### MAKE-IT-A-MEAL SALAD

**Leafy Greens**
- mixed greens
- romaine lettuce
- spinach
- a mix of what you have on hand

**Vegetables**
- broccoli
- carrots
- red cabbage
- snow peas

**Tasty Toppings**
- sliced almonds and tangerine slices
- avocado and cooked red beans
- leftover chicken, sliced fresh cranberries and toasted sunflower seeds
- diced pear and walnuts
- cooked garbanzo beans and homemade whole wheat croutons—cut up and toast stale bread

**SERVES 2**

**PREPARATION:**
2. Rinse and chop ½ cup of each of the vegetables and add to the bowl.
3. Add ½ cup salad dressing (*recipe below*).
4. Finish with ½ cup of the optional tasty toppings.

**TIP:** If you have leftover vegetables, chop and store in an airtight container for later. For a sweet salad, add chopped pear or tangerine segments.

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### STEP-BY-STEP SALAD DRESSING

**SERVES 2+**

**Oil**
- olive
- sunflower
- whatever you have

**Citrus or Vinegar**
- lemon, lime or orange juice
- OR mix Dijon mustard and vinegar

**Seasoning**
- salt, pepper, garlic, fresh OR dry herbs: parsley, rosemary, thyme, etc.

**PREPARATION:**
1. Mix 2 parts oil with 1 part citrus or your choice of vinegar. 2 servings is 5 tbsp oil plus 2 ½ tbsp of vinegar.
2. Flavor with your choice of seasonings, to taste.

**TIP:** Use olive oil mixed with a low cost oil to add lots of flavor for little money.
CRUNCHY PEANUT SLAW

**Vegetables**
- bok choy (Chinese cabbage)
- **OR** red or green cabbage
- carrots
- snow peas

**Dressing**
- ¼ cup oil
- ¼ cup vinegar*
- 3 tbsp soy sauce (low sodium)
- 3 tbsp brown sugar
- 2 tbsp peanut butter or crushed peanuts
- black pepper to taste

**Tasty Toppings**
- cilantro
- green onions
- leftover chicken
- sunflower seeds

**INSTRUCTIONS:**
1. Rinse and chop 2 cups cabbage, ½ cup carrots and/or ½ cup snow peas.
2. Mix dressing & combine with cabbage.
   *Rice or apple cider vinegar are best.
3. Rinse and chop ¼ cup of any tasty topping. Toss on top.

**TIP:** Ginger packs a punch: mix in 1 tsp fresh or a pinch ground.

KID-APPROVED ROASTED VEGGIES

**Choose 1 Vegetable**
- 15 brussels sprouts
- 1 calabaza
- 4 carrots
- 3 chayotes
- 1 eggplant
- 1 lb okra
- ½ pumpkin
- 3 summer squashes
- 2 sweet potatoes or yams

**Savory Mix**
- 1 medium onion, chopped
- 2 garlic cloves, chopped
- 2-3 tbsp olive oil
- 1 tsp rosemary or thyme or fennel seeds
- ¼ tsp salt
- ¼ tsp black pepper

**Sweet Mix**
- best with calabaza, sweet potatoes, yams or pumpkin
- 2-3 tbsp oil
- 1 tsp brown sugar (optional)
- ½ tsp cinnamon
- ¼ tsp salt

**PREPARATION:**
1. Preheat oven to 425 degrees.
2. Rinse and chop vegetables into bite-size chunks of equal size.
3. Mix together the sweet or savory seasoning.
4. Coat veggies with sweet or savory mix.
5. Spread veggies on baking sheet in a single layer.
6. Bake until veggies are browned at the edges and tender inside, checking and tossing every 15 minutes.

**TIP:** The browner they get, the sweeter and more kid-pleasing the caramelized vegetables will be.
TASTY OATMEAL

Oatmeal
1 cup rolled oats
2 cups water
½ tsp cinnamon

Fruit
apricot
dried apricots
banana
fresh sliced cranberries
sliced nectarines
papaya
California raisins

Tasty Toppings
sliced almonds
walnuts
grains

PREPARATION:
1. Bring oatmeal and cinnamon to boil in a pot.
2. Turn down to simmer. Stir occasionally. Cook until thick and creamy, between 5 and 10 minutes.
3. Chop ½ cup dried or 1 cup fresh fruit into bite-size pieces. Mix into simmering oatmeal or save to toss on top with the rest of your tasty toppings.

TIP: Make a big pot and refrigerate for a quick and sustaining breakfast throughout the week. Or make a single serving in the microwave: mix ½ cup rolled oats, 1 cup water and a pinch of cinnamon. Microwave for 2 to 3 minutes.

TABBOULEH Traditional Middle Eastern Salad

Basic Ingredients
1 ½ cups boiled water
1 cup bulgur wheat
2 cups fresh parsley, chopped
1 large tomato, diced

Seasoning
juice from 2 lemons
2 tbsp oil
¼ tsp salt and pepper
pinch of cayenne
pepper or paprika

Tasty Toppings
¼ cup cooked garbanzo beans
¼ cup sliced almonds
3 green onions, chopped
¼ cup mint leaves

PREPARATION:
1. Boil 1 ½ cups of water. Pour boiled water over bulgur in a large bowl. Cover and set aside until soft and chewy, about 30 minutes.
2. In a colander, drain excess liquid from bulgur mixture.
3. Add parsley, tomato and seasoning to bulgur and your choice of toppings.

TIP: Bulgur and parsley are nutrition superstars and great buys. This delicious salad made with both makes a fantastic lunch and a yummy leftover.
**Basic Ingredients**
- 1 cup brown rice
- 2 tbsp oil
- 1 clove garlic, finely chopped
- 1 tbsp fresh ginger or ½ tsp ground ginger
- ½ lb broccoli
- 1 carrot
- ½ onion
- ½ cup frozen peas

**Sauce**
- ¼ cup low-sodium soy sauce
- 1 tbsp whole wheat flour
- 1 tbsp brown sugar
- 1 very small jalapeño or chili pepper, minced

**Protein Choices**
- 6 oz chicken (about ¾ of a breast)
- 6 oz turkey (about the size of 2 decks of cards)
- ½ package of firm tofu
- ¼ cup almonds
- ¼ cup peanuts

**TIP:** Use any vegetables you have on hand. Cut vegetables into equal-size pieces so they cook evenly. Add vegetables like carrots that take longer to cook first. Vegetables with lots of water, like yellow squash or spinach, should go in last.

**PREPARATION:**

1. Cook rice following package directions. Set aside. Cover to keep warm. While rice is cooking, make veggie mixture.

2. Rinse and chop broccoli. Peel, rinse and chop carrots. Rinse and mince jalapeño. Peel and finely chop garlic, onions and fresh ginger.

3. In a small bowl, stir together soy sauce, brown sugar and flour. Add 1 tsp of the minced jalapeño. Stir. If using tofu, marinate in sauce and set aside.

4. If using chicken or turkey, remove skin. Cut into small pieces.

5. Heat 1 tbsp oil in a skillet over medium-high heat. Add ginger and stir.

6. Add chicken, turkey or tofu. Cook, stirring occasionally, until slightly brown and completely cooked through but not dry, about 5 minutes. Remove from pan and set aside.

7. Add the last tbsp of oil and your chopped veggies. Stir frequently. Cook until veggies are tender, about 5 minutes.

8. Add sauce mixture. Bring to a boil. Reduce heat. Add nuts now, if using, and add back in your protein choice. Simmer until sauce is slightly thickened, about 2 minutes.

Barley Stew

SERVES 4

Basic Ingredients
- 1 cup barley or brown rice
- 2 ½ cups water
- 2 bay leaves
- 1 tbsp oil
- 4 oz ground turkey or ground, bone-in, or cubed goat
- 1 cup cooked or 1 can pinto or black beans, no salt added

Vegetables
- 3 medium onions
- 2 cloves garlic
- 2 medium carrots
- 2 zucchinis or chayotes
- ½ lb of okra, or other vegetable
- 4 cups fresh or frozen dark greens
- 2 cans diced tomatoes, no salt added

Spices
- ½ tsp cayenne pepper
- 1 ½ tsp dried oregano
- salt and pepper to taste

PREPARATION:

1. In a colander, rinse barley under cold water.

2. In a medium pot over high heat, bring barley or rice, water and bay leaves to a boil. Reduce heat to low and cover. Cook until tender and water is absorbed, about 30 to 40 minutes. Set aside.

3. Peel, rinse and dice onions. Peel and mince garlic.

4. In a large pot over medium-high heat, heat oil. Add chopped onions, garlic, carrots and other veggies to pot. Mix well. Cook until veggies are soft, about 5 minutes.

5. If using turkey, add ground turkey. Cook until turkey is cooked through, about 5 minutes more.


8. Skip this step if you are not using goat. Otherwise, add goat and cook over low heat until goat is tender—at least an hour.

9. Add cooked barley or rice to the mixture. Stir to combine. Add more water, if needed. Cook over low heat to blend flavors, about 5 to 10 minutes more.

10. Remove bay leaves and serve.

Tip: Make a big pot ahead of time and refrigerate for a quick and sustaining dinner throughout the week. You can double the recipe and freeze half—but don’t double the cayenne pepper unless you like it very spicy.
**PREPARATION:**

1. Put 1 cup of yogurt in a glass.

2. Rinse and chop ½ cup to 1 cup of your favorite fruits.

3. Top the fruit with ¼ cup of your optional tasty toppings. For an extra special treat, sauté a banana for 2 minutes with ½ tbsp sunflower or other flavorless oil. Add 1 tsp vanilla and sauté until banana begins to break down, about 5 minutes.

### YOGURT PARFAIT

**SERVES 1**

**Yogurt**
- plain non-fat yogurt

**Fruit**
- apricot
- banana
- fresh sliced cranberries
- kiwi
- papaya
- California raisins
- starfruit

**Tasty Toppings**
- sliced almonds
- dried apricots
- granola
- peanuts
- chopped prunes
- sunflower seeds
- walnuts

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**FRUIT DIP**

**SERVES 2**

**Mix Together**
- 1 cup plain non-fat yogurt
- 1 tsp honey
- 1 tsp vanilla extract
- ½ tsp cinnamon

**Select Fruits**
- apricot
- banana
- kiwi
- nectarine
- papaya
- starfruit

**TIP:** Have the kids help chop the fruit with you ahead of time and store for a quick after-school snack they can make themselves.

**PREPARATION:**

1. Add yogurt to a medium bowl.

2. Mix in honey, vanilla and cinnamon.

3. Wash and chop fruit into bite-size pieces.
VEGGIE DIP

**Mix Together**
- 1 cup plain non-fat yogurt
- 1 tsp lemon juice
- 1 tbsp fresh dill or 1 tsp dried dill
- 1 green onion, chopped
- pinch of cayenne pepper (optional)
- salt and pepper, to taste

**Select Veggies**
- broccoli spears
- carrots
- snow peas
- string beans

**PREPARATION:**
1. Add yogurt to a medium bowl.
2. Mix in lemon juice, dill, green onion and spices.
3. Wash and chop vegetables into bite-size pieces.

**Tip:** Use a coffee filter or cheesecloth to drain yogurt first for a thicker dip.

Chef Ann Cooper’s Hummus
Traditional Middle Eastern Dip

**Mix Together**
- ½ cup extra virgin olive oil
- 1 cup dried garbanzo beans
- 1 ½ tbsp lemon juice
- 3 cloves garlic
- 3 tbsp tahini
- salt and pepper to taste

**Select Veggies**
- broccoli spears
- carrot sticks
- chopped parsley
- snow peas
- string beans

**PREPARATION:**
1. Bring garbanzo beans to a boil in at least 4 cups of water. Reduce to a simmer and cook until tender. Save some of the cooking liquid.
2. Combine ingredients in blender. Blend until very smooth.
3. If the consistency is too thick, add some saved cooking liquid and blend again until smooth. Top with chopped parsley.
4. Wash and chop vegetables.

**Tip:** Start with one clove of garlic, and add more to taste.
## Step-by-Step Soup

### Meats or Beans
- 1 lb turkey leg or thigh **AND/OR**
- 1 lb chicken legs or thighs **AND/OR**
- 1 lb goat leg or shoulder meat, cubed **AND/OR**
- 1 lb cooked or 1 can rinsed and drained beans or lentils

### Vegetables
- 1 large onion, chopped
- 2 large carrots, chopped
- 1 large zucchini, chopped
- ½ lb okra, sliced
- 1 can low sodium tomatoes
- 1 handful fresh parsley, chopped
- Whatever you have and need to use up

### Whole Grains
- 1 cup brown rice **AND/OR**
- 1 cup barley **AND/OR**
- 1 cup whole wheat pasta

### Preparation:

1. In a large pot over medium-high heat sauté vegetables with 1 tbsp oil until soft.

2. Add your favorite seasonings to pot. Some suggestions: 1 bay leaf, ½ tsp of dried cumin, oregano, rosemary, or thyme, ¼ tsp cayenne pepper, and salt and pepper to taste. Stir and cook until you can smell them, less than 5 minutes.

3. Add beans or meat. Brown 3 to 5 minutes.

4. Add brown rice or barley now, or wait to add pasta later.

5. Add enough water or low sodium vegetable, beef or chicken stock to cover ingredients, at least 4 cups.

6. Bring soup to a boil. Reduce heat to low. Partially cover and simmer until the meat or beans are tender (40 minutes to 1 hour for turkey, chicken or beans; 1 to 1½ hours for goat).

7. Check your soup every 10 to 15 minutes to make sure there is enough liquid in the pot.

8. Before serving, sprinkle parsley on top and adjust seasoning to taste.

### Tip:
Soup gets better with time. Making soup is a great way to use up foods that are in danger of going bad. Make a big batch, and freeze or store in an airtight container for later.
**BAKED FISH**

**Basic Ingredients**
- 2 lbs haddock or tilapia fish fillets, cut into 8 even-size pieces
- oil
- 1 cup whole wheat flour
- ½ tsp salt
- ¼ tsp black pepper
- 2 large eggs
- ¼ cup nonfat milk
- 8 slices stale whole wheat bread or 2 cups whole wheat bread crumbs

**Tartar Sauce (Optional)**
- juice from 1/2 medium lemon
- 1/2 cup low-fat mayonnaise
- 1/2 cup plain nonfat yogurt
- 3 tbsp sweet pickle relish
- 1/4 tsp ground black pepper

**PREPARATION:**

1. Preheat oven to 375 degrees.

2. To make your own crumbs, tear whole wheat bread into pieces and crush between fingers. Or grind in a food processor, if available. Place crumbs in a medium bowl.

3. In a second medium bowl, mix flour, salt and black pepper.

4. In a third medium bowl, add eggs and milk. Beat with a fork.

5. Dip each piece of fish into flour and shake off excess. Then dip in egg mixture and then bread crumbs. Each piece should be fully coated with crumbs.

6. Lightly coat baking sheet with oil. Place fish pieces on sheet, evenly spaced. Lightly spray or drizzle oil on top.

7. Bake until fish flakes easily with a fork, about 15 to 20 minutes.

8. While fish cooks, prepare tartar sauce.


10. In a second small bowl, add mayonnaise and yogurt. Whisk with a fork until smooth. Add relish, black pepper and 2 tsp lemon juice. Stir until combined.

11. When fish is cooked, serve immediately with fresh lemon slices or tartar sauce.

**TIP:** Leftovers can be refrigerated for about 1 day. Reheat in oven at 350 degrees for 10 to 15 minutes. Add to fish tacos, wraps or salad.
TURKEY CHILI WITH VEGETABLES

SERVES 6

Basic Ingredients
1 medium onion
2 medium carrots
3 cloves garlic
1 cup cooked, or 1 can red or white kidney beans, no salt added
1 tbsp oil
1 lb ground turkey
2 cans diced tomatoes, no salt added
1 cup water

Seasoning
3 tbsp chili powder
1 tbsp ground cumin
3/4 tsp salt

Tasty Toppings
1 medium lime
2/3 cup nonfat plain yogurt

PREPARATION:

1. Rinse and peel carrots. Peel onion and garlic.
2. Dice onion and carrots. Mince garlic.
3. If using lime, rinse now. Cut into wedges.
4. If using canned beans, drain and rinse beans in a colander.
5. In a large pot over medium-high heat, heat oil. Add turkey and brown.
6. Add onion, carrots and garlic to pot. Cook until onions are soft and carrots are somewhat tender, about 5 minutes.
7. Add beans, tomatoes, water, chili powder and cumin to pot. Season with salt.
8. Lower heat to medium. Cook until all flavors have blended, about 15 minutes.
9. If using lime and yogurt, squeeze juice from lime wedges on top of chili or serve on the side. Top each serving with 1 tbsp yogurt.

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