

Apple Corn Chili

For those who like to combine and experiment with different flavors, this recipe will delight you.



Average Cost: \$8.71



Prep Time: 20 minutes



Average Cook Time: 45 minutes



Average Servings: 4

Recipe Source: ChooseMyPlate.gov

Ingredients

- 2 Tbsp olive oil (divided)
- 8 Ounces of chicken breasts. Skinless and boneless (cut into medium cubes)
- 1 Medium onion (chopped)
- 2 Garlic cloves (ground)
- 1 15 Ounce canned corn (unsalted, drained)
- 2 Red apples (chopped, peeled)
- 1/2 Tbsp of ground cumin
- 1/8 Tsp cayenne pepper (optional)
- 1-15 Ounce Canned black beans (unsalted, drained and washed)
- 4 1/2 Ounces diced green chilies
- 2 Cups water

Directions

Step 1

In a stockpot, heat 1 Tbsp olive oil; add chicken and brown (about 5 minutes). Remove chicken from pan.

Step 2

Heat remaining olive oil in same pot; add onions and garlic and sauté until soft.

Step 3

Add corn and sauté until golden brown. Add apple, cumin, and cayenne pepper (if desired); cook about 3-4 minutes. Let cool about 5 minutes.

Step 4

Set aside about 1 cup of mixture. Purée remainder in food processor or blender, adding a portion of water, if needed, and return to pot.

Step 5

Add browned chicken, black beans, chiles, and water. Bring to boil and simmer about 15 minutes. Chicken should be cooked to 165 °F.6. To serve, ladle soup in bowls and top with non-puréed portion of apple corn mixture.

Utensils Needed

- Knife
- Cutting board
- Bowl
- Large saucepan
- Spoon
- Measuring utensils
- Plate/dish

NUTRITION FACTS

Serving Size: 1/4 Recipe

Nutrients	Amount
Calories	360
Total Fat	11 g
Saturated Fat	3 g
Cholesterol	35 mg
Sodium	140 mg
Total Carbohydrates	9 g
Dietary Fiber	9 g
Total Sugars	15 g
Added Sugars	0 g
Protein	20 g



Apple Sandwiches

Start your day off right and fuel up with this quick and easy recipe.



Average Cost: \$7.59



Prep Time: 10 min



Average Cook Time: n/a



Average Servings: 2

Recipe Source: FoodHero

Ingredients

- 1 Medium Apple
- 2 Tablespoons Peanut Butter
- 1 Tablespoon Raisins

Directions

Step 1

Wash the apple under cool running water and dry. Cut in half from the stem down and lay each half cut-side down on a cutting board. Slice each half into 6 half-round slices and cut out the core.

Step 2

Spread 1/2 teaspoon of peanut butter on one side of each apple slice.

Step 3

Put 4 to 6 raisins on top of the peanut butter on one apple slice. Top with another apple slice, peanut-butter side down. Squeeze gently.

Step 4

Continue with remaining apple slices.

Utensils Needed

- Measuring spoons
- Chef & butter knives
- Cutting board

NUTRITION FACTS

Serving Size: 1/2 of apple

Nutrients	Amount
Calories	150
Total Fat	8 g
Saturated Fat	1.5 g
Cholesterol	0 mg
Sodium	70 mg
Total Carbohydrates	19 g
Dietary Fiber	3 g
Total Sugars	13 g
Added Sugars	1 g
Protein	4 g



Bean and Veggie Soup

This is a great hearty soup that has many different vegetables.



Average Cost: \$8.29



Prep Time: 15 minutes



Average Cook Time: 15 minutes



Average Servings: 8

Recipe Source: [CookingMatters.org](#)

Ingredients

- 2 Medium carrots
- 1 Small onion
- 2 Medium cloves garlic
- 2 Medium celery stalks
- 1 Large tomato
- 1 Medium yellow squash
- 1 (15 1/2-Ounce) can red kidney beans
- 1 Tbsp canola oil
- 1 Tsp dried basil or dried oregano
- 1/2 Tsp salt
- 1/2 Tsp ground black pepper
- 2 (14½-ounce) Cans low-sodium chicken or beef broth
- 1/2 Cup water
- 1 Cup frozen green sweet peas
- 1 Cup whole wheat pasta (such as macaroni, or penne)

Directions

Step 1

Peel carrots, onion, and garlic cloves. Rinse carrots, onion, celery, tomato, and squash. Dice onion, celery, and tomato. Mince garlic. Cut carrots and squash in half lengthwise. Place flat side down. Cut into thin, half-moon slices. If using, rinse parsley. Pluck leaves from stems. Mince. In a colander, drain and rinse beans.

Step 2

In a large pot over medium heat, heat oil. Add carrots, onion, garlic, and celery. Cook until slightly soft. Add dried herbs, salt, and pepper. Stir.

Step 3

Add broth, water, tomatoes, squash, beans, and peas. Bring to a boil over high heat.

Step 4

Add pasta. Reduce heat and simmer. Cook until pasta is tender, about 8–12 minutes. If using parsley, stir into soup before serving.

Utensils Needed

- Can opener
- Colander
- Cutting board
- Large pot
- Measuring cups
- Measuring spoons
- Mixing spoon
- Sharp knife
- Vegetable peeler

NUTRITION FACTS

Serving Size: 1 1/4 Cup

Nutrients	Amount
Calories	190
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	19 mg
Sodium	545 mg
Total Carbohydrates	31 g
Dietary Fiber	8 g
Total Sugars	3.5 g
Added Sugars	0 g
Protein	9.5 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 Burgers

Flavored with scallions, garlic and spices, these are sure to please the whole family.



Average Cost: \$11.21



Prep Time: 30 min



Average Cook Time: 30 min



Average Servings: 4

Recipe Source: Choose MyPlate

Ingredients

- 1 can 15.5 ounce low-sodium black beans (drained and rinsed with cold water)
- 1 large egg
- 1/2 cup cooked brown rice
- 2 scallions (green and white minced about 1/4 cup)
- 2 tablespoon
- Chopped fresh cilantro (or basil leaves or a combination)
- 1 clove garlic (peeled and minced)
- 1/4 teaspoon dried oregano or basil
- 1 teaspoon vegetable oil
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 4 whole-wheat buns

Directions

Step 1

Add beans to a bowl and mash with a fork until chunky. Add the egg and mix well.

Step 2

Add precooked rice, scallions, garlic and oregano, salt and pepper and mix until well combined.

Step 3

Divide the mixture into 4 portions and form each portion into a patty about ¾ to 1 inch thick.

Step 4

Place a large skillet on the stove on high heat. When the skillet is hot, add oil. Add burgers and cook 4 to 5 minutes per side until browned on both sides and heated throughout. Place on a whole wheat bun.

Notes

Try using old-fashioned rolled oats, leftover cooked barley or Panko breadcrumbs instead of prepared rice. Serve with your favorite toppings such as lettuce, tomato, guacamole, salsa, low-fat cheese, or low-fat yogurt.

Utensils Needed

- Knife
- Cutting board
- Fork
- Mixing bowl
- Skillet
- Spatula
- Serving plates

NUTRITION FACTS

Serving Size: 3 oz patty

Nutrients	Amount
Calories	274
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	53 mg
Sodium	668 mg
Total Carbohydrates	47 g
Dietary Fiber	12 g
Total Sugars	4g
Added Sugars	3 g
Protein	13 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



Rice Bowl Southwestern Style

You can use any leftover cooked grain in this recipe. Try white or wild rice, quinoa, barley or oatmeal.
For a spicier dish, add chili powder, red pepper flakes or taco sauce in Step 1.



Average Cost: \$9.08



Prep Time: 15 minutes



Average Cook Time: 20 minutes



Average Servings: 2

Recipe Source: FoodHero.org

Ingredients

- 1 Tsp vegetable oil
- 1 Cup chopped vegetables (try a mixture – bell peppers, onion, corn, tomato, zucchini)
- 1 Cup cooked meat (chopped or shredded), beans or tofu
- 1 Cup cooked brown rice
- 2 Tbsp salsa, shredded cheese or low-fat sour cream

Directions

Step 1

In a medium skillet, heat oil over medium high heat (350 degrees in an electric skillet).

Step 2

Add vegetables and cook for 3 to 5 minutes or until vegetables are tender-crisp.

Step 3

Add cooked meat, beans or tofu and cooked rice to skillet and heat through.

Step 4

Divide rice mixture between two bowls. Top with salsa, cheese or sour cream and serve warm.

Step 5

Refrigerate leftovers within 2 hours.

Utensils Needed

- Knife
- Cutting board
- Bowl
- Spoon
- Measuring utensils

NUTRITION FACTS

Serving Size: 1 Cup

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



Vegetarian Chili

This yummy dish is full of nutrients and fiber to keep you full until your next meal!



Average Cost: \$14.73



Prep Time: 15 minutes



Average Cook Time: 30 minutes



Average Servings: 8

Recipe Source: Food Hero

Ingredients

- 2 Tsp vegetable oil
- 2 Cloves garlic, minced or 1/2 teaspoon garlic powder
- 1 Medium onion, chopped
- 1 Green bell pepper, chopped
- 2 Cups fresh mushrooms, sliced
- 1 Cup corn, frozen or canned and drained
- 1 Can (15.5 ounce) pinto beans, drained and rinsed
- 1 Can (8 ounce) tomato sauce
- 1 Can (14.5 ounce) stewed tomatoes
- ½ Cup bulgur, uncooked/quinoa
- ½ Cup water
- 1 Tsp dried oregano
- 1 Tsp ground cumin
- 1 Tsp chili powder
- 1 Cup cheddar cheese, grated (low fat)

Directions

Step 1

Heat oil in large skillet over medium-high heat (350 degrees in an electric skillet).

Step 2

Add garlic, onion, pepper, and mushrooms and saute until tender, 6-8 minutes.

Step 3

Add remaining ingredients except cheese.

Step 4

Reduce heat to low, cover and cook until bulgur is soft, 10-15 minutes.

Step 5

Sprinkle with grated cheese and serve. Refrigerate leftovers within 2 hours.

Utensils Needed

- Skillet
- Cutting board
- Knife
- Measuring spoons

NUTRITION FACTS

Serving Size: 1 Cup

Nutrients	Amount
Calories	170
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	5 mg
Sodium	540 mg
Total Carbohydrates	25 g
Dietary Fiber	7 g
Total Sugars	5 g
Added Sugars	0 g
Protein	10 g

