

# NO PREP, LOW PREP MEAL KIT



Are you super short on time this week? These recipes can be made in no time at all, with little or no prep work. Nutritionists designed this kit to be super fast and easy but still keep your family on track with healthy options.

- Recipes: 12
- Servings: 45
- Avg Cost Per Servings: \$1.67





# Tropical Overnight Oatmeal

Breakfast is a snap with a quick step the night before. Mix oats with yogurt and refrigerate overnight. Add bananas and pineapple chunks in the morning!

**Makes:** 2 servings

**Prep Time:** 5 minutes

**Source:** myplate.gov

## Ingredients

- 2/3 cup old fashion oats (uncooked)
- 2/3 cup non-fat milk
- 2/3 cup non-fat Greek yogurt
- 1/8 teaspoon ground allspice
- 1 cup fresh pineapple chunks
- 1 medium banana, sliced
- 2 tablespoons chopped walnuts

## Directions

1. Mix oats, milk, yogurt and allspice in two bowls or glass jars.
2. Cover and refrigerate overnight.
3. Just before serving, add pineapple, banana, and walnuts.



## Small Changes, BIG Differences!



## Nutrition Information

Serving Size: 1/2 of recipe

Nutrients	Amount
<b>Calories:</b>	<b>338</b>
<b>Total Fat:</b>	<b>7 g</b>
<b>Saturated Fat:</b>	<b>1 g</b>
<b>Cholesterol:</b>	<b>3 mg</b>
<b>Sodium:</b>	<b>76 mg</b>
<b>Total Carbohydrates:</b>	<b>54 g</b>
<b>Dietary Fiber:</b>	<b>7 g</b>
<b>Total Sugars:</b>	<b>23 g</b>
<b>Added Sugars:</b>	<b>0 g</b>
<b>Protein</b>	<b>19 g</b>

## Utensils Needed

- Cutting Board
- Knife
- Measuring Cups/Spoons
- 2 Small Bowls/Glass Jars

# SHOPPING LIST

Average total cost without oil and seasonings: \$9.21

Average cost/serving: \$4.61

Recipe makes: 2 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart:  
Old Fashioned Oats  
(18 oz)



Add 1 to Cart:  
Non-fat Milk (64 oz)



Add 1 to Cart:  
Greek Yogurt (5.3 oz)



Add 1 to Cart:  
Allspice (0.5 oz)



Add 1 to Cart:  
Pineapple Chunks (20 oz)



Add 1 to Cart:  
Medium Banana



Add 1 to Cart:  
Chopped Walnuts (8 oz)

## SAVE TIME, SAVE MONEY

### Cooking Tips

- Try any type of nuts: almonds, walnuts, pecans, etc.
- To save money, buy canned pineapple in 100% juice instead of fresh pineapple.

### Similar Recipes

- Cut on costs by reusing these ingredients in other recipes found on [snapedny.org](https://snapedny.org), such as:
  - Banana Crumble
  - Oatmeal Banana Cookies
  - Fruit Salad with Yogurt

## My Cooking Notes



# Every Shade of Green Salad

The combination of green fruits and vegetables makes for a nutritious addition to any meal!

Makes: 4 servings

Prep Time: 15 minutes

Source: ChopChopFamily.org, Every Shade of Green Salad

## Ingredients

- 1 head romaine lettuce, washed and torn
- 1 bunch flat leaf spinach, washed and torn (or 1 5-ounce bag of fresh baby lettuce)
- 1 small cucumber, scrubbed and diced
- 1/2 cup green beans
- 1/4 cup diced celery
- 1/2 avocado, diced
- 16 green grapes
- 1/4 cup ranch dressing

## Directions

1. Put the lettuce, spinach, cucumber, green beans, celery, avocado, and grapes in the salad bowl and toss well.
2. Add Ranch Dressing and toss again.
3. Serve right away.

## Utensils Needed

- Cutting board
- Sharp knife
- Large salad bowl
- Measuring cups
- Tongs (or spoon and fork to toss)



Small Changes,  
BIG Difference!



## Nutrition Information

Serving Size: 1/4 of recipe

Nutrients	Amount
Calories:	129
Total Fat:	7 g
Saturated Fat:	1 g
Cholesterol:	5 mg
Sodium:	176 mg
Total Carbohydrates:	14 g
Dietary Fiber:	4 g
Total Sugars:	5 g
Added Sugars:	n/a
Protein	3 g



# SHOPPING LIST

Average total cost without oil and seasonings: \$14.43

Average cost/serving: \$3.61

Recipe makes: 4 Servings

**Note:** The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

## Ingredients



Add 1 to Cart  
Romaine Lettuce



Add 1 to Cart  
Green Beans (12 oz.)



Add 1 to Cart  
Spinach (10 oz.)



Add 1 to Cart  
Celery



Add 1 to Cart  
Cucumber



Add 1 to Cart  
Avocado



Add 1 to Cart  
Green Grapes (ave. 2.25 lbs.)



Add 1 to Cart  
Light Ranch Dressing (16 fl. oz.)

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Storage Tips

- Leftover grapes? Refrigerate in a plastic bag for up to 1 week. Or try freezing grapes on their own as a chilled treat or into ice cubes to dress up a glass of plain water!
- Refrigerate leftover lettuce or spinach in a plastic bag for 3-5 days. Be sure to place a dry paper towel in the bag to absorb any extra moisture.

# Roast Chicken with Oranges

To "chicken out" means to be scared. This easy, hearty meal is nothing to be afraid of.

Makes: 4 servings

Prep Time: 20 minutes

Cook Time: 60 minutes

Source: [chopchopfamily.org/recipe/roast chicken with oranges](http://chopchopfamily.org/recipe/roast-chicken-with-oranges)

## Ingredients

- 4 chicken thighs, trimmed of excess fat
- 1 red onion, peeled and sliced (about 2 cups)
- 2 small oranges, peeled, seeded, and sectioned
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 lemon, peeled, seeded and cut into quarters

## Directions

1. Turn the oven on and set the heat to 450 degrees.
2. Put the chicken, onion, and oranges on a baking sheet. Be sure nothing overlaps with anything else. Sprinkle the chicken with the salt and pepper.
3. Once the oven temperature has reached 450 degrees, put the baking sheet in the oven and cook until the chicken is browned on top and cooked inside and the onions and fruit have softened and darkened, 45 minutes to 1 hour. Chicken is done when you poke it with a knife and clear liquid runs out. Remove the chicken skin if you like.
4. Move the chicken to a large plate or platter. Squeeze the lemon juice over the fruit and onions and then top the chicken with the roasted fruit mixture.



## Small Changes, BIG Difference!



## Nutrition Information

Serving Size: 1 chicken thigh

Nutrients	Amount
Calories:	220
Total Fat:	8.2 g
Saturated Fat:	2.2 g
Cholesterol:	89 mg
Sodium:	379 mg
Total Carbohydrates:	9.7 g
Dietary Fiber:	2.2 g
Total Sugars:	6 g
Added Sugars:	0 g
Protein	26.6 g

## Utensils Needed

- Cutting board
- Sharp knife
- Large baking sheet with sides
- Measuring spoons
- Serving spoon

# SHOPPING LIST

Average total cost without oil and seasonings: \$8.20

Average cost/serving: \$2.05

Recipe makes: 4 Servings

**Note:** The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

## Ingredients



Add 1 to Cart  
Fresh Lemon



Add 1 to Cart  
Chicken Thighs (Frozen or fresh, at least four in the package)



Add 2 to Cart  
Fresh Navel Orange



Add 1 to Cart  
Fresh Red Onion

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Storage Tips

- Serve right away. Refrigerate any leftovers within 2 hours.

### Cooking Tips

- Leftover chicken can be used to make a tasty chicken salad, chili or even try it in a homemade alfredo sauce.
- For more recipe inspiration and ideas check out [snapedny.org](http://snapedny.org) where you will find recipes like:
  - Picnic Chicken Salad
  - One Pot Chicken Alfredo
  - Apple Corn Chili (and so much more!)





# Pasta with Peas

What does “comfort food” mean to you? To us, it means this perfect, familiar dish that’s quick and easy to boot. You actually cook the peas just by draining the pasta over them in the colander!

**Makes:** 6 servings

**Prep Time:** 15 minutes

**Source:** [chopchopfamily.org](http://chopchopfamily.org), [recipe/ pasta-with-peas](http://recipe/pasta-with-peas)

## Ingredients

- 2 cups (about 10 ounces) frozen peas (do not defrost them)
- 1 pound small-size whole-wheat pasta shapes ( 16 oz.)
- 1 tablespoon olive oil
- 1 tablespoon unsalted butter
- 1/2 cup grated parmesan cheese
- 1/2 teaspoon kosher salt
- black pepper

## Directions

1. Put the peas in the colander and put the colander in the sink.
2. Fill the pot halfway with water and bring to a boil over high heat.
3. Add the pasta and cook until tender, about 12 minutes. Just before the pasta is done, use the mug to carefully scoop out 1/2 cup or so of cooking water and set it aside.
4. Drain the pasta in the colander with the peas.
5. Put the pasta and peas in the bowl and add the oil, butter, salt, and pepper. Mix well. If the pasta seems dry, add some of the reserved cooking water, then mix again. Add the Parmesan cheese.



## Small Changes, BIG Difference!



## Nutrition Information

Serving Size: 1 2/3 cups

Nutrients	Amount
Calories:	413
Total Fat:	9.6 g
Saturated Fat:	4.5 g
Cholesterol:	18 mg
Sodium:	396 mg
Total Carbohydrates:	62.8 g
Dietary Fiber:	10.1 g
Total Sugars:	5.6 g
Added Sugars:	0 g
Protein	19.2 g

## Utensils Needed

- Colander
- Large pot
- Measuring spoons
- Measuring cup
- Pot holders
- Mug
- Large serving bowl

# SHOPPING LIST

Average total cost without oil and seasonings: \$3.94

Average cost/serving: \$.66

Recipe makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

## Ingredients



Add 1 to Cart  
Grated Parmesan Cheese  
(8 oz.)



Add 1 to Cart  
Frozen Peas (12 oz.)



Add 1 to Cart  
Whole Wheat Pasta (1 LB)

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Storage Tips

- Serve immediately. Refrigerate any leftovers within 2 hours.

### Cooking Tips

- Leftover peas pair nicely in any chicken or tuna dish to add extra flavor!
- Grated parmesan cheese can be used in small amounts to lightly garnish any dish to add a nutty flavor!
- Looking for more recipe inspiration? Check out [snapedny.org](http://snapedny.org)

# Spinach Frittata "Muffins"

This recipe is for individual muffin-sized portions for an easy and delicious grab-and-go breakfast or lunch.

Makes: 6-8 servings  
Prep Time: 30 minutes  
Cook Time: 30 minutes

Source: [ChopChopFamily.org](http://ChopChopFamily.org), Spinach Frittata "Muffins"

## Ingredients

- 1 teaspoon vegetable oil
- 8 large eggs
- 2 cups (packed) spinach leaves, chopped
- 1/2 cup shredded or crumbled cheese, such as cheddar, Swiss, feta, or Parmesan
- 4 scallions (green onions), greens and whites, chopped
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper

## Directions

1. Turn the oven on and set the heat to 350 degrees. Using your clean hand or a paper towel, use the oil to generously grease eight of the muffin tins.
2. Crack the eggs into the bowl, and beat them with the fork or whisk until pale yellow. Add the remaining ingredients and mix well.
3. Fill 6 to 8 muffin cups to the top and, once the oven temperature has reached 350 degrees, carefully move the tin into the oven.
4. Bake until the top is golden and the eggs are set, 20-25 minutes. (To see if the eggs are set, use pot holders to jiggle the tin back and forth: you should not see the eggs moving around as if they're still liquid in the center.) Remove the tin carefully from the oven and set it aside to cool.
5. Once the "muffins" have cooled a bit, tip them out of the tin onto the plate. Serve warm or at room temperature, or cover and refrigerate up to 2 days.



## Small Changes, BIG Difference!



## Nutrition Information

Serving Size: 1 muffin

Nutrients	Amount
Calories:	124
Total Fat:	8 g
Saturated Fat:	3 g
Cholesterol:	250 mg
Sodium:	354 mg
Total Carbohydrates:	2 g
Dietary Fiber:	1 g
Total Sugars:	1 g
Protein	11 g

## Utensils Needed

- Cutting board
- Sharp knife
- Box grater
- Medium-sized bowl
- Fork or whisk
- Measuring cups
- Measuring spoons
- 1 (12-cup) muffin tin (see Tips)



# SHOPPING LIST

Average total cost without oil and seasonings: \$5.86

Average cost/serving: \$0.98

Recipe makes: 6 Servings

**Note:** The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

## Ingredients



Add 1 to Cart  
Eggs (1 dozen)



Add 1 to Cart  
Scallions/Green Onions (1 bunch)



Add 1 to Cart  
Spinach (10 oz.)



Add 1 to Cart  
Shredded Cheddar Cheese (8 oz.)

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Preparation Tips

- No muffin tin? No problem: use an 8 x 8-inch baking pan, 9-inch pie pan, or 9- or 10-inch ovenproof skillet instead!
- Too many muffin cups in your tin? If your tin holds 12 muffins, simply put a teaspoon of water in each of the cups you aren't using. This will help keep the pan from warping and burning in the oven.

# Green Sandwich

Looking to change up your school lunch? Try making this green sandwich! You can vary the ingredients, of course, according to what you like and have on hand. And you can make it even greener by using a spinach wrap instead of bread!

**Makes:** 1 serving

**Prep Time:** 10 minutes

**Source:** [ChopChopFamily.org](http://ChopChopFamily.org), Green Sandwich

## Ingredients

- 2 slices whole-wheat or multigrain bread, toasted
- 1/4 ripe avocado, pit removed
- salt
- black pepper
- 4 thin cucumber slices
- 2 thin tomato slices
- 1 large lettuce leaf
- 1 slice cheese (any kind)

## Directions

1. Use the spoon to scoop the avocado out of the peel. Put the scooped avocado flesh on one piece of toast and use the fork to mash it gently and spread it so it covers the toast.
2. Sprinkle the avocado with a tiny bit of salt and pepper.
3. Arrange the cucumber slices over the avocado, then add the tomato slices, lettuce leaf, and cheese.
4. Top with the other slice of toast and gently press down to help the sandwich hold together. Cut the sandwich in half and serve right away.



**Small Changes,  
BIG Difference!**



## Nutrition Information

Serving Size: 1 sandwich

Nutrients	Amount
Calories:	291
Total Fat:	11 g
Saturated Fat:	3 g
Cholesterol:	6 mg
Sodium:	472 mg
Total Carbohydrates:	35 g
Dietary Fiber:	10 g
Total Sugars:	8 g
Protein	17 g

## Utensils Needed

- Cutting board
- Sharp knife
- Toaster or oven
- Small spoon
- Fork

# SHOPPING LIST

Average total cost without oil and seasonings: \$6.87

Average cost/serving: \$6.87

Recipe makes: 1 Serving (with remaining ingredients for additional servings)

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

## Ingredients



Add 1 to Cart  
Whole Wheat Bread



Add 1 to Cart  
Tomato



Add 1 to Cart  
Avocado



Add 1 to Cart  
Lettuce



Add 1 to Cart  
Cucumber



Add 1 to Cart  
Sliced Cheese (12 count)

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Preparation Tips

- Swap in a spoonful of hummus, a sliced hard-cooked egg, or a piece of turkey for the cheese.

### Storage Tips

- If you aren't making another sandwich at the time, store the remainder of the avocado by using one of these methods:
  - Remove the pit. Coat the flesh of the half with fresh lemon juice. Wrap the avocado half in plastic wrap and place in the fridge.
  - Or, fill a glass or plastic container near full with water. With the flesh-side down, place the avocado half in the container, cover, and place in the fridge.





# Our Favorite Egg Salad

This creamy, crunchy, comforting classic, goes nicely in a sandwich or wrap, inside a lettuce leaf, or scooped on top of a green salad.

**Makes:** 4 servings

**Prep Time:** 20 minutes

**Cook Time:** 15 minutes (For the eggs)

**Source:** [chopchopfamily.org, recipe/our-favorite-egg-salad](http://chopchopfamily.org/recipe/our-favorite-egg-salad)

## Ingredients

- 2 tablespoons plain Greek yogurt
- 1 tablespoon olive oil
- 1 teaspoon mustard (any kind you like)
- 1/2 teaspoon salt
- 1 celery stalk, chopped
- 4 large eggs, hard-cooked and peeled

## Directions

1. Put the yogurt, olive oil, mustard, herbs, and salt in the bowl and mix well.
2. Add the celery and mix well.
3. Cut the eggs in half lengthwise and then cut them back and forth a few more times (they don't need to be evenly cut and they don't need to be cut into tiny pieces).
4. Add the eggs to the bowl and, using the fork or spoon, mix well. Now taste the egg salad. Does it need a pinch more salt? If so, add it and taste again.



## Small Changes, BIG Difference!



## Nutrition Information

Serving Size: 1/2 cup

Nutrients	Amount
Calories:	110
Total Fat:	8.7 g
Saturated Fat:	2.1 g
Cholesterol:	186 mg
Sodium:	367 mg
Total Carbohydrates:	1 g
Dietary Fiber:	0.2 g
Total Sugars:	0.7 g
Added Sugars:	0 g
Protein	7.3 g

## Utensils Needed

- Cutting board
- Sharp knife
- Measuring spoons
- Small bowl
- Fork or spoon, for mixing

# SHOPPING LIST

Average total cost without oil and seasonings: \$3.46

Average cost/serving: \$.87

Recipe makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

## Ingredients



Add 1 to Cart  
Nonfat Plain Greek Yogurt,  
5.3 oz container



Add 1 to Cart  
Large Eggs, 12 count



Add 1 to Cart  
Fresh Celery

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Storage Tips

- Serve right away, or cover and refrigerate up to 1 day.

### Cooking Tips

- Not sure what to do with the extra eggs?  
Check out [snapedny.org](http://snapedny.org) where you will find many different egg recipes such as, baked kale frittata, or even a healthy breakfast burrito.
- Or use the extra eggs for pancakes and muffins!
- Celery goes great in any soup, or even any type of salad such as a chicken salad, fresh garden salad, or even a pasta salad!



# Garbanzo Bonanza Salad

Garbanzo beans add just the right sturdy texture to pair with the crunchy and juicy ingredients in this salad.

**Makes:** 4 Servings

**Prep Time:** 20 minutes  
**Chill Time:** 1 or more hours

**Source:** [chopchopfamily.org, recipe/ garbanzo-bonanza-salad](http://chopchopfamily.org/recipe/garbanzo-bonanza-salad)

## Ingredients

- 1 (15-ounce) can garbanzo beans (chickpeas), drained and rinsed with cold water
- 1 small cucumber, diced (about 1 cup)
- 1 cup cherry or grape tomatoes, halved
- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar or fresh lemon juice
- 1 teaspoon dried oregano
- 1/2 teaspoon salt

## Optional Ingredients

- Feta Cheese
- Black Olives

## Directions

1. Put all the ingredients in the bowl and stir well. Now taste the salad. Does it need more vinegar or lemon juice or a pinch more salt? If so, add it and taste again.
2. Refrigerate for 1-24 hours to allow flavors to blend before serving.



## Small Changes, BIG Difference!



## Nutrition Information

Serving Size: 1 Cup

Nutrients	Amount
Calories:	459
Total Fat:	13.6 g
Saturated Fat:	1.7 g
Cholesterol:	0 mg
Sodium:	319 mg
Total Carbohydrates:	67 g
Dietary Fiber:	19.3 g
Total Sugars:	12.9 g
Added Sugars:	0 g
Protein	21.1 g

## Utensils Needed

- Cutting board
- Sharp knife
- Can opener
- Colander or strainer
- Medium-sized bowl
- Measuring cup
- Measuring spoons
- Large spoon



# SHOPPING LIST

Average total cost without oil and seasonings: \$3.34

Average cost/serving: \$.84

Recipe makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

## Ingredients



Add 1 to Cart  
Fresh Grape Tomatoes, 10 oz.



Add 1 to Cart  
Cucumber



Add 1 to Cart  
Chick Peas (15.5 oz. can)

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Storage Tips

- Cover and refrigerate at least 1 hour and up to overnight to let the flavors blend.

### Cooking Tips

- This salad would be a great addition with onions and peppers!
- Extra tomatoes and cucumbers can be used to make a fresh garden salsa or to top a fresh garden salad.

# Mexican Chicken Salad

This Mexican chicken salad is jam packed with fresh, vibrant flavors, big, creamy chunks of avocado and leftover chicken.

Makes: 4 servings

Prep Time: 30 minutes

Source: [chopchopfamily.org, recipe/ mexican-chicken-salad](http://chopchopfamily.org/recipe/mexican-chicken-salad)

## Ingredients

- 2 cups leftover diced or shredded chicken (2–3 pieces, depending on the size)
- 2 medium tomatoes, diced (about 1 1/2 cups)
- 2 ripe avocados, peeled, pitted, and diced (about 2 1/2 cups)
- 1 cup corn kernels, either frozen and thawed or cut from a leftover boiled, steamed, or grilled cob
- 2 scallions, greens and whites, chopped or 2 tablespoons chopped red onion
- 3 tablespoons olive oil
- 2 tablespoons fresh lime juice
- Salt and black pepper to taste

## Directions

1. Put all the ingredients in the bowl and mix gently.
2. Add salt and pepper to taste.



Small Changes,  
BIG Difference!



## Nutrition Information

Serving Size: 1 cup

Nutrients	Amount
Calories:	430
Total Fat:	32.5g
Saturated Fat:	6.3 g
Cholesterol:	54 mg
Sodium:	55 mg
Total Carbohydrates:	15.3g
Dietary Fiber:	8.1 g
Total Sugars:	2.9g
Added Sugars:	0 g
Protein	23.3 g

## Utensils Needed

- Cutting board
- Sharp knife
- Measuring cup
- 2 forks, for shredding chicken
- Measuring spoons
- Large bowl
- Spoon

# SHOPPING LIST

Average total cost without oil and seasonings: \$10.23

Average cost/serving: \$2.56

Recipe makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

## Ingredients



Add 1 to Cart  
Lime Juice (4.5 fl. oz.)



Add 1 to Cart  
Fresh Tomatoes (3 pk.)



Add 1 to Cart  
Fresh Green Onions (bunch)



Add 1 to Cart  
Frozen Corn (10 oz.)



Add 2 to Cart  
Fresh Avocado



Add 1 to Cart  
Fresh or Frozen Chicken  
(about 1 LB.)

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Storage Tips

- Serve right away, or cover and refrigerate up to 2 hours.

### Cooking Tips

- Extra corn goes nicely any salsa or even a chili such as these [snapedny.org](http://snapedny.org) recipes:
  - Cowboy Caviar Bean Salad
  - Vegetarian Chili
- Green onions are a nice topping for many dishes that adds a great presentation to the plate and delicious flavor!
- Lime juice is a great flavor booster that can be added to salsas or even desserts!

# Green and White Bean Salad

With its tender beans and tangy dressing, this is the perfect side dish for your picnic! Or, stir in a drained can of tuna and make it a main dish.

Makes: 4 servings

Prep Time: 30 minutes

Source: [cchopchopfamily.org](http://cchopchopfamily.org), [recipe/ green-and-white-bean-salad](http://cchopchopfamily.org/recipe/green-and-white-bean-salad)

## Ingredients

- 2 cups fresh green beans, the stem ends trimmed off, chopped into 1-inch pieces
- 1- 15 oz can, white beans, drained and rinsed
- 1 cup cherry or grape tomatoes, halved
- 1 celery stalk, thinly sliced
- 1/3 cup Creamy Vinaigrette

## Directions

1. Put all the ingredients in the bowl and mix gently. Taste a bean. Does the salad need more dressing or a pinch of salt? If so, add it and taste again.

## Utensils Needed

- Cutting board
- Sharp knife
- Can opener
- Colander or strainer
- Medium-sized bowl
- Measuring cup
- Large spoon



## Small Changes, BIG Difference!



### Nutrition Information

Serving Size: 1 1/3 cup

Nutrients	Amount
Calories:	139
Total Fat:	0.2 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	57 mg
Total Carbohydrates:	26.3 g
Dietary Fiber:	10.8g
Total Sugars:	4.9 g
Added Sugars:	0 g
Protein	8 g



# SHOPPING LIST

Average total cost without oil and seasonings: \$6.84

Average cost/serving: \$1.71

Recipe makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

## Ingredients



Add 1 to Cart  
Fresh Celery



Add 1 to Cart  
Fresh Green Beans (.5 LB)



Add 1 to Cart  
Fresh Grape Tomatoes (10 oz)



Add 1 to Cart  
Creamy Italian Dressing (16 oz)



Add 1 to Cart  
Cannellini Beans (15 oz. can)

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Storage Tips

- Serve right away, or cover and refrigerate up to 1 day

### Cooking Tips

- Extra celery can be used in any soup or salad. Check out [snapedny.org](https://www.snapedny.org) to find recipe inspirations such as: <https://www.snapedny.org/2021/09/apple-salad/>
- With a few tomatoes left you can easily put them on a salad or make a quick batch of salsa!

# Tropical Smoothie

A whole orange goes into this refreshing drink, making it nice and thick. It's healthy enough to make a great grab-and-go breakfast and delicious enough to be an anytime treat.

**Makes:** 2 servings

**Prep Time:** 10 minutes

**Source:** chopchopfamily.org

## Ingredients

- $\frac{3}{4}$  cup plain yogurt
- 1 large overripe banana, sliced (and frozen, if possible)
- 1 orange, peeled and sectioned
- $\frac{1}{2}$  cup fresh, frozen, or canned pineapple chunks
- 2 ice cubes (if using non-frozen fruit)
- 1 tablespoon almond or peanut butter
- 1 tablespoon shredded unsweetened coconut

## Directions

1. Put all the ingredients in the blender.
2. Put the top on tightly. Turn on the blender to medium speed and blend until the mixture is smooth, 30-60 seconds.
3. Divide the smoothie equally between the two glasses and serve right away, or cover and refrigerate up to 4 hours.



## Small Changes, BIG Difference!



## Nutrition Information

Serving Size: 1/2 of recipe

Nutrients	Amount
<b>Calories:</b>	<b>240</b>
<b>Total Fat:</b>	<b>6.2 g</b>
Saturated Fat:	2.5 g
<b>Cholesterol:</b>	<b>6 mg</b>
<b>Sodium:</b>	<b>102 mg</b>
<b>Total Carbohydrates:</b>	<b>38.8 g</b>
Dietary Fiber:	5.9 g
<b>Total Sugars:</b>	<b>30.3 g</b>
Added Sugars:	0 g
<b>Protein</b>	<b>9.2 g</b>

## Utensils Needed

- Cutting board
- Table knife
- Measuring cup
- Measuring spoons
- Blender
- 2 glasses

# SHOPPING LIST

Average total cost without oil and seasonings: \$9.21

Average cost/serving: \$4.61

Recipe makes: 2 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

## Ingredients



Add 1 to Cart  
Plain, Low-fat yogurt (6oz)



Add 1 to Cart  
Large banana



Add 1 to Cart  
Orange



Add 1 to Cart  
Pineapple chunks in 100%  
juice (20 oz can)



Add 1 to Cart  
Peanut butter (no sugar  
added)



Add 1 to Cart  
Unsweetened shredded  
coconut

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Waste Less, Save More

- Buy in bulk and/or use leftover ingredients in other dishes to save money. Try these recipes from [snapedny.org](http://snapedny.org) for the following ingredients.
- Peanut Butter:
  - Loaded Apple Slices
  - West African Peanut Soup
- Pineapple:
  - Fruit Pizza
  - Tropical Overnight Oats

# Mashed Avocado Toast

A ripe avocado is as easy to mash as butter! And it's rich, yummy, and filling — the perfect topper for a piece of toast. This makes a good breakfast, lunch, or snack.

Makes: 2 servings

Prep/Cook Time: 10 minutes

Source: [chopchopfamily.org](http://chopchopfamily.org)

## Ingredients

- 2 slices whole-wheat or whole-grain bread, lightly toasted
- 1/2 ripe avocado, peeled, pitted, and sliced
- Lemon or lime wedges
- pinch salt

## Directions

1. Put the toast on a plate or countertop and top each piece with half the avocado slices.
2. Use the fork to gently mash them.
3. Sprinkle with a pinch of salt and squeeze a lemon or lime wedge over each slice. Serve right away.



**Small Changes,  
BIG Difference!**



## Nutrition Information

Serving Size: 1/2 of recipe

Nutrients	Amount
Calories:	172
Total Fat:	10.7 g
Saturated Fat:	2.3 g
Cholesterol:	0 mg
Sodium:	135 mg
Total Carbohydrates:	15.9 g
Dietary Fiber:	5.3 g
Total Sugars:	1.8 g
Added Sugars:	0 g
Protein	4.6 g

## Utensils Needed

- Cutting board
- Sharp knife
- Fork
- Butter knife



# SHOPPING LIST

Average total cost without oil and seasonings: \$6.09

Average cost/serving: \$3.05

Recipe makes: 2 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

## Ingredients



Add 1 to Cart  
Whole Grain Bread (1 loaf)



Add 1 to Cart  
Ripe avocado



Add 1 to Cart  
Lemon

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Waste Less, Save More

- Buy in bulk and/or use leftover ingredients in other dishes to save money. Try these recipes from [snapedny.org](http://snapedny.org) for the following ingredients.
- Avocado:
  - Guacamole
  - Mexican Chicken Salad
- Whole Grain Bread:
  - Tomato Bruschetta
  - Fantastic French Toast