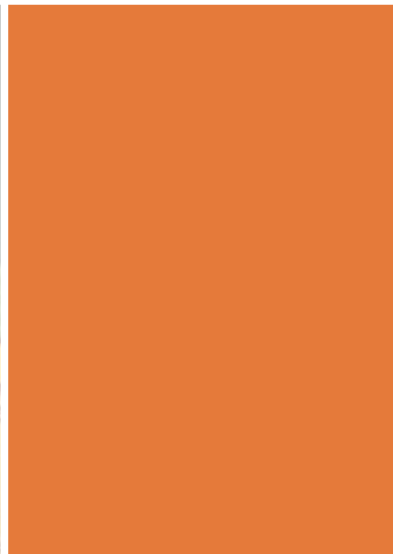




United States Department of Agriculture



# A Harvest of Recipes *with* USDA Foods



**Food Distribution Program  
on Indian Reservations (FDPIR)**



The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form.

Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov).

Individuals who are deaf, hard of hearing or have speech disabilities and wish to file either an EEO or program complaint please contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (in Spanish).

Persons with disabilities who wish to file a program complaint, please see information above on how to contact us by mail directly or by email. If you require alternative means of communication for program information (e.g., Braille, large print, audiotope, etc.) please contact USDA's TARGET Center at (202) 720-2600 (voice and TDD).

*USDA is an equal opportunity provider and employer.*



# A Harvest of Recipes *with* USDA Foods

**The Food Distribution Program  
on Indian Reservations (FDPIR)**



4	<b>Introduction</b>
5	<b>Acknowledgements</b>
6	<b>List of USDA Foods</b>
10	<b>Quick Tips</b>



## **Breakfast**

12	Corn Casserole
14	Huevos Motuleños
16	Green Onion Omelet
18	Pumpkin Parfait
20	Rice Pudding



## **Breads**

22	Banaha Bread
24	Banana Berry Muffins
26	Fabulous Homemade Bread
28	Garden Pan Bread
30	Raisin Muffins



## **Soups**

32	Beef and Vegetable Soup
34	Chicken Noodle Soup
36	Corn Soup
38	Great Northern Bean Soup
40	Hearty Beef Soup
42	Potato Soup
44	Pumpkin Soup
46	Vegetable Soup (with Chicken)



## Side Dishes

- 48 Chicken Posole
- 50 Dirty Rice
- 52 Fresh Tomato Salsa
- 54 Garden Pasta Salad
- 56 Green Bean and Rice Casserole
- 58 Mash'd Taters
- 60 Roasted Potatoes
- 62 Sweet Potato Casserole



## Main Dishes

- 64 Baked Fish
- 66 Beef and Vegetables
- 68 Chicken Casserole
- 70 Chicken Salad
- 72 Chicken Stir-Fry
- 74 Citrus Tuna Melt
- 76 Easy Beef Supper
- 78 Meatloaf
- 80 Pot Roasted Beef
- 82 Soft Chicken Taco
- 84 Spicy Quesadillas
- 86 Three Sisters Stew
- 88 Two Bean Chili
- 90 Veggie Burgers
- 92 Winter Stew





The United States Department of Agriculture (USDA) Food and Nutrition Service (FNS), Food Distribution Division is pleased to provide this recipe book developed for Food Distribution Program on Indian Reservations (FDPIR) participants and staff.

We know that the **USDA Foods** we offer through FDPIR are as good as, or better than, the brands you find in stores. But we knew we could do more to help you turn them into tasty, healthy meals. ***A Harvest of***

***Recipes Using USDA Foods*** is a collection of delicious recipes adapted from regional and traditional ones submitted by tribal members, and new ones we created.

All of them feature sensible levels of fat, sodium, and sugar without sacrificing taste.

The recipes are grouped as Breakfast, Breads, Soups, Side Dishes, and Main Dishes. Soups, sides, and main dishes may be served for lunch or dinner. For your convenience, you will find Nutrition Facts information below each recipe, and the **USDA Foods** used in each recipe appear in bold type print.

These recipes have been tested to make sure they will produce the stated number of servings. They also meet the latest recommendations from the ***2010 Dietary Guidelines for Americans***.

Beautiful color photographs have been taken of each finished recipe to give you ideas for preparing and serving each dish. The photos represent the way foods will look when you make them at home. We hope that making these recipes will be an enjoyable and creative way to use USDA Foods and prepare healthful meals for you and your family.

Please note that, as with all foods, anyone who needs a special diet to treat health concerns should follow the diet recommended by his or her physician.

You can find additional resources for USDA Foods including other recipes on the Food Distribution Division Web site:

**[www.fns.usda.gov/fdd/programs/fdpi/fdpi\\_rptspubs.htm](http://www.fns.usda.gov/fdd/programs/fdpi/fdpi_rptspubs.htm)**

Many people helped to develop and prepare the book, and we offer our thanks to all of you. Thirteen of the forty-one recipes in this collection were adapted from recipes submitted by tribal members.

Special thanks to all of the individuals and tribes who sent recipes for the book. The names of recipe contributors appear on recipe pages. When selecting recipes to include in the book, we chose recipes that were easy to prepare, used foods from the FDPIR food package, and are budget friendly. Some were revised to reduce sodium, fat, and added sugars.

We also wish to acknowledge the staff and organizations with primary responsibility for development and completion of the recipe book project.

### **USDA Staff**

#### **Recipe Book Project Leader**

Akua White, MS, RD, Nutritionist, FNS, Food Distribution Division

#### **Recipe Review, Nutrition Analysis, and Editing**

Stephanie Cooks, MA, RD, Nutritionist, FNS, Food Distribution Division

Franciel Dawes, Nutrition Intern, FNS, Food Distribution Division

Sheldon Gordon, MS, RD, LD, Nutritionist, FNS, Child Nutrition Division

Alexandra Lewin-Zwerdling, PhD, Nutritionist, Food Distribution Division

Janet E. Tenney, MS, RD, Nutritionist, Agricultural Marketing Service

#### **Publication Design, Photo Editing, Publication Review and Editing**

Pamela Faith, FNS, Visual Information Specialist, Communications and Governmental Affairs

Chris Kocsis, FNS, Public Affairs Specialist, Communications and Government Affairs

#### **Dietary Guidelines Technical Review Workgroup, Team Leader**

Judy F. Wilson, MSPH, RD, Senior Nutrition Advisor

#### **Food Distribution Division Management**

Laura Castro, Division Director

Cathie McCullough, Former Division Director

Laura Walter, MPH, RD, Chief, Program Support Branch

Rosalind Cleveland, Retired Chief, Program Support Branch

### **Contract Support**

Wesley Stiger, VP, Public Sector, PDG Consulting

Michael Moench, Chef, Recipe Development, PDG Consulting

This list of USDA Foods can help you quickly find a recipe using the foods you may or can receive in your food package. Find your food in the list below and see the recipes that use this food as an ingredient. **The items in bold type are the USDA Foods.** Recipes that use USDA Foods are listed below the food item.

## **Apples, fresh**

- 70 Chicken Salad
- 52 Fresh Tomato Salsa

## **Applesauce**

- 24 Banana Berry Muffins

## **Apricots, canned**

- 92 Winter Stew

## **Beans, Great Northern**

- 38 Great Northern Bean Soup

## **Beans, Green, canned (low-sodium)**

- 66 Beef and Vegetables
- 56 Garden Bean and Rice Casserole

## **Beans, Kidney, canned (low-sodium)**

- 76 Easy Beef Supper
- 50 Dirty Rice
- 86 Three Sisters Stew
- 88 Two Bean Chili

## **Beans, Pinto, dry**

- 14 Huevos Motuleños

## **Beans, Vegetarian, canned (low-sodium)**

- 86 Three Sisters Stew
- 88 Two Bean Chili

## **Beef, canned**

- 66 Beef and Vegetables
- 92 Winter Stew

## **Beef, Ground**

- 32 Beef and Vegetable Soup
- 66 Beef and Vegetables
- 36 Corn Soup
- 50 Dirty Rice
- 76 Easy Beef Supper

## **Meatloaf**

- 86 Three Sisters Stew
- 88 Two Bean Chili

## **Beef, Round Roast**

- 40 Hearty Beef Soup
- 80 Pot Roasted Beef
- 18 Pumpkin Soup
- 84 Spicy Quesadillas

## **Cabbage, fresh**

- 40 Hearty Beef Soup

## **Carrots, canned (low-sodium)**

- 32 Beef and Vegetable Soup
- 72 Chicken Stir-Fry
- 46 Vegetable Soup (with chicken)

## **Carrots, fresh**

- 48 Chicken Posole
- 72 Chicken Stir-Fry
- 80 Pot Roasted Beef
- 46 Vegetable Soup (with chicken)

## **Celery, fresh**

- 48 Chicken Posole
- 72 Chicken Stir-Fry
- 40 Hearty Beef Soup

## **Cheese, Pasteurized, Process American**

- 68 Chicken Casserole
- 74 Citrus Tuna Melt
- 84 Spicy Quesadillas

## **Chicken, canned**

- 68 Chicken Casserole
- 48 Chicken Posole
- 70 Chicken Salad
- 46 Vegetable Soup (with Chicken)



### Chicken, fresh, skinless, boneless

- 34 Chicken Noodle Soup
- 72 Chicken Stir-Fry
- 38 Great Northern Bean Soup
- 42 Potato Soup
- 82 Soft Chicken Taco

### Corn, cream style, canned (low-sodium)

- 12 Corn Casserole
- 36 Corn Soup
- 78 Meatloaf

### Corn, whole kernel, canned (low-sodium)

- 32 Beef and Vegetable Soup
- 66 Beef and Vegetables
- 36 Corn Soup
- 86 Three Sisters Stew
- 46 Vegetable Soup (with Chicken)
- 90 Veggie Burgers

### Cornmeal

- 22 Banaha Bread
- 12 Corn Casserole
- 78 Meatloaf
- 28 Garden Pan Bread
- 90 Veggie Burger

### Cucumber, fresh

- 54 Garden Pasta Salad

### Egg Mix

- 24 Banana Berry Muffins
- 34 Chicken Noodle Soup
- 12 Corn Casserole
- 50 Dirty Rice
- 28 Garden Pan Bread
- 16 Green Onion Omelet
- 78 Meatloaf

### Flour, all purpose

- 24 Banana Berry Muffins
- 34 Chicken Noodle Soup
- 12 Corn Casserole
- 26 Fabulous Homemade Bread
- 28 Garden Pan Bread

### Flour, whole wheat

- 24 Banana Berry Muffins
- 26 Fabulous Homemade Bread
- 30 Raisin Muffins

### Green Pepper, fresh

- 72 Chicken Stir-Fry
- 50 Dirty Rice
- 76 Easy Beef Supper
- 54 Garden Pasta Salad
- 40 Hearty Beef Soup
- 60 Roasted Potatoes
- 82 Soft Chicken Taco
- 90 Veggie Burger

### Ham

- 38 Great Northern Bean Soup
- 16 Green Onion Omelet
- 14 Huevos Motuleños

### Hominy

- 48 Chicken Posole

### Lettuce, Romaine, fresh

- 82 Soft Chicken Taco

### Macaroni

- 32 Beef and Vegetable Soup
- 12 Chicken Casserole
- 76 Easy Beef Supper
- 54 Garden Pasta Salad
- 40 Hearty Beef Soup

### Milk, 1% low-fat

- 12 Corn Casserole
- 16 Green Onion Omelet
- 58 Mash'd Taters
- 20 Rice Pudding
- 62 Sweet Potato Casserole

### Oats, rolled, quick, dry

- 24 Banana Berry Muffins
- 26 Fabulous Homemade Bread
- 18 Pumpkin Parfait
- 30 Raisin Muffins
- 62 Sweet Potato Casserole

### **Onion, fresh**

- 64 Baked Fish
- 32 Beef and Vegetable Soup
- 72 Chicken Stir-Fry
- 74 Citrus Tuna Melt
- 12 Corn Casserole
- 36 Corn Soup
- 50 Dirty Rice
- 76 Easy Beef Supper
- 52 Fresh Tomato Salsa
- 56 Garden Bean and Rice Casserole
- 54 Garden Pasta Salad
- 38 Great Northern Bean Soup
- 40 Hearty Beef Soup
- 78 Meatloaf
- 80 Pot Roasted Beef
- 42 Potato Soup
- 44 Pumpkin Soup
- 60 Roasted Potatoes
- 82 Soft Chicken Taco
- 84 Spicy Quesadillas
- 86 Three Sisters Stew
- 88 Two Bean Chili
- 90 Veggie Burger
- 92 Winter Stew

### **Peas, canned (low-sodium)**

- 68 Chicken Casserole
- 50 Dirty Rice
- 14 Huevos Motuleños
- 42 Potato Soup
- 46 Vegetable Soup (with Chicken)

### **Potatoes, canned (low-sodium)**

- 32 Beef and Vegetable Soup
- 16 Green Onion Omelet
- 80 Pot Roasted Beef
- 42 Potato Soup
- 86 Three Sisters Stew
- 46 Vegetable Soup (with Chicken)
- 92 Winter Stew

### **Potatoes, dehydrated**

- 58 Mash'd Taters
- 80 Pot Roasted Beef
- 42 Potato Soup

### **Potatoes, fresh**

- 60 Roasted Potatoes
- 86 Three Sisters Stew
- 46 Vegetable Soup (with Chicken)

### **Potatoes, Sweet, canned (low-sodium)**

- 80 Pot Roasted Beef
- 62 Sweet Potato Casserole
- 86 Three Sisters Stew
- 92 Winter Stew

### **Pumpkin, canned (low-sodium)**

- 18 Pumpkin Parfait
- 44 Pumpkin Soup

### **Raisins**

- 70 Chicken Salad
- 28 Garden Pan Bread
- 44 Pumpkin Parfait
- 30 Raisin Muffins
- 20 Rice Pudding

### **Rice, white**

- 66 Beef and Vegetables
- 72 Chicken Stir-Fry
- 50 Dirty Rice
- 56 Green Bean and Rice Casserole
- 42 Potato Soup
- 20 Rice Pudding

### **Rice Crisps (cereal)**

- 18 Pumpkin Parfait

### **Squash, yellow, summer**

- 86 Three Sisters Stew

### **Squash, winter**

- 40 Hearty Beef Soup

### **Squash, zucchini, green, summer**

- 86 Three Sisters Stew

### **Tomatoes, canned (low-sodium, diced)**

- 32 Beef and Vegetable Soup
- 74 Citrus Tuna Melt
- 76 Easy Beef Supper
- 52 Fresh Tomato Salsa
- 38 Great Northern Bean Soup
- 56 Green Bean and Rice Casserole
- 16 Green Onion Omelet
- 40 Hearty Beef Soup
- 82 Soft Chicken Taco
- 86 Three Sisters Stew

*A Harvest of Recipes with USDA Foods***Tomatoes, fresh**

- 74 Citrus Tuna Melt
- 52 Fresh Tomato Salsa
- 38 Great Northern Bean Soup
- 40 Hearty Beef Soup
- 86 Three Sisters Stew

**Tomato Juice**

- 76 Easy Beef Supper
- 80 Pot Roasted Beef
- 88 Two Bean Chili
- 92 Winter Stew

**Tomato Sauce, canned (low-sodium)**

- 66 Beef and Vegetables
- 68 Chicken Casserole
- 86 Three Sisters Stew

**Turnips, fresh**

- 80 Pot Roasted Beef
- 92 Winter Stew

**Vegetable Oil**

- 64 Baked Fish
- 48 Chicken Posole
- 72 Chicken Stir-Fry
- 12 Corn Casserole
- 50 Dirty Rice
- 26 Fabulous Homemade Bread
- 52 Fresh Tomato Salsa
- 54 Garden Pasta Salad
- 38 Great Northern Bean Soup
- 56 Green Bean and Rice Casserole
- 16 Green Onion Omelet
- 40 Hearty Beef Soup
- 14 Huevos Motuleños
- 42 Potato Soup
- 80 Pot Roasted Beef
- 18 Pumpkin Parfait
- 30 Raisin Muffins
- 60 Roasted Potatoes
- 82 Soft Chicken Taco

## General Substitutions

If you don't have this:	Use this instead:
1 tablespoon fresh herbs	1 teaspoon dried herbs
½ cup maple syrup	⅔ cup brown or white sugar, or ⅔ cup non-nutritive sweetener. Use cut-up fruit as a topping on pancakes.
1 teaspoon lemon juice	½ teaspoon vinegar
1 cup low-fat milk	1 cup nonfat dry milk powder + 1 cup water <b>OR</b> ½ cup evaporated milk + ½ cup water

## Measurement Chart

This:	Is equal to this:
1 tablespoon	½ fluid ounce
¼ cup	2 fluid ounces
½ cup	4 fluid ounces
1 cup	8 fluid ounces
1 tablespoon (dry ingredients)	3 teaspoons
¼ cup (dry ingredients)	4 tablespoons
½ cup (dry ingredients)	8 tablespoons
⅔ cup (dry ingredients)	10 tablespoons + 2 teaspoons
1 cup (dry ingredients)	16 tablespoons
1 pound (dry ingredients)	16 ounces



## Using Herbs and Spices

- Chili powder, oregano, fresh or powdered garlic, and black pepper are common seasonings. They are helpful in flavoring foods so you can keep sodium and fat at low levels. Herbs and other seasonings may seem to cost a lot at first, but since you are using a small amount at a time, you won't have to buy them often.
- Many herbs such as rosemary, basil, dill, parsley, thyme, and sage are easy to grow on your kitchen windowsill or in your garden. Growing and using fresh herbs from home is a delicious way to season your food and costs less.

## Dry Beans

### How To Soak Dry Beans

- Rinse beans well under cold water.
- Sort beans and remove damaged beans, stones, or dirt.
- Place beans in a pot and cover with water at least 3 inches above the beans. If you are soaking 1 cup of beans, cover them with 3 cups of water. Soak the beans, in the refrigerator, at least 3 hours up to overnight. Drain the water from the beans. Rinse the beans with fresh water and drain again.

### How To Cook Dry Beans

- To cook the beans, add water to the pot so it rises 2 inches above the beans. Boil the beans over medium high heat for the amount of time specified on the package (usually about 2 hours or until tender).
- One (1) cup of dry beans will give you 2 to 3 cups of cooked beans.

**\* Remember!** Wash hands with soap and warm water for 20 seconds before and after handling food.

## Corn Casserole

This family favorite casserole is good for breakfast or lunch. Add more flavor by topping it with fresh tomato salsa (page 52).

**The foods in bold type are USDA Foods.**



### Nutrition Facts

**Serving Size 1 piece (146g)**

Calories	214	Total fat	5.5g	Saturated fat	1g
Cholesterol	106mg	Sodium	181mg	Carbohydrate	36g
Dietary Fiber	2g	Sugars	5g	Protein	7g
Vitamin A	4% DV	Vitamin C	104% DV	Calcium	7% DV
Iron	9% DV				

Percent Daily Values are based on a 2,000 calorie diet.

## Corn Casserole

---

### Ingredients

- ½ cup **onion**, chopped
- 1½ teaspoons **vegetable oil**
- 1 can (about 15 ounces) **low-sodium cream style corn**
- ¾ cup **yellow or white cornmeal**
- ½ cup **1% low-fat milk**
- 4 tablespoons **egg mix**
- ¼ cup **all-purpose flour**
- ½ teaspoon baking powder
- Nonstick cooking spray

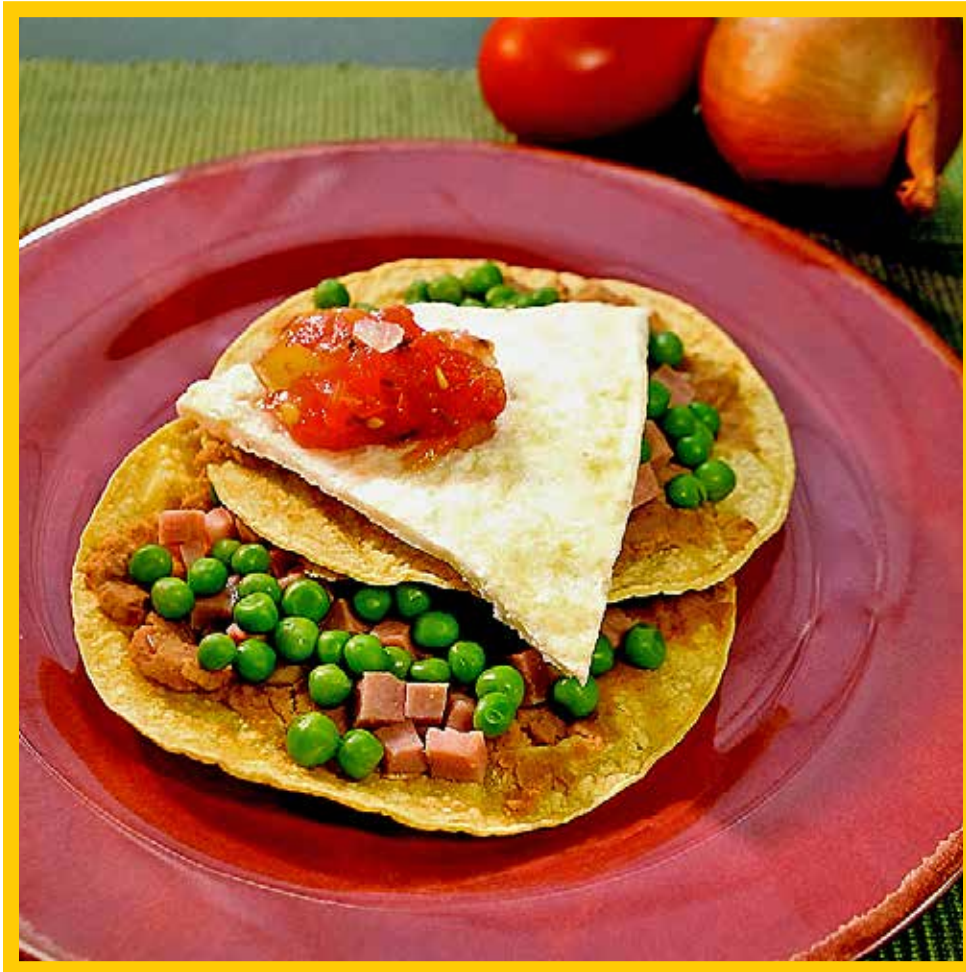
### Directions

1. Preheat oven to 350 degrees F.
2. In a saucepan, cook onions over medium heat in vegetable oil until tender (about 4 to 5 minutes).
3. Open canned corn and drain liquid into a measuring cup. If needed, add water to make 1 cup of liquid.
4. Add liquid and cornmeal to the cooked onions in the saucepan. Stir until the mixture boils.
5. Remove saucepan from heat. Mix in milk, corn, and egg mix.
6. In a mixing bowl, mix flour and baking powder. Add cornmeal mixture. Mix well.
7. Spray a 9-inch baking pan with nonstick cooking spray. Pour mixture into baking pan. Bake for 25 to 30 minutes. Cut into 6 servings.

Serves 6

## Huevos Motuleños

A special breakfast when you have a little extra time. **The foods in bold type are USDA Foods.**



### Nutrition Facts

**Serving Size 2 tortillas (310g)**

Calories	352	Total fat	6.5g	Saturated fat	1g
Cholesterol	25mg	Sodium	322mg	Carbohydrate	50g
Dietary Fiber	12g	Sugars	7g	Protein	25g
Vitamin A	35% DV	Vitamin C	15% DV	Calcium	10% DV
Iron	30% DV				

Percent Daily Values are based on a 2,000 calorie diet.



## Huevos Motuleños

---

### Ingredients

- 1 cup **pinto beans**, dry
- 6 cups water
- 8 small corn tortillas
- 1 can (about 15 ounces) **low-sodium peas**, drained
- ½ cup (about 4 ounces) **ham**, cooked and diced
- 4 egg whites
- 2 teaspoons **vegetable oil**
- 1 cup fresh tomato salsa (page 52)

### Directions

1. Soak the pinto beans in 3 cups of water overnight in the refrigerator. Drain. Boil the beans in 3 cups fresh water until they are soft. Drain the water and mash the beans into a paste.
2. Preheat oven to 350 degrees F.
3. Place tortillas on a cookie sheet and bake for 1 to 2 minutes. Remove cookie sheet from oven and let tortillas cool.
4. Spoon ¼ cup of mashed beans on each tortilla. Drain peas and put ¼ cup of peas on top of the beans. Add 2 tablespoons of diced ham on top of peas.
5. Bake the tortillas for about 8 minutes.
6. In a mixing bowl, mix egg whites with vegetable oil.
7. Cook the egg whites in a nonstick pan over medium heat until firm. Cut the egg into 8 pieces.
8. Place baked tortillas on a plate. Cover ham and mashed beans with a piece of egg.
9. Add 2 tablespoons of salsa (page 52) on each tortilla, and serve two tortillas per person.

Serves 4

## Green Onion Omelet

In the spring, in areas where they grow, wild onions can be used in place of green onions. Yellow or white onions work as well.

**The foods in bold type are USDA Foods.**



### Nutrition Facts

**Serving Size 1 piece (223g)**

Calories	184	Total fat	7g	Saturated fat	1.5g
Cholesterol	79mg	Sodium	283mg	Carbohydrate	16g
Dietary Fiber	3g	Sugars	2g	Protein	15g
Vitamin A	9% DV	Vitamin C	17% DV	Calcium	5% DV
Iron	13% DV				

Percent Daily Values are based on a 2,000 calorie diet.

## Green Onion Omelet

---

### Ingredients

- 1 can (about 15 ounces) **low-sodium sliced potatoes**, drained
- 1 tablespoon **vegetable oil**
- 1 whole egg
- 3 egg whites
- 3 tablespoons **1% low-fat milk**
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{2}$  cup **ham**, diced
- $\frac{1}{2}$  can (about 8 ounces) **low-sodium tomatoes**, drained
- 1 tablespoon green onion (or wild onion), chopped

### Directions

1. Open and drain can of sliced potatoes. Cut sliced potatoes into strips.
2. In a large skillet over medium heat, lightly brown potatoes in the vegetable oil for 5 to 10 minutes.
3. In a mixing bowl, add egg, egg whites, milk, and salt. Mix well.
4. Stir in ham, tomatoes, and green (or wild) onions.
5. Pour egg mixture over potatoes in the skillet.
6. Cover skillet and continue to cook eggs over medium heat until firm, not runny (about 8 minutes).
7. Cut the omelet into four pieces and serve.

Serves 4

## Pumpkin Parfait

The rich flavor of pumpkin with granola is a delicious combination. Try this recipe for breakfast or an after-meal treat. **The foods in bold type are USDA Foods.**



### Nutrition Facts

**Serving Size 1 cup (217g)**

Calories	226	Total fat	4.5g	Saturated fat	1.5g
Cholesterol	6mg	Sodium	107mg	Carbohydrate	40g
Dietary Fiber	3g	Sugars	29g	Protein	8g
Vitamin A	223% DV	Vitamin C	9% DV	Calcium	24% DV
Iron	10% DV				

Percent Daily Values are based on a 2,000 calorie diet.



## Pumpkin Parfait

---

### Ingredients

- 1 can (about 15 ounces) **low-sodium pumpkin**
  - 3 cups fat-free or low-fat vanilla yogurt
  - $\frac{1}{4}$  teaspoon ground cinnamon
  - $\frac{1}{4}$  teaspoon ground nutmeg
- Granola:
- $\frac{1}{4}$  cup **raisins**
  - $\frac{1}{2}$  cup **quick cooking oats**
  - $\frac{1}{2}$  cup **rice crisps**
  - 1 tablespoon **vegetable oil**
  - $\frac{1}{4}$  cup brown (or white) sugar

### Directions

1. Preheat oven to 325 degrees F.
2. In a blender or with a fork, blend the pumpkin until smooth.
3. Mix pumpkin, yogurt, and spices in a bowl.
4. In another bowl, mix the granola ingredients: raisins, quick cooking oats, rice crisps, oil, and sugar.
5. Spread granola on a baking pan. Bake for 10 minutes.
6. Let the granola cool down until it hardens. Then, break it apart or crush it into small pieces.
7. Spoon the pumpkin into 6 medium-size glasses or bowls.
8. Put granola on top of the pumpkin in each glass or bowl. Spoon the pumpkin and granola in layers until all have been added to a glass or bowl.
9. Serve immediately or refrigerate.

Serves 6

## Rice Pudding

This old-fashioned rice pudding has the sweet taste of raisins and cinnamon. Try this for breakfast with fruits or as a low-fat dessert.

**The foods in bold type are USDA Foods.**



### Nutrition Facts

**Serving Size 1 cup (174g)**

Calories	159	Total fat	1.2g	Saturated fat	0.7g
Cholesterol	5mg	Sodium	145mg	Carbohydrate	31g
Dietary Fiber	1g	Sugars	15g	Protein	5g
Vitamin A	4% DV	Vitamin C	0% DV	Calcium	14% DV
Iron	7% DV				

Percent Daily Values are based on a 2,000 calorie diet.

## Rice Pudding

---

### Ingredients

- 2½ cups **1% low-fat milk**
- 2¼ cups cooked **long-grain white rice**
- ¼ cup **raisins**
- ¼ teaspoon salt
- ¼ cup brown (or white) sugar
- 1 teaspoon vanilla extract
- ¼ teaspoon cinnamon

### Directions

1. In a medium-size pot, combine milk, rice, raisins, and salt.
2. Bring pot to a boil. Lower heat and cook for 15 minutes. Stir pot every 3 minutes.
3. Add sugar, vanilla extract, and cinnamon to pot. Mix well.
4. Cook over low heat for 5 minutes. Serve hot or refrigerate and serve cold.

### Serves 6

- \* **Tip:** Sprinkle more raisins on top of rice pudding just before serving.

## Banaha Bread

Banaha Bread is a delicious cornmeal-based food that is great with any meal. **The foods in bold type are USDA Foods.** Adapted from a recipe by Trista Winnett, Choctaw Nation.



### Nutrition Facts

**Serving Size 1 piece (80g)**

Calories	127	Total fat	0.6g	Saturated fat	0g
Cholesterol	0mg	Sodium	452mg	Carbohydrate	27g
Dietary Fiber	1g	Sugars	<1g	Protein	3g
Vitamin A	1% DV	Vitamin C	0% DV	Calcium	0% DV
Iron	8% DV				

Percent Daily Values are based on a 2,000 calorie diet.



## Banaha Bread

---

### Ingredients

- 6 cups water
- 4 to 6 handfuls corn shucks
- 2 cups **cornmeal**
- 1 teaspoon baking soda
- 1 teaspoon salt

### Directions

1. In a large pot, bring 6 cups of water to a boil over medium to high heat.
2. Boil corn shucks for about 10 minutes. Remove carefully.
3. Strip a few shucks into strings. Tie two strings together to make longer strings.
4. In a medium-size bowl, mix the dry ingredients.
5. Keep mixing and slowly add a little water until mixture is firm enough to handle easily.
6. Form cornmeal mixture into 8 oval-shaped balls about 3 inches long.
7. Wrap the balls in corn shucks, and tie the ends closed with the corn shuck strings.
8. Gently put wrapped balls into the large pot of boiling water. The pot should be about 2/3 full of water. Cover the pot with a lid and cook for 30 to 45 minutes over medium to high heat.
9. Remove corn shuck covering and serve hot.

### Serves 6



**Tip:** Spice up your bread with peppers, onions, and peas. It can be refrigerated and reheated in a pan or microwave oven.

## Banana Berry Muffins

These moist muffins have a fruity flavor and are full of whole grain goodness. Serve them anytime. **The foods in bold type are USDA Foods.** Adapted from a recipe submitted by Alicson Scott, Chickasaw Nation Get Fresh! Program.



### Nutrition Facts

**Serving Size 1 piece (80g)**

Calories	75	Total fat	1g	Saturated fat	0.3g
Cholesterol	26mg	Sodium	130mg	Carbohydrate	15g
Dietary Fiber	1g	Sugars	8g	Protein	2g
Vitamin A	1% DV	Vitamin C	3% DV	Calcium	2% DV
Iron	3% DV				

Percent Daily Values are based on a 2,000 calorie diet.

## Banana Berry Muffins

---

### Ingredients

- Nonstick cooking spray
- 4 tablespoons **applesauce**
- ¼ cup sugar
- 2 tablespoons **egg mix**
- 2 ripe bananas, mashed
- 2 tablespoons water
- ¼ cup **all-purpose flour**
- ¼ cup **whole wheat flour**
- ¼ cup **quick cooking oats**
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ¼ cup blueberries or strawberries (fresh or frozen)

### Directions

1. Preheat oven to 350 degrees F. Spray a 12-cup muffin pan with nonstick cooking spray.
2. In a medium-size bowl, combine applesauce, sugar, egg mix, banana, and water. Mix well.
3. In a large bowl mix flours, oats, baking powder, baking soda, and salt.
4. Add the applesauce mixture to the bowl with the dry ingredients; mix just until batter is moist.
5. Gently add berries into the mixture.
6. Fill each muffin cup about  $\frac{3}{4}$  full of batter.
7. Bake for 25 to 30 minutes until lightly brown.
8. Cool for 10 minutes and remove from pan.

Serves 12

## Fabulous Homemade Bread

Extra loaves can be frozen, and they will still taste good when thawed. **The foods in bold type are USDA Foods.** *Adapted from a recipe submitted by Alicson Scott, Chickasaw Nation Get Fresh! Program.*



### Nutrition Facts

**Serving Size 1 slice (51g)**

Calories	147	Total fat	4.7g	Saturated fat	0.5g
Cholesterol	0mg	Sodium	67mg	Carbohydrate	23g
Dietary Fiber	2g	Sugars	3g	Protein	3g
Vitamin A	0% DV	Vitamin C	0% DV	Calcium	1% DV
Iron	7% DV				

Percent Daily Values are based on a 2,000 calorie diet.

## Fabulous Homemade Bread

---

### Ingredients

- ¼ cup warm water
- 1½ teaspoons sugar
- 1½ packages active dry yeast ( ½ package for each loaf)
- 2 tablespoons **all-purpose flour**
- 2¼ cups warm water
- 5 cups **all-purpose flour**
- 1 cup **whole wheat flour**
- 1 cup **quick cooking oats**
- 1 teaspoon salt
- 2/3 cup brown (or white) sugar
- 2/3 cup **vegetable oil**
- Nonstick cooking spray

### Directions

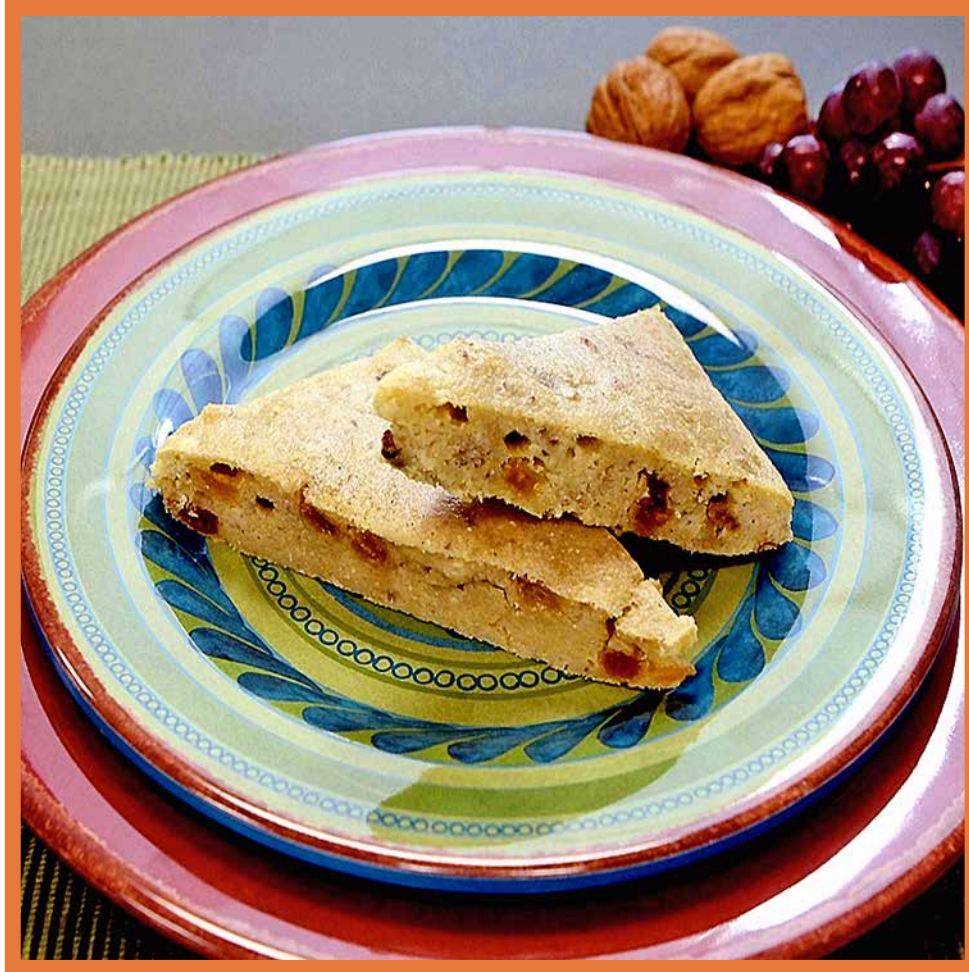
1. Preheat the oven to 350 degrees F.
2. In a large bowl, mix ¼ cup warm water, sugar, yeast, and 2 tablespoons all-purpose flour. Let rise for about 5 minutes.
3. Add 2¼ cups warm water, 5 cups all-purpose flour, 1 cup whole wheat flour, oats, salt, brown sugar, and oil and mix well.
4. On a clean and dry flat surface, sprinkle flour and knead dough until it is not sticky. This may take an additional cup of whole-wheat flour.
5. Spray a large bowl with nonstick cooking spray. Place dough in the bowl and cover with plastic wrap. Let rise in a warm place until it has doubled, about 1 hour.
6. Gently knead dough a couple of times. Divide dough evenly and form into 3 oval loaves.
7. Spray three 9-by-5-inch loaf pans with nonstick cooking spray, and place a loaf in each pan. Allow dough to rise until it reaches the top of the pans.
8. Bake for 25 to 30 minutes. Do not overbake. Cut each loaf into 12 slices.

Serves 12



## Garden Pan Bread

The bananas make this bread moist and add extra flavor. Serve with a salad or main dish, or eat anytime. **The foods in bold type are USDA Foods.** Adapted from a recipe submitted by Alicson Scott, Chickasaw Nation Get Fresh! Program.



### Nutrition Facts

**Serving Size 1 piece (144g)**

Calories	268	Total fat	6.5g	Saturated fat	0.8g
Cholesterol	39mg	Sodium	261mg	Carbohydrate	48g
Dietary Fiber	4g	Sugars	13g	Protein	7g
Vitamin A	2% DV	Vitamin C	9% DV	Calcium	11% DV
Iron	13% DV				

Percent Daily Values are based on a 2,000 calorie diet.

## Garden Pan Bread

---

### Ingredients

- ½ cup **cornmeal**
- ½ cup **all-purpose flour**
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 2 ripe bananas, mashed
- ½ cup water
- 1 tablespoon **egg mix**
- ¼ cup **raisins**
- ¼ cup walnuts, chopped
- Nonstick cooking spray

### Directions

1. Preheat oven to 350 degrees F.
2. In a medium-size bowl, combine cornmeal, flour, baking powder, and salt. Set aside.
3. In a small bowl, combine bananas, water, and egg mix. Stir until mixed well.
4. Stir banana mixture into cornmeal mixture. Mix until dry ingredients are moistened. Gently stir in raisins and walnuts.
5. Lightly spray medium-size skillet or baking pan with nonstick cooking spray.
6. Spoon batter into skillet or baking pan.
7. Bake for 18 to 20 minutes or until bread is golden brown and pulls away from the edges. A wooden toothpick or a clean fork inserted into the center of the bread should come out clean.
8. Cut into four equal slices and serve hot or cold.

Serves 4

## Raisin Muffins

These moist muffins have a fruity flavor and are full of whole grain goodness. Serve them anytime. **The foods in bold type are USDA Foods.** Adapted from a recipe submitted by Alicson Scott, Chickasaw Nation Get Fresh! Program.



### Nutrition Facts

**Serving Size 1 muffin (71g)**

Calories	194	Total fat	7.5g	Saturated fat	0.5g
Cholesterol	0mg	Sodium	236mg	Carbohydrate	31g
Dietary Fiber	3g	Sugars	12g	Protein	3g
Vitamin A	0% DV	Vitamin C	0% DV	Calcium	5% DV
Iron	7% DV				

Percent Daily Values are based on a 2,000 calorie diet.

## Raisin Muffins

---

### Ingredients

#### ***Dry ingredients***

- 2 cups **whole wheat flour**
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon cinnamon

#### ***Wet ingredients***

- 6 tablespoons **vegetable oil**
- ½ cup maple syrup (or 2/3 cup brown or white sugar)
- 1 cup water
- ½ cup **raisins**
- Nonstick cooking spray

#### ***Topping***

- ½ cup **quick cooking oats**

### Directions

1. Preheat oven to 375 degrees F.
2. Mix all of the dry ingredients in a large bowl.
3. Next, add the wet ingredients. Stir until just mixed.
4. Spray a 12-cup muffin pan with nonstick cooking spray.
5. Fill each cup about  $\frac{3}{4}$  full. Sprinkle about 1 teaspoon of oats on top of each muffin.
6. Bake for 20 to 25 minutes. The muffins can be served warm or cool.

Serves 12



## Beef and Vegetable Soup

One large pot and 1 hour are all that you need for this hearty soup. Make it for lunch or serve it for dinner. **The foods in bold type are USDA Foods.** Adapted from a recipe submitted by Alicson Scott, Chickasaw Nation Get Fresh! Program.



### Nutrition Facts

**Serving Size 1 cup (271g)**

Calories	258	Total fat	9.3g	Saturated fat	3.4g
Cholesterol	39mg	Sodium	336mg	Carbohydrate	30g
Dietary Fiber	4g	Sugars	5g	Protein	15g
Vitamin A	82% DV	Vitamin C	24% DV	Calcium	4% DV
Iron	27% DV				

Percent Daily Values are based on a 2,000 calorie diet.



## Beef and Vegetable Soup

### Ingredients

- 1 pound **ground beef**
- 1 ½ cans (about 23 ounces) **low-sodium whole kernel corn**
- 1 can (about 15 ounces) **low-sodium carrots**
- 1 can (about 15 ounces) **low-sodium sliced potatoes**
- 1 can (about 15 ounces) **low-sodium diced tomatoes**
- 1 small **onion**, diced
- ½ cup **macaroni**, dry
- 1 teaspoon garlic powder
- 1 teaspoon onion powder

### Directions

1. In a large pan, brown ground beef over medium heat for 8 to 10 minutes. Drain off fat.
2. Add corn, carrots, potatoes, tomatoes, and onions to pot.
3. Cook for 25 minutes over medium heat. Stir every 10 minutes.
4. Add macaroni, garlic powder, and onion powder to pot.
5. Cook for 20 minutes over medium heat. Stir every 10 minutes.

### Serves 8

- \* **Tip for cooking ground beef:** The recommended safe minimum internal temperature for ground beef is 160 degrees F, as measured with a food thermometer.

## Chicken Noodle Soup

This home-style chicken noodle soup makes a wonderful side dish. It tastes even better the next day if you have any leftovers. **The foods in bold type are USDA Foods.** *Adapted from a recipe by Tod Robertson, Seminole Nation.*



### Nutrition Facts

**Serving Size 1 cup (431g)**

Calories	287	Total fat	4.6g	Saturated fat	1.3g
Cholesterol	149mg	Sodium	305mg	Carbohydrate	34g
Dietary Fiber	1g	Sugars	<1g	Protein	25g
Vitamin A	1% DV	Vitamin C	2% DV	Calcium	4% DV
Iron	16% DV				

Percent Daily Values are based on a 2,000 calorie diet.

## Chicken Noodle Soup

### Ingredients

- 1 pound **chicken breasts**, thawed, skin and bone removed from each piece
- 6 cups water
- ½ teaspoon salt
- ¼ teaspoon black pepper

### Noodles

- 4 tablespoons **egg mix**
- 2 cups **all-purpose flour**

### Directions

1. Cut up chicken breasts and place in a large pot with enough water to cover. Add salt and pepper.
2. Bring chicken and water to a boil. Reduce to medium heat and continue to cook for about 20 minutes.
3. Set aside ¼ cup (about 1 ladle full) of the broth in a large bowl to cool down.
4. To make the noodles, combine egg mix and flour in a medium-size bowl. While mixing the egg and flour, slowly add the ¼ cup cooled broth until a dough is formed.
5. Roll the dough on a clean, dry, floured surface. Add more flour as needed to keep it from sticking.
6. Cut dough into ½-inch-wide strips that are about 6 inches long.
7. Gently put the strips into the pot with chicken. Stir every 5 minutes.
8. Cook until done (about 15-20 minutes over medium heat).
9. Be careful! Pot may boil over if lid is fully closed.

### Serves 6

- \* **Tip for cooking chicken:** The recommended safe minimum internal temperature for chicken is 165 degrees F, as measured with a food thermometer.

## Corn Soup

This popular soup is sure to please any hungry stomach. **The foods in bold type are USDA Foods.**



### Nutrition Facts

**Serving Size 1½ cups (355g)**

Calories	252	Total fat	7.2g	Saturated fat	2.3g
Cholesterol	26mg	Sodium	497mg	Carbohydrate	41g
Dietary Fiber	5g	Sugars	7g	Protein	11g
Vitamin A	10% DV	Vitamin C	21.6% DV	Calcium	2% DV
Iron	11% DV				

Percent Daily Values are based on a 2,000 calorie diet.

## Corn Soup

---

### Ingredients

- ½ pound **ground beef**
- 2 cups water
- 1 can (about 15 ounces) **low-sodium whole kernel corn**
- 2 cans (about 30 ounces) **low-sodium cream style corn**
- 1 cup **onions**, diced
- 1 tablespoon garlic, finely chopped
- 1 tablespoon chili powder
- ½ teaspoon salt
- ½ teaspoon black pepper

### Directions

1. In a large pot, brown ground beef over medium to high heat for 8 to 10 minutes. Drain off fat.
2. Add water, corn kernels, cream style corn, onion, garlic, chili powder, salt, and pepper to pot. Mix well.
3. Cook over low heat for about 15 minutes. Serve hot.

### Serves 6

- \* **Tip for cooking ground beef:** The recommended safe minimum internal temperature for ground beef is 160 degrees F, as measured with a food thermometer.



## Great Northern Bean Soup

Great Northern beans are white beans with a mild flavor. **The foods in bold type are USDA Foods.**



### Nutrition Facts

**Serving Size 1½ cups (484g)**

Calories	327	Total fat	7.4g	Saturated fat	1.2g
Cholesterol	40mg	Sodium	260mg	Carbohydrate	41g
Dietary Fiber	13g	Sugars	3g	Protein	25g
Vitamin A	5% DV	Vitamin C	18% DV	Calcium	13% DV
Iron	23% DV				

Percent Daily Values are based on a 2,000 calorie diet.

## Great Northern Bean Soup

### Ingredients

- 2 cups **Great Northern beans**, dry
- 3 cups water
- ½ cup **onion**, chopped
- ½ pound **chicken**, thawed, cut up, and skin removed from each piece
- ¼ pound **ham**, chopped
- 2 tablespoons **vegetable oil**
- 8 cups water
- 1 cup **tomatoes**, diced (or ½ can, about 8 ounces, **low-sodium diced tomatoes**)
- 1 tablespoon distilled white vinegar

### Directions

1. In a medium-size bowl, soak beans in 3 cups of water overnight.
2. Drain the water and rinse beans.
3. In a large pot, brown onion, chicken, and ham in oil over medium to high heat for about 5 minutes.
4. Add water, beans, and salt to pot. Mix well.
5. Bring pot to a boil and cook for 5 minutes.
6. Lower heat and cook for about 1 hour. Stir pot every 15 minutes.
7. Add tomatoes and vinegar to pot. Keep cooking over low heat for about 20 minutes. Serve hot.

### Serves 6



**Tip for cooking chicken:** The recommended safe minimum internal temperature for chicken is 165 degrees F, as measured with a food thermometer.

## Hearty Beef Soup

This tasty and satisfying soup can be served for lunch or dinner. The leftovers can be frozen for later. **The foods in bold type are USDA Foods.**



### Nutrition Facts

**Serving Size 1 cup (238g)**

Calories	130	Total fat	4.3g	Saturated fat	1g
Cholesterol	14mg	Sodium	214mg	Carbohydrate	10g
Dietary Fiber	2g	Sugars	3g	Protein	8g
Vitamin A	17% DV	Vitamin C	33% DV	Calcium	3% DV
Iron	7% DV				

Percent Daily Values are based on a 2,000 calorie diet.

## Hearty Beef Soup

### Ingredients

- ¼ pound **beef round roast**, thawed and chopped
- 1 tablespoon **vegetable oil**
- 3 cups water
- 2 cups **winter squash**, chopped (or 2 cups **cabbage**, finely chopped)
- ½ cup **onions**, chopped
- 1 **celery** stalk, finely chopped
- 1 teaspoon garlic, finely chopped
- ½ teaspoon dried oregano
- 1 tablespoon parsley, chopped (if you have it)
- ¼ cup **macaroni**, dry
- 1 large **tomato**, chopped (or 1 can, about 15 ounces, **low-sodium diced tomatoes**)
- ½ cup **green pepper**, finely chopped
- ½ teaspoon salt
- ½ teaspoon black pepper

### Directions

1. In a large pot, brown beef in oil over medium to high heat for 8 to 10 minutes. Drain fat.
2. Add water, squash, onion, celery, garlic, and oregano. If using parsley, add that too. Mix well.
3. Bring pot to a boil. Lower heat and cook for 20 minutes.
4. Add macaroni, tomatoes, green pepper, salt, and pepper.
5. Keep cooking over low heat for 20 minutes. Serve hot.

### Serves 6

- \* **Tip for cooking beef roast:** The recommended safe minimum internal temperature for beef roast is 145 degrees F, as measured with a food thermometer.



## Potato Soup

This rich-tasting and hearty potato soup is full of flavor and perfect for lunch or dinner. **The foods in bold type are USDA Foods.**



### Nutrition Facts

**Serving Size 1½ cups (415g)**

Calories	225	Total fat	3.4g	Saturated fat	0.4g
Cholesterol	13mg	Sodium	38mg	Carbohydrate	40g
Dietary Fiber	5g	Sugars	4g	Protein	10g
Vitamin A	15% DV	Vitamin C	57% DV	Calcium	5% DV
Iron	14% DV				

Percent Daily Values are based on a 2,000 calorie diet.



## Potato Soup

### Ingredients

- 1 cup **onion**, chopped
- 1 tablespoon garlic, finely chopped
- 1 tablespoon **vegetable oil**
- $\frac{1}{4}$  pound **chicken**, thawed, cut up, and skin removed from each piece
- 4 cups water
- 6 small **red potatoes**, chopped (or 1 can, about 15 ounces, **low-sodium sliced potatoes**)
- $\frac{1}{4}$  cup **white rice**, uncooked (or brown rice)
- $\frac{1}{2}$  teaspoon chili powder (or paprika)
- 1 cup peas (or  $\frac{1}{2}$  can, about 8 ounces, **low-sodium green peas**)
- $\frac{1}{2}$  teaspoon cayenne or jalapeño chilies, diced (if you have it)
- $\frac{1}{2}$  cup fresh parsley or cilantro, chopped (if you have it)

### Directions

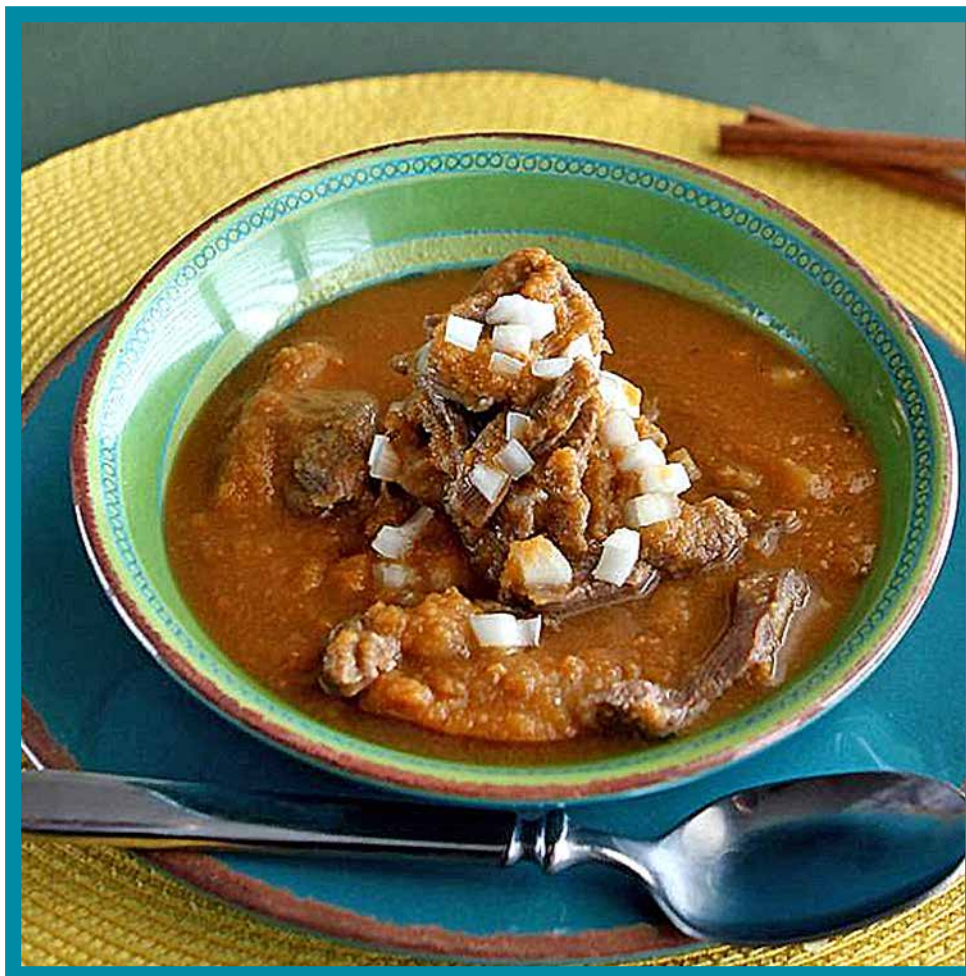
1. In a large pot, brown onion and garlic in oil over medium to high heat for 5 minutes.
2. Add chicken to pot and brown for about 5 minutes.
3. Add water, potatoes, rice, and chili powder to pot.
4. Bring pot to a boil, and cook for 15 minutes.
5. Lower heat and cook for about 15 to 20 minutes. Stir pot every 10 minutes.
6. Add peas and cook for about 8 minutes. If using cayenne or jalapeño chilies, add that too. Mix well.
7. Remove pot from heat. If using parsley or cilantro, add that now.
8. Mix well and cover for 5 minutes. Serve hot.

### Serves 6

- \* **Tip for cooking chicken:** The recommended safe minimum internal temperature for chicken is 165 degrees F, as measured with a food thermometer.

## Pumpkin Soup

Canned pumpkin tastes good and is easy to use. The blend of ingredients in this soup gives it a hint of sweetness. **The foods in bold type are USDA Foods.**



### Nutrition Facts

**Serving Size 1 cup (293g)**

Calories	133	Total fat	2.2g	Saturated fat	1g
Cholesterol	14mg	Sodium	18mg	Carbohydrate	17g
Dietary Fiber	4g	Sugars	9g	Protein	8g
Vitamin A	441% DV	Vitamin C	11% DV	Calcium	5% DV
Iron	15% DV				

Percent Daily Values are based on a 2,000 calorie diet.

## Pumpkin Soup

---

### Ingredients

- 3 cups water
- $\frac{1}{4}$  pound **beef round roast**, thawed, sliced thinly
- 2 cans (about 30 ounces) **low-sodium pumpkin**
- 2 tablespoons maple syrup (or 2 tablespoons brown sugar)
- $\frac{1}{4}$  teaspoon black pepper
- $\frac{1}{2}$  teaspoon ground cinnamon (if you have it)
- $\frac{1}{4}$  cup **onions**, diced

### Directions

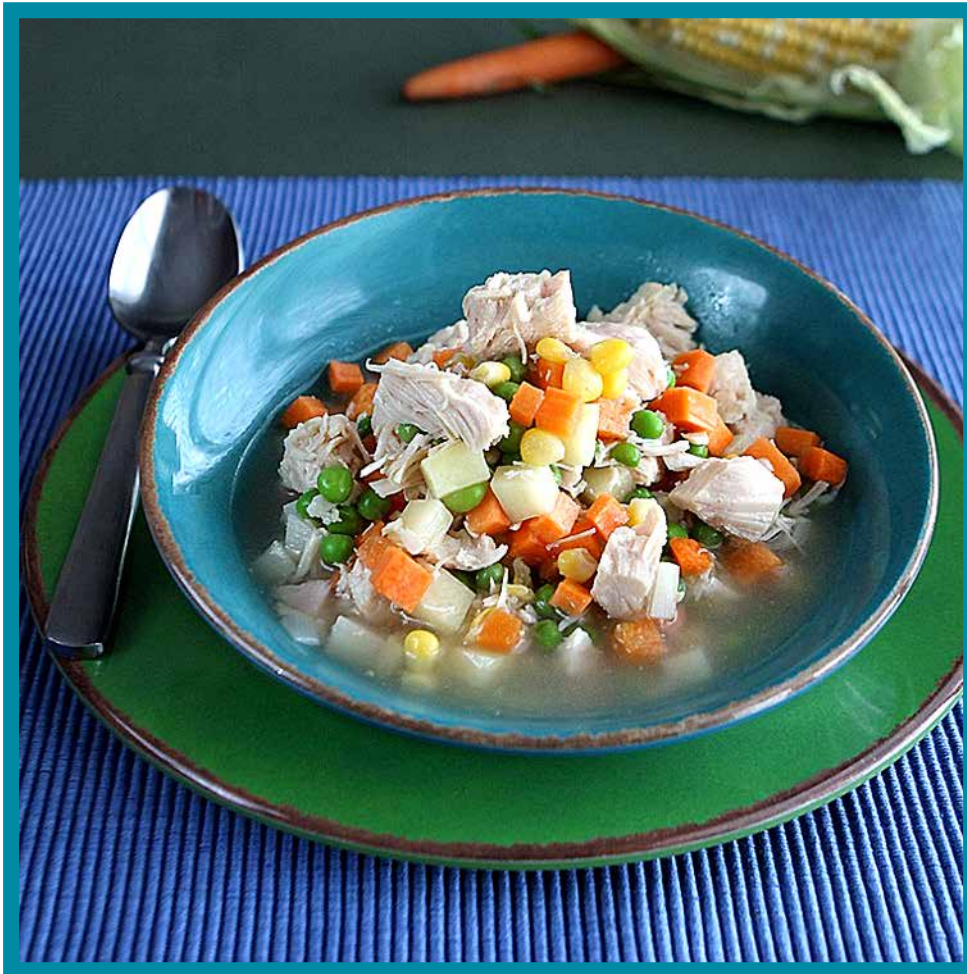
1. In a medium-size pot, bring water to a boil.
2. Add beef roast to boiling water. Boil for 5 to 10 minutes.
3. Add pumpkin, maple syrup, and pepper to pot. If using cinnamon, add that too. Mix well.
4. Lower heat and cook for about 10 minutes.
5. Put 2 teaspoons of onion on top of each bowl of soup. Serve hot.

### Serves 6

- \* **Tip for cooking beef roast:** The recommended safe minimum internal temperature for beef roast is 145 degrees F, as measured with a food thermometer.

## Vegetable Soup (with Chicken)

This soup can be prepared quickly in one pot for lunch or for dinner. **The foods in bold type are USDA Foods.** Adapted from a recipe by Natalie Gibson, San Pasqual Reservation



### Nutrition Facts

**Serving Size 1¼ cup (501g)**

Calories	300	Total fat	3.5g	Saturated fat	1g
Cholesterol	38mg	Sodium	305mg	Carbohydrate	49g
Dietary Fiber	9g	Sugars	9g	Protein	21g
Vitamin A	261% DV	Vitamin C	72% DV	Calcium	7% DV
Iron	15% DV				

Percent Daily Values are based on a 2,000 calorie diet.



## Vegetable Soup (with Chicken)

### Ingredients

- 1 can (about 12 ounces) **chicken**
- 3 cups water
- 3 ears corn (or 1 can **low-sodium whole kernel corn**)
- 1 can (about 15 ounces) **low-sodium peas**
- 1 pound fresh **carrots**, peeled and diced (or 1 can, about 15 ounces, low-sodium carrots)
- 2 pounds **potatoes**, peeled and diced (or 2 cans, about 30 ounces, **low-sodium sliced potatoes**)

### Directions

1. In a large pot, heat the chicken and water over medium to high heat until hot.
2. Cut the kernels off the ears of corn.
3. Add the corn kernels and all other ingredients to the pot and boil for 10 seconds.
4. Lower the heat and simmer for about 30 minutes.

### Serves 6

- \* **Tip for cooking chicken:** The recommended safe minimum internal temperature for chicken is 165 degrees F, as measured with a food thermometer.



## Chicken Posole

Posole is a delicious side dish that can be served with several toppings. It can be eaten by itself, or it can be served with shredded cabbage, sliced radish, or chopped onions. **The foods in bold type are USDA Foods.**



### Nutrition Facts

**Serving Size 1¼ cup (501g)**

Calories	224	Total fat	8.7g	Saturated fat	1g
Cholesterol	38mg	Sodium	440mg	Carbohydrate	22g
Dietary Fiber	5g	Sugars	3g	Protein	15g
Vitamin A	145% DV	Vitamin C	8% DV	Calcium	6% DV
Iron	9% DV				

Percent Daily Values are based on a 2,000 calorie diet.

## Chicken Posole

---

### Ingredients

- 1 **onion**, chopped
- 3 large **carrots**, chopped
- 3 **celery** stalks, chopped
- ½ tablespoon garlic, finely chopped
- 2 tablespoons **vegetable oil**
- 2 cans (about 30 ounces) low-sodium **hominy**
- 1 can (about 12 ounces) **canned chicken**
- 4 cups water
- 1 teaspoon cayenne or jalapeño chilies, seeds removed and finely chopped (if you have it)
- ½ teaspoon chili powder (if you have it)
- ½ teaspoon oregano (if you have it)
- ½ teaspoon salt
- ¼ teaspoon pepper

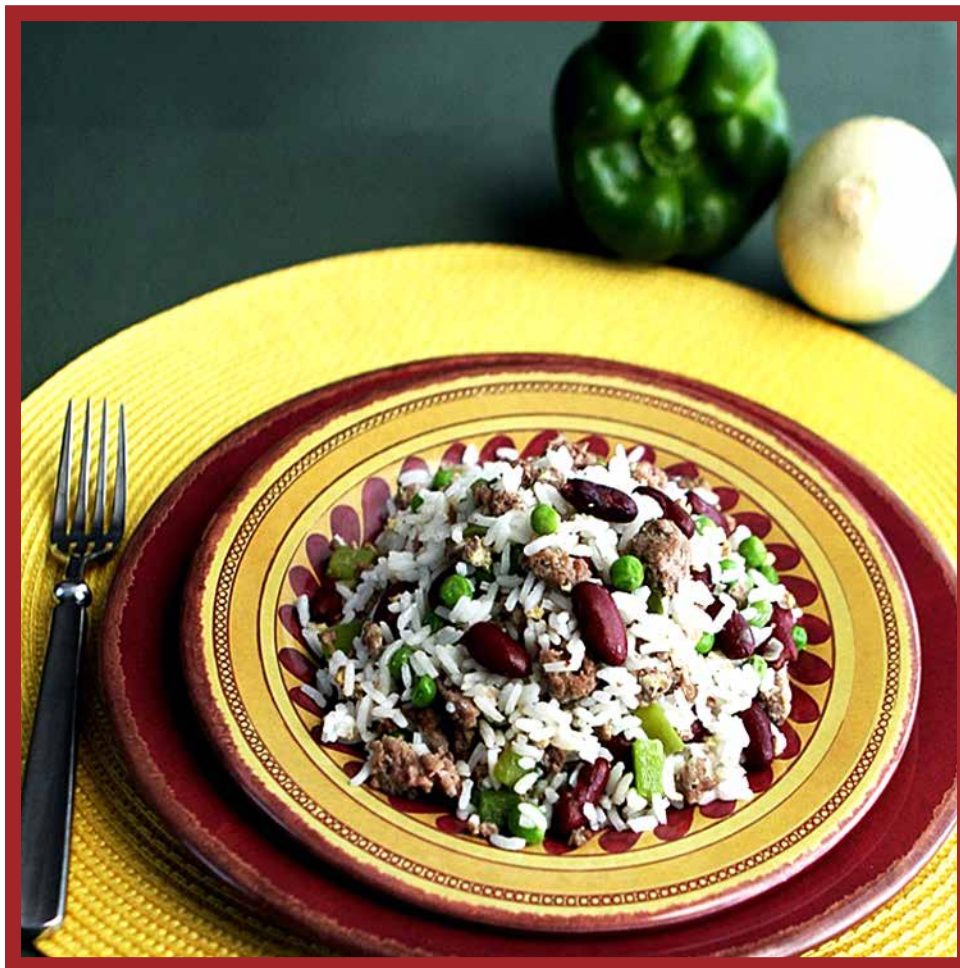
### Directions

1. In a medium-size pot, brown onion, carrots, celery, and garlic in vegetable oil over medium heat for 10 minutes.
2. Add hominy, chicken, and water. If using cayenne pepper, jalapeño chilies, chili powder, or oregano, add that too. Mix well.
3. Bring pot to a boil. Lower heat and cook for about 10 minutes.
4. Add salt and pepper. Serve hot.

Serves 6

## Dirty Rice

Dirty rice is a flavorful way to spice up your main dishes. It is also a good way to serve leftovers; cooked chicken or ham can be used in place of ground beef. **The foods in bold type are USDA Foods.**



### Nutrition Facts

**Serving Size 1 cup (231g)**

Calories	308	Total fat	9.5g	Saturated fat	2g
Cholesterol	65mg	Sodium	131mg	Carbohydrate	43g
Dietary Fiber	4g	Sugars	3g	Protein	12g
Vitamin A	4% DV	Vitamin C	25% DV	Calcium	4% DV
Iron	11% DV				

Percent Daily Values are based on a 2,000 calorie diet.

## Dirty Rice

---

### Ingredients

- 2 tablespoons **egg mix**
- $\frac{1}{4}$  cup water
- $\frac{1}{4}$  pound **ground beef**
- $\frac{1}{2}$  **onion**, finely chopped
- $\frac{1}{2}$  **green pepper**, chopped
- 2 tablespoons **vegetable oil**
- $\frac{1}{2}$  can (about 8 ounces) **low-sodium peas**, drained
- $\frac{1}{2}$  can (about 8 ounces) **low-sodium kidney beans**, drained
- 4 cups cooked **rice**, cold
- $\frac{1}{4}$  teaspoon black pepper

### Directions

1. In a small bowl, combine egg mix and water. Mix well and set aside.
2. In a large skillet, cook ground beef, onion, and green pepper in oil over medium heat for about 10 minutes.
3. Add egg mix to skillet. Scramble eggs over medium heat for about 5 minutes.
4. Add peas and beans to skillet. Cook for about 5 minutes.
5. Add rice and pepper to skillet. Stir to break up any clumps of rice. Cook for about 5 minutes. Serve hot.

### Serves 6

- \* **Tip for cooking ground beef:** The recommended safe minimum internal temperature for ground beef is 160 degrees F, as measured with a food thermometer.



## Fresh Tomato Salsa

Fresh salsa is a refreshing, cool addition to a meal or snack. Try something new by adding it to salads, baked fish, and tacos. **The foods in bold type are USDA Foods.**



### Nutrition Facts

**Serving Size ¼ cup (53g)**

Calories	21	Total fat	0.6g	Saturated fat	0g
Cholesterol	0mg	Sodium	99mg	Carbohydrate	4g
Dietary Fiber	1g	Sugars	2g	Protein	1g
Vitamin A	13% DV	Vitamin C	12% DV	Calcium	1% DV
Iron	1% DV				

Percent Daily Values are based on a 2,000 calorie diet.

## Fresh Tomato Salsa

---

### Ingredients

- 1 cup **tomatoes**, finely chopped (or ½ can, about 8 ounces, **low-sodium diced tomatoes**)
- ½ cup **apple**, peeled and finely chopped
- ¼ cup **onion**, finely chopped
- 2 tablespoons lime (or lemon) juice
- 1 teaspoon garlic, finely chopped
- ½ teaspoon **vegetable oil**
- ¼ teaspoon salt
- 1 teaspoon fresh parsley or cilantro, finely chopped (if you have it)
- 1 tablespoon cayenne pepper or jalapeño chilies, chopped (if you have it)

### Directions

1. In a medium-size bowl, combine tomato, apple, onion and lime juice (or lemon juice). Mix well.
2. Add garlic, vegetable oil, and salt to bowl. If using parsley, cilantro, cayenne pepper, or jalapeño chilies, add them too. Mix well.
3. Cover bowl and refrigerate for 15 minutes. Serve cold.

Serves 6

## Garden Pasta Salad

Pasta salad is a cool and delightful addition to lunch or dinner. It goes with soup or a sandwich. **The foods in bold type are USDA Foods.**



### Nutrition Facts

**Serving Size ¼ cup (38g)**

Calories	34	Total fat	1.3g	Saturated fat	0g
Cholesterol	0mg	Sodium	98mg	Carbohydrate	5g
Dietary Fiber	1g	Sugars	<1g	Protein	1g
Vitamin A	1% DV	Vitamin C	10% DV	Calcium	0% DV
Iron	1% DV				

Percent Daily Values are based on a 2,000 calorie diet.

## Garden Pasta Salad

---

### Ingredients

- ½ cup **macaroni**, cooked
- ¼ cup **onion**, finely chopped
- ½ cup **cucumber**, finely chopped
- ¼ cup **green pepper**, diced
- 1 tablespoon vinegar
- ½ tablespoon **vegetable oil**
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 teaspoon parsley, chopped (if you have it)

### Directions

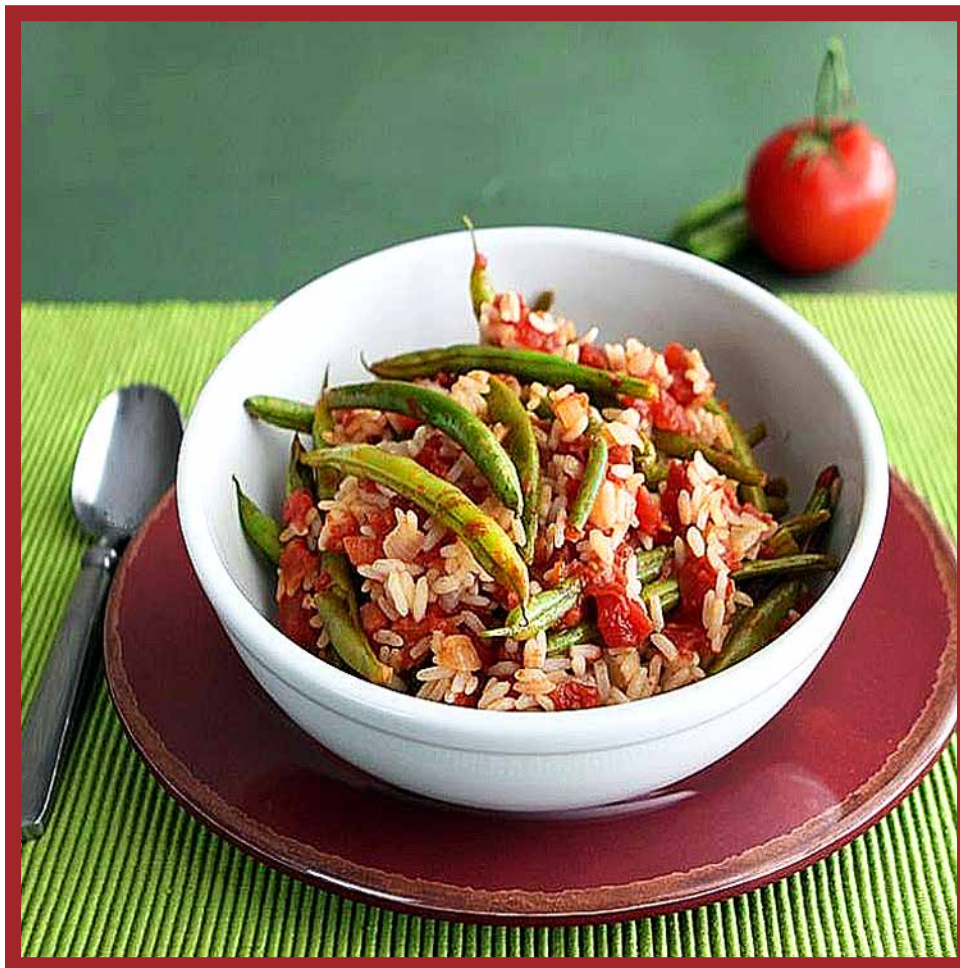
1. In a medium-size bowl, combine macaroni, onions, cucumbers, and green peppers. Mix well.
2. In a separate bowl, mix vinegar, vegetable oil, salt, and pepper. If using parsley, add that too.
3. Pour the prepared dressing over the pasta. Mix well.
4. Cover bowl and refrigerate for 30 to 45 minutes. Serve cold.

Serves 6



## Green Bean and Rice Casserole

This no-fuss side dish is a great addition to any meal and can be prepared in a flash. **The foods in bold type are USDA Foods.**  
*Adapted from a recipe by Healthy Diabetes Recipes and More, South Dakota Diabetes Control Program.*



### Nutrition Facts

**Serving Size 1 cup (198g)**

Calories	114	Total fat	1.6g	Saturated fat	0g
Cholesterol	0mg	Sodium	183mg	Carbohydrate	21g
Dietary Fiber	3g	Sugars	3g	Protein	3g
Vitamin A	14% DV	Vitamin C	18% DV	Calcium	5% DV
Iron	12% DV				

Percent Daily Values are based on a 2,000 calorie diet.

## Green Bean and Rice Casserole

---

### Ingredients

- ½ cup **onion**, chopped
- 2 teaspoons **vegetable oil**
- ½ cup **rice**, uncooked
- 1 can (about 15 ounces) **low-sodium green beans**, drained
- 1 can (about 15 ounces) **low-sodium diced tomatoes**
- 1 cup water

### Directions

1. In a medium-size pan, cook onions in vegetable oil until they start to turn light brown.
2. Add the rice, green beans, tomatoes, and water.
3. Bring to a boil.
4. Cover the pot with a lid and cook over low heat for 10 minutes.

### Serves 6

- \* **Tip for cooking chicken:** The recommended safe minimum internal temperature for chicken is 165 degrees F, as measured with a food thermometer.

## Mash'd Taters

.....

This is a very quick and easy side dish. This three-step dish can be ready in minutes. **The foods in bold type are USDA Foods.**  
*Adapted from a recipe submitted by Alicson Scott, Chickasaw Nation Get Fresh! Program.*



### Nutrition Facts

**Serving Size 1 cup (274g)**

Calories	175	Total fat	2g	Saturated fat	0.6g
Cholesterol	1mg	Sodium	81mg	Carbohydrate	36g
Dietary Fiber	3g	Sugars	2g	Protein	4g
Vitamin A	5% DV	Vitamin C	59% DV	Calcium	3% DV
Iron	3% DV				

Percent Daily Values are based on a 2,000 calorie diet.

## Mash'd Taters

---

### Ingredients

- 4½ cups water
- 4½ teaspoons **light buttery spread**
- 4½ cups **dehydrated potatoes**
- ¼ cup 1% **low-fat milk**
- ½ tablespoon garlic powder (if you have it)

### Directions

1. Over medium to high heat, combine water and light buttery spread in a medium-size pot, and bring it to a boil.
2. Turn off heat; add potatoes and mix well.
3. Add milk to potatoes and mix well. If using garlic powder, add that too.

### Serves 5

- \* **Tip:** Change the recipe by adding fresh onion, green pepper, blended American and skim cheese, or substitute chicken broth for a rich flavor with less fat. Remember that adding chicken broth will increase the sodium.



## Roasted Potatoes

Everyone loves these roasted potatoes, and they are easy to make.

**The foods in bold type are USDA Foods.**



### Nutrition Facts

**Serving Size** ¼ cup (80g)

Calories	76	Total fat	1g	Saturated fat	0g
Cholesterol	0mg	Sodium	102mg	Carbohydrate	16g
Dietary Fiber	2g	Sugars	1g	Protein	2g
Vitamin A	4% DV	Vitamin C	27% DV	Calcium	2% DV
Iron	5% DV				

Percent Daily Values are based on a 2,000 calorie diet.

## Roasted Potatoes

---

### Ingredients

- 1 pound **potatoes**, chopped into 1-inch cubes
- ½ cup **onion**, chopped into 1-inch cubes
- ½ cup **green pepper**, chopped into 1-inch cubes
- 1 teaspoon garlic, finely chopped
- 1 teaspoon **vegetable oil**
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon parsley, finely chopped (if you have it)
- ½ teaspoon paprika (if you have it)

### Directions

1. In a medium-size bowl, mix potatoes, onions, green peppers, and garlic.
2. Add vegetable oil, salt, and pepper to bowl. If using parsley and paprika, add that too. Mix well.
3. Cover bowl and refrigerate for 15 minutes.
4. Preheat oven to 350 degrees F.
5. Spread potato mixture evenly on a cookie sheet. Bake for about 35 minutes. Serve hot.

Serves 6

## Sweet Potato Casserole

Sweet potato casserole is rich in flavor and low in fat. **The foods in bold type are USDA Foods.**



### Nutrition Facts

**Serving Size ¼ cup (80g)**

Calories	94	Total fat	0.5g	Saturated fat	0g
Cholesterol	0mg	Sodium	30mg	Carbohydrate	21g
Dietary Fiber	3g	Sugars	5g	Protein	2g
Vitamin A	130% DV	Vitamin C	13% DV	Calcium	2% DV
Iron	5% DV				

Percent Daily Values are based on a 2,000 calorie diet.

## Sweet Potato Casserole

---

### Ingredients

- 2 tablespoons **1% low-fat milk**
- 1½ teaspoons brown sugar
- 1 teaspoon ground cinnamon
- ¼ cup **quick cooking oats**, dry
- 1 can (about 15 ounces) low-sodium **sweet potatoes**, drained and chopped

### Directions

1. Preheat oven to 350 degrees F.
2. In a small bowl, combine milk, brown sugar, cinnamon, and oatmeal. Mix well and set aside.
3. In a medium-size baking pan, add the sweet potatoes so that they cover the bottom of the pan.
4. Add the oatmeal mixture on top of the sweet potatoes.
5. Bake for 20 minutes. Serve hot or refrigerate and serve cold.

Serves 6



## Baked Fish

It can be served with vegetables and rice, pastas, or potatoes.

**The foods in bold type are USDA Foods.** *Adapted from a recipe by Veronica “Babe” Newago, Red Cliff Ojibwe.*



### Nutrition Facts

**Serving Size** ½ fillet (199g)

Calories	156	Total fat	4.3g	Saturated fat	1g
Cholesterol	57mg	Sodium	211mg	Carbohydrate	6g
Dietary Fiber	1g	Sugars	4g	Protein	23g
Vitamin A	0% DV	Vitamin C	7% DV	Calcium	3% DV
Iron	5% DV				

Percent Daily Values are based on a 2,000 calorie diet.

## Baked Fish

---

### Ingredients

- Nonstick cooking spray
- 1 pound of fish fillets (whitefish, trout, or tilapia)
- 1 **onion**, sliced
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon black pepper
- 2 teaspoon **vegetable oil**
- $\frac{1}{4}$  teaspoon lemon pepper seasoning (if you have it)

### Directions

1. Preheat oven to 350 degrees F.
2. Place about a 12-inch piece of foil on the counter. Coat the foil with nonstick cooking spray.
3. Place the fillets in the middle of the foil. If the fillets have skin, place the skin side down.
4. Spread the onions, salt, pepper, and oil on top of the fillets. If using lemon pepper seasoning, add that too.
5. Fold the foil over the fish to wrap it. Place foil pouch on a baking sheet, and place it in the oven.
6. Bake the fish for 15 to 20 minutes until the fish is flaky when tested with a fork.
7. Divide into four portions and serve.

### Serves 4

- \* **Tip for cooking fish:** The recommended safe minimum internal temperature for fish is 145 degrees F, as measured with a food thermometer.

## Beef and Vegetables

This dish can be prepared in about 35 minutes and may be served for lunch or dinner. **The foods in bold type are USDA Foods.**  
*Adapted from a recipe by Lela Gabbard, Pala Indian Reservation.*



### Nutrition Facts

**Serving Size 1¼ cups (449g)**

Calories	471	Total fat	12.4g	Saturated fat	4.7g
Cholesterol	51 mg	Sodium	141mg	Carbohydrate	69g
Dietary Fiber	5g	Sugars	2g	Protein	22g
Vitamin A	20% DV	Vitamin C	29% DV	Calcium	7% DV
Iron	20% DV				

Percent Daily Values are based on a 2,000 calorie diet.

## Beef and Vegetables

---

### Ingredients

- 4 cups water
- 2 cups uncooked **rice**
- 1 pound **ground beef** (or 1 can, about 24 ounces, **canned beef**)
- 2 cups steamed green beans (or 1 can, about 15 ounces, **low-sodium green beans**)
- 1½ cups fresh cooked corn kernels (or 1 can, about 15 ounces, **low-sodium whole kernel corn**)
- 1 can (about 15 ounces) **low-sodium tomato sauce**
- ½ teaspoon garlic powder
- ½ teaspoon onion powder

### Directions

1. In a large pot, add water to rice and bring to a boil. Cover and cook on low heat for 15 minutes (do not remove the lid) until water is gone.
2. While the rice is cooking, put ground beef in a large pan and cook over medium heat on the stove for 8 to 10 minutes. Drain fat.
3. Let rice stand for about 3 minutes. Arrange rice on a platter like a doughnut ring. Set aside.
4. Add green beans, corn, tomato sauce, garlic powder, and onion powder to pan with meat.
5. Cook until steaming hot. Pour into center of rice ring and serve.

### Serves 6

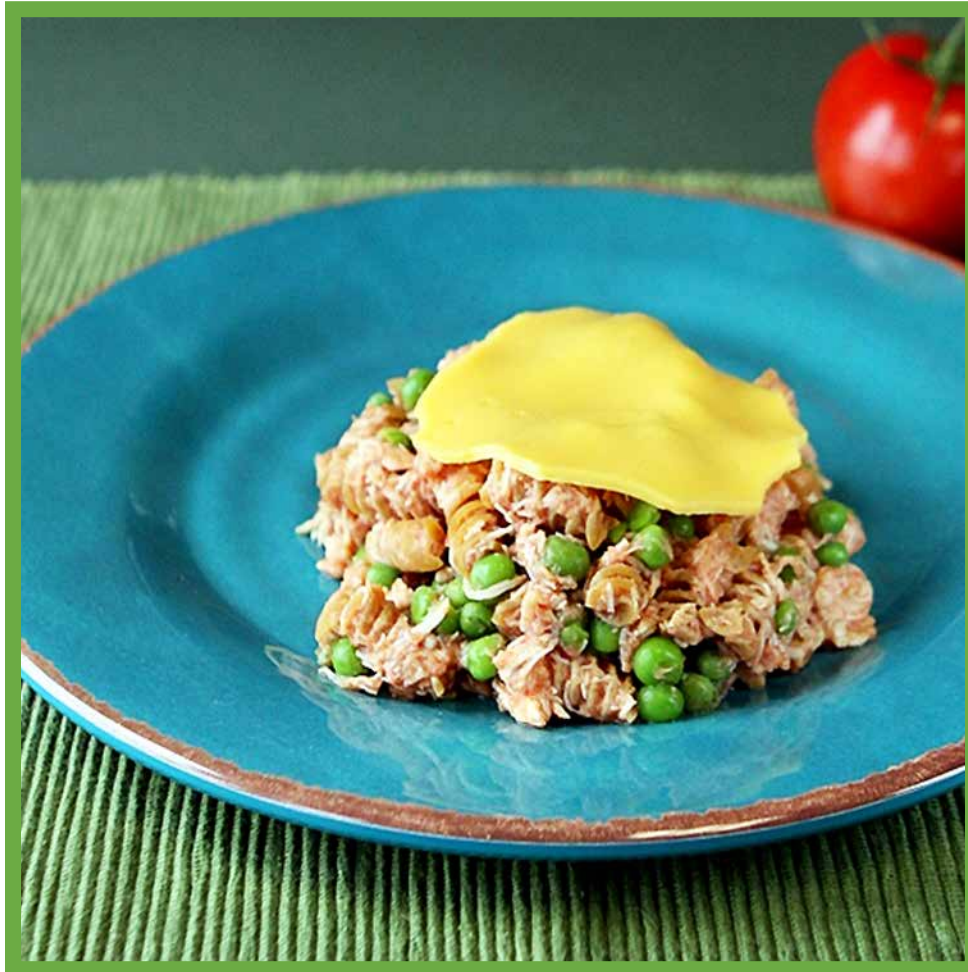


**Tip for cooking ground beef:** The recommended safe minimum internal temperature for ground beef is 160 degrees F, as measured with a food thermometer.



## Chicken Casserole

This chicken casserole is a simple, satisfying main dish for lunch or dinner. **The foods in bold type are USDA Foods.**



### Nutrition Facts

**Serving Size 1½ cups (354g)**

Calories	354	Total fat	6g	Saturated fat	2.8g
Cholesterol	38 mg	Sodium	403mg	Carbohydrate	52g
Dietary Fiber	4g	Sugars	4g	Protein	22g
Vitamin A	17% DV	Vitamin C	22% DV	Calcium	69% DV
Iron	18% DV				

Percent Daily Values are based on a 2,000 calorie diet.

## Chicken Casserole

---

### Ingredients

- 1 package (about 1 pound) **rotini** or **macaroni**
- 1 can (about 12 ounces) **canned chicken**
- 1 can (about 15 ounces) **low-sodium tomato sauce**
- ½ can (about 8 ounces) **low-sodium green peas**, drained
- 3 slices **pasteurized process American cheese**

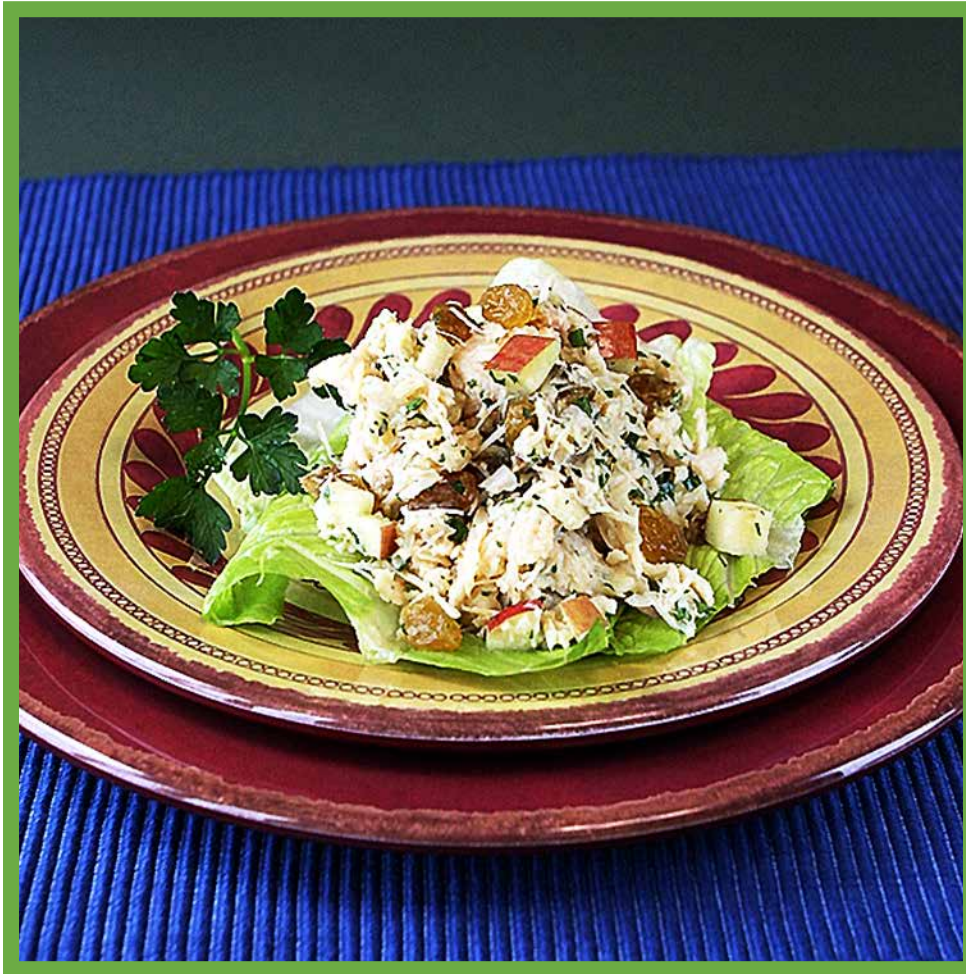
### Directions

1. Preheat oven to 350 degrees F.
2. Cook rotini or macaroni according to package directions. Drain well.
3. In a large oven-safe dish, mix the chicken, tomato sauce, peas, and macaroni.
4. Add the 3 slices of cheese on top of the casserole.
5. Bake for 30 to 40 minutes.
6. Serve hot.

Serves 8

## Chicken Salad

This refreshing and light lunch is easy to make. You can pack this salad for lunch on the run. It can also be served for dinner. **The foods in bold type are USDA Foods.**



### Nutrition Facts

**Serving Size** ½ cup (88g)

Calories	134	Total fat	3.2g	Saturated fat	1g
Cholesterol	41mg	Sodium	221mg	Carbohydrate	14g
Dietary Fiber	1g	Sugars	11g	Protein	14g
Vitamin A	1% DV	Vitamin C	2% DV	Calcium	2% DV
Iron	5% DV				

Percent Daily Values are based on a 2,000 calorie diet.

## Chicken Salad

---

### Ingredients

- 1 can (about 12 ounces) **canned chicken**, drained
- 3 tablespoons mustard
- 2 tablespoons honey
- 1 cup **apples**, diced
- $\frac{1}{4}$  cup **raisins**
- $\frac{1}{4}$  teaspoon black pepper
- 2 tablespoons parsley or cilantro, chopped (if you have it)

### Directions

1. In a large bowl, combine chicken, mustard, honey, and apples. Mix well.
2. Sprinkle raisins and pepper on top of salad. If using parsley or cilantro, add that too.
3. Serve on a lettuce leaf or on a slice of homemade bread.

Serves 6



## Chicken Stir-Fry

This stir-fry is delicious for lunch or dinner. It is very quick to fix. It may also be served over spaghetti, rotini, and other macaroni products. **The foods in bold type are USDA Foods.**



### Nutrition Facts

**Serving Size 1½ cups (535g)**

Calories	247	Total fat	7.2g	Saturated fat	1g
Cholesterol	53mg	Sodium	423mg	Carbohydrate	25g
Dietary Fiber	2g	Sugars	2g	Protein	19g
Vitamin A	37% DV	Vitamin C	32% DV	Calcium	5% DV
Iron	13% DV				

Percent Daily Values are based on a 2,000 calorie diet.

## Chicken Stir-Fry

---

### Ingredients

- 2 tablespoons **vegetable oil**
- ½ cup **carrots**, peeled, sliced thinly (or ½ can, about 8 ounces, **low-sodium carrots**, drained)
- ½ cup **celery**, sliced thin
- ¼ cup **onion**, cut into strips
- 1 **green pepper**, cut into strips
- 1 tablespoon garlic, finely chopped
- 1 tablespoon ginger, finely chopped (if you have it)
- 1 pound **chicken**, cooked, skin removed, and sliced into strips
- ½ teaspoon sugar
- 3 tablespoons soy sauce (if you have it)
- 3 cups cooked **white rice** (or brown rice)

### Directions

1. Heat a large pan with vegetable oil over high heat.
2. Add vegetables and garlic to the hot pan. Stir until garlic is slightly brown. If using ginger, add that too.
3. Add the chicken and sugar to the pan. If using soy sauce, add that too.
4. Stir the food for about 1 minute in the pan.
5. Serve with cooked rice.

### Serves 6

- \* **Tip for cooking chicken:** The recommended safe minimum internal temperature for chicken is 165 degrees F, as measured with a food thermometer.

## Citrus Tuna Melt

This warm toasted sandwich is easy to make. Our recipe uses one slice of bread per serving. An open-faced sandwich has less sodium and fewer calories. **The foods in bold type are USDA Foods.**



### Nutrition Facts

**Serving Size 1 open-faced sandwich (126g)**

Calories	191	Total fat	4g	Saturated fat	1.5g
Cholesterol	24mg	Sodium	408mg	Carbohydrate	17g
Dietary Fiber	4g	Sugars	2g	Protein	21g
Vitamin A	3% DV	Vitamin C	6% DV	Calcium	7% DV
Iron	11% DV				

Percent Daily Values are based on a 2,000 calorie diet.

## Citrus Tuna Melt

---

### Ingredients

- 1 can (about 12 ounces) tuna, drained
- 2 tablespoons lime (or lemon) juice
- ½ cup **onion**, diced
- ¼ cup **tomatoes**, diced (or 2 tablespoons, about 2 ounces, **low-sodium** diced tomatoes, drained)
- ½ cup **apple**, diced
- ¼ cup **celery**, diced
- ¼ teaspoon black pepper
- 6 slices whole grain bread (or homemade bread)
- ¼ cup fresh parsley or cilantro, chopped (if you have it)
- 1 tablespoon cayenne or jalapeño chilies, diced (if you have it)
- 3 slices **pasteurized process American cheese**, cut into halves
- 6 slices **tomatoes**
- 6 leaves lettuce

### Directions

1. Preheat oven to 350 degrees F.
2. In a medium-size bowl, combine tuna, lime juice, onion, tomatoes, apple, celery, and pepper. Mix well.
3. Toast the bread.
4. Place 6 slices of toasted bread on a cookie sheet. Put an even amount of tuna mixture on top of each slice. If using parsley and chilies, add these too.
5. Put ½ slice cheese on top of the tuna and bake for about 3 minutes.
6. Add an extra slice of tomato and lettuce on top if you like.
7. Serve hot.

Serves 6



## Easy Beef Supper

This is a favorite southwestern dish. Serve with vegetables for lunch or dinner. **The foods in bold type are USDA Foods.** Adapted from a recipe by Phyllis Blackbear, Cheyenne & Arapaho Tribes FDP.



### Nutrition Facts

**Serving Size 1¼ cups (451g)**

Calories	390	Total fat	12g	Saturated fat	4.5g
Cholesterol	51mg	Sodium	394mg	Carbohydrate	46g
Dietary Fiber	9g	Sugars	10g	Protein	25g
Vitamin A	54% DV	Vitamin C	110% DV	Calcium	10% DV
Iron	36% DV				

Percent Daily Values are based on a 2,000 calorie diet.

## Easy Beef Supper

---

### Ingredients

- 1 pound **ground beef**
- 1 small **onion**, chopped
- 1 **bell pepper**, chopped
- 2 cans (about 30 ounces) **low-sodium diced tomatoes**, drained
- 1 cup **macaroni**, uncooked
- 2½ cups low-sodium **tomato juice**
- ¼ teaspoon black pepper
- ½ teaspoon chili powder
- 1 teaspoon oregano (if you have it)
- 1 can (about 15 ounces) **low-sodium kidney beans**, drained

### Directions

1. In a large pan, cook ground beef over medium heat for 8 to 10 minutes. Drain fat.
2. Add onion, green pepper, and tomatoes to ground beef and cook until onion turns light brown.
3. Turn down the heat to a simmer. Add macaroni, tomato juice, spices, and beans to the pan. Stir well.
4. Cover the pan and simmer for about 20 minutes.
5. Remove pan from heat, stir, and serve hot.

### Serves 6

- \* **Tip for cooking ground beef:** The recommended safe minimum internal temperature for ground beef is 160 degrees F, as measured with a food thermometer.

## Meatloaf

This meatloaf is very moist and simple to make for lunch or dinner. Serve with vegetables, rice, pasta or potatoes, or slice to make sandwiches. **The foods in bold type are USDA Foods.**



### Nutrition Facts

**Serving Size 1 slice (204g)**

Calories	292	Total fat	13.5g	Saturated fat	5g
Cholesterol	104mg	Sodium	262mg	Carbohydrate	26g
Dietary Fiber	2g	Sugars	3g	Protein	18g
Vitamin A	2% DV	Vitamin C	3% DV	Calcium	2% DV
Iron	14% DV				

Percent Daily Values are based on a 2,000 calorie diet.

## Meatloaf

---

### Ingredients

- 1 pound **ground beef**
- 1 can (about 15 ounces) **low-sodium cream style corn**
- ½ cup **onion**, diced
- 1 teaspoon garlic, finely chopped
- ½ cup water
- ½ cup **cornmeal**
- 2 tablespoons **egg mix**
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- Nonstick cooking spray

### Directions

1. Preheat oven to 375 degrees F.
2. In a large pan, cook ground beef over medium heat for 8 to 10 minutes. Drain fat.
3. Add corn, onions, and garlic to pan, and cook for an additional 10 minutes.
4. Add water, cornmeal, egg mix, salt, and pepper to the beef mixture. Stir well and cook for 15 minutes.
5. Use a large iron skillet or loaf pan. Spray pan with nonstick cooking spray. Form beef and cornmeal mixture into a loaf in a pan.
6. Cover pan with an oven-safe lid or foil and bake for 35 to 40 minutes.

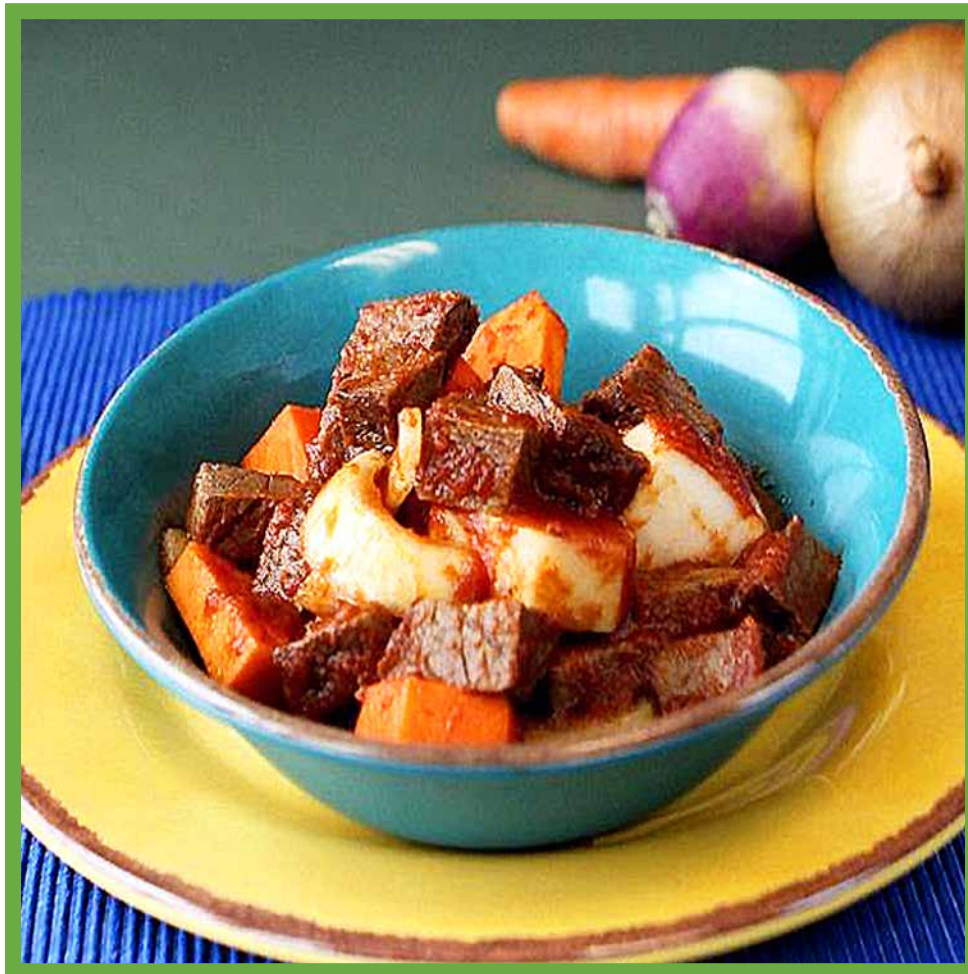
### Serves 6

- \* **Tip for cooking ground beef:** The recommended safe minimum internal temperature for ground beef is 160 degrees F, as measured with a food thermometer.



## Pot Roasted Beef

This is a tender and satisfying roast beef dinner. Serve with a green salad and bread. **The foods in bold type are USDA Foods.**



### Nutrition Facts

**Serving Size 1¼ cups (302g)**

Calories	327	Total fat	3.1g	Saturated fat	1g
Cholesterol	31mg	Sodium	208mg	Carbohydrate	51g
Dietary Fiber	6.3g	Sugars	6.2g	Protein	23g
Vitamin A	6.7% DV	Vitamin C	12% DV	Calcium	6.5% DV
Iron	21% DV				

Percent Daily Values are based on a 2,000 calorie diet.

## Pot Roasted Beef

---

### Ingredients

- 1 pound **beef round** roast, thawed
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ½ teaspoon **vegetable oil**
- 8 **red potatoes**, peeled and quartered (or 2 cans, about 30 ounces, **low-sodium sliced potatoes**, drained)
- 2 **turnips**, peeled and quartered (or 1 can, about 15 ounces, **low-sodium sweet potatoes**, drained)
- ½ cup **onion**, chopped in 1-inch pieces
- ½ cup **carrots**, chopped in 1-inch pieces
- ½ cup **low-sodium tomato juice**

### Directions

1. Preheat oven to 350 degrees F.
2. Season the roast with salt and pepper.
3. In a large pan, brown the roast in the oil over medium to high heat for 10 to 12 minutes. Drain fat.
4. Use a large iron skillet or roasting pan. Put the roast in the middle of the pan. Add the potatoes, turnips, onions, and carrots around the roast.
5. Pour the tomato juice over the roast and vegetables.
6. Cover the pan with a lid or foil and bake for 1 hour or until potatoes are cooked.
7. If desired, cut roast into one inch chunks. Mix and serve.

### Serves 6

- \* **Tip for cooking beef roast:** The recommended safe minimum internal temperature for beef roast is 145 degrees F, as measured with a food thermometer.

## Soft Chicken Taco

Tacos can be served for lunch or dinner. This recipe uses fresh tomato salsa (page 52). **The foods in bold type are USDA Foods.**



### Nutrition Facts

**Serving Size 1 taco (191g)**

Calories	175	Total fat	4g	Saturated fat	1g
Cholesterol	33mg	Sodium	450mg	Carbohydrate	19g
Dietary Fiber	2g	Sugars	4g	Protein	16g
Vitamin A	8% DV	Vitamin C	48% DV	Calcium	5% DV
Iron	8% DV				

Percent Daily Values are based on a 2,000 calorie diet.

## Soft Chicken Taco

---

### Ingredients

- 2 **chicken** breasts, thawed, skin and bone removed from each piece
- ½ teaspoon **vegetable oil**
- 1 teaspoon garlic, finely chopped
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 2 teaspoons taco seasoning or chili powder (if you have it)
- 1 **green pepper**, sliced
- 1 medium **onion**, sliced
- 4 soft tortillas, 6-inch size
- ¼ head **Romaine lettuce**, sliced thin
- ¼ cup **tomatoes**, diced
- 4 teaspoons fresh tomato salsa (page 52)
- 1 tablespoon parsley or cilantro, chopped (if you have it)

### Directions

1. In a large bowl, mix chicken, vegetable oil, garlic, salt, and pepper.
2. If using taco seasoning or chili powder, add them too.
3. Cover the bowl with plastic wrap, and place it in the refrigerator for about 30 minutes.
4. While the chicken is in the refrigerator, cook the pepper and onion, on stovetop, over medium heat until done (about 12 minutes).
5. Cook the chicken over medium heat. Cook each side about 10 to 15 minutes.
6. Place chicken on a plate. Let it cool for 5 minutes. Cut the chicken into strips.
7. To make the tacos, put chicken on the tortilla first. Add peppers and onion strips next. Top with lettuce, tomato, and salsa. If using parsley or cilantro, add that too.

### Serves 4



**Tip for cooking chicken:** The recommended safe minimum internal temperature for chicken is 165 degrees F, as measured with a food thermometer.



## Spicy Quesadillas

Your family will enjoy the great taste of these quesadillas! **The foods in bold type are USDA Foods.**



### Nutrition Facts

**Serving Size 2 pieces (122g)**

Calories	282	Total fat	12.3g	Saturated fat	5.4g
Cholesterol	57mg	Sodium	490mg	Carbohydrate	19g
Dietary Fiber	1g	Sugars	2g	Protein	24g
Vitamin A	3% DV	Vitamin C	2% DV	Calcium	12% DV
Iron	17% DV				

Percent Daily Values are based on a 2,000 calorie diet.

## Spicy Quesadillas

### Ingredients

- ½ pound **beef round roast**, thawed
- 1½ teaspoons taco seasoning or chili powder (if you have it)
- ¼ teaspoon black pepper
- ½ **onion**, sliced
- 4 flour tortillas, 6-inch size
- ¼ cup **pasteurized process American cheese**

### Directions

1. Preheat the oven to 325 degrees F.
2. Coat the roast with taco seasoning (or chili powder) and pepper.
3. Place the roast in a small baking pan and cover with foil or a lid.  
Cook the roast until done or about 35 minutes.
4. Remove the roast from the oven and let it sit for 5 minutes.  
Uncover the roast, and slice the beef into thin strips.
5. Over medium heat, cook the onion on the stovetop until it is done or about 10 minutes.
6. Put the sliced beef, onions, and cheese on top of one tortilla.  
Top with another tortilla and place in a pan.
7. Over medium heat, warm the quesadilla on the stovetop for 1 minute.
8. Turn the quesadilla over, and warm until the cheese melts.
9. Repeat steps 6-8 to make the other quesadilla. Cut each quesadilla into four pieces.

### Serves 4



**Tip for cooking beef roast:** The recommended safe minimum internal temperature for beef roast is 145 degrees, as measured with a food thermometer.

## Three Sisters Stew

This hearty stew is great for dinner and even better the next day. It uses different ingredients like sweet potatoes and quick cooking oats.

**The foods in bold type are USDA Foods.** *Adapted from a recipe submitted by Alicson Scott, Chickasaw Nation Get Fresh! Program.*



### Nutrition Facts

**Serving Size 1 ¼ cups (298g)**

Calories	298	Total fat	6g	Saturated fat	2.5g
Cholesterol	26mg	Sodium	321mg	Carbohydrate	48g
Dietary Fiber	9g	Sugars	7g	Protein	17g
Vitamin A	22% DV	Vitamin C	54% DV	Calcium	7% DV
Iron	22% DV				

Percent Daily Values are based on a 2,000 calorie diet.

## Three Sisters Stew

---

### Ingredients

- ½ pound **ground beef**
- 1 cup **onions**, diced
- 3 cups water
- 3 cups **red potatoes**, cubed (or 1½ cans, about 24 ounces, low-sodium sliced potatoes, drained)
- 2 **tomatoes**, diced (or 1 can, about 15 ounces, **low-sodium diced tomatoes**, drained)
- 1 can (15 ounces) **low-sodium tomato sauce**
- ½ cup frozen corn kernels (or ¼ can, about 4 ounces, **low-sodium whole kernel corn**, drained)
- ½ cup **yellow squash**, diced (or ¼ can, about 4 ounces, **low-sodium sweet potatoes**, drained and diced)
- ½ cup **green squash**, diced (or ¼ can, about 4 ounces, **low-sodium carrots**, drained)
- ½ can (about 8 ounces) **low-sodium kidney beans**, drained
- ½ can (about 8 ounces) **low-sodium vegetarian beans**
- ¼ cup **quick cooking oats**
- 2 cloves garlic, finely chopped
- ¼ teaspoon black pepper
- ¼ teaspoon salt

### Directions

1. In a small skillet, brown ground beef and onions over medium to high heat for 8 to 10 minutes. Drain fat.
2. In a large pot, combine cooked ground beef, water, and red potatoes.
3. Bring the pot to a boil and cook for 15 minutes.
4. Add all the other ingredients to the pot and bring to a boil. Lower heat and simmer for about 25 minutes.

### Serves 6

- \* Tip for cooking ground beef:** The recommended safe minimum internal temperature for ground beef is 160 degrees F, as measured with a food thermometer.



## Two Bean Chili

This no-fuss chili is a great way to use ground beef and beans to make a tasty main dish. Chili can be served by itself, with crackers, cooked rice, or baked potato. **The foods in bold type are USDA Foods.**



### Nutrition Facts

**Serving Size 1 cup (275g)**

Calories	275	Total fat	8.8g	Saturated fat	3.6g
Cholesterol	39mg	Sodium	284mg	Carbohydrate	32g
Dietary Fiber	8g	Sugars	12g	Protein	18g
Vitamin A	52% DV	Vitamin C	74% DV	Calcium	6% DV
Iron	22% DV				

Percent Daily Values are based on a 2,000 calorie diet.

## Two Bean Chili

---

### Ingredients

- ½ pound **ground beef**
- ½ can (about 8 ounces) **low-sodium kidney beans**, drained
- ½ can (about 8 ounces) **low-sodium vegetarian beans**
- ½ cup **onion**, diced
- 1 teaspoon chili powder
- 2½ cups **low-sodium tomato juice**
- ¼ teaspoon pepper

### Directions

1. In a medium-size pot, brown ground beef over medium to high heat for 8 to 10 minutes. Drain fat.
2. Add kidney beans, vegetarian beans, onions, chili powder, tomato juice, and pepper.
3. Cook over low heat for about 40 minutes. Serve hot.

### Serves 4

- \* **Tip for cooking ground beef:** The recommended safe minimum internal temperature for ground beef is 160 degrees F, as measured with a food thermometer.
- \* **Tip: USDA Foods** macaroni products such as **spaghetti**, **rotini** and **macaroni** are great additions to chili.

## Veggie Burgers

Vegetarian burgers can be made ahead of time and stored in the freezer. They can be served anytime. To add some spice, top with salsa. **The foods in bold type are USDA Foods.**



### Nutrition Facts

**Serving Size 1 patty (275g)**

Calories	142	Total fat	1.4g	Saturated fat	0g
Cholesterol	0mg	Sodium	190mg	Carbohydrate	30g
Dietary Fiber	3g	Sugars	2g	Protein	3g
Vitamin A	5% DV	Vitamin C	25% DV	Calcium	1% DV
Iron	8% DV				

Percent Daily Values are based on a 2,000 calorie diet.

## Veggie Burgers

---

### Ingredients

- 1 can (about 15 ounces) **low-sodium whole kernel corn**, finely chopped
- ½ cup **cornmeal**
- ½ cup **onion**, finely chopped
- ½ cup **green pepper**, finely chopped
- ½ cup cooked **white rice**
- ¼ teaspoon chili powder
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 teaspoon cayenne or jalapeño chilies, seeds removed and finely chopped (if you have it)
- Nonstick cooking spray
- 6 flour tortillas, 6-inch size

### Directions

1. In a large bowl, combine corn and cornmeal.
2. Add onions, green pepper, rice, chili powder, and pepper. If using cayenne and jalapeño chilies, add them too. Mix well.
3. Form the burger mixture into 6 equal patties about ½ inch thick, and refrigerate for 1 hour.
4. Preheat the oven to 350 degrees F.
5. Spray both sides of the patties with nonstick cooking spray.
6. In a large pan, brown both sides of the patties over medium to high heat for 5 to 8 minutes.
7. Bake the patties in the oven for 10 minutes.
8. Toast the flour tortillas in the oven for 8 minutes.
9. Place patty on half of tortilla and fold tortilla over to serve like a taco.

Serves 6



## Winter Stew

Eat your vegetables in this delicious chunky stew. Serve it by itself or with cooked rice, Mash'd Taters (page 58), or macaroni. **The foods in bold type are USDA Foods.**



### Nutrition Facts

**Serving Size 1 cup (315g)**

Calories	340	Total fat	20.4g	Saturated fat	10g
Cholesterol	87mg	Sodium	311mg	Carbohydrate	14g
Dietary Fiber	3g	Sugars	8g	Protein	25g
Vitamin A	56% DV	Vitamin C	71% DV	Calcium	5% DV
Iron	20% DV				

Percent Daily Values are based on a 2,000 calorie diet.

## Winter Stew

---

### Ingredients

- ½ pound **winter squash**, diced (or ½ can, about 8 ounces, **low-sodium sweet potatoes**, drained)
- ½ pound **turnips**, diced (or ½ can, about 8 ounces, low-sodium sliced **potatoes**, drained)
- ½ cup **onions**, diced
- 2½ cups **low-sodium tomato juice**
- ¼ teaspoon black pepper
- 1 tablespoon paprika (if you have it)
- 1 can (about 24 ounces) **canned beef**
- ¼ cup (about 2 ounces) **canned apricots**, drained and diced

### Directions

1. In a large pot, combine squash, turnips, onions, tomato juice, and pepper. If using paprika, add that too. Mix well.
2. Cook over medium to high heat and bring the pot to a boil for 5 minutes.
3. Lower heat and cook over low to medium heat for 30 minutes. Stir the pot every 15 minutes.
4. Add beef and apricots to the pot and mix well.
5. Cook over low heat for 10 minutes.

Serves 6

## Notes









United States Department of Agriculture  
Food and Nutrition Service

FNS-430  
May 2013