

Peanut Butter Banana Oatmeal

The classic flavors of peanut butter and bananas come together in this yummy oatmeal.



Average Cost: \$7.20



Prep Time: 1 Minute



Average Cook Time: 4 Minutes



Average Servings: 4

Recipe Source: Taste of Home

Ingredients

- 2 Large bananas, sliced
- 3 Cups fat-free milk or water
- 1 – 1 1/2 cups of oats
- 2 Tbs peanut butter
- 1/2 Tsp vanilla extract
- 1/4 Tsp salt

Directions

Step 1

Add milk or water, oats, and salt to a deep microwaveable safe bowl (leaving room in the bowl for the oats to expand during cooking).

Step 2

Cover bowl with cling wrap and pierce center for steam. Cook on high for 2-4 minutes.

Step 3

Remove bowl from the microwave and allow to rest for 1 minute. Add remaining ingredients and serve.

Utensils Needed

- Microwave
- Deep microwaveable bowl
- Spoon
- Cutting board
- Cutting knife
- Measuring spoons
- Measuring cups
- Cling Wrap
- Serving bowl

NUTRITION FACTS

Serving Size: 1 cup

Nutrients	Amount
Calories	284
Total Fat	7 g
Saturated Fat	1 g
Cholesterol	4 mg
Sodium	260 mg
Total Carbohydrates	47 g
Dietary Fiber	5 g
Total Sugars	19 g
Added Sugars	n/a
Protein	13 g



Guacamole

This creamy dip tastes great with cut-up veggies or whole grain pita.



Average Cost: \$5.48



Prep Time: 10 minutes



Average Cook Time: N/A



Average Servings: 8

Recipe Source: Cooking Matters

Ingredients

- 1/4 Red onion
- 1 Medium clove garlic
- 2 Plum tomatoes
- 1 Medium lime
- 2 Medium, ripe avocados
- 1/4 Tsp salt
- 1/2 Tsp ground cumin (optional)
- 1/4 Cup fresh cilantro leaves, chopped (optional)

Directions

Step 1

Peel onion and garlic clove. Rinse tomatoes. If using, rinse cilantro. Pluck leaves from stems. Tear into small pieces.

Step 2

Mince onion and garlic. Dice tomatoes into ¼-inch pieces.

Step 3

Rinse lime and cut in half. In a medium bowl, squeeze juice from each half. Discard seeds.

Step 4

Cut avocados in half. Remove pits. Using a large spoon, scoop out flesh and add to bowl with juice. Add salt to avocado. If using cumin, add now. Mash well with a fork.

Step 5

Add onion, garlic, tomatoes and optional ingredients of your choice. Stir gently to combine.

Utensils Needed

- Cutting board
- Measuring cups
- Measuring spoons
- Medium bowl
- Sharp knife
- Spoon and fork

NUTRITION FACTS

Serving Size: 1/4 Cup

Nutrients	Amount
Calories	90
Total Fat	7 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	75 mg
Total Carbohydrates	6 g
Dietary Fiber	4 g
Total Sugars	1g
Added Sugars	0 g
Protein	1 g



Breakfast Burrito with Salsa

Use any combination of vegetables for a variety of flavors.



Average Cost: \$10.17



Prep Time: 3 Minutes



Average Cook Time: 5 Minutes



Average Servings: 1

Recipe Source: SNAP4CT

Ingredients

- 2 Large eggs
- 1/4 Cup frozen bell peppers and onions, tawed and diced
- 1/4 Tsp garlic powder
- 1 Whole wheat flower tortilla (8-inch)
- 2 Tbs salsa

Directions

Step 1

Coat the inside of a mug with cooking spray (or wipe with oil or butter).

Step 2

Add the egg, milk (if using), peppers and onions, black beans (if using), and garlic powder to the mug. Whisk together until combined.

Step 3

Microwave on high for 30 seconds. Stir and microwave another 30 seconds. Repeat if necessary until eggs are cooked through.

Step 4

Microwave tortilla for 20 seconds until warm.

Step 5

Add egg mixture to tortilla, top with salsa, roll up, and enjoy!

Utensils Needed

- Mug
- Microwave
- Fork/Whisk
- Microwaveable plate

NUTRITION FACTS

Serving Size: 1 Burrito

Nutrients	Amount
Calories	350
Total Fat	19 g
Saturated Fat	5 g
Cholesterol	n/a
Sodium	730 mg
Total Carbohydrates	26 g
Dietary Fiber	6 g
Total Sugars	n/a
Added Sugars	0 g
Protein	17 g



Avocado, Lettuce, Tomato, and Turkey Wrap

Quick and easy lunch option!



Average Cost: \$20.66



Prep Time: 5 minutes



Average Cook Time: n/a



Average Servings: 2

Recipe Source: CalFresh Healthy Living

Ingredients

- 1 Cup chopped lettuce, such as romaine
- 1/2 Cup chopped tomato (1 small tomato)
- 1 Tbs light ranch dressing
- 1/2 Cup chopped avocado (1 small avocado)
- 4 Slices of turkey lunch meat, chopped
- 1 Whole wheat tortilla (10-inch)

Directions

Step 1

Put lettuce, tomatoes, and Ranch dressing in a medium bowl. Stir to combine.

Step 2

Add avocado and turkey. Stir gently.

Step 3

Pour onto tortilla. Wrap like a burrito.

Step 4

Cut wrap in half and share with a friend.

Utensils Needed

- Medium bowl
- Stirring spoon
- Measuring cups
- Measuring spoons
- Cutting board
- Cutting knife

NUTRITION FACTS

Serving Size: 1/2 of Wrap

Nutrients	Amount
Calories	220
Total Fat	11 g
Saturated Fat	2 g
Cholesterol	10 mg
Sodium	530 mg
Total Carbohydrates	25 g
Dietary Fiber	4 g
Total Sugars	n/a
Added Sugars	n/a
Protein	8 g

