 1 teaspoon ground black pepper
- 2/3 pound fresh kale (stems removed) or spinach (trim stems) chopped

*Use low sodium meats when available

Directions:

In a fry pan, heat olive oil, onions and carrots. Cook 4 to 5 minutes or until slightly soft. Add garlic and cook another minute. Transfer to a slow cooker and add the rest of the ingredients except the greens. Cook on low for 6 hours, adding kale or spinach in the last 2 hours, or cook on high for 3 hours, adding kale or spinach in the last hour. Ladle into soup bowls and serve.

Cost per recipe \$13.68

Cost per serving \$ 1.14

MyPlate servings: 2 servings vegetables and 1 serving protein

Nutrition Facts

Serving Size 1 1/2 cups

Serving Per Container 6

Amount Per Serving

Calories 399

% Daily Values*

| | | |
|-------------------------------|--|------------|
| Total Fat 9g | | 14% |
| Saturated Fat 3g | | 15% |
| Trans Fat 0g | | |
| Polyunsaturated Fat 2g | | |
| Monounsaturated Fat 3g | | |
| Cholesterol 32mg | | 11% |
| Potassium 1276mg | | 36% |
| Sodium 638mg | | 27% |
| Total Carbohydrate 53g | | 18% |
| Dietary Fiber 18g | | 72% |
| Sugars 9g | | |
| Protein 30g | | 60% |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|--------|--------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

****Nutrition Analysis:** performed using <https://www.supertracker.usda.gov>



Snowmen on a Stick

Number of servings: 4

Serving size: 2 snowmen

Equipment:

None

Ingredients:

- 2 medium bananas (body)
- 1 small apple cut in 8 pieces (hat)
- 8 grapes (hat)
- ¼ carrot cut in very small pieces (nose)
- 16 pretzel sticks (arms)
- 2 Tablespoons mini chocolate chips (eyes and buttons)
- 8 bamboo skewers (sticks)

Directions:

Slice the bananas with a butter knife. Have an adult help to pre-cut carrots and apples. (Poke a hole through the apple with a bamboo skewer first to make assembly easier.) Be creative and enjoy!

Cost per recipe: \$2.35*

Cost per serving: \$0.59*

* Cost does not include bamboo skewers

MyPlate servings: ¾ serving of fruit

Nutrition Facts

Serving Size 2 snowmen
Serving Per Container 4

Amount Per Serving

Calories 115

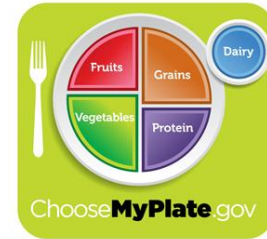
% Daily Values*

| | | |
|-------------------------------|--|------------|
| Total Fat 2g | | 3% |
| Saturated Fat 1g | | 5% |
| Trans Fat 0g | | |
| Monounsaturated Fat 1g | | |
| Cholesterol 0mg | | 0% |
| Potassium 296mg | | 8% |
| Sodium 30mg | | 1% |
| Total Carbohydrate 25g | | 8% |
| Dietary Fiber 3g | | 12% |
| Sugars 15g | | |
| Protein 1g | | 2% |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|--------|--------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

****Nutrition Analysis:** performed using
<https://www.supertracker.usda.gov>



Southwestern Salad with Chipotle

Dressing

Number of servings: 12

Serving size: 1 cup

Equipment:

Rice Cooker

Ingredients:

2 rice-cups uncooked brown rice (1 ½ measuring cups)

2-15 ounce cans black beans, drained and rinsed

1 large red pepper, chopped

1 small red onion, chopped

1 avocado, chopped

1 cup cilantro, chopped

Dressing:

1/3 cup olive oil

4 Tablespoons freshly squeezed orange juice (about 2 oranges)

½ of 1 canned chipotle chili in adobo sauce, finely chopped, plus 1 teaspoon of adobe sauce

2 Tablespoons red wine vinegar

1 teaspoon cumin

1 teaspoon chili powder

¼ teaspoon pepper

Directions:

Pour rice into rice cooker, add water to the “2” line. Cook until lever pops. Put rice, beans, pepper and onion in a large bowl. Set aside.

Make the dressing by mixing all ingredients together with a whisk.

Add half the dressing to salad and toss. Add the avocado and cilantro, then more of the dressing to taste. Gently toss.

Cost per recipe: \$14.04

Cost per serving: \$1.17

MyPlate servings for salad: ½ serving grains, ¾ serving vegetables

Salad Nutrition Facts

Nutrition Facts

Serving Size 1 Cup
Serving Per Container 12

| Amount Per Serving | | % Daily Values* | |
|--|-----------|----------------------|---------------|
| Calories | 246 | Calories from Fat 45 | |
| Total Fat | 5g | 8% | |
| Saturated Fat | 1g | 5% | |
| Trans Fat | 0g | | |
| Polyunsaturated Fat | 1g | | |
| Monounsaturated Fat | 3g | | |
| Cholesterol | 0mg | 0% | |
| Potassium | 485mg | 14% | |
| Sodium | 165mg | 7% | |
| Total Carbohydrate | 43g | 14% | |
| Dietary Fiber | 8g | 32% | |
| Sugars | 2g | | |
| Protein | 9g | 18% | |
| Vitamin A | 4% | • | Vitamin C 28% |
| Calcium | 5% | • | Iron 10% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. | | | |
| | Calories | 2,000 | 2,500 |
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Dressing Nutrition Facts

Nutrition Facts

Serving Size 2 Tablespoons
Serving Per Container 12

| Amount Per Serving | | % Daily Values* | |
|--|-----------|-----------------|--------|
| Calories | 61 | | |
| Total Fat | 6g | 9% | |
| Saturated Fat | 1g | 5% | |
| Trans Fat | 0g | | |
| Polyunsaturated Fat | 1g | | |
| Monounsaturated Fat | 5g | | |
| Cholesterol | 0mg | 0% | |
| Potassium | 27mg | 1% | |
| Sodium | 26mg | 1% | |
| Total Carbohydrate | 1g | 0% | |
| Dietary Fiber | 0g | 0% | |
| Sugars | 1g | | |
| Protein | 0g | 0% | |
| *Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. | | | |
| | Calories | 2,000 | 2,500 |
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

****Nutrition Analysis:** performed using <https://www.supertracker.usda.gov>



Spicy Black Eyed Pea Soup

Number of servings: 10

Serving Size: 1 ½ cups

Equipment:

Slow Cooker

Ingredients:

- 1 pound bag dried black eyed peas, prepared using the quick soak method*
- 1 small onion, diced
- 1-8 ounce can low sodium tomato sauce
- 2-8 ounce can tomato sauce
- 1-6 ounce can no sodium tomato paste
- 2 Tablespoons olive oil
- 3-4 cloves fresh garlic
- 1 teaspoons dried oregano
- 1 pinch cayenne pepper
- 1-15 ounce can of low sodium chicken broth
- 6 cups water
- 1.5 Tablespoons red wine vinegar

*Quick soak method - Add dried black eyed peas to a large saucepan. Add 6 to 8 inches of water. Bring to a boil and boil for 2 minutes. Cover and set aside to soak for one hour. Drain water.

Directions:

Mix all ingredients in slow cooker. Cook on low for 8 hours. Add cayenne pepper to taste. Add a splash of red wine vinegar before serving.

Cost per recipe \$8.75

Cost per serving \$0.88

MyPlate servings: 1 serving of vegetables

Nutrition Facts

Serving Size 1 1/2 cups

Serving Per Container 10

Amount Per Serving

Calories 175

| | % Daily Values* |
|-------------------------------|-----------------|
| Total Fat 4g | 6% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Polyunsaturated Fat 1g | |
| Monounsaturated Fat 2g | |
| Cholesterol 1mg | 0% |
| Potassium 584mg | 17% |
| Sodium 219mg | 9% |
| Total Carbohydrate 26g | 9% |
| Dietary Fiber 7g | 28% |
| Sugars 8g | |
| Protein 9g | 18% |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|--------|--------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

****Nutrition Analysis:** performed using <https://www.supertracker.usda.gov>



Strawberry Banana Breakfast Split

Number of servings: 6

Serving size: ¾ cup

Equipment:

Stovetop

Ingredients:

- 1½ cups old-fashioned oatmeal
- 2 bananas
- 2 cups frozen strawberries (thawed)
- 2 cups low-fat plain yogurt

Directions: Cook old-fashioned oats according to the directions on the box. While oats are cooking, place thawed strawberries in a bowl and mash with a spoon until the consistency of a thick sauce. When oats are done, place oats in a mixing bowl. Add yogurt, sliced bananas and stir. Top with strawberry sauce and serve.

MyPlate servings: 1 serving of grain, ½ serving of fruit, ¼ serving of dairy

| Nutrition Facts | |
|--|-------------------------------|
| Serving Size ¾ cup | |
| Serving Per Container 6 | |
| Amount Per Serving | |
| Calories 188 | |
| | % Daily Values* |
| Total Fat 3g | 5% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Polyunsaturated Fat 1g | |
| Monounsaturated Fat 1g | |
| Cholesterol 5mg | 2% |
| Potassium 516mg | 15% |
| Sodium 63mg | 3% |
| Total Carbohydrate 34g | 11% |
| Dietary Fiber 4g | 16% |
| Sugars 14g | |
| Protein 8g | 16% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. | |
| | Calories 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Sat Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2400mg 2400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |

****Nutrition Analysis:** performed using
<https://www.supertracker.usda.gov>



Stuffed Peppers with Couscous and Pinto Beans

Number of Servings: 8
Serving Size: ½ stuffed pepper

Equipment:
Slow cooker

Ingredients:
4 green peppers
½ cup whole-wheat couscous, dry
1-15 ounce can pinto beans, drained and rinsed
¼ cup red onion
1 cup homemade salsa, or low sodium jarred salsa*
½ cup corn, fresh off the cob or canned that has been rinsed
1 cup shredded cheese, jack or cheddar or a combination of both

*Use of jarred salsa may increase sodium content

Directions:

Wash peppers, slice the tops off and scrape out the seeds and membranes. Set in the slow cooker. In a separate bowl, mix together couscous, beans, onion, salsa, corn and cheese. Lightly fill the peppers with the mixture. Cover and cook on high for 2-2 ½ hours or on low for 4-4 ½ hours. Cut each pepper in half and serve.

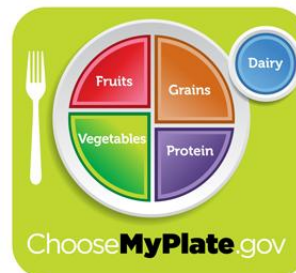
Cost per recipe: \$12.05

Cost per serving: \$1.51

MyPlate servings: ½ serving of grain, 1 serving of vegetable, ¼ serving of dairy

| Nutrition Facts | |
|--|----------------------------|
| Serving Size 1/2 stuffed pepper | |
| Serving Per Container 8 | |
| Amount Per Serving | |
| Calories 207 | |
| | % Daily Values* |
| Total Fat 8g | 12% |
| Saturated Fat 3g | 15% |
| Trans Fat 0g | |
| Polyunsaturated Fat 2g | |
| Monounsaturated Fat 2g | |
| Cholesterol 15mg | 5% |
| Potassium 404mg | 12% |
| Sodium 260mg | 11% |
| Total Carbohydrate 26g | 9% |
| Dietary Fiber 5g | 20% |
| Sugars 3g | |
| Protein 10g | 20% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. | |
| | Calories 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Sat Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2400mg 2400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |

****Nutrition Analysis:** performed using <https://www.supertracker.usda.gov>



Sweet Potato Burritos

Number of servings: 6

Serving size: 1 cup

Equipment:

Slow cooker

Ingredients:

2 large sweet potatoes, peeled, sliced or diced into equal sized pieces

1 cup frozen corn

2 cups of cooked black beans, prepared from dried (canned black beans* can be used; if canned beans* are used, wash and drain thoroughly)

12-ounces homemade salsa* (any heat level)

4-ounces 1/3 fat soft cream cheese

1 ½ cups cooked brown rice

6 whole wheat tortillas (may substitute with corn tortillas)

Chopped or sautéed vegetables of choice (lettuce, green onion, etc.)

*If using ready-made salsa or canned black beans choose low sodium, otherwise sodium content of the recipe may increase beyond the recommended level.

Directions:

Add the sweet potatoes, corn, black beans, salsa and cream cheese into the slow cooker and mix them together. Cook on high for 3 to 4 hours. Once cooked, prepare brown rice and mix into the filling. Scoop filling into tortilla and top with vegetables of choice.

Cost per recipe: \$8.05

Cost per serving: \$1.34

MyPlate servings: 2 servings of grain, 1 ½ serving of vegetables

| Nutrition Facts | | | |
|--|-----------|-----------------|------------|
| Serving Size 1 cup filling and 1 tortilla | | | |
| Serving Per Container 6 | | | |
| Amount Per Serving | | | |
| Calories 476 | | | |
| | | % Daily Values* | |
| Total Fat 6g | | | 9% |
| Saturated Fat 3g | | | 15% |
| Trans Fat 0g | | | |
| Cholesterol 10mg | | | 3% |
| Potassium 1035mg | | | 30% |
| Sodium 385mg | | | 16% |
| Total Carbohydrate 82g | | | 27% |
| Dietary Fiber 17g | | | 68% |
| Sugars 8g | | | |
| Protein 19g | | | 38% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. | | | |
| | Calories | 2,000 | 2,500 |
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

****Nutrition Analysis:** performed using <https://www.supertracker.usda.gov>

Additional toppings, such as chopped vegetables are not included in nutrition analysis



Three Bean Minestrone Soup

Number of Servings: 10

Serving Size: 1 ½ cups

Equipment:

Slow cooker

Ingredients:

- 3 Tablespoons canola oil
- 1 sweet onion, chopped
- 3 medium carrots, chopped
- 3 stalks celery, chopped
- 3 cloves garlic, chopped
- 1 large zucchini, diced
- 10 ounce frozen spinach
- 4 cups low sodium chicken stock
- 4 cups water
- 1 can (15 ounce) low sodium red kidney beans, drained and rinsed
- 1 can (15 ounce) low sodium white beans, drained and rinsed
- 1 can (15 ounce) low sodium chickpeas, drained and rinsed
- 1 can (15 ounce) low sodium diced tomatoes, with juice
- 1 can (15 ounce) no salt added crushed tomatoes, with juice
- 1 tablespoon Italian seasoning
- Pepper to taste
- 2/3 cup grated parmesan cheese
- 4 ounces small whole-wheat pasta (orzo, macaroni, mini shells, etc.)

Directions:

Add all of the ingredients, except for the pasta and cheese, and cook on low for 8 hours (or 4 on high). One hour before serving, add the uncooked pasta. Serve with Parmesan cheese. Enjoy.

Cost per recipe: \$14.80

Cost per serving: \$1.48

MyPlate servings: ½ serving grains, 1 ¾ servings vegetables, ¼ serving dairy

Nutrition Facts

Serving Size 1.5 cups
Serving Per Container 10

Amount Per Serving

Calories 317

% Daily Values*

| | | |
|-------------------------------|--|------------|
| Total Fat 8g | | 12% |
| Saturated Fat 1g | | 5% |
| Trans Fat 0g | | |
| Polyunsaturated Fat 2g | | |
| Monounsaturated Fat 3g | | |
| Cholesterol 4mg | | 1% |
| Potassium 982mg | | 28% |
| Sodium 418mg | | 17% |
| Total Carbohydrate 48g | | 16% |
| Dietary Fiber 12g | | 48% |
| Sugars 7g | | |
| Protein 18g | | 36% |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|--------|--------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

****Nutrition Analysis:** performed using
<https://www.supertracker.usda.gov>



Turkey Friend

Number of servings: 1
Serving Size: 1 sandwich

Equipment:

Drinking cup or cookie cutter
Blender or food processor, optional

Ingredients*:

3 slices whole grain bread

Filling options:

Cream Cheese, PB & J, lean sandwich meats

Decoration options:

Eyes: Peas, edamame, raisins

Tail: Bell peppers, cheese, slivered almonds, parsley

Beak: Cheese, cashews, bell peppers

**Cost per serving,
Nutrition Facts and
MyPlate servings
will vary depending
on the ingredients and
quantities selected.**

*Use MyPlate as a guide when selecting ingredients to be sure to include a healthy balance of food groups when making your Turkey Friend.

Directions: Take two slices of bread and place filling between them. For the head, use a small drinking glass or round cookie cutter to cut a circle from a slice of bread, then stick it to the top of the sandwich with a bit of cream cheese or nut butter. Add eyes, tail, and a beak. A snood (above the beak) makes it look authentic. Enjoy!

Leftover tip: Use leftover bread for bread crumbs. Place leftover bread in blender or food processor and blend into small crumbs. Bread crumbs can be frozen for future use.



Veggie and Brown Rice Burrito Bowl

Number of servings: 6
Serving size: 2 cups

Equipment:
Slow cooker

Ingredients:
1 cup frozen corn
1 15-ounce can no salt added black beans, rinsed
2 cups homemade salsa*
1 red or yellow bell pepper, seeded and diced
1 zucchini, sliced
1 summer squash, sliced
4-ounces of 1/3 fat cream cheese, cut into 1/2 inch cubes
4 cups brown rice, cooked

*If purchasing pre-made salsa sodium look at sodium content so not to exceed recommended levels.

Directions:

Place all the ingredients, except the brown rice, in a slow cooker and cook on low for 4-6 hours. Serve cooked veggies over brown rice and sprinkle with cheddar or Monterey jack cheese, if desired.

Quinoa can be used instead of brown rice. For a grain free meal, serve the vegetables over a bed of mixed greens with sliced avocado and cheddar cheese.

Cost per recipe: \$11.92

Cost per serving: \$1.97

MyPlate servings: 1 1/2 serving grain and 1 1/2 servings vegetable

Nutrition Facts

Serving Size 2 cups
Serving Per Container 6

Amount Per Serving

Calories 383

% Daily Values*

| | |
|-------------------------------|------------|
| Total Fat 11g | 17% |
| Saturated Fat 3g | 15% |
| Trans Fat 0g | |
| Polyunsaturated Fat 4g | |
| Monounsaturated Fat 3g | |
| Cholesterol 10mg | 3% |
| Potassium 778mg | 22% |
| Sodium 388mg | 16% |
| Total Carbohydrate 61g | 20% |
| Dietary Fiber 9g | 36% |
| Sugars 8g | |
| Protein 13g | 26% |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|--------|--------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

****Nutrition Analysis:** performed using
<https://www.supertracker.usda.gov>



Veggie Kabob and Creamy Herb Dip

Number of servings: 4
Serving size: 3 kabobs

Equipment:
None

Ingredients:
24 cherry tomatoes
12 sugar snap peas
12 (1-inch) slices cucumber
1 container (7 ounces) fat free Greek-style yogurt
2 Tablespoons minced fresh herbs (such as basil, parsley, dill, cilantro)
1 Tablespoon minced green onion
2 teaspoon lemon juice
1/8 teaspoon salt
12 – 6 inch bamboo skewers*

Directions:
Thread 2 cherry tomatoes, 1 pea pod and 1 cucumber piece onto each of twelve 6-inch bamboo skewers. Combine yogurt, herbs, green onion, lemon juice and salt in small bowl. Serve as dip with skewered vegetables.

Cost per recipe: \$5.60

Cost per serving: \$1.40

*Bamboo skewers are not included in cost analysis

MyPlate servings: 1 ¼ servings of vegetables, ¼ serving of dairy

| Nutrition Facts | | | |
|--|-----------|------------------------|------------|
| Serving Size 3 kabobs | | | |
| Serving Per Container 4 | | | |
| Amount Per Serving | | | |
| Calories 62 | | | |
| | | % Daily Values* | |
| Total Fat 0g | | | 0% |
| Saturated Fat 0g | | | 0% |
| Trans Fat 0g | | | |
| Cholesterol 1mg | | | 0% |
| Potassium 429mg | | | 12% |
| Sodium 71mg | | | 3% |
| Total Carbohydrate 8g | | | 3% |
| Dietary Fiber 2g | | | 8% |
| Sugars 6g | | | |
| Protein 7g | | | 14% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. | | | |
| | Calories | 2,000 | 2,500 |
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

****Nutrition Analysis:** performed using <https://www.supertracker.usda.gov>

Parsley was the herb used in the nutrition analysis



Watermelon Smoothie

Number of servings: 1
 Serving Size: 1 cup

Equipment:
 Blender

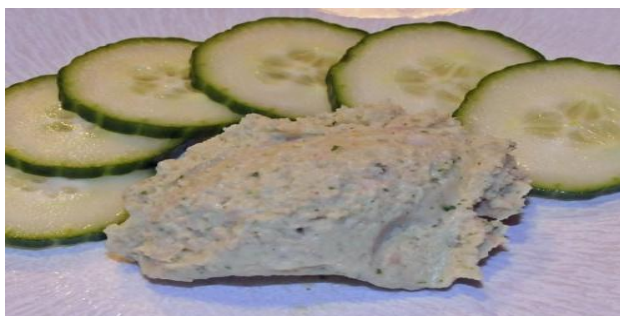
Ingredients:
 2 cups seedless watermelon
 ½ cup ice
 1 teaspoon lime juice
 1 teaspoon powdered sugar
 Optional – garnish with lime zest

Directions:
 Place all the ingredients in a blender and blend until smooth. Enjoy!

MyPlate servings: 2 servings of fruit

| Nutrition Facts | | | |
|--|-----------|------------------------|-----------|
| Serving Size 8 ounce 1 (1g) | | | |
| Serving Per Container 1 | | | |
| Amount Per Serving | | | |
| Calories 58 | | | |
| | | % Daily Values* | |
| Total Fat | 0g | | 0% |
| Saturated Fat | 0g | | 0% |
| Trans Fat | 0g | | |
| Cholesterol | 0mg | | 0% |
| Sodium | 2mg | | 0% |
| Total Carbohydrate | 15g | | 5% |
| Dietary Fiber | 1g | | 4% |
| Sugars | 12g | | |
| Protein | 1g | | 2% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. | | | |
| | Calories | 2,000 | 2,500 |
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

****Nutrition Analysis:** performed using <https://www.supertracker.usda.gov>



White Bean Dip

Number of servings: 12

Serving Size: ¼ cup

Equipment:

Blender or food processor

Ingredients:

- 1 (15 ounce) can cannellini beans, drained and rinsed
- 2 cloves garlic
- 2 Tablespoons fresh lemon juice (about ½ lemon)
- ¼ cup olive oil
- ¼ cup (loosely packed) fresh Italian parsley leaves
- ¼ teaspoon freshly ground black pepper

Directions:

Place the beans, garlic, lemon juice, olive oil and parsley in the bowl of a blender or food processor. Pulse until the mixture is coarsely chopped. Season to taste with ground black pepper and herbs. Transfer the bean puree to a small bowl.

Serve with cut fresh vegetables or whole grain pita chips.

Cost per recipe: \$3.00

Cost per serving: \$0.25

MyPlate servings: ¼ serving protein

Adapted from:

<http://www.foodnetwork.com/recipes/giada-de-laurentiis/white-bean-dip-with-pita-chips-recipe/index.html?cc=linkback>

Nutrition Facts

Serving Size 4 Tablespoons

Serving Per Container 12

Amount Per Serving

Calories 92

% Daily Values*

| | |
|-------------------------------|-----------|
| Total Fat 5g | 8% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Polyunsaturated Fat 1g | |
| Monounsaturated Fat 3g | |
| Cholesterol 0mg | 0% |
| Potassium 217mg | 6% |
| Sodium 88mg | 4% |
| Total Carbohydrate 10g | 3% |
| Dietary Fiber 2g | 8% |
| Sugars 0g | |
| Protein 4g | 8% |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|--------|--------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

****Nutrition Analysis:** performed using
<https://www.supertracker.usda.gov>



Yogurt Parfait

Number of servings: 1

Serving size: 1 parfait

Equipment:

None

Ingredients:

- 1 cup low-fat plain yogurt
- ½ teaspoon honey
- ½ cup whole grain oatmeal, cooked
- ½ cup blueberries (any other berry or fresh fruit may be substituted)
- Your choice of raisins, Kashi cereal, pepitas (optional)

Directions:

Mix honey and yogurt until blended. Layer yogurt, berries, and oatmeal in a glass cup or bowl. Sprinkle raisins, cereal, and pepitas on top*.

Cost per recipe: \$2.93

Cost per serving: \$2.93

MyPlate servings: 1 serving of grain, 1/2 serving of fruit, 1 serving of dairy

Nutrition Facts

Serving Size 1 parfait
Serving Per Container 1

Amount Per Serving

Calories 283

| | % Daily Values* |
|-------------------------------|-----------------|
| Total Fat 6g | 9% |
| Saturated Fat 3g | 15% |
| Trans Fat 0g | |
| Polyunsaturated Fat 1g | |
| Monounsaturated Fat 2g | |
| Cholesterol 15mg | 5% |
| Potassium 707mg | 20% |
| Sodium 177mg | 7% |
| Total Carbohydrate 44g | 15% |
| Dietary Fiber 4g | 16% |
| Sugars 28g | |
| Protein 16g | 32% |

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|--------|--------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

****Nutrition Analysis:** performed using <https://www.supertracker.usda.gov>

Nutrition facts do not include raisins, cereal or pepitas