

Tasty Taco Rice Salad

This tasty southwestern-style rice bowl is a delicious alternative to traditional tacos.



 **Average Cost: \$18.68**

 **Prep Time: 15 minutes**

 **Average Cook Time: 35 minutes**

 **Average Servings: 8**

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

Ingredients

- 1 Pound lean ground beef
- 1 1/2 Cups instant brown rice
- 2 Cups water
- 1 Cup onion, chopped
- 1 Tbsp chili powder
- 3 Cups tomatoes, chopped
- 1 Seeded jalapeño, finely chopped
- 2 Cups spinach or romaine lettuce
- 1 1/2 Cups low-fat cheese, shredded

Directions

Step 1

Wash onion, tomatoes, jalapeño, and spinach or romaine lettuce before preparing.

Step 2

Cook ground meat in a large skillet until brown (160° F). Drain off fat (Do not pour grease down the drain. Let grease harden, then put it in the trash). Rinse meat with warm water to remove remaining grease.

Step 3

Add rice, water, onion, and chili powder to meat in skillet. Cover. Simmer over low heat about 15 minutes to cook rice.

Step 4

Add tomatoes and jalapeño. Heat for 2-3 minutes. Place layers of spinach or romaine lettuce, rice mixture, and cheese on plate.

Step 5

Serve immediately. Refrigerate any leftovers within 2 hours.

Utensils Needed

- Knife
- Cutting board
- Baking sheet
- Large skillet
- Spoon

NUTRITION FACTS

Serving Size: 1 1/2 Cups

Nutrients	Amount
Calories	191
Total Fat	4.5 g
Saturated Fat	2 g
Cholesterol	35 mg
Sodium	260 mg
Total Carbohydrates	19 g
Dietary Fiber	2 g
Total Sugars	3 g
Added Sugars	0 g
Protein	19 g



Black Quinoa Asian Slaw

Spicy, crunchy, and flavorful, this dish makes a complete meal, with a wide range of vegetables and protein-packed quinoa.



Average Cost: \$18.11



Prep Time: 25 minutes, plus optional chilling



Average Cook Time: N/A



Average Servings: 8

Recipe Source: OldWaysspt.org

Ingredients

- 8 Ounces black quinoa
- 2 Cups water
- 2 Cups red cabbage, shredded
- 1 Cup snap peas, bias cut
- 1 Cup carrots, shredded
- 1 Cup scallions, bias cut
- 1 Mango, diced small
- 1/2 Cup fresh cilantro, roughly chopped
- Sesame seeds, toasted, to garnish
- 1/2 Cup orange juice
- 1/4 Cup rice wine vinegar
- 2 Tbsp fresh ginger, minced
- 1 Tsp Sriracha sauce
- 1/4 Cup sesame oil

Directions

Step 1

Rinse black quinoa under cold water until water runs clear. Place black quinoa in boiling water and simmer for 12-15 minutes.

Step 2

In a small bowl combine orange juice, rice wine vinegar, ginger and Sriracha sauce. Slowly whisk in sesame oil to create an emulsion. Set aside to incorporate flavors in dressing.

Step 3

In a large bowl combine black quinoa, red cabbage, snap peas, carrots, scallions, mango, and cilantro.

Step 4

Fold in dressing and let chill in fridge. When ready to serve, garnish with toasted sesame seeds.

Utensils Needed

- Medium pot
- Sharp knife
- Cutting board
- Peeler
- Large bowl
- Small bowl
- Measuring spoons
- Measuring cups
- Mixing spoon

NUTRITION FACTS

Serving Size: 1 Cup

Nutrients	Amount
Calories	220
Total Fat	9 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	35 mg
Total Carbohydrates	31 g
Dietary Fiber	4 g
Total Sugars	9 g
Added Sugars	0 g
Protein	5 g



Curry Vegetables

Curry is typically used to make a spiced sauce or gravy for vegetables, stews, or meats served in southern India.



Average Cost: \$9.27



Prep Time: 20 minutes



Average Cook Time: 10 minutes



Average Servings: 6

Recipe Source: TeamNutrition.usda.gov

Ingredients

- 2/3 Cup fresh chopped onion
- 1 Cup white potatoes, peeled, 1/4" cubed
- 1/2 Cup tomatoes (fresh or diced canned low sodium/no added salt)
- 1/2 Cup water
- 1 1/2 Cup green beans (frozen, cut)
- 1/2 Tsp garlic powder
- 1/2 Tsp curry powder, dry, ground
- 1/2 Tsp salt, table

Directions

Step 1

Spray a small skillet with nonstick cooking spray, and heat on medium.

Step 2

Cook onions and potatoes for 5 minutes or until onions are tender. Stir frequently.

Step 3

Stir in tomatoes and water. Increase heat to medium-high. Cover, and cook for 5 more minutes.

Step 4

Remove lid, and add green beans and seasonings. Cook until liquid is no longer pooling on the bottom of the pan and potatoes are fork tender, 5-7 minutes. Stir frequently. Heat to 140 degrees fahrenheit or higher for at least 15 seconds. Serve 1/2 cup.

Utensils Needed

- Knife
- Cutting mat
- Small skillet

NUTRITION FACTS

Serving Size: 1/2 Cup

Nutrients	Amount
Calories	54
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	246 mg
Total Carbohydrates	12 g
Dietary Fiber	2 g
Total Sugars	0 g
Added Sugars	0 g
Protein	2 g



Falafel with Yogurt Sandwich

Falafel is a pan-fried patty made from ground garbanzo beans and spices. It makes a healthy and delicious sandwich when served with a seasoned yogurt dressing and fresh vegetables on whole wheat pita bread. Try this recipe for lunch or dinner.



Average Cost: \$11.27



Prep Time: 2 hours



Average Cook Time: 25 minutes



Average Servings: 4

Recipe Source: [MyPlate.gov](#)

Ingredients

- 1 Cup dry garbanzo beans (sorted and rinsed)
- 3 Cups water
- 1/4 Cup oil
- 1 Garlic (clove, crushed)
- 1 Onion (medium, chopped)
- 1 Tsp parsley (about 1 sprig)
- 1/4 Tsp salt
- 2 Tsp lemon juice
- 1/3 Tsp hot pepper sauce
- 1 Cup plain yogurt (low-fat)
- 4 Whole Wheat Pita bread (pockets)
- Flour
- Optional:
 - Tomatoes, sliced
 - Lettuce
 - Bread crumbs (to thicken batter if needed, up to 1 cup)

Directions

Step 1

Put beans and water in large pot and soak overnight or use the quick-soak method.

Step 2

Cook beans until tender, about 2 hours. Add more water if necessary. Drain.

Step 3

In a skillet, slowly heat oil and sauté garlic and 2/3 of the chopped onion until tender (5 to 7 minutes).

Step 4

In the large pot, combine and mash cooked beans, sautéed vegetables, parsley, salt, lemon juice and hot pepper sauce until smooth. With floured hands, form ovals with bean mixture – about 1/4 cup each. (If the mixture is too thin to hold together, gradually mix in bread crumbs until desired thickness is reached.) Roll in flour.

Step 5

Fry falafel, with the remaining oil in skillet, until golden brown. Drain on paper towel.

Step 6

Combine yogurt with remaining onion. Serve falafel in pocket bread with tomato and lettuce (if using) topped with yogurt.

Utensils Needed

- Cutting board
- Sharp knife
- Measuring cups
- Measuring spoons
- Large pot
- Colander
- Large skillet
- Potato masher or fork
- Plate
- Small bowl
- Spatula
- Tongs

NUTRITION FACTS

Serving Size: 1 Sandwich

Nutrients	Amount
Calories	475
Total Fat	19 g
Saturated Fat	3 g
Cholesterol	4 mg
Sodium	408 mg
Total Carbohydrates	63 g
Dietary Fiber	12 g
Total Sugars	12 g
Added Sugars	0 g
Protein	18 g



Mediterranean Chicken and White Bean Salad

This refreshing salad starts with cooked chicken, white beans, cucumber, and onion with a splash of fresh lemon juice, oil and seasonings!



Average Cost: \$8.77



Prep Time: 15 minutes



Average Cook Time: N/A



Average Servings: 4

Recipe Source: MyPlate

Ingredients

- 1 Cup skinless cooked chicken (diced into 1/2 inch pieces)
- 1 Can 15.5 ounce low-sodium white beans (drained and rinsed with cold water)
- 1 Cucumber (peeled and diced into 1/2 inch pieces)
- 1/4 Red or white onion (peeled and chopped into 1/2 inch pieces)
- 2 Tbsp vegetable oil
- 1/4 Cup lemon juice
- 1 Tbsp dried basil or parsley leaves
- 1/4 Tsp salt
- 1/4 Tsp black pepper

Directions

Step 1

Put everything in the bowl and gently toss.

Step 2

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

Utensils Needed

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

NUTRITION FACTS

Serving Size: 1 Cup

Nutrients	Amount
Calories	297
Total Fat	11 g
Saturated Fat	2 g
Cholesterol	32 mg
Sodium	288 mg
Total Carbohydrates	31 g
Dietary Fiber	8 g
Total Sugars	2g
Added Sugars	0 g
Protein	20 g



Mediterranean Turkey Burger

This flavorful Mediterranean turkey burger is especially refreshing topped with lemon dill yogurt sauce.



Average Cost: \$22.62



Prep Time: 30 minutes



Average Cook Time: 15 minutes



Average Servings: 5

Recipe Source: Budget Bites

Ingredients

- Lemon Dill Yogurt Sauce
 - 1/2 Cup plain Greek yogurt
 - 1/2 Tbsp lemon juice
 - 1/8 Tsp garlic powder
 - 1/8 Tsp dried dill
 - 1/8 Tsp salt
- Turkey Burgers
 - 19 Oz ground turkey
 - 1/4 Cup sun dried tomatoes
 - 1/4 Cup minced red onion
 - 2oz Frozen spinach (1 cup when frozen)
 - 1/4 Cup crumbled feta
 - 1 Tsp dried oregano
 - 1/4 Tsp garlic powder
 - 1/4 Tsp salt
 - 1 Tbsp cooking oil
- For Serving
 - 5 Whole wheat hamburger buns
 - 1/2 Cucumber, sliced
 - 5 Lettuce leaves
 - Red onion slices

Directions

Step 1

Make the lemon dill yogurt sauce. In a small bowl stir together the Greek yogurt, lemon juice, garlic powder, dried dill, and salt. Cover and refrigerate until ready to use.

Step 2

Prepare the add-ins for the turkey burgers. Finely chop the sun dried tomatoes, mince or finely dice the red onion, crumble the feta, and then thaw and squeeze all the moisture out of the frozen spinach (2 oz. will be about 1 cup when frozen, ¼ cup when thawed and squeezed dry).

Step 3

Add the ground turkey, sun dried tomatoes, red onion, feta, spinach, dried oregano, garlic powder, and salt to a bowl. Mix the ingredients together until evenly combined.

Step 4

Divide and shape the turkey mixture into five burger patties. Make them flatter and wider than usual because they will shrink up and in as they cook.

Step 5

Heat ½ Tbsp cooking oil in a skillet over medium. Once hot, add three of the turkey burgers and cook for 5-7 minutes on each side, or until browned and cooked through. Repeat with the remaining cooking oil and the rest of the burger patties.

Step 6

To serve, smear some of the lemon dill yogurt sauce on a bun. Add a turkey burger, some sliced cucumber, lettuce, and sliced red onion, and then enjoy.

Utensils Needed

- Sharp knife
- Cutting board
- Mixing bowl
- Small bowl
- Measuring cups
- Measuring spoons
- Skillet
- Spatula

NUTRITION FACTS

Serving Size: 1 Burger

Nutrients	Amount
Calories	324
Total Fat	12.5 g
Saturated Fat	2.5 g
Cholestrol	150 g
Sodium	550 mg
Total Carbohydrates	28 g
Dietary Fiber	2 g
Total Sugars	12 g
Added Sugars	0 g
Protein	34 g



Quinoa and Black Bean Salad

Quinoa is combined in this recipe with black beans, savory vegetables, and spices for a cold salad that is light and refreshing. This salad is high in protein and can be served as a main or side dish.



Average Cost: \$10.66



Prep Time: 10 minutes



Average Cook Time: 25 minutes



Average Servings: 6

Recipe Source: MyPlate.gov

Ingredients

- 1/2 Cup quinoa (dry)
- 1 1/2 Cups water
- 1 1/2 Tbsp olive oil
- 3 Tsp Lime juice
- 1/4 Tsp cumin
- 1/4 Tsp coriander (ground, dried cilantro seeds)
- 2 Tbsp cilantro (chopped)
- 2 Scallions (medium, minced)
- 1 Can black beans (15.5 ounce can, rinsed and drained)
- 2 Cups tomato (chopped)
- 1 Red bell pepper (medium, chopped)
- 1 Green bell pepper (medium, chopped)
- 2 Green chiles (minced, to taste)
- Black pepper (to taste)

Directions

Step 1

Rinse the quinoa in cold water. Boil water in a saucepan, and then add the quinoa.

Step 2

Return to boil, and then simmer until the water is absorbed, 10 to 15 minutes.

Step 3

Cool for 15 minutes. While quinoa is cooking, mix olive oil, lime juice, cumin, coriander, chopped cilantro, and scallions in a small bowl, and set aside.

Step 4

Combine chopped vegetables with the black beans in a large bowl, and set aside.

Step 5

Once quinoa has cooled, combine all ingredients and mix well. Cover and refrigerate until ready to serve.

Utensils Needed

- Cutting board
- Sharp knife
- Measuring cups
- Measuring spoons
- Colander
- Saucepan
- Small bowl
- Large bowl
- Spoon

NUTRITION FACTS

Serving Size: 1 Cup

Nutrients	Amount
Calories	199
Total Fat	5 g
Saturated Fat	1 g
Cholestrol	0 g
Sodium	154 mg
Total Carbohydrates	32 g
Dietary Fiber	9 g
Total Sugars	4 g
Added Sugars	0 g
Protein	9 g



Squash, Green Bean, and Corn Soup

This recipe will be a hit with your family! It has enough spice for flavor, but not so much that it turns off the younger kids.



Average Cost: \$13.02



Prep Time: 15 minutes



Average Cook Time: 1 hour



Average Servings: 8

Recipe Source: Modified from FirstNations.org recipe.

Ingredients

- 1/2 Lbs. lean pork or beef
- 10 Oz. bag frozen corn (or fresh/canned equivalent)
- 10 Oz. bag frozen green beans (or fresh/canned equivalent)
- 4 Cups diced squash (any except acorn)
- 4 Cups water
- 4 Cups low-sodium broth or cooking stock
- Optional seasonings or fresh herbs

Directions

Step 1

Trim all visible fat from meat and cut into cubes about 1/2 square and add to large pot.

Step 2

Cover meat with water and broth.

Step 3

Add seasonings and simmer about 30 minutes.

Step 4

Add squash and corn; cook about 15-20 minutes longer. If using zucchini or summer squash, cook only about 10 minutes.

Utensils Needed

- Large pot
- Sharp knife
- Cutting board
- Measuring cup
- Wooden spoon

NUTRITION FACTS

Serving Size: 1 Cup

Nutrients	Amount
Calories	143
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	22 mg
Sodium	60 mg
Total Carbohydrates	38 g
Dietary Fiber	21 g
Total Sugars	3 g
Added Sugars	0 g
Protein	11 g



West African Peanut Soup

To avoid peanuts or peanut butter, try sunflower seeds or sunflower seed butter.



 **Average Cost: \$12.26**

 **Prep Time: 10 minutes**

 **Average Cook Time: 20 minutes**

 **Average Servings: 8**

Recipe Source: FoodHero.org

Ingredients

- 2/3 Cup onion, diced
- 1 Tbsp toasted sesame oil
- 1 Clove garlic, minced or 1/4 teaspoon garlic powder
- 1 Cup cooked skinless chicken breast, diced
- 1 1/2 Tsp curry powder
- 1/2 Tsp pepper
- 1/2 Tsp crushed red pepper flakes
- 3 Cups reduced sodium fat-free chicken broth
- 1 Can (6 ounces) tomato paste
- 2 Cans (14 1/2 ounces) stewed tomatoes, unsalted
- 6 Tbsp reduced-fat peanut butter

Directions

Step 1

In a large pot, saute onion in sesame oil until translucent; add garlic and chicken and stir to heat through.

Step 2

Add seasonings and saute 1 minute longer.

Step 3

Add broth, tomato paste, tomatoes, and peanut butter. Stir until well combined.

Step 4

Heat over medium heat until hot but not boiling. Serve immediately.

Step 5

Refrigerate leftovers within 2 hours.

Utensils Needed

- Large pot
- Mixing spoon
- Measuring cups
- Measuring spoons
- Liquid measuring cup

NUTRITION FACTS

Serving Size: 1 Cup

Nutrients	Amount
Calories	190
Total Fat	10 g
Saturated Fat	2 g
Cholesterol	15 mg
Sodium	450 mg
Total Carbohydrates	17 g
Dietary Fiber	3 g
Total Sugars	9 g
Added Sugars	1 g
Protein	13 g

