

Lemon Carrots

These carrots are tasty hot or cold!



Average Cost: \$4.20



Prep Time: 10 min



Average Cook Time: 25 min



Average Servings: 4

Recipe Source: reallifegoodfood.umn.edu

Ingredients

- 16 Ounce package baby carrots OR 4 large carrots, cut into 2" pieces
- 1/4 Cup water
- 1 1/2 Teaspoon olive oil
- 2 Tablespoons scallions, thinly sliced, plus additional for garnish
- 1 1/2 Teaspoon fresh lemon juice
- 1 Clove garlic, minced
- 1/4 Teaspoon salt
- Optional: 1/8 teaspoon red pepper flakes

Directions

Step 1

In a large non-stick skillet, combine carrots and water and bring to a boil over high heat.

Step 2

Reduce heat; cover and simmer for 8 to 10 minutes or until carrots are almost tender.

Step 3

Uncover and cook over medium-high heat until water evaporates.

Step 4

Add oil and cook, stirring frequently, for about 5 minutes, or until carrots are lightly browned and just tender.

Step 5

Stir in the remaining ingredients. Cook, tossing for about 2 minutes, or until carrots are evenly coated. Sprinkle with additional scallion, if desired.

Tips

Garnish with favorite fresh chopped herbs or with scallions from the produce section. Herbs are full of immune boosting antioxidants! If you have leftover carrots, store them in a container and use later in a salad or soup.

Utensils Needed

- Large pot
- Strainer
- Slotted spoon
- Measuring cups and spoons
- Stove

NUTRITION FACTS

Serving Size: 1/4 of recipe

Nutrients	Amount
Calories	68
Total Fat	2 g
Saturated Fat	0.3 g
Cholesterol	0 mg
Sodium	225 mg
Total Carbohydrates	12 g
Dietary Fiber	4 g
Total Sugars	6 g
Added Sugars	n/a
Protein	1 g



Baked Pork Chops

A healthy version of an all-time favorite!



Average Cost: \$27.94



Prep Time: 1 hour & 15 min



Average Cook Time: 45 min



Average Servings: 6

Recipe Source: eatfresh.org

Ingredients

- 6 Pork chops, lean center-cut
- 1 Egg white
- 1 Cup milk (fat free evaporated)
- 3/4 Cup cornflakes, crushed finely
- 1/4 Cup bread crumbs
- 1 Tablespoon Italian seasoning
- Non-stick cooking spray

Directions

Step 1

Preheat oven to 375°F.

Step 2

Trim fat from pork chops.

Step 3

In a large bowl, beat egg white with fat free evaporated milk. (Save egg yolk in small cover bowl and refrigerate). Place pork chops in milk mixture and let stand for 5 minutes, turning once.

Step 4

Measure cornflakes into small bag and crush until fine. Pour into medium bowl and add the breadcrumbs and seasoning. Remove 1 pork chop and coat with breadcrumbs. Place on pan. Repeat with the remaining pork chops.

Step 5

Bake pork chops for 20 minutes. Turn pork chops and bake 15 minutes more or until no pink remains.

Notes

Serve with lemon carrots.

Utensils Needed

- Large baking pan
- Non-stick spray
- Large bowl
- Medium bowl
- Whisk
- Plastic bag for crushing cornflakes
- Measuring cups and spoons
- Oven spatula
- Oven mitts

NUTRITION FACTS

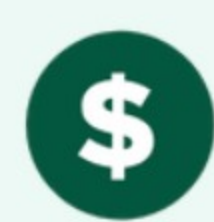
Serving Size: 1 pork chop

Nutrients	Amount
Calories	216
Total Fat	10 g
Saturated Fat	8 g
Cholesterol	n/a
Sodium	346 mg
Total Carbohydrates	10 g
Dietary Fiber	1 g
Total Sugars	n/a
Added Sugars	n/a
Protein	25 g



Banana Blueberry Breakfast Quinoa

Add mashed banana and blueberries to make this **quick and easy breakfast**, using leftover plain quinoa or oatmeal!



Average Cost: 13.26



Prep Time: 5 minutes



Average Cook Time: 15-20 minutes



Average Servings: 1

Recipe Source: snap4ct.org

Ingredients

- 1 cup water
- 1/2 cup quinoa
- 1 banana
- 1/2 cup frozen blueberries

Directions

Step 1

Pour quinoa into a sauce pan with water. Bring to a boil and stir. Reduce heat and cover the pot. Let quinoa sit for 15-20 minutes to absorb the water and get fluffy.

Step 2

Peel and mash the banana with a fork in a small bowl or on a plate.

Step 3

When the quinoa is ready (no excess water in the pan, and visible "tails" on the quinoa), add mashed banana and blueberries.

Step 4

Stir, allowing blueberries to thaw.

Utensils Needed

- 2 Cereal bowls
- 2 Serving spoons
- Sauce pan
- Large spoon
- Small bowl or cutting board
- Fork
- Measuring cups and spoons
- Sharp knife

NUTRITION FACTS

Serving Size: whole recipe

Nutrients	Amount
Calories	290
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	n/a
Sodium	15 mg
Total Carbohydrates	61 g
Dietary Fiber	8 g
Total Sugars	n/a
Added Sugars	0 g
Protein	n/a



Fresh Fruit with Yogurt Dip

Vanilla yogurt with cinnamon makes a delicious dip for your favorite fruits. Use low-fat yogurt for an even healthier option.



Average Cost: \$8.82



Prep Time: 15 minutes



Average Cook Time: n/a



Average Servings: 4

Recipe Source: MyPlate.gov

Ingredients

- 1 Apple
- 1 Banana
- 1 Orange
- 1/4 Cup orange juice
- 1 Cup vanilla yogurt (low-fat)
- 1/2 Teaspoon cinnamon

Directions

Step 1

Core, peel and slice fruit.

Step 2

Measure orange juice and pour into a small bowl. Dip fruit into orange juice to prevent browning. Arrange fruit on plate.

Step 3

In a small bowl, mix yogurt and cinnamon in a small bowl.

Step 4

Place bowl on plate next to fruit and serve.

Utensils Needed

- Sharp knife
- Cutting board
- 2 Small bowls
- Large Plate
- Measuring cups and spoons
- Serving plate

NUTRITION FACTS

Serving Size: 1/4 of recipe

Nutrients	Amount
Calories	93
Total Fat	1 g
Saturated Fat	1 g
Cholesterol	3 mg
Sodium	41 mg
Total Carbohydrates	19 mg
Dietary Fiber	2 g
Total Sugars	16 g
Added Sugars	4 g
Protein	4 g



Green Beans with Garlic

A flavorful version of green beans!



Average Cost: \$10.92



Prep Time: 5 minutes



Average Cook Time: 10 minutes



Average Servings: 4

Recipe Source: nih.gov

Ingredients

- 1 16-Ounce bag frozen green beans or 1 pound fresh green beans
- 1/3 Cup frozen chopped white onions or fresh onion, chopped
- 1 Garlic clove, minced or 1 tsp dried minced garlic
- 1 Tsp olive or canola oil

Directions

Step 1

If using fresh green beans, rinse and snap off and discard tips. If using dried onion or garlic, rehydrate with a small amount of water.

Step 2

Add oil to pan and gently heat. Add onions and garlic and gently sauté 5 minutes.

Step 3

Add the green beans and 1/4 cup of water. Simmer green beans until desired softness.

Utensils Needed

- Cutting board
- Colander
- Large spoon or spatula
- Large pot
- Measuring cups and spoons
- Sharp knife
- Stove

NUTRITION FACTS

Serving Size: 1 cup

Nutrients	Amount
Calories	46
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	12 mg
Total Carbohydrates	9 mg
Dietary Fiber	4 g
Total Sugars	n/a
Added Sugars	n/a
Protein	2 g



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