



Baked Winter Squash

Number of Servings: 3

Ingredients:

- 1 large butternut squash peeled, seeded and cut into 1-inch chunks (see tip)
- 3 tablespoons extra-virgin olive oil, divided
- ¼ teaspoon freshly ground pepper, divided
- 2 cloves garlic, minced
- 1-2 tablespoons chopped Italian parsley
- Salt and pepper to taste

Instructions:

1. Preheat oven to 375°F
2. Toss squash with 2 tablespoon oil, salt and ¼ teaspoon pepper.
3. Spread evenly on a large baking sheet. Roast, stirring occasionally, until tender throughout and lightly browned, 30 to 45 minutes (depending on the variety of squash).
4. Heat the remaining tablespoon oil in a small skillet over medium heat. Add garlic and cook, stirring, until fragrant but not brown, 30 seconds to 1 minute. Toss the roasted squash with the garlic and parsley.
5. Taste, adjust the seasoning and serve.

Tip: Make it easier to cut a pumpkin, acorn squash or other winter squash: pierce in several places with a fork; microwave on High for 45 to 60 seconds. Use a large sharp knife to cut in half. Remove the seeds and stringy fibers with a spoon.

Recipe adapted from *Eating Well* -

<http://www.eatingwell.com/recipe/249971/oven-roasted-squash-with-garlic-parsley/>

Broccoli Mandarin Orange Salad

Number of Servings: 6

Serving size: 1 cup

Ingredients:

5 cups broccoli florets
1 orange
2 tablespoons almonds
2 11-ounce cans of mandarin orange sections,
well drained
5 green onions, chopped
3 tablespoons white vinegar
1 tablespoon olive oil
Salt and pepper

Instructions:

1. Steam broccoli florets in covered saucepan for 3 minutes only. To steam: Cut broccoli into 2-inch florets. In a pot with a steamer set over boiling water, cover and steam broccoli. If you don't have a steamer, place florets directly in water or microwave.
2. Remove quickly and rinse with cold running water until broccoli is no longer warm. Do not cook further.
3. Place in serving bowl and chill, covered.
4. In a medium-sized bowl, grate the peel of the orange. Cut the orange in half and juice the orange over the bowl. If you don't have a whole orange or a grater, skip the zest and add 2 tablespoons of fresh orange juice or juice from a mandarin orange section itself.
5. Add the rest of the ingredients to the bowl except for the broccoli, salt, and pepper. Toss gently and allow to stand at room temperature for 20 minutes.
6. When ready to serve, add chilled broccoli to the bowl and toss very gently.
7. Season to taste with salt and pepper, if desired, and serve.

Tip: Serve this salad with grilled or baked fish, chicken, or tofu and brown rice for a complete meal.

Recipe adapted from *University of Minnesota Extension* -
<http://www.extension.umn.edu/family/live-healthy-live-well/healthy-bodies/eat-smart/the-recipe-box/broccoli-mandarin-orange-salad/>



Peanut Butter and Banana Pockets

Number of Servings: 4

Serving Size: 1 folded quesadilla

Ingredients:

3 ripe bananas

3 tablespoons creamy peanut butter

1½ teaspoons honey

¼ teaspoon ground cinnamon

4 (8-inch) whole wheat flour tortillas

Non-stick cooking spray

Instructions:

1. Peel and slice bananas about ¼-inch thick.
2. In a small bowl, stir together peanut butter, honey, and cinnamon.
3. Lay tortillas flat. Spread about 1 tablespoon of the peanut butter mixture on one half of each tortilla.
4. Divide banana slices evenly among tortillas. Arrange in a single layer over peanut butter mixture. Fold each tortilla in half.
5. Coat a large skillet with non-stick cooking spray. Heat over medium high heat.
6. Place folded tortillas in the skillet. Cook for 1–2 minutes on each side, or until golden brown.

Recipe adapted from *Cooking Matters* -

<https://cookingmatters.org/recipes/peanut-butter-and-banana-pockets>



Salmon or Tuna Pasta Bake

Number of Servings: 9

Ingredients:

- 2 cups whole wheat penne pasta
- 2 medium green onions
- 1 (14½-ounce) can pink salmon or tuna in water
- 1 cup frozen peas
- 1 cup nonfat or low-fat plain yogurt
- 2 teaspoons dried or fresh dill or parsley
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- ½ cup Parmesan cheese, grated

Instructions:

1. Preheat oven to 400°F.
2. Boil the pasta according to package directions. Drain in a colander. Run under water until cool to keep noodles from sticking together.
3. Rinse and finely chop green onions. When cutting green onions, use all of the onion except for the last 2 inches of the dark green portion. Make sure to cut off the small root at the white tip of the onion.
4. Drain canned salmon or tuna. In a large bowl, mix salmon/tuna, pasta, green onions, peas, yogurt, dill or parsley, salt, and black pepper.
5. Transfer pasta mixture to a 9-inch square baking dish.
6. Sprinkle Parmesan cheese over pasta mixture. Bake 25-30 minutes, until bubbling and golden.

Tip: Kick up the flavor by adding a pinch of ground cayenne pepper to the pasta mixture. Or, top with hot sauce when served.

Recipe adapted from *Cooking Matters* -

<https://cookingmatters.org/recipes/salmon-pasta-bake>

Asian Cabbage Slaw

Number of Servings: 4

Serving Size: 2 cups

Ingredients:

Half a head of cabbage
1 red bell pepper
3 green onions
2 large carrots
¼ cup cilantro
3 tablespoons white vinegar
3 tablespoons vegetable oil
2½ tablespoons crunchy natural peanut butter
2 tablespoons reduced-sodium soy sauce
1 teaspoon sugar

Instructions:

1. Prepare your ingredients: cut cabbage and red bell pepper into thin strips, chop green onion, peel and grate carrots, and chop cilantro. When cutting green onions, use all of the onion except for the last 2 inches of the dark green portion. Make sure to cut off the small root at the white tip of the onion.
2. In a large bowl, whisk together vinegar, oil, peanut butter, soy sauce, and sugar.
3. Toss the cabbage, red bell pepper, carrots, green onions, and cilantro with the dressing. Optional: add chili flakes to the recipe for extra spice

Recipe adapted from *Capital Area Food Bank* -
<https://www.capitalareafoodbank.org/wp-content/uploads/2013/01/Asian-Cabbage-Slaw.pdf>





Black Bean & Zucchini Quesadillas

Number of Servings: 1

Ingredients:

1/2 cup canned black beans, rinsed and drained

2 tablespoons salsa

1/2 cup finely chopped zucchini

4 (6-inch) corn tortillas

4 tablespoons shredded cheddar cheese

Instructions:

1. Combine beans and salsa in a small bowl; mash with a fork. Stir in zucchini.
2. Layer 1 tortilla with half the bean mixture, sprinkle with 2 tablespoons cheese, and top with another tortilla. Repeat with remaining tortillas, bean mixture, and cheese.
3. In the top-rack of the oven or toaster oven, cook quesadillas 1 minute on each side until cheese is melted and bubbly. If making in the microwave, cook for one minute in total.

Healthy Tip: Add other vegetables in available, including bell peppers, corn, spinach, etc.

Recipe adapted from *Health.com* -

<http://www.health.com/health/recipe/0,,10000001992086,00.html>



Cucumber Turkey Roll-Ups

Number of Servings: 5

Serving Size: 1 Roll-up

Ingredients:

5 whole wheat tortillas 8-inch

1 tablespoon mustard

1/2 pound cooked turkey breast, sliced

1 tomato, diced (about one cup)

1 medium cucumber, diced (about 1 cup)

Instructions:

1. Layer each tortilla with mustard, turkey breast, tomato, and cucumber.
2. Warm tortillas slightly in the microwave or oven to make them easier to roll.
3. Roll up tortillas, cut into halves, and serve.

Recipe adapted from *University of Minnesota Extension* -
<http://www.extension.umn.edu/family/live-healthy-live-well/healthy-bodies/eat-smart/the-recipe-box/roly-poly-roll-up/>



Easy Guacamole

Ingredients:

4 avocados

½ cup salsa

3 teaspoons garlic powder or chopped
garlic cloves

Juice of ½ lime or lemon

Salt and pepper to taste

Optional: chopped onion or cilantro

Instructions:

Mash ingredients together and season for
taste preferences.

Serve with bell peppers, cucumbers,
whole-wheat chips or use as a topping for
tacos or fajitas.



Turkey Skillet Dinner

Number of Servings: 4

Serving Size: 1 cup per serving

Ingredients:

Nonstick cooking spray or ½ tablespoon olive oil
1 pound lean ground beef or turkey
1 medium onion, chopped
1 bell pepper
3 tomatoes or ¾ can diced tomatoes
3 tbsp tomato paste
1 tsp each dried basil, oregano, and garlic powder
2 medium zucchini, sliced
Salt and pepper to taste

Instructions:

1. Spray a large frying pan with nonstick cooking spray or lightly brush it with oil.
2. Brown turkey and onion over medium heat until turkey is cooked through and onion is soft, about 10 minutes.
3. Add tomatoes, tomato paste, and seasonings. Simmer (heat just below boiling point, bubbles form slowly and burst before reaching the surface) over medium heat for 10 minutes.
4. Add zucchini and bell pepper and cook for 5 more minutes. Spice it up by adding 1/2 teaspoon of crushed red pepper flakes to the turkey mixture for extra spice. Serve while hot.

Tip: This dish is tasty served over brown rice.

Recipe adapted from *California Department of Public Health*
<https://www.cdph.ca.gov/programs/NutritionandPhysicalActivity/Documents/MO-NUPA-MainCourse.pdf>



Cowboy Caviar

Number of Servings: 16

Serving Size: 1/3 cup

Ingredients:

- 1 medium red bell pepper, chopped
- 1 small red onion, chopped
- 2 15-ounce cans black-eyed peas or beans (pinto or black beans)
- 1 15-ounce can corn kernels
- 1 15-ounce can tomato sauce
- 3 tablespoons canola oil
- 2 tablespoons vinegar, any kind
- 1 teaspoon cumin
- 1/2 teaspoon ground black pepper

Instructions:

1. Wash and dice red bell pepper after removing core and seeds.
2. Peel, rinse, and dice onion.
3. In a colander, drain and rinse black-eyed peas or beans and corn.
4. In a large bowl, add bell pepper, onion, black-eyed peas or beans, corn, and the remaining ingredients. Mix well.

Healthy Tips: Rinse the beans to reduce the sodium content or use low sodium canned beans. Serve with whole grain chips, on the side with scrambled eggs or roll-up with your favorite taco. Put 1/2 cup over baked chicken and serve along with wild rice.

Recipe adapted from *University of Minnesota Extension* - <http://www.extension.umn.edu/family/live-healthy-live-well/healthy-bodies/eat-smart/the-recipe-box/cowboy-caviar/>



Apple Waldorf Salad

Number of Servings: 6

Serving Size: 2/3 cup

Ingredients:

2 cups diced apples

1 cup diced celery

1/2 cup raisins or dried cranberries

1/2 cup walnuts, chopped

6 ounces low-fat plain yogurt or 2

tablespoons salad dressing

1 tablespoon orange juice

Instructions:

1. Mix orange juice with yogurt or salad dressing.
2. Toss apples, celery, raisins, and walnuts with the orange juice mixture.

Recipe adapted from *University of Minnesota Extension* - <http://www.extension.umn.edu/family/live-healthy-live-well/healthy-bodies/eat-smart/the-recipe-box/apple-waldorf-salad/>



Cabbage Rolls

Number of Servings: 6

Serving Size: 2 rolls

Ingredients:

- 1 head green cabbage
- 1.5 pound ground pork, turkey or beef (or a mixture)
- 2 small onions, diced
- 3 cloves garlic, minced
- 3 tablespoons fresh parsley
- 1 can (14 oz) diced tomatoes
- ½ teaspoon dill weed (optional)
- 1 cup uncooked brown rice
- 1½ cups + ⅓ cup tomato sauce or pasta sauce, divided
- 1 egg
- 1 can tomato soup
- Salt & pepper to taste

Instructions:

1. Preheat oven to 350 degrees.
2. Cook rice according to package directions but reduce cooking time by 5 minutes so the rice is slightly underdone. Set aside.
3. Cook beef, pork (or turkey), onions, garlic and seasonings until no pink remains. Drain any fat. Add in rice, diced tomatoes, ⅓ cup of tomato/pasta sauce, salt and pepper. Stir in egg.
4. Mix tomato sauce and tomato soup in a bowl. Spread a very thin layer of the tomato sauce mixture in a 9x13 pan.
5. Remove or thin any thick stem on the cabbage leaves. Lay the leaves flat and add ⅓ cup filling to the center of the leaf. Fold in the sides and roll the cabbage up. If the cabbage leaves are too stiff to roll, boil the leaves in water for 2 minutes to soften prior to filling. Place seam side down in the pan. Repeat with remaining cabbage. Note: if you have smaller leaves and still have filling leftover just overlap the leaves as needed.
6. Pour sauce over the cabbage and cover tightly with foil. Bake 75-90 minutes. Let cool 15 minutes before serving.

Recipe adapted from *Spend with Pennies* -

<http://www.spendwithpennies.com/easy-cabbage-rolls/>



Whole Wheat Pasta with Marinara Sauce

Number of Servings: 8

Serving Size: 1 cup

Ingredients:

- 1 pound uncooked whole wheat pasta
- 1 tablespoon olive oil
- 1 medium onion, chopped
- 1 carrot, chopped
- 1 stalk celery, chopped
- 1 28-ounce can crushed tomatoes
- 1 tablespoon Italian seasoning
- 4 cloves garlic, minced
- 1 teaspoon salt
- 1/2 cup grated Parmesan cheese
- 1/4 cup fresh parsley, chopped

Instructions:

1. Cook pasta according to the package directions.
2. Heat oil in a pan and add onions, carrots, and celery. Stir occasionally until the onions are browned.
3. Add the tomatoes, Italian seasoning, garlic, and salt. Cook until thickened.
4. Serve the cooked sauce over pasta.
5. Garnish with cheese and parsley.

Healthy Tips: Add cooked lean ground beef or turkey for additional protein. Serve this dish with a garden side salad. Freeze the leftover sauce for a quick meal starter in the future.

Recipe adapted from *University of Minnesota Extension* - <http://www.extension.umn.edu/family/live-healthy-live-well/healthy-bodies/eat-smart/the-recipe-box/whole-wheat-pasta-with-marinara-sauce/>