

Strawberry Salsa

This fresh, sweet and spicy salsa is a great summer snack. Try serving with tortilla chips!



Average Cost: \$5.42



Prep Time: 15 minutes



Average Cook Time: 30 minutes to sit



Average Servings: 16

Recipe Source: FoodHero.org

Ingredients

- 1 1/2 Cups fresh strawberries, chopped small (about 1/2 pound)
- 1/2 Jalapeno pepper, minced
- 1/2 Cup onion, minced
- 2 Tbsp cilantro, finely chopped
- 1 1/2 Tsp lime juice

Directions

Step 1

Mix all ingredients together in a bowl. Flavors will blend if refrigerated for 30 minutes or more before serving.

Step 2

Refrigerate leftovers within 2 hours.

Utensils Needed

- Bowl for mixing/serving
- Knife
- Cutting board
- Spoon

NUTRITION FACTS

Serving Size: 2 Tablespoons

Nutrients	Amount
Calories	5
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrates	2 g
Dietary Fiber	6 g
Total Sugars	1 g
Added Sugars	0 g
Protein	0 g



Refried Beans

These yummy refried beans are a great side and pair well with your favorite Mexican dish!



Average Cost: \$2.24



Prep Time: 5 minutes



Average Cook Time: 10 minutes



Average Servings: 4

Recipe Source: FoodHero.org

SNAP Express Generic Recipe Template

- 1 Can (15 to 16 ounces) cooked beans (pinto or other type)
- 1 Tbsp oil
- 2 Tbsp chopped onion
- 1 Clove minced garlic or 1/4 teaspoon garlic powder
- ¼ Tsp ground cumin (or try substituting 1/2 teaspoon chili powder)

Directions

Step 1

Drain beans and reserve liquid. (Rinse canned beans to reduce sodium.)

Step 2

Heat oil in a skillet. Add onion and garlic. Sauté until onion is soft.

Step 3

Mash beans and cumin into onion mixture in skillet. Use a potato masher or back of a spoon. Add reserved liquid or water (1 Tablespoon or more) until desired consistency is reached.

Step 4

Cook and stir bean mixture on medium heat until heated through, 3 to 5 minutes. Refrigerate leftovers within 2 hours.

Utensils Needed

- Strainer
- Skillet
- Stove
- Spoon
- Measuring spoons/cups
- Cutting board
- Cutting knife
- Serving bowl & spoon

NUTRITION FACTS

Serving Size: 1/4 Cup

Nutrients	Amount
Calories	120
Total Fat	3.5 g
Saturated Fat	0.5 g
Cholesterol	0 mg
Sodium	200 mg
Total Carbohydrates	18 g
Dietary Fiber	5 g
Total Sugars	1 g
Added Sugars	0 g
Protein	6 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



Rainbow Wrap

This super colorful and healthy recipe is great to try with kids!



Average Cost: \$15.58



Prep Time: 20 minutes



Average Cook Time: N/A



Average Servings: 8

Recipe Source: [MyPlate.gov](#)

Ingredients

- 4 Whole wheat tortilla
- 8 Tbsp ranch dressing
- 1 Tomato (sliced)
- 1 Yellow bell pepper (sliced)
- 1/4 Cup shredded carrot
- 2 Cups spinach leaves
- 1 Cup shredded red cabbage

Directions

Step 1

Spread 2 tablespoons of ranch onto the inside of each tortilla.

Step 2

Place 1/4 of each vegetable into the tortilla to assemble your rainbow of veggies.

Step 3

Gently fold in the bottom and roll up your tortilla to make the wrap.

Step 4

Cut in half to reveal the rainbow, and serve! Refrigerate leftovers within 2 hours.

Utensils Needed

- Knife
- Cutting Board
- Spoon
- Measuring Utensils

NUTRITION FACTS

Serving Size: 1/2 Wrap

Nutrients	Amount
Calories	111
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	5 g
Sodium	210 mg
Total Carbohydrates	16 g
Dietary Fiber	2 g
Total Sugars	2 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



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

