



# BUDGET BITES



Purdue Extension  
Nutrition Education Program

[eatgathergo.org](http://eatgathergo.org)

# Table of Contents

<b>Breakfast</b>	<b>3</b>
• Banana Pancakes	4
• Carrot Pancakes	5
• Peach and Carrot Smoothie	6
• Skillet Granola	7
• Yogurt Parfaits	8
• Whole Grain Strawberry Pancakes	9
<b>Snacks</b>	<b>10</b>
• Baked Cauliflower Tots	11
• Banana Oatmeal Cookies	12
• Cowboy Salad	13
• Crunchy Apple Roll-up	14
• Energy Bites	15
• Fruit Pizza	16
• Pear Quesadillas	17
• Watermelon and Fruit Salad	18
<b>Soups</b>	<b>19</b>
• Barley Lentil Soup	20
• Mexican Chicken Soup	21
• Easy Tortellini Soup	22
<b>Entrees</b>	<b>23</b>
• Asian Beef and Noodles	24
• Baked Turkey-Zucchini Meatballs	25
• Black Bean Burgers	26
• Chicken, Broccoli & Cheese Skillet Meal	27
• Chicken Pepper Bake	28
• Cilantro Lime Tuna Wrap	29
• Crunchy Chicken Nuggets	30
• Mix and Match Skillet Meal	31
• Quick Fix Taco Salad	33
• Rice Bowl Southwestern Style	34
• Skillet Lasagna	35
• Tuna Veggie Melt	36
• Zucchini Pizza Boats	37

# Breakfast



# Banana Pancakes

## INGREDIENTS

- 2 eggs
- 1 ½ cups nonfat or 1% milk
- 1 Tablespoon sugar
- 3 Tablespoons vegetable oil
- 2 bananas, mashed
- ¾ cup whole-wheat flour
- ¾ cup all-purpose flour
- 2 teaspoons baking powder



## DIRECTIONS

1. Wash hands with soap and water.
2. In a medium bowl, mix together eggs, milk, sugar, oil and bananas.
3. In a separate bowl, stir together flours and baking powder. Add to liquids and mix until blended.
4. Heat a lightly greased skillet or griddle over medium-high heat (350 degrees F in an electric skillet).
5. Pour 1/4 cup batter onto the griddle for each pancake. Cook until tops are bubbly and pancakes are dry around the edges. Turn pancakes over and cook until golden brown on the bottom.
6. Refrigerate or freeze leftovers within 2 hours.

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2 pancakes (124g)</b>
<b>Amount per Serving</b>	
<b>Calories</b>	<b>200</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 29g	<b>11%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 8g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 6g	
Vitamin D 0mcg	<b>0%</b>
Calcium 129mg	<b>10%</b>
Iron 1mg	<b>6%</b>
Potassium 193mg	<b>4%</b>
Vitamin A 21mcg	<b>2%</b>
Vitamin C 3mg	<b>4%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



[www.foodhero.org/recipes/banana-pancakes](http://www.foodhero.org/recipes/banana-pancakes)



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# Peach and Carrot Smoothie

## INGREDIENTS

- 1 medium banana, peeled fresh or frozen
- 1 cup frozen carrots
- 1 can (15 ounce) peaches, undrained

## DIRECTIONS

1. Combine all ingredients in a blender or food processor including the juice or syrup from the canned peaches.
2. Blend until smooth. Serve immediately.
3. Refrigerate or freeze leftovers within 2 hours.



<b>Nutrition Facts</b>	
3 servings per container	
<b>Serving size</b>	1 cup (208g)
<b>Amount per Serving</b>	
<b>Calories</b>	<b>130</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 50mg	2%
<b>Total Carbohydrate</b> 31g	11%
Dietary Fiber 3g	11%
Total Sugars 25g	
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 0mg	0%
Potassium 301mg	6%
Vitamin A 324mcg	36%
Vitamin C 6mg	6%

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[www.eatgathergo.org/recipe/peach-and-carrot-smoothie/](http://www.eatgathergo.org/recipe/peach-and-carrot-smoothie/)



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# Skillet Granola

## INGREDIENTS

- 1/3 cup vegetable oil
- 3 tablespoons honey
- 1/4 cup powdered milk
- 1 teaspoon vanilla
- 4 cups uncooked, old fashioned rolled oats
- 1/2 cup sunflower seeds
- 1 cup raisins

## DIRECTIONS

1. Warm oil and honey in a skillet for one minute over medium heat (300 degrees in an electric skillet). Add powdered milk and vanilla.
2. Stir in oats and sunflower seeds, and mix until coated with oil and honey mixture. Heat over medium heat. Stir until oatmeal is slightly brown.
3. Take off heat. Stir in raisins.
4. Cool mixture. Store in an airtight container (jar or plastic bag).



Nutrition Facts	
Serving Size 1/3 cup (47g)	
Servings Per Container 15	
Amount Per Serving	
<b>Calories 210</b>	<b>Calories from Fat 70</b>
% Daily Value*	
<b>Total Fat 8g</b>	<b>12%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 10mg</b>	<b>0%</b>
<b>Total Carbohydrate 28g</b>	<b>9%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 12g	
<b>Protein 5g</b>	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000      2,500
Total Fat	Less than 65g      80g
Saturated Fat	Less than 20g      25g
Cholesterol	Less than 300mg      300mg
Sodium	Less than 2,400mg      2,400mg
Total Carbohydrate	300g      375g
Dietary Fiber	25g      30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



[www.eatgathergo.org/recipe/skillet-granola/](http://www.eatgathergo.org/recipe/skillet-granola/)

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# Yogurt Parfaits

## INGREDIENTS

- 2 cups fruit (canned, fresh, frozen)
- 2 cups yogurt
- 4 tablespoons cereal

## DIRECTIONS

1. Wash fresh fruit, thaw and drain frozen fruit, or drain canned fruit. Cut into bite sized chunks.
2. Put 1/4 cup fruit into bottom of four glasses. Top with 1/4 cup yogurt. Add another 1/4 cup fruit. Top with another 1/4 cup yogurt.
3. Top each parfait with 1 tablespoon cereal.
4. Serve immediately.
5. Refrigerate leftovers within 2 hours.



## Nutrition Facts

4 Servings Per Container  
Serving Size: 1 cup

Amount Per Serving

**Calories 150**

% Daily Value\*

Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 60mg	3%
<b>Total Carbohydrates 33g</b>	<b>12%</b>
Dietary Fiber 3g	11%
Total Sugars 13g	
Includes 8g Added Sugars	16%
<b>Protein 4g</b>	
Vitamin D 1mcg	6%
Calcium 151mg	10%
Iron 1mg	6%
Potassium 265mg	6%

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[spendsmart.extension.iastate.edu/recipe/yogurt-parfaits/](https://spendsmart.extension.iastate.edu/recipe/yogurt-parfaits/)



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# Whole Grain Strawberry Pancakes

## INGREDIENTS

- 1 1/2 cups whole wheat flour
- 3 tablespoons sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 3 eggs
- 1 container vanilla low-fat yogurt (6 oz)
- 3/4 cup water
- 3 tablespoons canola oil
- 1 3/4 cups sliced fresh strawberries
- 1 container strawberry low-fat yogurt (6 oz)



## DIRECTIONS

1. Heat griddle to 375°F or heat 12-inch skillet over medium heat. Grease with canola oil if necessary (or spray with cooking spray before heating).
2. In large bowl, mix flour, sugar, baking powder, baking soda and salt; set aside.
3. In medium bowl, beat eggs, vanilla yogurt, water and oil with egg beater or wire whisk until well blended.
4. Pour egg mixture all at once into flour mixture; stir until moistened.
5. For each pancake, pour slightly less than 1/4 cup batter from cup or pitcher onto hot griddle. Cook pancakes 1 to 2 minutes or until bubbly on top, puffed and dry around edges. Turn; cook other sides 1 to 2 minutes or until golden brown.
6. Top each serving (2 pancakes) with 1/4 cup sliced strawberries and 1 to 2 tablespoons strawberry yogurt.



<b>Nutrition Facts</b>	
Whole-Grain Pancakes with Fresh Strawberries	
<b>Serving Size</b>	<b>1 pancake</b>
<b>Amount per 1 Serving</b>	
<b>Calories</b>	<b>235</b>
	<b>% Daily Value*</b>
<b>Fat</b> 8g	<b>12%</b>
Saturated Fat 1g	<b>6%</b>
Trans Fat 1g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 327mg	<b>14%</b>
<b>Carbohydrates</b> 35g	<b>12%</b>
Fiber 3g	<b>13%</b>
Sugar 17g	<b>19%</b>
<b>Protein</b> 8g	<b>16%</b>
Vitamin D 1µg	<b>7%</b>
Calcium 132mg	<b>13%</b>
Iron 1mg	<b>6%</b>
Potassium 266mg	<b>8%</b>
* Percent Daily Values are based on a 2000 calorie diet.	

[www.myplate.gov/recipes/myplate-cnpp/whole-grain-strawberry-pancakes](http://www.myplate.gov/recipes/myplate-cnpp/whole-grain-strawberry-pancakes)



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# Snacks



# Baked Cauliflower Tots

## INGREDIENTS

- 2 cups grated cauliflower (about half a medium head)
- 1 egg
- 3 tablespoons flour
- 1/4 cup cheddar cheese, grated
- 1/4 teaspoon salt

## DIRECTIONS

1. Preheat oven to 400 degrees. Spray a baking sheet or line with parchment paper or foil.
2. Grate cauliflower on large holes of a grater.
3. In a medium bowl, combine cauliflower, egg, flour, cheese, and salt; mix well.
4. Press mixture together to make about 15 small balls or logs; Place on the baking sheet with space between each ball or log.
5. Bake for 20 minutes or until cooked through. For extra crispy tots, broil for an extra 2 minutes. Watch closely to avoid burning.
6. Refrigerate leftovers within 2 hours.



<b>Nutrition Facts</b>	
3 servings per container	
<b>Serving size</b>	<b>5 tots (110g)</b>
<b>Amount per Serving</b>	
<b>Calories</b>	<b>70</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	<b>0%</b>
Calcium 67mg	<b>6%</b>
Iron 1mg	<b>6%</b>
Potassium 296mg	<b>6%</b>
Vitamin A 30mcg	<b>3%</b>
Vitamin C 43mg	<b>48%</b>

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[www.eatgathergo.org/recipe/baked-cauliflower-tots/](http://www.eatgathergo.org/recipe/baked-cauliflower-tots/)

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# Banana Oatmeal Cookies

## INGREDIENTS

- 2 very ripe bananas
- 1 cup oats (quick or old-fashioned)
- 1/2 teaspoon cinnamon
- 1/2 teaspoon vanilla
- 1/2 cup raisins

## DIRECTIONS

1. Preheat oven to 350 degrees.
2. In a medium bowl, mash bananas with a fork until mostly smooth.
3. Add oats, cinnamon, vanilla and raisins. Mix well.
4. Drop spoonfuls of dough onto lightly sprayed or oiled baking sheet. Flatten with the back of a spoon or bottom of a drinking glass.
5. Bake 10 to 15 minutes. Remove from oven and let cool before serving.



<b>Nutrition Facts</b>	
7 servings per container	
Serving size	2 cookies (58g)
<b>Amount per Serving</b>	
<b>Calories</b>	<b>120</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 25g	9%
Dietary Fiber 2g	7%
Total Sugars 13g	
Includes 0g Added Sugars	0%
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 1mg	6%
Potassium 211mg	4%
Vitamin A 1mcg	0%
Vitamin C 3mg	3%

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[www.eatgathergo.org/recipe/banana-oatmeal-cookies/](http://www.eatgathergo.org/recipe/banana-oatmeal-cookies/)

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# Cowboy Salad

## INGREDIENTS

- 2 cans (15 ounces) black-eyed peas or black beans (try a mix, or other types)
- 1 1/2 cups corn (canned and drained, frozen, or fresh cooked)
- 1 bunch cilantro
- 1 bunch green onions (5 green onions)
- 1 bunch green onions (5 green onions)
- 3 medium tomatoes
- 1 avocado (optional)
- 1 tablespoon canola or vegetable oil
- 2 tablespoons vinegar or lime juice
- 1/2 teaspoon each salt and pepper



## DIRECTIONS

1. Drain and rinse the black-eyed peas (or black beans) and corn.
2. Finely chop the cilantro and green onions.
3. Dice the tomatoes and avocado.
4. Combine all veggies in a large bowl.
5. Mix oil, vinegar or lime juice, salt and pepper together in a small bowl.
6. Pour oil mixture over salad ingredients and toss lightly.
7. Refrigerate leftovers within 2 hours.

<b>Nutrition Facts</b>	
15 servings per container	
<b>Serving size</b>	1/2 cup (119g)
<b>Amount per Serving</b>	
<b>Calories</b>	<b>90</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 260mg	11%
<b>Total Carbohydrate</b> 14g	5%
Dietary Fiber 5g	18%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 1mg	6%
Potassium 291mg	6%
Vitamin A 8mcg	1%
Vitamin C 8mg	8%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



<https://www.eatgathergo.org/recipe/cowboy-salad>



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# Crunchy Apple Roll-Up

## INGREDIENTS

- 1/2 medium apple
- 1 tablespoon peanut butter
- 1 whole wheat tortilla
- 2 to 3 tablespoons crispy rice cereal

## DIRECTIONS

1. Chop apple into small pieces, slice thinly, or shred with grater.
2. Spread peanut butter in a thin layer over tortilla.
3. Spread apple pieces in an even layer over peanut butter.
4. Sprinkle with cereal.
5. Roll up tightly and cut in half.



## Nutrition Facts

2 Servings Per Recipe  
**Serving Size: 1/2 of roll-up**

Amount Per Serving

**Calories 150**

% Daily Value\*

<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrates</b> 20g	<b>7%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 5g	
Added Sugars	<b>NA*</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	<b>0%</b>
Calcium 62mg	<b>4%</b>
Iron 1mg	<b>6%</b>
Potassium 155mg	<b>4%</b>

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<https://spendsmart.extension.iastate.edu/recipe/crunchy-apple-roll/>



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# Energy Bites

## INGREDIENTS

- 1 1/2 cups oats (old fashioned or quick)
- 1/2 cup unsweetened coconut flakes
- 1/4 cup chia seeds
- 1/4 cup mini chocolate chips
- 1/2 cup creamy peanut butter
- 1/3 cup honey
- 1 teaspoon vanilla extract



## DIRECTIONS

1. Stir all ingredients together in a medium sized bowl.
2. Cover a cookie sheet with foil or parchment paper. Drop mixture by tablespoonfuls onto the cookie sheet.
3. Refrigerate 1 hour.
4. Roll each drop of mixture into a ball. Place in an airtight container. Store in the refrigerator.

## Nutrition Facts

25 servings per recipe

**Serving Size: 1 energy bite**

**Amount Per Serving**

**Calories 90**

**% Daily Value\***

<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrates</b> 10g	<b>4%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 5g	
Includes 5g Added Sugars	<b>10%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 16 mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 71mg	<b>2%</b>

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[www.spendsmart.extension.iastate.edu/recipe/energy-bites/](http://www.spendsmart.extension.iastate.edu/recipe/energy-bites/)

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# Fruit Pizza

## INGREDIENTS

- 1 large egg white
- 1/4 cup oil (canola or vegetable)
- 1/4 cup brown sugar (firmly packed)
- 1/3 cup all purpose flour
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon baking soda
- 1 cup quick cooking oatmeal, uncooked
- Nonstick cooking spray
- 3 ounces fat free cream cheese, softened
- 1/2 container (6 ounces) nonfat vanilla yogurt
- Fruit for topping the pizza



## DIRECTIONS

1. Preheat the oven to 375° F.
2. Use a medium mixing bowl to beat egg white until foamy. Add oil and sugar. Beat until smooth.
3. Stir together the flour, cinnamon, and baking soda in a small bowl. Add to sugar mixture. Stir in oatmeal.
4. Line a baking sheet with aluminum foil and spray with cooking spray. Spread the dough in a 9 inch circle.
5. Bake about 12 minutes. Crust will begin to puff but does not look done. Remove from oven and let cool about 20 minutes. The crust continues to cook while cooling.
6. Stir together the cream cheese and yogurt in a small bowl until smooth. Cover with plastic wrap and refrigerate until ready to use.
7. Transfer the crust to a serving plate. Spread the cream cheese mixture over the crust. Arrange fruit on top.
8. Cut into wedges and serve or refrigerate up to 2 hours (covered and uncut).

<b>Nutrition Facts</b>	
Serving Size 2 muffins (159g)	
Servings Per Container 3	
Amount Per Serving	
<b>Calories 290</b>	<b>Calories from Fat 100</b>
% Daily Value*	
<b>Total Fat 11g</b>	<b>17%</b>
Saturated Fat 4.5g	23%
Trans Fat 0g	
<b>Cholesterol 40mg</b>	<b>13%</b>
<b>Sodium 560mg</b>	<b>23%</b>
<b>Total Carbohydrate 30g</b>	<b>10%</b>
Dietary Fiber 5g	20%
Sugars 7g	
<b>Protein 18g</b>	
Vitamin A 70%	Vitamin C 4%
Calcium 35%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



[spendsmart.extension.iastate.edu/recipe/fruit-pizza/](https://spendsmart.extension.iastate.edu/recipe/fruit-pizza/)



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# Pear Quesadillas

## INGREDIENTS

- 1 cup grated cheese (try cheddar, jack, or pepper jack)
- 1 cup pear slices (fresh or canned/drained)
- 1/2 cup finely chopped green or red peppers
- 2 tablespoons minced onion (green, red, or yellow)
- 4 medium whole wheat tortillas



## DIRECTIONS

1. Divide cheese, pears, peppers and onions between the tortillas, covering about half of each tortilla. Fold each tortilla in half over the filling.
2. Heat a skillet or griddle to medium (300 degrees in an electric skillet). Place one or two folded tortillas on a dry skillet and heat until cheese melts and the tortilla browns slightly, about 2-4 minutes.
3. With large spatula, gently turn quesadillas over and cook the other side until a little brown, 2-4 minutes.
4. Remove to a plate and repeat until all tortillas are heated. Cut each cooked quesadilla in half and serve.
5. Refrigerate leftovers within 2 hours.

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>2 wedges (137g)</b>
<b>Amount per Serving</b>	
<b>Calories</b>	<b>220</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 350mg	<b>15%</b>
<b>Total Carbohydrate</b> 30g	<b>11%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 11g	
Vitamin D 0mcg	<b>0%</b>
Calcium 447mg	<b>35%</b>
Iron 1mg	<b>6%</b>
Potassium 135mg	<b>2%</b>
Vitamin A 31mcg	<b>3%</b>
Vitamin C 26mg	<b>29%</b>

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[www.eatgathergo.org/recipe/pear-quesadillas/](http://www.eatgathergo.org/recipe/pear-quesadillas/)

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# Watermelon and Fruit Salad

## INGREDIENTS

- 1 cup watermelon, diced
- 2 cups strawberries, sliced
- 1 cup blueberries (fresh or frozen/thawed)
- 1/2 cup apple, banana or pear, diced
- 2 teaspoons lime juice
- 2 teaspoons honey or brown sugar

## DIRECTIONS

1. Place watermelon, strawberries and blueberries in a serving bowl.
2. Add your choice of diced apple, banana or pear. Gently mix well.
3. In a small bowl combine lime juice and honey. Pour over fruit and toss to coat.
4. Refrigerate leftovers within 2 hours.

Warning: Honey is not recommended for children under 1 year old.



## Nutrition Facts

Serving Size 1/2 cup (90g)  
Servings Per Container 8

Amount Per Serving

**Calories 40**      **Calories from Fat 0**

% Daily Value\*

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 0mg**      **0%**

**Total Carbohydrate 10g**      **3%**

Dietary Fiber 2g      **8%**

Sugars 8g

**Protein 1g**

Vitamin A 2%      • Vitamin C 50%

Calcium 0%      • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



# Soups



# Barley Lentil Soup

## INGREDIENTS

- 1 tablespoon oil
- 1 clove garlic, minced or 1/4 teaspoon garlic powder
- 1 cup sliced onion
- 1 cup sliced carrots
- 1 cup sliced celery
- 1 can (15 ounces) stewed, diced tomatoes
- 3 cups chicken or vegetable broth (see notes)
- 3 cups water
- 1 cup dry lentils
- 2/3 cup barley
- 1/2 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- Salt and pepper to taste



## DIRECTIONS

1. Heat oil in large soup pan over medium-high heat.
2. Cook garlic and onion until they are golden brown, about 1 or 2 minutes.
3. Add the rest of the ingredients and bring to a boil. Lower the heat so the mixture is at a light simmer. Place a lid on the pan.
4. Cook until the barley and lentils are tender, about 1 to 1 1/2 hours.
5. Serve hot in a soup bowl.
6. Refrigerate leftovers within 2 hours.

<b>Nutrition Facts</b>	
Serving Size 1 cup (252g)	
Servings Per Container 10	
Amount Per Serving	
<b>Calories 160</b>	<b>Calories from Fat 15</b>
% Daily Value*	
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 510mg</b>	<b>21%</b>
<b>Total Carbohydrate 28g</b>	<b>9%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 4g	
<b>Protein 8g</b>	
Vitamin A 50%	Vitamin C 10%
Calcium 2%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



# Mexican Chicken Soup

## INGREDIENTS

- 2 cans (15 ounces) diced tomatoes (Mexican style)
- 1 can (15 ounces) black beans (drained and rinsed)
- 2 cups frozen corn or 1 can (15 ounces) corn (drained and rinsed)
- 1 can (14.5 ounces) low sodium chicken broth OR 2 cups homemade chicken broth
- 2 cloves garlic, minced, or 1/2 teaspoon garlic powder
- 1 teaspoon chili powder
- 1 teaspoon ground cumin (optional)
- 1/4 teaspoon ground black pepper
- 1 pound skinless, boneless chicken breast

Optional ingredients: baked tortilla chips, chopped cilantro, sliced or chopped avocado, light sour cream, shredded cheese

## DIRECTIONS

1. Add tomatoes, beans, corn, broth, garlic, chili powder, cumin (if desired), and pepper to large saucepan.
2. Remove and discard any visible fat from chicken. Cut chicken into large chunks and add to the saucepan. Heat to boiling, reduce heat, and simmer (covered) for 20 minutes, or until chicken is tender.
3. Remove the chicken and place on a plate. Use forks to shred the chicken. Return the shredded chicken to soup.
4. Serve with choice of optional ingredients.
5. Refrigerate leftovers within 2 hours.



## Nutrition Facts

8 Servings Per Recipe  
**Serving Size: 1 cup**

Amount Per Serving

**Calories 180**

% Daily Value\*

<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0.5g	<b>3%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 590mg	<b>26%</b>
<b>Total Carbohydrates</b> 22g	<b>8%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 4g	
Added Sugars	<b>NA*</b>
<b>Protein</b> 19g	
Vitamin D 0mcg	<b>0%</b>
Calcium 45mg	<b>3%</b>
Iron 1.9mg	<b>11%</b>
Potassium 483mg	<b>10%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**NA\*** - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently available for the recipe. We will be updating the information shortly.



[www.eatgathergo.org/recipe/pear-quesadillas/](http://www.eatgathergo.org/recipe/pear-quesadillas/)



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# Easy Tortellini Soup

## INGREDIENTS

- 1/2 pound ground turkey or ground chicken
- 1 cup chopped carrots
- 1/2 cup chopped onion
- 3 tablespoons tomato paste
- 1 carton (4 cups) reduced-sodium chicken broth
- 1 can (14.5 oz.) diced tomatoes with basil, garlic and oregano
- 1/4 teaspoon pepper
- 2 1/2 cups (or 1/2 of 20 oz. pkg.) refrigerated cheese-filled tortellini
- 2 cups baby spinach leaves or chopped zucchini



## DIRECTIONS

1. In large saucepan, cook ground turkey or chicken, carrots and onion over medium heat until the meat is no longer pink, stirring frequently to break meat into bite-sized pieces. Drain off any fat, carefully keeping meat and vegetables in saucepan and pouring off any liquid.
2. Stir tomato paste into meat mixture. Cook and stir for 1 minute.
3. Stir broth, undrained tomatoes and pepper into mixture in saucepan. Bring to boiling over high heat.
4. Stir in tortellini. Return to boiling. Reduce heat slightly.
5. Gently boil, uncovered, for 7 to 9 minutes or until tortellini is nearly tender.
6. Stir in spinach leaves or zucchini. Ladle into 6 serving bowls.
7. Refrigerate leftovers within 2 hours.

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size 1 1/2 cups (375g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>270</b>
	<b>% Daily Value*</b>
<b>Total Fat 8g</b>	<b>10%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol 50mg</b>	<b>17%</b>
<b>Sodium 540mg</b>	<b>23%</b>
<b>Total Carbohydrate 33g</b>	<b>12%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein 18g</b>	
Vitamin D 0mcg	0%
Calcium 128mg	10%
Iron 3mg	15%
Potassium 430mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



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# Entrées



# Asian Beef and Noodles

## INGREDIENTS

- 1/2 pound lean ground beef (15% fat)
- 2 cups water
- 2 packages oriental flavor instant ramen-style noodles, broken into small pieces
- 16 ounces frozen Asian-style vegetables, or any other frozen vegetables
- 2 green onions, thinly sliced
- 1 tablespoon fresh ginger or 1/4 teaspoon ground ginger
- 2 cloves garlic, minced, or 1/2 teaspoon garlic powder



## DIRECTIONS

1. In a large skillet over medium-high heat (350 degrees in an electric skillet), brown ground beef and cook until no longer pink. Drain fat.
2. Add 2 cups of water and ONE seasoning packet to cooked beef and mix well.
3. Add frozen vegetables, green onion, ginger, and garlic and bring to a boil over high heat.
4. Add ramen noodles, reduce heat to low, and simmer 3-5 minutes until vegetables are tender, stirring occasionally.
5. Refrigerate leftovers within 2 hours.



<b>Nutrition Facts</b>			
Serving Size 1 cup (217g)			
Servings Per Container 6			
Amount Per Serving			
<b>Calories</b> 210	<b>Calories from Fat</b> 80		
% Daily Value*			
<b>Total Fat</b> 8g			<b>12%</b>
Saturated Fat 3.5g			<b>18%</b>
Trans Fat 0g			
<b>Cholesterol</b> 25mg			<b>8%</b>
<b>Sodium</b> 380mg			<b>16%</b>
<b>Total Carbohydrate</b> 23g			<b>8%</b>
Dietary Fiber 2g			<b>8%</b>
Sugars 2g			
<b>Protein</b> 11g			
Vitamin A 2%		Vitamin C 40%	
Calcium 4%		Iron 25%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

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# Baked Turkey-Zucchini Meatballs

## INGREDIENTS

- 1 egg
- 1 cup shredded fresh zucchini, sweet potato or carrot
- 1/2 cup dry unseasoned whole grain bread crumbs or finely crushed cornflakes cereal
- 1/3 cup finely chopped onion
- 1/4 cup grated Parmesan cheese
- 2 tablespoons water
- 1/2 teaspoon salt
- 1 pound ground turkey or lean ground beef



## DIRECTIONS

1. Preheat oven to 375°F.
2. In medium bowl, use a fork to mix egg until combined.
3. Stir zucchini, sweet potato (or carrot), bread crumbs (or cereal), onion, Parmesan cheese, water and salt into egg.
4. Add ground turkey or beef. Use hands to mix until just combined.
5. On a piece of wax paper, use hands to gently pat meat mixture into a 6 x 6-inch square.
6. Use a knife to cut meat square into 36 1-inch squares. (Be careful not to cut wax paper.) Remove meat squares from paper and gently roll into balls. Place in shallow baking pan, leaving space between meatballs.
7. Bake, uncovered, about 20 minutes or until the internal temperature reaches 165 degrees, using a meat thermometer. (If you don't have a meat thermometer, you can purchase one from a supermarket or dollar store.)



<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size 6 meatballs (132g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>190</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 90mg	<b>30%</b>
<b>Sodium</b> 440mg	<b>19%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 18g	
Vitamin D 0mcg	<b>0%</b>
Calcium 55mg	<b>4%</b>
Iron 1mg	<b>6%</b>
Potassium 245mg	<b>6%</b>
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



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# Black Bean Burgers

## INGREDIENTS

- 1 can (15 oz.) black beans, rinsed and drained
- 1 egg
- 1 cup (total) salsa
- 1 teaspoon ground cumin or chili powder
- 1/8 teaspoon salt
- 1/2 cup dry whole grain unseasoned bread crumbs or dry unseasoned bread crumbs
- 2 tablespoons vegetable oil
- 4 slices (1 oz. each) cheese of your choice



## DIRECTIONS

1. Place about half of the beans in medium bowl. Mash with potato masher or fork.
2. Add egg, 1/3 cup of the salsa, cumin (or chili powder) and salt to the beans. Mix well.
3. Stir in bread crumbs and the remaining beans.
4. Divide bean mixture into fourths. Using your hands, shape each fourth into a 3/4-inch-thick patty.
5. In large nonstick skillet, heat oil over medium-high heat.
6. Add patties to skillet. Cook, uncovered, for 3 to 5 minutes or until lightly browned, turning once.
7. Remove skillet from heat. Top each patty with cheese slice. Cover and let stand for 1 to 2 minutes or until cheese melts.
8. Serve patties topped with the remaining 2/3 cup salsa.
9. Refrigerate leftovers within 2 hours.

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>1 burger (234g)</b>
Amount per serving	
<b>Calories</b>	<b>300</b>
% Daily Value*	
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 1200mg	<b>52%</b>
<b>Total Carbohydrate</b> 29g	<b>11%</b>
Dietary Fiber 8g	<b>29%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 16g	
Vitamin D 0mcg	0%
Calcium 468mg	35%
Iron 2mg	10%
Potassium 495mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



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# Chicken, Broccoli & Cheese Skillet Meal

## INGREDIENTS

- 1 pound boneless, skinless chicken breast (2-3 halves)
- 2 teaspoons oil
- 1 1/4 cups water
- 1 teaspoon chicken bouillon
- 1 can (10.5 ounces) condensed cream of chicken soup
- 1 teaspoon pepper
- 1/2 teaspoon garlic powder or 2 cloves garlic, minced
- 2 cups small shell pasta, uncooked
- 2 1/2 cups broccoli, chopped (fresh or frozen)
- 1 cup (4 ounces) cheddar cheese, shredded



## DIRECTIONS

1. Cut chicken breast into bite sized pieces. Sauté pieces in oil in a medium skillet over medium-high heat (350 degrees in an electric skillet) until lightly browned, 2 to 3 minutes.
2. Add water, bouillon, soup, pepper and garlic to skillet. Stir until smooth. Add pasta and broccoli.
3. Bring to a boil. Cover and reduce heat to low. Simmer until pasta is tender, 15 – 20 minutes. Add a small amount of water near end of cooking if needed to prevent sticking.
4. Add cheese during last two minutes of cooking.
5. Refrigerate leftovers within 2 hours.

Nutrition Facts		
7 servings per container		
Serving size	1 cup (236g)	
Amount per Serving		
<b>Calories</b>	<b>310</b>	
	<b>% Daily Value*</b>	
<b>Total Fat</b> 12g		15%
Saturated Fat 4.5g		23%
Trans Fat 0g		
<b>Cholesterol</b> 65mg		22%
<b>Sodium</b> 520mg		23%
<b>Total Carbohydrate</b> 26g		9%
Dietary Fiber 1g		4%
Total Sugars 2g		
Includes 0g Added Sugars		0%
<b>Protein</b> 24g		
Vitamin D 0mcg		0%
Calcium 148mg		10%
Iron 2mg		10%
Potassium 430mg		10%
Vitamin A 86mcg		7%
Vitamin C 1mg		1%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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# Chicken Pepper Bake

## INGREDIENTS

- 1 pound boneless chicken breast
- 2 red or green bell peppers
- 3 cups small potatoes
- 2 tablespoons oil
- 1 teaspoon Cajun seasoning
- 1 teaspoon dry Italian herbs
- Salt and pepper to taste



## DIRECTIONS


1. Cut the chicken, peppers and potatoes into bite size chunks.
2. Place the meat and vegetables into a large bowl. Sprinkle with oil, Cajun seasoning, Italian herbs, salt and black pepper. Toss to coat evenly.
3. Place the chicken and vegetables on a metal baking pan. Roast in a 425 degree oven for 35 to 45 minutes or until potatoes are soft and chicken is no longer pink. Toss a couple times while roasting.
4. Refrigerate leftovers within 2 hours.


Recipe adapted from Nutrition Matters



<b>Nutrition Facts</b>			
Serving Size 1 cup (253g)			
Servings Per Container 5			
Amount Per Serving			
<b>Calories</b> 280	<b>Calories from Fat</b> 80		
% Daily Value*			
<b>Total Fat</b> 9g			<b>14%</b>
Saturated Fat 2g			<b>10%</b>
Trans Fat 0g			
<b>Cholesterol</b> 75mg			<b>25%</b>
<b>Sodium</b> 240mg			<b>10%</b>
<b>Total Carbohydrate</b> 19g			<b>6%</b>
Dietary Fiber 3g			<b>12%</b>
Sugars 3g			
<b>Protein</b> 31g			
Vitamin A 25%	•	Vitamin C 140%	
Calcium 4%	•	Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

[www.eatgathergo.org/recipe/chicken-pepper-bake/](http://www.eatgathergo.org/recipe/chicken-pepper-bake/)

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# Cilantro Lime Tuna Wrap

## INGREDIENTS

- 13 tablespoons lime juice
- 2 tablespoons mayonnaise
- 2 cans (5 ounces each) tuna in water, drained
- 2/3 cup cilantro, chopped and loosely packed
- 2 green onions or 1/2 teaspoon onion powder
- 1 cup red bell pepper, diced
- 1 jalapeno, minced (ribs and seeds removed)
- 5 medium flour tortillas
- 1 cup shredded lettuce or 5 small lettuce leaves



## DIRECTIONS

1. Mix lime juice and mayonnaise together in a small bowl. Add tuna, cilantro, onions and peppers and mix until evenly coated.
2. Divide tuna mixture between 5 tortillas. Spread to edges.
3. Top with lettuce and fold or roll into a wrap.
4. Refrigerate leftovers within 2 hours.

<b>Nutrition Facts</b>			
Serving Size 3/8 cup (136g)			
Servings Per Container 5			
Amount Per Serving			
<b>Calories 200</b>	<b>Calories from Fat 70</b>		
<b>% Daily Value*</b>			
<b>Total Fat 8g</b>			<b>12%</b>
Saturated Fat 1.5g			<b>8%</b>
Trans Fat 0g			
<b>Cholesterol 25mg</b>			<b>8%</b>
<b>Sodium 430mg</b>			<b>18%</b>
<b>Total Carbohydrate 19g</b>			<b>6%</b>
Dietary Fiber 2g			<b>8%</b>
Sugars 3g			
<b>Protein 12g</b>			
Vitamin A 40%	•	Vitamin C 80%	
Calcium 4%	•	Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			



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# Crunchy Chicken Nuggets

## INGREDIENTS

- 1 pound boneless, skinless chicken breasts, cut into 1-inch cubes
- 1/2 cup barbeque sauce
- 3 cups cereal flakes

## DIRECTIONS

1. Preheat oven to 375 degrees.
2. Mix chicken and barbeque sauce in a large bowl.
3. Pour cereal flakes into a large plastic bag and crush into small pieces.
4. Place chicken pieces in the bag, reseal, and toss to coat.
5. Lightly coat a baking sheet with cooking spray. Arrange coated chicken pieces on the baking sheet.
6. Bake until crispy and golden brown and chicken is no longer pink inside, about 20 to 25 minutes.
7. Refrigerate leftovers within 2 hours.



<b>Nutrition Facts</b>	
Serving Size 3/8 cup (136g)	
Servings Per Container 5	
Amount Per Serving	
<b>Calories 200</b>	<b>Calories from Fat 70</b>
% Daily Value*	
<b>Total Fat 8g</b>	<b>12%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 25mg</b>	<b>8%</b>
<b>Sodium 430mg</b>	<b>18%</b>
<b>Total Carbohydrate 19g</b>	<b>6%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 3g	
<b>Protein 12g</b>	
Vitamin A 40%	• Vitamin C 80%
Calcium 4%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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# Mix and Match Skillet Meal

## INGREDIENTS

- 1 cup uncooked grain
- 2 cups vegetables, fresh, frozen or canned, cut bite-sized
- 1 cup cooked protein, cut bite-sized
- 2 1/2 cups sauce
- 2 teaspoons seasonings (or more, to taste)
- 3 tablespoons topping

## DIRECTIONS

### To make in a skillet:

1. Combine all ingredients except topping in a large skillet.
2. Bring to a boil, stir occasionally, and then reduce heat to low. Cover and simmer until grains are tender, about 15 to 20 minutes, depending on the grain. Stir occasionally and add water if mixture becomes too dry.
3. Add topping before serving.
4. Refrigerate leftovers within 2 hours.

### To bake in oven:

1. Preheat oven to 350 degrees F.
2. Combine all ingredients except topping in a casserole dish. Cover with a lid or aluminum foil and bake until grains are tender, about 45 minutes.
3. Add topping before serving.
4. Refrigerate leftovers within 2 hours.



Nutrition Facts	
Serving Size 1 cup (189g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 170	<b>Calories from Fat</b> 60
% Daily Value*	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 450mg	<b>19%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 4g	
<b>Protein</b> 12g	
<b>Vitamin A</b> 45%	• <b>Vitamin C</b> 4%
<b>Calcium</b> 10%	• <b>Iron</b> 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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# Mix and Match Skillet Meal

## *Quick Tips* Ingredient Ideas

**Grains** – Try quicker-cooking grains such as bulgur, macaroni, quinoa, white or quick brown rice

**Vegetables** – Try any mixture you have on hand

**Protein** – Try any type of beef, pork, chicken, turkey, seafood, tofu, beans

**Sauce** – Try one of these:

Soup: 1 can (10.75 ounces) condensed soup and 1 1/4 cup water or milk

Soy-ginger: 1 Tablespoon cornstarch, 2 Tablespoons brown sugar, 1/4 cup soy sauce, 1 3/4 cup water or broth, 1 Tablespoon sesame oil (or vegetable oil)

Broth: 2 Tablespoons flour (or 1 Tablespoon corn starch), 1 Tablespoon melted margarine or butter, 1/2 teaspoon salt and about 2 cups milk or broth to make 2 1/2 cups

Tomato: 1 1/2 cups canned tomatoes with juice or tomato, enchilada or spaghetti sauce and water or stock to make 2 1/2 cups.

**Seasoning** – Try cumin, garlic powder, oregano, basil, cilantro, hot pepper sauce

**Topping** – Try grated cheese, nuts or seeds, crushed whole grain crackers

## *Notes*





# Quick Fix Taco Salad

## INGREDIENTS

- 1 pound ground turkey, lean ground beef or lean ground pork
- 1 can (8 oz.) tomato sauce
- 1/2 cup water
- 1 package (1 oz.) reduced-sodium taco seasoning or taco seasoning
- 6 cups shredded or torn lettuce
- 4 cups chopped vegetables of your choice (tomato, onion, carrot, bell peppers, cucumbers, broccoli, cauliflower and/or thawed, frozen corn)
- 3/4 cup (3 oz.) shredded cheddar cheese or Monterey Jack cheese



## DIRECTIONS

1. In large skillet, cook ground turkey, beef or pork over medium heat until no longer pink, stirring frequently to break meat into bite-sized pieces. Drain off any fat, carefully keeping meat in skillet and pouring off any liquid.
2. Stir in tomato sauce, water, and taco seasoning. Bring to boiling over medium-high heat.
3. Reduce heat. Boil gently, uncovered, about 10 minutes or until as thick as desired, stirring frequently.
4. Arrange lettuce and vegetables on 6 serving plates.
5. Top with meat mixture. Sprinkle with cheese. Serve immediately.
6. Refrigerate leftovers within 2 hours.

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>2 1/3 cups (319g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 4.5g	<b>23%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 560mg	<b>24%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 3g	<b>11%</b>
<b>Total Sugars</b> 7g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 19g	
Vitamin D 0mcg	<b>0%</b>
Calcium 151mg	<b>10%</b>
Iron 2mg	<b>10%</b>
Potassium 674mg	<b>15%</b>
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



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# Rice Bowl Southwestern Style

## INGREDIENTS

- 1 teaspoon vegetable oil
- 1 cup chopped vegetables (try a mixture - bell peppers, onion, corn, tomato, zucchini)
- 1 cup cooked meat (chopped or shredded), beans or tofu
- 1 cup cooked brown rice
- 2 tablespoons salsa, shredded cheese or low-fat sour cream

## DIRECTIONS

1. In a medium skillet, heat oil over medium high heat (350 degrees in an electric skillet). Add vegetables and cook for 3 to 5 minutes or until vegetables are tender-crisp.
2. Add cooked meat, beans or tofu and cooked rice to skillet and heat through.
3. Divide rice mixture between two bowls. Top with salsa, cheese or sour cream and serve warm.

Refrigerate leftovers within 2 hours.



<b>Nutrition Facts</b>	
Serving Size 1 cup (265g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories 280</b>	<b>Calories from Fat 70</b>
<b>% Daily Value*</b>	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol 55mg</b>	<b>18%</b>
<b>Sodium 230mg</b>	<b>10%</b>
<b>Total Carbohydrate 32g</b>	<b>11%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 4g	
<b>Protein 22g</b>	
Vitamin A 20%	• Vitamin C 70%
Calcium 4%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



[www.eatgathergo.org/recipe/rice-bowl-southwestern-style/](http://www.eatgathergo.org/recipe/rice-bowl-southwestern-style/)



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# Skillet Lasagna

## INGREDIENTS

- 1/2 pound ground beef
- 1/2 cup chopped onion
- 2 cloves minced garlic or 1/2 teaspoon garlic powder
- 2 1/2 cups spaghetti or pasta sauce (26 to 28 ounce container)
- 1 cup water
- 8 ounces wide noodles
- 1 package frozen chopped spinach, thawed (10 ounce)
- 1 package low-fat cottage cheese (12 ounces or 2 cups)
- 1/2 cup shredded mozzarella cheese (4 ounces)



## DIRECTIONS

1. Stir ground beef, onion, and garlic together in a large skillet over medium high heat (350 degrees in an electric skillet) until meat is browned.
2. Add spaghetti sauce and water to skillet and bring to a boil.
3. Add uncooked noodles, stir, cover with lid, reduce the heat and simmer 5 minutes.
4. Squeeze the thawed spinach to remove the juice then stir into the noodle mixture. Cover and simmer for 5 minutes.
5. Spoon cottage cheese over the top. Sprinkle with mozzarella, cover and heat another 5 to 10 minutes until heated through and noodles are tender.
6. Refrigerate leftovers within 2 hours.

<b>Nutrition Facts</b>	
Serving Size 1 cup (234g)	
Servings Per Container 8	
<b>Amount Per Serving</b>	
<b>Calories 280</b>	<b>Calories from Fat 70</b>
	<b>% Daily Value*</b>
<b>Total Fat 8g</b>	<b>12%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol 25mg</b>	<b>8%</b>
<b>Sodium 570mg</b>	<b>24%</b>
<b>Total Carbohydrate 33g</b>	<b>11%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 9g	
<b>Protein 19g</b>	
Vitamin A 90%	• Vitamin C 8%
Calcium 15%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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# Zucchini Pizza Boats

## INGREDIENTS

- 2 medium or 3 small zucchini
- 1/2 cup tomato based pasta sauce
- 1/2 cup shredded mozzarella cheese
- 2 tablespoons parmesan cheese

## DIRECTIONS

1. Heat oven to 350 degrees.
2. Wash zucchini. Trim ends and cut each in half lengthwise. Use a spoon to gently scrape out soft, seedy center of zucchini.
3. Place zucchini halves in a small baking dish. Spoon pasta sauce into zucchini halves. Top with mozzarella and parmesan cheeses.
4. Bake for 25 to 30 minutes or until zucchini can be pierced with a fork and cheese is bubbly and brown. Serve warm.
5. Refrigerate leftovers within 2 hours.



## Nutrition Facts

Serving Size 1/2 small zucchini (92g)  
Servings Per Container 6

Amount Per Serving

**Calories 60**      **Calories from Fat 25**

% Daily Value\*

**Total Fat 3g**      **5%**

Saturated Fat 1.5g      **8%**

Trans Fat 0g

**Cholesterol 5mg**      **2%**

**Sodium 180mg**      **8%**

**Total Carbohydrate 4g**      **1%**

Dietary Fiber 1g      **4%**

Sugars 3g

**Protein 4g**

Vitamin A 6%      • Vitamin C 20%

Calcium 10%      • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



[www.eatgathergo.org/recipe/zucchini-pizza-boats/](http://www.eatgathergo.org/recipe/zucchini-pizza-boats/)

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