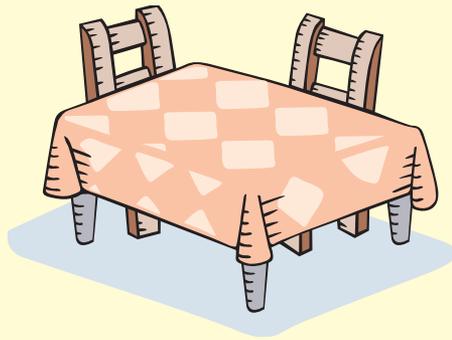


# Gather at the Table



Thrifty Meals and Tips  
for the Family

Oklahoma Nutrition Cookbook

# Oklahoma Nutrition Cookbook

The purpose of this cookbook is to provide quick, easy, and cheap recipes for people on a tight budget. You will also find tips to help you eat better and increase physical activity.

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This material was funded by the State of Oklahoma and USDA's Food Stamp Program. Recipes were collected from nutrition educators at the University of Oklahoma Health Sciences Center and Oklahoma State University and personnel from the Oklahoma Department of Human Services, the agency that administers the Food Stamp Program in Oklahoma. In accordance with Federal law and U.S. Department of Agriculture's policy, these institutions are prohibited from discriminating on the basis of race, color, national origin, sex age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer. The Food Stqamp Program provides nutrition assistance to people with low income. It can help you buy nutritious food for a better diet. To find out more, contact your local Department of Human Services office.

# Acknowledgements

As a result of the *Nutrition Connections* National Nutrition Education Conference held in Washington, DC in 2003, Oklahomans who work with participants of various USDA-sponsored nutrition programs cooperatively developed this cookbook as a State Nutrition Action Project.

- ◆ Oklahoma Nutrition Network (Department of Nutritional Sciences at the University of Oklahoma Health Sciences Center)
- ◆ Community Nutrition Education Program (Oklahoma Cooperative Extension Service at Oklahoma State University)
- ◆ Chickasaw Nation Nutrition Services
- ◆ Oklahoma State Department of Health
- ◆ Oklahoma City-County Health Department
- ◆ Oklahoma Department of Human Services
- ◆ Oklahoma State Department of Education
- ◆ WCD-WIC Program
- ◆ Muskogee (Creek) Nation

The following dietetic interns helped with testing and nutritional analysis of the recipes: Morgan Wilson, Amy Willoughby, Landon Norton, Shelly Compton, Lori Owen, and Cindy Nelson. Landon did much of the work on costing the Thrifty Meal Plan menus.

Thanks to all the students, faculty, staff, friends, and Oklahoma nutrition educators who helped! We hope you enjoy the cookbook.

Patti Landers and Sandy Richardson, editors



## About the Recipes....

What do you most want in a recipe? We have tried to make the ones you will find in this book quick, cheap, and easy to make. Although we have written the recipes to be healthy and lower in fat, the foods still taste great!

How do you plan a good meal and stick to a food budget? Try the *Thrifty Week of Menus*. The items that are in **bold and italic** type on the menus have recipes in this book. To make it even easier, we have included a grocery list. According to the dietary guidelines, a family of 2 adults and 2 children should be drinking 4 gallons of milk a week.

Let kids help in the kitchen! Many recipes are marked "KF" for kid friendly. Letting the kids help in the kitchen is a good way to teach them about nutrition. Kids are also more likely to eat foods that they help to prepare. As with any activity, be sure to watch them closely.

## BonAppetit!



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# Food Safety

*A few simple rules can keep your family safe from food-related illnesses!*

**ALWAYS WASH YOUR HANDS!** Use soap and warm water. Scrub for at least 20 seconds and rinse well.

Wash your hands after touching raw meats of any kind. Until meat is thoroughly cooked, it has live germs that can make you and your family sick.

Always use clean tools and cutting boards. Wash them well before cutting other foods.

Use a food safety thermometer. You cannot tell if meat is done by looking. Under-cooked meat can cause you to get sick!

Keep raw meat and poultry separate from other foods. Store them in the bottom of the refrigerator to keep juices from dripping onto other items.

Thaw meats, poultry, and fish in the refrigerator-never on the kitchen counter! If you thaw meat in the microwave, cook it immediately.

Refrigerate food as soon as possible after a meal. Food left out for more than 2 hours should be thrown away.

Do not keep leftovers for more than 1 or 2 days. You cannot always trust how leftovers smell so...

**WHEN IN DOUBT- THROW IT OUT!**

# Guidelines for Eating & Activity

**Plenty of nutrients within calorie needs** - Eat a diet with 2 cups of fruit, 2  $\frac{1}{2}$  cups of vegetables, 3 whole grains, 3 servings of low fat dairy foods, lean sources of protein, and healthy oils. Limit foods with saturated and *trans* fats, cholesterol, added sugars, salt, and alcohol.

**Weight management** - For a healthy weight, balance the amount of food you eat with the energy you burn each day.

**Physical activity** - Get moving! Walk or work out for at least 30 minutes daily. This strengthens mind and body and lowers risk for heart disease and other illness. If you need to lose weight, slowly increase the force and lengthen time to 60 - 90 minutes a day. Remember to stretch before exercising!

**Alcoholic beverages** - If you drink, use good sense and do so in moderation. This means up to one drink per day for women and up to two drinks per day for men. Children and women who are pregnant or nursing babies should not drink at all.

**Food safety** - Remember the 4 steps: *Clean, Separate, Cook, and Chill.*

[www.health.gov/dietaryguidelines/dga2005/recommendations.htm](http://www.health.gov/dietaryguidelines/dga2005/recommendations.htm)

<http://www.mypyramid.gov/>

# Grocery List Week 1

*suggested amounts for a family of 2 adults and 2 children*

## GRAINS

animal crackers, 1 box  
whole grain bread, 4 - 1 lb)  
loaves  
cake mix, 1 large box  
cereal, 1 box  
cornmeal, 1 bag  
flour (self rising), 1 bag  
ramen noodles, 1 pkg  
oatmeal, 1 box  
rice, 1 lb  
saltine crackers, 1 box  
spaghetti, 1 pkg  
corn tortillas, 1 pkg

## FRUITS & VEGS

apples, 4  
applesauce, 1 can  
bananas, 4  
broccoli, raw (1 bunch)  
broccoli, frozen (1 box)  
cabbage, shredded (1 bag)  
carrots, 2 lb  
celery, 1 bunch  
corn, 4 cans  
fruit cocktail, 1 can  
grapes, 1 bunch  
green beans, 4 cans  
green peas, 1 pkg frozen  
onions, 4  
oranges, 4  
orange jc froz. concentrate  
3- 12 oz cans  
pear halves, 1can  
raisins, 1 box  
salad - 2 bags  
spaghetti sauce, 1 can  
tomatoes (raw), 2  
turnip greens, 1 pkg frozen

## DAIRY

cheese, 8 oz shredded  
cheese slices (8)  
cottage cheese, 24 oz  
low fat milk, 4 gallons

## PROTEIN

black beans, 1 can  
chicken legs & thighs (10-lb bag)  
eggs, 2 dozen  
ground meat, 3-lb  
lentils (dry beans), 1-lb bag  
macaroni & cheese dinner  
(2 boxes)  
mackerel, 1 can  
navy beans, 1 can  
peanut butter, 1jar  
pinto beans, 1 can  
tuna, 6-oz can

## OTHER

barbeque sauce  
beef bouillon, 1 jar  
cake mix, 1 large box  
chicken bouillon, 1 jar  
cooking oil  
jam or jelly  
light Italian dressing  
reduced fat margarine  
ranch dressing  
salad dressing or mayo  
syrup  
taco seasoning, 1 packet



# Thrifty Week of Menus 1

*recipes in bold italics are in the cookbook*

Day	Breakfast	Lunch	Dinner
S U N	<i>Pancakes</i> Syrup Orange juice Milk	<i>Mackerel pattie</i> Rice Broccoli Fruit cocktail Bread	<i>Lentils in a pot</i> <i>Cabbage salad</i> Crackers <i>Cakemix cookies</i> Milk
M O N	Dry cereal Toast Orange juice Milk	PB & jelly sandwich Raw broccoli Ranch dressing Animal crackers Milk	Roasted Chicken BBQ sauce Corn Green beans Bread
T U E	Egg Biscuit Orange juice Milk	Tuna salad Wheat bread Raw carrot Apple Milk	Mac & Cheese Green peas Sliced tomato Bread Margarine
W E D	Oatmeal Raisins Toast Milk	Chicken sandwich Green salad Orange Milk	<i>Meat loaf</i> <i>Mashed potatoes</i> <i>Green beans</i> <i>Biscuit</i>
T H U	Dry cereal Toast Orange juice Milk	Egg and cheese sandwich Celery sticks Banana	Spaghetti with tomato sauce & leftover meatloaf Green salad Bread
F R I	Egg Toast Orange juice Milk	<i>Chicken salad</i> Carrot sticks Crackers Grapes	<i>3-Bean bake</i> Turnip greens Cornbread Applesauce Milk
S A T	Oatmeal Raisins Toast Milk	<i>Vegetable soup</i> Pear halves Cottage cheese Crackers	<i>Taco skillet</i> Lettuce Tomatoes Cheese Corn

# Grocery List Week 2

*suggested amounts for a family of 2 adults and 2 children*

## GRAINS

biscuits, 2 cans  
bread, 3- 1lb loaves  
cereal, ready to eat, 1 box  
cornbread mix, 2 boxes  
cornflakes, 1 box  
crackers, 1 box  
flour, self-rising  
hamburger buns, 1 pkg  
oatmeal, 18 oz box  
ramen noodles, 1 pkg  
rice, 2lb  
spaghetti, 1 lb  
tortillas, 1dozen corn  
tortillas, 1 dozen flour

## DAIRY

cheese, 8 oz shredded  
cheese slices (8)  
cheese sticks, 1 pkg  
milk, 4 gallons  
parmesan cheese  
sour cream, 8 oz low fat

## OTHER

beef vegetable soup, 2 cans  
chicken bouillon  
chips, 1 bag  
cream of mushroom soup, 1  
evaporated milk, 13 oz can  
gelatin dessert mix, 1 box  
jelly or jam, 1 jar  
lemon or lemon juice  
margarine, 1 lb  
oil, 16 oz. bottle  
onion soup mix, 1 box  
paprika, small pkg  
salad dressing or mayo  
seasoning salt  
soy sauce, 1 bottle  
syrup, pancake  
toothpicks or skewers

## FRUITS & VEGS

apples, 5  
applesauce, 1 can  
bananas, 4  
broccoli cuts, 1 box  
cabbage, shredded 1 bag  
carrots, fresh, 2 lb  
celery, 1 bunch  
frozen mixed vegs, 1 bag  
fruit cocktail, 1 can  
grapes, 1 bunch  
green beans, 4 cans  
green chile peppers, 4 oz can  
green peas, 1 can or box  
onions, 3  
orange jc frozen concentrate  
3- 12 oz cans  
oranges, 4  
peaches, 1 can  
pears, 4  
potatoes to bake, 4  
raisins, 1 box  
ranch style beans, 1 can  
salad, 2 bags  
salsa, 1 jar  
spaghetti sauce, 1 can  
spinach, raw, 1 bag  
spinach, 1 box frozen  
turnip greens, 1 can or box

## PROTEIN

bacon, 1 lb  
black beans, 1 lb dried  
chicken legs & thighs (10-lb bag)  
eggs, 2 dozen  
ground beef, 3 lb  
peanut butter, 1 jar  
tuna, 6 oz can



# Thrifty Week of Menus 2

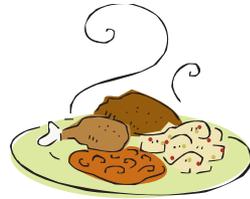
*recipes in bold italics are in the cookbook*

Day	Breakfast	Lunch	Dinner
S U N	Dry cereal Toast Orange juice Milk	<i>Chicken &amp; dumplings</i> Green peas Carrots Gelatin with fruit	Grilled cheese sandwich Celery sticks <i>Spinach dip</i> Chips
M O N	Hot cereal Toast Orange juice Milk	Beef vegetable soup Coleslaw Crackers Milk	<i>Chicken tortilla casserole</i> Broccoli Bread Apple
T U E	Egg Biscuit Orange juice Milk	<i>Tuna salad</i> Wheat bread Raw carrot Banana Milk	<i>Vegetable fried rice</i> Green salad Orange Bread Milk
W E D	Oatmeal Raisins Toast Orange juice Milk	Black beans and rice Greens with bacon Cornbread Milk	H'burger steak <i>Green bean ramen casserole</i> Apple Bread
T H U	Egg Toast Orange juice Milk	<i>Chicken rice soup</i> Carrot sticks Crackers <i>Fruit &amp; cheese kabob</i>	Spaghetti with ground beef & canned sauce Parmesan cheese Green salad Bread
F R I	Dry cereal Toast Orange juice Milk	<i>Egg roll-up</i> Ranch style beans Spinach salad Salsa Milk	<i>Mustard Flaked Chicken</i> Baked potato Green beans Biscuit Pear
S A T	Bacon <i>Corn &amp; carrot skillet cakes</i> Syrup or jam Applesauce Milk	Peanut butter & jelly sandwich Raw broccoli with ranch drsg Banana Milk	Hamburger on a bun Sliced onion Sliced tomato Chips

# Helpful Hints for Thrifty Meals

## COOK CHICKEN FOR ALL WEEK!

Buy a 10-lb. bag of chicken legs & thighs. Use a sharp knife to cut the drumstick and thigh apart at the joint. Remove the skin using paper towel.



Debone pieces and freeze to make chicken nuggets next week. Roast a few pieces in the oven for Monday night.

Place the rest of the chicken in a large pot. Add water until chicken is just covered and simmer until tender. When cool, debone the chicken and divide the meat into packages that hold about 1 cup. Refrigerate for up to 2 days or freeze. Use the chicken for sandwiches, chicken salad, chicken and dumplings, chicken tortilla casserole and soups.

Freeze the broth for later, or refrigerate and use it within 2 days. The broth is great for making homemade chicken soup or add it to other soups.

## CUT UP VEGETABLES IN ADVANCE!

Clean and cut up broccoli, carrots, and celery on the weekend. Place the vegetables in plastic food bags so they will be ready in a snap. Use them in soups and stews or serve them raw with sandwiches.



# Tips to Reduce Sugar

- Try reducing the amount of sugar in recipes by 1/3 to 1/2.
- Use only 100% pure fruit juice.
- Limit juice to about 6 ounces per day.
- Buy canned fruit packed in its own juice.
- Serve graham crackers instead of cookies.
- Cut back on soft drinks. Use plain water, club soda, or calorie-free flavored waters.
- Instead of presweetened cereal, sprinkle plain cereal lightly with sugar or sugar substitute.
- Eat fewer sweets like candy, cake, cookies, and ice cream. Have fruit for dessert and snacks.

Read labels and know what you are buying! Names for added sugars on the ingredients list are as follows:

Sucrose	Corn Sweetener
Dextrose	Honey
Fructose	Levulose
Invert Sugar	Corn syrup
Maltose	Molasses
High Fructose Corn Syrup	

## How Much Sugar Is Too Much?

Keep sugars to no more than 10% of your daily calories or about 10 teaspoons or less per day. As with any food, too much sugar can cause weight gain. Risk of health problems is increased if you are too heavy.

<u>Food</u>	<u>Teaspoons/Serving</u>
Fruit Drink (12 oz)	12
Soft Drink (12 oz)	10
Candy bar	7+

# Use Leftovers

Save left over green peas for an individual pea salad.

On meatloaf night, cut a slice off before serving and save it for spaghetti night. Add the left-over meatloaf to canned spaghetti sauce for a heartier taste!

Save left over Vegetable Fried Rice to use in Black Beans and Rice on Wednesday or Chicken Rice Soup on Thursday.

# Cook It Until It Is Done

Use a food thermometer! Cook foods until the internal temperature is 160° F for hamburger, pork and egg dishes; 145° F for steaks and roasts; 170° F for chicken and turkey breasts and 180° F for whole poultry (insert thermometer into thigh).

# Shop Less Often and Save

- Buy in bulk if you can get a better price. Divide into smaller amounts and store in zipper bags.
- If family members eat food that you mean to use later, store non-perishable items in a closet or box away from the kitchen. Bring out only what is needed for today or this week.
- Buy groceries for two or more weeks. Then go to the store weekly to get items like milk and fresh fruits and vegetables.

# Measuring Conversions

3 teaspoons = 1 tablespoon	1 cup = 8 fluid ounces
4 tablespoons = $\frac{1}{4}$ cup	1 cup = $\frac{1}{2}$ pint
5 $\frac{1}{3}$ tablespoons = $\frac{1}{3}$ cup	2 cups = 1 pint
8 tablespoons = $\frac{1}{2}$ cup	4 cups = 1 quart
10 $\frac{2}{3}$ tablespoons = $\frac{2}{3}$ cup	4 quarts = 1 gallon
12 tablespoons = $\frac{3}{4}$ cup	8 quarts = 1 peck
16 tablespoons = 1 cup	4 pecks = 1 bushel
1 ounce = 28.35 grams	1 quart = 946.4 milliliters
1 gram = 0.035 ounces	1 liter = 1.06 quarts

## What's What?

This.....	is the same as.....
1 stick of butter	$\frac{1}{2}$ cup
1 pound raw ground meat	2 cups cooked
1 $\frac{1}{2}$ - 2 cups dry noodles	2 - 3 cups cooked
7 ounces spaghetti	4 cups cooked
4 ounces cheese	1 cup shredded
1 cup uncooked rice	3 cups cooked rice
1 b. pkg. of dry beans	5 to 6 cups cooked
1 medium onion	$\frac{1}{2}$ cup
1 b. powdered sugar	4 to 4 $\frac{1}{2}$ cups
1 medium potato	$\frac{1}{2}$ cup mashed
1 b. raw carrots	3 cups, shredded

# Appetizers



## Garlic Bean Dip (KF)

Servings per recipe: about 6

### Ingredients:

- 1 15 ounce can fat free refried beans  
(or 1 3/4 cups cooked beans, mashed)
- 1/2 cup salsa or canned tomatoes & green chilies
- 1 clove garlic, diced (or 1/8 tsp. garlic powder)
- 1/4 teaspoons cayenne pepper

### Directions:

1. Mix all ingredients together.
2. Cover and refrigerate for 1 hour.
3. Serve with crackers or baked tortilla chips.

### Nutrition Facts:

Serving size = 1/4 cup  
Calories = 70  
Fat = 1 g  
Carbohydrates = 12 g  
Fiber = 3 g  
Protein = 4 g  
Sodium = 310 mg

Fat-free refried beans are easy to make! Follow the cooking directions on the back of a small bag of dried pinto beans. When cooked tender, mash with a small amount of water.

# Baked Tortilla Chips

Servings per recipe: 4

## Ingredients:

8 corn tortillas (6")

## Directions:

1. Preheat oven to 450 degrees.
2. Cut or tear each tortilla into 4 wedges.
3. Place tortilla pieces on a flat baking sheet.
4. Bake in hot oven until crispy, but not burned (about 5-10 minutes).

These are easy, cheap, low fat and low salt. You can use them in place of the ones you buy in a bag.

## Nutrition Facts:

Serving size = 8 chips

Calories = 80

Fat = 1 g

Carbohydrates = 18 g

Fiber = 2 g

Protein = 2 g

Sodium = 30 mg

Make your  
own tortilla chips  
for big savings!  
They are low in  
fat and always  
fresh.



## PARTY AT HOME!

Eat low fat chips and  
vegetable dip.  
Dance with the kids!

# Spinach Dip (KF)

Servings per recipe: 10

## Ingredients:

- 10 oz. package frozen chopped spinach
- 1 cup fat free sour cream
- 1 cup light mayonnaise
- 1 envelope dry vegetable soup mix
- 1/2 cup chopped celery
- 1/2 cup chopped onion

## Directions:

1. Thaw spinach, drain, and place on paper towels for about 5 minutes.
2. Mayonnaise, soup mix, celery, and onion together.
3. Add spinach to mixture.
4. Refrigerate 4 hours or overnight.
5. Serve with raw vegetables, Hawaiian bread, baked torilla chips or crackers.

## Nutrition Facts:

Serving size = 1/4 cup  
Calories = 120  
Fat = 8 g  
Carbohydrates = 10 g

Fiber = 1 g  
Protein = 3 g  
Sodium = 510 mg

Let the kids help! An adult should chop the vegetables and then let the kids mix it all together.

Add vegetables to dips and other appetizers. Top foods with grated carrots or zucchini.



# Tortilla Roll-Ups (KF)

Servings per recipe: 10

## Ingredients:

- 2 tablespoons green onion, minced
- 8 oz. fat free cream cheese
- 1/4 cup black olives, sliced
- 1/4 cup grated carrots
- 10 whole wheat tortillas (6")
- 1 cup chopped cooked lean ham, chicken, etc

## Directions:

1. Mix green onions, cream cheese, olives and carrots together in a bowl.
2. Spread a thin layer of the mixture onto each tortilla. Top with the meat.
3. Roll up tortillas.
4. If desired, wrap each roll-up in plastic wrap and refrigerate 3 hours or overnight.
5. Unwrap and cut each roll-up into 5 pieces.

## Nutrition Facts (made with chicken):

Servings size: 5 pieces	Fiber = 10 g
Calories = 120	Protein = 11 g
Fat = 2 g	Sodium = 370 mg
Carbohydrates = 22 g	

Let the kids do the mixing and spreading but not the

For better nutrition,  
choose whole grains!



# Salads



## Carrot Raisin Salad (KF)

Servings per recipe: 4

### Ingredients:

- 2 cups grated carrots
- 1/4 cup reduced calorie French dressing
- 1/4 cup raisins

### Directions:

1. Mix all ingredients and toss lightly to coat with dressing.
2. Refrigerate until chilled.

### Nutrition Facts:

Serving size = 1/2 cup  
Calories = 80  
Fat = 2 g  
Carbohydrates = 17 g  
Protein = 1 g  
Sodium = 180 mg

If the family does not enjoy cooked veggies, serve them raw and in salad!

### Variations:

Use light mayo instead of French dressing.  
Add chopped apple and 1 teaspoon lemon juice.  
Add pineapple chunks (drain juice first).  
Add celery and nuts.

# Chicken, Ham, or Tuna Salad (KF)

(Thrifty Meal Plan Recipe)

Servings per recipe: 6

## Ingredients:

- 1  $\frac{1}{2}$  cups chopped cooked chicken, ham or tuna
- 1/2 cup chopped celery
- 1/2 cup chopped onion
- 2 hard-cooked eggs, chopped
- 1/4 cup light mayonnaise or salad dressing
- 2 tablespoons sweet or dill pickle relish
- 1/2 cup grapes, sliced in half (optional)

## Directions:

1. Combine meat, celery, onions, and eggs.
2. Stir in mayonnaise, relish, (and grapes if desired).
3. Cover and chill at least 1 hour for best flavor.

## Nutrition Facts\*:

Serving size = 1/2 cup

Calories = 130

Fat = 5 g

Carbohydrates = 4 g

Fiber: 0 g

Protein: 16 g

Sodium: 300 mg

\* made with 12 oz can water packed tuna and no grapes

Adults should do the chopping and cooking. Then let the kids mix the items in a bowl and make finger sandwiches with whole grain bread or crackers.



# Three Bean Salad (KF)

Servings per recipe: 12

## Ingredients:

- 1/4 cup sugar or 12 pkg sugar substitute
- 1/4 cup canola oil
- 1/2 cup vinegar
- 1 15 ounce can green beans (drained)
- 1 15 ounce can wax beans (drained)
- 2 15 ounce cans kidney or lima beans (drained and rinsed)
- 1/2 cup diced chopped onion
- 1/2 cup green or red pepper, sliced into thin strips  
salt and pepper to taste (optional)

## Directions:

1. Mix sugar or substitute, oil, and vinegar.
2. Add beans, onion, and pepper; mix well.
3. Cover and refrigerate at least 1 hour.

## Nutrition Facts made with sugar substitute:

Serving size = 1/2 cup

Fiber = 2 g

Calories = 90

Protein = 2 g

Fat = 5 g

Sodium = 110 mg

Carbohydrates = 10 g

Adults should do the chopping but let the kids do the measuring and mixing. It is a great chance to teach fractions!

Make this salad using any kind of beans, raw, or canned vegetables.



# Cold Pasta Salad (KF)

Servings per recipe: 12

## Ingredients:

- 6 cups cooked elbow macaroni or other pasta
- 1/2 cup chopped celery
- 1/2 cup chopped green bell pepper
- 1 cup light Italian dressing (divided)
- 1/4 cup grated Parmesan cheese

## Directions:

1. Mix cooked pasta, celery, pepper, and half the Italian dressing. Chill overnight.
2. Before serving, mix in the other 1/2 cup of Italian dressing. Sprinkle with Parmesan cheese.

## Nutrition Facts:

Serving size = 1/2 cup

Calories = 130

Fat = 3 g

Carbohydrates = 21 g

Fiber = 1 g

Protein = 4 g

Sodium = 190 mg

Kids love pasta! After an adult cooks the pasta and chops the vegetables, let the kids mix the ingredients.

Don't wait for a sunny day to have a family picnic! Spread out a sheet and eat on the floor!



# Pea Salad (KF)

Servings per recipe: 8

## Ingredients:

- 10 ounce box cooked frozen green peas  
(or 15 ounce can, drained)
- 4 ounces (about 1 cup) reduced fat American  
cheese, cubed
- 1/2 cup chopped celery
- 1/2 cup chopped onion
- 1/2 cup light mayonnaise or salad dressing
- 2 tablespoons chopped pickle (optional)
- Salt and pepper to taste (optional)

## Directions:

1. Combine all ingredients.
2. Sprinkle with salt and pepper to taste.
3. Mix well and chill for at least 1 hour.

## Nutrition Facts\*:

Serving size = 1/2 cup

Calories = 120

Fat = 7 g

Carbohydrates = 11 g

Fiber = 2 g

Protein = 6 g

Sodium = 410 mg

\* made without pickle and salt

After an adult chops the vegetables and cubes the  
cheese, let the kids mix the ingredients!



*Eat More Peas and Beans!*

These foods are cheap and are high in  
protein and fiber.

# Egg Salad (KF)

Servings per recipe: 4

## Ingredients:

- 8 hard-cooked eggs, chopped
- 1/2 cup light mayonnaise
- 1 tablespoon yellow mustard
- 2 tablespoons sweet or dill pickle relish
- 1 dash paprika
- Salt and pepper to taste (optional)

## Directions:

1. Mix all ingredients together in a bowl.
2. Cover and chill until ready to use.

## Nutrition Facts:

Serving size = 1/4 cup

Calories = 130

Fat = 11 g

Carbohydrates = 3 g

Fiber = 0 g

Protein = 6 g

Sodium = 220 mg

\* made without optional ingredients



After an adult chops the eggs, let the kids measure and mix the rest of the ingredients! Serve on whole wheat bread or crackers.

## *Cook the Perfect Egg*

Place eggs in a pan and cover with cold water. Bring to a simmer (small bubbles). Cook for 10 minutes. Eggs that are overcooked by boiling (big bubbles) too long may have a green ring around the yolk.

# Cabbage Salad (KF)

Servings per recipe: 8

## Ingredients:

- 1 head of cabbage, shredded (about 4 cups)
- 1 package Ramen noodles, broken into pieces
- 1/2 cup light Italian dressing
- 2 tablespoon sugar or sugar substitute

## Directions:

1. Mix cabbage and noodles.
2. Stir Italian dressing and sugar together and pour over cabbage mixture.
3. Mix well and refrigerate.

## Nutrition Facts

Serving size = 1/2 cup

Calories = 90

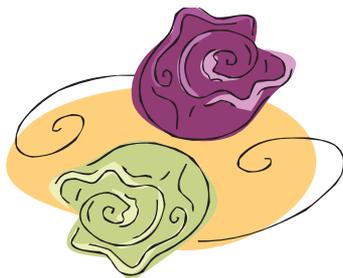
Fat = 3 g

Carbohydrates = 17 g

Fiber = 4 g

Protein = 3 g

Sodium = 250 mg



Let the kids break up the noodles and do the mixing!

*When you go to the grocery store...*

Let kids choose a fruit or vegetable  
for the family to try.

Children may eat better if they are  
allowed to help with cooking.

# Glorified Rice Salad (KF)

Serving per recipe: 8

## Ingredients:

- 1½ cups cooked rice, chilled
- 1 15 ounce can fruit cocktail, drained
- 1/2 cup miniature marshmallows
- 1 banana, sliced
- 3/4 cup non-dairy light whipped topping
- 1/3 cup shredded coconut (optional)
- 1/3 cup chopped walnuts or other nuts (optional)

## Directions:

1. Mix everything except the whipped topping.
2. Add whipped topping, stirring gently.
3. Keep refrigerated.

## Nutrition Facts:

Serving size = 1/2 cup

Calories = 110

Fat = 1 g

Carbohydrates = 24 g

Fiber = 1 g

Protein = 1 g

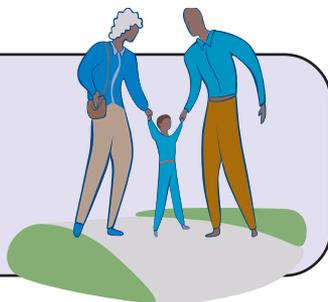
Sodium = 10mg

\* made without optional ingredients

After an adult cooks the rice and slices the banana, let the kids mix the ingredients!

*Move More*

Take a family walk  
after dinner.



# Soups



## **Vegetable Soup** (Thrifty Meal Plan Recipe)

Servings per recipe: 4

### Ingredients:

- 2 14 oz. cans chicken, beef, or vegetable broth\*  
(about 3½ cups broth)
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 2 raw carrots, sliced
- 1 medium potato, cut in 1 inch pieces
- 1 cup fresh or frozen green beans
- Salt and pepper (optional)

### Directions:

1. Mix all ingredients in a saucepan.
2. Bring to a boil, cover, and reduce heat.
3. Simmer about 20 minutes or until potatoes and carrots are done.

### Nutrition Facts:

Serving size = 1/2 cup  
Calories = 80  
Fat = 1 g  
Carbohydrates = 11 g  
Fiber = 2 g  
Protein = 6 g  
Sodium = 700 mg

\* made without optional ingredients

**\*You can use 4  
bouillon cubes  
and 4 cups of  
water for the  
broth.**

# Chicken Rice Soup

Servings per recipe: 4

## Ingredients:

- 2 15 ounce cans chicken broth (add water to make 4 cups)
- 1 cup frozen or canned mixed vegetables
- 1 cup cooked rice
- 1 cup cooked chicken, chopped or shredded

## Directions:

1. In a medium saucepan, bring chicken broth and water to a boil (big bubbles).
2. Add vegetables, rice, and chicken.
3. Reduce heat to low, and simmer (small bubbles) for 5 to 10 minutes. Serve.

## Nutrition Facts:

Serving size: 1 cup  
Calories: 80  
Fat: 1 g  
Carbohydrates: 10 g  
Fiber: 1 g  
Protein: 5 g  
Sodium: 470 mg



Take a look at the helpful hints on page 12. If you buy and cook chicken for a week, the frozen cooked chicken and broth make this recipe a snap!

The cheapest way to buy chicken is to get 10-pound bag of leg and thigh quarters. One piece yields 1 cup cooked meat.

# Santa Fe Stew

Servings per recipe: 12

## Ingredients:

- 1 pound lean ground beef or turkey
- 1 15 ounce can corn
- 4 cups pinto beans (canned or cooked)
- 1 15 ounce can stewed tomatoes
- 1 10 ounce can tomatoes and green chilies
- 1 package (1 ounce) taco seasoning mix or 1 tablespoon each chili powder and minced dried onion
- 1 package (0.4 ounce) ranch dressing mix salt and pepper to taste

## Directions:

1. Brown beef in a large pan; drain off grease.
2. Add remaining ingredients and stir well.
3. Heat and serve.

## Nutrition Facts:

Serving size = 1 cup

Calories = 190

Fat = 7 g

Carbohydrates = 23 g

Fiber = 4

Protein = 12 g

Sodium = 800 mg



## COOK BEANS & SAVE

- Sort beans to remove rocks and trash.
- Wash; soak in cold water 4 hours or overnight.
- Pour out soak water.
- Cover with fresh water.
- Bring to a boil.
- Reduce heat and simmer until tender.

# Potato-Corn Chowder

Servings per recipe: 6

## Ingredients:

- 1/2 cup chopped onion
- 1 tablespoon canola cooking oil
- 4 cups water
- 1 cup non-fat dry milk\*
- 1  $\frac{1}{2}$  cup instant potato flakes
- 1 15 ounce can whole kernel or creamed corn
- 1 teaspoon salt
- $\frac{1}{2}$  cup grated reduced fat cheese (optional)

## Directions:

1. In a large sauce pan, cook onions in oil over medium heat until tender.
2. Add water, non-fat dry milk, potato flakes, salt, and corn.
3. Reduce heat and simmer (small bubbles) for 5-10 minutes.
4. Top with grated cheese before serving.

## Nutrition Facts:

Serving size = 1 cup

Calories = 200

Fat = 5 g

Carbohydrates = 32 g

Fiber = 2 g

Protein = 9g

Sodium = 910 mg

\* made without optional ingredients



\*If you do not have non-fat dry milk, use skim milk or lowfat milk and reduce the amount of water to 3 cups.

# Egg Drop Soup

Servings per recipe: 4

## Ingredients:

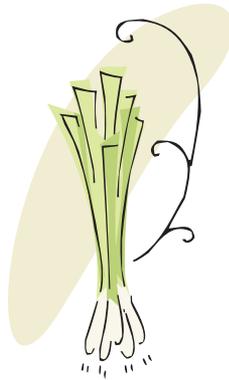
- 3½ cups chicken broth
- 1 green onion, chopped
- 2 eggs, slightly beaten
- salt and pepper to taste (optional)

## Directions:

1. Bring chicken broth to a boil (large bubbles) in a large saucepan.
2. Stir green onion into broth.
3. Reduce heat and simmer (small bubbles) for 5 - 10 minutes. Remove from heat.
4. Immediately pour beaten eggs slowly into the hot broth, stir gently with a fork to form shreds of egg. Let the soup set for 3 minutes. Serve.

## Nutrition Facts:

Serving size = 1 cup  
Calories = 70  
Fat = 4 g  
Carbohydrates = 1 g  
Fiber = 0 g  
Protein = 7 g  
Sodium = 700 mg



*Take a look at the helpful hints on page 12. If you buy and cook chicken for a week, the frozen chicken broth comes in handy for this recipe.*

# French Onion Soup

Servings per recipe: 6

## Ingredients:

5 cups onions, sliced  
1/4 cup butter or margarine  
6 cups beef broth

## Directions:

1. Brown onions in butter in a large saucepan.
2. Add broth to onions.
3. Cover and simmer 30 - 40 minutes.

## Nutrition Facts:

Serving size = 1 cup

Calories = 120

Fat = 8 g

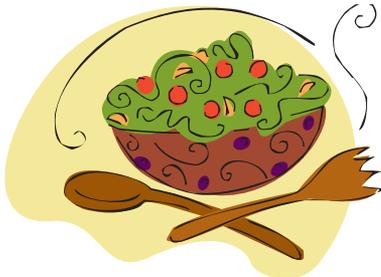
Carbohydrates = 10 g

Fiber = 1 g

Protein = 2 g

Sodium = 1200 mg

For a richer soup, pour broth into bowls and place croutons on top of the broth. Sprinkle  $\frac{1}{4}$  cup grated cheese over the croutons and place under the broiler until cheese melts and croutons brown.



Enjoy a spinach salad with your soup!

# Quick Tomato Chili Rice Soup

Servings per recipe: 6

## Ingredients:

- 4 cups chicken broth
- 3/4 cup uncooked instant rice (or 1/2 cup cooked rice)
- 2 tablespoons catsup
- 1/2 cup finely chopped celery
- 1 can condensed tomato soup
- 2 teaspoons chili powder

## Directions:

1. Combine all ingredients in a large saucepan.
2. Simmer for 10 minutes or until rice is tender.

## Nutrition Facts:

Serving size = 1 cup

Calories = 100

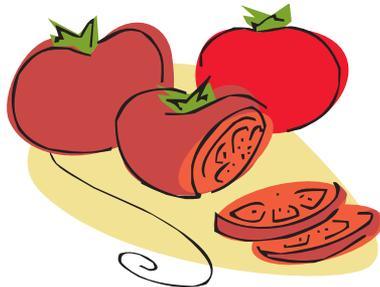
Fat = 2 g

Carbohydrates = 19 g

Fiber = 1 g

Protein = 5 g

Sodium = 860 mg



*Take a look at the helpful hints on page 12. If you buy and cook chicken for a week, the frozen chicken broth comes in handy for this recipe.*

# Marceleno Stew

Servings per recipe: 6

## Ingredients:

- 1 pound lean ground beef or turkey
- 1 8 ounce can tomato sauce
- 1 can green peas (not drained)
- 1½ cups water
- 1/2 cup chopped onion
- 2 garlic cloves, chopped (or ¼ tsp. garlic powder)
- Salt and pepper (optional)

## Directions:

1. Cook the meat, onions, and garlic in a large sauce pan until the meat is browned. Drain.
  2. Add the tomato sauce, peas, and water.
  3. Simmer for about 15 minutes.
- Serve alone, with crackers, or over rice.

## Nutrition Facts:

Serving size = 1 cup  
Calories = 230  
Fat = 10 g  
Carbohydrates = 12 g  
Fiber = 3 g  
Protein = 19 g  
Sodium = 470 mg  
\* made without salt



***Get Moving!***

***Play a game with the kids.***

# Breads

## Pancakes

(Thrifty Meal Plan Recipe)

Servings per recipe: 4 (2 pancakes per serving)

### Ingredients:

- 1 cup lowfat milk
- 1 egg
- 1 tablespoon canola or other vegetable oil
- 1 cup self-rising flour\*
- oil to grease skillet



1. Mix milk, egg, and oil.
2. Add self-rising flour.
3. Mix until flour is wet; batter will look lumpy.
4. Preheat greased skillet or griddle\*\*.
5. Pour  $\frac{1}{4}$  cup of batter onto the prepared skillet or griddle.
6. When bubbles form, turn the pancake and cook the other side for about 30 seconds.

### Nutrition Facts:

Serving size = 2 pancakes

Calories = 100

Fat = 3 g

Carbohydrates = 15 g

Fiber = 0 g

Protein = 3 g

Sodium = 190 mg

\* Make your own self-rising flour by mixing 1 cup flour,  $\frac{1}{4}$  teaspoon salt, and  $1\frac{1}{2}$  teaspoons baking powder.

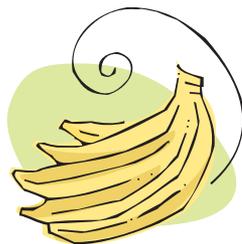
\*\* Test the surface by flicking a few drops of cold water onto the surface. When the pan is hot enough, a drop of water will "dance". If it is too cold, the water stay on the surface and boil.

# Banana Bread

Servings per recipe: 16

## Ingredients:

- 1  $\frac{1}{2}$  cup bananas, mashed (4 to 5 large bananas)
- 2 eggs
- 1 cup sugar
- $\frac{1}{2}$  cup cooking oil
- 2 cups all-purpose flour
- $\frac{1}{2}$  tsp salt
- 1  $\frac{1}{2}$  teaspoons baking powder
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{1}{2}$  teaspoon ground cinnamon
- $\frac{1}{2}$  cup chopped pecans (optional)



## Directions:

1. Preheat oven to 350 degrees.
2. Mash bananas in a bowl. Add eggs, sugar, and oil. Mix well.
3. In a separate large bowl, thoroughly combine flour, salt, baking powder, baking soda, and cinnamon.
4. Add banana mixture to dry ingredients and stir until just moistened (will look lumpy).
5. Stir in nuts if desired.
6. Coat one 9x5 inch (or two  $7\frac{1}{2} \times 3\frac{1}{2} \times 2$  inch) loaf pan(s) with nonstick spray or oil. Pour in batter.
7. Bake for about 1 hour or until a toothpick inserted into the center comes out clean.

## Nutrition Facts\*:

Serving size =  $\frac{1}{2}$  inch slice

Calories = 195

Fat = 8 g

Carbohydrates = 29 g

\* made without nuts

Fiber = 1g

Protein = 3 g

Sodium = 160 mg

# Quick Cinnamon Sticky Buns

Servings per recipe: 10

## Ingredients:

- 1 can refrigerated biscuits (10 in a package)\*
- 1/2 cup brown sugar, packed
- 1/4 cup butter or margarine
- 1 teaspoon cinnamon

## Directions:

1. Preheat oven to 350 degrees.
2. Cut each uncooked biscuit into four pieces and place all in greased loaf pan.
3. Heat the butter, cinnamon, and brown sugar to boiling.
4. Pour over biscuits and bake for 25 - 30 minutes.

## Nutrition Facts:

Serving size = 1 slice (1/10 pan)

Calories = 135

Fat = 6 g

Carbohydrates = 20 g

Fiber = 0 g

Protein = 2 g

Sodium = 210 mg

\*buy the small biscuits that are lower in fat

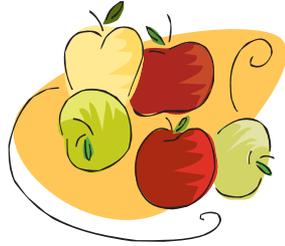
Enjoy sweets, but know when to say when. Each serving of the cinnamon sticky buns has about 3 teaspoons of added sugar. It is good to have fewer than 10 teaspoons of added sugar each day.

# Applesauce Bread

Servings per recipe: 16

## Ingredients:

- 1 cup sugar
- 1 cup applesauce
- 3 egg whites
- 3 tablespoons milk
- 2 cups flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 3/4 teaspoon ground cinnamon
- 1/2 cup chopped pecans or walnuts (optional)



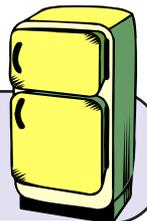
## Directions:

1. Preheat oven to 350 degrees. Coat a 9x5 inch loaf pans with nonstick spray or oil.
2. Mix the sugar, applesauce, egg whites, and milk.
3. In a separate bowl, mix the flour, baking powder, baking soda, salt, and cinnamon.
4. Combine the wet and dry ingredients. Gently stir in raisins and nuts if desired.
5. Divide mixture between the two pans.
6. Bake 50-55 minutes or until a toothpick inserted in the middle comes out clean.

## Nutrition Facts (made without nuts):

Serving size = 1/2 inch slice	Fiber = 1 g
Calories = 160	Protein = 3 g
Fat = 5 g	Sodium = 170 mg
Carbohydrates = 27 g	

Freeze half the loaf to enjoy late in the month.

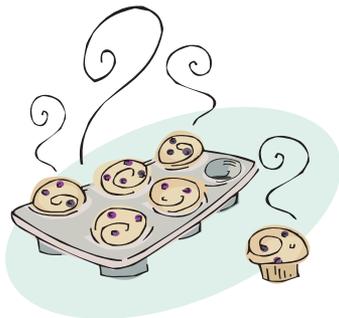


# Tasty Bran Muffins

Servings per recipe: 12

## Ingredients:

- 3 cups bran flakes cereal
- 1½ cups all purpose flour
- 2/3 cup brown sugar
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 teaspoon cinnamon
- 1 egg, beaten
- 1½ cups lowfat milk
- 2 tablespoons canola oil
- 1/4 cup raisins (optional)



## Directions:

1. Preheat oven to 400 degrees. Spray muffin pan with non-stick cooking spray.
2. In a large bowl, combine bran flakes, flour, sugar, baking soda, salt, and cinnamon.
3. In another bowl, mix egg, milk, and oil.
4. Pour wet ingredients into flour mixture and stir just until moistened (batter will be lumpy).
5. Add raisins if desired.
6. Spoon batter into pan, filling cups 2/3 full.
7. Bake for 20 - 25 minutes. Muffins are done when a toothpick inserted into the center comes out clean.

## Nutrition Facts:

Serving size = 1 muffin

Calories = 180

Fat = 3 g

Carbohydrates = 34 g

Fiber = 3 g

Protein = 4 g

Sodium = 280 mg

\* made without optional ingredients

Recipe may be doubled. Clean and re-spray muffin pan between baking batches.

# Zucchini Bread

Servings per recipe: 2 loaves or 24 slices

## Ingredients:

- 1/2 cup canola or other vegetable oil
- 3 eggs
- 2 teaspoons vanilla extract
- 1 cup unsweetened applesauce
- 2 cups shredded zucchini
- 1/4 cup orange juice
- 2 cups sugar
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 1/2 teaspoons cinnamon
- 3/4 teaspoon ground nutmeg
- 3 cups flour
- 1 cup chopped pecans or walnuts (optional)

## Directions:

1. Preheat oven to 350 degrees. Coat two 9x5 inch loaf pans with nonstick spray or oil.
2. In a large bowl, mix oil, eggs, vanilla, applesauce, zucchini, and orange juice.
3. In another bowl, sift together the sugar, baking powder, salt, cinnamon, nutmeg, and flour.
4. Mix the dry and wet ingredients together until just moistened (batter lumpy). Stir in nuts.
5. Bake in loaf pan 45 - 60 min until toothpick inserted into the middle comes out clean.

## Nutrition Facts:

Serving size = 1/2 inch slice

Calories = 180

Fat = 5 g

Carbohydrate = 30g

Fiber = 1 g

Protein = 3 g

Sodium = 130 mg

\* made without nuts

# French Toast

Servings per recipe: 1

## Ingredients:

- 1 slice thick sliced whole wheat bread
- 1 egg, beaten (or use 1/4 cup egg substitute)
- 2 tablespoons lowfat milk
- 1/4 teaspoon cinnamon
- 1/4 teaspoon vanilla extract
- 1 teaspoon butter, margarine, or oil
- Powdered sugar or syrup (optional)

## Directions:

1. Mix the eggs, milk, cinnamon, and vanilla.
2. Place the bread into the egg mixture to soak it up.
3. Heat the fat in a skillet. Fry the toast, turning it over once and cooking until the egg is done and the crust is crispy and brown.
4. Sprinkle with powdered sugar, syrup, or jelly if desired.

## Nutrition Facts:

Serving size = 1 slice bread

Calories = 190

Fat = 10g

Carbohydrates = 14g

Fiber = 2 g

Protein = 10 g

Sodium = 250 mg



Try French Toast  
for a different way to  
eat your eggs!

*Use a nonstick skillet and  
no oil for less fat.*

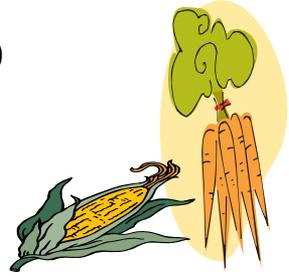
# Corn and Carrot Skillet Cakes

(Thrifty Meal Plan Recipe)

Servings per recipe: about 10

## Ingredients:

- 1 egg
- 3/4 cup lowfat milk
- 1 8.5 ounce box of corn muffin mix
- 1 carrot, grated
- Canola oil or nonstick cooking spray
- Applesauce, jam, or syrup (optional)\*



## Directions:

1. Beat egg and milk together.
2. Add corn muffin mix and grated carrot. Stir until just moistened (batter will be lumpy).
3. Lightly oil or spray skillet.
4. Preheat greased skillet or griddle\*\*.
5. Pour 1/4 cup of batter onto the prepared skillet or griddle.
6. When bubbles form, turn the pancake and cook the other side for about 30 seconds.

## Nutrition Facts:

Serving size = 1 pancake

Calories = 110

Fat = 4 g

Carbohydrates = 18 g

Fiber = 2 g

Protein = 3 g

Sodium = 280 mg

\*\* Test the surface by flicking a few drops of cold water onto the surface. When the pan is hot enough, a drop of water will "dance". If it is too cold, the water stay on the surface and boil. If too hot, drops instantly evaporate as steam.

# Vegetables and Side Dishes

## Favorite Broccoli Casserole

Servings per recipe: 12

### Ingredients:

- 16 ounces frozen chopped broccoli, thawed
- 1 cup instant rice, uncooked
- 4 ounces processed low fat American cheese, cubed (about 1 cup)
- 1 can cream soup (chicken, mushroom or celery)
- 1 cup lowfat milk
- 1/2 cup chopped celery
- 1/2 cup chopped onion
- Canola oil or cooking spray



### Directions:

1. Preheat oven to 350 degrees.
2. Mix all ingredients together in a bowl.
3. Pour into 9x13 inch baking dish that has been coated with nonstick spray or oil.
4. Bake for about 40 minutes until hot and bubbly.

### Nutrition Facts

Serving size = 1/2 cup  
Calories = 95  
Fat = 3 g  
Carbohydrates = 13 g

Fiber = 2 g  
Protein = 5 g  
Sodium = 330 mg

*Make this recipe your main dish! Add a cup of canned tuna or chopped chicken.*

# Fancy Pork and Beans

Servings per recipe: 4

## Ingredients:

- 1 can pork and beans (about 16 ounces)
- 2 tablespoons brown sugar
- 3 tablespoons catsup
- 1/4 cup diced onion
- 1/4 cup diced green pepper
- 2 teaspoons yellow mustard
- 1 tablespoon Worcestershire sauce



## Directions:

1. Mix all ingredients in a small saucepan.
2. Cook on medium heat until the mixture begins to boil.
3. Reduce heat to the lowest setting and cover.
4. Cook 10 more minutes and serve.

## Nutrition Facts:

Serving size = 1/2 cup

Calories = 170

Fat = 2 g

Carbohydrates = 34 g

Fiber = 3 g

Protein = 6 g

Sodium = 730 mg

No canned pork and beans? Cook a bag of dried navy or other beans and substitute 2 cups for the canned pork and beans. Add an extra tablespoon of catsup.

Want baked beans? Mix the ingredients and pour them into a greased oven-safe dish. Top with bacon strips if desired. Bake at 350 degrees for about 30 minutes until hot and bubbly and bacon is done.

*Take a walk in the park today!*

# Green Bean Ramen Casserole (KF)

(Thrifty Meal Plan Recipe)

Servings per recipe: 6

## Ingredients:

- 2 15 ounce cans green beans, drained
- 1 package chicken-flavored Ramen noodles, crumbled (save flavor packet)
- 2 tablespoons flour
- 1/4 teaspoon pepper
- 1 cup lowfat milk

## Directions:

1. Coat 8x8 inch baking dish with nonstick spray or oil. Preheat oven to 350 degrees.
2. Pour the drained green beans into the dish.
3. In a jar or blender, combine the flavor packet with the flour, pepper and milk. Shake or blend until smooth. Pour on top of beans.
4. Add about 2/3 of the crumbled Ramen noodles into the dish. Stir well.
5. Top with remaining noodles.
6. Bake 30 minutes until bubbly.

## Nutrition Facts

Serving size = 1/2 cup

Calories = 110

Fat = 3 g

Carbohydrates = 17 g

Fiber = 1 g

Protein = 4 g

Sodium = 460 mg

Let the kids help! Let them shake the jar and crumble the noodles.

# Glazed Carrots

Servings per recipe: 7

## Ingredients:

- 2 14 ounce cans carrots, drained or  
3½ cup fresh or frozen cooked carrots
- 1 tablespoon butter or margarine
- 1/4 cup brown sugar

## Directions:

Combine all ingredients in a sauce pan and heat well.

## Nutrition Facts:

Serving size = 1/2 cup

Calories = 80

Fat = 2 g

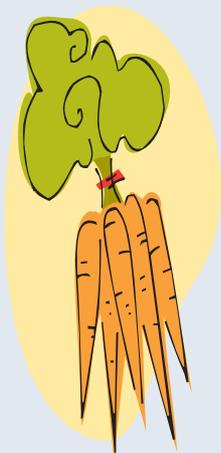
Carbohydrates = 15 g

Fiber = 2 g

Protein = 1 g

Sodium = 230 mg

You can lower the calories by using reduced calorie margarine. Using a sugar substitute will make fewer calories, too.



*Canned and frozen fruits and vegetables are great choices during winter months when fresh produce may be more expensive. Wash tops of cans before opening. Keep frozen foods at zero degrees or lower.*

# Corn Casserole

Servings per recipe: 10

## Ingredients:

- 1 15 ounce can whole kernel corn, drained
- 1 15 ounce can cream style corn
- 1 13 ounce can Milnot® or skim evaporated milk
- 2 eggs
- 2 tablespoons minced dry onion flakes or (1/2 fresh onion, chopped)
- 2 tablespoons butter or margarine
- 1 sleeve of saltine crackers, crushed (or 1 cup of cracker crumbs)
- 6 ounces shredded reduced fat cheese
- 1/4 teaspoon pepper

## Directions:

1. Coat 8x8 inch baking dish with nonstick spray or oil. Preheat oven to 350 degrees.
2. Combine all ingredients in baking dish; mix well.
3. Bake for 1 hour or until top is brown and crispy.

## Nutrition Facts:

Serving size = 1/2 cup

Calories = 210

Fat = 8 g

Carbohydrates = 28 g

Fiber = 2 g

Protein = 8 g

Sodium = 630 mg

## Gardening is great exercise!

For every 30 minutes, you will burn:

- Rake: 160 Calories
- Weed: 175 Calories
- Pick: 120 Calories



# Mashed Potatoes

(Thrifty Meal Plan Recipe)

Servings per recipe: 6

## Ingredients:

- 4 - 5 medium potatoes (2 pounds)
- 2 tablespoons butter or margarine
- 1/2 cup lowfat milk or chicken broth
- Salt and pepper (optional)

## Directions:

1. Wash potatoes. Peel if desired. Chop into big pieces.
2. Place potatoes in large sauce pan and add water to cover the potatoes. Bring to a boil (big bubbles).
3. Reduce heat to medium and simmer (small bubbles) for 15- 25 minutes until potatoes are tender. Drain.
4. Mash potatoes lightly with a fork, pastry blender, potato masher, or use electric mixer beaters.
5. Add butter and broth or milk.
6. Salt and pepper to taste.

## Nutrition Facts (made with 1% milk and no salt):

Serving size = 1/2 cup

Calories = 150

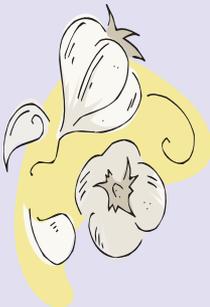
Fat = 4 g

Carbohydrates = 25 g

Fiber = 2 g

Protein = 3 g

Sodium = 50mg



## *Roasting Garlic*

- Cut off the root (smaller) end of a whole pod of garlic.
- Place garlic cut side up on a square of foil.
- Pour oil on the garlic.
- Fold the foil to cover the pod and bake at 350° for 1 hour.

# Herb-Buttered Pasta

Servings per recipe: 8

## Ingredients:

- 8 ounces uncooked spaghetti or other pasta\*
- 1 tablespoon butter or margarine
- 1 tablespoon olive oil
- 1 teaspoon dried basil
- 2 tablespoons Parmesan cheese

## Directions:

1. Cook pasta according to package directions.
2. Drain.
3. Stir remaining ingredients into hot cooked pasta.

## Nutrition Facts

Serving size = 1/2 cup

Calories = 140

Fat = 4 g

Carbohydrates = 21 g

Fiber = 1 g

Protein = 4 g

Sodium = 30 mg

\*This recipe will work with egg noodles, fettuccini or almost any pasta. You can substitute half of the butter with olive oil. Using reduced fat margarine will be more heart healthy and lower the calories.

To reduce calories, use only half the butter and oil and sprinkle on a butter-flavored powder like Molly McButter®. Reducing the Parmesan cheese to 1 tablespoon will lower fat and calories, too.

Pasta is a great way to stretch more expensive meats.



# Speedy Baked Sweet Potatoes

Servings per recipe: 6

## Ingredients:

- 1 29 ounce can sweet potatoes, drained
- 1/4 cup brown sugar or honey
- 2 tablespoons butter or margarine
- Canola oil or non-stick spray
- miniature marshmallows (optional)

## Directions:

1. Preheat oven to 375 degrees.
2. Coat 8x8 inch baking dish with nonstick spray or oil.
3. Drain sweet potatoes and arrange in baking dish.
4. Top with brown sugar and margarine.
5. Bake for 30 minutes. If desired, top with miniature marshmallows and return to oven for 5 minutes.

## Nutrition Facts (made without marshmallows):

Serving size = 1/2 cup

Fiber = 3g

Calories = 160

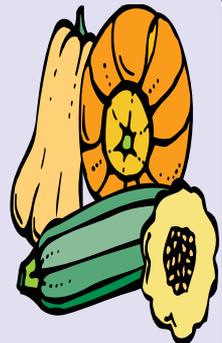
Protein = 1g

Fat = 4 g

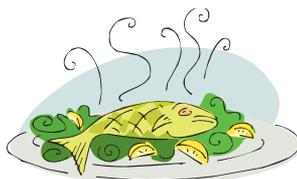
Sodium = 80 mg

Carbohydrates = 31 g

Orange Fruits and Vegetables are high in beta carotene. These are good for the eyes and help build up the body to fight infection. Good choices include sweet potato, carrots, pumpkin, oranges, cantaloupe, winter squash, peaches, and apricots.



# Main Dishes



## **Mackerel Patties**

(Thrifty Meal Plan Recipe)

Servings per recipe: 4

### Ingredients:

- 1 egg, lightly beaten
- 1/4 teaspoon black pepper
- 1 can mackerel, drained
- 1/4 cup chopped onion
- 8 saltine crackers, crushed
- 1/4 cup yellow cornmeal
- 1 tablespoon canola oil or vegetable oil

Keep canned fish handy. It is great for late in the month or if unexpected company arrives.

### Directions:

1. In a large bowl combine egg, pepper, mackerel, onion, and crackers.
2. Divide the mixture into four equal parts and form each part into a pattie.
3. Dust each pattie lightly with cornmeal.
4. Preheat skillet on medium heat. Pour in oil.
5. When oil is hot, (not smoking), fry patties until browned, about 3-4 minutes on each side.

### Nutrition Facts

Serving size = 1 patty

Calories = 180

Fat = 9 g

Carbohydrates = 10 g

Fiber = 1 g

Protein = 14 g

Sodium = 260 mg

# Meat Loaf

(Thrifty Meal Plan Recipe)

Servings per recipe: 6

## Ingredients:

- 1 pound any lean ground meat (beef, turkey, deer)
- 1 cup uncooked oatmeal
- 1 egg, beaten
- 1/2 cup onion, chopped
- 1 8 ounce tomato sauce

1. Coat a 9 x 5 inch loaf pan with nonstick spray or oil. Preheat oven to 350 degrees.
2. Combine beef, oatmeal, egg, onion, and tomato sauce and mix well.
3. Shape into a loaf and place in the pan.
4. Bake for one hour until center is 165 degrees on the food safety thermometer.

## Nutrition Facts (made with 80% lean beef):

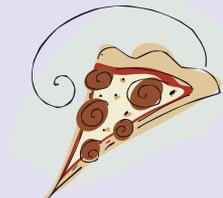
Serving size = 4 oz*	Fiber = 2 g
Calories = 270	Protein = 17 g
Fat = 17 g	Sodium = 280 mg
Carbohydrates = 14 g	

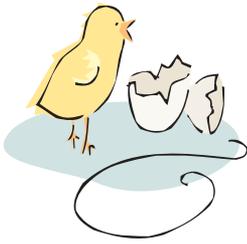
Brushing the top of the loaf with catsup before baking makes the loaf more attractive and adds a little flavor.

\*A serving size of meat (3 - 4 ounces) is about the

Ways to use leftover meat loaf:

- ✓ make a sandwich
- ✓ top a pizza
- ✓ add to spaghegtti sauce





# Mustard Flaked Chicken

Makes 4 servings (1 piece each).

- 1 egg
- 1 tablespoon prepared mustard (kind in the jar)
- 1 teaspoon sugar
- 1 teaspoon onion powder
- Nonstick cooking spray
- 4 small pieces chicken (leg, thigh, wing) or boneless breast meat
- 1 cup crushed cornflakes or bread crumbs

1. In a bowl big enough to dip the chicken pieces, beat together the egg, mustard, sugar, and onion powder.
2. Coat a baking pan with nonstick cooking spray.
3. Skin the chicken to remove fat and dip the chicken pieces in the egg and spices mixture. This will cause the crumbs to stick.
4. Crush the cornflakes in a clean plastic bag. Add the chicken, one piece at a time, and shake to coat it.
5. Remove the chicken from the bag and put it in the pan.
6. Bake in the oven at 425 degrees for 25 minutes.

## Nutrition Facts\*:

Serving size = 1 cup  
Calories = 160  
Fat = 8 g  
Carbohydrates = 7 g

Fiber = 1 g  
Protein = 16 g  
Sodium = 290 mg

# Macaroni and Tomato Skillet

Servings per recipe: 4

## Ingredients:

- 1/2 pound 80% lean ground beef
- 1/2 cup chopped onion
- 1 15 ounce can diced tomatoes without salt or use 2 cups diced fresh tomatoes
- 2 cups water
- 1 cup uncooked macaroni
- Salt and pepper (optional)
- Shredded cheese (optional)

## Directions:

1. Cook ground beef and onion in skillet until meat is done. Drain.
2. Add tomatoes , macaroni, and water or tomato juice.
3. Cook on low heat for 15-20 minutes until liquid is absorbed and macaroni is tender.

## Nutrition Facts\*:

Serving size = 1 cup

Calories = 270

Fat = 12 g

Carbohydrates = 26 g

Fiber = 3 g

Protein = 14 g

Sodium = 50 mg

\* made without optional ingredients

You can turn up the "heat" by using a can of tomatoes with green chilies. Sprinkle 1/2 cup of shredded reduced fat cheese on top just before serving.

Walk your child to school  
today!



# Taco Skillet

(Thrifty Meal Plan Recipe)

Servings per recipe: 8



## Ingredients:

- 1 pound lean ground meat
- 1 onion, chopped
- 1 10 ounce can tomatoes and green chilies
- 1 package taco seasoning mix
- 1 cup reduced fat cheese, shredded

## Directions:

1. Cook the ground meat and onion in a skillet. Drain the fat.
2. Add the tomatoes and green chilies and the taco seasoning mix packet.
3. Simmer on medium-low heat for 10 minutes. Temperature should measure 165 degrees on food safety thermometer.
4. Sprinkle with grated cheese.
5. Serve over rice, beans, or tortillas.

## Nutrition Facts:

Serving size = 1/2 cup

Calories = 170

Fat = 11 g

Carbohydrates = 3 g

Fiber = 0 g

Protein = 14 g

Sodium = 550 mg

### ***Tips for Better Tacos***

- Add grated vegetables like carrots or squash
- Use reduced fat or fat free cheese for topping
- Instead of shredded lettuce, use cabbage or spinach.

# Chicken and Dumplings

(Thrifty Meal Plan Recipe)



Servings per recipe: 6

## Ingredients:

- 1/2 cup chopped onion
- 3 cups chicken broth
- 1 cup or more cubed cooked chicken
- 1 cup lowfat milk
- 1 can refrigerated canned biscuits (10)
- 1/4 cup flour (for dusting biscuits)
- Salt and pepper (optional)

## Directions:

1. In a sauce pan, simmer onion in broth until tender.
2. Add the chicken and milk; keep simmering.
3. Sprinkle flour on a clean, flat surface. Roll or press out biscuits to make them flat. Cut biscuits into 1/2 inch strips and shake off excess flour.
4. Drop biscuit strips into the simmering liquid. Stir occasionally to keep them from clumping together.
5. Cook until dumplings are no longer sticky and gummy.

## Nutrition Facts:

Serving size = 1 cup

Calories = 260

Fat = 9 g

Carbohydrates = 39g

Fiber = 1 g

Protein = 14 g

Sodium = 1040 mg

\* made without optional ingredients

Do not wash chicken or other poultry before cooking. But do wash your hands and surfaces after touching it!

# Chicken Tortilla Casserole

(Thrifty Meal Plan Recipe)

Servings per recipe: 6

## Ingredients:

- 1 10 ounce can cream soup (chicken or mushroom)
- 1 13 ounce can evaporated skim milk
- 1 4 ounce can chopped green chilies
- 2 cups diced cooked chicken
- 8 corn tortillas (6 inch), torn into pieces
- 3/4 cup reduced fat grated cheddar cheese

## Directions:

1. In a bowl, mix soup, milk, chilies, and chicken.
2. Coat 8x8 inch baking dish with nonstick spray or oil.
3. Place half of the tortilla pieces in the bottom of the dish.
4. Put half of the chicken mixture on top of tortillas.
5. Sprinkle with half of the cheese.
6. Place the rest of the tortilla pieces on the chicken mixture.
7. Top with the rest of the chicken mixture.
8. Sprinkle the rest of the cheese on the top.
9. Cover and refrigerate overnight.
10. Bake at 350 degrees for 40 - 45 minutes.

## Nutrition Facts:

Serving size = 1 cup

Calories = 240

Fat = 8 g

Fiber = 1 g

Protein = 25 g

Sodium = 1070 mg

Let kids help tear tortillas into pieces, layer ingredients, and sprinkle on cheese.



# Savory Pork Chops

Servings per recipe: 4

## Ingredients:

- 4 lean pork chops
- 1 tablespoon canola or other vegetable oil
- 1 onion, sliced
- 8 tablespoons catsup
- 4 tablespoons brown sugar

## Directions:

1. Coat baking dish with nonstick spray or oil. Preheat oven to 350 degrees.
2. In a skillet, brown pork chops in oil until browned on both sides.
3. Place chops in baking dish.
4. Top each chop with a slice of onion.
5. Put 2 tablespoons ketchup and 1 tablespoon brown sugar on top of the onion slice.
6. Cover dish with foil; bake for 30 -35 minutes. Be sure meat is well done.

## Nutrition Facts:

Serving size = 1 chop

Calories = 260

Fat = 9 g

Carbohydrates = 22 g

Fiber = 1 g

Protein = 23 g

Sodium = 400 mg



Wash your hands after handling raw meats of any kind. Until pork is cooked to 160 degrees, it may have germs that can make you and your family sick. Use a thermometer to check for sure.

# Tuna Noodle Casserole

Servings per recipe: 5

## Ingredients:

- 3 cups cooked pasta
- 1 10 ounce can cream soup (chicken or mushroom)
- 1/2 cup lowfat milk
- 1 1/2 cup green peas
- 1 6.5 ounce can tuna packed in water, drained
- 1/4 cup reduced fat cheddar or American cheese, shredded

1. Preheat oven to 350 degrees. Coat 8x8 inch baking dish with nonstick spray or oil.
2. Cook pasta and rinse with cold water.
3. Mix soup and milk together in a large bowl; add peas, pasta and tuna and mix gently.
4. Pour into baking dish and bake for 25 minutes.
5. Sprinkle cheese on top and bake an additional 5 minutes.

## Nutrition Facts:

Serving size = 1 cup

Calories = 280

Fat = 6 g

Carbohydrates = 37 g

Fiber = 3 g

Protein = 19 g

Sodium = 880 mg

*Reheat all leftovers to  
165 degrees.*



# Buffalo Legs

Servings per recipe: 4

## Ingredients:

- 1/2 cup bottled chili sauce (catsup-type)
- 1 tablespoons garlic powder
- 1/4 cup Louisiana style hot sauce
- 1 tablespoons sugar
- 1 tablespoon canola or other vegetable oil
- 6 chicken drumsticks, skin removed

## Directions:

1. Heat oil in large skillet over medium-high heat.
2. Add drumsticks to skillet, turning often until browned. Reduce heat to medium-low.
3. In a medium bowl, stir together the chili sauce, garlic powder, hot sauce and sugar.
4. Add chili sauce mixture to skillet. Turn drumsticks to coat.
5. Cover and simmer, stirring occasionally until drumsticks are done and reach 180 degrees on the food thermometer (about 25 minutes).

## Nutrition Facts:

Serving size = 1 drumstick

Fiber = 1 g

Calories = 130

Fat = 5 g

Carbohydrates = 8 g

Protein = 13 g

Sodium = 450 mg

To keep the "heat" down, replace the hot sauce with an additional 1/4 cup chili sauce and 1/4 cup ketchup.



# Meatless Main Dishes

## Vegetable Fried Rice

(Thrifty Meal Plan Recipe)

Servings per recipe: 8



### Ingredients:

- 2 tablespoons canola or other vegetable oil
- 2 cups vegetables, any kind: fresh, frozen, or canned mixed vegetables (drained)
- 3 cups cooked rice
- 1 egg, lightly beaten
- Soy sauce, salt, and pepper to taste (optional)

### Directions:

1. Heat the oil in a skillet.
2. Add vegetables and stir fry until tender.
3. Add rice and cook until browned. Stir often.
4. Add beaten egg to the mixture, stir well and remove from heat.
5. Season to taste and serve with soy sauce.

### Nutrition Facts\*:

Serving size = 1 cup

Calories = 120

Fat = 4 g

Carbohydrates = 18 g

Fiber = 2 g

Protein = 3 g

Sodium = 30 mg

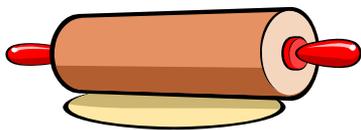
\* made without optional ingredients

Let the kids pick the vegetables! They will be more likely to eat and enjoy the meal.

# Egg Roll-Ups (KF)

(Thrifty Meal Plan  
Recipe)

Servings per recipe: 4



## Ingredients:

- 2 large eggs or 2/3 cup egg substitute
- 2 teaspoons water
- 4 whole wheat flour tortillas (6 inch)
- Salsa or preserves

## Directions:

1. Spray a skillet with nonstick cooking spray and preheat.
2. Break eggs into a bowl, add water, and beat together with a fork.
3. Spoon about 2 tablespoons of the egg mixture into the skillet. Tilt the skillet until the egg spreads evenly over the bottom.
4. Place one tortilla over the egg.
5. Cook for about 10 seconds until the edges of the egg begin to curl away from the sides of the pan.
6. Loosen with the edge of a spatula.
7. Remove the egg/tortilla and put it on a plate.
8. Spread the egg surface with salsa or preserves. Roll it up and eat!

## Nutrition Facts:

Serving size = 1 roll up  
Calories = 110  
Fat = 3 g  
Carbohydrates = 20 g

Fiber = 2 g  
Protein = 6 g  
Sodium = 210 mg

Let kids spoon salsa or jam onto the egg side of the roll-up. Cool a bit before rolling!

# Three Bean Bake (KF)

Servings per recipe: 8

## Ingredients:

- 1 15 ounce can pinto beans
- 1 15 ounce can kidney beans
- 1 15 ounce can white beans
- 1/4 cup brown sugar
- 1/2 cup onion, chopped
- 1/2 cup green bell pepper, chopped
- 1 8 ounce can tomato sauce

## Directions:

1. Coat 8x8 inch baking dish with nonstick spray or oil. Preheat oven to 350 degrees.
2. Drain beans; pour into dish.
3. Add remaining ingredients and mix well.
4. Bake for 1 hour.

## Nutrition Facts:

Serving size = 1 cup

Calories = 190

Fat = 1 g

Carbohydrates = 38 g

Fiber = 9 g

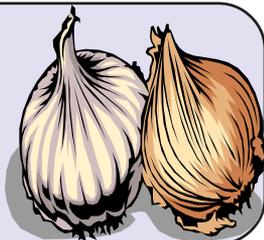
Protein = 10 g

Sodium = 490 mg

Let the kids stir the ingredients!

Try other types of beans like black, navy, red, or chili beans! If you have prepared dry beans, use 6 cups

If fresh onions are not available, 1 tablespoon of dry minced onion may be substitute for each  $\frac{1}{4}$  cup chopped onion.



# Two Minute Enchiladas

Servings per recipe: 4

## Ingredients:

- 8 whole wheat flour tortillas (6 inch)
- 2 cups reduced fat cheddar cheese
- 1/2 cup onion, chopped
- 1 15 ounce can enchilada sauce

## Directions:

1. Sprinkle 1/4 cup cheese and 1 tablespoon onion on each tortilla.
2. Roll the tortilla and place seam-side down on a microwave safe plate.
3. Microwave on high 1½ minutes.
4. Spoon enchilada sauce over tortilla and microwave again for 30 seconds.

## Nutrition Facts:

Serving size = 1 enchilada

Calories = 180

Fat = 6 g

Carbohydrates = 24 g

Fiber = 2 g

Protein = 11 g

Sodium = 550 mg

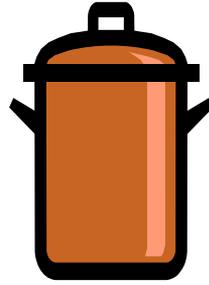
This recipe can be prepared in the oven by placing rolled tortillas seam-side down in a 9x13 inch baking dish that has been coated with nonstick cooking spray. Bake at 350 degrees 20 minutes, spoon enchilada sauce over tortillas and bake an additional 10 minutes.



*Quick Meal Idea!*

# Lentils in a Pot

(Thrifty Meal Plan Recipe)



Servings per recipe: 4

## Ingredients:

- 1 8 ounce package of lentils\*
- 1/2 cup chopped celery
- 1/2 cup chopped onion
- 2 raw carrots, sliced
- 1 16 ounce can diced tomatoes (undrained)
- 1 tablespoon chicken bouillon or 3 bouillon cubes
- 4 cups water

## Directions:

1. Pour lentils on a flat surface and sort through them to pick out rocks or other foreign bodies. Rinse.
2. Mix lentils and remaining ingredients in a large soup pot.
3. Bring to a simmer. Simmer, stirring occasionally, for 40 - 45 minutes or until lentils are done.

## Nutrition Facts:

Serving size = 1 cup

Calories = 240

Fat = 1 g

Carbohydrates = 43 g

Fiber = 20g

Protein = 18 g

Sodium = 470 mg

Be creative! You can add other vegetables like mushrooms, potatoes, bell pepper, zucchini, green beans and even some rice to make this a hearty meal!

\*Lentils are quick cooking dried beans that can be found year around in the supermarket. They may be red, brown, or green.

# Easy Lasagna

Servings per recipe: 12

## Ingredients:

- 26 ounce can spaghetti sauce
- 15 ounce can Italian style diced tomatoes
- 1/2 cup water
- 1 egg
- 16 ounce cottage cheese (low fat)
- 1/4 cup parmesan cheese
- 10 uncooked lasagna noodles
- 3 cups shredded part-skim mozzarella cheese

## Directions:

1. Coat 9x13 inch baking dish with nonstick spray or oil. Preheat oven to 400 degrees.
2. In a bowl, combine spaghetti sauce, undrained tomatoes, and water. Set aside.
3. In a separate bowl, whisk egg, then add cottage cheese and parmesan; mix well.
4. Spread 1/3 of sauce mixture into baking dish.
5. Cover with 5 uncooked noodles.
6. Spread the cottage cheese mixture over the noodles. Sprinkle with  $\frac{1}{2}$  the mozzarella.
7. Top with 1/3 of spaghetti sauce and remaining 5 uncooked noodles.
8. Spread remaining sauce over noodles, cover with foil.
9. Bake for 40 minutes at 400 degrees.
10. Uncover and sprinkle with remaining mozzarella cheese. Let stand 15 minutes.

## Nutrition Facts:

Serving size = 3" x 3" square

Calories = 260

Fat = 9 g

Carbohydrates = 27 g

Fiber = 2 g

Protein = 18 g

Sodium = 640 mg

# Wild Game



## Crock Pot Deer Roast

Servings per recipe: 9 - 12

### Ingredients:

- 1 10 ounce can cream of mushroom soup
- 1 package dry onion soup mix
- 1 10 ounce can tomatoes and green chilies
- 1 3-4 pound deer roast
- 2 4 ounce cans whole green chilie peppers

### Directions:

1. Mix soups, tomatoes and green chilies in a crock pot.
2. Add roast and spoon mixture over it. Roast should almost be covered by mixture.
3. Top with whole chilies.
4. Use the highest heat setting until mixture simmers. Then turn to low.
5. Cook 6 hours or overnight.

### Nutrition Facts:

Serving size = 4 ounces

Calories = 170

Fat = 5 g

Carbohydrates = 4 g

Fiber = 0 g

Protein = 27 g

Sodium = 410 mg

You can prepare this dish in the oven. Add 1  $\frac{1}{2}$  cups water or beef broth and bake at 325 degrees for 2- 3 hours

# Wild Game Sausage Balls

Servings per recipe: 6  $\frac{1}{2}$  dozen

## Ingredients:

- 1 pound wild game sausage or plain ground meat
- 16 ounces grated reduced fat cheddar cheese
- 3 cups biscuit mix (Bisquit®)

## Directions:

1. Preheat oven to 350 degrees. Coat cookie sheet with nonstick spray or oil.
2. In a large bowl, combine meat, cheese and biscuit mix together.
3. Roll into 1 inch balls.
4. Bake for 15 - 20 minutes.

## Nutrition Facts:

Serving size = 3 pieces

Calories = 110

Fat = 5 g

Carbohydrate = 11 g

Fiber = 0 g

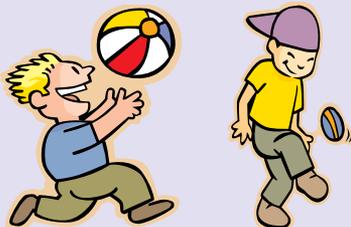
Protein = 5 g

Sodium = 490 mg

If using plain ground meat, add Italian seasoning or oregano to taste. For extra flavor, serve with your favorite barbeque sauce.

**Get active...**

**Play ball!**



# Oven Barbequed Rabbit

Servings per recipe: 4

## Ingredients:

- 1 rabbit, cut up
- 1/4 teaspoon pepper
- 3/4 cup barbeque sauce
- 1/2 cup water



## Directions:

1. Preheat oven to 350 degrees.
2. Spray a 9 x 13 inch casserole dish with nonstick spray.
3. Add rabbit pieces.
4. Brush each piece with barbeque sauce and sprinkle with pepper.
5. Pour water in pan and cover.
6. Bake 45 minutes. Remove cover.
7. Bake uncovered for an additional 30 minutes or until well browned and tender.

## Nutrition Facts:

Serving size = 1/4 rabbit

Calories = 160

Fat = 3 g

Carbohydrate = 6 g

Fiber = 1 g

Protein = 26 g

Sodium = 440 mg

*Instead of a movie,  
plug in an exercise  
video or DVD!*



# Squirrel Mulligan Stew

Servings per recipe: 6

## Ingredients:

- 3 squirrels, dressed and quartered
- 2 tablespoons onion flakes
- 1 bell pepper, diced
- 1 teaspoon garlic powder
- 2 8 ounce cans tomato sauce
- 1 10 ounce can cream of mushroom soup
- 2 cups instant rice
- Salt and pepper to taste
- Tabasco sauce to taste

## Directions:

1. Place squirrels in a stewing pot. Add water until squirrels are just covered.
2. Add onion, bell pepper, and garlic powder.
3. Cook over medium heat until squirrel is tender.
4. Remove meat from bones and return meat to pot.
5. Add tomato sauce, soup, and rice.
6. Simmer, stirring occasionally, until rice is done, about 15 minutes.

## Nutrition Facts:

Serving size = 1 cup

Calories = 300

Fat = 7 g

Carbohydrate = 38 g

Fiber = 2 g

Protein = 21 g

Sodium = 800 mg

Count to 20 while you scrub your hands with soap and water. Don't forget to wash under nails!

# Desserts



## **Cake Mix Cookies** (Thrifty Meal Plan Recipe)

Servings per recipe: 12

### Ingredients:

- 1 box cake mix
- 1/3 cup canola or other vegetable oil
- 2 eggs

### Directions:

1. Preheat oven to 350 degrees.
2. Pour dry cake mix into large bowl. Stir in the oil and eggs until well blended. Form dough into 36 balls.
3. Lightly coat a cookie sheet with nonstick spray or oil. Place cookie balls onto sheet; leave about 2 inches between balls.
4. Bake for 8 to 10 minutes until lightly browned. Remove from pan to cool on wire racks or a tray.

### Nutrition Facts:

Serving Size: 1 cookie  
Calories: 80  
Fat: 5 g  
Carbohydrates: 11 g

Fiber: 0 g  
Protein: 1 g  
Sodium: 120 mg

### **Variations:**

Press in chocolate chips, M&Ms, Reese's pieces

Use chocolate cake mix, top with nuts

Use lemon cake mix, dust baked cookies with powdered sugar.

# Fruit and Cheese Kabobs (KF)

Servings per recipe: 8

## Ingredients:

- 1 large apple
  - 1 teaspoon lemon juice
  - 24 seedless green or red grapes
  - 3 sticks string cheese
- Skewers or toothpicks

## Directions:

1. Wash and dry apple and grapes.
2. Remove the apple core and seeds; cut into 24 pieces.
3. Place apple wedges into a bowl.
4. Toss apples with lemon juice.
5. Cut each cheese stick into 8 pieces.
6. Place a piece of apple, cheese cube, and grape on a toothpick or skewer.

## Nutrition Facts:

Serving size = 1 kabob  
Calories = 50  
Fat = 2 g  
Protein = 3 g  
Carbohydrate = 5 g  
Fiber = 1 g  
Sodium = 70 mg



Let kids wash fruit and cut string cheese sticks with a butter knife. Adults should cut hard fruits like apples. Adults may wish to cut a small amount off the tips of the toothpicks to reduce the sharpness. Supervise kids with toothpicks!

You can use any kind of fruit so be creative!

# Peanut Butter Balls (KF)

Servings per recipe: 16 (1 Tbsp) balls

## Ingredients:

- 1/2 cup honey
- 1/4 cup peanut butter
- 1 tablespoon water
- 1 cup dry nonfat milk powder
- 2/3 cup crushed corn flakes or other cereal



## Directions:

1. In a large bowl, mix honey, peanut butter, water and milk.
2. Cool mixture in the freezer for 5-10 minutes.
3. Using a tablespoon, scoop mixture into spoon and shape into balls. Place on cookie sheet.
4. Roll the balls in crushed cereal and return them to the cookie sheet.
5. Chill until firm. Store balls in an air tight container in the refrigerator.

Let the kids help do the mixing and roll the balls in crushed cereal.

## Nutrition Facts:

Serving size = 1 ball

Calories = 80

Fat = 2 g

Carbohydrates = 13 g

Fiber = 0 g

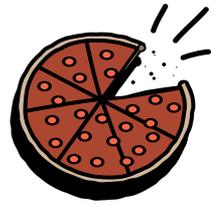
Protein = 3 g

Sodium = 60 mg

Get three servings per day of low fat dairy products.



# Fruit Pizza



Servings per recipe: 12

## Ingredients:

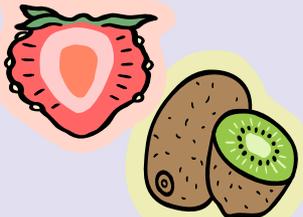
- 20 ounce roll refrigerated sugar cookie dough  
(or use homemade cookie dough)
- 2 tablespoons low fat milk
- 8 ounces lowfat or fat free cream cheese
- 1/4 cup powdered sugar
- 1 cup pineapple chunks canned in juice, drained  
(save juice for coating bananas)
- 1 sliced banana (dip in pineapple juice)
- 2 cups sliced strawberries

## Directions:

1. Preheat oven to 400 degrees.
2. Arrange cookie dough on baking sheet to form a 10-inch circle. Bake for 10 minutes or until done.
3. After cooling at least 5 minutes, move to a flat plate.
4. Combine milk, cream cheese, and powdered sugar.
5. Spread over cooled crust.
6. Arrange fruit on top and serve.

## Nutrition Facts:

Serving size = 3 inch slice	Fiber = 1 g
Calories = 265	Protein = 5 g
Fat = 10 g	Sodium = 300 mg
Carbohydrates = 39 g	



Have a pizza  
party  
with fruit!

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