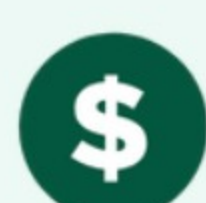


Grilled Cheese with Peaches

Not only is this sandwich a quick and easy lunch, but also a fun way to add more fruit and veggies to your day.



Average Cost: \$12.26



Prep Time: 3 minutes



Average Cook Time: 10 minutes



Average Servings: 4

Recipe Source: MyPlate.gov

Ingredients

- 8 Slices whole grain bread
- 1 15-Ounce can of sliced peaches, drained
- 8 Slices low-fat cheddar cheese
- 8 Ounces fresh spinach
- 4 Tsp vegetable oil

Directions

Step 1

Heat the 4 teaspoons of vegetable oil in a large non-stick pan over medium heat.

Step 2

Place 4 slices of whole grain bread in the pan.

Step 3

Layer (in this order) one slice of cheese, a handful of spinach, 4 to 6 peach slices, another slice of cheese, and a slice of bread on top of each original slice of bread.

Step 4

After 4 to 5 minutes, flip each sandwich and cook another 4 to 5 minutes

Utensils Needed

- Non-stick pan
- Spatula

NUTRITION FACTS

Serving Size: 1 Sandwich

Nutrients	Amount
Calories	376
Total Fat	11 g
Saturated Fat	4 g
Cholesterol	12 mg
Sodium	719 mg
Total Carbohydrates	47 g
Dietary Fiber	8 g
Total Sugars	17 g
Added Sugars	11 g
Protein	25 g



Banana Pancakes

With whole wheat flour and mashed bananas, these pancakes are a fiber powerhouse!



Average Cost: \$16.74



Prep Time: 15 minutes



Average Cook Time: 20 minutes



Average Servings: 9

Recipe Source: FoodHero.org

Ingredients

- 2 Eggs
- 1 1/2 Cups nonfat or 1% milk
- 1 Tbsp sugar
- 3 Tbsp oil
- 2 Bananas, mashed
- 3/4 Cup whole wheat flour
- 3/4 Cup all-purpose flour
- 2 Tsp baking powder

Directions

Step 1

Beat eggs in medium bowl. Add milk, sugar, oil and bananas and mix well. Add flours and baking powder. Mix gently.

Step 2

Lightly spray a large skillet or griddle with nonstick cooking spray or lightly wipe with oil. Heat skillet or griddle over medium-high heat (350 degrees in an electric skillet).

Step 3

Spoon 1/4 cup batter onto the griddle for each pancake. Cook until tops are bubbly and pancakes are dry around the edges. Flip and cook for 2-3 minutes or until golden brown.

Step 4

Refrigerate leftovers within 2 hours.

Utensils Needed

- Mixing bowl
- Mixing spoon
- Skillet or griddle
- Measuring cups
- Measuring spoons
- Spatula

NUTRITION FACTS

Serving Size: 2 Pancakes

Nutrients	Amount
Calories	180
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	40 mg
Sodium	150 mg
Total Carbohydrates	26 g
Dietary Fiber	2 g
Total Sugars	7 g
Added Sugars	4 g
Protein	6 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 3/4 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



Bulgur Chickpea Salad

This salad is a great way to add some healthy grains, fruits, vegetables, and garbanzo beans to your meal.



 **Average Cost: \$13.80**

 **Prep Time: 20 minutes**

 **Average Cook Time: 20 minutes**

 **Average Servings: 6**

Recipe Source: MyPlate.gov

Ingredients

- 1 1/4 Cup water
- 1 Cup bulgur
- 1 Tsp dried parsley
- 1 Tsp minced onion
- 1 Tsp soy sauce
- 1/2 Cup scallions (chopped, green onions)
- 1/2 Cup raisins
- 1/2 Cup carrot (chopped)
- 3/4 Cups canned chickpeas (garbanzo beans, drained and rinsed)
- 2 Tbsp oil
- 2 Tbsp lemon juice
- 1 Tbsp soy sauce
- 1 Garlic clove (minced)
- Black pepper (to taste)

Directions

Step 1

Bring water to boil in medium saucepan.

Step 2

Stir in bulgur, parsley, minced onion, and soy sauce. Cover and reduce heat; simmer 15-20 minutes (until all water is absorbed and bulgur is not too crunchy). Do not overcook.

Step 3

Remove from heat and allow to cool; fluff with fork.

Step 4

Combine dressing ingredients; stir well. Pour over bulgur mixture and mix well.

Step 5

Stir in scallions, raisins, carrots, and chickpeas. Cover and chill for several hours. Store in refrigerator.

Utensils Needed

- Cutting board
- Sharp knife
- Measuring cups
- Measuring spoons
- Medium saucepan
- Mixing spoon
- Large bowl
- Small bowl
- Fork

NUTRITION FACTS

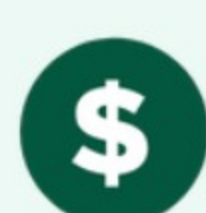
Serving Size: 1/6 Recipe

Nutrients	Amount
Calories	220
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	178 mg
Total Carbohydrates	41 g
Dietary Fiber	7 g
Total Sugars	11 g
Added Sugars	0 g
Protein	6 g



Garden Stir-Fry Vegetables with Tofu

Try this delicious recipe with any combination of veggies you have available, and enjoy the extra protein boost from the tofu! Also great if served over cooked rice.



Average Cost: \$6.34



Prep Time: 20 minutes



Average Cook Time: 20 minutes



Average Servings: 4

Recipe Source: Cornell University Cooperative Extension in New York City

Ingredients

- 10 1/2 Ounce package of firm tofu
- 2 Tsp vegetable oil
- 1 Clove garlic, minced
- 2 Cups fresh broccoli or spinach, cut up
- 6 Medium carrots, sliced 1/4-inch thick
- 1 Medium green pepper, chopped
- 3 Stalks celery, cut into 1/4-inch pieces
- 1 Medium onion, chopped
- 2 Cups cabbage, shredded
- 1 Tbsp light soy sauce, optional

Directions

Step 1

Wrap tofu in several layers of paper towels; press lightly to remove excess moisture. Cut tofu into cubes. Set aside.

Step 2

Heat oil in large frying pan over medium heat.

Step 3

Add garlic and cook for 2 minutes. Stir in tofu, broccoli (or spinach), carrots, green pepper, celery, onion, and cabbage. Add 2 Tbsp of water.

Step 4

Cover and cook 10 to 15 minutes until tender. Add small amounts of water as needed throughout the cooking period.

Utensils Needed

- Frying pan (large)
- Knife/ cutting board
- Measuring cups and spoons
- Serving plate

NUTRITION FACTS

Serving Size: 1 Cup

Nutrients	Amount
Calories	156
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	92 mg
Total Carbohydrates	18 g
Dietary Fiber	7 g
Total Sugars	0g
Added Sugars	0 g
Protein	11 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



Overnight Oats

This recipe is easy and delicious. Great for breakfast on the go. Flavored yogurt could be substituted for extra sweetness.



Average Cost: \$5.75



Prep Time: 15 minutes



Average Cook Time: 8 hours to chill



Average Servings: 1

Recipe Source: ChooseMyPlate

Ingredients

- 1 Cup uncooked old fashioned rolled oats
- 1 Cup low-fat yogurt
- ½ Cup nonfat or 1% milk
- ½ Cup berries, fresh or frozen
- ½ Cup chopped apple (about 1/3 a medium apple [3" diameter])

Directions

Step 1

In a medium bowl, mix oats, yogurt and milk.

Step 2

Add the fruit now or add just before eating.

Step 3

Cover and refrigerate oatmeal mixture for 6-12 hours. (For grab-and-go breakfasts, place scoops of mixture in small dishes or spoon into small jars with lids.)

Step 4

Refrigerate leftovers within 2 hours.

Utensils Needed

- Glass jar with a lid
- Spoon
- Liquid measuring cup
- Measuring spoons
- Measuring cups

NUTRITION FACTS

Serving Size: 1 Cup

Nutrients	Amount
Calories	160
Total Fat	1 g
Saturated Fat	1 g
Cholesterol	5 mg
Sodium	55 mg
Total Carbohydrates	27 g
Dietary Fiber	3 g
Total Sugars	9 g
Added Sugars	0 g
Protein	8 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 mg
Sodium	210 mg
Total Carbohydrates	16 g
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars	0 g
Protein	4 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

