
Celebrating
50 years
EFNEP
Expanded Food and Nutrition Education Program

# EFNEP 50th Anniversary

## April: Eating On A Budget Month

| Post Text/Image Description<br>*Copy text below to preferred social media handle.* | Image File<br>*Click on image file to save.* |
|---|---|
| April is Eating on a Budget month. EFNEP has been helping families eat healthy on a budget for 50 years!<br><br>[Image description: hand holding grocery receipt with food in the background.]<br><br>#EFNEPworks #EFNEP50th #NIFAimpacts | April1.png |

Celebrating 50 years
EFNEP
Expanded Food and Nutrition Education Program

# EFNEP 50th Anniversary

## August: Kids Eat Right Month

| Post Text/Image Description<br>*Copy text below to preferred social media handle.* | Image File<br>*Click on image file to save.* |
|---|---|
| "The tips we learned [in EFNEP] will lead to a better life, and the food we prepared was easy and very helpful. The [classes were] really hands-on, and I think that's what I needed to start cooking at home." - EFNEP Youth Participant<br><br>[Image description: Young teens are cooking, young girl in front is cutting purple onions on cutting board to make recipe during EFNEP nutrition class]<br><br>#EFNEPworks #EFNEP50th #NIFAimpacts<br><br>📷Photo Credit: Maryland EFNEP | August1.jpg |
| This is Kids Eat Right Month. And, EFNEP helps kids learn to cook healthy recipes and try new foods that gives them the confidence to do it at home. Contact your local EFNEP office to set-up classes.<br><br>[Image description: Young teens are using cutting vegetables to help make healthy recipe during EFNEP nutrition class]<br><br>#EFNEPworks #EFNEP50th #NIFAimpacts<br><br>📷Photo Credit: Maryland EFNEP | August2.png |
| Her first grade EFNEP class assembled a fruit salad. Food sure tastes better when we make it ourselves!<br><br>[Image description: Young girl eating fruit at table]<br><br>#EFNEPworks #EFNEP50th #NIFAimpacts<br>📷Photo Credit: University Of Vermont | August3.png |

Celebrating 50 years
EFNEP
Expanded Food and Nutrition Education Program

# EFNEP Favorite Recipes

A compilation celebrating 50 years






Celebrating 50 years

EFNEP

Expanded Food and Nutrition Education Program

Dear Friend,

We hope you enjoy the popular recipes found in this cookbook. This is a small sampling of favorite foods shared during Expanded Food and Nutrition Education Program (EFNEP) classes over the past 50 years. The recipes in this collection come from many of the universities operating EFNEP in each state, the District of Columbia and in six U.S. territories. This collection may remind you of a family cookbook, since several recipes include a comment or story that was shared by a participant or a peer educator.

Help us celebrate 50 years and enjoy sharing these recipes with your family and friends!

**EFNEP 50th Anniversary Recipe Committee**

Clarissa S.N. Barcinas, University of Guam
Eunice Bonsi, Tuskegee University
Patricia Coleman, Northern Marianas College
Stephanie Diehl, Virginia Tech
Rebecca Fiame, American Samoa Community College
Susan Finneseth, North Dakota State University
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Lashantah Holliday, Florida A&M University
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Katie Mulligan, University of Rhode Island
Donna Sauter, New Mexico State University
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A special thank you to these Universities and individuals for their work on this project:

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Olivia Yelp, Utah State University, Graphic Design and Layout
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June 2019

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EFNEP

Expanded Food and Nutrition Education Program

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Celebrating 50 years
EFNEP
Expanded Food and Nutrition Education Program

SNACK

EFNEP 50TH ANNIVERSARY RECIPES

# Apple Cinnamon Wrap and Roll

## INGREDIENTS

- 3 Tbsp. Sugar
- 1 Tsp. Cinnamon
- 2 Apples (2 c. chopped)
- ⅓ Cup Low-fat Vanilla Yogurt
- 4 Medium (6-inch) Flour Tortillas
- 3 Tsp. Vegetable Oil

## INSTRUCTIONS

Mix sugar and cinnamon in a small bowl. Pour 1 tsp. of oil in a saucer.

Wash and chop apples into small pieces. Place in medium bowl.

Add yogurt to apples, stirring to combine.

Lay tortilla flat on plate. Use fingers to lightly coat top side with oil. Sprinkle it with a spoonful of cinnamon sugar mixture.

Turn tortilla over so un-oiled side is up. Put ¼ c. of the apple mixture, on half of the tortilla, folding the other tortilla half over the mixture.

Heat 2 tsp. oil in frying pan on medium.

Place folded tortilla in pan and cook about 1 minute, or until lightly browned. Flip to cook second side. (if oil starts to smoke, remove pan from burner for a minute and then continue.)

Remove from pan and cut in half.

Repeat with remaining tortillas.

## Nutrition Facts

8 servings per container
**Serving size** **1/2 tortilla (62g)**

**Amount per serving**
**Calories** **100**

| | % Daily Value* |
|---|---|
| **Total Fat** 3g | **4%** |
| Saturated Fat 1g | **5%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 150mg | **7%** |
| **Total Carbohydrate** 17g | **6%** |
| Dietary Fiber 1g | **4%** |
| Total Sugars 8g | |
| Includes 3g Added Sugars | **6%** |
| **Protein** 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 18mg | 2% |
| Iron 0mg | 0% |
| Potassium 35mg | 0% |

*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.

*Apple Cinnamon Wrap and Roll has been a favorite of educators and participants since our Get Fresh campaign was launched in NY in the early 2000s. This was an effort to increase traffic at farmers markets, promote consumption of locally produced fruits and vegetables, and promote use of farmers' markets coupons across the state. This recipe was also a perfect vehicle to promote NY state apples. Cornell has developed 65 different apple varieties over the years. The newest - SnapDragon and RubyFrost were released in 2013. NYS is #2 in apple production. The recipe is easy to prepare, requiring minimal kitchen equipment, uses ingredients easily found, and can be eaten warm or held and eaten at room temperature.*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

NEW YORK

University

CORNELL UNIVERSITY

SNACK

EFNEP 50TH ANNIVERSARY RECIPES

# Breakfast Pumpkin Cookies

## INGREDIENTS

- 1¾ c. (15-oz. can) cooked, pureed pumpkin
- 1½ c. brown sugar
- 2 eggs
- ½ c. oil
- 1½ c. flour
- 1¼ c. whole wheat flour
- 1 Tbsp. baking powder
- 2 tsp. cinnamon
- 1 tsp. nutmeg
- ½ tsp. salt
- ¼ tsp. ground ginger
- 1 c. raisins
- 1 c. walnuts or hazelnuts, chopped

## Nutrition Facts

24 servings per container
**Serving size** **2 cookies (65g)**

**Amount per serving**
**Calories** **200**

| | % Daily Value* |
|---|---|
| **Total Fat** 9g | **12%** |
| Saturated Fat 1g | **5%** |
| Trans Fat 0g | |
| **Cholesterol** 15mg | **5%** |
| **Sodium** 55mg | **2%** |
| **Total Carbohydrate** 30g | **11%** |
| Dietary Fiber 2g | **7%** |
| Total Sugars 18g | |
| Includes 12g Added Sugars | **24%** |
| **Protein** 3g | |
| Vitamin D 0mcg | 0% |
| Calcium 97mg | 8% |
| Iron 1mg | 6% |
| Potassium 112mg | 2% |

*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.

## INSTRUCTIONS

Preheat oven to 400F.

Mix pumpkin, brown sugar, eggs, and oil thoroughly.

Blend dry ingredients and add to pumpkin mixture.

Add raisins and nuts.

Drop by the teaspoonful on greased baking sheet, 1 inch apart.

Gently flatten each cookie (use a spoon, bottom of glass, or palm of your hand).

Bake 10 to 12 minutes until golden brown.

*foodhero.org/recipe/export/recipeprint/208*

*Kids like cookies, and this is a good way to get them thinking about different cookie flavors, and that when they cook for themselves they can make changes like adding/omitting raisins and nuts into recipes like this. This is a great recipe to use to brainstorm with kids flavors or other things that would go well in these cookies.*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

OREGON

University

OREGON STATE UNIVERSITY

SMOOTHIE

EFNEP 50TH ANNIVERSARY RECIPES

# Fruit Smoothies

**Yield:** 2 servings

## INGREDIENTS

**Choose ½ c. of a fruit**

- Banana
- Strawberries
- Peaches
- Blueberries

**Choose 1 c. of a base**

- Low-fat plain yogurt
- Low-fat vanilla yogurt
- Low-fat vanilla frozen yogurt
- Frozen fruit
- Ice cubes
- Frozen juice concentrate, such as apple or orange

**Choose ½ c. of liquid**

- Low-fat or fat-free milk
- Calcium-fortified soy milk
- 100% fruit juice

## Nutrition Facts

2 servings per container
**Serving size** **1 serving (242g)**

| Amount per serving | |
|---|---|
| **Calories** | **140** |
| | **% Daily Value*** |
| **Total Fat** 1g | **1%** |
| Saturated Fat 0g | **0%** |
| Trans Fat 0g | |
| **Cholesterol** 5mg | **2%** |
| **Sodium** 30mg | **1%** |
| **Total Carbohydrate** 30g | **11%** |
| Dietary Fiber 2g | **7%** |
| Total Sugars 20g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 4g | |
| Vitamin D 0mcg | 0% |
| Calcium 93mg | 8% |
| Iron 0mg | 0% |
| Potassium 514mg | 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.

## INSTRUCTIONS

Put all the ingredients in a blender and mix until smooth. Serve immediately. This will give you enough for two people. If there are more than two of you, you can make twice as much.

**Example 1**

- ½ c. strawberries
- 1 c. low-fat vanilla yogurt
- ½ c. fat-free milk
- ½ c. banana
- 1 c. frozen orange juice
- ½ c. low-fat milk

**Example 2**

- ½ c. banana
- 1 c. frozen orange juice
- ½ c. low-fat milk

**Example 3**

- ½ c. blueberries
- 1 c. low-fat frozen vanilla yogurt
- ½ c. orange juice

*"The youth groups that I worked with, always get excited when I do the Fruit Smoothie for the class food demonstration."*

**Quote from EFNEP Educator**

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

ARKANSAS

University

UNIVERSITY OF ARKANSAS AT PINE BLUFF

SMOOTHIE

EFNEP 50TH ANNIVERSARY RECIPES

# Green Monster Smoothie

**Yield:** 2 servings

## INGREDIENTS

- 1½ c. strawberries, hulled
- 2 c. spinach
- ½ banana, peeled
- 1 Tbsp. orange juice concentrate
- ½ single-serving low-fat yogurt, any flavor
- ¼ c. to ½ c. milk, water or juice

## INSTRUCTIONS

Place prepared ingredients in freezer-safe bag. Push out air and lay flat in freezer. When ready to prepare, place ingredients in blender with ¼ c. to ½ c. milk, water or juice.

## Nutrition Facts

2 servings per container
**Serving size** **1 serving (311g)**

**Amount per serving**
**Calories** **140**

| | % Daily Value* |
|---|---|
| **Total Fat** 1.5g | **2%** |
| Saturated Fat 0.5g | **3%** |
| Trans Fat 0g | |
| **Cholesterol** 5mg | **2%** |
| **Sodium** 100mg | **4%** |
| **Total Carbohydrate** 28g | **10%** |
| Dietary Fiber 5g | **18%** |
| Total Sugars 18g | |
| Includes 2g Added Sugars | **4%** |
| **Protein** 7g | |
| Vitamin D 0mcg | 0% |
| Calcium 260mg | 20% |
| Iron 2mg | 10% |
| Potassium 412mg | 8% |

*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.

*With a name like Green Monster Smoothie, kids do not expect it to look pretty. The taste says it all, because this is one of our most popular recipes with youth!*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

NORTH DAKOTA

University

NORTH DAKOTA STATE UNIVERSITY

SMOOTHIE



# Orange Julius

**Yield:** 5 servings, about 6 oz. each

## INGREDIENTS

- ¼ c. sugar
- 1 (6 oz.) can frozen, concentrated orange juice
- 2 c. milk
- 1 tsp. vanilla
- 10 ice cubes

## INSTRUCTIONS

In a blender, combine all ingredients. Blend for ½ minute or until ice cubes are crushed.

Makes 30 oz.

## Nutrition Facts

5 servings per container
**Serving size** **6 oz. (132g)**

**Amount per serving**
**Calories** **110**

| | % Daily Value* |
|---|---|
| **Total Fat** 2g | **3%** |
| Saturated Fat 1.5g | **8%** |
| Trans Fat 0g | |
| **Cholesterol** 10mg | **3%** |
| **Sodium** 65mg | **3%** |
| **Total Carbohydrate** 17g | **6%** |
| Dietary Fiber 0g | **0%** |
| Total Sugars 16g | |
| Includes 10g Added Sugars | **20%** |
| **Protein** 5g | |
| Vitamin D 0mcg | 0% |
| Calcium 341mg | 25% |
| Iron 0mg | 0% |
| Potassium 215mg | 4% |

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*"Orange Julius" was a quick and easy recipe used in the Today's Mom Curriculum of Auburn University EFNEP. Moms-to-be welcomed this refreshing, nutritious beverage that was easy to digest as a morning meal. Orange Julius was a calcium-rich recipe that proved to be a healthful treat for mom and baby alike.*

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State/Territory

ALABAMA

University

AUBURN UNIVERSITY

SMOOTHIE

EFNEP 50TH ANNIVERSARY RECIPES

# Peach, Mango or Nectarine Lassi

**Yield:** 2 servings

## INGREDIENTS

- 2 ripe peaches, mangoes or fresh seasonal fruit
- 1 c. plain yogurt (low fat)
- 1 c. ice cubes or ½ c. cold water
- 1 Tbsp. honey

## INSTRUCTIONS

Cut the fruit in half, remove and discard the seed (pits), and chop them (you should have about 1½ c.).

Put the fruit and the rest of the ingredients in the blender and cap tightly.

Turn the blender to medium to start chopping the fruit and ice. Adjust the blender to high speed and blend until the mixture is really smooth and moves easily in the blender, about one minute.

Serve right away, or cover and refrigerate up to 24 hours (if you do this, stir it well or blend again before serving).

Garnish with a few cubes of fruit and mint leaves

**Notes:** No fresh peaches? No problem! When fresh fruit isn't available, you can use 2 c. of frozen fruit slices and skip the ice.

## Nutrition Facts

2 servings per container
**Serving size** **1 serving (342g)**

**Amount per serving**
**Calories** **160**

| | % Daily Value* |
|---|---|
| **Total Fat** 2g | **3%** |
| Saturated Fat 1g | **5%** |
| Trans Fat 0g | |
| **Cholesterol** 10mg | **3%** |
| **Sodium** 80mg | **3%** |
| **Total Carbohydrate** 31g | **11%** |
| Dietary Fiber 2g | **7%** |
| Total Sugars 29g | |
| Includes 9g Added Sugars | **18%** |
| **Protein** 7g | |
| Vitamin D 0mcg | 0% |
| Calcium 212mg | 15% |
| Iron 0mg | 0% |
| Potassium 299mg | 6% |

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*'It's cool and yummy- just what I needed on a hot day.'*

*Yogurt and fermented milk products have been consumed in India, Pakistan, Bangladesh, Iran, Turkey and Egypt from time immemorial. Fresh milk spoils in the heat of these hot, dry countries very rapidly. So milk is fermented to yogurt, which then is churned or blended with fruit, and a little honey or sugar is added to produce a refreshing light drink that protects from heat and dehydration. Lassi is pronounced "lussie," not "lassie," and is the name used in India/Pakistan. A salted version also is consumed in many countries.*

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State/Territory

MARYLAND

University

UNIVERSITY OF MARYLAND, COLLEGE PARK

SMOOTHIE



# Popeye Power Smoothie

## INGREDIENTS

- 1 c. orange juice
- ½ c. pineapple juice
- ½ c. low-fat plain or vanilla yogurt
- 1 banana, peeled and sliced
- 2 c. fresh spinach leaves
- crushed ice

## Nutrition Facts

4 servings per container
**Serving size** **1 cup (179g)**

**Amount per serving**
**Calories** **100**

| | % Daily Value* |
|---|---|
| **Total Fat** 0.5g | **1%** |
| Saturated Fat 0g | **0%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 45mg | **2%** |
| **Total Carbohydrate** 21g | **8%** |
| Dietary Fiber 2g | **7%** |
| Total Sugars 15g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 3g | |
| Vitamin D 0mcg | 0% |
| Calcium 90mg | 6% |
| Iron 1mg | 6% |
| Potassium 258mg | 6% |

*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.

## INSTRUCTIONS

Combine all ingredients in a blender.

Puree until completely smooth.

Serve immediately.

Refrigerate leftovers within two hours.

**Notes:** For a thicker smoothie, use frozen fruit instead of fresh fruit.

*https://foodhero.org/recipe/export/recipeprint/226*

*It's really fun and simple to prepare, is surprising and tastes delicious. The kids are always amazed they taste so good with spinach. Easy to prepare, transport, and store. Everyone loves it and it is such a cool color. People are thrilled to be able to get greens in a tasty way. It is very flexible as chard, kale, or lettuce greens could be subbed for the spinach. And the other ingredients many will have on hand. The bright green color makes people very curious (and skeptical) but when they taste it, they love it. So fun!*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

OREGON

University

OREGON STATE UNIVERSITY

SNACK

EFNEP 50TH ANNIVERSARY RECIPES

# Soft Granola Bars

**Yield:** 21 servings

## INGREDIENTS

- 1 c. brown sugar
- 1 c. vegetable oil
- 2 eggs
- 2 c. regular oatmeal
- 1½ c. whole-wheat flour
- 1 tsp. baking powder
- 1 c. raisins or chopped dates
- 1½ tsp. ground cloves
- 1½ tsp. ground cinnamon
- ¼ tsp. salt
- ¼ c. honey
- 1 c. nuts

## INSTRUCTIONS

Preheat oven to 350F. Spray a 15½- by 10½-inch jelly roll pan with nonstick cooking spray. Set aside.

In a large bowl, combine brown sugar, vegetable oil and eggs, stirring until smooth.

Stir in remaining ingredients, except honey.

Spread into the prepared pan.

Bake 17 to 22 minutes or until done. Cool.

In a small saucepan over medium heat, cook honey until heated through, stirring constantly. Drizzle honey on top of granola bars.

## Nutrition Facts

21 servings per container

| **Serving size** | **1 bar (60g)** |
|---|---|
| **Amount per serving** | |
| **Calories** | **270** |
| | **% Daily Value*** |
| **Total Fat** 16g | **21%** |
| Saturated Fat 2g | **10%** |
| Trans Fat 0g | |
| **Cholesterol** 20mg | **7%** |
| **Sodium** 40mg | **2%** |
| **Total Carbohydrate** 32g | **12%** |
| Dietary Fiber 2g | **7%** |
| Total Sugars 19g | |
| Includes 13g Added Sugars | **26%** |
| **Protein** 4g | |
| Vitamin D 0mcg | 0% |
| Calcium 59mg | 4% |
| Iron 1mg | 6% |
| Potassium 167mg | 4% |

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Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

NEBRASKA

University

UNIVERSITY OF NEBRASKA

SNACK

EFNEP 50TH ANNIVERSARY RECIPES

# Tofu Ceviche

**Yield:** 6 servings, about ¾ c. each

## INGREDIENTS

- 1 block of extra firm tofu, cut into small cubes, pressed in a colander so that much of the water drains out
- 1 bunch cilantro, finely chopped
- 1 medium red onion, finely chopped
- 2 large Roma tomatoes, diced
- 2 avocados, cut into small cubes
- Juice of 3 to 4 limes
- Salt and pepper to taste*

**For Latino flavors, add**

- 2 diced jalapeños
- Hot sauce
- Serve with corn tortilla chips
-

**For Asian flavors, add**

- 2 Thai chilies finely chopped
- 1 bunch Thai basil, chopped
- 1 Tbsp. sesame oil
- Serve with Romaine lettuce leaves, rolled in rice paper sheets

## Nutrition Facts

servings per container
**Serving size** **(174g)**

**Amount per serving**
**Calories** **150**

| | % Daily Value* |
|---|---|
| **Total Fat** 10g | **13%** |
| Saturated Fat 1.5g | **8%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 410mg | **18%** |
| **Total Carbohydrate** 9g | **3%** |
| Dietary Fiber 4g | **14%** |
| Total Sugars 2g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 8g | |
| Vitamin D 0mcg | 0% |
| Calcium 136mg | 10% |
| Iron 2mg | 10% |
| Potassium 352mg | 8% |

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## INSTRUCTIONS

Combine all ingredients. Mix well.

*Nelly Camacho created this recipe 15 years ago as a way to introduce new foods (tofu) in a culturally relevant way, working with a Latino population. WIC and other food assistance programs often provide foods like tofu and many recipients do not know how to prepare it.*

*Participants say: I love it! It is the first time I've had tofu and I will prepare it for my kids. I never had tofu like this.*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

CALIFORNIA

University

UNIVERSITY OF CALIFORNIA


SNACK



# Trail Mix

## INGREDIENTS

- 1 c. O-shaped cereal
- 1 c. square-shaped or corn cereal
- 1 c. pretzels
- 1 c. popcorn, popped
- ½ c. raisins, dried cherries or other dried fruit
- 1 c. peanuts (optional)

## Nutrition Facts

16 servings per container
**Serving size** **1 serving (15g)**

**Amount per serving**
**Calories** **60**

| | % Daily Value* |
|---|---|
| **Total Fat** 2.5g | **3%** |
| Saturated Fat 0g | **0%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 35mg | **2%** |
| **Total Carbohydrate** 9g | **3%** |
| Dietary Fiber 1g | **4%** |
| Total Sugars 4g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 18mg | 2% |
| Iron 1mg | 6% |
| Potassium 83mg | 2% |

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## INSTRUCTIONS

Have the group members wash their hands with soap and warm water for 20 seconds before beginning to prepare the recipe. Be sure that all work surfaces are clean.

Arrange bowls and serving spoons in a line on the tables where the kids can reach them.

Pour one ingredient into each of the bowls.

Distribute the resealable sandwich bags and invite the kids to scoop one spoonful of each ingredient into their bags to create their own trail mix.

Have the kids seal their bags, shake and enjoy!

*The Trail Mix recipe is one of my go to recipes for youth. I leave out the peanuts due to food allergies with so many children. It's a great recipe for introducing them to dried fruit such as dried cranberries (craisins), raisins, dried cherries and other dried fruit. The recipe is easy for the youth participants to prepare and it's always a hit with my classes.*

*So many of my youth participants have never had dried cranberries (craisins) before. So many of them have really enjoyed tasting the dried cranberries and stated they made the trail mix one of their favorite snacks I have served in our classes.*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

**SOUTH CAROLINA**

University

**CLEMSON UNIVERSITY**

SNACK

EFNEP 50TH ANNIVERSARY RECIPES

# Veggie Muffins

**Yield:** Makes 12, 1 muffin each

## INGREDIENTS

- 1 (8-oz.) package of corn muffin mix
- ⅓ c. low fat milk
- ¾ c. fresh broccoli, chopped
- ⅔ c. shredded cheddar cheese
- 1 egg
- 1 Tbsp. onion minced
- ¾ c. mushrooms; chopped
- ½ tsp. salt, optional

## INSTRUCTIONS

Preheat oven to 400 F.

Blend muffin mix, egg and milk in mixing bowl.

Fold in onions, broccoli, mushrooms and grated cheese.

Oil a muffin pan or line with paper muffin cups. Divide the batter evenly among 12 muffin cups. Bake for 20 minutes or until tops are golden brown.

## Nutrition Facts

12 servings per container

| **Serving size** | **1 muffin (48g)** |
|---|---|
| **Amount per serving** | |
| **Calories** | **100** |
| | **% Daily Value*** |
| **Total Fat** 3g | **4%** |
| Saturated Fat 1.5g | **8%** |
| Trans Fat 0g | |
| **Cholesterol** 20mg | **7%** |
| **Sodium** 180mg | **8%** |
| **Total Carbohydrate** 15g | **5%** |
| Dietary Fiber 0g | **0%** |
| Total Sugars 4g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 4g | |
| Vitamin D 0mcg | 0% |
| Calcium 58mg | 4% |
| Iron 1mg | 6% |
| Potassium 59mg | 2% |

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Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

NEVADA

University

UNIVERSITY OF NEVADA RENO

# Sauces and Dips

Children's Microwave Wojapi
Cucumber Salsa
Fishing with Marty Moose Peanut Butter Yogurt Dip
Fresh Mango Salsa
Homemade Guacamole
Lentil Hummus
Plain Blueberry Jam

Celebrating 50 years
EFNEP
Expanded Food and Nutrition Education Program

SAUCES

EFNEP 50TH ANNIVERSARY RECIPES

# Children's Microwave Wojapi

**Yield:** 3 c., ⅓ c. serving each

## INGREDIENTS

- 2 c. fruit (blueberry, raspberry, mixed frozen fruit, other)
- 1½ c. water, divided
- Honey to taste
- 2 Tbsp. cornstarch

## INSTRUCTIONS

Wash fruit. Put in large microwave safe bowl.

Mash fruit with a potato masher or fork.

Add 1¼ c. water.

Mix cornstarch with ¼ c. water in a cup until smooth.

Stir cornstarch mixture into fruit.

Microwave on high for one minute. Stir. Continue microwaving for one minute at a time until the berry mixture is thick like pudding.

Use a pot holder to remove the bowl as it will be very hot. Let the pudding cool slightly. Very carefully taste the pudding and add small amounts of honey to sweeten.

## Nutrition Facts

9 servings per container
**Serving size** **1/3 cup (75g)**

**Amount per serving**
**Calories** **30**

| | % Daily Value* |
|---|---|
| **Total Fat** 0g | **0%** |
| Saturated Fat 0g | **0%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 0mg | **0%** |
| **Total Carbohydrate** 7g | **3%** |
| Dietary Fiber 1g | **4%** |
| Total Sugars 4g | |
| Includes 2g Added Sugars | **4%** |
| **Protein** 0g | |
| Vitamin D 0mcg | 0% |
| Calcium 6mg | 0% |
| Iron 0mg | 0% |
| Potassium 2mg | 0% |

*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.

*Native Americans in our region celebrate by sharing food, such as friut. Wojapi (woo-jha-pee) is a fruit pudding made from cooking the fruit that was gathered in the wild to make a thickened sauce. Fruit included chokecherries, plums or wild strawberries sweetened with honey. Today this food item is served with bread at celebrations such as powwows, or wacipi (wah-chee-pee), and give-aways. This is a very simple version that children can make at home in the microwave oven.*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

SOUTH DAKOTA

University

SOUTH DAKOTA STATE UNIVERSITY

SAUCES

EFNEP 50TH ANNIVERSARY RECIPES

# Cucumber Salsa

**Yield:** 6 servings, ½ c. each

## INGREDIENTS

- 1 cucumber, peeled and chopped
- 1 small avocado, peeled and chopped
- ¼ c. red onion, minced
- 2 Tbsp. cilantro, chopped
- 1 chile Serrano, seeded and minced
- 1 clove garlic, minced
- 2 Tbsp. fresh lime juice
- 2 Tbsp. water (optional)

## INSTRUCTIONS

Wash your hands and clean your preparation area.

Chop all vegetables as requested in the ingredients list.

In a large bowl, combine all the ingredients. Add salt to taste.

Refrigerate before serving so flavors can meld.

## Nutrition Facts

6 servings per container

**Serving size** **1/2 cup (94g)**

**Amount per serving**

**Calories** **50**

| | % Daily Value* |
|---|---|
| **Total Fat** 4g | **5%** |
| Saturated Fat 0g | **0%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 0mg | **0%** |
| **Total Carbohydrate** 6g | **2%** |
| Dietary Fiber 1g | **4%** |
| Total Sugars 1g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 1g | |
| Vitamin D 0mcg | 0% |
| Calcium 12mg | 0% |
| Iron 0mg | 0% |
| Potassium 213mg | 4% |

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State/Territory

TEXAS

University

TEXAS A&M


SNACK/DIP

EFNEP 50TH ANNIVERSARY RECIPES

# Fishing With Marty Moose

## Peanut Butter Yogurt Dip

**Yield:** 6 to 8 servings

### INGREDIENTS

**Bait/Peanut Butter Yogurt Dip**

- 1 c. low-fat vanilla yogurt
- 1 c. creamy peanut butter

**Fishing Poles/ Dipping Sticks**

Assortment of fruits and/or vegetables, such as:

- Apple slices
- Celery
- Carrots
- Green peppers
- Jicama
- Cucumbers

**Fish**

- Fish-shaped crackers, cereal pieces, pretzels, dried fruits, etc.

**Nutrition Facts**

7 servings per container
**Serving size** **1 serving (110g)**

**Amount per serving**
**Calories** **290**

| | % Daily Value* |
|---|---|
| **Total Fat** 20g | **26%** |
| Saturated Fat 4g | **20%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 260mg | **11%** |
| **Total Carbohydrate** 21g | **8%** |
| Dietary Fiber 3g | **11%** |
| Total Sugars 8g | |
| Includes 2g Added Sugars | **4%** |
| **Protein** 10g | |
| Vitamin D 0mcg | 0% |
| Calcium 42mg | 4% |
| Iron 1mg | 6% |
| Potassium 352mg | 8% |

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### INSTRUCTIONS

1. Mix peanut butter and yogurt together in a bowl or re-sealable plastic bag.
2. Chill until ready to serve.
3. Slice fruits and vegetables into long pieces for dipping.
4. Place "fish" (fish-shaped crackers, cereal, pretzels, etc.) on plate. Dip the "poles" (apple slices, celery, carrots, etc.) into "bait" (peanut butter yogurt dip), then dip the baited end of pole into the "fish." Keep fishing until all is gone.

*This recipe comes from the University of Wyoming's Grazing With Marty Moose third grade youth curriculum. It is a fun snack for kids and families. It was developed by Wyoming paraprofessionals in the 1990s and has been a staple in Wyoming EFNEP ever since.*

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State/Territory

WYOMING

University

UNIVERSITY OF WYOMING

DIPS

EFNEP 50TH ANNIVERSARY RECIPES

# Fresh Mango Salsa

**Yield:** 3 c. salsa

## INGREDIENTS

- 3 ripe mangos, diced
- 1 medium red bell pepper, chopped
- ½ c. chopped red onion
- ¼ packed fresh cilantro leaves, chopped
- 1 jalapeno, seeded and mined
- 1 large lime, juiced (about ¼ c. lime juice)
- ⅛ to ¼ tsp. salt, to taste
- Tomato (if desired)

## Nutrition Facts

servings per container
**Serving size** **(123g)**

**Amount per serving**
**Calories** **60**

| | % Daily Value* |
|---|---|
| **Total Fat** 0g | **0%** |
| Saturated Fat 0g | **0%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 65mg | **3%** |
| **Total Carbohydrate** 15g | **5%** |
| Dietary Fiber 2g | **7%** |
| Total Sugars 13g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 1g | |
| Vitamin D 0mcg | 0% |
| Calcium 14mg | 2% |
| Iron 0mg | 0% |
| Potassium 215mg | 4% |

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## INSTRUCTIONS

In a serving bowl, chop and combine mango, bell pepper, onion, cilantro and jalapeño. Drizzle with the juice of one lime and mix well. Season to taste with salt. For best flavor, let the salsa rest for 10 minutes or longer.

*This simple and colorful mango salsa is super easy to make! It's sweet, spicy and absolutely delicious. Serve this fresh mango salsa with chips, on tacos or salads, or as a salad itself. It's that good.*

*The children loved the salsa. They said it was different and not the kind of salsa they had before. "We never knew that we could eat salsa that have fruit in it". This recipe was used during the summer camp. The youth used ingredients from the community garden.*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

MISSOURI

University

LINCOLN UNIVERSITY

DIPS



# Homemade Guacamole

## INGREDIENTS

- 3 ripe avocados
- 1 tsp. lemon juice
- 1 Tbsp. lime juice
- 2 Roma tomatoes, diced
- ½ c. red onion, chopped
- ½ jalapeno pepper, chopped (note: include seeds if you want extra spice/heat)*
- ¼ c. cilantro, chopped, or 2 tsp. dried cilantro
- ½ tsp. salt
- ¼ tsp. black pepper

## Nutrition Facts

servings per container
**Serving size** **(103g)**

**Amount per serving**
**Calories** **120**

| | % Daily Value* |
|---|---|
| **Total Fat** 11g | **14%** |
| Saturated Fat 1.5g | **8%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 200mg | **9%** |
| **Total Carbohydrate** 8g | **3%** |
| Dietary Fiber 5g | **18%** |
| Total Sugars 1g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 15mg | 2% |
| Iron 1mg | 6% |
| Potassium 416mg | 8% |

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## INSTRUCTIONS

Cut avocados in half, remove pit, and scoop pulp into a medium bowl.

Mash avocado pulp with a fork and mix in remaining ingredients.

Stir to combine. Serve with raw vegetable sticks or baked tortilla chips.

**Notes**:
* If desire less spice/heat, remove jalapeno from recipe.
* You can also use a food processor to mash avocado and mix ingredients together.

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

ILLINOIS

University

UNIVERSITY OF ILLINOIS

SAUCES

EFNEP 50TH ANNIVERSARY RECIPES

# Lentil Hummus

**Yield:** 15 servings, serving size: 2 Tbsp.

## INGREDIENTS

- 1 c. red or golden lentils
- 1 c. garbanzo beans (chickpeas), cooked or 1 c., canned, drained and rinsed
- ¼ c. nonfat plain yogurt
- 1½ Tbsp. lemon juice
- 1 clove garlic, crushed
- 1 tsp. salt
- ½ tsp. pepper
- 1½ Tbsp. olive oil

## Nutrition Facts

15 servings per container

**Serving size** **2 tablespoons (31g)**

**Amount per serving**

**Calories** **50**

| | % Daily Value* |
|---|---|
| **Total Fat** 1.5g | **2%** |
| Saturated Fat 0g | **0%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 160mg | **7%** |
| **Total Carbohydrate** 6g | **2%** |
| Dietary Fiber 2g | **7%** |
| Total Sugars 1g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 14mg | 2% |
| Iron 1mg | 6% |
| Potassium 84mg | 2% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a

## INSTRUCTIONS

Place the lentils in saucepan and cover with water by 2 inches. Bring to a boil; reduce heat to low. Cover and simmer for 20 to 25 minutes or until the lentils are soft and mushy. Drain the lentils. Set aside for about 20 minutes to cool.

Place the lentils, garbanzo beans, yogurt, lemon juice, garlic, salt and pepper in a food processor. Pulse several times until finely chopped. Scrape down the sides of the bowl. Turn on the processor and slowly add the olive oil while the motor is running. Add enough olive oil to get desired consistency. If hummus is too thick after adding 2 Tbsp. of olive oil, blend in water, adding 1 Tbsp. at a time.

Put hummus in a bowl or container. Cover and refrigerate for at least one hour before serving. Hummus will keep in the refrigerator for four to five days.

*Montana is a top producer of lentils, which are eaten worldwide. Lentils are high in fiber, and they are also nutritious and tasty. Lentils are inexpensive and can be used in a variety of dishes!*

*"Most of the children in my class had not tasted lentils before, and did not know that they were grown in Montana. The lentil hummus was popular, with most of the kids saying they either liked or loved the lentils!"*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

MONTANA

University

MONTANA STATE UNIVERSITY

SAUCES

EFNEP 50TH ANNIVERSARY RECIPES

# Plain Blueberry Jam

**Yield:** 5 c., 2 Tbsp. per serving

## INGREDIENTS

- 4 c. crushed blueberries (about 6 c. whole berries)
- 2 Tbsp. lemon juice
- 1 package powdered pectin (1 ¾ oz.)
- 4 c. sugar

## INSTRUCTIONS

Sterilize pint or half-pint canning jars and prepare lids. Measure sugar and set aside. Measure prepared fruit and lemon juice into a large saucepan. Add pectin and stir until dissolved. Bring to a full rolling boil that cannot be stirred down. Boil hard for one minute, stirring constantly. Remove from heat and quick skim off foam. Pour jam into hot 8-oz. jam jars, leaving ¼ inch headspace. Wipe jam rims and add prepared two-piece lids. Submerge the filled, closed jars under boiling water for 10 minutes. Remove from the water bath and let set on a rack for 12 hours. When cool, check seal, wipe jars, remove ring and store in a cool, dry, dark place. Yields 5 c.

## Nutrition Facts

40 servings per container
**Serving size** **2 tablespoons (44g)**

**Amount per serving**
**Calories** **90**

| | % Daily Value* |
|---|---|
| **Total Fat** 0g | **0%** |
| Saturated Fat 0g | **0%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 0mg | **0%** |
| **Total Carbohydrate** 25g | **9%** |
| Dietary Fiber 1g | **4%** |
| Total Sugars 22g | |
| Includes 20g Added Sugars | **40%** |
| **Protein** 0g | |
| Vitamin D 0mcg | 0% |
| Calcium 2mg | 0% |
| Iron 0mg | 0% |
| Potassium 18mg | 0% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a

*Blueberries are a traditional berry that is used across the state of Alaska by all peoples living in Alaska.*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

ALASKA

University

UNIVERSITY OF ALASKA FAIRBANKS

# Soups and Stews

African Sweet Potato Stew
Butternut Squash Soup
Chicken and Pumpkin Soup
Garden Chili
New England Corn Chowder
Pumpkin and Red Lentil Stew
Pumpkin Chili
Spam Soba Soup
Three-grain Soup
Vegetable Stew

Celebrating 50 years
EFNEP
Expanded Food and Nutrition Education Program

SOUPS

EFNEP 50TH ANNIVERSARY RECIPES

# African Sweet Potato Stew

**Yield:** 6 servings

## INGREDIENTS

- 6 c. cooked brown rice
- 1 Tbsp. olive oil
- 1 large onion, chopped
- 1 tsp. fresh ginger root, minced (optional)
- 2 c. cabbage, chopped
- 4 cloves garlic, minced
- 1 (18-oz.) can sweet potatoes, drained and chopped
- 1 (14.5-oz.) can diced tomatoes
- 1½ c. tomato juice
- ¾ c. apple juice
- ½ tsp. red pepper flakes
- 2 c. frozen cut green beans
- ⅓ c. peanut butter

**Nutrition Facts**

6 servings per container

**Serving size** **1/6 of recipe (553g)**

**Amount per serving**

**Calories** **480**

| | % Daily Value* |
|---|---|
| **Total Fat** 11g | **14%** |
| Saturated Fat 2g | **10%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 380mg | **17%** |
| **Total Carbohydrate** 85g | **31%** |
| Dietary Fiber 10g | **36%** |
| Total Sugars 16g | |
| Includes 1g Added Sugars | **2%** |
| **Protein** 12g | |
| Vitamin D 0mcg | 0% |
| Calcium 128mg | 10% |
| Iron 2mg | 10% |
| Potassium 992mg | 20% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a

## INSTRUCTIONS

Heat oil in a large skillet over medium heat. Add onion, cabbage and garlic; cook, stirring until cabbage is tender – crisp, about five minutes.

Stir in tomatoes, tomato juice, apple juice, peanut butter and spices (ginger root optional). Stir until peanut butter is well blended.

Add green beans and sweet potatoes.

Reduce heat, cover, and simmer about 15 minutes, until beans are cooked and flavors are mixed.

Serve stew spooned over cooked brown rice.

*African Sweet Potato Stew, is very popular with staff and participants. It combines a number of vegetables for a hearty, tasty stew. Any squash can be used in place of sweet potato making this a great recipe to demonstrate substitutions without changing the nature of the final product. It is a very forgiving recipe, which appeals to everyone.*

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State/Territory

NEW YORK

University

CORNELL UNIVERSITY

SOUPS

EFNEP 50TH ANNIVERSARY RECIPES

# Butternut Squash Soup

**Yield:** 6 servings, 1 c. per serving

## INGREDIENTS

- 1 Tbsp. vegetable or olive oil
- 1 medium onion, chopped
- 1 carrot, chopped
- 2 garlic cloves, minced
- ½ c. tomato puree, canned
- 1 small, fresh, hot chili pepper, seeded and chopped (use gloves when handling hot pepper)
- 1 medium butternut squash, peeled and cubed (about 1 lb.)
- 2 (14½ oz.) cans chicken broth, low-sodium
- Pepper to taste
- Dash of salt (optional)
- Lime wedges (optional garnish)

## Nutrition Facts

6 servings per container

**Serving size** **1 cup (279g)**

**Amount per serving**

**Calories** **90**

| | % Daily Value* |
|---|---|
| **Total Fat** 2.5g | **3%** |
| Saturated Fat 0g | **0%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 95mg | **4%** |
| **Total Carbohydrate** 15g | **5%** |
| Dietary Fiber 3g | **11%** |
| Total Sugars 4g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 3g | |
| Vitamin D 0mcg | 0% |
| Calcium 50mg | 4% |
| Iron 1mg | 6% |
| Potassium 427mg | 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.

## INSTRUCTIONS

Wash and prepare vegetables.

Heat oil in a large saucepan over medium heat. Stir in onions, carrots and garlic.

Cook for three minutes. Cover pan, lower heat and cook three to four more minutes, until vegetables are tender.

Stir in tomato puree, chilies, squash and chicken broth. Simmer for 15 minutes. Add salt and pepper.

Transfer two soft squash cubes to a bowl, mash with potato masher or fork and return to pan. Soup will have a chunky consistency.

**Tips:**

• To soften squash skin before peeling, poke with a fork several times and microwave on high for about three minutes.

•For low-sodium diets, do not add the optional salt to the soup.

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State/Territory

MASSACHUETTS

University

UNIVERSITY OF MASSACHUSETTS AMHERST

SOUPS



# Chicken and Pumpkin Soup

**Yield:** 10 servings

## INGREDIENTS

- 4 lbs. chicken, cut into bite-size after removing skin and fat
- 5½ c. pumpkin, sliced after removing skin and seeds
- 1 onion, sliced
- 2 c. water
- 4 c. vegetable (cabbage, kangkong, spinach and so on)
- 1 Tbsp.
- Salt and pepper for taste

## INSTRUCTIONS

Sauté onions until golden brown.

Add chicken and continue sautéing.

Season with salt and pepper.

Add water and pumpkin, and bring to boil.

Cook until pumpkin and chicken are cooked thoroughly.

Add vegetables and cook for two more minutes.

## Nutrition Facts

10 servings per container
**Serving size** **1 serving (333g)**

| Amount per serving | |
|---|---|
| **Calories** | **260** |
| | **% Daily Value*** |
| **Total Fat** 6g | **8%** |
| Saturated Fat 1.5g | **8%** |
| Trans Fat 0g | |
| **Cholesterol** 130mg | **43%** |
| **Sodium** 90mg | **4%** |
| **Total Carbohydrate** 7g | **3%** |
| Dietary Fiber 1g | **4%** |
| Total Sugars 3g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 42g | |
| Vitamin D 0mcg | 0% |
| Calcium 38mg | 2% |
| Iron 1mg | 6% |
| Potassium 887mg | 20% |

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State/Territory

MICRONESIA

University

COLLEGE OF MICRONESIA

SOUPS



# Garden Chili

**Yield:** 4 servings

## INGREDIENTS

- ¾ lb. ground beef (lean, 10% fat)
- ½ c. green pepper (chopped)
- ½ c. onion (large, chopped)
- ½ c. celery (chopped)
- ⅔ c. kidney beans (canned, drained, and rinsed)
- ½ c. corn (sweet)
- 1 can tomato sauce (8 oz.)
- 1 c. tomatoes (chopped fresh)
- 1 dash black pepper
- ½ tsp. garlic powder
- 2 tsp. chili powder

**Nutrition Facts**

4 servings per container
**Serving size** **1 serving (284g)**

**Amount per serving**
**Calories** **190**

| | % Daily Value* |
|---|---|
| **Total Fat** 3.5g | **4%** |
| Saturated Fat 1.5g | **8%** |
| Trans Fat 0g | |
| **Cholesterol** 50mg | **17%** |
| **Sodium** 430mg | **19%** |
| **Total Carbohydrate** 18g | **7%** |
| Dietary Fiber 5g | **18%** |
| Total Sugars 6g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 23g | |
| Vitamin D 0mcg | 0% |
| Calcium 51mg | 4% |
| Iron 4mg | 20% |
| Potassium 818mg | 15% |

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## INSTRUCTIONS

Wash your hands and work area.

Place ground beef in a skillet sprayed with non-stick cooking spray. Brown meat over medium-high heat, stirring occasionally to break it into pieces. Drain fat and blot meat with paper towels. Transfer beef into a colander and rinse with very hot water to further remove fat.

Add green pepper, onion, and celery. Cook until softened.

Add beans, corn, tomato sauce, chopped tomatoes, pepper, garlic, and chili powder.

Cook mixture over low heat for 20 minutes.

Serve hot in bowls. Or serve as a dip with baked tortilla chips or on a bun.

Cover and refrigerate leftovers within two hours.

*"This recipe has real meat and I like the chunkiness of the vegetables in the chili."*

**Class participant**

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State/Territory

ARKANSAS

University

UNIVERSITY OF ARKANSAS AT PINE BLUFF

SOUPS



# New England Corn Chowder

**Yield:** Serves 6- 1½ c. each

## INGREDIENTS

- 2 Tbsp. oil
- ½ c. chopped onion, about 1 medium
- 2 stalks celery, chopped about 1 c.
- 1 Tbsp. flour
- 4 c. nonfat milk
- ¼ tsp. salt
- ⅛ tsp. pepper
- 2 c. frozen corn, or fresh if in season
- 2 whole potatoes, peeled and diced into ½-inch cubes

## INSTRUCTIONS

Pour oil into 3-quart saucepan.

Add onion and celery, and cook over medium heat until onion is tender.

Remove from heat and stir in flour.

Cook over low heat, stirring constantly, until mixture is bubbly.

Stir in milk and whisk to blend flour-oil mixture and remove lumps.

Add potatoes; cook on low heat until potatoes are tender.

Turn up heat, add corn, salt and pepper. Simmer for about five minutes to cook corn and heat through.

*Add 1 extra Tbsp. of flour if you like a thicker chowder. You could add other vegetables, such as carrots, as well.*

## Nutrition Facts

6 servings per container
**Serving size** **1.5 cups (301g)**

**Amount per serving**
**Calories** **200**

| | % Daily Value* |
|---|---|
| **Total Fat** 5g | **6%** |
| Saturated Fat 1g | **5%** |
| Trans Fat 0g | |
| **Cholesterol** 5mg | **2%** |
| **Sodium** 180mg | **8%** |
| **Total Carbohydrate** 31g | **11%** |
| Dietary Fiber 3g | **11%** |
| Total Sugars 11g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 8g | |
| Vitamin D 2mcg | 10% |
| Calcium 216mg | 15% |
| Iron 1mg | 6% |
| Potassium 600mg | 15% |

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Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

NEW HAMPSHIRE

University

UNIVERSITY OF NEW HAMPSHIRE

SOUPS



# Pumpkin and Red Lentil Stew

## INGREDIENTS

- 1 pumpkin (2 lb.) partially roasted, peeled, seeded and chopped
- 1 Tbsp. canola oil
- 1 large onion, chopped
- 2 large carrots, washed and chopped
- 5 cloves garlic, crushed
- 1 Tbsp. curry powder
- 1-3 Tbsp. water, as needed
- 1 c. dry red lentils
- 1 (28-oz.) can diced tomatoes
- 2 c. vegetable broth

## Nutrition Facts

8 servings per container
**Serving size** **1.5 cups (339g)**

**Amount per serving**
**Calories** **180**

| | % Daily Value* |
|---|---|
| **Total Fat** 2.5g | **3%** |
| Saturated Fat 0g | **0%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 410mg | **18%** |
| **Total Carbohydrate** 32g | **12%** |
| Dietary Fiber 6g | **21%** |
| Total Sugars 8g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 8g | |
| Vitamin D 0mcg | 0% |
| Calcium 88mg | 6% |
| Iron 3mg | 15% |
| Potassium 854mg | 20% |

*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.

## INSTRUCTIONS

Roast whole pumpkin at 350F directly on oven rack for 25 to 30 minutes. Let cool before peeling and chopping.

Heat oil in a large stock pot over medium-high heat.

Add onion, carrots, garlic and curry. Sauté until soft, adding water 1 Tbsp. at a time as needed to prevent sticking.

Add lentils, tomatoes and broth. Bring to a boil, then simmer on medium low for 15 minutes.

Add pumpkin and simmer for another 10 minutes.

**Tips to try at home:** Pumpkins can be stored for months in a cool, dry place. Don't wash before storing. Use homemade or low-sodium veggie broth. Add lemon juice before serving to brighten flavor without adding salt. Don't toss the pumpkin seeds. They are yummy toasted!

*Pumpkin and Red Lentil Stew is a unique way to use legumes available through WIC, as well as pumpkin or other winter squash, which are ubiquitous in Vermont during fall and early winter. The curry spice has been popular with families and this recipe is often the first time they've used it at home in their own cooking. It's a recipe that we added in 2015 to incorporate more flavors from around the world.*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

VERMONT

University

UNIVERSITY OF VERMONT

SOUPS

EFNEP 50TH ANNIVERSARY RECIPES

# Pumpkin Chili

**Yield:** 8 servings

## INGREDIENTS

- ½ lb. lean ground meat (beef, turkey, or game meat)
- ½ c. chopped onion
- 2 garlic cloves, chopped (1 tsp. minced or ½ tsp. powder)
- ½ c. chopped green pepper
- 3-4 c. cooked pinto or kidney beans or 2 (15-oz.) cans, drained
- 1 (15-oz.) can whole tomatoes
- 1 (8-oz.) can tomato sauce
- 1 (15-oz.) can pumpkin, or 2 c. cooked fresh pumpkin
- 1 (4-oz.) can green chiles, drained (optional)
- 2 c. water
- 1 Tbsp. chili powder
- 1 tsp. cumin
- Salt to taste

## Nutrition Facts

8 servings per container
**Serving size** **1 serving (364g)**

| Amount per serving | |
|---|---|
| **Calories** | **240** |
| | **% Daily Value*** |
| **Total Fat** 2g | **3%** |
| Saturated Fat 0.5g | **3%** |
| Trans Fat 0g | |
| **Cholesterol** 15mg | **5%** |
| **Sodium** 320mg | **14%** |
| **Total Carbohydrate** 39g | **14%** |
| Dietary Fiber 14g | **50%** |
| Total Sugars 6g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 17g | |
| Vitamin D 0mcg | 0% |
| Calcium 93mg | 8% |
| Iron 4mg | 20% |
| Potassium 812mg | 15% |

*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.

## INSTRUCTIONS

Brown meat, onion, garlic and green pepper in large pan. Drain fat.

Add remaining ingredients. Cover and simmer for 30 minutes or longer. Add a small amount of water if chili gets too thick.

**Note:** If using a crockpot, brown ground meat first.

*In Natrona County, Wyoming EFNEP had a recipe contest and cook-off at graduation. A husband and wife team, who both attended the series, prepared pumpkin chili and won the cook-off. The recipe was added to the Cent$ible Nutrition Program cookbook and has been a favorite recipe ever since.*

*"I made the pumpkin chili in a lot of my classes. Everyone likes it, and it gives the chili a nice, creamy texture. It's an easy way to get more vegetables without thinking much about it!"*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

WYOMING

University

UNIVERSITY OF WYOMING

SOUPS

EFNEP 50TH ANNIVERSARY RECIPES

# Spam™ Soba Soup

**Yield:** 12-13 servings, serving size: 1 c.

## INGREDIENTS

- 1 (13¼ oz.) pack whole wheat thin spaghetti noodles
- 1 (12-oz.) can lite luncheon meat
- 2 cloves garlic
- 1 thumb-size piece ginger
- ½ c. green onions (3 stalks)
- ½ c. celery (1 large stalk)
- 10 c. water
- 2 Tbsp. lite (low sodium) soy sauce
- ½ tsp. pepper
- 3 to 4 bunches chopped pechay or Chinese cabbage or won bok

## INSTRUCTIONS

Cook spaghetti noodles according to package directions, Drain and set aside.

Chop luncheon meat into small cubes.

Finely chop garlic and ginger.

Chop green onions and celery.

In a separate large pot, sauté luncheon meat, garlic, ginger, green onions and celery for five to seven minutes over medium-low heat.

Add water and soy sauce and bring to a boil. Add black pepper.

Add pechay or Chinese cabbage or won bok and simmer for about two minutes.

Serve hot over cooked spaghetti noodles.

**Variations:** Regular spaghetti noodles may be used instead of whole wheat spaghetti.

## Nutrition Facts

Serving Size 1 cup (298g)
Servings Per Container 12

Amount Per Serving

**Calories** 170 Calories from Fat 40

| | % Daily Value* |
|---|---|
| **Total Fat** 4.5g | 7 % |
| Saturated Fat 1.5g | 7 % |
| *Trans* Fat 0g | 0 % |
| **Cholesterol** 20mg | 7 % |
| **Sodium** 410mg | 17 % |
| **Total Carbohydrate** 25g | 8 % |
| Dietary Fiber 4g | 16 % |
| Sugars 2g | |
| **Protein** 10g | |

Vitamin A 20% • Vitamin C 35%
Calcium 6% • 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

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

NORTHERN MARIANA ISLANDS

University

NORTHERN MARIANAS COLLEGE

SOUPS

EFNEP 50TH ANNIVERSARY RECIPES

# Three-grain Soup

**Yield:** About 10 c., 6-12 oz. servings or 10-8 oz. servings

## INGREDIENTS

- ½ c. cooked barley
- ½ c. cooked quinoa
- 2 medium potatoes, cut into small pieces
- ¼ c. corn kernels, fresh, frozen or canned
- ¼ c. green peas, fresh, frozen or canned
- ½-c. butternut squash, cut into small pieces
- 1 ½ c. of hominy
- 1 medium onion, finely chopped
- 1 c. cilantro, chopped
- 3 green onions, chopped
- 1 tsp. turmeric
- 1 Tbsp. oregano
- 32 oz. of beef, chicken or vegetables stock, low sodium
- 1 Tbsp. canola oil
- Salt and pepper optional

**Nutrition Facts**

6 servings per container
**Serving size** **12 oz. (358g)**

**Amount per serving**
**Calories** **170**

| | % Daily Value* |
|---|---|
| **Total Fat** 3.5g | **4%** |
| Saturated Fat 0g | **0%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 260mg | **11%** |
| **Total Carbohydrate** 31g | **11%** |
| Dietary Fiber 5g | **18%** |
| Total Sugars 4g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 5g | |
| Vitamin D 0mcg | 0% |
| Calcium 40mg | 4% |
| Iron 2mg | 10% |
| Potassium 478mg | 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.

## INSTRUCTIONS

Cook the barley with 1 ½ c. of water.

Cook the quinoa with 1 c. of water

Saute the onion, green onions, turmeric, oregano and ½ c. of cilantro.

Add the potatoes and butternut squash with ½ c. of stock. Let it cook for about 5 to 10 minutes.

Add the barley, quinoa, corn and peas.

Add enough soup to cover the ingredients. Let it slowly cook on low heat for about 10 minutes.

Add the rest of the cilantro.

Optional: add fresh cilantro, salt and pepper to your liking.

*Note: You can soak the barley over night, or two hours in cold water before to reduce the cooking time.*

*This is a recipe first submitted to California EFNEP by a Paraprofessional's mom. It is traditionally prepared in the Andes mountains (Peru) during cold weather. It has been served in winter Eating Smart, Being Active classes for 2 years. It is a great recipe for the grains lesson.*

*Many people try quinoa and barley for the first time when they eat this soup.*

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State/Territory

CALIFORNIA

University

UNIVERSITY OF CALIFORNIA

SOUPS

EFNEP 50TH ANNIVERSARY RECIPES

# Vegetable Stew

**Yield:** 8 servings, 1¼ c. each

## INGREDIENTS

- 3 c. water
- 2 c. white potatoes, cut in 2-inch strips
- 4 c. summer squash, cut in 1-inch pieces
- 1 (15-oz.) can corn, rinsed and drained or 2 ears fresh corn, 1½ c.
- 2 cloves of garlic, minced
- 1 c. tomatoes, diced
- 1 c. vegetable bouillon, low sodium
- 2 c. carrots, sliced
- ½ small hot pepper, chopped
- 1 stalk scallion, chopped
- 1 tsp. thyme
- 1 c. onion, coarsely chopped
- 1 c. summer squash, cut in 4 chunk squares

## INSTRUCTIONS

Heat water and bouillon in a large pot and bring to a boil.

Add potatoes and carrots and simmer for five minutes

Add remaining ingredients except for the tomatoes and continue to cooking for 15 minutes over medium heat.

Remove four chunks of squash and puree in blender. Return pureed mixture to pot and let cook for 10 minutes more.

Add tomatoes and cook for another five minutes.

Remove from heat and let sit for 10 minutes to allow stew to thicken.

## Nutrition Facts

8 servings per container

**Serving size** **1 1/4 cup(s) (333g)**

**Amount per serving**

**Calories** **90**

| | % Daily Value* |
|---|---|
| **Total Fat** 0.5g | **1%** |
| Saturated Fat 0g | **0%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 55mg | **2%** |
| **Total Carbohydrate** 20g | **7%** |
| Dietary Fiber 4g | **14%** |
| Total Sugars 7g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 3g | |
| Vitamin D 0mcg | 0% |
| Calcium 43mg | 4% |
| Iron 1mg | 6% |
| Potassium 610mg | 15% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a

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State/Territory

TEXAS

University

PRAIRIE VIEW A&M UNIVERSITY

# Salads and Side Dishes

Black Bean and Corn Salad
Broccoli Salad
Chicken Fruit Salad
Cowboy Salad
Curly Kale Slaw
Fresh Melon Salad
Garden Veggies Italian Style
Lemony Kale Salad
Maine New Potato Salad
Maple-glazed Carrots
Oklahoma Cornbread
Pasta Salad
Potato Salad with Yogurt Dressing
Pudding Fruit Salad
Quelites
Quinoa and Black Bean Salad
Red Beans and Rice
Skillet Zucchini Combo
Slow-Cooked Southern Turnip Greens
Stir-fried Cabbage
Stir-fried Collard Greens
Stir-fry Cabbage
Summer Skillet Vegetables
Watermelon Salad

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EFNEP
Expanded Food and Nutrition Education Program

SALADS

EFNEP 50TH ANNIVERSARY RECIPES

# Black Bean and Corn Salad

**Yield:** 8 to 10 servings, ½ c. each

## INGREDIENTS

- 3 c. of cooked black beans, rinsed
- 4 ears of fresh Florida corn, kernels cut off the cob
- 2 fresh Florida peppers (green, red or yellow), diced
- 1 fresh Florida tomato, diced
- ½ fresh red onion, diced
- 1 jalapeno, diced (remove seeds to reduce heat)
- 1 Florida Avocado, diced (sprinkle with lime juice to prevent browning)
- 2 Tbsp. fresh garlic, chopped
- ½ c. fresh cilantro, chopped
- 6 Tbsp. fresh Florida lime juice
- 1 Tbsp. Florida lime zest
- 6 Tbsp. extra virgin olive oil
- Salt, Pepper, Cayenne Pepper to taste

## INSTRUCTIONS

Combine all fruits, vegetables and herbs, except Florida avocado, in a large bowl and mix. Add olive oil, lime juice and lime zest, and toss. Season as desired. Cover and chill for several hours. Add avocado and mix gently before serving.

## Nutrition Facts

8 servings per container
**Serving size** **1/2 cup (218g)**

**Amount per serving**
**Calories** **270**

| | % Daily Value* |
|---|---|
| **Total Fat** 14g | **18%** |
| Saturated Fat 2g | **10%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 10mg | **0%** |
| **Total Carbohydrate** 32g | **12%** |
| Dietary Fiber 8g | **29%** |
| Total Sugars 6g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 9g | |
| Vitamin D 0mcg | 0% |
| Calcium 27mg | 2% |
| Iron 2mg | 10% |
| Potassium 597mg | 15% |

*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.

*"The participants really enjoy this recipe and have shared how they have altered this salad to a flavor profile reflective of their culture."*

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State/Territory

FLORIDA

University

UNIVERSITY OF FLORIDA

SALADS



# Broccoli Salad

**Yield:** 7 servings

## INGREDIENTS

- 1 bunch broccoli
- 3 Tbsp. sugar
- ¼ tsp. salt
- 1 tsp. mustard
- ⅓ c. light mayonnaise or salad dressing
- 3 Tbsp. cider or white vinegar
- ½ c. red onion, diced (½ medium onion)
- ½ c. raisins

## INSTRUCTIONS

Cut ½" off bottom of the broccoli stem and discard. Peel the outer layer of the stem. Chop the tender inner portion of the broccoli and florets.

Mix sugar, salt, mustard, and mayonnaise together in a large bowl. Add vinegar and stir with a wire whisk or fork.

Add the broccoli, red onion, and raisins.

Stir until mixture is coated with dressing. Serve salad immediately or store in a tightly covered container in the refrigerator. Store salad for up to four days.

## Nutrition Facts

7 Servings Per Recipe

**Serving Size: 1 cup**

**Amount Per Serving**

**Calories 130**

| | % Daily Value* |
|---|---|
| **Total Fat** 4g | **6%** |
| Saturated Fat 0.5g | **3%** |
| Trans Fat 0g | |
| **Cholesterol** 5mg | **2%** |
| **Sodium** 200mg | **8%** |
| **Total Carbohydrates** 22g | **7%** |
| Dietary Fiber 3g | **12%** |
| Total Sugars 15g | |
| Added Sugars | **NA*** |
| **Protein** 3g | |
| Vitamin D 0mcg | **0%** |
| Calcium 49mg | **4%** |
| Iron 0.9mg | **5%** |
| Potassium 373mg | **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.

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

*Broccoli Salad is easy and tasty. It is a staple at Iowa potlucks and picnics.*

*Recipe courtesy of Iowa State University Extension and Outreach's Spend Smart. Eat Smart website. For more information, recipes, and videos, visit spendsmart.extension.iastate.edu.*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory: IOWA

University: IOWA STATE UNIVERSITY

SALADS

EFNEP 50TH ANNIVERSARY RECIPES

# Chicken Fruit Salad

**Yield:** 8 servings, serving size ⅔ c. chicken mixture

## INGREDIENTS

- 3 c. cooked chicken, chopped (cook chicken until meat reaches internal temperature of 165F)
- 1 (20-oz.) can pineapple chunks in juice, well-drained
- 1 (11-oz.) can mandarin oranges, drained
- ¾ c. chopped celery
- 1 c. halved seedless grapes
- ¼ c. pecans (optional) divided
- ¼ c. low-fat mayonnaise (or plain non-fat yogurt)
- ¼ tsp. salt
- ¼ tsp. pepper
- 8 c. of lettuce leaves or 8 large lettuce leaves

## Nutrition Facts

8 servings per container
**Serving size** **2/3 cup (261g)**

**Amount per serving**
**Calories** **200**

| | % Daily Value* |
|---|---|
| **Total Fat** 7g | **9%** |
| Saturated Fat 1g | **5%** |
| Trans Fat 0g | |
| **Cholesterol** 45mg | **15%** |
| **Sodium** 170mg | **7%** |
| **Total Carbohydrate** 22g | **8%** |
| Dietary Fiber 3g | **11%** |
| Total Sugars 19g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 18g | |
| Vitamin D 0mcg | 0% |
| Calcium 58mg | 4% |
| Iron 2mg | 10% |
| Potassium 319mg | 6% |

*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.

## INSTRUCTIONS

In a large bowl, toss chicken, pineapple chunks, oranges, celery, grapes, and half of the pecans (optional).

In a separate small bowl, mix low-fat mayonnaise or plain non-fat yogurt, salt and pepper.

Gently stir mayonnaise or yogurt mixture into chicken mixture. Cover and chill in the refrigerator. To serve, scoop ⅔ c. of chicken mixture in to 1 c. lettuce leaves (or 1 large lettuce leaf).

(Optional) Sprinkle remaining pecans on top of chicken mixture.

**Dressing directions**

Make dressing of mayonnaise or yogurt, vinegar, and sugar.

Combine broccoli, bacon, onion, and raisins.

Stir in dressing.

Cover and refrigerate.

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State/Territory

FLORIDA

University

UNIVERSITY OF FLORIDA

EFNEP 50TH ANNIVERSARY RECIPES

# Cowboy Salad

SALADS

## INGREDIENTS

- 2 (15-oz.) cans black-eyed peas or black beans (try a mix)
- 1 (15-oz.) can corn
- 1 bunch cilantro
- 1 bunch green onions (5 green onions)
- 3 medium tomatoes
- 1 avocado (optional)
- 1 Tbsp. canola or vegetable oil
- 2 Tbsp. vinegar or lime juice
- ½ tsp. each salt and pepper

## INSTRUCTIONS

Drain and rinse the black-eyed peas (or black beans) and corn.

Finely chop the cilantro and green onions.

Dice the tomatoes and avocado.

Combine all veggies in a large bowl.

Mix oil, vinegar or lime juice, salt and pepper together in a small bowl.

Pour oil mixture over salad ingredients and toss lightly.

Refrigerate leftovers within two hours.

**Notes:** Serve with your favorite meal or as a snack with tortilla chips. Try adding other vegetables such as sweet or hot peppers or zucchini. Freeze extra lime juice to use later. Cook your own dry beans. One can (15-oz.) is about 1½ to 1¾ c. drained beans.

*http://foodhero.org/recipe/export/recipeprint/160*

**Nutrition Facts**

15 servings per container
**Serving size** **1/2 cup (133g)**

| Amount per serving | |
|---|---|
| **Calories** | **100** |
| | **% Daily Value*** |
| **Total Fat** 3g | **4%** |
| Saturated Fat 0g | **0%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 240mg | **10%** |
| **Total Carbohydrate** 15g | **5%** |
| Dietary Fiber 5g | **18%** |
| Total Sugars 3g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 5g | |
| Vitamin D 0mcg | 0% |
| Calcium 30mg | 2% |
| Iron 2mg | 10% |
| Potassium 311mg | 6% |

*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.

*It's a good combination of vegetables and protein and can be used as a salad or a dip. It's easy to substitute ingredients. Everyone loves it. It is great because its simple to prepare and most people have the ingredients on hand, or they are available from pantries.*

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State/Territory

OREGON

University

OREGON STATE UNIVERSITY

SIDE DISH

EFNEP 50TH ANNIVERSARY RECIPES

# Curly Kale Slaw

**Yield:** 8 to 10 servings, 1 c. each

## INGREDIENTS

- 8 large kale leaves, washed
- 2 Tbsp. lemon juice (or juice from half of a lemon)
- 1 garlic clove, peeled and minced
- 2 Tbsp. olive oil
- ¼ tsp. salt
- ½ medium onion, chopped
- 2 Tbsp. Parmesan cheese
- ½ c. chopped walnuts (optional)

## INSTRUCTIONS

Hold each kale stem with one hand. With your other hand, gently pull down along the kale stem and remove the kale leaves. Discard stems.

Stack and gather the leaves on a cutting board. Slice the kale into small strips.

Mix the lemon, garlic, olive oil and salt in a large bowl. Add kale and onions, and toss.

Sprinkle with Parmesan cheese and walnuts, if using. Enjoy!

## Nutrition Facts

8-10 servings per container

**Serving size** **1 cup (35g)**

**Amount per serving**

**Calories** **80**

| | % Daily Value* |
|---|---|
| **Total Fat** 8g | **10%** |
| Saturated Fat 1g | **5%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 90mg | **4%** |
| **Total Carbohydrate** 3g | **1%** |
| Dietary Fiber 1g | **4%** |
| Total Sugars 1g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 39mg | 4% |
| Iron 0mg | 0% |
| Potassium 114mg | 2% |

*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.

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State/Territory

RHODE ISLAND

University

UNIVERSITY OF RHODE ISLAND

SALADS

EFNEP 50TH ANNIVERSARY RECIPES

# Fresh Melon Salad

**Yield:** 4 servings, 2 c. each

## INGREDIENTS

- ⅓ c. of honey
- 1 Tbsp. sugar
- ½ c. of raspberry or orange juice
- 3 Tbsp. lemon juice
- 2 Tbsp. chopped fresh mint leaves
- 4 c. cantaloupe balls
- 2 c. honeydew melon balls
- 2 c. of watermelon balls

**Nutrition Facts**
Serving Size 1/4 of recipe 200g (200 g)
Servings per container 4

| Amount Per Serving | |
|---|---|
| **Calories** 92 | Calories from Fat 3 |
| | **% Daily Value*** |
| **Total Fat** 0g | 1% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| **Cholesterol** 0mg | 0% |
| **Sodium** 17mg | 1% |
| **Total Carbohydrate** 23g | 8% |
| Dietary Fiber 1g | 4% |
| Sugars 15g | |
| **Protein** 1g | |
| Vitamin A 36% • Vitamin C | 81% |
| Calcium 14% • 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 |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Fiber | | 25g | 30g |

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

©www.NutritionData.com

## INSTRUCTIONS

In a small microwave-safe bowl, combine honey with the sugar. Microwave on high for 30 seconds; remove and stir. Microwave 30 seconds longer until sugar dissolves.

Stir and let stand for 10 minutes. Add raspberry or orange juice, lemon juice, and mint and mix well.

Place melon balls in a large serving bowl and pour honey mixture over. Toss gently to coat and serve or cover and refrigerate.

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State/Territory

WASHINGTON, D.C.

University

UNIVERSITY OF THE DISTRICT OF COLUMBIA

SIDE DISH



# Garden Veggies Italian Style

**Yield:** 6 servings

## INGREDIENTS

- 1 onion chopped
- 1 squash, diced yellow or zucchini or 1 eggplant, peeled
- 1 tomato, diced
- 1 green pepper, chopped
- pinch of oregano or Italian seasoning
- 1 (8-oz.) can tomato sauce
- ½ c. part skim mozzarella cheese, shredded

## INSTRUCTIONS

Combine vegetables in a baking dish.

Sprinkle with oregano. Pour tomato sauce over vegetables.

Bake, uncovered at 350F for 20 to 30 minutes.

Top with cheese and bake another four to five minutes until cheese is melted.

## Nutrition Facts

6 servings per container
**Serving size** **1 serving (139g)**

| Amount per serving | |
|---|---|
| **Calories** | **60** |
| | **% Daily Value*** |
| **Total Fat** 2g | **3%** |
| Saturated Fat 1g | **5%** |
| Trans Fat 0g | |
| **Cholesterol** 5mg | **2%** |
| **Sodium** 250mg | **11%** |
| **Total Carbohydrate** 7g | **3%** |
| Dietary Fiber 2g | **7%** |
| Total Sugars 4g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 4g | |
| Vitamin D 0mcg | 0% |
| Calcium 84mg | 6% |
| Iron 1mg | 6% |
| Potassium 325mg | 6% |

*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.

*A favorite from Southwest PA!*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

PENNSYLVANIA

University

PENN STATE UNIVERSITY

SALADS

EFNEP 50TH ANNIVERSARY RECIPES

# Lemony Kale Salad

**Yield:** 3 servings, 1 c. each

## INGREDIENTS

- 1 lb. chopped kale
- 3 lemons, fresh or 5-6 Tbsp. lemon juice
- 1 Tbsp. olive oil
- ¼ tsp. crushed red chili peppers

## Nutrition Facts

3 servings per container
**Serving size** **1 cup (186g)**

**Amount per serving**
**Calories** **120**

| | % Daily Value* |
|---|---|
| **Total Fat** 6g | **8%** |
| Saturated Fat 1g | **5%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 60mg | **3%** |
| **Total Carbohydrate** 15g | **5%** |
| Dietary Fiber 6g | **21%** |
| Total Sugars 4g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 7g | |
| Vitamin D 0mcg | 0% |
| Calcium 229mg | 20% |
| Iron 2mg | 10% |
| Potassium 777mg | 15% |

*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.

## INSTRUCTIONS

Cut lemons in half.

Squeeze the lemon juice into a small bowl. Make sure that you get all the juice out of each half. Remove any seeds if any have fallen in juice.

Add olive oil and red peppers to juice and whisk together.

In a ziploc plastic bag, combine chopped kale and lemon juice mixture.

Seal and shake bag with all ingredients.

Pour into medium bowl and serve.

*Optional: Add seed or nuts*

*Optional: Add sliced chicken or meat choice*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

GEORGIA

University

FORT VALLEY STATE UNIVERSITY

SALADS



# Maine New Potato Salad

**Yield:** 5 servings, serving size: 1 c.

## INGREDIENTS

- 5 c. Maine new potatoes (approximately 16 small potatoes)
- 2 Tbsp. olive or canola oil
- ¼ c. green onions, chopped (can substitute onion)
- ¼ tsp. black pepper
- ½ tsp. salt
- 1 tsp. dried dill weed (or 1 Tbsp. fresh dill)

## INSTRUCTIONS

Wash the new potatoes thoroughly. Leave the tender skin on the potatoes.

Boil potatoes for 15 to 20 minutes or until just fork-tender.

Drain and cool potatoes for 20 minutes.

Cut potatoes into quarters. Stir in the olive oil, and remaining ingredients.

Refrigerate and serve.

## Nutrition Facts

5 servings per container
**Serving size** **1 cup(s) (162g)**

**Amount per serving**
**Calories** **150**

| | % Daily Value* |
|---|---|
| **Total Fat** 6g | **8%** |
| Saturated Fat 1g | **5%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 260mg | **11%** |
| **Total Carbohydrate** 24g | **9%** |
| Dietary Fiber 4g | **14%** |
| Total Sugars 2g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 3g | |
| Vitamin D 0mcg | 0% |
| Calcium 18mg | 2% |
| Iron 1mg | 6% |
| Potassium 622mg | 15% |

*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.

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

MAINE

University

UNIVERSITY OF MAINE

SIDE DISH

EFNEP 50TH ANNIVERSARY RECIPES

# Maple-glazed Carrots

## INGREDIENTS

- 1 lb. carrots, scrubbed (or peeled) and cut into 2-inch chunks.
- 2 Tbsp. maple syrup
- 2 Tbsp. olive oil
- 1 tsp. dried thyme

**Nutrition Facts**

8 servings per container
**Serving size** **0.5 cups (65g)**

**Amount per serving**
**Calories** **60**

| | % Daily Value* |
|---|---|
| **Total Fat** 3.5g | **4%** |
| Saturated Fat 0g | **0%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 45mg | **2%** |
| **Total Carbohydrate** 8g | **3%** |
| Dietary Fiber 2g | **7%** |
| Total Sugars 6g | |
| Includes 3g Added Sugars | **6%** |
| **Protein** 0g | |
| Vitamin D 0mcg | 0% |
| Calcium 27mg | 2% |
| Iron 1mg | 6% |
| Potassium 146mg | 4% |

*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.

## INSTRUCTIONS

Preheat oven to 400F.

Mix maple syrup, olive oil and thyme in a bowl.

Add carrots and toss until well coated.

Place carrots on a rimmed baking sheet.

Roast in oven for 20 minutes.

**Tips to try at home:** Substitute canola for olive oil. 1 tsp. of dried herbs = 1 Tbsp. fresh. Use recipe-ready baby carrots. No peeling and chopping! Carrots are loaded with vitamin A. Have you ever tried purple carrots? Local carrots can be purchased in season in a variety of colors.

*Maple Glazed Carrots are a participant favorite. Vermont is the No. 1 maple producer in the U.S., making it an essential component in pretty much every kitchen. Carrots are a low-cost vegetable year round, and this tasty recipe introduces families to another way of preparing them. The recipe was modified from Martha Stewart's Mad Hungry. We added it to our collection in 2015 to highlight roasting as a way to enhance the flavor of vegetables.*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

VERMONT

University

UNIVERSITY OF VERMONT

BREADS

EFNEP 50TH ANNIVERSARY RECIPES

# Oklahoma Cornbread

**Yield:** 8 servings, serving size: 2" by 2" squares

## INGREDIENTS

- 1 c. cornmeal
- 1 c. flour
- 4 tsp. baking powder
- 1 tsp. salt
- 2 eggs
- ¼ c. shortening
- 1 c. milk

## INSTRUCTIONS

In a medium sized bowl, combine flour, cornmeal, baking powder and salt.

In a separate bowl, whisk together milk and eggs. Add this mixture to the dry ingredients and mix with a large spoon until a batter is formed.

In a small bowl, melt the shortening. Slowly add melted shortening to the batter, stirring until just combined

Pour batter into greased eight by eight square pan.

Bake for 20 to 25 minutes at 450F or until golden brown (or until toothpick inserted in the middle comes out clean).

Take out of the oven and serve warm or cold.

## Nutrition Facts

8 servings per container

| **Serving size** | **1, 2x2 inch square (82g)** |
|---|---|
| **Amount per serving** | |
| **Calories** | **200** |
| | **% Daily Value*** |
| **Total Fat** 9g | **12%** |
| Saturated Fat 2.5g | **13%** |
| Trans Fat 0g | |
| **Cholesterol** 50mg | **17%** |
| **Sodium** 550mg | **24%** |
| **Total Carbohydrate** 25g | **9%** |
| Dietary Fiber 2g | **7%** |
| Total Sugars 2g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 6g | |
| Vitamin D 0mcg | 0% |
| Calcium 219mg | 15% |
| Iron 1mg | 6% |
| Potassium 72mg | 2% |

*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.

*Participants enjoyed making this recipe with our educators, one of them said: "I like to make cornbread because I can add something different every time, like diced jalapeno peppers or diced bacon, etc., I can eat it with my meats or with vegetables in my plate. I love to eat it when I make chili"*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

OKLAHOMA

University

OKLAHOMA STATE UNIVERSITY

SALADS



# Pasta Salad

**Yield:** 6 servings, 1 c. each

## INGREDIENTS

- 2 c. cooked pasta, any shape
- 3 Tbsp. vegetable oil
- 1 Tbsp. apple cider vinegar
- 1 tsp. salt
- ¼ tsp. black pepper
- ½ tsp. garlic powder
- ½ tsp. Italian Seasoning
- 1 pinch of crushed red pepper flakes, optional
- 1 c. diced cucumber
- 1 large tomato, seeds removed and chopped
- ½ green pepper, diced
- 1 small onion, minced
- ½ c. frozen peas, thawed

## INSTRUCTIONS

Cook the pasta, drain and cool in the refrigerator.

Wash all vegetables and remove seeds from tomato.

Collect, dice and measure all ingredients before starting to prepare the recipe.

Whisk together, oil, vinegar, salt, pepper, garlic powder, Italian seasoning and crushed red pepper flakes (if using) in a large bowl.

Add the pasta, cucumber, tomato, pepper, onion and peas.

Mix all ingredients together until the vegetables and pasta are evenly coated.

Serve immediately. It tastes even better when refrigerated for at least one hour.

Cover when storing in the refrigerator and stir again before serving.

Refrigerate leftovers within two hours. Eat within three to five days.

## Nutrition Facts

6 servings per container

**Serving size** **1 cup (142g)**

**Amount per serving**

**Calories** **170**

| | % Daily Value* |
|---|---|
| **Total Fat** 8g | **10%** |
| Saturated Fat 1g | **5%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 400mg | **17%** |
| **Total Carbohydrate** 21g | **8%** |
| Dietary Fiber 1g | **4%** |
| Total Sugars 2g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 4g | |
| Vitamin D 0mcg | 0% |
| Calcium 22mg | 2% |
| Iron 1mg | 6% |
| Potassium 183mg | 4% |

*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.

*"It is really good and I am going to prepare it at home."*

*Recipe credit from Eating Smart Being Active Curriculum, Colorado State Extension.*

*A young mother looked at the completed dish and decided she didn't want to taste it so I put a little on a plate and little on a fork and asked her to try just a little. She did and she stated it is really good and she was going to prepare it at home. And she has been doing it for family gatherings.*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

SOUTH CAROLINA

University

CLEMSON UNIVERSITY

SIDE DISH

EFNEP 50TH ANNIVERSARY RECIPES

# Potato Salad With Yogurt Dressing

**Yield:** 12 servings, ½ c. each

## INGREDIENTS

- 4 c. cooked, chopped and peeled potatoes
- 1 c. chopped celery
- ¾ c. low-fat plain yogurt
- ¼ c. chopped onion
- 1 Tbsp. extra-virgin olive oil
- Salt and pepper to taste (optional)

## INSTRUCTIONS

Wash your hands and clean your cooking area.

In a large bowl, combine yogurt, onions, vinegar, olive oil, celery, salt and pepper; mix well.

Fold potatoes into yogurt mixture.

Refrigerate at least one hour before serving.

## Nutrition Facts

12 servings per container
**Serving size** **1/2 cup (77g)**

**Amount per serving**
**Calories** **60**

| | % Daily Value* |
|---|---|
| **Total Fat** 1.5g | **2%** |
| Saturated Fat 0g | **0%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 25mg | **1%** |
| **Total Carbohydrate** 9g | **3%** |
| Dietary Fiber 1g | **4%** |
| Total Sugars 2g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 34mg | 2% |
| Iron 0mg | 0% |
| Potassium 230mg | 4% |

*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.

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

TEXAS

University

TEXAS A&M

SALADS

EFNEP 50TH ANNIVERSARY RECIPES

# Pudding Fruit Salad

## INGREDIENTS

- 1 (20 oz.) can pineapple chunks with juice
- 1 (11 oz.) can mandarin oranges, drained
- 1 (17 oz.) can fruit cocktail, drained
- 1 small box instant lemon or vanilla pudding, dry
- 2 bananas

## Nutrition Facts

10 servings per container
**Serving size** **1 serving (170g)**

**Amount per serving**
**Calories** **140**

| | % Daily Value* |
|---|---|
| **Total Fat** 0g | **0%** |
| Saturated Fat 0g | **0%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 135mg | **6%** |
| **Total Carbohydrate** 36g | **13%** |
| Dietary Fiber 2g | **7%** |
| Total Sugars 22g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 1g | |
| Vitamin D 0mcg | 0% |
| Calcium 16mg | 2% |
| Iron 0mg | 0% |
| Potassium 240mg | 6% |

*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.

## INSTRUCTIONS

In a large bowl, combine canned fruit.

Stir in dry pudding and mix well. Refrigerate.

Just before serving, slice bananas and add to salad.

Keeps well in refrigerator for two or three days.

**Helpful Hints:** The pineapple juice gives the pudding liquid needed to mix well. Be sure to drain the oranges and fruit cocktail before adding to the pudding.

*I first learned of the recipe from Kansas Lean, a state nutrition education coalition that worked on the reduction of chronic disease. It continues to be a popular recipe for me and my nutrition assistants. We often use it at our introductory classes as it is easy and uses ingredients that clients usually have on hand.*

*This can be an easy mix and serve recipe if frozen fruit or chilled canned fruit is used. The dry instant pudding makes a nice sauce for the salad. No sugar added instant pudding can be used and you can also cut the amount of dry pudding in half and still have a light sauce. Clients say that they will make it again at home for their family and many take it to pot lucks and family get togethers.*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

KANSAS

University

KANSAS STATE UNIVERSITY

SIDE DISH



# Quelites

**Yield:** 4 servings, serving size: ½ c.

## INGREDIENTS

- 1 Tbsp. olive oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 can (15-oz.) pinto beans, drained and rinsed
- 1 bunch (4 c.) fresh spinach, washed, rinsed and stems removed
- Optional: Salt, pepper and lemon juice to taste

## INSTRUCTIONS

Heat oil in a non-stick skillet over medium-high heat.

Sautee onion in oil until onion is transparent.

Add garlic and drained pinto beans and stir.

Add spinach, stir quickly to coat and cover for one to two minutes, until wilted.

Season with your choice of salt, pepper and fresh lemon juice.

Serve immediately and enjoy!

## Nutrition Facts

4 servings per container

**Serving size** **0.5 cup (185g)**

**Amount per serving**

**Calories** **180**

| | % Daily Value* |
|---|---|
| **Total Fat** 6g | **8%** |
| Saturated Fat 1g | **5%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 280mg | **12%** |
| **Total Carbohydrate** 22g | **8%** |
| Dietary Fiber 2g | **7%** |
| Total Sugars 1g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 8g | |
| Vitamin D 0mcg | 0% |
| Calcium 60mg | 4% |
| Iron 2mg | 10% |
| Potassium 32mg | 0% |

*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.

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

NEW MEXICO

University

NEW MEXICO STATE UNIVERSITY

SALADS

EFNEP 50TH ANNIVERSARY RECIPES

# Quinoa and Black Bean Salad

**Yield:** 6 servings, 1 c. each

## INGREDIENTS

- ½ c. dry quinoa
- 1½ c. water
- 1½ Tbsp. olive oil
- 3 tsp. lime juice
- ¼ tsp. cumin
- ¼ tsp. ground coriander
- 2 Tbsp. cilantro, chopped
- 2 medium scallions, minced
- 1 (15-oz.) can black beans, rinsed & drained
- 2 c. tomato, chopped
- 1 medium red bell pepper, chopped
- 1 medium green bell pepper, chopped
- 2 fresh green chilies, minced (or to taste)
- black pepper to taste

## Nutrition Facts

6 servings per container
**Serving size** **1 cup (272g)**

**Amount per serving**
**Calories** **170**

| | % Daily Value* |
|---|---|
| **Total Fat** 4.5g | **6%** |
| Saturated Fat 0.5g | **3%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 140mg | **6%** |
| **Total Carbohydrate** 27g | **10%** |
| Dietary Fiber 8g | **29%** |
| Total Sugars 4g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 7g | |
| Vitamin D 0mcg | 0% |
| Calcium 49mg | 4% |
| Iron 2mg | 10% |
| Potassium 541mg | 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.

## INSTRUCTIONS

Rinse the quinoa in cold water. Boil water in a saucepan and then add the quinoa.

Return to boil and then simmer until the water is absorbed, 10 to 15 minutes. Cool for 15 minutes.

While quinoa is cooking, mix olive oil, lime juice, cumin, coriander, chopped cilantro and scallions in a small bowl and set aside.

Combine chopped vegetables with the black beans in a large bowl and set aside.

Once quinoa has cooled, combine all ingredients and mix well. Cover and refrigerate until ready to serve.

*Participants are always curious about this recipe. Often, participants have not tasted or heard of quinoa. The recipe is full of flavor and stores well. The recipe is great because it can allow the incorporation of many seasonal veggies and flavors.*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

WISCONSIN

University

UNIVERSITY OF WISCONSIN

SALADS



# Red Beans and Rice

**Yield:** 8 servings

## INGREDIENTS

- 1 lb. dried red beans
- 8 c. water
- 1½ c. onions, chopped
- 1 c. celery, chopped
- 4 bay leaves
- 3 Tbsp. garlic, chopped
- 3 Tbsp. parsley, chopped
- 2 tsp. thyme, crushed/dried
- 1 tsp. salt
- 1 tsp. black pepper
- 1 c. green pepper, chopped

**Nutrition Facts**

8 servings per container
**Serving size** **1/8 recipe (359g)**

| Amount per serving | |
|---|---|
| **Calories** | **220** |
| | **% Daily Value*** |
| **Total Fat** 0g | 0% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| **Cholesterol** 0mg | 0% |
| **Sodium** 320mg | 14% |
| **Total Carbohydrate** 39g | 14% |
| Dietary Fiber 10g | 36% |
| Total Sugars 3g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 13g | |
| Vitamin D 0mcg | 0% |
| Calcium 82mg | 6% |
| Iron 4mg | 20% |
| Potassium 131mg | 2% |

*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

## INSTRUCTIONS

Pick through beans to remove bad beans. Rinse beans thoroughly.

In a 5-qt. pot, mix beans, water, onion, celery and bay leaves. Bring to a boil. Then reduce heat.

Cover and cook over low heat for about 1½ hours or until beans are tender. Stir and mash beans against side of pan.

Add garlic, parsley, thyme, salt, black pepper and green pepper.

Cook uncovered, over low heat, until creamy, which takes about 30 minutes. Remove bay leaves.

Serve over cooked rice while the rice is still hot.

**Cost**
Per recipe: $3.41
Per serving: $0.43

*Recipe courtesy of U.S. Food and Drug Administration, National Institutes of Health, Eating for a Healthy Heart Down Home Health: Family Recipes of Black American Chefs Leah Chase and Johnny Rivers.*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

LOUISIANA

University

LOUISIANA STATE UNIVERSITY

SIDE DISH

EFNEP 50TH ANNIVERSARY RECIPES

# Skillet Zucchini Combo

**Yield:** 6 servings

## INGREDIENTS

- 2 c. corn
- 1 medium sweet onion, diced
- 1 red pepper, diced
- 2 Tbsp. butter
- 1 clove garlic, minced
- 3 medium zucchini, sliced (about 1 lb.)
- 1 15 oz can diced tomatoes with garlic, basil and oregano
- 1½ tsp. fresh basil chopped or ½ tsp. dried
- ½ tsp. Italian seasoning
- ¼ c. Parmesan cheese, grated

## Nutrition Facts

6 servings per container
**Serving size** **1 serving (242g)**

**Amount per serving**
**Calories** **130**

| | % Daily Value* |
|---|---|
| **Total Fat** 6g | **8%** |
| Saturated Fat 3g | **15%** |
| Trans Fat 0g | |
| **Cholesterol** 15mg | **5%** |
| **Sodium** 240mg | **10%** |
| **Total Carbohydrate** 18g | **7%** |
| Dietary Fiber 4g | **14%** |
| Total Sugars 8g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 5g | |
| Vitamin D 0mcg | 0% |
| Calcium 73mg | 6% |
| Iron 1mg | 6% |
| Potassium 550mg | 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.

## INSTRUCTIONS

Sauté onion, peppers and garlic in butter – about five minutes or until vegetables are tender.

Add zucchini and cook until tender, stirring often about seven minutes.

Add corn, tomatoes and seasonings, simmer over low heat about seven minutes.

Sprinkle with cheese and served immediately.

*This recipe was developed for Grandfamilies to encourage the families to eat more vegetables.*

*One of the grandchildren, 4-years-old, had never been exposed to vegetables prior to coming to live with her grandparents. When this demonstration was completed and it was time for tasting, she tasted and ate a small serving. She wanted more!*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

WEST VIRGINIA

University

WEST VIRGINIA STATE UNIVERSITY

SIDE DISH

EFNEP 50TH ANNIVERSARY RECIPES

# Slow-Cooked Southern Turnip Greens

**Yield:** Makes 6, ½ c. servings

## INGREDIENTS

- 1 Tbsp. vegetable or canola oil
- 1 small white onion, cut into small pieces
- 1 tsp. black pepper
- 1 smoked turkey wing
- 1 (1½-2 lbs.) bunch of greens (turnip, collard, or mustard)
- 1 (32-oz.) container of low-sodium chicken broth

## INSTRUCTIONS

Wash your hands well with soap and hot water.

Put the greens into a large bowl and run water over them to wash away any dirt or grit. Tear or cut off the stems. Cut the leaves into strips about two inches wide.

Heat the oil in a large pot over medium-high heat or in a slow-cooker set on high.

Add the onion to the pot. Cook the onion until it looks clear and is starting to brown, about five minutes.

Add the black pepper and the smoked turkey wing to the pot.

Add three or four handfuls of greens to the pot. After each handful, stir to coat the greens with onion, pepper, and oil.

After all the greens are added to the pot, add the chicken broth.

Put a lid on the pot. Cook on low until the greens are tender, about two to three hours.

Add shredded meat from the turkey wing (optional).

Serve the greens while they are hot.

Refrigerate leftovers within two hours.

**Nutrition Facts**

servings per container
**Serving size** (310g)

**Amount per serving**
**Calories** 90

| | % Daily Value* |
|---|---|
| **Total Fat** 3.5g | 4% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| **Cholesterol** 15mg | 5% |
| **Sodium** 430mg | 19% |
| **Total Carbohydrate** 8g | 3% |
| Dietary Fiber 5g | 18% |
| Total Sugars 2g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 9g | |
| Vitamin D 0mcg | 0% |
| Calcium 269mg | 20% |
| Iron 1mg | 6% |
| Potassium 316mg | 6% |

*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

*This is a healthier version of traditional southern greens. The cooking time has been reduced and fat back has been replaced with smoked turkey wings. The recipe is kid approved. The ingredients can be found in local stores and greens can be grown in home or community gardens.*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

MISSISSIPPI

University

MISSISSIPPI STATE UNIVERSITY

SIDE DISH



# Stir-Fried Cabbage

**Yield:** 4 servings

## INGREDIENTS

- 1 small head of cabbage, red or green, about 2 to 3 c. shredded
- 1 medium onion, chopped
- 1 Tbsp. Margarine or butter
- 2 tart apples, diced
- 1 Tbsp. brown sugar
- 4 Tbsp. lemon juice

## INSTRUCTIONS

Shred cabbage with grater or knife.

Add 2 Tbsp. of lemon juice to prevent browning.

Melt margarine in skillet, add shredded cabbage and onion.

Cook gently for three to five minutes over medium heat, stirring with a fork.

Season with 2 Tbsp. lemon juice.

Cook, covered for 10 more minutes.

Add apples and sprinkle with brown sugar.

Cover and simmer until the apples and cabbage are tender.

## Nutrition Facts

4 servings per container
**Serving size** **1 serving (321g)**

**Amount per serving**
**Calories** **160**

| | % Daily Value* |
|---|---|
| **Total Fat** 4.5g | **6%** |
| Saturated Fat 1g | **5%** |
| Trans Fat 1g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 75mg | **3%** |
| **Total Carbohydrate** 30g | **11%** |
| Dietary Fiber 7g | **25%** |
| Total Sugars 20g | |
| Includes 3g Added Sugars | **6%** |
| **Protein** 3g | |
| Vitamin D 0mcg | 0% |
| Calcium 84mg | 6% |
| Iron 1mg | 6% |
| Potassium 457mg | 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.

*A favorite in Southwest PA!*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

PENNSYLVANIA

University

PENN STATE UNIVERSITY

SIDE DISH

EFNEP 50TH ANNIVERSARY RECIPES

# Stir-fried Collard Greens

**Yield:** 6 servings

## INGREDIENTS

- 1 bunch collard greens (about 3 to 4 lbs.)
- ½ c. diced, cooked, smoked turkey parts (wings, thighs, legs or neck)
- 1 small onion, sliced
- 1¾ c. water or bouillon
- 4 Tbsp. olive oil
- 3 large garlic cloves, minced
- 1 tsp. crushed red pepper
- salt and pepper to taste
- 1 Tbsp. packed light brown sugar

## Nutrition Facts

6 servings per container
**Serving size** **1 serving (378g)**

**Amount per serving**
**Calories** **260**

| | % Daily Value* |
|---|---|
| **Total Fat** 14g | **18%** |
| Saturated Fat 2.5g | **13%** |
| Trans Fat 0g | |
| **Cholesterol** 65mg | **22%** |
| **Sodium** 105mg | **5%** |
| **Total Carbohydrate** 16g | **6%** |
| Dietary Fiber 9g | **32%** |
| Total Sugars 4g | |
| Includes 2g Added Sugars | **4%** |
| **Protein** 22g | |
| Vitamin D 0mcg | 0% |
| Calcium 536mg | 40% |
| Iron 2mg | 10% |
| Potassium 684mg | 15% |

*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.

## INSTRUCTIONS

Remove stems of collards and discard them. Wash leaves thoroughly. Slice leaves into bite-size pieces by rolling several leaves together and cutting ¼-inch strips.

Blanch greens in salted boiling water for 20 minutes, drain well.

Heat oil in wok over high heat. Add turkey, garlic, onion and crushed red pepper. Cook while stirring constantly until onion is just tender.

Add greens; cook while stirring, add water and season with salt and pepper to taste, reduce heat to medium.

Cook until greens are tender, about 15 minutes.

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

TEXAS

University

PRAIRIE VIEW A&M UNIVERSITY

SIDE DISH

EFNEP 50TH ANNIVERSARY RECIPES

# Stir-fry Cabbage

**Yield:** 5 servings, 1 c. per serving

## INGREDIENTS

- 1 medium head of cabbage, cored and sliced
- 1 small bell pepper, chopped (optional)
- 1 medium onion, chopped
- 1 Tbsp. vegetable oil
- ½ tsp. garlic powder
- 1 reduced-sodium chicken or beef bouillon cube
- ⅓ c. water
- ¼ tsp. black pepper

## INSTRUCTIONS

Mix cabbage, bell pepper and onion in a bowl.

Heat oil in a large skillet over medium-high heat. Add cabbage mixture and stir-fry for about one minute.

Immediately add garlic powder, bouillon cube and water. Cover pan.

When water comes to a boil, turn down the heat and simmer for 15 minutes. Add black pepper. Serve immediately.

## Nutrition Facts

5 servings per container
**Serving size** **1 cup (297g)**

**Amount per serving**
**Calories** **90**

| | % Daily Value* |
|---|---|
| **Total Fat** 3.5g | **4%** |
| Saturated Fat 0.5g | **3%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 65mg | **3%** |
| **Total Carbohydrate** 14g | **5%** |
| Dietary Fiber 5g | **18%** |
| Total Sugars 8g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 3g | |
| Vitamin D 0mcg | 0% |
| Calcium 80mg | 6% |
| Iron 1mg | 6% |
| Potassium 423mg | 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.

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

TENNESSEE

University

UNIVERSITY OF TENNESSEE

SIDE DISH

EFNEP 50TH ANNIVERSARY RECIPES

# Summer Skillet Vegetables

**Yield:** ½ c, number of servings 8

## INGREDIENTS

- 2 small yellow summer squash
- 2 small zucchini squash
- 1 green pepper
- 2 onions
- 2 carrots
- 1 c. fresh mushrooms
- 2 or 3 fresh tomatoes
- 1 or 2 cloves of garlic
- 1 Tbsp. olive or vegetable oil
- 2 Tbsp. Fresh basil, chopped

## Nutrition Facts

8 servings per container
**Serving size** **1/2 cup (184g)**

**Amount per serving**
**Calories** **60**

| | % Daily Value* |
|---|---|
| **Total Fat** 2g | **3%** |
| Saturated Fat 0g | **0%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 20mg | **1%** |
| **Total Carbohydrate** 10g | **4%** |
| Dietary Fiber 3g | **11%** |
| Total Sugars 5g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 34mg | 2% |
| Iron 1mg | 6% |
| Potassium 445mg | 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.

## INSTRUCTIONS

Wash vegetables and cut off ends. Remove the skin from the onions and the seeds from the green pepper. Thinly slice squash, green pepper, onions, carrots and mushrooms. Cut up the garlic very fine.

Heat oil in a large skillet over medium heat. Sauté the garlic, onions and green pepper in the oil for a minute or two. Add the mushrooms and carrots. Stir-fry for another two minutes. Turn down the heat. Add the tomatoes and basil. Cover and cook until the vegetables are tender, but still firm.

Serve Summertime Skillet Vegetables with barbecue chicken, corn on the cob, blueberry muffins and low fat milk.

For a main dish, stir fry ¾ lb. ground beef with the garlic. Drain off extra fat. Add the other vegetables and the basil. Cook until beef is done and vegetables are tender. Serve with rice and grated cheese, corn on the cob, and fresh fruit in season for dessert.

*This recipe is one of my favorites to use as a food demonstration during EFNEP programming. There is always a need to encourage vegetable consumption whether raw or cooked. The recipe is packed with a variety of vegetables, easy to prepare, high in nutrition, smells great while cooking and is versatile. Children can also help prepare by washing the vegetables. This recipe is an anytime recipe.*

*"I never tried squash". "This is easy to cook". "This taste good and smells good"*

*- Participants*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

CONNECTICUT

University

UNIVERSITY OF CONNECTICUT

SALADS

EFNEP 50TH ANNIVERSARY RECIPES

# Watermelon Salad

**Yield:** 6 servings, 1 c. each

## INGREDIENTS

- 1 5-lb. watermelon (seedless)
- 1 Vidalia or other sweet onion
- ¼ c. red wine vinegar
- Salt and pepper
- ½ c. extra-virgin olive oil
- 2 Tbsp. chopped fresh mint
- 4 oz. of feta cheese, crumbled
- 1 qt. of fresh strawberries

## INSTRUCTIONS

Combine all ingredients.

## Nutrition Facts

6 servings per container

**Serving size** **1 cup (351g)**

**Amount per serving**

**Calories** **310**

| | % Daily Value* |
|---|---|
| **Total Fat** 23g | **29%** |
| Saturated Fat 5g | **25%** |
| Trans Fat 0g | |
| **Cholesterol** 15mg | **5%** |
| **Sodium** 180mg | **8%** |
| **Total Carbohydrate** 24g | **9%** |
| Dietary Fiber 3g | **11%** |
| Total Sugars 18g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 5g | |
| Vitamin D 0mcg | 0% |
| Calcium 127mg | 10% |
| Iron 1mg | 6% |
| Potassium 403mg | 8% |

*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.

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

WASHINGTON, D.C.

University

UNIVERSITY OF THE DISTRICT OF COLUMBIA

# Main Courses

Black Bean and Veggie Lettuce Wraps
Chicken and Broccoli Quiche
Chicken Tinga
Dilled Salmon Sandwich Filling
Easy Chicken Pot Pie
Eggplant Delight
Eggplant with Garlic Sauce
Eggs Olé
Enchilada Casserole
Garden Fresh Tortizza
Garden Scrambled Eggs
Homemade Noodle Bowls
Hungry Boy Casserole
Kangkong with Fish
Kokolaisa
Lentil Street Tacos
Master Meat Sauce
Mini Meatloaves
Quick Chili con Carne
Sardines and Summer Squash
Simple Fish Tacos
Skillet Lasagna (4)
Skillet Mac and Cheese
Slow Cooker Chicken Taco Filling
Sourdough Pancakes
Spinach and Carrot-stuffed Pasta
Sticky Chicken
Surf's Up Tacos
Tex-Mex Skillet
Three Recipes for One Chicken
Tuna Burgers
Turkey Tinaktak
Vegetable Tostadas
Zesty Corn and Spinach Sauté

Celebrating 50 years
EFNEP
Expanded Food and Nutrition Education Program

MAIN COURSE

EFNEP 50TH ANNIVERSARY RECIPES

# Black Bean and Veggie Lettuce Wraps

## INGREDIENTS

- 1 c. low-sodium black beans, drained and rinsed
- 2 Tbsp. green onion, diced
- ½ c. red pepper, diced
- ¼ c. Southwestern style salad dressing
- ½ c. onion, diced
- 8 Bibb or Romaine lettuce leaves
- ½ c. corn, fresh, canned, or frozen
- ¼ c. shredded carrots
- 1 Tbsp. cilantro, chopped

## INSTRUCTIONS

In a medium bowl, combine black beans, red pepper, onion, corn, cilantro and green onion.

Add salad dressing to bean mixture. Mix gently.

Place lettuce leaves on a plate or serving dish. Spoon the black bean mixture into lettuce leaves. Top with shredded carrots.

## Nutrition Facts

8 servings per container
**Serving size** **1 wrap (111g)**

**Amount per serving**
**Calories** **70**

| | % Daily Value* |
|---|---|
| **Total Fat** 2g | **3%** |
| Saturated Fat 0g | **0%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 100mg | **4%** |
| **Total Carbohydrate** 10g | **4%** |
| Dietary Fiber 4g | **14%** |
| Total Sugars 2g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 3g | |
| Vitamin D 0mcg | 0% |
| Calcium 28mg | 2% |
| Iron 1mg | 6% |
| Potassium 249mg | 6% |

*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.

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

NEBRASKA

University

UNIVERSITY OF NEBRASKA

MAIN COURSE



# Chicken and Broccoli Quiche

**Yield:** 2 quiche, 6 servings per quiche

## INGREDIENTS

- 2 9-inch ready-made pie crusts, baked (optional)
- 4 eggs
- 1 c. low-fat or skim milk
- ¾ c. low-fat cheddar cheese, shredded
- ¾ c. cooked, chopped chicken
- 10-oz. frozen, chopped broccoli
- ¼ c. carrots, shredded
- ¼ c. finely chopped onion (optional)
- pepper to taste
- ½–¾ tsp. garlic salt

## Nutrition Facts

12 servings per container

**Serving size** **1/6 of round (113g)**

**Amount per serving**

**Calories** **200**

| | % Daily Value* |
|---|---|
| **Total Fat** 11g | **14%** |
| Saturated Fat 4.5g | **23%** |
| Trans Fat 0g | |
| **Cholesterol** 80mg | **27%** |
| **Sodium** 360mg | **16%** |
| **Total Carbohydrate** 19g | **7%** |
| Dietary Fiber 1g | **4%** |
| Total Sugars 2g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 9g | |
| Vitamin D 0mcg | 0% |
| Calcium 74mg | 6% |
| Iron 0mg | 0% |
| Potassium 85mg | 2% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a

## INSTRUCTIONS

Preheat oven to 350 F. Bake pie crusts according to package directions (optional).

In a mixing bowl, combine eggs, milk, salt and pepper. Mix well.

Place frozen chopped broccoli in microwave. Cook according to package directions. Pour off liquid. Let cool; squeeze broccoli to remove some more water.

Layer the meat, vegetables and cheese into baked pie crusts. Pour the egg mixture over the ingredients.

Bake at 350 F for 30 to 40 minutes or until top is browned and a knife inserted in the center comes out clean. Egg dishes should be cooked to a temperature of 160˚ F.

Let stand five minutes before cutting.

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

FLORIDA

University

UNIVERSITY OF FLORIDA

MAIN COURSE

EFNEP 50TH ANNIVERSARY RECIPES

# Chicken Tinga (Tinga de Pollo)

**Yield:** 6 servings

## INGREDIENTS

- 1 lb. skinless chicken breast
- 1 large onion
- 4 c. water
- 4 medium tomatoes
- 3 garlic cloves
- 3 Tbsp. canola oil
- 1 Tbsp. sugar
- 1 chipotle chili
- 1 tsp. paprika
- 1 Tbsp. vinegar
- ½ tsp. oregano
- ⅛ tsp. salt

## Nutrition Facts

6 servings per container
**Serving size** **1 serving (362g)**

**Amount per serving**
**Calories** **190**

| | % Daily Value* |
|---|---|
| **Total Fat** 9g | **12%** |
| Saturated Fat 1g | **5%** |
| Trans Fat 0g | |
| **Cholesterol** 55mg | **18%** |
| **Sodium** 95mg | **4%** |
| **Total Carbohydrate** 9g | **3%** |
| Dietary Fiber 2g | **7%** |
| Total Sugars 6g | |
| Includes 2g Added Sugars | **4%** |
| **Protein** 18g | |
| Vitamin D 0mcg | 0% |
| Calcium 28mg | 2% |
| Iron 1mg | 6% |
| Potassium 523mg | 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.

## INSTRUCTIONS

**Make the chicken:**

Add the water, salt, chicken and ½ onion to a medium size pot and bring to boil.

Cook for 30 minutes.

Remove the chicken and shred it by holding it on one end and pulling at the other end with a fork.

**Make the chili paste:**

Chop the onions, garlic, tomatoes and chipotle chili.

Mix them together in a medium bowl with the paprika, vinegar and oregano. Mush all together until a paste forms.

**Put it together:**

Put the oil and sugar in a large skillet and let the sugar brown.

Add the chicken to the skillet and mix until the oil has coated all the chicken.

When the chicken starts to brown add the chili paste and stir well.

Cook for 10 more minutes on medium heat.

Serve warm or use the Chicken Tinga to make other recipes.

*This recipe came directly from NJ paraprofessional staff.*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

NEW JERSEY

University

RUTGERS UNIVERSITY

MAIN COURSE

EFNEP 50TH ANNIVERSARY RECIPES

# Dilled Salmon Sandwich Filling

**Yield:** 6 servings, ¼ c. each

## INGREDIENTS

- 2 (6-oz.) cans of salmon
- ¼ c. low fat mayonnaise
- 2 green onions sliced
- ½ tsp. dried dill

## INSTRUCTIONS

Wash outside of cans. Open salmon, place in strainer and drain.

Using a fork, break salmon into a medium bowl. Remove any bones.

Add the green onions, mayonnaise and dill. Mix gently to combine

## Nutrition Facts

6 servings per container
**Serving size** **0.25 cup (47g)**

**Amount per serving**
**Calories** **50**

| | % Daily Value* |
|---|---|
| **Total Fat** 2g | **3%** |
| Saturated Fat 0g | **0%** |
| Trans Fat 0g | |
| **Cholesterol** 25mg | **8%** |
| **Sodium** 200mg | **9%** |
| **Total Carbohydrate** 2g | **1%** |
| Dietary Fiber 0g | **0%** |
| Total Sugars 0g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 7g | |
| Vitamin D 4mcg | 20% |
| Calcium 24mg | 2% |
| Iron 0mg | 0% |
| Potassium 118mg | 2% |

*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.

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

WASHINGTON

University

WASHINGTON STATE UNIVERSITY

MAIN COURSE

EFNEP 50TH ANNIVERSARY RECIPES

# Easy Chicken Pot Pie

**Yield:** 6 servings. Serving size: ⅙ of pie

## INGREDIENTS

- ⅔ c. frozen mixed vegetables, thawed
- 1 c. cooked chicken, cut into bite-size pieces
- 1 (10¾ oz.) can low-fat, condensed, cream of chicken soup
- 1 c. reduced fat baking mix
- ½ c. milk
- 1 egg

## Nutrition Facts

6 servings per container
**Serving size** **1/6 of pie (133g)**

**Amount per serving**
**Calories** **150**

| | % Daily Value* |
|---|---|
| **Total Fat** 4g | **5%** |
| Saturated Fat 1g | **5%** |
| Trans Fat 0g | |
| **Cholesterol** 45mg | **15%** |
| **Sodium** 520mg | **23%** |
| **Total Carbohydrate** 21g | **8%** |
| Dietary Fiber 0g | **0%** |
| Total Sugars 3g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 9g | |
| Vitamin D 0mcg | 0% |
| Calcium 136mg | 10% |
| Iron 1mg | 6% |
| Potassium 80mg | 2% |

*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.

## INSTRUCTIONS

Wash hands and any cooking surfaces.

Pre-heat oven to 400 F.

Mix vegetables, chicken and soup in ungreased 9-inch pie plate

Stir baking mix, milk and egg in a mixing bowl with fork until blended. Pour over vegetables, chicken and soup mixture in pie plate.

Bake 30 minutes or until golden brown.

Let cool five minutes and serve.

*I have had several families call me for this recipe, telling me that family members that didn't eat a lot of vegetables will eat the pot pie.*

*Nutrition education assistants often conduct classes that include a hands-on recipe activity. During one class, the participants were preparing their own Easy Chicken Pot Pie when one of the parents stated that her child would not eat it because the child didn't like many vegetables or items that were mixed and cooked together. The assistants told the parent to not say anything to the child or to tell the child it's a new recipe that they may want to try, and just let them decide if they would like to try it. The child decided to try it and ate more than half of it. The mother called to say the recipe was a big hit in her house and they would be making it again.*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

KENTUCKY

University

UNIVERSITY OF KENTUCKY

EFNEP 50TH ANNIVERSARY RECIPES

# Eggplant Delight

**Yield:** 4 servings, 1 c. each

MAIN COURSE

## INGREDIENTS

- 1 c. diced onion
- 1 Tbsp. crushed garlic
- 2 Tbsp. vegetable oil
- ½ lb. ground turkey (or ground beef)
- 4 c. cubed eggplant
- ½ c. of water
- 1 tsp. salt
- ½ tsp. black pepper
- 3-4 c. cooked rice

## Nutrition Facts

4 servings per container
**Serving size** **1 cup (408g)**

**Amount per serving**
**Calories** **390**

| | % Daily Value* |
|---|---|
| **Total Fat** 13g | **17%** |
| Saturated Fat 2g | **10%** |
| Trans Fat 0g | |
| **Cholesterol** 25mg | **8%** |
| **Sodium** 620mg | **27%** |
| **Total Carbohydrate** 53g | **19%** |
| Dietary Fiber 6g | **21%** |
| Total Sugars 5g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 17g | |
| Vitamin D 0mcg | 0% |
| Calcium 35mg | 2% |
| Iron 2mg | 10% |
| Potassium 319mg | 6% |

*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.

## INSTRUCTIONS

Heat skillet to medium heat.

Sauté onions, garlic in oil in skillet for two minutes.

Add ground beef to pan and cook meat, 8 to 10 minutes. Until done (no pink left) then drain.

Add cubed eggplant to pan with seasonings and meat.

Add ¼ c. of water to help ingredients simmer, you may need to add up to ½ c. of water to complete cooking process.

Simmer for approximately seven minutes, until eggplant is done. Stir occasionally.

Enjoy over rice.

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

GEORGIA

University

FORT VALLEY STATE UNIVERSITY

MAIN COURSE

EFNEP 50TH ANNIVERSARY RECIPES

# Eggplant With Garlic Sauce

**Yield:** 4 servings

## INGREDIENTS

- 1 medium carrot
- 1 medium bell pepper
- 2 medium eggplants
- 1 thumb-size piece ginger
- 1 clove garlic
- 1 lb. lean ground meat

**Sauce**

- 1 Tbsp. sugar
- 1 Tbsp. cornstarch
- ¼ c. less sodium soy sauce
- 1 Tbsp. vinegar
- Optional: chili pepper

## Nutrition Facts

4 servings per container
**Serving size** **1 serving (461g)**

**Amount per serving**
**Calories** **250**

| | % Daily Value* |
|---|---|
| **Total Fat** 4g | **5%** |
| Saturated Fat 2g | **10%** |
| Trans Fat 0g | |
| **Cholesterol** 70mg | **23%** |
| **Sodium** 670mg | **29%** |
| **Total Carbohydrate** 26g | **9%** |
| Dietary Fiber 9g | **32%** |
| Total Sugars 14g | |
| Includes 3g Added Sugars | **6%** |
| **Protein** 29g | |
| Vitamin D 0mcg | 0% |
| Calcium 43mg | 4% |
| Iron 4mg | 20% |
| Potassium 1159mg | 25% |

*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.

## INSTRUCTIONS

Slice carrot, bell pepper and eggplants. Set aside.

Mince ginger and garlic. Set aside.

In a small bowl, Combine sauce ingredients: sugar, cornstarch, soy sauce, vinegar and optional: chili pepper.

In a large pot, Fry meat. Drain off excess fat. Add ginger and garlic.

Add carrot, bell pepper and eggplants. Stir-fry until vegetables are tender.

Add sauce mixture to pot and stir.

**Variations:**
Other vegetables may be used.
Other meats may be used.

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

HAWAII

University

UNIVERSITY OF HAWAII AT MANOA

# Eggs Ole

MAIN COURSE

## INGREDIENTS

- 4 eggs
- ¼ c. low-fat milk
- 2 Tbsp. salsa
- 2 Tbsp. black olives, diced
- 2 Tbsp. cheddar cheese, shredded

## INSTRUCTIONS

Spray microwave-safe dish with non-stick spray.

Crack eggs and place in mixing bowl.

Add milk to eggs and stir well with wire whisk or fork.

Pour mixture into microwave dish, cover and microwave on high for four minutes.

Remove eggs from the microwave using potholders.

Remove the lid and use a fork to break the eggs into bite size pieces.

Top with salsa, black olives, and shredded cheese.

Replace the lid and let sit for one to two minutes to allow cheese to melt.

## Nutrition Facts

2 servings per container
**Serving size** **1 serving (162g)**

**Amount per serving**
**Calories** **200**

| | % Daily Value* |
|---|---|
| **Total Fat** 13g | **17%** |
| Saturated Fat 5g | **25%** |
| Trans Fat 0g | |
| **Cholesterol** 380mg | **127%** |
| **Sodium** 380mg | **17%** |
| **Total Carbohydrate** 4g | **1%** |
| Dietary Fiber 1g | **4%** |
| Total Sugars 3g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 16g | |
| Vitamin D 2mcg | 10% |
| Calcium 156mg | 10% |
| Iron 2mg | 10% |
| Potassium 230mg | 4% |

*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.

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

ILLINOIS

University

UNIVERSITY OF ILLINOIS

MAIN COURSE

EFNEP 50TH ANNIVERSARY RECIPES

# Enchilada Casserole

**Yield:** 1½ c. per serving

## INGREDIENTS

- 1 (28-oz.) can green enchilada sauce
- 1 (15-oz.) can pinto or black beans, drained and rinsed
- 3 c. cooked brown rice*
- 1 (15-oz.) can whole-kernel corn, drained OR 1½ c. frozen corn
- 12 (6-inch) corn tortillas
- 10 oz. Monterey Jack or cheddar cheese, shredded (2½ c. shredded)

## INSTRUCTIONS

Preheat oven to 350F. Collect and measure all ingredients before starting to prepare the recipe. In a large bowl, mix enchilada sauce, beans, cooked rice and corn. Place half the mixture on the bottom of a 9- by 13-inch pan or split it between two 9-inch-square or round pans.** Spread the corn tortillas evenly over the mixture. Place remaining mixture on top of tortillas. Top mixture with cheese and cover with foil. Bake for 15 to 20 minutes. Remove foil and bake for 10 more minutes or until cheese is melted and sauce is bubbly. Serve hot. Refrigerate leftovers within two hours. Eat within three to five days.

** Cook rice according to package directions. The package will indicate how much uncooked rice is needed to make 3 c. of cooked rice.*

*** If you made two pans, you can freeze one of them before baking. Double-wrap in foil and it will keep for up to one month in the freezer.*

## Nutrition Facts

8 servings per container
**Serving size** **1 1/2 cups (328g)**

**Amount per serving**
**Calories** **430**

| | % Daily Value* |
|---|---|
| **Total Fat** 17g | **22%** |
| Saturated Fat 7g | **35%** |
| Trans Fat 0g | |
| **Cholesterol** 35mg | **12%** |
| **Sodium** 880mg | **38%** |
| **Total Carbohydrate** 55g | **20%** |
| Dietary Fiber 6g | **21%** |
| Total Sugars 3g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 15g | |
| Vitamin D 0mcg | 0% |
| Calcium 278mg | 20% |
| Iron 3mg | 15% |
| Potassium 303mg | 6% |

*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.

*The recipe can be found in the Let's Cook! Cookbook from Eating Smart • Being Active curriculum*

*"My participants are always surprised at how good this recipe is."*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

COLORADO

University

COLORADO STATE UNIVERSITY

EFNEP 50TH ANNIVERSARY RECIPES

# Garden Fresh Tortizza

**Yield:** 4 servings, 1 pizza each

MAIN COURSE

## INGREDIENTS

- 4 8" whole wheat tortillas
- 2 c. spinach
- 1 ⅓ c. yellow bell pepper, diced
- 40 slices turkey pepperoni
- 1 c. shredded 2% mozzarella cheese
- pizza sauce
- 8 oz. can tomato sauce, no salt added
- 2 tsp. Italian seasoning
- ¾ tsp. garlic powder
- ½ tsp. black pepper

## Nutrition Facts

4 servings per container
**Serving size** **1 pizza (231g)**

**Amount per serving**
**Calories** **300**

| | % Daily Value* |
|---|---|
| **Total Fat** 12g | **15%** |
| Saturated Fat 5g | **25%** |
| Trans Fat 0g | |
| **Cholesterol** 40mg | **13%** |
| **Sodium** 980mg | **43%** |
| **Total Carbohydrate** 32g | **12%** |
| Dietary Fiber 3g | **11%** |
| Total Sugars 5g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 20g | |
| Vitamin D 0mcg | 0% |
| Calcium 432mg | 35% |
| Iron 2mg | 10% |
| Potassium 135mg | 2% |

*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.

## INSTRUCTIONS

Heat skillet and spray with cooking spray.

Add diced bell pepper to one side of skillet and 10 pepperoni slices to other and cook on medium heat. Remove from skillet when warmed through.

Place tortilla in middle of skillet. Toast tortilla in skillet for six to eight minutes.

Pour tomato sauce in bowl and add Italian seasoning, garlic powder, and black pepper. Mix well.

Flip tortilla over. Spread 2 Tbsp. of pizza sauce on tortilla and top tortilla with ¼ of the spinach, diced bell pepper, and pepperoni slices. Spread ¼ c. cheese evenly over tortilla.

Place the lid on the skillet and allow cheese to melt (about six to eight minutes).

Remove tortizza from skillet. Slice and serve.

Repeat with remaining tortillas and toppings.

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

GEORGIA

University

UNIVERSITY OF GEORGIA

EFNEP 50TH ANNIVERSARY RECIPES

# Garden Scrambled Eggs

MAIN COURSE

## INGREDIENTS

- 6 eggs
- ¼ c. fat-free, 2%, or whole milk
- ¼ tsp. salt
- ¼ tsp. pepper
- 1 Tbsp. butter or margarine
- ½ c. chopped fresh or frozen vegetables of your choice (bell pepper, onion, carrots, broccoli, zucchini, cauliflower and/or asparagus)

## INSTRUCTIONS

In medium bowl, use a fork to beat eggs until combined. Add milk, salt and pepper. Mix well. Set aside.

In large nonstick skillet, melt butter or margarine over medium heat. Add desired vegetables. Cook, stirring constantly, for one to four minutes or until vegetables are tender.

Pour egg mixture over hot vegetables. Cook, without stirring, until eggs start to become firm on the bottom and around the edges.

Using heatproof spatula or wooden spoon, gently lift and fold egg mixture, forming large soft pieces.

Continue cooking and lifting egg mixture about four minutes more or until eggs are cooked through, but still slightly moist. Do not stir constantly. Remove from heat. Serve immediately.

**For a change of pace:** Stir in ½ c. salsa, ¼ c. cottage cheese or ½ tsp. dried herb leaves of your choice (basil, oregano, marjoram or thyme) into the egg mixture in Step 1.

*https://www.eatgathergo.org/recipe/garden-scrambled-eggs/*

## Nutrition Facts

3 servings per container
**Serving size** **1 cup (148g)**

**Amount per serving**
**Calories** **200**

| | % Daily Value* |
|---|---|
| **Total Fat** 13g | **17%** |
| Saturated Fat 6g | **30%** |
| Trans Fat 0g | |
| **Cholesterol** 385mg | **128%** |
| **Sodium** 360mg | **16%** |
| **Total Carbohydrate** 5g | **2%** |
| Dietary Fiber 0g | **0%** |
| Total Sugars 2g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 14g | |
| Vitamin D 2mcg | 10% |
| Calcium 83mg | 6% |
| Iron 2mg | 10% |
| Potassium 174mg | 4% |

*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.

*The recipes on our EatGatherGo.org site are truly recipes that speak to the cuisine of our region, and offer participants healthier twists on comfort foods. Indiana ranks 2nd in the nation for egg production.*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

INDIANA

University

PURDUE UNIVERSITY

MAIN COURSE

EFNEP 50TH ANNIVERSARY RECIPES

# Homemade Noodle Bowls

**Yield:** 5-6 portions

## INGREDIENTS

- Homemade or bottled marinade if using meat or tofu (optional, requires advance preparation)
- 2 lbs. Protein/meat of your choice (eggs, tofu, chicken/beef/shrimp), or what is on hand
- 16 oz. noodles of your choice
- Vegetable Example, or, any of your choice: (will cook vegetables in this example)
- 1 head Napa cabbage, chopped
- 1 box button mushrooms, sliced
- 1 bag/bunch spinach
- 1 onion, chopped
- 5 small carrots, sliced
- ¼ c. canola oil
- 16-20 oz. Homemade broth or canned/boxed broth (optional)
- Other toppings of your choice – fresh, chopped herbs, nuts, sliced avocado, etc.

## Nutrition Facts

8 servings per container
**Serving size** **1 serving (508.05g)**

| Amount per serving | |
|---|---|
| **Calories** | **430** |
| | **% Daily Value*** |
| **Total Fat** 11g | **14%** |
| Saturated Fat 1.5g | **8%** |
| *Trans* Fat 0g | |
| **Cholesterol** 85mg | **28%** |
| **Sodium** 140mg | **6%** |
| **Total Carbohydrate** 49g | **18%** |
| Dietary Fiber 9g | **32%** |
| Total Sugars 6g | |
| Includes 0g of Added Sugars | **0%** |
| **Protein** 36g | |
| Vitamin D 0mcg | **0%** |
| Calcium 72mg | **6%** |
| Iron 2mg | **10%** |
| Potassium 484mg | **10%** |

* 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.

## INSTRUCTIONS

* If using meat/tofu, put meat in a large gallon bag and add enough marinade to coat. Close bag and shake to mix. Refrigerate for 24 hours.

1. Cook noodles according to package directions. To save time, wash and prep vegetables while noodles are cooking.
2. Once cooked, and drained, set noodles aside and keep warm.
3. Cook prepped vegetables: Heat ¼ c. oil in pan. Add carrots and onion and sauté until just starting to soften. Add cabbage and cook for three minutes. Add mushrooms and cook for two minutes. Add baby spinach and cook until it starts to wilt. Turn off vegetables, set aside and keep warm.
4. If using meat/tofu, remove from marinade and discard leftover marinade.

   Place meat/tofu on preheated grill pan and cook until correct internal temperature. Cut into thin strips. Set aside and keep warm.
5. If using broth, heat broth and assemble your bowl:

   Place ½ c. of noodles at the bottom of a soup bowl. Top with 1 c. of vegetables and ½ c. of protein of your choice. Add broth to fill the remaining space. Sprinkle with your favorite toppings.

*You can build your own bowl! They are full of nutritious foods, and are a great way to use leftovers or foods from the food shelf - canned or frozen veggies, boxed or canned broth, or, fresh veggies that need to be cooked before spoiling. No side dishes are required and it can be a meal by itself. It also suits a variety of dietary preferences (vegetarian, vegan, pescatarian, etc.). Noodle bowls can be eaten at room temperature, cold, with or without broth, and a variety of noodles can be used!*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

MINNESOTA

University

UNIVERSITY OF MINNESOTA EXTENSION

EFNEP 50TH ANNIVERSARY RECIPES

# Hungry Boy Casserole

**Yield:** 8 – 1 c. servings

MAIN COURSE

## INGREDIENTS

- 1 lb. Lean Ground Turkey
- 1 Can (15 oz) Lower Sodium Pork-n-beans
- ¼ c. Water
- 3 to 4 Tbsp. Ketchup
- 1 tsp. Garlic Powder
- ¼ tsp. Chili Powder
- 1 Small Onion Chopped
- 8 Biscuits (Using Master Mix – or Your Favorite Homemade Biscuit Recipe)

## INSTRUCTIONS

Brown meat and onion. Drain off excess fat.

Prepare biscuits

Mix All ingredients together – except biscuits.

Place in a 9- by 13-inch baking dish.

Top with raw biscuits.

Bake at 400 F for 10 to 15 minutes until biscuits are browned.

## Nutrition Facts

8 servings per container

**Serving size** **1 cup (169g)**

**Amount per serving**

**Calories** **250**

| | % Daily Value* |
|---|---|
| **Total Fat** 9g | **12%** |
| Saturated Fat 2g | **10%** |
| Trans Fat 1.5g | |
| **Cholesterol** 30mg | **10%** |
| **Sodium** 680mg | **30%** |
| **Total Carbohydrate** 29g | **11%** |
| Dietary Fiber 0g | **0%** |
| Total Sugars 9g | |
| Includes 2g Added Sugars | **4%** |
| **Protein** 17g | |
| Vitamin D 0mcg | 0% |
| Calcium 25mg | 2% |
| Iron 2mg | 10% |
| Potassium 166mg | 4% |

*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.

*This was a long-time family recipe of the Cleek family. Shirley W. Cleek was an EFNEP PA in Arkansas from 1987-2007. Keith Statham-Cleek (her son) is currently the EFNEP Manager for the State of Arkansas.*

*This was a quick and easy recipe my family loved for years. In the late 80's clients often received canned pulled pork in their commodities. We adapted this recipe to use the canned pork. We used to teach people how to make their own baking mix, we called them Master Mixes. This was a big hit with our Arkansas EFNEP families. We have since adapted it to use ground turkey.*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

ARKANSAS

University

UNIVERSITY OF ARKANSAS

EFNEP 50TH ANNIVERSARY RECIPES

# Kangkong with Fish

**Yield:** 8 servings

MAIN COURSE

## INGREDIENTS

- 3 lbs. fish
- 20 kangkong tops
- 1 small onion, sliced thinly
- ½ c. soy sauce
- ¼ c. vinegar
- 1 Tbsp.
- 2 Tbsp. ginger, minced
- Pepper for taste

## Nutrition Facts

8 servings per container
**Serving size** **1 serving (238g)**

**Amount per serving**
**Calories** **250**

| | % Daily Value* |
|---|---|
| **Total Fat** 6g | **8%** |
| Saturated Fat 2g | **10%** |
| Trans Fat 0g | |
| **Cholesterol** 95mg | **32%** |
| **Sodium** 1290mg | **56%** |
| **Total Carbohydrate** 3g | **1%** |
| Dietary Fiber 1g | **4%** |
| Total Sugars 1g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 46g | |
| Vitamin D 6mcg | 30% |
| Calcium 51mg | 4% |
| Iron 2mg | 10% |
| Potassium 767mg | 15% |

*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.

## INSTRUCTIONS

Clean the fish.

Fry the fish thoroughly. (Put the heated fish on a non- plastic surface)

Dip kangkong tops in the boiling water, and stir once, then remove them from the hot water immediately.

Cut the kangkong tops into 1-inch pieces and put them on the top of the fried fish.

To make the soy sauce dressing, mix soy sauce, vinegar, oil, ginger, onion, and pepper, and bring to a boil.

Pour the soy sauce dressing on the fish.

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

MICRONESIA

University

COLLEGE OF MICRONESIA

MAIN COURSE



# Kokolaisa

**Yield:** 10 servings, 1 c. rice and ½ c. liquid

## INGREDIENTS

- 3 c. uncooked rice
- 16 c. water
- 2 coconuts for coconut cream-2 c. canned coconut milk
- 2 c. plus 1 Tbsp. sugar
- 2 Tbsp. Koko Samoa or cocoa powder

## INSTRUCTIONS

Boil rice in 10 c. of water, until cooked; add lemon leaves for flavor if desired.

Take 1 c. of remaining rice water and dissolve the sugar cocoa mixture.

Add the sugar/cocoa mixture to the rice, stir and simmer.

Add coconut cream, stir and serve.

## Nutrition Facts

10 servings per container
**Serving size** **1 serving (626g)**

**Amount per serving**
**Calories** **280**

| | % Daily Value* |
|---|---|
| **Total Fat** 4g | **5%** |
| Saturated Fat 2g | **10%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 30mg | **1%** |
| **Total Carbohydrate** 57g | **21%** |
| Dietary Fiber 4g | **14%** |
| Total Sugars 10g | |
| Includes 9g Added Sugars | **18%** |
| **Protein** 5g | |
| Vitamin D 0mcg | 0% |
| Calcium 30mg | 2% |
| Iron 1mg | 6% |
| Potassium 151mg | 4% |

*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.

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

ALASKA

University

AMERICAN SAMOA COMMUNITY COLLEGE

EFNEP 50TH ANNIVERSARY RECIPES

# Lentil Street Tacos

**Yield:** Makes 24 tacos, 3 tacos per serving

MAIN COURSE

## INGREDIENTS

- 2 c. dry lentils
- 4 c. low sodium chicken broth
- 1 taco seasoning packet – low sodium
- ½ c. salsa
- Corn street taco size tortillas

### Toppings

- ⅓ c. chopped Cilantro
- ¼ finely chopped purple cabbage (optional)
- ~3-4 chopped Green onions
- 1 Tbsp. Lemon/lime juice

### Optional ingredients

- Plain nonfat Greek yogurt
- Low fat cheese
- Avocado, sliced

## Nutrition Facts

8 servings per container
**Serving size** **3 tacos (311g)**

**Amount per serving**
**Calories** **380**

| | % Daily Value* |
|---|---|
| **Total Fat** 3.5g | **4%** |
| Saturated Fat 0g | **0%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 310mg | **13%** |
| **Total Carbohydrate** 72g | **26%** |
| Dietary Fiber 6g | **21%** |
| Total Sugars 3g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 17g | |
| Vitamin D 0mcg | 0% |
| Calcium 39mg | 4% |
| Iron 6mg | 35% |
| Potassium 443mg | 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.

## INSTRUCTIONS

Wash lentils and sort. Throw away any lentils that should not be eaten.

Combine broth, lentils, seasonings and salsa to a sauce pan, stir and mix.

Cover and bring to a boil over medium high heat. Reduce heat and simmer for 30 minutes, until liquid is absorbed and lentils are tender.

Prepare toppings, combine purple cabbage, cilantro, green onions and lemon or lime juice in a bowl and mix together. Add salt and/or pepper to taste.

Place on street size corn tacos.

Top with Greek yogurt (a great replacement for sour cream), sliced avocado, and shredded cheese if desired.

*"Lentils first arrived on the Palouse in 1916 when Farmington native, J. J. Wagner, asked a local Seventh Day Adventist pastor to order seed from Europe. Wagner then planted two test rows on his farm to see if lentils would grow in the semi-arid environment. And grow they did. With the advent of mechanized harvesting equipment a few years later, lentil production continued to increase. Today, over 95 percent of the nation's lentils are grown on the Washington-Idaho Palouse prairie."*

*https://news.wsu.edu/2008/08/18/a-history-of-lentil-farming-on-the-palouse/*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

IDAHO

University

UNIVERSITY OF IDAHO

EFNEP 50TH ANNIVERSARY RECIPES

# Master Meat Sauce

MAIN COURSE

## INGREDIENTS

- 4 lbs. lean ground meat
- 1 medium onion, chopped or minced
- 1 (6-oz.) can tomato paste
- 6 oz. Water
- 2 (15-oz.) cans tomato sauce
- 1 tsp. garlic powder

## INSTRUCTIONS

Brown meat in skillet and drain any fat. Add chopped onion, tomato paste, tomato sauce and garlic powder. Simmer 15 to 20 minutes. Add water to thin if necessary. Immediately place 1-c. portions in freezer-quality plastic zip-top bags.

### Main Dishes Made from Master Meat Sauce

**Spaghetti**
Add 1½ tsp. Italian seasoning or 1 package spaghetti sauce seasoning mix and 1 clove of garlic to 2 c. Master Meat Sauce. Heat. Mix with 4 c. hot cooked spaghetti.

**Chili**
Add 1 to 2 Tbsp. chili powder, 1 to 2 tsp. ground cumin to 1 (16-oz.) can drained kidney beans and 2 c. Master Meat Sauce. Bring to a boil slowly over medium heat

**Mini Pizzas**
Add 1 tsp. Italian seasoning and a dash of pepper to 1 c. Master Meat Sauce. Spoon 2 Tbsp. over half a bagel, English muffin or any other bread. Sprinkle with 1 to 2 Tbsp. mozzarella cheese. Add favorite toppings. Broil two to three minutes, until cheese starts to brown.

**Sloppy Joes**
Add 1 Tbsp. vinegar, 1 Tbsp. brown sugar and ¼ c. ketchup to 2 c. Master Meat Sauce. Heat. Serve on hamburger buns.

**Tacos**
Add 2 tsp. of chili powder to 1 c. Master Meat Sauce. Heat thoroughly. Spoon 1 to 2 Tbsp. meat into taco shell. Add salsa, shredded lettuce, diced tomatoes, diced onions and grated cheddar or Monterey Jack cheese.

## Nutrition Facts

14 servings per container
**Serving size** **0.5 cup (211g)**

**Amount per serving**
**Calories** **180**

| | % Daily Value* |
|---|---|
| **Total Fat** 6g | **8%** |
| Saturated Fat 2.5g | **13%** |
| Trans Fat 0g | |
| **Cholesterol** 70mg | **23%** |
| **Sodium** 400mg | **17%** |
| **Total Carbohydrate** 7g | **3%** |
| Dietary Fiber 2g | **7%** |
| Total Sugars 4g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 26g | |
| Vitamin D 0mcg | 0% |
| Calcium 10mg | 0% |
| Iron 3mg | 15% |
| Potassium 312mg | 6% |

*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.

*Program participants enjoy this recipe because it can be used to make a variety of other foods.*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

TENNESSEE

University

UNIVERSITY OF TENNESSEE

EFNEP 50TH ANNIVERSARY RECIPES

# Mini Meatloaves

**Yield:** 5 servings, serving size: 1 mini loaf

MAIN COURSE

## INGREDIENTS

- 1 lb. lean or extra-lean ground beef, ground turkey or ground chicken
- 1½ c. salsa, divided in half
- 1 egg, lightly beaten
- ¼ c. dry bread crumbs
- ¼ c. finely chopped onion
- Dash of black pepper
- Non-stick cooking spray

## INSTRUCTIONS

Heat oven to 350F.

Combine all ingredients, saving half of the salsa for topping.

Divide into five equal portions. Shape into flattened loaves.

Spray baking dish with non-stick spray.

Place loaves in baking dish.

Spoon half of the remaining salsa on top of loaves.

Bake at 350F for 20 minutes.

Take out of oven and spoon remaining salsa over top and bake an additional 10 minutes. Check the internal temperature with a thermometer to be sure it reaches 160F for ground beef or 165F for ground turkey or chicken.

## Nutrition Facts

5 servings per container
**Serving size** **1 mini loaf (191g)**

| Amount per serving | |
|---|---|
| **Calories** | **170** |
| | **% Daily Value*** |
| **Total Fat** 4g | **5%** |
| Saturated Fat 1.5g | **8%** |
| Trans Fat 0g | |
| **Cholesterol** 90mg | **30%** |
| **Sodium** 660mg | **29%** |
| **Total Carbohydrate** 10g | **4%** |
| Dietary Fiber 2g | **7%** |
| Total Sugars 4g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 23g | |
| Vitamin D 0mcg | 0% |
| Calcium 46mg | 4% |
| Iron 3mg | 15% |
| Potassium 561mg | 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.

*My participants always love the Mini Meatloaf recipe. They are shocked at how easy this is to make and say they and their kids make it often.*

*Meatloaf is one of those foods that can be a healthy, easy main dish and a way to increase the amount and variety of veggies in meals, but many participants were not utilizing this dish because of the length of time to make. North Carolina EFNEP Educators, Volunteers, and Professionals came up with this version to make this a simple, easy dish that many participants state is a family favorite. You can add different vegetables to the meatloaves depending on what you have available and the recipe lends itself to changing the flavor profile by changing the seasonings.*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

NORTH CAROLINA

University

NC STATE UNIVERSITY

MAIN COURSE

EFNEP 50TH ANNIVERSARY RECIPES

# Quick Chili Con Carne

**Yield:** 4 servings, 2 c. each

## INGREDIENTS

- 1 lb. lean ground turkey
- 1 onion, diced
- 1 bell pepper, diced
- 16 oz. canned low-sodium kidney beans
- 16 oz. canned low-sodium diced tomatoes
- 8 oz. low-sodium tomato puree
- 1 c. water
- 3 Tbsp. chili powder
- 1 tsp. cumin
- ⅛ tsp. garlic powder

## INSTRUCTIONS

Heat a skillet to medium heat. Place ground turkey in the skillet and cook until brown.

Add onion and pepper to skillet and cook until tender, about three to four minutes.

Add beans, tomatoes, tomato puree, water, chili powder, cumin and garlic powder to skillet. Bring to a boil, cover and reduce heat. Cook for 15 minutes. Serve hot.

## Nutrition Facts

4 servings per container
**Serving size** **2 cups (520g)**

**Amount per serving**
**Calories** **330**

| | % Daily Value* |
|---|---|
| **Total Fat** 9g | **12%** |
| Saturated Fat 1.5g | **8%** |
| Trans Fat 0g | |
| **Cholesterol** 50mg | **17%** |
| **Sodium** 440mg | **19%** |
| **Total Carbohydrate** 37g | **13%** |
| Dietary Fiber 12g | **43%** |
| Total Sugars 9g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 33g | |
| Vitamin D 0mcg | 0% |
| Calcium 115mg | 8% |
| Iron 5mg | 30% |
| Potassium 836mg | 20% |

*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.

*"The chopping of the vegetables was easy and everything after that was just cook and stir."*

*J. Chambers, EFNEP participant*

*Most chili recipes require a full-day commitment in the kitchen. This FNP recipe for Quick Chili Con Carne is very simple, healthful and quick. It offers the full and hearty flavor of an all-day prepped chili but in a time-saving manner. A current participant in the EFNEP program at Virginia State University was able to prepare the chili quickly, was enthusiastic about sharing it with a family member, and snapped a few photos of her completed recipe. The picture of her recipe also has been shared on our social media page; Facebook.*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

VIRGINIA

University

VIRGINIA STATE UNIVERSITY

MAIN COURSE

EFNEP 50TH ANNIVERSARY RECIPES

# Sardines and Summer Squash

**Yield:** 5 servings, serving size: 1 c.

## INGREDIENTS

- 1 tsp. oil
- 3 c. squash (summer), diced small (1 large)
- ½ c. bell peppers, diced small (1 medium)
- 2 c. eggplants, diced small (approx. 1 medium)
- ½ c. green onions, chopped fine (3 stalks)
- 3 cloves of garlic, minced
- 1 c. cherry tomatoes, cut in half (approx 9)
- 1 (15-oz.) can sardines in tomato sauce
- ½ tsp. salt
- ¼ tsp. black pepper

## Nutrition Facts

Serving Size 1 cup (255g)
Servings Per Container 5

Amount Per Serving

**Calories** 200 Calories from Fat 90

| | % Daily Value* |
|---|---|
| **Total Fat** 10g | 15 % |
| Saturated Fat 2.5g | 12 % |
| *Trans* Fat 0g | 0 % |
| **Cholesterol** 50mg | 17 % |
| **Sodium** 580mg | 24 % |
| **Total Carbohydrate** 8g | 3 % |
| Dietary Fiber 3g | 12 % |
| Sugars 5g | |
| **Protein** 19g | |

Vitamin A 20% • Vitamin C 70%
Calcium 20% • 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

## INSTRUCTIONS

Dice squash, bell peppers and eggplants. Set aside.

Chop green onions. Set aside.

Mince garlic. Set aside.

Cut cherry tomatoes in half. Set aside.

Heat oil in a large skillet.

Add squash, garlic and green onions, and sauté for 10 minutes, stirring occasionally until squash is almost clear.

Add bell peppers and eggplants. Cover and cook for five minutes, stirring occasionally.

Add tomatoes and cook for three minutes.

Mix in sardines in tomato sauce and add salt and pepper. Cover and cook on low heat for five minutes. Stir occasionally.

Serve hot.

**Variations**

Squeeze on some fresh lemon juice.

If summer squash is not available, use pumpkin.

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

NORTHERN MARIANA ISLANDS

University

NORTHERN MARIANAS COLLEGE

EFNEP 50TH ANNIVERSARY RECIPES

# Simple Fish Tacos

**Yield:** 6 servings (2 tacos per serving)

MAIN COURSE

## INGREDIENTS

- 1 Tbsp. vegetable oil
- 2 Tbsp. lemon juice
- 1 packet (1.25 oz.) taco seasoning
- ¾ c. sour cream
- ½ c. chopped, fresh cilantro (optional)
- Nonstick cooking spray
- 12 (6-inch) corn tortillas
- 1 lb. tilapia fillets (4 fillets) frozen, thawed
- 2 c. shredded cabbage
- 2 large tomatoes, diced
- Lime wedges (optional)

## Nutrition Facts

6 servings per container

**Serving size** **2 tacos (261g)**

**Amount per serving**

**Calories** **310**

| | % Daily Value* |
|---|---|
| **Total Fat** 10g | **13%** |
| Saturated Fat 3g | **15%** |
| Trans Fat 0g | |
| **Cholesterol** 55mg | **18%** |
| **Sodium** 340mg | **15%** |
| **Total Carbohydrate** 34g | **12%** |
| Dietary Fiber 1g | **4%** |
| Total Sugars 3g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 24g | |
| Vitamin D 3mcg | 15% |
| Calcium 71mg | 6% |
| Iron 3mg | 15% |
| Potassium 549mg | 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.

## INSTRUCTIONS

Wash all produce. Collect, cut and measure all ingredients before starting to prepare the recipe. In a small bowl, mix oil, lemon juice, and 1½ tsp. of taco seasoning. Set aside. In a second small bowl, combine sour cream, cilantro (if using), and 2 Tbsp. of taco seasoning mix. Set aside. Spray a large skillet with cooking spray. Add tortillas to the skillet one at a time. Heat briefly on both sides over medium heat until warm and soft. Wrap in two layers of foil; put on a plate and cover with another plate to keep warm. Spray the skillet with cooking spray again. Place fish fillets in the skillet. Cook over medium heat for 1½ minutes until golden brown, flip and cook another 1½ minutes until golden brown on the other side. Pour the lemon juice mixture over the fish. Cook for another one to two minutes. When the fish flakes easily with a fork, it is done. Break the fish into bite-sized pieces. Fill tortillas with fish and top with a bit of the sour cream mixture. Top with shredded cabbage, diced tomato and a squeeze of fresh lime (if using). Refrigerate leftovers within two hours. Eat within three to five days.

*The recipe can be found in the Let's Cook! Cookbook from Eating Smart • Being Active curriculum*

*"This is a great recipe to get participants to try fish!"*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

COLORADO

University

COLORADO STATE UNIVERSITY

MAIN COURSE

EFNEP 50TH ANNIVERSARY RECIPES

# Skillet Lasagna

**Yield:** 8 servings (1 c. per serving)

## INGREDIENTS

- 8 uncooked lasagna noodles
- 1 (15-oz.) carton small-curd cottage cheese
- ½ c. grated Parmesan cheese, divided in half
- 1 Tbsp. Italian seasoning
- Nonstick cooking spray
- 1 (24-oz.) jar tomato pasta sauce, without meat
- 1 (10-oz.) package of frozen spinach, thawed and squeezed dry*
- 8 oz. mozzarella cheese, shredded (2 c. shredded)

## INSTRUCTIONS

Cook the lasagna noodles according to package directions. Collect, shred and measure all ingredients before starting to prepare the recipe. In a large bowl, mix the cottage cheese, ¼ c. Parmesan cheese and Italian seasoning. Spray a large skillet well with cooking spray. Do not place skillet on heat until all ingredients are in skillet. Spread half of the jar of sauce in the sprayed skillet. Top with 4 lasagna noodles. Spread half the cottage cheese mixture over the noodles. Top with half the spinach. Sprinkle half of the mozzarella cheese over the spinach. Repeat with the remaining ingredients in this order: lasagna noodles, cottage cheese mixture, spinach, pasta sauce and mozzarella cheese. Sprinkle with the rest of the Parmesan cheese (¼ c.), and cover. Place skillet on the heat and turn heat on to medium low. Cook for about 20 minutes until the cheese melts and the sauce is bubbling. Remove from heat and let stand for five minutes (covered) before serving. Refrigerate leftovers within two hours. Eat within three to five days.

** Thaw spinach in the refrigerator overnight or in the microwave on low power. Once thawed, wrap the spinach in a clean towel and twist to wring out the water.*

## Nutrition Facts

8 servings per container

**Serving size** **1 cup (250g)**

**Amount per serving**

**Calories** **370**

| | % Daily Value* |
|---|---|
| **Total Fat** 11g | **14%** |
| Saturated Fat 5g | **25%** |
| Trans Fat 0g | |
| **Cholesterol** 30mg | **10%** |
| **Sodium** 780mg | **34%** |
| **Total Carbohydrate** 46g | **17%** |
| Dietary Fiber 1g | **4%** |
| Total Sugars 11g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 21g | |
| Vitamin D 1mcg | 6% |
| Calcium 381mg | 30% |
| Iron 3mg | 15% |
| Potassium 472mg | 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.

*The recipe can be found in the Let's Cook! Cookbook from Eating Smart • Being Active curriculum*

*"This recipe is delicious and so easy to make!"*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

COLORADO

University

COLORADO STATE UNIVERSITY

MAIN COURSE

EFNEP 50TH ANNIVERSARY RECIPES

# Skillet Lasagna

**Yield:** 6 servings (1¾ c.)

## INGREDIENTS

- ½ lb. ground beef
- ½ c. chopped onion
- 1 15-oz. can tomato sauce
- ½ c. dried cherries
- ¼ tsp. garlic powder
- ½ tsp. oregano
- ½ tsp. basil
- 8-oz. uncooked wide noodles
- 1 10-oz. package frozen chopped spinach (thawed)
- 1 c. cottage cheese
- 2-oz. shredded cheese

## Nutrition Facts

6 servings per container
**Serving size** **1 3/4 cup (268g)**

**Amount per serving**
**Calories** **310**

| | % Daily Value* |
|---|---|
| **Total Fat** 4.5g | **6%** |
| Saturated Fat 2g | **10%** |
| Trans Fat 0g | |
| **Cholesterol** 30mg | **10%** |
| **Sodium** 610mg | **27%** |
| **Total Carbohydrate** 47g | **17%** |
| Dietary Fiber 3g | **11%** |
| Total Sugars 13g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 23g | |
| Vitamin D 0mcg | 0% |
| Calcium 177mg | 15% |
| Iron 4mg | 20% |
| Potassium 623mg | 15% |

*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.

## INSTRUCTIONS

Brown meat and onion in a large frying pan. Drain the fat.

Add tomato sauce, 1 to 1½ cups water, dried cherries, garlic powder, oregano and basil.

Bring to a boil. Add noodles. Cover and simmer for five minutes.

Break up the thawed spinach and stir into the pan. Cover and simmer five minutes.

Stir mixture. Spread cottage cheese on top. Sprinkle with cheese.

Cover and simmer for about 10 minutes until noodles are tender.

*This recipe was adapted to utilize dried cherries, which became a commodity available to us as a TEFAP agency. Graduates of EFNEP receive a bag of nonperishable TEFAP upon completion of the program. When plumped with warm water, the dried cherries extend the sensation of meat in this type of recipe. We also use the recipe when discussung MyPlate because it has an item from each of the food groups.*

*Staff are amazed at how the plumped cherries can be used in a variety of dishes such as this dish, but are also great in parfaits.*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

DELAWARE

University

UNIVERSITY OF DELAWARE

EFNEP 50TH ANNIVERSARY RECIPES

# Skillet Lasagna

**Yield:** 9 servings

MAIN COURSE

## INGREDIENTS

- 1 c. cooked chicken or turkey
- 1 (24-oz.) jar spaghetti sauce
- 1 (8-oz.) can tomato sauce
- Salt and pepper to taste
- 2 c. uncooked macaroni
- 2½ c. water
- 2 (10-oz.) boxes frozen spinach
- 1 c. shredded cheese

## INSTRUCTIONS

Dice or shred chicken or turkey.

In a large skillet or large pot, combine chicken or turkey, spaghetti sauce, tomato sauce, salt, pepper, macaroni and water.

Bring to a boil, reduce heat, cover and simmer 20 to 25 minutes or until macaroni is tender.

Add spinach and cook until thawed. Mix well.

Sprinkle with cheese.

**Variation:**
Substitute tofu (one block drained and mashed) for meat.

## Nutrition Facts

9 servings per container
**Serving size** **1 serving (283g)**

**Amount per serving**
**Calories** **210**

| | % Daily Value* |
|---|---|
| **Total Fat** 5g | **6%** |
| Saturated Fat 2g | **10%** |
| Trans Fat 0g | |
| **Cholesterol** 25mg | **8%** |
| **Sodium** 600mg | **26%** |
| **Total Carbohydrate** 28g | **10%** |
| Dietary Fiber 2g | **7%** |
| Total Sugars 6g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 15g | |
| Vitamin D 0mcg | 0% |
| Calcium 201mg | 15% |
| Iron 3mg | 15% |
| Potassium 645mg | 15% |

*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.

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

HAWAII

University

UNIVERSITY OF HAWAII AT MANOA

MAIN COURSE

EFNEP 50TH ANNIVERSARY RECIPES

# Skillet Lasagna

**Yield:** 4 to 6 servings

## INGREDIENTS

- 1 lb. ground beef
- ½ c. onions, chopped
- 2 (8-oz.) cans tomato sauce
- 1½ c. water
- ¼ tsp. garlic powder
- 1 tsp. Italian seasoning
- 1 (8-oz.) pkg. wide noodles
- 1 c. cottage cheese
- ½ c. cheese, grated

## INSTRUCTIONS

In a large skillet, sauté ground beef and onion; drain fat. Add tomato sauce, water, garlic powder and Italian seasoning; bring to a boil. Add uncooked noodles; cover and simmer for five minutes until noodles are tender.

## Nutrition Facts

5 servings per container
**Serving size** **1 serving (368g)**

**Amount per serving**
**Calories** **370**

| | % Daily Value* |
|---|---|
| **Total Fat** 6g | **8%** |
| Saturated Fat 3g | **15%** |
| Trans Fat 0g | |
| **Cholesterol** 65mg | **22%** |
| **Sodium** 760mg | **33%** |
| **Total Carbohydrate** 42g | **15%** |
| Dietary Fiber 2g | **7%** |
| Total Sugars 7g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 35g | |
| Vitamin D 0mcg | 0% |
| Calcium 118mg | 10% |
| Iron 5mg | 30% |
| Potassium 641mg | 15% |

*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.

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

UTAH

University

UTAH STATE UNIVERSITY

MAIN COURSE

EFNEP 50TH ANNIVERSARY RECIPES

# Skillet Mac and Cheese

**Yield:** 12 servings, ½ c. per serving

## INGREDIENTS

- 3 Tbsp. butter
- ½ large onion, chopped
- 3 c. finely chopped fresh spinach or ¾ c. frozen chopped spinach (thawed and squeezed dry)
- 2 Tbsp. all-purpose flour
- 3 ½ c. milk*
- ¾ c. water*
- 2 ½ c. uncooked elbow macaroni
- 8 oz. cheddar cheese, shredded (2 c. shredded)

**At elevations of 3,000 feet and above: use 3 c. of milk and ½ c. of water instead of the amounts listed above.*

## INSTRUCTIONS

Wash the spinach (if using fresh spinach).

Collect, chop, shred and measure all ingredients before starting to prepare the recipe.

Melt the butter in a large skillet over medium heat.

Add the onion, and cook for another two minutes. Add the spinach, and cook for two minutes or until wilted.

Add the flour, and cook for one minute, stirring constantly.

Add the milk and water, stirring frequently. Bring the mixture to a low boil and then reduce heat.

Add the uncooked macaroni. If the macaroni is not completely covered by liquid, add additional water to bring the level of the water just over the macaroni.

Cover and simmer, over low heat, for eight to nine minutes, stirring occasionally. The mixture will thicken as it simmers.

Once the macaroni is tender, remove from the heat.

Add the shredded cheese, and stir to combine. Cover and let sit for five minutes before serving.

Refrigerate leftovers within two hours. Eat within three to five days.

## Nutrition Facts

12 servings per container
**Serving size** **1/2 cup (147g)**

| Amount per serving | |
|---|---|
| **Calories** | **220** |
| | **% Daily Value*** |
| **Total Fat** 10g | **13%** |
| Saturated Fat 6g | **30%** |
| Trans Fat 0g | |
| **Cholesterol** 30mg | **10%** |
| **Sodium** 160mg | **7%** |
| **Total Carbohydrate** 23g | **8%** |
| Dietary Fiber 0g | **0%** |
| Total Sugars 5g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 10g | |
| Vitamin D 1mcg | 6% |
| Calcium 238mg | 20% |
| Iron 1mg | 6% |
| Potassium 218mg | 4% |

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*This is a comfort food hit! All my participants love this version of Mac and cheese, one mention that it taste like holidays, the only difference is that is healthier.*

*Recipe credit from Eating Smart Being Active curriculum from Colorado State Extension.*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

MISSOURI

University

UNIVERSITY OF MISSOURI

EFNEP 50TH ANNIVERSARY RECIPES

# Slow Cooker Chicken Taco Filling

MAIN COURSE

## INGREDIENTS

- 1½ lbs. boneless, skinless chicken breast
- 1 (15-oz.) can "no salt added" diced tomatoes
- ½ c. salsa
- 1 (15-oz.) can black beans, drained and rinsed
- ½ lb. frozen corn
- 1 Tbsp. chili powder
- 2 tsp. cumin
- 1 tsp. garlic powder
- 1 tsp. dried Italian seasoning
- ¼ tsp. black pepper
- 4 oz. shredded light cheddar cheese (about 1 c.)

## Nutrition Facts

6 servings per container
**Serving size** **1 cup (335g)**

**Amount per serving**
**Calories** **330**

| | % Daily Value* |
|---|---|
| **Total Fat** 10g | **13%** |
| Saturated Fat 5g | **25%** |
| Trans Fat 0g | |
| **Cholesterol** 105mg | **35%** |
| **Sodium** 470mg | **20%** |
| **Total Carbohydrate** 25g | **9%** |
| Dietary Fiber 7g | **25%** |
| Total Sugars 4g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 37g | |
| Vitamin D 0mcg | 0% |
| Calcium 189mg | 15% |
| Iron 3mg | 15% |
| Potassium 744mg | 15% |

*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.

## INSTRUCTIONS

Place chicken breasts in the bottom of a 5-quart (or larger) slow cooker.

In a large bowl, combine drained and rinsed black beans, diced tomatoes, salsa, corn and dry seasonings (chili powder, cumin, garlic powder, Italian seasoning and black pepper). Spread evenly over chicken breasts.

Secure the lid of the slow cooker and cook on low for eight hours or high for four hours.

Remove chicken breasts and shred with a fork. Stir shredded chicken back into tomato/bean mixture to combine. Top with shredded light cheddar.

This filling mixture can be served wrap-style in a whole-wheat tortilla, spooned into hard or soft taco shells, or served over cooked brown rice or mixed greens.

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

WEST VIRGINIA

University

WEST VIRGINIA UNIVERSITY

MAIN COURSE

EFNEP 50TH ANNIVERSARY RECIPES

# Sourdough Pancakes

**Yield:** 6 medium pancakes, 2 pancakes per serving

## INGREDIENTS

- 2 c. Sponge (active sourdough)
- 1 egg
- ½ tsp. salt
- 1 Tbsp. sugar
- 4 Tbsp. nonfat dry milk powder (optional)
- ½ tsp. baking soda
- 1 Tbsp. water

## Nutrition Facts

3 servings per container
**Serving size 2 pancakes (225g)**

| Amount per serving | |
|---|---|
| **Calories** | **330** |
| | **% Daily Value*** |
| **Total Fat** 2.5g | **3%** |
| Saturated Fat 0.5g | **3%** |
| Trans Fat 0g | |
| **Cholesterol** 60mg | **20%** |
| **Sodium** 630mg | **27%** |
| **Total Carbohydrate** 65g | **24%** |
| Dietary Fiber 2g | **7%** |
| Total Sugars 4g | |
| Includes 4g Added Sugars | **8%** |
| **Protein** 10g | |
| Vitamin D 0mcg | 0% |
| Calcium 25mg | 2% |
| Iron 4mg | 20% |
| Potassium 108mg | 2% |

*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.

## INSTRUCTIONS

In the evening or six to eight hours before using, set the sponge. When the sponge is bubbly and active, measure 2 c. for this recipe; save remaining for starter.

Add to the active sourdough sponge the egg, salt and sugar; beat with a fork to blend all ingredients. If you like, add nonfat dry milk powder (optional). Dissolve baking soda in water and stir the baking soda-water mixture into batter just before baking. Bake on a hot griddle. Turn once. Serve with hot brown sugar syrup or honey melted butter. Molasses, jelly, birch syrup or rose hip syrup are other tasty toppings.

If you prefer a thin pancake, add another egg or a bit more water; for a thicker cake, the sponge should have more flour. At the time of baking, the batter for sourdough should be the same consistency as the batter for the other hot cakes that are family favorites.

*The people traveling to Alaska would bring a sourdough starter with them to make breads, pancakes, etc. This tradition goes back well over 150 years.*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

ALASKA

University

UNIVERSITY OF ALASKA FAIRBANKS

MAIN COURSE

EFNEP 50TH ANNIVERSARY RECIPES

# Spinach and Carrot-stuffed Pasta

**Yield:** 7 servings, 5 shells each

## INGREDIENTS

- 1 (15-oz.) ricotta cheese
- 1 (8-oz.) frozen chopped spinach
- 2 c. shredded carrots
- 1½ c. shredded cheese of your choice
- 1½ c. spaghetti sauce
- 1 box manicotti or jumbo shell pasta
- 5 c. water
- 2 tsp. garlic powder
- 2 tsp. onion powder
- 1 tsp. cayenne pepper
- Parsley flakes (optional)

## Nutrition Facts

7 servings per container
**Serving size** **5 shells (410g)**

**Amount per serving**
**Calories** **360**

| | % Daily Value* |
|---|---|
| **Total Fat** 9g | **12%** |
| Saturated Fat 4g | **20%** |
| Trans Fat 0g | |
| **Cholesterol** 25mg | **8%** |
| **Sodium** 560mg | **24%** |
| **Total Carbohydrate** 48g | **17%** |
| Dietary Fiber 2g | **7%** |
| Total Sugars 6g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 21g | |
| Vitamin D 0mcg | 0% |
| Calcium 335mg | 25% |
| Iron 3mg | 15% |
| Potassium 408mg | 8% |

*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.

## INSTRUCTIONS

Preheat oven to 350F.

Rinse and squeeze spinach.

In a large bowl, mix ricotta cheese, spinach, carrots, garlic powder, onion powder, pepper and 1 c. of cheese of your choice.

Follow instructions for cooking the pasta. When pasta is done, put it in cold water to cool.

Take pasta and stuff with mix ingredients.

Pour 1 c. of spaghetti sauce on the bottom of the pan, then place the stuffed pasta on the sauce and sprinkle the remaining sauce over pasta with a little shredded cheese on top.

Bake for 15 to 20 minutes.

When pasta is done baking, sprinkle a little parsley on it for garnish.

*This recipe was used with the EFNEP clients who were not getting enough veggies into their diet. After making the recipe, the clients loved it and are making it with their families, who also love it.*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

UNITED STATES VIRGIN ISLANDS

University

UNIVERSITY OF THE VIRGIN ISLANDS

# Sticky Chicken

**Yield:** 6 servings

MAIN COURSE

## INGREDIENTS

- 3 skinless, boneless chicken breasts cut into strips
- 2 tsp. margarine (butter)
- 1 c. apricot jam (or peach, pineapple, citrus-flavored jams)
- 1 c. Catalina salad dressing (French or Russian dressing can be used)
- 1 pkg. dry onion soup mix

## INSTRUCTIONS

Sauté chicken in margarine until lightly browned.

Combine remaining ingredients; mix well.

Pour over chicken and simmer 15 to 20 minutes; stir occasionally. Serve over rice.

## Nutrition Facts

6 servings per container
**Serving size** **1 serving (159g)**

**Amount per serving**
**Calories** **380**

| | % Daily Value* |
|---|---|
| **Total Fat** 18g | **23%** |
| Saturated Fat 2.5g | **13%** |
| Trans Fat 0g | |
| **Cholesterol** 45mg | **15%** |
| **Sodium** 960mg | **42%** |
| **Total Carbohydrate** 46g | **17%** |
| Dietary Fiber 0g | **0%** |
| Total Sugars 33g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 14g | |
| Vitamin D 0mcg | 0% |
| Calcium 14mg | 2% |
| Iron 0mg | 0% |
| Potassium 238mg | 6% |

*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.

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

UTAH

University

UTAH STATE UNIVERSITY

EFNEP 50TH ANNIVERSARY RECIPES

# Surf's Up Tacos

**Yield:** 6 servings

MAIN COURSE

## INGREDIENTS

- 1 (5-oz.) can of tuna, drained
- 1 (15½-oz.) can red kidney beans, rinsed and drained
- 1 (11-oz.) can mexi-corn, drained
- ⅓ c. mayonnaise
- 2 Tbsp. taco seasoning*
- 2 Tbsp. lime juice or juice from 1 lime
- 2 c. lettuce, shredded
- 1½ c. cheddar cheese, shredded
- ½ c. salsa
- 12 hard taco shells or whole-grain tortillas

## Nutrition Facts

servings per container
**Serving size** **(144g)**

**Amount per serving**
**Calories** **180**

| | % Daily Value* |
|---|---|
| **Total Fat** 7g | **9%** |
| Saturated Fat 2g | **10%** |
| Trans Fat 0g | |
| **Cholesterol** 10mg | **3%** |
| **Sodium** 310mg | **13%** |
| **Total Carbohydrate** 21g | **8%** |
| Dietary Fiber 4g | **14%** |
| Total Sugars 3g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 7g | |
| Vitamin D 0mcg | 0% |
| Calcium 115mg | 8% |
| Iron 1mg | 6% |
| Potassium 270mg | 6% |

*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.

## INSTRUCTIONS

In a medium bowl, flake tuna with fork. Stir in beans, corn, mayonnaise, taco seasoning and lime juice.

Place lettuce, cheese and salsa in separate bowls.

Place taco shells on microwave safe plate. Microwave on high for one minute.**

To eat, layer tuna mixture, lettuce and cheese. Top with salsa.

*Taco seasoning can be saved for 12 months once opened. Store in an airtight bag or container for later use.

**Microwaves may vary in power, so you may have to change the cooking time.

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

NEBRASKA

University

UNIVERSITY OF NEBRASKA

MAIN COURSE

EFNEP 50TH ANNIVERSARY RECIPES

# Tex-Mex Skillet

**Yield:** 5 servings

## INGREDIENTS

- 1 Tbsp. vegetable oil
- 1 (14-oz.) package tofu, cut into ½-inch pieces
- 2 c. chopped vegetable mixture (onion, celery, bell pepper, carrots)
- 2 c. water
- 1 c. dry white rice
- 1 (15-oz.) can tomatoes, diced
- 2 tsp. chili powder
- 2 garlic cloves, minced
- 1 (15-oz.) can beans, rinsed and drained.

## INSTRUCTIONS

Use a large skillet or saucepan with a tight fitting lid. Over medium heat, add oil to skillet and add tofu. Cook until lightly browned.

Add vegetables and continue cooking 5 to 10 minutes

Add water, rice, tomatoes and seasonings. Bring to a boil. Reduce heat to medium-low. Cover pan and cook for ten minutes.

Add beans to pan. Continue to cook for 10 to 15 minutes until rice is tender. Serve immediately.

## Nutrition Facts

5 servings per container
**Serving size** **1 serving (523g)**

**Amount per serving**
**Calories** **360**

| | % Daily Value* |
|---|---|
| **Total Fat** 7g | **9%** |
| Saturated Fat 1g | **5%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 370mg | **16%** |
| **Total Carbohydrate** 55g | **20%** |
| Dietary Fiber 9g | **32%** |
| Total Sugars 4g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 18g | |
| Vitamin D 0mcg | 0% |
| Calcium 224mg | 15% |
| Iron 5mg | 30% |
| Potassium 601mg | 15% |

*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.

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

WASHINGTON

University

WASHINGTON STATE UNIVERSITY

MAIN COURSE

EFNEP 50TH ANNIVERSARY RECIPES

# Three Recipes for One Chicken

**Yield:** 5 servings, 1 piece of chicken each

## Recipe 1: Smothered Chicken

### INGREDIENTS

- 5 pieces chicken
- 3 Tbsp. flour
- 1 tsp. salt
- ½ c. of fat
- 1 c. water

### INSTRUCTIONS

Put 3 Tbsp. flour in bowl. Add 1 tsp. salt. Mix. Cut up chicken. Fry only five pieces. Put rest in refrigerator. Roll chicken in flour. Put ½ c. fat in frying pan. Heat fat. Put chicken in frying pan. Brown both sides. Take pan off heat. Let it cool about five minutes. Add one cup water. Cover frying pan. Cook on low heat. Cook 30 minutes.

## Recipe 2: Chicken Salad

### INGREDIENTS

- 1 Tbsp. salt
- 4 c. water
- 1 apple
- ½ c. pickles
- ½ c. mayonnaise

### INSTRUCTIONS

Put other pieces of chicken in a boiler. Cover with water. Add 1 Tbsp. salt. Cook until chicken is tender – about 30 minutes. Take chicken out of boiler. Put chicken broth, gizzard, and liver in a jar. Cover. Keep in refrigerator. Use in Rich Rice. Let meat cool a few minutes. Pull all of it from bones. Cut meat in small pieces. Cut one apple in small pieces. Measure ½ c. pickles and ½ c. mayonnaise. Mix chicken, apple, pickles and mayonnaise. Put in refrigerator until cool. Use it to make sandwiches, or eat it plain.

## Recipe 3: Rich Rice

### INGREDIENTS

- Gizzard
- Liver
- 4 c. chicken broth
- 2 c. rice
- Water

### INSTRUCTIONS

Add enough water to the jar of chicken broth to make 1 q. (4 c.). Cut the gizzard and liver in small pieces. Put in boiler with broth. Bring to a boil. Add 2 c. rice to boiler. Stir. Put lid on boiler. Turn heat to low. Cook about 20 minutes. The rice will be tender. No water will be in the boiler.

## Nutrition Facts

5 servings per container
**Serving size** **1 piece (129g)**

**Amount per serving**
**Calories** **150**

| | % Daily Value* |
|---|---|
| **Total Fat** 7g | **9%** |
| Saturated Fat 1g | **5%** |
| Trans Fat 0g | |
| **Cholesterol** 50mg | **17%** |
| **Sodium** 500mg | **22%** |
| **Total Carbohydrate** 4g | **1%** |
| Dietary Fiber 0g | **0%** |
| Total Sugars 0g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 16g | |
| Vitamin D 0mcg | 0% |
| Calcium 6mg | 0% |
| Iron 1mg | 6% |
| Potassium 242mg | 6% |

*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.

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

ALABAMA

University

AUBURN UNIVERSITY

MAIN COURSE

EFNEP 50TH ANNIVERSARY RECIPES

# Tuna Burgers

**Yield:** 6 servings, serving size: 1 patty

## INGREDIENTS

- 2 (4.5-oz.) cans low-sodium tuna, packed in water
- 1 c bread crumbs, divided
- 1 c. low-fat cheddar cheese, shredded
- 1 egg, lightly beaten
- ½ c. non-fat Ranch salad dressing
- ¼ c. finely chopped onion
- Non-stick cooking spray

## INSTRUCTIONS

Drain tuna, separate into flakes using a fork.

In a medium bowl, combine tuna, ½ c. bread crumbs, cheese, egg, salad dressing and onion.

Form six patties; coat each side with remaining ½ c. bread crumbs.

Spray non-stick skillet with cooking spray; heat to medium heat.

Cook patties three to five minutes on each side until golden brown and internal temperature of each patty reaches 160F.

## Nutrition Facts

6 servings per container
**Serving size** **1 patty (129g)**

**Amount per serving**
**Calories** **230**

| | % Daily Value* |
|---|---|
| **Total Fat** 7g | **9%** |
| Saturated Fat 1.5g | **8%** |
| Trans Fat 0g | |
| **Cholesterol** 60mg | **20%** |
| **Sodium** 570mg | **25%** |
| **Total Carbohydrate** 18g | **7%** |
| Dietary Fiber 0g | **0%** |
| Total Sugars 2g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 22g | |
| Vitamin D 0mcg | 0% |
| Calcium 117mg | 10% |
| Iron 2mg | 10% |
| Potassium 164mg | 4% |

*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.

*Tuna is an inexpensive protein that helps families extend their food dollars, but many complain that they are tired of the tuna casseroles that have been around for so long. Many state that they find it difficult to get their children to eat it. This particular recipe was developed for EFNEP by Dr. Carolyn Dunn, Department Head and Professor in the Department of Agricultural and Human Sciences at NC State University. It is used as a standard recipe to teach participants how to "Get the Best for Less" in the Families Eating Smart and Moving More curriculum.*

*My participants LOVE this recipe. They are surprised at how good it tastes. Even participants who stated they didn't like tuna at the beginning of the class shared they really liked this recipe. It is versatile and can be made using canned chicken as well. Participants like that they can add vegetables and spices to this recipe to make it their own.*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

NORTH CAROLINA

University

NC STATE UNIVERSITY

EFNEP 50TH ANNIVERSARY RECIPES

# Turkey Tinaktak

**Yield:** Makes 12, ½ c. servings

MAIN COURSE

## INGREDIENTS

- 1 Tbsp. canola oil
- 1 small onion, diced
- 3 cloves garlic, chopped
- 1 lb. ground turkey, lean
- 2 c. fresh long beans cut into 3-inch pieces
- 1 can coconut milk, lite
- 2 c. cherry tomatoes cut into halves
- ½ tsp. salt
- ½ tsp. black pepper
- Fresh lemon juice optional

## INSTRUCTIONS

Heat canola oil in a pot on medium heat.

Sauté onions and garlic.

Add ground turkey and cook until brown.

Add long beans and cook for two to three minutes more.

Pour in coconut milk and bring to a simmer. Simmer for two minutes

Add tomatoes, salt, pepper and lemon juice. Stir well.

Allow mixture to sit for one minute.

Turn off heat and let sit for one minute.

Serve with ½ c. cooked brown rice or ½ c. of half brown/half white rice mixture.

## Nutrition Facts

12 servings per container
**Serving size** **1/2 cup (123g)**

| Amount per serving | |
|---|---|
| **Calories** | **150** |
| | **% Daily Value*** |
| **Total Fat** 11g | **14%** |
| Saturated Fat 7g | **35%** |
| Trans Fat 0g | |
| **Cholesterol** 15mg | **5%** |
| **Sodium** 125mg | **5%** |
| **Total Carbohydrate** 5g | **2%** |
| Dietary Fiber 0g | **0%** |
| Total Sugars 1g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 9g | |
| Vitamin D 0mcg | 0% |
| Calcium 20mg | 2% |
| Iron 2mg | 10% |
| Potassium 200mg | 4% |

*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.

*Traditionally this dish is made with regular flank/minute stake (pounded), or ground beef/ground pork and with freshly made coconut milk along with locally grown produce (cherry tomatoes and long beans). As a part of our program promotion we've been conducting food demo's at our local grocery stores and have been trying to promote modified local recipes, which the Turkey Tinaktak is a great hit being that it is lower in total fat and sodium.*

*– Both our "educator's and our participants often say: They love it! And feel less guilty eating this dish because it's made much healthier using lite coconut milk and turkey instead of beef not to mention is made with less salt but still very tasty.*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

GUAM

University

UNIVERSITY OF GUAM

MAIN COURSE

EFNEP 50TH ANNIVERSARY RECIPES

# Vegetable Tostadas

**Yield:** 15 - ½ c. servings

## INGREDIENTS

- ½ head of cauliflower (about 1.5 c.)
- 3 carrots
- 2 cucumbers
- ½ c. diced red onion (about half an onion)
- 2 diced fresh tomatoes (2 medium tomatoes yields about 1 c.)
- ½ c. finely chopped cilantro
- 1 c. lemon juice (6-7 fresh lemons)
- Salt to taste (optional)
- 1 package baked tostadas (use 15 – one for each ½ c. portion of tostada mix)

## Nutrition Facts

15 servings per container
**Serving size** **0.5 cups (116g)**

**Amount per serving**
**Calories** **80**

| | % Daily Value* |
|---|---|
| **Total Fat** 3g | **4%** |
| Saturated Fat 1g | **5%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 95mg | **4%** |
| **Total Carbohydrate** 14g | **5%** |
| Dietary Fiber 1g | **4%** |
| Total Sugars 3g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 27mg | 2% |
| Iron 0mg | 0% |
| Potassium 232mg | 4% |

*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.

## INSTRUCTIONS

**Preparation time:** 45 to 55 minutes
**Refrigeration time:** 30 minutes
**Total time:** 1 hour and 15 to 20 minutes

Chop cauliflower, carrots and cucumbers into a large bowl.

Add onion, tomatoes, cilantro and lemon juice. Stir to combine.

Add salt to taste.

Refrigerate for 30 minutes.

Spoon ½ c. of mixture onto tostadas and serve.

Refrigerate leftovers.

*Vegetable tostadas dish was well received and enjoyed by our participants in our multi-cultural classes and selected to encourage our participants to consume more vegetables. They loved it!!*

*As a Nutrition Educator, I am happy to say that this recipe is requested often by the participants. It's tasty, healthy, great on the budget and easy to make.*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

CALIFORNIA

University

UNIVERSITY OF CALIFORNIA

MAIN COURSE

EFNEP 50TH ANNIVERSARY RECIPES

# Zesty Corn and Spinach Sauté

**Yield:** 8 servings (½ c.)

## INGREDIENTS

- 1 tsp. oil
- ½ c. chopped onion
- 1 clove of garlic, minced
- 2 cans corn, drained
- 10 oz. frozen spinach, defrosted
- ¾ c. chopped red pepper
- ¼ tsp. salt
- 1 Tbsp. chili powder
- 4 oz. Neufchatel cheese (or low-fat cream cheese)

## Nutrition Facts

8 servings per container
**Serving size** **1/2 cup (142g)**

**Amount per serving**
**Calories** **110**

| | % Daily Value* |
|---|---|
| **Total Fat** 5g | **6%** |
| Saturated Fat 2g | **10%** |
| Trans Fat 0g | |
| **Cholesterol** 10mg | **3%** |
| **Sodium** 280mg | **12%** |
| **Total Carbohydrate** 13g | **5%** |
| Dietary Fiber 3g | **11%** |
| Total Sugars 4g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 4g | |
| Vitamin D 0mcg | 0% |
| Calcium 71mg | 6% |
| Iron 1mg | 6% |
| Potassium 287mg | 6% |

*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.

## INSTRUCTIONS

Place oil in skillet and heat.

Add chopped onion and minced garlic.

Sauté for five minutes or until the onion is soft.

Add drained corn and continue sautéing until heated throughout.

Mix in defrosted spinach and heat.

Stir in red pepper, salt, and chili powder.

Just before serving, blend in Neufchatel cheese.

*This recipe was created for our summer Kids in the Kitchen youth program. It is similar, yet different, from the very popular Calabacitas used in our Choose Health: Food, Fun, Fitness youth program. The children love the recipe even though it contains cooked spinach, which many say they don't like. Originally, I experimented with using canned spinach, but the spinach formed clumps and the overall appearance of the dish was not appetizing..*

*Quotes from individual children during the summer program included: "This spinach is sooo good.", "You are the best cook." (Spinach and Corn Sauté), "Keep making this I could eat this three meals a day". (Spinach and Corn Sauté), and "We should try this (Spinach and Corn Sauté) with kale." (Earlier in the program they massaged kale, which was used in a small individual salad each child made.)*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

DELAWARE

University

UNIVERSITY OF DELAWARE

# Desserts

Apple Nachos
Apple Spice Cake
Autumn Apple Cake
Better Bars
Blueberry Bean Cake
Chickpea Chocolate Cake
Dessert Hummus
Easy Tin Can Ice Cream
Fruit and Yogurt Pie
Fruit Pizza
Pumpkin Bread
Spiffy Fruit Pie
Wild Maine Blueberry Cobbler
Yogurt Pie

Celebrating 50 years
EFNEP
Expanded Food and Nutrition Education Program

DESSERTS

EFNEP 50TH ANNIVERSARY RECIPES

# Apple Nachos

## INGREDIENTS

- 1 Apple or Pear cored and sliced
- 2 Tbsp. of yogurt
- 1 Tbsp. of honey
- 1 Tbsp. of raisins
- 1 Tbsp. of coconut
- 1 Tbsp. of granola
- 2 strawberries, cubed

## INSTRUCTIONS

Thinly slice apple or pear (arrange on a plate)

Drizzle apple or pear with plain yogurt and honey

Sprinkle apple or pear with cubed strawberries, shredded coconut, granola and raisins

Optional toppings (caramel and dried cranberries) ENJOY!

## Nutrition Facts

1 servings per container
**Serving size** **1 serving (292g)**

**Amount per serving**
**Calories** **300**

| | % Daily Value* |
|---|---|
| **Total Fat** 7g | **9%** |
| Saturated Fat 5g | **25%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 50mg | **2%** |
| **Total Carbohydrate** 62g | **23%** |
| Dietary Fiber 7g | **25%** |
| Total Sugars 49g | |
| Includes 17g Added Sugars | **34%** |
| **Protein** 4g | |
| Vitamin D 0mcg | 0% |
| Calcium 75mg | 6% |
| Iron 1mg | 6% |
| Potassium 358mg | 8% |

*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.

*Apple Nachos is a unique opportunity for families to create a traditional healthy alternative to tortilla chips. This recipe never fails to keep participants fully engaged and completely satisfied!*

*Apple Nachos are an exciting and refreshing treat that participants are always eager to try".*

*- Educators*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

DELAWARE

University

DELAWARE STATE UNIVERSITY

DESSERTS



# Apple Spice Cake

**Yield:** 12 servings

## INGREDIENTS

- 1 c. sugar
- 2 tsp. vanilla
- ¼ c. margarine or butter
- 1 egg, beaten
- 1 (15- oz.) can pinto beans, undrained and mashed
- 1 c. flour
- ½ tsp. cloves
- 1 tsp. baking soda
- ½ tsp. allspice
- 1 tsp. cinnamon
- 2 c. raw apples, diced
- 1 c. raisins
- ½ c. chopped nuts, optional

## Nutrition Facts

12 servings per container
**Serving size** **1 serving (107g)**

**Amount per serving**
**Calories** **230**

| | % Daily Value* |
|---|---|
| **Total Fat** 4.5g | **6%** |
| Saturated Fat 2.5g | **13%** |
| Trans Fat 0g | |
| **Cholesterol** 25mg | **8%** |
| **Sodium** 170mg | **7%** |
| **Total Carbohydrate** 44g | **16%** |
| Dietary Fiber 3g | **11%** |
| Total Sugars 29g | |
| Includes 17g Added Sugars | **34%** |
| **Protein** 4g | |
| Vitamin D 0mcg | 0% |
| Calcium 33mg | 2% |
| Iron 2mg | 10% |
| Potassium 245mg | 6% |

*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.

## INSTRUCTIONS

Mix together sugar, vanilla and margarine in large mixing bowl.

Add egg and beans to mixture.

Add flour and spices to the bowl and mix well.

Add apples, raisins and nuts, mix well.

Pour mixture into a lightly greased 9- by 13-inch pan.

Bake at 375F for 45 minutes.

*Three "seasoned" educators from across the state remembered this one! One said "really good and I still make it." Another said "when I run into past years' participants they always mention the apple cake."*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

PENNSYLVANIA

University

PENN STATE UNIVERSITY

DESSERTS



# Autumn Apple Cake

## INGREDIENTS

- Canola oil for pie plate
- ½ c. flour (whole-wheat flour works well)
- ½ c. sugar
- 1 tsp. baking powder
- 1 tsp. ground cinnamon
- 2 Granny Smith or other tart apples, washed, cored and chopped
- 1 egg, lightly beaten
- 1 tsp. vanilla extract

## INSTRUCTIONS

Preheat oven to 350F.

Oil a 9-inch pie plate.

Combine flour, sugar, baking powder and cinnamon in a medium-size bowl; mix well.

Add apple, stirring to coat the apple.

Combine egg and vanilla in a separate bowl.

Stir egg mixture into dry ingredients until moistened. Pour batter into pie plate.

Bake for 25 minutes or until lightly browned.

**Tips to try at home:** Buy apples when they are in season and less expensive. Use whole-wheat flour. The kids won't even notice the difference! Leave the skin on the apples. Apple picking is a fun family activity.

## Nutrition Facts

8 servings per container
**Serving size** **1/8 slice of round (84g)**

**Amount per serving**
**Calories** **100**

| | % Daily Value* |
|---|---|
| **Total Fat** 1g | **1%** |
| Saturated Fat 0g | **0%** |
| Trans Fat 0g | |
| **Cholesterol** 25mg | **8%** |
| **Sodium** 10mg | **0%** |
| **Total Carbohydrate** 23g | **8%** |
| Dietary Fiber 2g | **7%** |
| Total Sugars 15g | |
| Includes 9g Added Sugars | **18%** |
| **Protein** 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 89mg | 6% |
| Iron 1mg | 6% |
| Potassium 104mg | 2% |

*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.

*The recipe highlights apples, a major crop here in Vermont, and incorporates whole-wheat flour into baking.*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

VERMONT

University

UNIVERSITY OF VERMONT

DESSERTS



# Better Bars

**Yield:** Makes 16 bars, one 2- by 3-inch bar each

## INGREDIENTS

- 2 c. cooked beans (kidney, pinto, or navy)
- ⅓ c. nonfat dry milk
- 1 egg, beaten
- ½ c. molasses
- ½ c. vegetable oil
- 1 c. all-purpose flour
- ½ c. applesauce
- 1 tsp. baking soda
- 1 tsp. cinnamon
- ½ tsp. ground cloves
- ½ tsp. nutmeg
- 1 c. raisins (optional)

## INSTRUCTIONS

Mash beans into a paste.

Add the other ingredients and stir until ingredients are well blended.

Pour into a greased 13- by 9-inch pan.

Bake at 350 F for 30 minutes.

## Nutrition Facts

16 servings per container

**Serving size** **2 x 3" square (60g)**

**Amount per serving**

**Calories** **160**

| | % Daily Value* |
|---|---|
| **Total Fat** 8g | **10%** |
| Saturated Fat 1g | **5%** |
| Trans Fat 0g | |
| **Cholesterol** 10mg | **3%** |
| **Sodium** 95mg | **4%** |
| **Total Carbohydrate** 21g | **8%** |
| Dietary Fiber 2g | **7%** |
| Total Sugars 9g | |
| Includes 7g Added Sugars | **14%** |
| **Protein** 4g | |
| Vitamin D 0mcg | 0% |
| Calcium 56mg | 4% |
| Iron 1mg | 6% |
| Potassium 288mg | 6% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a

*EFNEP assistants used this recipe to help local food bank distribute more than 200 pounds of pinto beans. The food bank would distribute the beans and the participants would bring them back because they did not know what to do with dry beans. EFNEP stepped in to teach how to cook them and how to use them in this recipe. Samples were given and participants wanted the recipe and requested beans so they could make them at home.*

*Parents requested dry beans from the food bank because their children requested the Better Bars. They had tried for years to get their children to eat beans. They ate them in the Better Bars and loved them. EFNEP taught that making healthful snacks is cheaper than purchasing them. An EFNEP assistant's job is to show people how to use what foods they have to cook and to spend less money and still have tasty foods for their family.*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

KENTUCKY

University

UNIVERSITY OF KENTUCKY

DESSERTS

EFNEP 50TH ANNIVERSARY RECIPES

# Blueberry Bean Cake

## INGREDIENTS

- 1 can (15 oz. each) red kidney beans
- ⅓ c. nonfat milk
- ½ c. sugar
- ¼ c. butter
- 3 eggs
- 2 tsp. vanilla
- 1 c. all-purpose flour
- ½ c. whole wheat flour
- 1 tsp. baking soda
- 1¼ tsp. cinnamon
- ½ tsp. salt
- ¾ teaspoon ground cloves
- pinch ground nutmeg
- 1 c. blueberries, fresh or frozen

**Nutrition Facts**

servings per container
**Serving size** (96g)

**Amount per serving**
**Calories** 190

| | % Daily Value* |
|---|---|
| **Total Fat** 5g | 6% |
| Saturated Fat 3g | 15% |
| *Trans* Fat 0g | |
| **Cholesterol** 55mg | 18% |
| **Sodium** 220mg | 10% |
| **Total Carbohydrate** 29g | 11% |
| Dietary Fiber 1g | 4% |
| Total Sugars 11g | |
| Includes 8g Added Sugars | 15% |
| **Protein** 6g | |
| Vitamin D 0mcg | 0% |
| Calcium 22mg | 2% |
| Iron 1mg | 6% |
| Potassium 73mg | 2% |

*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

## INSTRUCTIONS

Preheat oven to 375 F.

Process beans and milk in food processor or blender until smooth.

Mix sugar and butter in large bowl. Beat in eggs and vanilla.

Mix in bean mixture until well blended.

Stir together dry ingredients (flours, baking soda, and spices) in a separate bowl. Add to bean and egg mixture.

Gently stir in blueberries.

Spoon mixture into 12 greased or paper-lined muffin cups.

Bake muffins in oven until toothpick inserted in centers come out clean, about 20 to 25 minutes.

Cool in pans on wire racks five minutes until removing.

**Note:**
Any canned bean variety can be easily substituted. Nutrition Facts calculated using fresh blueberries. Recipe makes 12 muffins.

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

ILLINOIS

University

UNIVERSITY OF ILLINOIS

DESSERTS



# Chickpea Chocolate Cake

**Yield:** 9 servings

## INGREDIENTS

- 1½ c. semi-sweet chocolate chips
- 1 (15-oz.) can chickpeas, rinsed and drained
- 4 eggs
- ¾ c. white sugar
- ½ tsp. baking powder
- Optional toppings: powdered sugar, frosting or fresh berries

## INSTRUCTIONS

Preheat oven to 350 F. Grease 9-inch round cake pan. Melt chocolate chips in a microwave-safe bowl, stirring occasionally until chocolate is smooth. Combine chickpeas and eggs in a food processor or blender and process until smooth. Add sugar and baking powder; blend. Pour in melted chocolate, then blend until smooth. Transfer batter to prepared cake pan. Bake for 40 minutes or until toothpick inserted in center of cake comes out clean. Cool on wire rack.

## Nutrition Facts

9 servings per container
**Serving size** **1 serving (114g)**

**Amount per serving**
**Calories** **290**

| | % Daily Value* |
|---|---|
| **Total Fat** 11g | **14%** |
| Saturated Fat 6g | **30%** |
| Trans Fat 0g | |
| **Cholesterol** 90mg | **30%** |
| **Sodium** 190mg | **8%** |
| **Total Carbohydrate** 40g | **15%** |
| Dietary Fiber 3g | **11%** |
| Total Sugars 31g | |
| Includes 30g Added Sugars | **60%** |
| **Protein** 7g | |
| Vitamin D 0mcg | 0% |
| Calcium 115mg | 8% |
| Iron 2mg | 10% |
| Potassium 204mg | 4% |

*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.

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

NORTH DAKOTA

University

NORTH DAKOTA STATE UNIVERSITY

DESSERTS



# Dessert Hummus

**Yield:** 6 servings

## INGREDIENTS

- 1 (14.5-oz.) can great northern beans, drained and rinsed
- ¼ c. creamy peanut butter
- ¼ c. maple syrup
- ¼ Tbsp. vanilla extract
- ¼ c. mini semisweet chocolate chips

## INSTRUCTIONS

Blend together the beans, peanut butter, maple syrup and vanilla extract by hand or in a blender. Stir chocolate chips into mixture. Serve with fruit or graham crackers.

## Nutrition Facts

6 servings per container
**Serving size** **1 serving (103g)**

| Amount per serving | |
|---|---|
| **Calories** | **220** |
| | **% Daily Value*** |
| **Total Fat** 8g | **10%** |
| Saturated Fat 2.5g | **13%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 310mg | **13%** |
| **Total Carbohydrate** 31g | **11%** |
| Dietary Fiber 4g | **14%** |
| Total Sugars 14g | |
| Includes 13g Added Sugars | **26%** |
| **Protein** 8g | |
| Vitamin D 0mcg | 0% |
| Calcium 59mg | 4% |
| Iron 2mg | 10% |
| Potassium 364mg | 8% |

*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.

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

NORTH DAKOTA

University

NORTH DAKOTA STATE UNIVERSITY

DESSERTS



# Easy Tin Can Ice Cream

**Yield:** 3 c., ½ c. per serving

## INGREDIENTS

- 2 c. evaporated milk
- ½ c. sugar
- ½ tsp. vanilla
- Chopped fruit or nuts
- 1 1-pound coffee can
- 1 3-pound coffee can or #10 institutional pack can
- Crushed ice
- Salt (ice cream salt)
- Rubber spatula or spoon
- Clean, damp cloth

## Nutrition Facts

6 servings per container
**Serving size** **0.5 cup (101g)**

**Amount per serving**
**Calories** **180**

| | % Daily Value* |
|---|---|
| **Total Fat** 6g | **8%** |
| Saturated Fat 4g | **20%** |
| Trans Fat 0g | |
| **Cholesterol** 25mg | **8%** |
| **Sodium** 90mg | **4%** |
| **Total Carbohydrate** 25g | **9%** |
| Dietary Fiber 0g | **0%** |
| Total Sugars 25g | |
| Includes 17g Added Sugars | **34%** |
| **Protein** 6g | |
| Vitamin D 0mcg | 0% |
| Calcium 219mg | 15% |
| Iron 0mg | 0% |
| Potassium 255mg | 6% |

*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.

## INSTRUCTIONS

Mix all ingredients well. Put them in a clean 1-pound coffee can. Place a tight-fitting plastic lid on the can. Place the 1-pound can inside a 3-pound coffee can or #10 institutional pack can. Pack crushed ice inside the larger can around the ice cream can. Pour ¾ c. of salt evenly over ice. Place a tight-fitting plastic lid on larger can. Roll the can back and forth on a table or cement slab for 10 minutes. Open the larger can and remove the ice cream can. Wipe well around the lid and remove it. Use a rubber spatula or a spoon to stir mixture and scrape the sides of the can. Replace the lid. Empty the larger can. Save the ice. Place the ice cream can back in the larger can and pack in more ice and salt. Roll the can back and forth for five minutes more. Remove lid and take out can with ice cream. Wipe well around the lid and remove it. The ice cream is ready to serve.

*"Easy Tin Can Ice Cream" was an exciting summer recipe and activity in the 4-H D.O.T. (Diet's Our Thing) curriculum of Auburn University EFNEP. Youth felt a sense of pride when they saw they could make their own ice cream. AU EFNEP youth had lots of fun with this recipe also. Due to its popularity, this recipe became a part of the "Katie Comes Calling" low-literacy publication series, with pictures, developed by an Extension specialist for the EFNEP audience. This recipe became so popular that it eventually was used in the traditional 4-H program in Alabama.*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

ALABAMA

University

AUBURN UNIVERSITY

DESSERTS



# Fruit and Yogurt Pie

**Yield:** Makes 1 pie, ⅛ of a pie per serving

## INGREDIENTS

- 8 oz. low-fat fruit yogurt
- 8 oz. light whipped topping
- 1 c. chopped fruit
- 1 graham cracker crust
- ½ c. nonfat milk powder

## INSTRUCTIONS

Mix yogurt, fruit and half of the whipped topping.

Pour mixture into pie shell.

Cover with the remaining whipped topping or mix all ingredients together and pour into the pie shell.

Garnish the top with some chopped fruit.

Chill in the refrigerator for two to three hours.

May be frozen. Thaw overnight in the refrigerator.

**Note:** Any canned fresh or frozen fruit can be used. Drain off any liquid before using.

## Nutrition Facts

8 servings per container
**Serving size** **1 piece (103g)**

**Amount per serving**
**Calories** **220**

| | % Daily Value* |
|---|---|
| **Total Fat** 9g | **12%** |
| Saturated Fat 6g | **30%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 130mg | **6%** |
| **Total Carbohydrate** 33g | **12%** |
| Dietary Fiber 0g | **0%** |
| Total Sugars 18g | |
| Includes 0g Added Sugars | **0%** |
| **Protein** 4g | |
| Vitamin D 0mcg | 0% |
| Calcium 99mg | 8% |
| Iron 0mg | 0% |
| Potassium 175mg | 4% |

*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.

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

NEVADA

University

UNIVERSITY OF NEVADA RENO

DESSERTS



# Fruit Pizza

**Yield:** 8 servings

## INGREDIENTS

- 1 large egg white
- ¼ c. oil (canola or vegetable)
- ¼ c. brown sugar (firmly packed)
- ⅓ c. all purpose flour
- ¼ tsp. ground cinnamon
- ¼ tsp. baking soda
- 1 c. quick cooking oatmeal, uncooked
- Nonstick cooking spray
- 3 oz. fat free cream cheese, softened
- ½ container (6 oz.) nonfat vanilla yogurt
- Fruit for topping the pizza

## INSTRUCTIONS

Preheat the oven to 375 F.

Use a medium mixing bowl to beat egg white until foamy. Add oil and sugar. Beat until smooth.

Stir together the flour, cinnamon, and baking soda in a small bowl. Add to sugar mixture. Stir in oatmeal.

Line a baking sheet with aluminum foil and spray with cooking spray. Spread the dough in a 9-inch circle.

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.

Stir together the cream cheese and yogurt in a small bowl until smooth. Cover with plastic wrap and refrigerate until cool.

Transfer the crust to a serving plate. Spread the cream cheese mixture over the crust. Arrange fruit on top.

Cut into wedges and serve or refrigerate up to two hours (covered and uncut).

## Nutrition Facts

8 Servings Per Recipe

**Serving Size: 1 wedge**

**Amount Per Serving**

**Calories 180**

| | % Daily Value* |
|---|---|
| **Total Fat** 8g | **12%** |
| Saturated Fat 0.5g | **3%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 130mg | **5%** |
| **Total Carbohydrates** 25g | **8%** |
| Dietary Fiber 1g | **4%** |
| Total Sugars 12g | |
| Added Sugars | **NA*** |
| **Protein** 5g | |
| Vitamin D 0mcg | **0%** |
| Calcium 66mg | **6%** |
| Iron 1mg | **6%** |
| Potassium 180mg | **4%** |

* 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 avaliable for the recipe. We will be updating the information shortly.

*Fruit Pizza is our favorite dessert recipe. We use it to celebrate program graduations, to share something tasty with our partners and extension councils, and when we simply want to enjoy a delicious dessert.*

*Recipe courtesy of Iowa State University Extension and Outreach's Spend Smart. Eat Smart website. For more information, recipes, and videos, visit spendsmart.extension.iastate.edu.*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory: IOWA

University: IOWA STATE UNIVERSITY

BREADS

EFNEP 50TH ANNIVERSARY RECIPES

# Pumpkin Bread

**Yield:** 16 servings

## INGREDIENTS

- 1 cup pumpkin (half of 15-oz. can or fresh, cooked and mashed)
- 1 tsp. baking powder
- ½ c. sugar
- 1 tsp. baking soda
- 2 Tbsp. vegetable oil
- 1 tsp. ground cinnamon
- ½ c. plain low-fat yogurt
- ¼ tsp. salt
- ¾ c. all-purpose flour
- ½ c. raisins
- ¾ c. whole-wheat flour

## Nutrition Facts

16 servings per container

**Serving size** **1 slice (48g)**

**Amount per serving**

**Calories** **110**

| | % Daily Value* |
|---|---|
| **Total Fat** 2g | **3%** |
| Saturated Fat 0g | **0%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 120mg | **5%** |
| **Total Carbohydrate** 21g | **8%** |
| Dietary Fiber 2g | **7%** |
| Total Sugars 11g | |
| Includes 6g Added Sugars | **12%** |
| **Protein** 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 62mg | 4% |
| Iron 1mg | 6% |
| Potassium 67mg | 2% |

*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.

## INSTRUCTIONS

Wash hands and surfaces.

Preheat oven to 350 F.

In large mixing bowl, beat together pumpkin, sugar, oil and yogurt.

In a medium bowl, combine the flours, baking powder, soda, cinnamon and salt. Add to pumpkin mixture, stirring until moistened.

Stir in raisins and pour into greased 9-by-5-by-3-inch loaf pan.

Bake for about one hour or until toothpick inserted near the center comes out clean.

Cool 10 minutes and then remove from pan. Refrigerate leftovers immediately.

*This recipe is always a success in my classes, participants make often a comment that they enjoy making this recipe at home and is very affordable, a great alternative to piece of cake.*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

MISSOURI

University

UNIVERSITY OF MISSOURI

DESSERTS



# Spiffy Fruit Pie

**Yield:** 4 pies, I pie per serving

## INGREDIENTS

- 1 c. applesauce
- 8 slices bread
- Fat for frying the pies
- ½ c. sugar

## INSTRUCTIONS

Put about 2 Tbsp. of applesauce on a slice of bread. Spread it. Do not spread it all the way to the edges

Place a slice of bread on top of it.

Mash the edges of the bread together. Use a fork.

Put 1 Tbsp. of fat in a frying pan. Melt it.

Put the fruit pie in the hot fat. Brown it on one side. Turn it over. Brown it on the other side. Brown all the pies like this. Add more cooking fat if you need it.

Take the fruit pie out of the frying pan.

Sprinkle sugar on the outside of the bread. Now the pie is ready to eat.

## Nutrition Facts

4 servings per container

| Serving size | 1 pie (151g) |
|---|---|
| **Amount per serving** | |
| **Calories** | **330** |
| | **% Daily Value*** |
| **Total Fat** 8g | **10%** |
| Saturated Fat 4g | **20%** |
| Trans Fat 0g | |
| **Cholesterol** 15mg | **5%** |
| **Sodium** 320mg | **14%** |
| **Total Carbohydrate** 60g | **22%** |
| Dietary Fiber 1g | **4%** |
| Total Sugars 34g | |
| Includes 25g Added Sugars | **50%** |
| **Protein** 6g | |
| Vitamin D 0mcg | 0% |
| Calcium 77mg | 6% |
| Iron 2mg | 10% |
| Potassium 129mg | 2% |

*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.

*"Spiffy Fruit Pie" was a recipe used in the youth phase of Auburn University EFNEP called 4-H D.O.T. (Diet's Our Thing) curriculum lessons. Youth could make this economical recipe easily for themselves and their families, and they all thought it was so delicious.*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

ALABAMA

University

AUBURN UNIVERSITY

DESSERTS



# Wild Maine Blueberry Cobbler

**Yield:** 6 servings

## INGREDIENTS

- ⅓ c. flour
- ¼ c. sugar
- 1½ tsp. baking powder
- ¼ tsp. salt
- ⅔ c. nonfat milk
- 2 tsp. butter, melted
- 2 c. wild Maine blueberries, frozen or fresh

## INSTRUCTIONS

Preheat oven to 350F.

In a medium bowl, combine the flour, sugar, baking powder and salt. Stir in the milk and mix the batter until it is smooth.

Using the melted margarine, grease the inside of a 1-quart casserole dish. Pour in the batter and add the blueberries over the top.

Bake the cobbler at 350F for 35 minutes, or until lightly browned.

## Nutrition Facts

6 servings per container

**Serving size** **1 serving (98g)**

**Amount per serving**

**Calories** **110**

| | % Daily Value* |
|---|---|
| **Total Fat** 1.5g | **2%** |
| Saturated Fat 1g | **5%** |
| Trans Fat 0g | |
| **Cholesterol** 5mg | **2%** |
| **Sodium** 115mg | **5%** |
| **Total Carbohydrate** 23g | **8%** |
| Dietary Fiber 1g | **4%** |
| Total Sugars 15g | |
| Includes 8g Added Sugars | **16%** |
| **Protein** 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 192mg | 15% |
| Iron 1mg | 6% |
| Potassium 48mg | 2% |

*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.

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

MAINE

University

UNIVERSITY OF MAINE

DESSERTS



# Yogurt Pie

## INGREDIENTS

- 8 oz. whipped topping, lite
- Graham cracker pie crust
- 8 oz. fruit flavored yogurt, low-fat

**Nutrition Facts**

servings per container
**Serving size** (78g)

**Amount per serving**
**Calories** 200

| | % Daily Value* |
|---|---|
| **Total Fat** 8g | 10% |
| Saturated Fat 6g | 30% |
| *Trans* Fat 0g | |
| **Cholesterol** 0mg | 0% |
| **Sodium** 110mg | 5% |
| **Total Carbohydrate** 21g | 8% |
| Dietary Fiber 0g | 0% |
| Total Sugars 13g | |
| Includes --g Added Sugars | --% |
| **Protein** 2g | |
| Vitamin D --mcg | --% |
| Calcium 44mg | 4% |
| Iron 0mg | 0% |
| Potassium 15mg | 0% |

*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

## INSTRUCTIONS

Mix the whipped topping and yogurt together for about two minutes, until well blended and fluffy.

Pour into the pie crust and let it chill in the refrigerator for about two hours.

Serve.

*Clients really enjoy this recipe. It's been around for a long time and enjoyed by many. Clients like the fact they can use any low-fat, flavored yogurt and top it with fresh fruits and/or pecan or other nuts.*

*At the end of my lesson, we completed this recipe. One of the ladies wasn't a big fan of yogurt, several of us encourage her to try it. She did and really enjoyed it. She's been making yogurt pie ever since.*

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

SOUTH CAROLINA

University

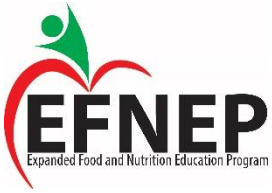
CLEMSON UNIVERSITY

# INDEX

This work is supported and funded, in part, by the Expanded Food and Nutrition Program (EFNEP) of the US Department of Agriculture (USDA) National Institute of Food and Agriculture (NIFA) and by land-grant universities, nationwide. Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the USDA. USDA is an equal opportunity provider, employer, and lender.


United States Department of Agriculture

National Institute of Food and Agriculture



# EFNEP 50th Anniversary

## December: Food Safety Holiday Tips

| Post Text/Image Description<br>*Copy text below to preferred social media handle.* | Image File<br>*Click on image file to save.* |
|---|---|
| Food safety is essential in order to keep your family and friends from getting a foodborne illness!<br><br>[Image description: 4 females show off fresh cut vegetables arranged into the shape of a holiday tree]<br><br>#EFNEPworks #EFNEP50th #NIFAimpacts<br><br>📷Photo Credit: West Virginia University | december1.png |
| It is National Handwashing Awareness Week! Follow these 6 steps on how to properly wash your hands.<br><br>[image description: 6 steps on properly washing your hands. 1) Wet hands with warm water. 2) Use soap. 3) Scrub hands while counting to 20. 4) Rinse completely. 5) Dry hands with a paper towel. 6) Shut off water with paper towel and put in trash. ]<br><br>#EFNEPworks #EFNEP50th #NIFAimpacts<br><br>📷Photo Credit:Texas A&M University | december2.png |

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

# EFNEP 50th Anniversary

## February: American Heart Month

| Post Text/Image Description<br>*Copy text below to preferred social media handle.* | Image File<br>*Click on image file to save.* |
|---|---|
| We support healthy hearts. National heart month.<br><br>[Image Description: Celebrating 50 years: EFNEP Expanded Food and Nutrition Education Program logo. On red background.]<br><br>#EFNEPworks #EFNEP50th #NIFAImpacts | February1.png |
| EFNEP supports healthy hearts. National heart month.<br><br>[Image Description: Celebrating 50 years: EFNEP Expanded Food and Nutrition Education Program logo. Envelope with heart inside on red background.]<br><br>#EFNEPworks #EFNEP50th #NIFAImpacts | February2.png |
| EFNEP supports healthy hearts. National heart month.<br><br>[Image Description: On background with a heart and a variety of fresh fruits.]<br><br>#EFNEPworks #EFNEP50th #NIFAImpacts | February3.png |
| EFNEP supports healthy hearts. National heart month.<br><br>[Image Description: On background with a heart shape carved out of a red radish.]<br><br>#EFNEPworks #EFNEP50th #NIFAImpacts | February4.png |

Celebrating 50 years
EFNEP
Expanded Food and Nutrition Education Program

# EFNEP 50th Anniversary

## July: Culinary Arts Month

| Post Text/Image Description<br>*Copy text below to preferred social media handle.* | Image File<br>*Click on image file to save.* |
|---|---|
| Celebrate Culinary Arts Month and learn new cooking skills. Contact your local EFNEP to learn more: [insert EFNEP URL]<br><br>[Image description: EFNEP participants learning to cook.]<br><br>#EFNEPworks #EFNEP50th #NIFAimpacts<br>📷Photo Credit: North Carolina A&T; University of Missouri; University of Vermont | July1.png |
| Celebrate Culinary Arts Month and learn new cooking skills. Contact your local EFNEP to learn more: [insert EFNEP URL]<br><br>[Image description: EFNEP participants learning to cook.]<br><br>#EFNEPworks #EFNEP50th #NIFAimpacts<br>📷Photo Credit: North Carolina A&T; University of Missouri; University of Vermont | July2.png |
| Two students prepare fruit pizza while attending an EFNEP kids' cooking school class.<br><br>[Image Description: child is mixing batter, another young girl is smiling, woman at the sink]<br><br>#EFNEPworks #EFNEP50th #NIFAimpacts<br>📷Photo Credit: North Dakota State University | July3.png |
| University of Vermont Extension EFNEP Nutrition Educators hone their culinary skills during a staff training.<br><br>[Image Description: Group of educators practicing food preparation skills]<br><br>#EFNEPworks #EFNEP50th #NIFAimpacts<br>📷Photo Credit: University Of Vermont | July4.png |

Celebrating 50 years
EFNEP
Expanded Food and Nutrition Education Program

| | |
|---|---|
| Participants from Burlington School District's Parent University, prepare a recipe using immersion blenders.<br><br>[Image Description: Women preparing food using immersion blenders]<br><br>#EFNEPworks #EFNEP50th #NIFAimpacts<br>📷Photo Credit: University Of Vermont | July5.png |

# EFNEP 50th Anniversary

## 4th week of July: Salad Week

| Post Text/Image Description<br>*Copy text below to preferred social media handle.* | Image File<br>*Click on image file to save.* |
|---|---|
| Salad Week<br><br>[Image description: graphic image of salad]<br><br>#EFNEPworks #EFNEP50th #NIFAimpacts | JulySaladWeek1.png |
| Celebrate Healthy Salad Week.<br><br>[Image description:graphic image of salad]<br><br>#EFNEPworks #EFNEP50th #NIFAimpacts | JulySaladWeek2.png |
| Celebrate Healthy Salad Week.<br><br>[Image description:graphic image of salad]<br><br>#EFNEPworks #EFNEP50th #NIFAimpacts | JulySaladWeek3.png |
| Salad Week<br><br>[Image description: graphic image of salad]<br><br>#EFNEPworks #EFNEP50th #NIFAimpacts | JulySaladWeek4.png |
| Salad Week<br><br>[Image description: graphic image of salad]<br><br>#EFNEPworks #EFNEP50th #NIFAimpacts | JulySaladWeek5.png |

Celebrating 50 years
EFNEP
Expanded Food and Nutrition Education Program

# EFNEP 50th Anniversary

## June: Fresh Fruit & Vegetable Month

| Post Text/Image Description<br>*Copy text below to preferred social media handle.* | Image File<br>*Click on image file to save.* |
|---|---|
| Try fruits and vegetables!<br><br>[Image description: children talking about cut fruits with instructor]<br><br>#EFNEPworks #EFNEP50th #NIFAimpacts<br>📷Photo Credit: NC A&T | June1.png |
| Got Fruit?<br><br>[Image description: graphic with woman holding green grapes]<br><br>#EFNEPworks #EFNEP50th #NIFAimpacts<br>📷Photo Credit: NC A&T | June2.png |
| Our Rainbow of Vegetables Stir Fry is a great way to incorporate a variety of vegetables into a single dish - giving you an array of vitamins and minerals that your body needs. Get the recipe at https://efnep.tamu.edu/recipe/rainbow-of-vegetable-stir-fry/<br><br>[Image Description: plate of stir-fried vegetables]<br><br>#EFNEPworks #EFNEP50th #NIFAimpacts<br>📷Photo Credit: Texas A&M | June3.png |

Celebrating 50 years
EFNEP
Expanded Food and Nutrition Education Program

# EFNEP 50th Anniversary

## June 17th : Eat Your Vegetables Day

| Post Text/Image Description<br>*Copy text below to preferred social media handle.* | Image File<br>*Click on image file to save.* |
|---|---|
| University of Florida EFNEP partners with local food bank to provide EFNEP participants with fresh produce in Palm Beach County.<br><br>[Image Description: Man is placing bag of produce into bag held by woman]<br><br>#EFNEPworks #EFNEP50th #NIFAimpacts<br>📷University of Florida, Nicole Owens Duffy NicoleOwens@ufl.edu | June4.png |
| Young kids enjoy their veggies too!<br><br>[Image Description: Young girl holding two bunches of kale]<br><br>#EFNEPworks #EFNEP50th #NIFAimpacts<br>📷Photo Credit: West Virginia University | June5.png |

Celebrating 50 years
EFNEP
Expanded Food and Nutrition Education Program

Social Media Post

# EFNEP 50th Anniversary

## March: National Nutrition Month

| Post Text/Image Description<br>*Copy text below to preferred social media handle.* | Image File<br>*Click on image file to save.* |
|---|---|
| Making a Difference in Families and Communities for 50 Years.<br><br>[Image Description: Image representing EFNEP core impact areas: food resource management and security, food safety, diet quality and physical activity]<br><br>#EFNEPworks #EFNEP50th #NIFAimpacts | March1.png |
| Celebrating 50 years of Nutrition Education with EFNEP. National Nutrition Month.<br><br>[Image Description: Image representing a red apple]<br><br>#EFNEPworks #EFNEP50th #NIFAimpacts | March2.png |
| National Nutrition Month! EFNEP Celebrates 50 Years of Nutrition Education.<br><br>[Image Description: Image representing a green apple]<br><br>#EFNEPworks #EFNEP50th #NIFAimpacts | March3.png |
| National Nutrition Month. 50 Years of Nutrition Education. Since 1969.<br><br>[Image Description: Image of pile of fresh green beans]<br><br>#EFNEPworks #EFNEP50th #NIFAimpacts | March4.png |

Celebrating 50 years
EFNEP
Expanded Food and Nutrition Education Program

# EFNEP 50th Anniversary

## May: Strawberry Month

| Post Text/Image Description<br>*Copy text below to preferred social media handle.* | Image File<br>*Click on image file to save.* |
|---|---|
| May is strawberry month. Kids and adults can both enjoy a spinach strawberry salad.<br><br>[Image description: red bowl with spinach, sliced strawberries, nuts, cheese and a vinaigrette dressing]<br><br>#EFNEPworks #EFNEP50th #NIFAimpacts | May1.png |
| Try adding sliced or whole strawberries to water to sweeten it without using sugar.<br><br>[Image description: female is holding an infused water bottle with strawberries and kiwi]<br><br>#EFNEPworks #EFNEP50th #NIFAimpacts<br>📷Photo Credit: West Virginia University | May2.png |
| Add strawberries to your breakfast by putting them on cereal, putting them in oatmeal, or eating them plain.<br><br>[image description: bowl of strawberries with one sliced]<br><br>#EFNEPworks #EFNEP50th #NIFAimpacts<br>📷Photo Credit: Kyaw Tun on Unsplash | May3.png |

Celebrating 50 years
EFNEP
Expanded Food and Nutrition Education Program

# EFNEP 50th Anniversary

## May 12th-18th: Women's Health Week

| Post Text/Image Description<br>*Copy text below to preferred social media handle.* | Image File<br>*Click on image file to save.* |
|---|---|
| This week we celebrate Women's Health! Plan a get together with a friend; take the stairs instead of the elevator; or go for a walk at lunch.<br><br>[Image description: two women smiling and taking a picture with a cellphone]<br><br>#EFNEPworks #EFNEP50th #NIFAimpacts<br>📷Photo Credit: Artur Rutkowski on Unsplash | MayWomen'sHealth2.jpg |
| Celebrate women this week! We are all beautiful!<br><br>[Image description: woman smiling with sign in the background that reads 'You Are Beautiful']<br><br>#EFNEPworks #EFNEP50th #NIFAimpacts<br>📷Photo Credit: Hannah Grace on Unsplash | MayWomen'sHealth1.jpg |

Celebrating 50 years
EFNEP
Expanded Food and Nutrition Education Program

Social Media Post

# EFNEP 50th Anniversary

## November: Portion Control Month

| Post Text/Image Description<br>*Copy text below to preferred social media handle.* | Image File<br>*Click on image file to save.* |
|---|---|
| University of Florida EFNEP Program Assistant teaches portion sizes in Seminole County.<br><br>[Image description: Woman pointing at measuring cups.]<br><br>#EFNEPworks #EFNEP50th #NIFAimpacts<br><br>📷Photo Credit: University of Florida, Nicole Owens Duffy | november1.png |
| Sizes of servings have changed over the years. As cups and plates continue to get larger, it is important to keep portion control in mind. Consider saving part of a meal at a restaurant for later and ordering a small drink. Not only will this help prevent over-eating, but it will also save money as well.<br><br>[image description: 3 fast food size cups. Large soda, 32oz, 1990; Large soda, 21oz, 1980; Large soda, 7oz, 1955. ]<br><br>#EFNEPworks #EFNEP50th #NIFAimpacts<br><br>📷Photo Credit:Texas A&M University | november2.png |
| Portion control is in your hand! #EFNEPworks #EFNEP50th #NIFAimpacts<br><br>[Image description: 3 pictures of a palm, thumb, and fist.] | november3.png |
| *This post is to be used on November 15th.*<br><br>It is National Clean out your Refrigerator Day! Did you know that you should clean out your fridge at least once a week?<br><br>[image description: Inside fridge with food and text over image.]<br><br>#foodsafety #efnepworks #efnep50th #NIFAimpacts<br><br>📷Photo Credit:Texas A&M University | november4.png |

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

# EFNEP 50th Anniversary

## October: Eat Better, Eat Together Month

| Post Text/Image Description<br>*Copy text below to preferred social media handle.* | Image File<br>*Click on image file to save.* |
|---|---|
| This is Eat Better, Eat Together Month! Did you know that when families eat together, they eat more nutritiously and a greater variety of foods? Contact your local EFNEP office to learn more about EFNEP's nutrition classes for you and your family.<br><br>[Image description: Parent & child making healthy fruit kabobs.]<br><br>#EFNEPworks #EFNEP50th #NIFAimpacts<br>📷Photo Credit: Maryland EFNEP | October1.png |
| By teaching kids to cook real food, we set them up for a lifetime of good health. Try this delicious and healthy recipe to get your kids to enjoy preparing simple snacks as a family.<br>http://www.chopchopmag.org/recipe/rainbow-kabobs<br><br>[Image description: colorful fruit on a kabob sticks]<br><br>#EFNEPworks #EFNEP50th #NIFAimpacts<br>📷Photo Credit: ChopChop Magazine | October2.png |

Celebrating 50 years
EFNEP
Expanded Food and Nutrition Education Program

# EFNEP 50th Anniversary

## September: Food Safety Education Month

| Post Text/Image Description<br>*Copy text below to preferred social media handle.* | Image File<br>*Click on image file to save.* |
|---|---|
| September is National Food Safety Education Month and the holiday season is right around the corner. We will be sharing food safety tips that you can use at home EFNEP<br><br>[Image description: Cutting board has raw meat, vegetables, and a knife on it.]<br><br>#EFNEPworks #EFNEP50th #NIFAimpacts<br>📷Photo Credit: Texas A&M | September1.png |
| Separate foods when shopping: Place raw seafood, meat, and poultry in plastic bags.<br><br>[Image description: grocery cart with meat and produce.]<br><br>#EFNEPworks #EFNEP50th #NIFAimpacts<br>📷Photo Credit: Texas A&M | September2.png |
| With all the different fruits and vegetables out there, have you ever wondered if you're storing them correctly? Do they go in the fridge or on the countertop? Read the blog from North Carolina today to find out how to safely store your fruits and vegetables! https://ncefnep.org/participants/tips/storage-of-fruits-and-vegetables/<br><br>[Image Description: Fresh fruit and vegetables]<br><br>#EFNEPworks #EFNEP50th #NIFAimpacts<br>📷Photo Credit: North Carolina State University | September3.png |
| Where does it go, counter or fridge?<br><br>[Image description: Graphic image with a variety of produce.]<br><br>#EFNEPworks #EFNEP50th #NIFAimpacts | September4.png |

Celebrating 50 years
EFNEP
Expanded Food and Nutrition Education Program