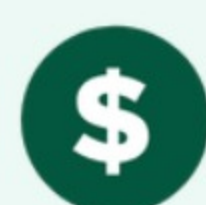


Northwest Apple Salad

Use your favorite dried fruits and nuts in this fun salad.



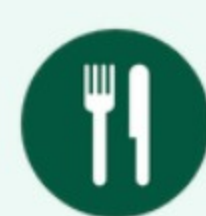
Average Cost: \$17.58



Prep Time: 15 minutes



Average Cook Time: 5 minutes



Average Servings: 4

Recipe Source: [CookingMatters.org](https://www.cookingmatters.org)

Ingredients

- 2 Medium apples
- 2 Tbsp dried fruit, such as raisins, dried cranberries, or dried currants
- 3 Tbsp plain low-fat yogurt
- 1 Tbsp whole, shelled walnuts
- 1 Tbsp honey

Directions

Step 1

Rinse and remove cores from apples. Do not peel. Cut into 1-inch pieces. Place in medium bowl.

Step 2

Add dried fruit and yogurt to bowl. Mix well.

Step 3

In a small skillet over medium heat, toast nuts until golden brown and fragrant. Watch closely so they do not burn. Remove from pan and let cool.

Step 4

Chop cooled nuts with a knife. Or, put in a plastic bag and crush with a can.

Step 5

Add crushed nuts to bowl. If using, add honey. Toss and serve.

Utensils Needed

- Cutting board
- Measuring spoons
- Medium bowl
- Sharp knife
- Small skillet

NUTRITION FACTS

Serving Size: 3/4 Cup

Nutrients	Amount
Calories	80
Total Fat	1.5 g
Saturated Fat	0 g
Cholestrol	0 g
Sodium	10 mg
Total Carbohydrates	16 g
Dietary Fiber	3 g
Total Sugars	12 g
Added Sugars	0 g
Protein	1 g



Baked Kale Frittata

This recipe is quick and easy to prepare, and is loaded with nutrients. Try it for breakfast, lunch, or dinner.



Average Cost: \$9.50



Prep Time: 10 minutes



Average Cook Time: 30 minutes



Average Servings: 6

Recipe Source: GET FRESH! Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 2001

Ingredients

- Vegetable cooking spray
- 1 Bunch kale leaves (3 cups chopped)
- 1 Large onion (1 cup chopped)
- 1 Tsp vegetable oil
- 1/4 Cup water
- 5 Eggs
- 1/2 Cup skim milk
- 2 Ounces low-fat cheddar cheese (1/2 cup grated)
- 1/2 Tsp salt
- 1/4 Tsp pepper

Directions

Step 1

Preheat oven to 375° F. Coat 9-inch round baking pan with vegetable cooking spray. Wash and chop kale. Chop onion.

Step 2

Heat oil in large frying pan on medium-high. Add onion. Sauté 3 to 5 minutes, until soft and brown. Stir in kale and water. Cover and cook 5 minutes. Remove pan from heat and allow mixture to cool.

Step 3

In large bowl, combine eggs, milk, cheese, salt, and pepper. Blend in kale mixture. Pour mixture into baking pan. Bake 20 min.

Step 4

Remove from oven and let set for 2 to 3 minutes. Slice into 6 wedges.

Utensils Needed

- Cutting board
- Sharp knife
- Measuring cups & spoons
- Large mixing bowl
- Large frying pan
- 9-inch round baking pan

NUTRITION FACTS

Serving Size: 1/6 of recipe

Nutrients	Amount
Calories	100
Total Fat	5 g
Saturated Fat	1.5 g
Cholesterol	140 mg
Sodium	340 mg
Total Carbohydrates	5 g
Dietary Fiber	1 g
Total Sugars	2g
Added Sugars	0 g
Protein	8 g



Black Bean and Veggie Quesadilla

This delicious and nutritious recipe would be great with any veggies you have on hand.



 **Average Cost: \$15.25**

 **Prep Time: 10 minutes**

 **Average Cook Time: 20 minutes**

 **Average Servings: 6**

Recipe Source: [CookingMatters.org](https://www.cookingmatters.org)

Ingredients

- ½ (15½-Ounce) can black beans, no salt added
- 2 Medium zucchini
- 1 Bunch fresh spinach (about 4 cups)
- 1 Can corn
- 4 Ounces low-fat cheddar cheese
- 1 Tbsp canola oil
- Pinch ground cayenne pepper
- Pinch black pepper
- 1–2 tsp water
- 6 (8-Inch) whole wheat flour tortillas
- Non-stick cooking spray

Directions

Step 1

In a colander, drain and rinse black beans, set aside then drain and rinse corn. Rinse zucchini. Cut into thin slices or shred with a grater. Rinse and chop fresh spinach. Grate cheese.

Step 2

In a large skillet over medium-high heat, heat oil. Add zucchini and cayenne pepper. Cook until zucchini is semi-soft, about 5 minutes.

Step 3

Add corn and spinach. Cover and cook until tender, stirring a few times, about 5 minutes more. Remove from heat. Add black beans to the veggie mixture. Stir to combine. Smash beans lightly with a fork. Add 1–2 teaspoons water to make a bean-and-veggie paste.

Step 4

Spread vegetable mixture evenly on half of each tortilla. Add grated cheese. Fold tortillas over. Press lightly with spatula to flatten. Spray skillet lightly with non-stick cooking spray. Heat over medium/high heat. Add one folded tortilla. Cook about 4 minutes per side, or until both sides of tortilla are golden brown. Repeat until all quesadillas are cooked.

Step 5

Cut each quesadilla into 2 wedges. Serve while hot.

Utensils Needed

- Box grater
- Can opener
- Colander
- Cutting board
- Fork
- Measuring spoons
- Medium bowl
- Rubber spatula
- Sharp knife
- Large skillet with lid

NUTRITION FACTS

Serving Size: 1 Folded quesadilla

Nutrients	Amount
Calories	250
Total Fat	7 g
Saturated Fat	2 g
Cholesterol	5 mg
Sodium	360 mg
Total Carbohydrates	36 g
Dietary Fiber	4 g
Total Sugars	5g
Added Sugars	0 g
Protein	12 g



Cowboy Salad

This salsa is a party favorite. Use pantry items like canned beans, corn, and tomatoes.



Average Cost: \$7.03



Prep Time: 5 – 10 min



Average Cook Time: n/a



Average Servings: 16

Recipe Source: ChooseMyPlate

Ingredients

- 1 Can kidney beans, drained (15 ounces)
- 1 Can black beans, drained (15 ounces)
- 1 Can corn, drained (15 ounces)
- 1 Can crushed tomatoes (15 ounces)
- 1 Can chopped green chilies (4 ounces)
- 1/4 Cup finely chopped onion
- 1 Tablespoon oil
- Limes, juiced (3 limes, optional)
- Salt (to taste, optional)

Directions

Step 1

Mix kidney beans, black beans, corn, tomatoes, chilies, and onion in a large bowl.

Step 2

Add lime juice (if using) and oil, toss gently to combine. Taste. Add small amount of salt and pepper if desired.

Step 3

Serve by itself, with raw vegetables and/or corn chips.

Utensils Needed

- Large bowl
- Spoon or cooking tongs for tossing
- Serving bowl or plate
- Fork

NUTRITION FACTS

Serving Size: 1/2 cup (1/16 of recipe)

Nutrients	Amount
Calories	94
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	244 mg
Total Carbohydrates	17 g
Dietary Fiber	5 g
Total Sugars	2g
Added Sugars	0 g
Protein	5 g



Fall Vegetable Salad

Take advantage of fall's bounty with this delicious & affordable one-dish meal!



Average Cost: \$19.91



Prep Time: 15 minutes



Average Cook Time: 15 minutes (if using couscous)



Average Servings: 8

Recipe Source: [CookingMatters.org](https://www.cookingmatters.org)

Ingredients

- 3/4 Cup barley, whole grain couscous, or quinoa
- 1 Medium bulb fennel or 1 cup thinly sliced celery
- 1 Bunch hearty greens, such as kale, chard, collard greens or beet greens
- 1 Small beet
- 1 Medium, firm apple
- 1 Clove garlic
- 1/2 Cup nuts or seeds, such as pecans, almonds, or walnuts
- 1 Medium lemon
- 1/4 Cup cider vinegar
- 1 Tbsp dijon mustard
- 1/4 Cup canola oil
- 1/4 Tsp salt
- 1/4 Tsp ground black pepper
- *Optional: 2 ounces cheese, such as blue, goat, or Cheddar cheese*

Directions

Step 1

Cook grains following package directions. Transfer to a large bowl. Prepare rest of salad while you let grains cool completely.

Step 2

Rinse fennel, greens, beet and apple. Cut any long stalks and fronds off fennel. Quarter fennel and cut out core. Slice thinly. Remove stems from greens. Stack leaves together, roll into a thick log, and slice thinly. Peel and cut beet into 1/4-inch cubes. Cut apple into 1/4 cubes. Peel and mince garlic. If using, crumble cheese or cut into 1/4-inch cubes.

Step 3

In a small skillet over medium-low heat, add nuts or seeds. Cook until fragrant, 3-5 minutes. Transfer to a small bowl to cool.

Step 4

Rinse and cut lemon in half. In a small bowl, squeeze juice. Discard any seeds. Add vinegar, minced garlic and mustard to lemon juice. Whisk with a fork to combine. While whisking, slowly drizzle in oil. Season with salt and pepper.

Step 5

When grains are cool, add fennel, greens, beet and apple. Drizzle with dressing and toss to combine. Sprinkle with the toasted nuts and cheese, if using.

Utensils Needed

- Sharp knife
- Cutting board
- Fork
- Peeler
- Large saucepan with lid
- Measuring spoons
- Measuring cups
- Large mixing bowl
- Small bowl
- Small skillet

NUTRITION FACTS

Serving Size: 1 Cup

Nutrients	Amount
Calories	200
Total Fat	12 g
Saturated Fat	1 g
Cholesterol	0 g
Sodium	170 mg
Total Carbohydrates	22 g
Dietary Fiber	5 g
Total Sugars	5 g
Added Sugars	0 g
Protein	4 g



Healthy Egg Burrito

Add more veggies to your breakfast with this healthy egg burrito!



Average Cost: \$6.16



Prep Time: 10 min



Average Cook Time: 10-15 min



Average Servings: 3-4

Recipe Source: "Good and Cheap" recipe book by Leanne Brown, pg. 17

Ingredients

- 3-4 Whole Grain Tortillas
- 1/2 A Sweet Red Pepper (diced)
- 1 Tbsp Fresh Cilantro or Dill (finely chopped)
- 2 Handfuls of Spinach (chopped)
- Small Red Onion (finely diced)
- 1/4 Cup Grated Cheese (optional)
- 4 Eggs
- 1 Tsp Canola oil for the pan
- Salt and Pepper (to taste)

Directions

Step 1

Crack eggs into a bowl and whisk (or use a fork) to mix well. Heat a skillet over medium heat on the stove, and add oil to the pan.

Step 2

Add chopped onions to the pan. Use a spatula to saute onions until they are translucent. Add red bell pepper and saute for about 5 minutes. Add spinach and cook until just slightly wilted.

Step 3

Pour eggs over all veggies in the pan and swirl around to coat the entire bottom of the pan. Cook by scrambling with a spatula or fold over for an omelet.

Step 4

Turn off heat and add cilantro, cheese, and salt and pepper to taste.

Step 5

Fill heated tortillas with mix and fold into a burrito. Serve immediately.

Utensils Needed

- Knife
- Cutting board
- Mixing bowl
- Measuring cups and spoons
- Skillet/saute pan
- Whisk/fork
- Serving plate

NUTRITION FACTS

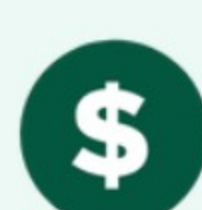
Serving Size: 1 burrito

Nutrients	Amount
Calories	280
Total Fat	16 g
Saturated Fat	6 g
Cholesterol	n/a
Sodium	520 mg
Total Carbohydrates	21 g
Dietary Fiber	0 g
Total Sugars	n/a
Added Sugars	n/a
Protein	16 g



Tex-Mex Skillet

To increase heat, leave a few seeds from the jalapeño in the salsa. Or, season with an extra pinch of cayenne pepper.



Average Cost: \$11.81



Prep Time: 20 minutes



Average Cook Time: 15 minutes



Average Servings: 8

Recipe Source: [CookingMatters.org](https://www.cookingmatters.org)

Ingredients

- 1/2 Medium head lettuce
- 1 Medium green bell pepper
- 1 Large tomato
- 1 Small jalapeño pepper
- 1/2 Medium red onion
- 2 Cloves garlic
- 2 Ounces low-fat cheddar cheese (shredded)
- 1 (15½-ounce) Can black beans, no salt added
- 1 Pound lean ground beef, chicken, or turkey
- 1 (12-ounce) Bag frozen corn
- 1/2 Cup water
- 3/4 Tsp chili powder
- 1/4 Tsp salt
- 1/4 Tsp ground cumin
- Pinch ground black pepper
- 8 (6-Inch) whole wheat flour tortillas

Directions

Step 1

Rinse lettuce, bell pepper, tomato, and jalapeño. Rinse and peel onion. Peel garlic. Chop or shred lettuce into bitesize pieces. Mince garlic. Halve the jalapeño and bell peppers. Remove seeds with the tip of a knife. Dice peppers.

Step 2

Over a small bowl, grate tomato and onion using the coarse side of a box grater. Collect all pulp and juices. In a colander, drain and rinse beans.

Step 3

In a large skillet over medium-high heat, cook meat, bell pepper, and garlic, until meat is lightly browned. Drain to remove fat.

Step 4

Stir in frozen corn, beans, water, and spices. Bring mixture to a boil. Lower heat and cover. Simmer for 10 minutes, or until most liquid is gone.

Step 5

While meat mixture is simmering, make a salsa. Add jalapeño and a pinch of salt to the grated tomato and onion. Stir and set aside.

Step 6

Divide the meat mixture evenly among the 8 tortillas. Top each with shredded cheese, salsa, and lettuce. Roll up and serve.

Utensils Needed

- Box grater
- Can opener
- Colander
- Cutting board
- Large skillet with lid
- Measuring cups
- Measuring spoons
- Sharp knife
- Small bowl

NUTRITION FACTS

Serving Size: 1 Tortilla

Nutrients	Amount
Calories	258
Total Fat	8 g
Saturated Fat	4 g
Cholesterol	58 mg
Sodium	250 mg
Total Carbohydrates	28 g
Dietary Fiber	5 g
Total Sugars	3 g
Added Sugars	0 g
Protein	24 g



Turkey Chili

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



Average Cost: \$16.66



Prep Time: 10 minutes



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



Average Servings: 8

Recipe Source: MyPlate.gov

Ingredients

- 1 1/4 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
- 1 1/2 Cups frozen corn kernels
- 1/2 Tsp salt
- 1 Red bell pepper, chopped fat-free or reduced fat shredded cheese finely chopped red onion

Directions

Step 1

Cook first 3 ingredients in a large skillet over medium-high heat, stirring until turkey crumbles and is no longer pink; drain.

Step 2

Spoon mixture into a slow cooker; stir in corn and next 7 ingredients until well blended.

Step 3

Cook at HIGH 4 to 5 hours or at LOW 6 to 8 hours.

Step 4

Serve with desired toppings

Utensils Needed

- Knife
- Cutting board
- Bowls
- Spoons
- Measuring cups
- Container with lid

NUTRITION FACTS

Serving Size: 1 Cup

Nutrients	Amount
Calories	431
Total Fat	12 g
Saturated Fat	4 g
Cholestrol	111 g
Sodium	445 mg
Total Carbohydrates	43 g
Dietary Fiber	10 g
Total Sugars	11 g
Added Sugars	0 g
Protein	40 g



Vegetable and Rice Stir-Fry

A healthy version of the popular take-out dish.



Average Cost: \$8.60



Prep Time: 25 minutes



Average Cook Time: 25 minutes



Average Servings: 4

Recipe Source: [CookingMatters.org](https://www.cookingmatters.org)

Ingredients

- 1 Cup brown rice
- 1/2 Pound broccoli
- 2 Medium celery stalks
- 1 Medium carrot
- 1 Small jalapeno or other chili pepper
- 1 Clove garlic
- 6 Ounces boneless chicken pieces or firm tofu
- 1/4 Cup low-sodium soy sauce
- 1 Tbsp brown sugar
- 1 Tbsp cornstarch
- 2 Tbsp canola oil
- 1/2 Tsp ground ginger

Directions

Step 1

Cook rice following package directions. Set aside. Cover to keep warm.

Step 2

While rice is cooking, make veggie mixture. Rinse and chop broccoli and celery. Peel, rinse, and chop carrots. Rinse and mince jalapeno. Peel and finely chop garlic. If using chicken, remove any skin. Cut chicken into small pieces.

Step 3

In a small bowl, stir together soy sauce, brown sugar, and cornstarch. Add 1 teaspoon of the minced jalapeno. Stir.

Step 4

In a medium skillet over medium-high heat, heat oil. Add ground ginger and stir. Add chicken or tofu. Cook, stirring occasionally, until slightly browned and starting to cook through, about 2 minutes.

Step 5

Add chopped veggies. Stir frequently. Cook until veggies are tender and chicken is completely cooked but not dry, about 5-7 minutes.

Step 6

Add soy sauce mixture. Bring to a boil. Reduce heat. Simmer until sauce is slightly thickened, about 2 minutes. Serve over warm brown rice.

Utensils Needed

- Cutting board
- Measuring cups
- Measuring spoons
- Medium pot with lid
- Medium skillet
- Sharp knife
- Small bowl
- Vegetable peeler

NUTRITION FACTS

Serving Size: 1 1/2 Cups

Nutrients	Amount
Calories	360
Total Fat	11 g
Saturated Fat	1.5 g
Cholesterol	30 mg
Sodium	470 mg
Total Carbohydrates	52 g
Dietary Fiber	5 g
Total Sugars	6 g
Added Sugars	6 g
Protein	15 g

