

# 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





# 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





# Mediterranean Tuna Salad

Try this recipe served on lettuce leaves or make sandwiches with whole wheat or pocket (pita) bread.



**Average Cost: \$9.57**



**Prep Time: 5-10 minutes**



**Average Cook Time: N/A**



**Average Servings: 10**

Recipe Source: FoodHero.org

## Ingredients

- 3 Cans (5 ounces each) tuna in water, drained
- 1 Cup carrot, peeled and coarsely grated (about
- 2 Medium carrots if using whole carrots)
- 2 Cups diced cucumber
- 1 ½ Cups peas, canned and drained or thawed from frozen
- ¾ Cup low-fat Italian salad dressing

## Directions

### Step 1

Place drained tuna in a medium bowl. Use a fork to break apart chunks of tuna.

### Step 2

Add carrot, cucumber, peas and salad dressing. Mix well.

### Step 3

Serve immediately or make ahead, cover and refrigerate until ready to serve.

### Step 4

Refrigerate leftovers within 2 hours.

## Utensils Needed

- Fork
- Measuring cups and spoons
- Sharp knife
- Cutting board
- Medium bowl

## NUTRITION FACTS

### Serving Size: 1/2 Cup

Nutrients	Amount
Calories	100
Total Fat	2.5 g
Saturated Fat	0 g
Cholesterol	20 mg
Sodium	180 mg
Total Carbohydrates	25 g
Dietary Fiber	1 g
Total Sugars	1g
Added Sugars	2 g
Protein	11 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





# Cowboy Salad

This salsa is a party favorite. Use pantry items like canned beans, corn, and tomatoes.



Average Cost: \$7.03



Prep Time: 5 – 10 min



Average Cook Time: n/a



Average Servings: 16

Recipe Source: ChooseMyPlate

## Ingredients

- 1 Can kidney beans, drained (15 ounces)
- 1 Can black beans, drained (15 ounces)
- 1 Can corn, drained (15 ounces)
- 1 Can crushed tomatoes (15 ounces)
- 1 Can chopped green chilies (4 ounces)
- 1/4 Cup finely chopped onion
- 1 Tablespoon oil
- Limes, juiced (3 limes, optional)
- Salt (to taste, optional)

## Directions

### Step 1

Mix kidney beans, black beans, corn, tomatoes, chilies, and onion in a large bowl.

### Step 2

Add lime juice (if using) and oil, toss gently to combine. Taste. Add small amount of salt and pepper if desired.

### Step 3

Serve by itself, with raw vegetables and/or corn chips.

## Utensils Needed

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

## NUTRITION FACTS

Serving Size: 1/2 cup (1/16 of recipe)

Nutrients	Amount
Calories	94
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	244 mg
Total Carbohydrates	17 g
Dietary Fiber	5 g
Total Sugars	2g
Added Sugars	0 g
Protein	5 g





# Green Bean Sauté

Jazz up green beans with mushrooms, onions, and garlic in a quick and easy vegetable side dish.



Average Cost: \$4.88



Prep Time: 10 minutes



Average Cook Time: 10 minutes



Average Servings: 6

Recipe Source: SNAPEd Connection

## Ingredient

- 1 Cup onion (chopped)
- 1 Cup mushrooms (slices)
- 1 Tsp garlic (mince)
- 1 Can green beans (16 ounce, drained, cut)

## Directions

### Step 1

Spray skillet with non-stick cooking spray.

### Step 2

Sauté onions, mushrooms, and garlic.

### Step 3

Add green beans and heat thoroughly.

## Utensils Needed

- Skillet
- Measuring cups
- Spoon or spatula for sautéing
- Serving bowl or plate
- Silverware

## NUTRITION FACTS

Serving Size: 1/2 cup (1/6 of recipe)

Nutrients	Amount
Calories	232
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	175 mg
Total Carbohydrates	6 g
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars	0 g
Protein	2 g

