

# Southwest Baked Potatoes

Spice up your baked potato and load it up with fresh tomatoes and beans. Potatoes are a great food to have in your pantry because they last for a long time. Make sure to eat the skin on your potatoes to increase your fiber intake!



Average Cost: \$7.09



Prep Time: 15 minutes



Average Cook Time: 15 minutes



Average Servings: 2

Recipe Source: [SNAP4CT.com](https://www.snap4ct.com)

## Ingredients

- 2 Medium-sized potatoes (or sweet potatoes)
- 1 Cup canned black beans, rinsed
- 1/2 Cup shredded low-fat cheese
- 3/4 Cup salsa
- 1 Cup of corn

## Directions

### Step 1

Pierce potatoes in several places with a fork. Microwave potatoes on high 12-15 minutes, or until tender.

### Step 2

In medium sized mixing bowl combine beans, cheese, salsa, and corn.

### Step 3

Slice each potato down the middle. Press open, making a well in the center.

### Step 4

Spoon the bean mixture into middle of each potato. If desired, top with light sour cream, plain yogurt, scallions or chives.

## Utensils Needed

- Microwave
- Fork
- Spoon
- Knife

## NUTRITION FACTS

### Serving Size: 1/2 Potato

Nutrients	Amount
Calories	240
Total Fat	5 g
Saturated Fat	3 g
Cholesterol	15 mg
Sodium	450 mg
Total Carbohydrates	40 g
Dietary Fiber	8 g
Total Sugars	4 g
Added Sugars	0 g
Protein	11 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





# Bell Pepper Nachos

This healthy dish uses bell pepper instead of traditional tortilla chips. For added flavor, top with chopped cilantro, green onions or black olives!



**Average Cost: \$7.81**



**Prep Time: 20 minutes**



**Average Cook Time: 15 minutes**



**Average Servings: 8**

Recipe Source: FoodHero.org

## Ingredients

- 4 Bell peppers
- 1 Cup salsa
- 2 Tsp seasoning (try a mixture-chili powder, garlic powder, ground cumin, pepper)
- 2 Cups cooked meat (chopped or shredded), beans, or tofu
- 1/2 Cup shredded cheese

## Directions

### Step 1

Preheat oven to 350 degrees F.

### Step 2

Wash bell peppers, remove seeds and cut into bite-size pieces. Arrange pieces close together in a single layer on a large foil-lined baking sheet.

### Step 3

In a medium bowl, combine salsa, seasonings and meat, beans or tofu. Spoon the mixture evenly over pepper pieces then top with cheese.

### Step 4

Bake for 15 minutes, or until peppers are heated through and cheese is melted. Serve warm. Refrigerate leftovers within 2 hours.

## Utensils Needed

- Knife
- Cutting board
- Bowl
- Spoon
- Measuring utensils
- Baking sheet
- Foil

## NUTRITION FACTS

### Serving Size: 1/8 Recipe

Nutrients	Amount
Calories	280
Total Fat	7 g
Saturated Fat	2 g
Cholesterol	55 mg
Sodium	230 mg
Total Carbohydrates	32 g
Dietary Fiber	4 g
Total Sugars	4 g
Added Sugars	0 g
Protein	22 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





# Crunchy Baked Kale Chips

Crispy and delicious, these chips are a great healthy alternative to traditional store-bought chips. They make a very tasty afternoon snack!



**Average Cost: \$4.46**



**Prep Time: 20 minutes**



**Average Cook Time: 15 minutes**



**Average Servings: 6**

Recipe Source: FoodHero.org

## Ingredients

- 1 Bunch fresh kale (about 8 cups, chopped)
- 1 Tbsp canola or olive oil
- ½ Tsp salt

## Directions

### Step 1

Preheat oven to 350 degrees F.

### Step 2

Wash kale leaves. Cut leaves off of thick stem and thoroughly dry leaves in a salad spinner or by blotting with paper towels. Discard stems.

### Step 3

Tear or cut leaves into bite sized pieces. Place in large bowl. Drizzle oil over kale and toss to coat well.

### Step 4

Place kale leaves onto baking sheet. Sprinkle with salt.

### Step 5

Bake until edges brown. About 10-15 minutes. Serve while hot.

## Utensils Needed

- Cutting board and sharp knife
- Paper towels or salad spinner
- Large bowl
- Baking sheet

## NUTRITION FACTS

### Serving Size: 1/2 Cup

Nutrients	Amount
Calories	60
Total Fat	3 g
Saturated Fat	0 g
Cholestrol	0 g
Sodium	290 mg
Total Carbohydrates	8 g
Dietary Fiber	2 g
Total Sugars	0 g
Added Sugars	0 g
Protein	4 g





# Fruit Pizza

This sweet treat is quick and easy to make with simple ingredients you may already have around! For variety, try combining fruits!



**Average Cost: \$13.44**



**Prep Time: 10 minutes**



**Average Cook Time: 3-5 minutes**



**Average Servings: 2**

Recipe Source: FoodHero.org

## Ingredients

- English Muffin (try whole grain)
- 2 Tbsp reduced fat or fat-free cream cheese (see notes)
- 2 Tbsp sliced strawberries
- 2 Tbsp blueberries
- 2 Tbsp crushed pineapple

## Directions

### Step 1

Split open the English muffin and toast the halves until lightly browned.

### Step 2

Spread cream cheese on both halves.

### Step 3

Divide the fruit between the two muffin halves and arrange on top of cream cheese.

### Step 4

These are best when served immediately. Refrigerate leftovers within 2 hours.

## Utensils Needed

- Toaster/oven
- Knife
- Serving plate

## NUTRITION FACTS

**Serving Size: 1/2 muffin plus fruit**

Nutrients	Amount
Calories	120
Total Fat	8 g
Saturated Fat	1.5 g
Cholesterol	10 mg
Sodium	170 mg
Total Carbohydrates	19 g
Dietary Fiber	2 g
Total Sugars	7 g
Added Sugars	0 g
Protein	4 g





# Garden Sloppy Joes

This healthy twist on a classic is sure to become a family favorite!



**Average Cost: \$13.84**



**Prep Time: 10 minutes**



**Average Cook Time: 20 minutes**



**Average Servings: 12**

Recipe Source: FoodHero.org

## Ingredients

- 1 Onion, chopped
- 1 Carrot, chopped or shredded
- 1 Green bell pepper, chopped
- 1 Pound lean ground meat (15% fat turkey, chicken or beef)
- 1 Can (8 ounces) tomato sauce
- 1 Can (15 ounces) whole tomatoes, crushed
- 1 Can (8 ounces) mushrooms or ½ pound chopped fresh mushrooms
- 1/4 Cup barbecue sauce
- 6 Whole wheat buns, split in half to make 12

## Directions

### Step 1

Saute onions, carrots, green bell pepper and ground meat in a 2-3 quart saucepan over medium-high heat for 5 minutes.

### Step 2

Add tomato sauce, crushed tomatoes, mushrooms and barbecue sauce. Bring to a boil.

### Step 3

Reduce heat and simmer for 15 to 20 minutes or until thick, stirring occasionally.

### Step 4

Toast buns if desired. Spoon sauce over bun halves. Serve open-faced.

### Step 5

Refrigerate leftovers within 2 hours.

## Utensils Needed

- Cutting board
- Sharp knife
- Can opener
- Measuring cups
- 2-3 quart saucepan
- Large spoon or spatula

## NUTRITION FACTS

### Serving Size: 1/2 Bun

Nutrients	Amount
Calories	140
Total Fat	2.5 g
Saturated Fat	0.5 g
Cholesterol	20 mg
Sodium	230 mg
Total Carbohydrates	19 g
Dietary Fiber	3 g
Total Sugars	6 g
Added Sugars	0 g
Protein	10 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





# Tomato Melt

A quick, nutritious breakfast, lunch, or snack that kids will love!



**Average Cost: \$7.42**



**Prep Time: 5 minutes**



**Average Cook Time: 6-8 minutes**



**Average Servings: 4**

Recipe Source: FoodHero.org

## Ingredients

- 1/4 Cup shredded cheese (try cheddar, mozzarella or a blend)
- 1 Tbsp low-fat mayonnaise
- 1/2 Tsp prepared mustard
- 2 English muffins, halved or 2 bread slices (try whole wheat)
- 1 Medium tomato, cut into 4 slices or diced

## Directions

### Step 1

In a small bowl, combine cheese, mayonnaise and mustard. Spread cheese mixture evenly over English muffin halves or bread slices.

### If you have a oven/broiler:

Broil until cheese melts, 2-3 minutes. Place tomatoes on each sandwich. Serve ‘as-is’ or broil 2 minutes to heat the tomato.

### If you have a skillet:

Heat a skillet over medium heat. Add sandwiches bread side down. Cover and heat until cheese melts, 7-8 minutes. Top with tomatoes before or after heating.

## Utensils Needed

- Small bowl
- Oven/broiler or skillet
- Knife
- Measuring
- Cups/spoons

## NUTRITION FACTS

### Serving Size: 1 Muffin half

Nutrients	Amount
Calories	110
Total Fat	4 g
Saturated Fat	1.5 g
Cholesterol	7.5 mg
Sodium	195 mg
Total Carbohydrates	14.5 g
Dietary Fiber	2.5 g
Total Sugars	3.5 g
Added Sugars	0 g
Protein	5 g





# Easy Cheesy Enchiladas

A versatile and tasty dish that comes together for a healthy dinner in just 30 minutes!



 **Average Cost: \$10.08**

 **Prep Time: 10 minutes**

 **Average Cook Time: 20 minutes**

 **Average Servings: 8**

Recipe Source: FoodHero.org

## Ingredients

- 2 Cans (15 ounces each) pinto beans, drained and rinsed
- 1 Cup salsa
- 1 1/2 Cups corn (fresh or frozen, or a 15-ounce can drained and rinsed)
- 1/2 Cup chopped mild green chiles (4-ounce can)
- 1/2 Tsp garlic powder or 2 cloves garlic, finely chopped
- 1 1/2 Cups shredded cheese
- 8 Whole wheat flour tortillas (10-inches) or 12 corn tortillas (6-inches)
- 1 Can (15 ounces) enchilada sauce

## Directions

### Step 1

Preheat oven to 350 degrees. Lightly oil or spray a 9 x 13-inch baking dish.

### Step 2

Mix beans, salsa, corn, chiles, garlic and half of the cheese together in a bowl.

### Step 3

Warm each tortilla in a dry skillet and stack them on a plate. Spoon about 1/2 cup of the bean mixture onto each tortilla.

### Step 4

Roll the tortilla and place seam-side down in the baking dish. Pour enchilada sauce over the tortillas and sprinkle with remaining cheese.

### Step 5

Bake for 15 to 20 minutes, or until hot. Refrigerate leftovers within 2 hours.

## Utensils Needed

- 9 x 13-Inch baking dish
- Medium bowl
- Skillet
- Mixing spoon
- Can opener
- Measuring cups
- Sharp knife
- Cutting board

## NUTRITION FACTS

### Serving Size: 1 Enchilada

Nutrients	Amount
Calories	210
Total Fat	6 g
Saturated Fat	2.5 g
Cholesterol	15 mg
Sodium	580 mg
Total Carbohydrates	30 g
Dietary Fiber	6 g
Total Sugars	4 g
Added Sugars	0 g
Protein	9 g





# Vegetable and Beef Skillet Meal

This dish is packed with nutritious veggies and protein. Enjoy with a piece of fruit to make a complete MyPlate meal!



 **Average Cost: \$14.04**

 **Prep Time: 10 minutes**

 **Average Cook Time: 45 minutes**

 **Average Servings: 8**

Recipe Source: FoodHero.org

## Ingredients

- ½ Pound lean ground beef (15% fat)
- ¾ Cup onion, chopped (3/4 medium onion)
- 1 Cup uncooked white rice
- 1 Can (15 ounces) diced tomatoes (about 2 medium fresh tomatoes)
- 1 ½ Cups vegetables fresh, frozen, or canned and drained (try one or more-zucchini, bell pepper, broccoli, corn, cauliflower)
- 1 ¾ Cups water
- 1 ½ Tsp chili powder
- 1 Tbsp oregano
- 1 Tsp salt
- ½ Cup (2 ounces) shredded cheese

## Directions

### Step 1

Cook beef in a large skillet over medium-high heat (350 degrees in an electric skillet) until no longer pink. Drain fat.

### Step 2

Add onion and cook until soft, about 3 to 5 minutes.

### Step 3

Add rice, tomatoes, vegetables, water, and spices. Stir and bring to a boil.

### Step 4

Reduce heat to medium low (250 degrees in an electric skillet). Cover, and simmer for 20 minutes or until rice is cooked. Add more water if needed.

### Step 5

Remove from heat. Sprinkle with cheese and cover for 1 to 2 minutes to allow cheese to melt. Serve warm. Refrigerate leftovers within 2 hours.

## Utensils Needed

- Large skillet
- Spatula or mixing spoon
- Knife for cutting veggies
- Cutting board
- Measuring spoons
- Measuring cups
- Serving bowls
- Spoons

## NUTRITION FACTS

### Serving Size: 1 Cup

Nutrients	Amount
Calories	210
Total Fat	7 g
Saturated Fat	3 g
Cholestrol	30 g
Sodium	390 mg
Total Carbohydrates	25 g
Dietary Fiber	1 g
Total Sugars	3 g
Added Sugars	0 g
Protein	11 g

