

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



Apple Sandwiches

Start your day off right and fuel up with this quick and easy recipe.



Average Cost: \$7.59



Prep Time: 10 min



Average Cook Time: n/a



Average Servings: 2

Recipe Source: FoodHero

Ingredients

- 1 Medium Apple
- 2 Tablespoons Peanut Butter
- 1 Tablespoon Raisins

Directions

Step 1

Wash the apple under cool running water and dry. Cut in half from the stem down and lay each half cut-side down on a cutting board. Slice each half into 6 half-round slices and cut out the core.

Step 2

Spread 1/2 teaspoon of peanut butter on one side of each apple slice.

Step 3

Put 4 to 6 raisins on top of the peanut butter on one apple slice. Top with another apple slice, peanut-butter side down. Squeeze gently.

Step 4

Continue with remaining apple slices.

Utensils Needed

- Measuring spoons
- Chef & butter knives
- Cutting board

NUTRITION FACTS

Serving Size: 1/2 of apple

Nutrients	Amount
Calories	150
Total Fat	8 g
Saturated Fat	1.5 g
Cholesterol	0 mg
Sodium	70 mg
Total Carbohydrates	19 g
Dietary Fiber	3 g
Total Sugars	13 g
Added Sugars	1 g
Protein	4 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



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

