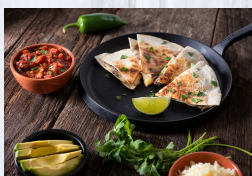


KIDS IN THE KITCHEN, VARIETY PACK MEAL KIT



This meal kit will have your kids prepping and trying a variety of new flavors and textures all while getting the nutrition they need!

- Recipes: 14
- Servings: 69
- Avg Cost Per Servings: \$1.89



Banana Oat Pancakes

Oats are an extremely easy and affordable grain. Adding oats to your pancakes provides a texture element that many people love!

Makes: 4 servings
Prep Time: 20 minutes
Cook Time: 10 minutes

Source: [commonthreads.org, recipe/ banana-oats-pancakes](http://commonthreads.org/recipe/banana-oats-pancakes)

Ingredients

- 3/4 cup all-purpose flour
- 3/4 cup oats
- 1 teaspoon baking powder
- 1 tablespoon sugar
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 2 bananas, mashed
- 1 tablespoon canola oil (or your choice of oil)
- 1 teaspoon vanilla
- 1 egg
- 1/2 cup low-fat milk

Directions

1. Mash 2 bananas and, measure out all your ingredients.
2. Mix together flour, oats, baking powder, sugar, cinnamon and salt into a large bowl.
3. In another bowl, combine mashed bananas, oil, vanilla, egg, and milk. Mix well.
4. Next, use a spoon and mix the dry ingredients into the wet ingredients. Stir until well mixed.
5. Let pancake mixture sit in the fridge for 15 minutes.
6. Remove pancake mixture from the fridge and heat a pan on medium heat
7. Once the pan is hot, scoop batter into large circles in the center of the pan.
8. When the edges of the pancake begin to bubble, use a spatula to carefully flip the pancake over.
9. Cook pancake until lightly golden brown on both sides. Be careful not to burn. If your pancakes begin to burn, your pan is too hot.



Small Changes, BIG Difference!

Click image to watch the recipe video
or visit snapedny.org



Nutrition Information

Serving Size: 1 Pancake

Nutrients	Amount
Calories:	272
Total Fat:	6.3g
Saturated Fat:	1.1 g
Cholesterol:	42 mg
Sodium:	179 mg
Total Carbohydrates:	47.3 g
Dietary Fiber:	3.9 g
Total Sugars:	12.2g
Added Sugars:	12.2g
Protein	7.5 g

Utensils Needed

- Large Bowl
- Fork
- Spoon
- Medium Bowl
- Spatula
- Large Frying Pan
- Measuring Cups
- Measuring Spoons

SHOPPING LIST











Average total cost without oil and seasonings: \$5.71

Average cost/serving: \$1.43

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 1% Milk (Half gallon)			Add 1 to Cart Baking Powder (8.1 oz.)
		Add 1 to Cart Large Eggs (12 count)			Add 1 to Cart Quick Oats (16 oz.)
		Add 2 to Cart Fresh Bananas			

SAVE TIME, SAVE MONEY

My Cooking Notes

Storage Tips

- Leftover pancakes can be frozen to use for another meal!
- Or refrigerate leftovers within 2 hours.

Cooking Tips

- Leftover milk and eggs can be used to make a nice egg dish such as vegetable quiche or even a frittata. Check out <https://www.snapedny.org/> for more recipe inspiration!
- With the leftover oats try to start your day the whole grain way with hot oatmeal topped with some fresh fruit!

Chicken Vegetable No-Crust Quiche

Eggs are a very high quality protein that provide us with many different nutrients and protein to fuel our bodies!

Makes: 4 servings
Prep Time: 10 minutes
Cook Time: 40 minutes

Source: [commonthreads.org, recipe/ chicken-and-veggie-crust-less-quiche](http://commonthreads.org/recipe/chicken-and-veggie-crust-less-quiche)

Ingredients

- 5 ounces broccoli, chopped, (frozen or 1/2 head fresh broccoli, about 2/3 cup)
- 1/2 onion, diced (about 1 cup)
- 1 boneless skinless chicken breast, cooked and shredded (about 1 cup)
- 1/3 cup cheddar cheese, shredded, (low-fat)
- 6 eggs, large
- 1 clove garlic, minced (about 1 teaspoon)
- Nonstick cooking spray

Directions

1. Thaw and chop broccoli, dice the onion, mince the garlic, and cook the chicken. In a separate bowl, crack and beat the eggs until well mixed.
2. Preheat the oven to 350 F. Spray a baking dish with nonstick cooking spray
3. Transfer veggies and chicken to a greased baking dish. Top with eggs and cheese.
4. Bake at 350 F for 30-40 minutes or until the top is lightly browned and a knife inserted in the center comes out clean. Let stand 5 minutes before cutting.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 Cup

Nutrients	Amount
Calories:	160
Total Fat:	8 g
Saturated Fat:	2.5 g
Cholesterol:	270 mg
Sodium:	200 mg
Total Carbohydrates:	4 g
Dietary Fiber:	1 g
Total Sugars:	1 g
Added Sugars:	0 g
Protein	18 g

Utensils Needed

- Cutting Board
- Knife
- Sauce Pan
- (2) Medium Bowls
- Mixing Spoon
- Baking Dish
- Measuring Cups

SHOPPING LIST

Average total cost without oil and seasonings: \$10.18

Average cost/serving: \$2.55

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
Large Eggs, 12 count



Add 1 to Cart
Broccoli (Frozen or fresh, 12 oz)



Add 1 to Cart
Fresh Garlic Bulb



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



Add 1 to Cart
Fresh Onion



Add 1 to Cart
Boneless Skinless Chicken Breast (1-1.6 lbs)

SAVE TIME, SAVE MONEY

My Cooking Notes

Storage Tips

- Serve immediately. Refrigerate any leftovers within 2 hours.

Cooking Tips

- Extra eggs can be used in any cake, bread, muffin, or pancake. Check out snapedny.org for recipe inspiration!
- The extra cooked chicken can make a nice chicken salad such as the [Picnic Chicken Salad](#) on snapedny.org
- Extra garlic and onions go nicely in any soup, stew, or casserole to add extra flavor!

No-Bake Granola Bars

Home-made granola bars are healthier since you can reduce the added sugar and eliminate preservatives.

Makes: 6 servings
Prep Time: 10 minutes

Source: commonthreads.org, [recipe/ no-bake-granola-bars](http://commonthreads.org/recipe/no-bake-granola-bars)

Ingredients

- 1/2 cup nut butter or seed butter (almond butter used for nutrient analysis)
- 2 teaspoons honey
- 1 teaspoon cinnamon
- 1 cup oats
- 1 tablespoon sunflower seeds

Directions

1. Measure out all the ingredients.
2. In a bowl mix together nut butter or seed butter, honey, cinnamon, and oats.
3. Press mixture into an 8 x 8 baking dish
4. If desired, add toppings such as nuts, seeds, or dried fruit!
5. Refrigerate for easy slicing. Cut into 6 pieces for serving.



Small Changes, BIG Difference!



Nutrition Information

Serving Size: 1 Bar

Nutrients	Amount
Calories:	71
Total Fat:	1.9 g
Saturated Fat:	.2 g
Cholesterol:	0 mg
Sodium:	1 mg
Total Carbohydrates:	11.8 g
Dietary Fiber:	1.8 g
Total Sugars:	2.1 g
Added Sugars:	2.1 g
Protein	2.2 g

Utensils Needed

- Measuring Cups
- Measuring Spoons
- Medium Bowl
- Mixing Spoon
- 8 x 8 Baking Dish

SHOPPING LIST

Average total cost without oil and seasonings: \$12.08

Average cost/serving: \$2.01

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
Honey (12 oz.)



Add 1 to Cart
Almond Butter (12 oz.)



Add 1 to Cart
Quick Oats (16 oz.)



Add 1 to Cart
Sunflower Seeds (16 oz.)

SAVE TIME, SAVE MONEY

My Cooking Notes

Storage Tips

- Place in refrigerator for 1 hour before serving.

Cooking Tips

- Want to switch up your breakfast routine? Try overnight oats. Check out snapedny.org for an Overnight Oat recipe and more recipe ideas that are quick and easy!
- Almond butter or any nut butter can be used in place of peanut butter in any recipe!
- Sunflower seeds go nicely on a fresh garden salad or in any homemade trail mix!

Mixed Veggies with Eggs

Eggs are a complete protein, having just the right amount of essential amino acids needed to help build tissue and they are reasonably priced at the store!

Makes: 4 servings
Prep Time: 10 minutes
Cook Time: 15 minutes

Source: [commonthreads.org, recipe/ mixed-vegetables-w-eggs](http://commonthreads.org/recipe/mixed-vegetables-w-eggs)

Ingredients

- 1 Tablespoon olive oil
- 1 Small bag frozen mixed vegetables, thawed (about 12 ounce bag)
- 1 Cup spinach (fresh or frozen)
- 4 large eggs
- 6 scallions (about 3/4 cup)
- Salt to taste

Directions

1. Thaw the bag of frozen vegetables.
2. Wash and dry produce.
3. Coarsely chop the white and green parts of the scallions.
4. Measure out the ingredients.
5. In a sauté pan, heat the oil and sauté the vegetables until fully thawed. Add the spinach and cook just until wilted.
6. In a bowl, beat the eggs lightly and pour over the vegetable mixture. Sprinkle with scallions.
7. Cook over moderate heat until the eggs have set.



**Small Changes,
BIG Difference!**



Nutrition Information

Serving Size: 1/4 of the recipe

Nutrients	Amount
Calories:	160
Total Fat:	8.5 g
Saturated Fat:	2.1 g
Cholesterol:	186 mg
Sodium:	120 mg
Total Carbohydrates:	13.3 g
Dietary Fiber:	4.8 g
Total Sugars:	3.9 g
Added Sugars:	0 g
Protein	8.9 g

Utensils Needed

- Knife
- Cutting Board
- Measuring Cups
- Measuring Spoons
- Sauté Pan
- Mixing Spoon
- Medium Sized Bowl
- Whisk or a Fork

SHOPPING LIST

Average total cost without oil and seasonings: \$4.13

Average cost/serving: \$1.03

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
Large Eggs (12 count)



Add 1 to Cart
Frozen Spinach (10 ounce bag)



Add 1 to Cart
Fresh Scallions (Bunch)



Add 1 to Cart
Frozen Mixed Vegetables (12 ounce bag)

SAVE TIME, SAVE MONEY

My Cooking Notes

Storage Tips

- Refrigerator within two hours after serving.

Cooking Tips

- Extra eggs can be used in any muffin, bread, or pancake.
- Frozen spinach can go nicely into any soup such as: Barley Lentil Soup. For this recipe and more inspirational recipes, check out www.snapedny.org.

Green and Bean Quesadilla

This creamy, colorful quesadilla will leave you feeling completely satisfied with all of the brilliant flavors.

Makes: 2 servings

Prep Time: 10 minutes

Cook Time: 10 minutes

Source: www.chopchopfamily.org

Ingredients

- 2 whole-grain tortillas
- 1 bunch fresh spinach leaves, enough to cover the tortilla, about 1 cup
- 1/2 cup canned dark red kidney beans, drained and mashed
- 2/3 cup shredded monterey jack or cheddar cheese
- 1/2 ripe avocado, peeled and pit removed (optional)

Directions

1. Put one tortilla on the plate and cover with the spinach leaves.
2. Top the spinach leaves with the mashed beans.
3. Top the beans with the cheese.
4. If you like avocado, put a few slices on top of the cheese.
5. Put the other tortilla on top of the avocado, gently pressing it down so the top half sticks. (Don't pat it down too much or the insides will squish out!)
6. Put the plate in the microwave and heat until the cheese melts, about 45 seconds. Or place a nonstick skillet over medium heat until it's hot, then place the tortilla in the skillet. Cook until golden brown, about 1-2 minutes on each side.
7. Set aside to cool a little bit: The spinach and cheese will be extremely hot!
8. Cut the quesadilla into 8 triangles. Serve with salsa if desired.



Small Changes, BIG Difference!



Nutrition Information

Serving Size: 1/2 Quesadilla

Nutrients	Amount
Calories:	376
Total Fat:	26 g
Saturated Fat:	11 g
Cholesterol:	45 mg
Sodium:	620 mg
Total Carbohydrates:	24 g
Dietary Fiber:	14 g
Total Sugars:	1 g
Added Sugars:	0 g
Protein	17 g

Utensils Needed

- Cutting board
- Sharp knife
- Measuring cups
- Fork
- Large plate
- Microwave or nonstick skillet
- Bowl

SHOPPING LIST

Average total cost without oil and seasonings: \$8.19

Average cost/serving: \$4.10

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
Fresh Avocado



Add 1 to Cart
Kidney Beans (15.5 oz. can)



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



Add 1 to Cart
Whole Wheat Tortillas (10 ct.)



Add 1 to Cart
Fresh Spinach (10 oz.)

SAVE TIME, SAVE MONEY

My Cooking Notes

Storage Tips

- Serve immediately. Refrigerate any leftovers within 2 hours.

Cooking Tips

- Mashing avocado for a sandwich is a great way to add healthy fats into your day!
- Kidney beans go nicely into a minestrone soup, chili, baked beans and many more ideas. To find more ideas and recipe inspiration, go to www.snapedny.org.
- Spinach is a great dark green vegetable that added into sandwiches, wraps, soups, quiches and so much more!
- Cheese is a great addition to any meal, while in moderation!

Black Bean and Rice Salad

Full of protein, fiber, and flavor, this salad works well as a side dish or stands alone as a main dish. It can also be made ahead of time and refrigerated.

Makes: 3 servings
Prep Time: 1 hour, 20 minutes

Source: myplate.gov

Ingredients

- 1/2 cup onion (chopped)
- 1/2 cup bell pepper (green or red, chopped)
- 1 cup brown rice (or white rice, cooked and cooled)
- 1 can low-sodium black beans (15 ounce, drained and rinsed)
- 1/4 cup rice vinegar (or white wine vinegar or lemon juice)
- 1/2 teaspoon mustard powder (optional)
- 1 clove garlic (chopped, or 1/2 teaspoon garlic powder)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons vegetable oil

Directions

1. Wash hands with soap and water.
2. In a mixing bowl, stir together onion, red or green pepper, rice and beans.
3. In a jar with a tight fitting lid, add vinegar, dry mustard, garlic, salt, pepper and vegetable oil. Shake until dressing is evenly mixed.
4. Pour dressing over bean mixture and stir to mix evenly. Chill for at least one hour. Serve cold as a side dish or main dish.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 cup

Nutrients	Amount
Calories:	520
Total Fat:	12 g
Saturated Fat:	2 g
Cholesterol:	0 mg
Sodium:	688 mg
Total Carbohydrates:	87 g
Dietary Fiber:	17 g
Total Sugars:	3 g
Added Sugars:	0 g
Protein	18 g

Utensils Needed

- Can opener
- Measuring cups
- Measuring spoons
- Cutting board
- Sharp knife
- Mixing bowl
- Colander
- Jar with tight fitting lid

SHOPPING LIST

SAVE TIME, SAVE MONEY

Average total cost without oil and seasonings: \$6.07

Average cost/serving: \$2.02

Recipe makes: 3 servings (1 cup each)

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
Bell Pepper (green or red)



Add 1 to Cart
Garlic



Add 1 to Cart
Brown Rice



Add 1 to Cart
Can Black Beans (15 ounce)



Add 1 to Cart
Onion

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes:

- Freeze leftover cut up onion and bell peppers for use in other meals (make sure they are dry first).
- Use dry beans in place of canned beans to save money.
- Read the nutrition facts label to look for black beans that are lower in sodium when choosing canned. Make sure to drain and rinse your canned beans.

Brussel Sprouts, Apple and Sweet Potato Hash

Brussel sprouts are packed with immunity-boosting vitamin C and cancer-fighting agents!

Makes: 6 servings
Prep Time: 20 minutes
Cook Time: 50 minutes

Source: commonthreads.org

Ingredients

- 1 large sweet potato (about 1 cup)
- Nonstick spray
- 2 Tablespoons olive oil
- 1/2 Pound brussels sprouts (about 1/2 cup)
- ½ Medium onion (about 1 cup)
- 1/2 Cup celery
- 1 Tablespoon fresh thyme (or 1 teaspoon of dried thyme)
- 1 Red apple (about 1 1/3 cup)
- Salt and pepper to taste

Directions

1. Preheat oven to 425°F and line the baking tray with aluminum foil to make clean-up easier.
2. Peel and dice the sweet potato into small cubes.
3. Spray the foil covered baking tray with oil and spread the sweet potato evenly over the tray.
4. Drizzle with 1/2 tablespoon of olive oil. Roast for 20 minutes or until tender. Remove from the oven and set aside.
5. Meanwhile, slice the brussels sprouts into 1/4 inch rounds and dice onion and celery into small pieces. Remove the thyme from its stem and chop.
6. Heat 1 tablespoon olive oil in a sauté pan over high heat and add brussels sprouts. Stir occasionally until caramelized.
7. Reduce the heat to medium low heat and add the onion. Cook slowly for 8 minutes and add the celery and continue cooking for another 6 minutes until onion is caramelized. As these ingredients cook, grate the apple.
8. Increase heat to high and add sweet potatoes, grated apple and thyme. Season with salt and pepper and continue cooking for 3 to 4 minutes until heated thoroughly.



Small Changes,
BIG Difference!



Utensils Needed

- Baking Tray
- Cutting Board
- Knife
- Measuring Cups
- Measuring Spoons
- Mixing Spoon
- Sauté Pan
- Grater

SHOPPING LIST

Average total cost without oil and seasonings: \$6.84

Average cost/serving: \$1.14

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
Fresh Apple



Add 1 to Cart
Brussel Sprouts (Frozen or
fresh, 12 ounce bag)



Add 1 to Cart
Fresh Celery Bunch



Add 1 to Cart
Fresh Thyme (.75 ounce)



Add 1 to Cart
Fresh Sweet Potatoes



Add 1 to Cart
Fresh Onion

SAVE TIME, SAVE MONEY

Storage Tips

- Serve hot immediately and enjoy!
- Refrigerate leftovers within 2 hours.

Cooking Tips

- Looking to add more to this meal? You can add quinoa or brown rice to get a whole grain into this dish!
- Celery goes nicely into salads, stir-fry, soups, and any casseroles!
- Extra sweet potatoes can be used or cut into fries for another meal!
- Or better yet, try Lentil Minestrone Soup found on www.snapedny.org. You can also find many other recipe inspirations here!

Nutrition Information

Serving Size: 1/6 of the recipe

Nutrients	Amount
Calories:	109
Total Fat:	5 g
Saturated Fat:	0.7 g
Cholesterol:	0 mg
Sodium:	78 mg
Total Carbohydrates:	16.2g
Dietary Fiber:	3.8 g
Total Sugars:	7.2 g
Added Sugars:	0 g
Protein	2.2 g

My Cooking Notes

Lemon Chicken

This protein-packed and refreshing recipe is simple and easy with just two main ingredients: lemon and chicken!

Makes: 4 servings

Prep Time: 10 minutes

Cook Time: 20 minutes

Source: commonthreads.org recipe - lemon chicken

Ingredients

- 1 tablespoon oil
- 2 pounds boneless, skinless chicken breasts
- 1 lemon
- Salt to taste
- Pepper to taste

Directions

1. Preheat oven to 375 F. Line a baking pan with foil for easy clean-up
2. Slice the chicken into 8 pieces. Slice the lemon into 8 rounds.
3. Place the chicken in the prepared baking pan. Drizzle oil over the top. Season with salt and pepper and top each piece of chicken with a slice of lemon.
4. Bake for 20 minutes or until cooked through. Minimum temperature should be 165 F.
5. Remove from the oven and let cool in pan for 5-10 minutes.
6. Serve and enjoy!



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 2 pieces (245 g)

Nutrients	Amount
Calories:	310
Total Fat:	9 g
Saturated Fat:	1.5 g
Cholesterol:	165 mg
Sodium:	100 mg
Total Carbohydrates:	1 g
Dietary Fiber:	1 g
Total Sugars:	1 g
Added Sugars:	0 g
Protein	51 g

Utensils Needed

- Baking pan
- Foil
- Sharp knife
- Cutting board
- Oven

SHOPPING LIST

Average total cost without oil and seasonings: \$10.58

Average cost/serving: \$2.64

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.

Ingredients



Add 2 to Cart
1 pound boneless chicken
breasts



Add 1 to Cart
lemon, 1 ct

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- Serve your chicken on a bed of brown rice and your favorite steamed vegetables to make a complete heart-healthy meal!

Turkey Chili

Try this recipe for a tasty, healthy meal in less time.

Makes: 8 servings

Prep Time: 10 minutes

Cook Time: 5-8 hours (in a slow cooker)

Source:

https://health.gov/sites/default/files/2019-09/DGA_Workshops_Complete.pdf

Ingredients

- 1¼ pounds lean ground turkey
- 1 (15-oz.) can low-sodium black beans, rinsed and drained
- 1 large onion, chopped
- 1 (8-oz.) can no-salt added tomato sauce
- 1 garlic clove, minced
- 1 green bell pepper, chopped
- 1 (28-oz.) can low-sodium crushed tomatoes
- 1 (1.25-oz.) package low-sodium chili seasoning mix
- 1½ cups frozen corn kernels
- ½ teaspoon salt
- 1 red bell pepper, chopped

Toppings:

- fat-free or reduced fat shredded cheese
- finely chopped red onion

Directions

1. Cook first 3 ingredients in a large skillet over medium-high heat, stirring until turkey crumbles and is no longer pink; drain.
2. Spoon mixture into a slow cooker; stir in corn and next 7 ingredients until well blended.
3. Cook at HIGH 4 to 5 hours or at LOW 6 to 8 hours.
4. Serve with desired toppings.



Small Changes, BIG Difference!

Click image to watch the recipe video
or visit snapedny.org



Nutrition Information

Serving Size: 1 cup

Nutrients	Amount
Calories:	431
Total Fat:	12.2g
Saturated Fat:	3.6g
Cholesterol:	111mg
Sodium:	445mg
Total Carbohydrates:	42.8g
Dietary Fiber:	9.6g
Total Sugars:	10.8g
Added Sugars:	0g
Protein	40g

Utensils Needed

- knife
- cutting board
- bowls
- spoons
- measuring cups
- container with lid

SHOPPING LIST

Average total cost without oil and seasonings: \$16.66

Average cost/serving: \$2.77

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.

Ingredients



Add 1 to Cart
1 1/4 pounds lean ground turkey



Add 1 to Cart
15 oz. can low-sodium black beans



Add 1 to Cart
Large onion



Add 1 to Cart
8 oz. can no-salt added tomato sauce



Add 1 to Cart
Garlic



Add 1 to Cart
Green bell pepper



Add 1 to Cart
28 oz. can low-sodium crushed tomatoes



Add 1 to Cart
1.25 oz. package low-sodium chili seasoning mix



Add 1 to Cart
Frozen corn kernels



Add 1 to Cart
Red bell pepper

SAVE TIME, SAVE MONEY

Chef's Notes

- Fill a few bell peppers with the chili and bake, in order to make easy stuffed peppers.
- Make an easy casserole by combining cooked whole wheat pasta shells with chili.
- Make a quick and easy taco salad by topping lettuce with chili, diced tomatoes, and shredded cheese.
- Read the Nutrition Facts label to look for crushed tomatoes and chili seasoning mixes that are lower in sodium.

***For tips on using a slow cooker, visit:**

https://health.gov/sites/default/files/2019-09/DGA_Workshops_Complete.pdf

My Cooking Notes

Fried Rice with Chicken

This fried rice with chicken recipe is a healthier alternative to the takeout classic, but tastes just as delicious!

Makes: 6 servings
Prep Time: 35 minutes
Cook Time: 30 minutes

Source: CommonThreads.org, Fried Rice

Ingredients

- 1 cup brown rice
- 2 cups water
- 1 teaspoon salt
- 2 Tablespoons + ½ teaspoon olive oil
- 2 chicken breasts, diced into 1 inch cubes
- 1 red bell pepper, chopped into 1/2 inch cubes
- 1 large carrot, peeled and julienned
- 1 bunch scallions, chopped
- 2 cloves garlic, minced
- ¼ cup soy sauce
- 2 cups spinach (or other greens)
- 1 egg
- Salt and pepper, to taste

Directions

1. Combine 1 cup of brown rice with 2 cups of water in a large pot. Place the large pot on the stove over medium-high heat and allow it to boil. Once at a boil, add 1 teaspoon salt, reduce simmer and let cook for 40 minutes until rice has absorbed the water. Remove from heat, fluff with a fork, and set aside.
2. Add 2 Tablespoons olive oil to sauté pan using medium heat, add diced chicken, season with salt and pepper, cook until golden brown, no pink in the middle and juices run clear (If using meat thermometer cook to internal temperature of 165F). Then add diced red bell pepper, julienned carrots, and chopped scallions to the sauté pan. Sauté for 2-3 minutes and then add minced garlic, cooking until vegetables are tender and fragrant. Be sure to not burn your garlic, reduce heat if necessary.
3. Add the cooked rice to the sauté pan with the vegetables and chicken. Mix thoroughly and then add soy sauce and spinach. Cook until the spinach is wilted.
4. Clear a space in the middle of the pan once all ingredients have been added by moving ingredients to the perimeter of the pan. Add 1/2 teaspoon of olive oil into the cleared space and quickly add egg to scramble. Stir and combine scrambled egg into the fried rice mixture.



Small Changes,
BIG Difference!



Utensils Needed

- Cutting board
- Sharp knife
- Measuring cups
- Measuring spoons
- Peeler
- Large pot
- Sauté pan
- Spatula or spoon
- Fork

SHOPPING LIST

Average total cost without oil and seasonings: \$14.23

Average cost/serving: \$2.37

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
Brown Rice (16 oz.)



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



Add 1 to Cart
Chicken Breasts



Add 1 to Cart
Red Bell Pepper



Add 1 to Cart
Eggs (1/2 dozen)



Add 1 to Cart
Carrots (1 lb. bag)



Add 1 to Cart
Garlic (bulb)



Add 1 to Cart
Spinach (10 oz.)



Add 1 to Cart
Soy Sauce (15 fl. oz.)

SAVE TIME, SAVE MONEY

Preparation Tips

- This recipe is flexible and can be used with any variety of vegetables you have on hand.
- Have leftover cooked chicken on hand instead of raw? Simply add chopped, cooked chicken in with the chopped veggies (in place of cooking the chicken in step 2) for a faster utilizing what you have on hand!

Nutrition Information

Serving Size: 1/6 of recipe

Nutrients	Amount
Calories:	216
Total Fat:	5 g
Saturated Fat:	1 g
Cholesterol:	55 mg
Sodium:	444 mg
Total Carbohydrates:	29 g
Dietary Fiber:	2 g
Total Sugars:	2 g
Protein	14 g

My Cooking Notes

Quinoa and Carrot Salad

Quinoa is a plant based protein that provides all the essential amino acids.

Makes: 6 servings
Prep Time: 15 minutes
Cook Time: 15 minutes

Source: [commonthreads.org, recipe/ quinoa-and-carrot-salad](https://commonthreads.org/recipe/quinoa-and-carrot-salad)

Ingredients

- 2 carrots (about 1 cup)
- 1 scallion (about 2 Tablespoons)
- 1 lemon
- 1 Tablespoon fresh ginger (or 1/4 teaspoon ground ginger)
- 1 Cup quinoa (any kind)
- 1 Cup low-sodium vegetable broth (or other desired broth)
- 1 Cup water
- 1/2 teaspoon cinnamon
- 1/2 teaspoon cumin
- 1 Cup peas (fresh, or frozen)
- Salt and pepper to taste
- 2 Tablespoons olive oil

Directions

1. Wash and dry the carrots, scallion, and lemon.
2. Peel and grate carrots, and finely chop the scallion.
3. Slice the lemon in half and squeeze the juice into a small bowl.
4. Peel and mince ginger.
5. Rinse quinoa until water runs clear. Then cook according to instructions on the package.
6. Measure out the ingredients.
7. In a large bowl, add quinoa, carrots, and scallions.
8. Mix in ginger, carrots, scallion, and peas.
9. In a small bowl, whisk together lemon juice and oil.
10. Season with salt and pepper and toss with salad.



Small Changes, BIG Difference!



Nutrition Information

Serving Size: 1/6 of the recipe

Nutrients	Amount
Calories:	200
Total Fat:	6 g
Saturated Fat:	1 g
Cholesterol:	0 mg
Sodium:	45 mg
Total Carbohydrates:	30 g
Dietary Fiber:	5 g
Total Sugars:	4 g
Added Sugars:	0 g
Protein	6 g

Utensils Needed

- Knife
- Cutting Board
- Grater
- Sauce Pan
- Mixing Spoon
- Large Bowl
- Small Bowl
- Measuring cups
- Measuring Spoons

SHOPPING LIST

Average total cost without oil and seasonings: \$8.27

Average cost/serving: \$1.38

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
Fresh Lemon



Add 1 to Cart
Frozen Peas (12 ounces)



Add 1 to Cart
Fresh Scallions (Bunch)



Add 1 to Cart
Quinoa (16 ounces)



Add 1 to Cart
Fresh Carrots (1 pound)



Add 1 to Cart
Low- Sodium Vegetable Broth
(32 ounces)

SAVE TIME, SAVE MONEY

My Cooking Notes

Storage Tips

- Chill before serving.

Cooking Tips

- Extra carrots make nice on the go snacks that can be put in snack sized bags for grab and go!
- Quinoa is a nice way to make many different kinds of grains bowls! Check out www.snapedny.org for a nice hearty whole grain bowl recipe!
- Broth can be used in any soup to add extra flavor!
- Scallions go nice in any soup, stew, or casserole!

Egyptian Red Lentil Soup

Lentils are common in Middle Eastern and Indian diets, and are popular in cuisines throughout the world. They are a good source of protein and fiber.

Makes: 6 servings

Prep Time: 10 minutes

Cook Time: 40 minutes

Source: Common Threads



Small Changes, BIG Difference!

Ingredients

- 2 carrots
- 1 sweet potato
- 1 medium tomato
- 1 medium onion
- 4 cups low sodium vegetable broth
- 1 cup lentils, red
- 2 cloves garlic
- 2 tablespoons cumin
- 1 tablespoon tomato paste

Directions

1. Wash and dry produce.
2. Measure out all ingredients.
3. Prepare veggies by dicing carrots, sweet potato, and tomato and cutting onion into quarters.
4. Place all ingredients in a large pot and bring to a boil. Once boiled, turn the heat to medium-low to simmer for about 20-25 minutes, allowing ingredients to soften.
5. Allow to cool for approximately 10 minutes and then carefully pour into a blender or food processor and blend until creamy.
6. Transfer back into the pot and bring to a boil. Dilute as desired with additional vegetable stock. Be sure to add more cumin seasoning if thinning out for more flavor.
7. Serve warm and enjoy!



Nutrition Information

Serving Size: 1/6 of recipe	
Nutrients	Amount
Calories:	250
Total Fat:	4%
Saturated Fat:	1.5%
Cholesterol:	50 mg
Sodium:	150 mg
Total Carbohydrates:	10 g
Dietary Fiber:	5 g
Total Sugars:	3 g
Added Sugars:	0 g
Protein	16%

Utensils Needed

- Can opener
- Large pot
- Spoon
- Knife
- Measuring spoons and cups

SHOPPING LIST

Average total cost: \$ 11.78

Average cost/serving: \$ 1.96

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.

Ingredients



Add 2 to cart
Fresh carrots



Add 1 to cart
Low-sodium Vegetable stock



Add 1 to cart
Sweet Potato



Add 1 to cart
Yellow onion



Add 1 to cart
Beefsteak Tomato



Add 1 to cart
Garlic



Add 1 to cart
Red Lentils 16 oz.



Add 1 to cart
Tomato Paste 6 oz.

SAVE TIME, SAVE MONEY

My Cooking Notes

Produce and Preparation Tips:

- **Storage:** Soup can be frozen in batches to eat later. Store in an airtight container in the freezer for up to 2 weeks.

Creamy Chicken and Noodles

Creamy Chicken and Noodles is a hearty, comfort-food dish that can have many variations depending on culture.

Makes: 4 servings
Prep Time: 10 minutes
Cook Time: 35 minutes

Source: Common Threads

Ingredients

- 6 ounces whole wheat spaghetti
- 1 boneless skinless chicken breast
- 1 cup low-fat milk
- 2 teaspoons cornstarch
- 1/4 cup parmesan cheese
- salt and pepper (optional)

Directions

1. Measure out the ingredients.
2. Cook the spaghetti according to package instructions, but reserve a bit of pasta water before draining. Set the pasta aside.
3. Heat a skillet with one tablespoon of cooking oil for 30 seconds, then add chicken breast to medium-high heated skillet. Allow to cook undisturbed for 4-5 minutes, flip and cook another 4-5 minutes. Remove from skillet and let rest before slicing.
4. Add 1 cup of low-fat milk to skillet (used for chicken) over medium heat. Stir in 2 teaspoons cornstarch and parmesan cheese, reserving a bit for sprinkling over finished meal. Stir until parmesan melts and milk becomes slightly thick. If sauce become to thick used reserved pasta water one tablespoon at a time until it becomes the consistency needed. Remove from heat.
5. Slice chicken breast into 1/4 inch thick pieces. Add to parmesan sauce.
6. Plate noodles and add sauce and chicken, garnish with remaining parmesan cheese.



Small Changes, BIG Difference!



Nutrition Information

Serving Size: 1/5 of recipe

Nutrients	Amount
Calories:	220
Total Fat:	4 g
Saturated Fat:	1.5 g
Cholesterol:	30 mg
Sodium:	130 mg
Total Carbohydrates:	34 g
Dietary Fiber:	0 g
Total Sugars:	5 g
Added Sugars:	0 g
Protein	17 g

Utensils Needed

- Cutting board
- Knife
- Measuring cups
- Measuring spoons
- Stirring spoon
- Skillet
- Pot

SHOPPING LIST

Average total cost without oil and seasonings: \$ 12.52

Average cost/serving: \$3.13

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.

Ingredients



Add 1 to cart
Chicken breast



Add 1 to cart
Low-fat milk



Add 1 to cart
Whole Wheat Spaghetti



Add 1 to cart
Corn Starch



Add 1 cart
Parmesan

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- Try adding steamed vegetables, such as broccoli, or peas and carrots for a well rounded meal.

Pasta with Turkey and Vegetable Sauce

Whole wheat pasta boosts protein and fiber in this delicious dish the whole family is sure to love.

Makes: 6 servings

Prep Time: 20 minutes

Cook Time: 60 minutes

Source: CommonThreads.org

Ingredients

- 1 package whole-grain spaghetti
- 1 clove garlic (minced)
- 1/2 onion (minced)
- 1 carrot (minced)
- 1 stalk celery (minced)
- 4 leaves basil (chopped into thin strips)
- 2 tbsp olive oil
- 1/2 lb. ground turkey
- 1 (15 oz.) can crushed tomatoes
- 1 (15 oz.) can tomato paste
- 1/4 tsp crushed red pepper (optional)
- Salt and Pepper to taste

Directions

1. Heat the oil in a saucepan over medium heat. Add the ground turkey and sauté until it is all browned.
2. Add the garlic, onion, carrot, celery, and tomato paste and cook until the onions are translucent, about 3-4 minutes. Stir frequently to make sure the onions don't burn to the pan.
3. Add the tomatoes and half of the basil leaves and cook until the sauce starts to simmer. Add the salt and pepper. Turn the heat to low, and reduce the sauce for another 30 minutes. Reducing makes the sauce thicker by cooking out the extra water.
4. While the sauce simmers, cook and drain pasta according to package directions.
5. Serve hot, and enjoy!



Small Changes, BIG Difference!



Nutrition Information

Serving Size: 1/6 of sauce recipe
with 2oz cooked pasta

Nutrients	Amount
Calories:	280
Total Fat:	20 g
Saturated Fat:	1.5 g
Cholesterol:	50 mg
Sodium:	150 mg
Total Carbohydrates:	49 g
Dietary Fiber:	12 g
Total Sugars:	4 g
Added Sugars:	0 g
Protein	23 g

Utensils Needed

- 2 Large pots
- Sharp knife
- Cutting board
- Measuring cup
- Wooden spoon
- Colander

SHOPPING LIST










Average total cost without oil and seasonings: \$14.22

Average cost/serving: \$2.37

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.

Ingredients

<input type="checkbox"/>		Add 1 to Cart Whole Wheat Spaghetti	<input type="checkbox"/>		Add 1 to Cart Fresh Basil
<input type="checkbox"/>		Add 1 to Cart Fresh Garlic	<input type="checkbox"/>		Add 1 to Cart 1/2 lb Fresh Ground Turkey
<input type="checkbox"/>		Add 1 to Cart Yellow Onion, medium	<input type="checkbox"/>		Add 1 to Cart Crushed Tomatoes (15 oz)
<input type="checkbox"/>		Add 1 to Cart Carrots, 2 lb bag (or single fresh carrot where available)	<input type="checkbox"/>		Add 1 to Cart Tomato Paste (15 oz)
<input type="checkbox"/>		Add 1 to Cart Celery bunch (or single stalk where available)			

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- Sauce recipe can be doubled or tripled ahead of time, then frozen in airtight containers. This can save you time when you need to make dinner on a tight schedule!