

# Fruit Salad With Yogurt

This colorful salad combines sliced strawberries, pineapple chunks, and blueberries coated in pineapple juice. Serve topped with lowfat yogurt and slivered almonds for a treat that looks as good as it tastes.



**Average Cost: \$15.35**



**Prep Time: 15 minutes**



**Average Cook Time: N/A**



**Average Servings: 4**

Recipe Source: [MyPlate.gov](#)

## Ingredients

- 2 Cup strawberries (sliced)
- 1 Cup blueberries (rinsed)
- 1 Cup pineapple chunks (canned, or fresh)
- 3 Tbsp pineapple juice (or any 100% fruit juice)
- 2 Cup plain low-fat yogurt
- 1/8 Cup almonds (sliced or slivered)

## Directions

### Step 1

Place fruit in a large bowl and mix with pineapple juice. Let stand for 15 minutes at room temperature.

### Step 2

Place 1 cup of fruit salad in a small bowl and top with 1/2 cup of yogurt.

### Step 3

Sprinkle almonds on top of each fruit salad. Serve immediately.

## Utensils Needed

- Knife
- Cutting board
- Mixing bowl
- Measuring cups
- Serving bowls
- Spoon

## NUTRITION FACTS

### Serving Size: 1 Cup

Nutrients	Amount
Calories	171
Total Fat	4 g
Saturated Fat	2 g
Cholesterol	7 mg
Sodium	88 mg
Total Carbohydrates	28 g
Dietary Fiber	4 g
Total Sugars	22 g
Added Sugars	0 g
Protein	8 g





# Apricot and Lemon Chicken

Why wait for dessert to enjoy your fruit? Make it a part of your meal in this main dish.



**Average Cost: \$12.36**



**Prep Time: 5 minutes**



**Average Cook Time: 15 minutes**



**Average Servings: 4**

Recipe Source: MyPlate.gov

## Ingredients

- 4 Chicken breasts, boneless & skinless (medium)
- 1 Tsp cumin
- 5 Tbsp apricot spread (about 1/3 cup)
- 1 Fresh lemon, juiced
- 2 Tbsp water

## Directions

### Step 1

Rub cumin over chicken and place in skillet.

### Step 2

Cook on medium-high for 6 minutes on each side, or until cooked through. Remove from pan and keep warm.

### Step 3

Add apricot spread, lemon juice, and water to skillet.

### Step 4

On medium heat, stir until smooth. Spoon sauce over chicken and serve warm.

## Utensils Needed

- Skillet
- Measuring utensils

## NUTRITION FACTS

### Serving Size: 1/4 Recipe

Nutrients	Amount
Calories	241
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	84 mg
Sodium	83 mg
Total Carbohydrates	19 g
Dietary Fiber	0 g
Total Sugars	13 g
Added Sugars	12 g
Protein	31 g





# Baked Kale Frittata

This recipe is quick and easy to prepare, and is loaded with nutrients. Try it for breakfast, lunch, or dinner.



 **Average Cost: \$9.50**

 **Prep Time: 10 minutes**

 **Average Cook Time: 30 minutes**

 **Average Servings: 6**

Recipe Source: GET FRESH! Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 2001

## Ingredients

- Vegetable cooking spray
- 1 Bunch kale leaves (3 cups chopped)
- 1 Large onion (1 cup chopped)
- 1 Tsp vegetable oil
- 1/4 Cup water
- 5 Eggs
- 1/2 Cup skim milk
- 2 Ounces low-fat cheddar cheese (1/2 cup grated)
- 1/2 Tsp salt
- 1/4 Tsp pepper

## Directions

### Step 1

Preheat oven to 375° F. Coat 9-inch round baking pan with vegetable cooking spray. Wash and chop kale. Chop onion.

### Step 2

Heat oil in large frying pan on medium-high. Add onion. Sauté 3 to 5 minutes, until soft and brown. Stir in kale and water. Cover and cook 5 minutes. Remove pan from heat and allow mixture to cool.

### Step 3

In large bowl, combine eggs, milk, cheese, salt, and pepper. Blend in kale mixture. Pour mixture into baking pan. Bake 20 min.

### Step 4

Remove from oven and let set for 2 to 3 minutes. Slice into 6 wedges.

## Utensils Needed

- Cutting board
- Sharp knife
- Measuring cups & spoons
- Large mixing bowl
- Large frying pan
- 9-inch round baking pan

## NUTRITION FACTS

### Serving Size: 1/6 of recipe

Nutrients	Amount
Calories	100
Total Fat	5 g
Saturated Fat	1.5 g
Cholesterol	140 mg
Sodium	340 mg
Total Carbohydrates	5 g
Dietary Fiber	1 g
Total Sugars	2g
Added Sugars	0 g
Protein	8 g





# Black Bean and Veggie Quesadilla

This delicious and nutritious recipe would be great with any veggies you have on hand.



**Average Cost: \$15.25**



**Prep Time: 10 minutes**



**Average Cook Time: 20 minutes**



**Average Servings: 6**

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

## Ingredients

- ½ (15½-Ounce) can black beans, no salt added
- 2 Medium zucchini
- 1 Bunch fresh spinach (about 4 cups)
- 1 Can corn
- 4 Ounces low-fat cheddar cheese
- 1 Tbsp canola oil
- Pinch ground cayenne pepper
- Pinch black pepper
- 1–2 tsp water
- 6 (8-Inch) whole wheat flour tortillas
- Non-stick cooking spray

## Directions

### Step 1

In a colander, drain and rinse black beans, set aside then drain and rinse corn. Rinse zucchini. Cut into thin slices or shred with a grater. Rinse and chop fresh spinach. Grate cheese.

### Step 2

In a large skillet over medium-high heat, heat oil. Add zucchini and cayenne pepper. Cook until zucchini is semi-soft, about 5 minutes.

### Step 3

Add corn and spinach. Cover and cook until tender, stirring a few times, about 5 minutes more. Remove from heat. Add black beans to the veggie mixture. Stir to combine. Smash beans lightly with a fork. Add 1–2 teaspoons water to make a bean-and-veggie paste.

### Step 4

Spread vegetable mixture evenly on half of each tortilla. Add grated cheese. Fold tortillas over. Press lightly with spatula to flatten. Spray skillet lightly with non-stick cooking spray. Heat over medium/high heat. Add one folded tortilla. Cook about 4 minutes per side, or until both sides of tortilla are golden brown. Repeat until all quesadillas are cooked.

### Step 5

Cut each quesadilla into 2 wedges. Serve while hot.

## Utensils Needed

- Box grater
- Can opener
- Colander
- Cutting board
- Fork
- Measuring spoons
- Medium bowl
- Rubber spatula
- Sharp knife
- Large skillet with lid

## NUTRITION FACTS

**Serving Size: 1 Folded quesadilla**

Nutrients	Amount
Calories	250
Total Fat	7 g
Saturated Fat	2 g
Cholesterol	5 mg
Sodium	360 mg
Total Carbohydrates	36 g
Dietary Fiber	4 g
Total Sugars	5g
Added Sugars	0 g
Protein	12 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





# Kale and White Bean Soup

This hearty soup will be sure to warm you right up!



 **Average Cost: \$4.61**

 **Prep Time: 15 minutes**

 **Average Cook Time:  
About 30 minutes**

 **Average Servings: 5**

Recipe Source: FoodHero.org

## Ingredients

- 1 Cup onion, chopped (1 medium onion)
- 4 Cloves garlic, minced or 1 teaspoon garlic powder
- 1 Tbsp oil
- 2 Cups broth (chicken or vegetable)
- 1 1/2 Cups cooked white beans (1 can – 15.5 ounces, drained and rinsed)
- 1 3/4 Cups diced tomatoes (1 can – 14.5 ounces with juice)
- 1 Tbsp italian seasoning
- 3 Cups kale, chopped (fresh or frozen)

## Directions

### Step 1

In a saucepan over medium-high heat, sauté onion and garlic in butter or margarine until soft.

### Step 2

Add broth, white beans, and tomatoes; stir to combine.

### Step 3

Bring to a boil; reduce heat, cover, and simmer for about 5 minutes.

### Step 4

Add the kale and Italian seasoning. Simmer until kale has softened, 3 to 5 minutes. Serve warm.

### Step 5

Refrigerate leftovers within 2 hours.

## Utensils Needed

- Saucepan with lid
- Spoon
- Measuring cup
- Measuring spoon
- Cutting board
- Knife
- Can opener

## NUTRITION FACTS

### Serving Size: 1 Cup

Nutrients	Amount
Calories	110
Total Fat	3 g
Saturated Fat	1.5 g
Cholesterol	5 mg
Sodium	550 mg
Total Carbohydrates	18 g
Dietary Fiber	2 g
Total Sugars	3 g
Added Sugars	0 g
Protein	5 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





# Northwest Apple Salad

Use your favorite dried fruits and nuts in this fun salad.



 **Average Cost: \$17.58**

 **Prep Time: 15 minutes**

 **Average Cook Time: 5 minutes**

 **Average Servings: 4**

Recipe Source: [CookingMatters.org](#)

## Ingredients

- 2 Medium apples
- 2 Tbsp dried fruit, such as raisins, dried cranberries, or dried currants
- 3 Tbsp plain low-fat yogurt
- 1 Tbsp whole, shelled walnuts
- 1 Tbsp honey

## Directions

### Step 1

Rinse and remove cores from apples. Do not peel. Cut into 1-inch pieces. Place in medium bowl.

### Step 2

Add dried fruit and yogurt to bowl. Mix well.

### Step 3

In a small skillet over medium heat, toast nuts until golden brown and fragrant. Watch closely so they do not burn. Remove from pan and let cool.

### Step 4

Chop cooled nuts with a knife. Or, put in a plastic bag and crush with a can.

### Step 5

Add crushed nuts to bowl. If using, add honey. Toss and serve.

## Utensils Needed

- Cutting board
- Measuring spoons
- Medium bowl
- Sharp knife
- Small skillet

## NUTRITION FACTS

### Serving Size: 3/4 Cup

Nutrients	Amount
Calories	80
Total Fat	1.5 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	10 mg
Total Carbohydrates	16 g
Dietary Fiber	3 g
Total Sugars	12 g
Added Sugars	0 g
Protein	1 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





# 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

