

CURRICULUM GUIDE



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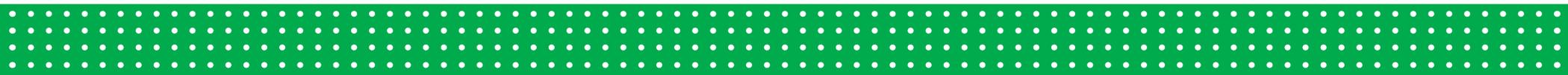
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Introduction

The Good Food Project (GFP) was the result of a 2014 USDA WIC Special Project Grant, awarded to the Massachusetts WIC Program with the goal of improving retention among child participants. Based on formative research with current and former WIC participants as well as WIC staff, the Massachusetts WIC Program designed and implemented an interactive nutrition education curriculum designed to improve cooking and shopping skills. The GFP team hypothesized that families would be more likely to continue participating in WIC if they were learning something new and practical, and having fun at the same time! Additionally, the team suspected that GFP activities might help to boost WIC benefit redemption rates.

The GFP curriculum was tested for more than a year at six local WIC programs across Massachusetts with great success. Participant and staff satisfaction was evident, and child retention and benefit redemption improved among families that participated in GFP activities! The GFP curriculum is now available for all WIC programs to use. The curriculum focuses on hands-on learning, featuring healthy food demonstrations and tastings with take-home recipe cards in addition to guidance for group education on shopping and cooking skills. This curriculum also offers flexible options for cooking demonstrations, helpful tools for getting started, and a wide variety of supplemental resources to assist programs in implementing the project.

Enjoy!



Suggested Pantry Items

- All-purpose & Whole wheat flour
- Applesauce (Unsweetened)
- Balsamic vinegar
- Barbeque sauce
- Brown rice
- Brown sugar
- Canned beans (black, chickpea, kidney, pinto)
- Canned corn
- Canned tomatoes, diced
- Canola oil
- Chicken broth (low-sodium)
- Cooking spray
- Dijon mustard
- Honey
- Oatmeal
- Olive oil
- Peanut butter
- Salad dressing, such as low-sodium Italian
- Soy sauce
- Sugar
- Tomato paste
- Whole wheat pasta
- 100% Fruit juice, such as cranberry
- Dried spices
 - Basil
 - Cayenne
 - Chili powder
 - Cinnamon
 - Cumin
 - Curry
 - Dill
 - Dried onion
 - Garlic powder
 - Nutmeg
 - Oregano
 - Paprika
 - Pepper
 - Rosemary
 - Salt
 - Thyme

Suggested Equipment and Supplies

- Aprons
- Baking pans, assorted sizes
 - 9” square or pie pan
 - 8” square
- Baking sheets, assorted sizes
- Blender
- Can opener
- Chef’s knife
- Cutting boards, plastic and assorted colors
- Dish towels
- First aid kit
- Foil
- Gloves
 - (Latex-free, medical grade, non-sterile, powder-free, vinyl)
- Grater
- Kitchen timer
- Ladle
- Liquid measuring cup
- Measuring spoons and cups
- Microwave
- Microwave-safe containers
- Mixing bowls, assorted sizes, 4 or more
- Mixing spoons
- Muffin tin
- Oven mitts
- Paper towels
- Paring knife
- Peeler
- Plastic cups, plates, bowls and cutlery for tastings
- Potato masher
- Pots and pans
- Plastic wrap
- Sanitizing spray
- Spatula
- Storage containers (for leftovers)
- Strainer
- Thermometer
- Tin foil
- Tongs
- Wax paper
- Whisk
- Wooden spoons

Equipment Needed

Recipes	Oven	Microwave	Convection Burner OR Stovetop	Blender or Food Processor	N/A
Broccoli Tots	✓				
Chicken Soup			✓		
Roasted Spring Vegetable medley	✓				
Summer Squash Pasta Salad			✓		
Sweet Corn Soup			✓		
Veggie Frittata	✓		✓		
Zucchini Ribbons			✓		
Cheesy Tomato Soup			✓		
Mexican Brown Rice Salad			✓		
Pasta with Spinach, Tomatoes, and Beans			✓		
Strawberry Banana Overnight Oats					✓
Apple Crisp	✓				
Banana Chocolate Pudding					✓
Chicken Broccoli Alfredo			✓		
Sweet Potato Fries	✓				
Turkey and Cheddar Sliders			✓		
Zucchini Carrot Muffins	✓				
Sweet cinnamon O's Bars			✓		
Tex-Mex Black Bean Dip			✓		
Tuna Melt	✓				

Equipment Needed

Recipes	Oven	Microwave	Convection Burner OR Stovetop	Blender or Food Processor	N/A
Veggie-Topped Baked Potato		✓			
Whole Wheat BBQ Chicken Pizza	✓				
African Peanut Soup			✓		
Cachupa			✓		
Haitian Style Chicken and Rice			✓		
Quick Bean Chili			✓		
3 Bean Veggie Tacos			✓		
Cheesy Egg Puffs	✓				
Easy Peanut Noodles			✓		
Fruity Chicken Salad					✓
Beef Enchiladas		✓			
Huevos Rancheros Breakfast Bowl		✓			
Macaroni and Cheese		✓			
Cranberry Peach Pops					✓
Crunchy Banana Yogurt					✓
Fruit Yogurt Dip					✓
Homemade Applesauce			✓		
White Bean Veggie Dip				✓	
Zesty Black Bean Salsa					✓
Black Bean Stew			✓		
Black Bean Brownies	✓			✓	
Vegetarian Rice Bowl		✓	✓		
Asian Stir Fry Bowl		✓	✓		
Taco Ricce Bowl		✓	✓		

Class Types

Basic Skills

Teach basic kitchen skills including knife skills, measuring ingredients, food safety and cleaning. This will help participants to safely and effectively prepare simple and healthy meals utilizing WIC foods.

Whole Grains

Explain the benefits of whole grains, how to cook them and how to easily incorporate them into daily meals.

Recipe Makeovers

Make healthier versions of favorite dishes utilizing WIC foods.

WIC Foods

Educate participants on new and creative ways to utilize and maximize their WIC food benefits.

Around the World

Prepare culturally diverse recipes using a variety of spices and ingredients.

20-Minute Meals

Demonstrate how to prepare quick meals for families on the go.

Microwave Cooking

Prepare these simple recipes that can be made using only a microwave.

Cooking with Kids

Help participants understand how to safely involve children during the preparation of meals and snacks. These recipes require minimal ingredients and a child between the ages of 2-5 can likely assist with one or more steps.

No-Cook Cooking

Prepare easy recipes that require minimal cooking skills and equipment. This will provide healthy options for participants who lack a full kitchen, dislike cooking or are simply looking for quick recipes.

Dips, Dressings, and Seasonings

Learn how to make your favorite dips, dressings, and seasoning blends at home.

Cook 1x Eat 3x

Prepare brown rice or dried beans in bulk and make 3 simple recipes.



List of Recipes

Basic Skills

- Broccoli Tots
- Chicken Soup
- Roasted Vegetable Medley
- Summer Squash Pasta Salad
- Sweet Corn Soup
- Veggie Frittata
- Zucchini Ribbons

Whole Grains

- Cheesy Tomato Soup
- Mexican Brown Rice Salad
- Pasta with Spinach, Tomatoes, and Beans
- Strawberry Banana Overnight Oats

Recipe Makeovers

- Apple Crisp
- Banana Chocolate Pudding
- Chicken Broccoli Alfredo
- Sweet Potato Fries
- Turkey and Cheddar Sliders
- Zucchini Carrot Muffins

WIC Foods

- Sweet Cinnamon Cheerio Bars
- Tex-Mex Black Bean Dip
- Tuna Melt
- Veggie Topped Baked Potatoes

Around the World

- African Peanut Soup
- Cachupa
- Haitian Style Chicken and Rice

20-Minute Meals

- Quick Bean Chili
- 3 Bean Veggie Tacos
- Cheesy Egg Puffs
- Easy Peanut Noodles
- Fruity Chicken Salad

Microwave Cooking

- Microwave Beef Enchiladas
- Microwave Huevos Rancheros
- Microwave Macaroni & Cheese
- Microwaving Veggies Chart

Cooking with Kids

- Cranberry Peachy Pops
- Crunchy Banana Yogurt
- Fruit Yogurt Dip
- Homemade Applesauce

Dips, Dressings, and Seasonings

- White Bean Veggie Dip
- Dips, Dressings, and Marinades
- Make Your Own Spice Blends

Cook 1x Eat 3x

- Beans, Beans, Beans
- Brown Rice Bowls



Preparing for Your Class

- **Consider the number of participants you expect to attend your class**
 - You may need to double or triple certain recipes to accommodate all the participants in your class.
 - A demonstration serving will be about half of a regular serving indicated in each recipe.
 - Your class should be interactive; have participants and children help you whenever possible.
- **Shopping for ingredients**
 - Plan ahead so you don't have to rush. Always review the recipe ahead of time!
 - Use the detailed list of ingredients and the Cooking Class Preparation Form to help you shop.
 - Consider any substitutions you may have to make for participants (for example, due to food allergies or availability of seasonal ingredients).
- **Storing ingredients**
 - Ensure that you have the proper amount of refrigerator/freezer and cabinet storage to hold ingredients prior to your class.
- **Do you need to prepare certain items ahead of time?**
 - In certain recipes, you may find that preparing 1 or 2 ingredients ahead of time will allow you to focus on different important aspects of the class (for example, having baked potatoes pre-cooked for the Veggie-Topped Baked Potato class).
- **Do you have the appropriate cookware and utensils?**
 - Ensure that you have all the cookware and utensils needed to prepare the recipe.
 - Check the recipe and assemble all the supplies you'll need for the class.
 - Ensure you have plenty of gloves! These need to be worn when handling any food.



Cooking Class Preparation Form

Recipe: _____

Class Type: _____

Instructor(s): _____

Expected # of Participants: _____

What do I have?

What do I need to buy?

Items to prepare in advance

What talking points do I want to cover?

How can participants & children help?



Good Food Project & Food Safety

Please remember to follow the tips below to keep food and participants safe during your classes and demonstrations.

Cleaning

- Wash hands and surfaces often because harmful bacteria can easily be spread and will survive in many places, including on hands, utensils, and cutting boards.
 - Wash hands for 20 seconds with soap and warm running water
 - Wash all utensils after each use
- Wash fruits and vegetables under cool running water before cooking and eating
 - You do not need to wash meat, poultry, or eggs.

Separating

- Use separate cutting boards for meat, poultry, seafood, eggs, and fruits/vegetables.
- Keep meat, poultry, seafood, and eggs separate from all other foods in the refrigerator.

Cooking

- Keep cold foods cold at 40°F or below and hot foods hot at 140°F or above
 - The temperature danger zone is between 40°-140°F. Harmful bacteria that cause food poisoning multiply the fastest in this temperature range. Therefore, unrefrigerated or unheated food left too long in that range is at risk for contamination.
- Keep a clean thermometer handy to ensure foods are cooked to and held at the appropriate temperatures:
 - Poultry (chicken, turkey, or duck of any cut) - 165°F
 - Leftovers & casseroles - 165°F
 - Ground beef, pork, veal & lamb - 160°F
 - Beef & pork roasts or chops - 145°F
 - Fish - 145°F

Chilling

- Refrigerate perishable foods within two hours of preparation
- Refrigerators should be kept between 32° - 40°F
- Frozen foods should be thawed in the refrigerator, in submerged cold water, or in the microwave. Note that if thawing in cold water or the microwave, the food should be cooked right away.



How to Store Fruits

Fruits	Store in the Refrigerator	Store on the Counter	Ripen on the counter, then store in the refrigerator
Apples	✓		✓
Apricots			✓
Avocados		✓	
Banana			
Berries	✓		
Cherries	✓	✓	
Citrus fruits			
Grapes	✓		✓
Kiwis		✓	
Mangos		✓	
Melons			✓
Nectarines		✓	
Papayas			✓
Peaches			✓
Pears		✓	
Pineapples			✓
Plums		✓	
Pomegranates			

How to Store Vegetables

Vegetables	Store in the Refrigerator	Store on the Counter	Store in a cool place
Asparagus	✓		
Beets	✓		
Broccoli	✓		
Brussel Sprouts	✓		
Butternut Squash			✓
Cabbage	✓		
Carrots	✓		
Cauliflower	✓		
Corn	✓		
Cucumbers		✓	
Eggplants			✓
Garlic			✓
Green beans	✓		
Lettuce & Leafy Greens	✓		
Mushrooms	✓		
Onions			✓
Peas	✓		
Peppers		✓	
Potatoes			✓
Radishes	✓		
Sweet Potatoes			✓
Tomatoes		✓	
Winter Squash			✓
Yellow Squash	✓		
Zucchini	✓		

BASIC SKILLS

Baked Broccoli Tots



Basic Skills

Estimated cost of ingredients for WIC Program: \$8

Recipe makes 12 tots

To prepare for this class you will need:

Ingredients	Supplies
2 cups or 12 ounces fresh or frozen, chopped broccoli	Baking sheet
3 eggs	Muffin tin
¼ cup minced onion	Knife/cutting board
⅓ cup shredded cheddar cheese	Measuring cups
⅔ cup whole wheat breadcrumbs	Measuring spoons
2 tablespoons dried parsley or rosemary	Mixing bowl
1 teaspoon garlic powder	Mixing spoon
½ teaspoon salt	Cooking spray
½ teaspoon pepper	

Class Options

Choose 1 or more choices from each category

Prepare	Demonstrate	Discuss	Display
The entire recipe prior to the class	The entire recipe	Spice alternatives	Cheese package
Roast the broccoli ahead of time	Part of the recipe	Using fresh versus frozen vegetables	Whole wheat breadcrumbs
Measure breadcrumbs and spices	Chopping the roasted broccoli	Knife skills	Dried spices
Measure cheese	Mincing the onion	Roasting the broccoli provides a better texture for the tots	Frozen broccoli package
	Mixing the ingredients and filling the muffin tin		

Tips and Suggestions	Additional Talking Points	Let the Kids Help With...
<ul style="list-style-type: none"> • Use whole wheat, plain, or gluten-free breadcrumbs – or, try making your own instead • Freeze unbaked tots on a cookie sheet and transfer to a sealed plastic bag to bake later • Try different types of shredded cheese • Add red pepper flakes for a little spice • If you don't have a muffin tin, roll mixture into small balls and line on a baking sheet to cook 	<ul style="list-style-type: none"> • WIC Foods • SNAP Foods • Cheese alternatives • Serve as part of any meal or as a snack • Broccoli tots keep in the refrigerator for 3 days • Try re-heating in your toaster-oven – not the microwave – to avoid making them soggy 	<ul style="list-style-type: none"> • Washing the vegetables • Measuring the seasonings • Mixing <div data-bbox="1312 683 1837 800" style="background-color: #4b0082; color: white; text-align: center; padding: 5px;">Let the Parents Help With...</div> <ul style="list-style-type: none"> • Cutting the vegetables • Mixing the ingredients • Filling the muffin tins • Serving

Baked Broccoli Tots

Ingredients

- 2 cups or 12 ounces fresh or frozen chopped broccoli
- 3 eggs
- ¼ cup minced onion
- ⅓ cup shredded cheddar cheese
- ⅔ cup whole wheat breadcrumbs
- 2 tablespoons dried parsley or rosemary
- 1 teaspoon garlic powder
- ½ teaspoon salt
- ½ teaspoon pepper

Chef Tips

- Try different types of shredded cheese
- Add red pepper flakes for a little spice
- Use plain bread crumbs if you can't find whole wheat
- Freeze unbaked tots on a cookie sheet and transfer to a sealed plastic bag to bake later
- If you don't have a muffin tin, roll mixture into small balls and line on a baking sheet to cook



Directions

1. Preheat the oven to 400° F. Lightly spray a baking sheet and a muffin tin with non-stick cooking spray.
2. Cut the broccoli into pieces. Add broccoli to the baking sheet and roast until the broccoli is soft (about 15 minutes for raw broccoli and 25 minutes for frozen broccoli). You should be able to easily poke a fork through the broccoli.
3. Once cooked, chop the broccoli into very small pieces, about the size of small peas.
4. Mix the broccoli with the remaining ingredients.
5. Spoon the broccoli mixture into the muffin tin, filling each tin about halfway. Press the mixture down with a spoon to make it compact.
6. Bake until golden brown and crispy, 18-24 minutes.
7. Remove from the oven and let cool slightly before serving.

Serves: 12 • Serving Size: 1 tot • Prep time: 15 minutes • Cook time: 25 minutes

Nutrition Facts Per Serving: 50 Calories, 2 g Fat, 5 g Carbohydrate, 3 g Protein, 170 mg Sodium

Chicken Soup



Basic Skills

Estimated cost of ingredients for WIC Program: \$10

Recipe makes 12 tasting servings

To prepare for this class you will need:

Ingredients	Supplies
2 tablespoons canola or olive oil	Measuring cups
1 onion, diced	Measuring spoons
2 celery stalks, diced	Cutting board
2 carrots, peeled and sliced	Knife
8 cups low-sodium chicken broth	Large pot
½ cup brown rice, barley, or small whole wheat pasta, uncooked	Wooden spoon
2 cups cooked, shredded chicken	Vegetable peeler

Class Options

Choose 1 or more choices from each category

Prepare	Demonstrate	Discuss	Display
The entire recipe Chop the vegetables Measure the grains Peel the carrots	The entire recipe Part of the recipe – have the soup almost finished prior to your class Adding the cooked chicken at the end How to measure liquid and/or solid ingredients	Vegetable alternatives or additions Sautéing skills Dice the vegetables into small pieces so they cook quickly and fit on a spoon Compare nutritional content to canned soup	Vegetables Chicken broth Pasta

Tips and Suggestions	Additional Talking Points	Let the Kids Help With...
<p>Try different flavor combinations!</p> <ul style="list-style-type: none"> • Lemon—add 1 bay leaf and the zest of one lemon when adding the stock (remove bay leaf before serving) • Herb—add 1 tablespoon Herbs de Provence when adding vegetables • Greens & Parmesan cheese—add 2 cups fresh spinach leaves and ½ cup Parmesan cheese when adding chicken at the end, just before serving • Mexican—add tortilla chips and ¼ cup chopped cilantro instead of grains—serve with a lime wedge • Tortellini—add tortellini instead of other grains—a kid favorite! 	<ul style="list-style-type: none"> • WIC foods • SNAP foods • Food safety • Food allergies • Double the recipe and freeze half to serve later • Knife skills • Using frozen vegetables 	<ul style="list-style-type: none"> • Washing the vegetables <div data-bbox="1312 586 1837 703" style="background-color: #4b0082; color: white; text-align: center; padding: 5px;">Let the Parents Help with...</div> <ul style="list-style-type: none"> • Peeling carrots • Sautéing • Stirring

Chicken Soup

Ingredients

- 2 tablespoon canola or olive oil
- 1 onion, diced
- 2 celery stalks, diced
- 2 carrots, peeled and sliced
- 8 cups low-sodium chicken broth
- ½ cup brown rice, barley, or small whole wheat pasta, uncooked
- 2 cups cooked, shredded chicken

Chef Tips

- **Lemon:** add 1 bay leaf and the zest of one lemon when adding the stock (remove bay leaf before serving)
- **Herb:** add 1 tablespoon Herbs de Provence when adding vegetables
- **Greens & Parmesan Cheese:** add 2 cups fresh spinach leaves and ½ cup Parmesan cheese when adding chicken at the end, just before serving
- **Mexican:** add tortilla chips and ¼ cup chopped cilantro instead of grains – serve with a lime wedge
- **Tortellini:** add tortellini instead of other grains – a kid favorite!



Directions

1. Place a large pot on medium heat. Once the oil begins to sizzle, add the cut-up onion, celery, and carrots. Allow to cook for 10-15 minutes until tender.
2. Add the chicken broth and bring to a boil. Lower the heat and simmer for another 10 minutes.
3. Add the rice, barley, or pasta and cook until soft (10 minutes for pasta, 25 minutes for brown rice/barley).
4. Add the chicken and stir. Cook until heated through, about 3-5 minutes.
5. Serve immediately or let cool and refrigerate for up to 3-4 days.

Serves: 6 • Serving Size: 1-2 cups • Prep Time: 10 minutes • Cook Time: 20 minutes

Nutrition Facts Per Serving: 200 Calories, 8 g Fat, 13 g Carbohydrate, 22 g Protein, 340 mg Sodium

Roasted Spring Vegetable Medley



Basic Skills

Estimated cost of ingredients for WIC Program: \$10

Recipe makes 12 tasting servings

To prepare for this class you will need:

Ingredients	Supplies
1 medium red onion, peeled and chopped	Knife
3 carrots, peeled and chopped	Cutting board
1 bunch asparagus, trimmed and cut in thirds	Peeler
2-3 medium potatoes, quartered (red, white, or sweet potatoes)	Baking sheet
1 tablespoon olive oil	Measuring spoons
2 teaspoons garlic powder	
2 teaspoons Italian seasoning blend	
Pinch of salt and pepper	
1 tablespoon Parmesan cheese	

Class Options

Choose 1 or more choices from each category

Prepare	Demonstrate	Discuss	Display
The entire recipe prior to the class	The entire recipe	Seasonal vegetables	Vegetables
Roast the vegetables so they are almost finished right before your class	Part of the recipe	Ingredient alternatives	Spices
Cut vegetables	How to cut one or more vegetables	Spice alternatives	Olive oil
Measure spices	How to measure the ingredients	Using frozen and fresh vegetables together	Cheese
		Knife skills	

Tips and Suggestions	Additional Talking Points	Let the Kids Help With...
<ul style="list-style-type: none"> • Winter vegetable mix: Chop 2 carrots, 1 sweet potato, 1 butternut squash, 1 onion, and 2 beets • Use curry powder in place of Italian seasoning • Substitute vegetables with your preference • Serve vegetables as a side with any dish • Fry an egg and serve it on top of the vegetables and with toast 	<ul style="list-style-type: none"> • WIC Foods • SNAP Foods • Vegetable alternatives • Cheese alternatives • Farmers Market • Seasonal Foods • Oven temperature and variations in cooking times • Vegetables keep in the refrigerator for 4 days 	<ul style="list-style-type: none"> • Washing the vegetables • Sprinkling the seasonings • Sprinkling the Parmesan cheese <div data-bbox="1312 760 1837 878" style="background-color: #4b0082; color: white; text-align: center; padding: 5px;">Let the Parents Help With...</div> <ul style="list-style-type: none"> • Cutting the vegetables • Peeling the vegetables • Serving

Roasted Spring Vegetable Medley

Ingredients

- 1 medium red onion, peeled and chopped
- 3 carrots, peeled and chopped
- 1 bunch asparagus, trimmed and cut in thirds
- 2-3 medium potatoes, quartered (red, white, or sweet potatoes)
- 1 tablespoon olive oil
- 2 teaspoons garlic powder
- 2 teaspoons Italian seasoning blend
- Pinch of salt and pepper
- 1 tablespoon Parmesan cheese

Chef Tips

- Substitute veggies for a winter vegetable mix: 2 carrots, 1 large sweet potato, 1 butternut squash, and 4 beets
- Use curry powder in place of Italian seasoning
- Substitute with your preference of vegetables



Directions

1. Preheat the oven to 425° F and spray a baking sheet with cooking spray.
2. Spread chopped vegetables on the baking sheet and drizzle with oil. Toss lightly to combine.
3. Sprinkle garlic powder, Italian seasoning, and salt and pepper evenly over the veggies. Toss lightly to combine.
4. Bake for 30 minutes, stirring occasionally, until vegetables are browned.
5. Let cool, top with Parmesan cheese, and serve.

Serves: 6-8 • Serving Size: 1 cup • Prep Time: 15 minutes • Cook Time: 30 minutes

Nutrition Facts Per Serving: 100 Calories, 3 g Fat, 17 g Carbohydrate, 3 g Protein, 39 mg Sodium

Summer Squash Pasta Salad



Basic Skills

Estimated cost of ingredients for WIC Program: \$10

Recipe makes 12 tasting servings

To prepare for this class you will need:

Ingredients	Supplies
1 cup whole wheat pasta, uncooked	Pot
1 yellow squash	Strainer
1 zucchini	Large mixing bowl
1 tomato	Cutting board
¼ cup diced red onion	Knife
½ cup shredded mozzarella cheese	Dry/liquid measuring cups
½ cup salad dressing of choice	Large spoon for mixing & serving

Class Options

Choose 1 or more choices from each category

Prepare	Demonstrate	Discuss	Display
<p>The entire recipe</p> <p>Cook the pasta</p> <p>Chop the vegetables</p> <p>Measure the salad dressing</p>	<p>The entire recipe</p> <p>Part of the recipe – assembling the prepared ingredients</p> <p>Chopping the vegetables</p> <p>How to measure liquid and/or solid ingredients</p>	<p>Whole wheat pasta vs. white pasta</p> <p>Refrigerate this for up to 3-5 days</p> <p>Vegetable alternatives</p> <p>Other types of cheese to use</p> <p>Different dressings to use</p>	<p>Pasta package</p> <p>Cheese</p> <p>Vegetables</p>

Tips and Suggestions	Additional Talking Points	Let the Kids Help With...				
<ul style="list-style-type: none"> • Substitute vegetables depending on what is in season • Vary your pasta noodles, dressing, and cheese • If you don't have pasta, make a simple veggie salad with these ingredients • Add an extra can of beans for more protein • Make your own dressing 	<ul style="list-style-type: none"> • WIC foods • SNAP foods • Food safety • Food allergies • Adding cooked chicken for extra protein 	<table border="1"> <thead> <tr> <th data-bbox="1312 321 1837 760">Let the Kids Help With...</th> </tr> </thead> <tbody> <tr> <td data-bbox="1312 760 1837 873"> <ul style="list-style-type: none"> • Washing the vegetables • Measuring cheese </td> </tr> <tr> <th data-bbox="1312 873 1837 954">Let the Parents Help With...</th> </tr> <tr> <td data-bbox="1312 954 1837 1385"> <ul style="list-style-type: none"> • Chopping • Peeling • Mixing • Serving </td> </tr> </tbody> </table>	Let the Kids Help With...	<ul style="list-style-type: none"> • Washing the vegetables • Measuring cheese 	Let the Parents Help With...	<ul style="list-style-type: none"> • Chopping • Peeling • Mixing • Serving
Let the Kids Help With...						
<ul style="list-style-type: none"> • Washing the vegetables • Measuring cheese 						
Let the Parents Help With...						
<ul style="list-style-type: none"> • Chopping • Peeling • Mixing • Serving 						

Summer Squash Pasta Salad

Ingredients

- 1 cup dry whole wheat penne, fusilli, farfalle, or macaroni noodles
- 1 yellow squash
- 1 zucchini
- 1 tomato
- ¼ cup diced red onion
- ½ cup shredded mozzarella cheese
- ½ cup salad dressing of choice (Italian, Greek, Ranch, etc.)

Chef Tips

- Substitute vegetables depending on what is in season
- Vary your pasta noodles, dressing, and cheese
- If you don't have pasta, make a simple veggie salad with these ingredients
- Add an extra can of beans for more protein
- Make your own dressing



Directions

1. Prepare pasta according to the directions on the package. Place the noodles into a mixing bowl and cool in the refrigerator while you prepare the remaining ingredients.
2. Dice the squash, zucchini, tomato, and onion into small bite size pieces and place into another bowl.
3. Add the mozzarella cheese and salad dressing.
4. Lastly, add the cooked noodles and toss to combine.
5. Serve immediately or can be prepared ahead of time and cooled. Keep in the fridge for 3-5 days.

Serves: 6 • Serving Size: ½ cup • Prep Time: 5 minutes • Cook Time: 15 minutes
Nutrition Facts Per Serving: 110 Calories, 4 g Fat, 16 g Carbohydrate, 6 g Protein

Sweet Corn Soup



Basic Skills

Estimated cost of ingredients for WIC Program: \$10

Recipe makes 12 tasting servings

To prepare for this class you will need:

Ingredients	Supplies
1 tablespoon olive oil	Cutting board
1 small onion, diced	Knife
2 celery stalks, diced	Measuring spoons
1 red or green bell pepper, diced	Large pot
2 small potatoes, diced	Liquid measuring cup
4 cloves garlic, minced	
5 cups low-sodium vegetable or chicken broth	
4 cups of fresh, frozen, or canned (rinsed and drained) corn	
Pinch of pepper	

Class Options

Choose 1 or more choices from each category

Prepare	Demonstrate	Discuss	Display
<p>The entire recipe</p> <p>Chop the vegetables</p>	<p>The entire recipe</p> <p>Part of the recipe – have the ingredients set out and ready to be blended prior to the class</p> <p>Chopping some or all of the vegetables</p>	<p>Refrigerate this for up to 5 days</p> <p>Vegetable additions</p> <p>Adding some of the stock when sautéing if the vegetables start to stick</p> <p>The longer the soup simmers, the more flavorful it will be</p>	<p>Vegetables</p> <p>Broth</p>

Tips and Suggestions	Additional Talking Points	Let the Kids Help With...
<ul style="list-style-type: none"> • Add your favorite seasonings and herbs • Add ½ cup of low-fat milk to make it creamier • Add a can of drained and rinsed beans for extra protein • Add a handful of chopped leafy greens (such as spinach or kale) at the end of cooking • Add leftover chopped cooked meat such as pork or chicken 	<ul style="list-style-type: none"> • WIC foods • SNAP foods • Food safety • Food allergies • Adding cooked chicken for extra protein • How to freeze this for a later time 	<ul style="list-style-type: none"> • Washing the vegetables <div data-bbox="1312 760 1837 878" style="background-color: #4b0082; color: white; text-align: center; padding: 5px;">Let the Parents Help With...</div> <ul style="list-style-type: none"> • Chopping • Stirring • Serving

Sweet Corn Soup

Ingredients

- 1 tablespoon olive oil
- 1 small onion, diced
- 2 celery stalks, diced
- 1 red or green bell pepper, diced
- 2 small potatoes, diced
- 4 cloves garlic, minced
- 5 cups low-sodium vegetable or chicken broth
- 4 cups of fresh, frozen, or canned (rinsed and drained) corn
- Pinch of pepper

Chef Tips

- Add ½ cup of low-fat milk to make it creamier
- Add a can of drained and rinsed beans for extra protein
- Add a handful of leafy greens at the end of cooking such as spinach or chopped kale
- Add leftover cooked meat such as pork or chicken



Directions

1. Heat the soup pot on medium-low heat and add the olive oil. Add the onion, celery, pepper, and potato and stir. Cover with the lid and let it cook for about 5 minutes.
2. Add the garlic to the pot and continue to stir. Add a splash or two of broth if the vegetables stick to the bottom. Let the mixture cook for another 2 minutes.
3. Add the corn to the pot and stir. Pour the broth into the pot and bring to a boil, then reduce the heat to low and simmer for 20-30 minutes.
4. Serve immediately.

Serves: 4-6 • Serving Size: 1 cup • Prep time: 15 minutes • Cook Time: 20-30 minutes

Nutrition Facts Per Serving: 199 Calories, 3 g Fat, 36 g Carbohydrate, 6 g Protein, 633 mg Sodium

Veggie Frittata



Basic Skills

Estimated cost of ingredients for WIC Program: \$10

Recipe makes 12 tasting servings

To prepare for this class you will need:

Ingredients	Supplies
2 tablespoons olive oil	Measuring cups
1 medium onion, chopped	Measuring spoons
3 medium red potatoes, washed and thinly sliced	Cutting board
1 cup of thinly sliced vegetables, such as peppers, mushrooms, broccoli, or spinach	Knife
6 large eggs	Large non-stick skillet
1/3 cup of milk	Wooden spoon
1/4 cup fresh chives (or, use 1/2 tsp dried chives or basil)	Vegetable peeler
Pepper to taste	Spatula
1 cup shredded cheese	Mixing Bowl
1 medium tomato, sliced for garnish (optional)	

Class Options

Choose 1 or more choices from each category

Prepare	Demonstrate	Discuss	Display
<p>The entire recipe the day before</p> <p>Cook the potatoes</p> <p>Chop the onions, potatoes, and chives</p> <p>Measure the ingredients</p>	<p>The entire recipe</p> <p>Part of the recipe – complete steps 1-4 prior to your class</p> <p>Chopping and slicing the vegetables</p> <p>Shredding cheese</p>	<p>Health benefits of eggs</p> <p>How to make this in the oven</p> <p>Make without the potatoes and serve with whole wheat toast</p> <p>This can be served at any meal</p> <p>How to make this spicy</p>	<p>Milk</p> <p>Eggs</p> <p>Cheese</p>

Tips and Suggestions	Additional Talking Points	Let the Kids Help With...
<ul style="list-style-type: none"> • If you have leftover veggies – add them to the pan with the potatoes in step 3 • Try adding other dried spices, such as oregano or rosemary, for added flavor • Use different types of shredded cheese such as mozzarella or pepper jack 	<ul style="list-style-type: none"> • WIC foods • SNAP foods • Food safety • Food allergies • Keeps in the refrigerator for 3-5 days 	<ul style="list-style-type: none"> • Measuring the cheese <div data-bbox="1312 760 1837 878" style="background-color: #4b0082; color: white; text-align: center; padding: 5px;">Let the Parents Help With...</div> <ul style="list-style-type: none"> • Cracking the eggs • Mixing • Chopping • Serving

Veggie Frittata

Ingredients

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 3 medium red potatoes, washed and thinly sliced
- 6 large eggs
- 1/3 cup of milk
- 1/4 cup fresh chives (or, use 1/2 tsp dried chives or basil)
- Pepper to taste
- 1 cup shredded cheese
- 1 medium tomato, sliced for garnish (optional)

Chef Tips

- If you have leftover veggies – add them to the pan with the potatoes in step 3
- Try adding other dried spices, such as oregano or rosemary, for added flavor
- Use different types of shredded cheese such as mozzarella or pepper jack



Directions

1. Place a large skillet on medium-low heat and add the oil.
2. When the oil begins to sizzle, add the chopped onions to the pan and sauté for 5 minutes. Add thinly sliced potatoes and stir. Cover the pan with a lid or foil and let cook over low heat for another 5 minutes.
3. Break the eggs into a mixing bowl. Add the milk, chives and pepper, and whisk until combined.
4. Pour egg mixture into the pan, stirring gently to allow the eggs to flow through the ingredients to reach the bottom. Cover and let cook for 1-2 minutes over low heat.
5. Top the egg mixture with the cheese.
6. Cover the pan and cook for about 5 minutes or until the eggs are set and don't jiggle when moving the pan.
7. Let cool for 1-2 minutes before serving. This will keep in the fridge for 3-5 days.

Serves: 6 • Serving Size: 1 wedge • Prep Time: 20 minutes • Cook Time: 20 minutes

Nutrition Facts Per Serving: 270 Calories, 15 g Fat, 21 g Carbohydrate, 13 g Protein, 210 mg Sodium

Zucchini Ribbons



Basic Skills

Estimated cost of ingredients for WIC Program: \$3-\$5

Recipe makes 12 tasting servings

To prepare for this class you will need:

Ingredients	Supplies
4 small zucchinis	Cutting board
1 tablespoon olive oil	Knife
½ teaspoon garlic powder	Measuring cups
½ teaspoon oregano	Measuring spoons
2 tablespoons mozzarella cheese	Wooden spoon
	Large skillet
	Vegetable peeler

Class Options

Choose 1 or more choices from each category

Prepare	Demonstrate	Discuss	Display
The entire recipe	The entire recipe	Oil alternatives	Zucchini
Peel the zucchinis	Part of the recipe – have it almost finished prior to your class	Add extra water or lemon juice if the zucchini stick	Spices
Measure the spices	Peeling the zucchini	Adding spices	Oil
Measure the cheese		Adding fresh herbs	
		Adding other vegetables	

Tips and Suggestions	Additional Talking Points	Let the Kids Help With...
<ul style="list-style-type: none"> • Try summer squash, carrots, or butternut squash depending on the season • Add your favorite spices for a little extra flavor • Add fresh squeezed lemon or herbs such as dill • These are also tasty if served cold • Add zucchini ribbons to whole wheat spaghetti for added veggie servings in your meal 	<ul style="list-style-type: none"> • WIC foods • SNAP foods • Food safety • Food allergies • Knife skills • Can keep in the fridge for 3-5 days 	<ul style="list-style-type: none"> • Washing the zucchini <div data-bbox="1312 760 1837 878" style="background-color: #4b0082; color: white; text-align: center; padding: 5px;">Let the Parents Help With...</div> <ul style="list-style-type: none"> • Peeling • Adding spices • Stirring • Serving

Zucchini Ribbons

Ingredients

- 4 small zucchini, ends trimmed and cut in half
- 1 tablespoon olive oil
- ½ teaspoon garlic powder
- ½ teaspoon oregano
- 2 tablespoons mozzarella cheese

Chef Tips

- Try summer squash, carrots, or butternut squash depending on the season
- Add your favorite spices for a little extra flavor
- Add fresh squeezed lemon or herbs such as dill
- These are also tasty if served cold
- Add zucchini ribbons to whole wheat spaghetti for added veggie servings in your meal



Directions

1. Hold the zucchini in your left hand and the peeler in your other. Peeling away from you, carefully peel the zucchini into ribbons until you reach the seedy part.
2. Heat a large skillet on medium heat. Add the oil and swirl to coat. Once the oil begins to sizzle, add the zucchini into the pan. Stir frequently for 1-2 minutes.
3. Add the garlic powder and oregano and sauté for 4-5 minutes, stirring frequently until the zucchini become soft. Add a tablespoon of water if the zucchini start to stick to the pan.
4. Add the mozzarella cheese and stir until melted.
5. Allow to cool and serve. Keep in the fridge for 3-5 days.

Serves: 4 • Serving Size: 1 cup • Prep Time: 10 minutes • Cook Time: 10 minutes
Nutrition Facts Per Serving: 62 Calories, 4 g Fat, 4 g Carbohydrate, 2 g Protein, 33 mg Sodium

WHOLE GRAINS

Cheesy Tomato Soup



Whole Grains

*Estimated cost of ingredients for WIC Program: \$10-\$15
Recipe makes 12 tasting servings*

To prepare for this class you will need:

Ingredients	Supplies
2 tablespoons olive oil	Measuring cups
1 onion, thinly sliced	Measuring spoons
3 garlic cloves, chopped	Cutting board
4 cups cherry or grape tomatoes, halved	Knife
3 cups low-sodium chicken or vegetable broth	Soup pot
6 slices whole wheat bread	Wooden spoon
$\frac{2}{3}$ cup chopped fresh basil or 1 tablespoon dried	
6 tablespoons shredded cheese (Parmesan or mozzarella)	

Class Options

Choose 1 or more choices from each category

Prepare	Demonstrate	Discuss	Display
The entire recipe the day before	The entire recipe	Covering the onions and garlic to “sweat” them	Bread
Slice the tomatoes	Part of the recipe – have ingredients pre-measured before your class	Using fresh herbs vs. dried herbs	Chicken broth
Chop the onions and garlic	Part of the recipe – chopping and measuring	How to substitute canned tomatoes	Cheese
Measure the broth		Add a few splashes of water if the ingredients stick to the pan	

Tips and Suggestions	Additional Talking Points	Let the Kids Help With...
<ul style="list-style-type: none"> • Use a 28 oz. can of diced tomatoes instead of fresh • Add ½ cup of brown rice or pasta – make sure to allow extra cooking time if you do this • Add 1 can of rinsed and drained pinto beans at step 4 for extra protein • Add 1 cup fresh spinach or other leafy greens for more veggies • Try rubbing peeled fresh garlic on the toasted bread before serving for added flavor 	<ul style="list-style-type: none"> • WIC foods • SNAP foods • Food safety • Food allergies • Make a double batch of the soup and freeze half for another time 	<ul style="list-style-type: none"> • Washing the tomatoes • Counting the slices of bread <div data-bbox="1312 760 1837 878" style="background-color: #4b0082; color: white; text-align: center; padding: 5px;">Let the Parents Help With...</div> <ul style="list-style-type: none"> • Chopping • Stirring • Serving

Cheesy Tomato Soup

Ingredients

- 2 tablespoons olive oil
- 1 onion, thinly sliced
- 3 garlic cloves, chopped
- 4 cups cherry or grape tomatoes, halved
- 3 cups low-sodium chicken or vegetable broth
- 6 slices whole wheat bread
- $\frac{2}{3}$ cup chopped fresh basil or 1 tablespoon dried
- 6 tablespoons shredded cheese (Parmesan or mozzarella)

Chef Tips

- Use a 28 oz. can of diced tomatoes instead of fresh
- Add $\frac{1}{2}$ cup of brown rice or pasta – make sure to allow extra cooking time if you do this
- Add 1 can of rinsed and drained pinto beans at step 4 for extra protein
- Add 1 cup fresh spinach or other leafy greens for more veggies
- Try rubbing peeled fresh garlic on the toasted bread before serving for added flavor



Directions

1. Heat a soup pot on medium heat and add the olive oil.
2. When the oil begins to sizzle, add the onions and stir using a wooden spoon for 1-2 minutes.
3. Add the chopped garlic and cover. Let cook for 2-3 minutes.
4. Add the cherry tomatoes to the pot with a splash of water. Cover and let cook for 3-5 minutes, stirring frequently.
5. Add the broth and bring to a simmer. Let simmer for another 5-10 minutes.
6. Toast whole wheat bread and place in the bottom of soup bowls for serving. Ladle 1 cup of soup in to each bowl. Top with shredded cheese and fresh basil. Serve immediately.

Serves: 6 • Serving Size: 1 cup • Prep Time: 10 minutes • Cook Time: 20 minutes

Nutrition Facts Per Serving: 186 Calories, 8 g Fat, 20 g Carbohydrate, 10g Protein, 213 mg Sodium

Mexican Brown Rice Salad



Whole Grains

Estimated cost of ingredients for WIC Program: \$10

Recipe makes 12 tasting servings

To prepare for this class you will need:

Ingredients	Supplies
½ cup uncooked brown rice	Measuring cups
1 15-oz. can corn, drained and rinsed	Measuring spoons
1 15-oz. can pinto beans, drained and rinsed	Cutting board
1 red bell pepper, seeded and chopped	Knife
½ bunch green onions, sliced	Saucepan
3 tablespoons olive oil	Strainer
Juice of 1 lime	Large mixing bowl
1 teaspoon cumin	Mixing spoon
1 clove garlic, finely chopped	
3 tablespoons chopped fresh cilantro	
¼ cup feta cheese or queso fresco	

Class Options

Choose 1 or more choices from each category

Prepare	Demonstrate	Discuss	Display
<p>The entire recipe the day before</p> <p>Cook the rice</p> <p>Rinse and drain the corn and beans</p> <p>Chop the green onions & pepper</p>	<p>The entire recipe</p> <p>Part of the recipe – assembling the prepared ingredients</p> <p>Chopping the green onions & pepper</p> <p>Measuring the olive oil and cumin</p>	<p>Using quick-cooking rice</p> <p>Refrigerate this for up to 5 days</p> <p>Adding chicken</p> <p>Rinsing canned beans</p> <p>Knife skills</p>	<p>Brown rice</p> <p>Beans</p> <p>Corn</p> <p>Spices</p>

Tips and Suggestions	Additional Talking Points	Let the Kids Help With...
<ul style="list-style-type: none"> • Use different types of beans • Use fresh or frozen corn instead • Add additional spices • Use other grains besides rice • Serve as an entrée or side salad • Warm in the microwave, add cheese, and roll into a burrito • Serve on top of grilled fish or chicken • Serve as vegetarian tacos 	<ul style="list-style-type: none"> • WIC foods • SNAP foods • Food safety • Food allergies 	<ul style="list-style-type: none"> • Washing the vegetables • Measuring the rice <div data-bbox="1312 760 1837 873" style="background-color: #4b0082; color: white; text-align: center; padding: 5px;">Let the Parents Help With...</div> <ul style="list-style-type: none"> • Chopping • Mixing • Serving

Mexican Brown Rice Salad

Ingredients

- ½ cup uncooked brown rice
- 1 15-oz. can corn, drained and rinsed
- 1 15-oz. can pinto beans, drained and rinsed
- 1 red bell pepper, seeded and chopped
- ½ bunch green onions, sliced
- 3 tablespoons olive oil
- Juice of 1 lime
- 1 teaspoon cumin
- 1 clove garlic, finely chopped
- 3 tablespoons chopped fresh cilantro
- ¼ cup feta cheese or queso fresco

Chef Tips

- Use different types of beans
- Use fresh or frozen corn instead
- Add additional spices
- Use other grains besides rice
- Serve as an entrée or side salad
- Warm in the microwave, add cheese, and roll into a burrito
- Serve on top of grilled fish or chicken
- Serve as vegetarian tacos



Directions

1. Prepare the brown rice according to the package directions and add to a large mixing bowl.
2. Add in the corn, beans, bell pepper, green onions, olive oil, lime juice, cumin, and garlic. Mix well to combine all ingredients.
3. Stir in the cilantro and queso fresco. Serve immediately or refrigerate for up to 5 days.

Serves: 6 • Serving Size: ⅔ cup • Prep Time: 10 minutes Cook Time: 10 minutes
Nutrition Facts Per Serving: 235 Calories, 10 g Fat, 33 g Carbohydrate, 7 g Protein, 153 mg Sodium

Pasta with Spinach, Tomatoes, and Beans



Whole Grains

Estimated cost of ingredients for WIC Program: \$10

Recipe makes 12 tasting servings

To prepare for this class you will need:

Ingredients	Supplies
1 tablespoon olive oil	Measuring cups
1 medium onion, chopped	Measuring spoons
1 stalk celery, chopped	Cutting board
1 teaspoon garlic powder	Knife
1 15 oz. cans kidney beans or chickpeas, drained and rinsed	Strainer
1 15 oz. can low-sodium diced tomatoes, partially drained	Large skillet
1 15 oz. can low-sodium chicken broth	Wooden spoon
2 cups fresh spinach	
2 cups cooked whole wheat pasta	
Pepper to taste	
4 tablespoons Parmesan cheese for serving	

Class Options

Choose 1 or more choices from each category

Prepare	Demonstrate	Discuss	Display
The entire recipe the day before	The entire recipe	Rinsing the beans	Beans
Open, rinse and drain canned items	Part of the recipe – have steps 1- 4 completed prior to your class	Dicing the vegetables to be bite-sized	Tomatoes
Pre-measure the ingredients	Adding the spinach	Using fresh garlic instead of garlic powder	Chicken broth
Cook the pasta	Chopping the celery and onion	Spinach cooks down to a small amount; add more if needed	Pasta
		Low-sodium vs. regular products	

Tips and Suggestions	Additional Talking Points	Let the Kids Help With...
<ul style="list-style-type: none"> • Add leftover cooked veggies or frozen veggies that you may already have • Add other leafy greens instead of spinach • Add 2 teaspoons of red pepper flakes during step 3 to add a little spice • Experiment with different types of whole wheat noodles – you can also try this recipe with cooked brown rice • Try garnishing with fresh basil 	<ul style="list-style-type: none"> • WIC foods • SNAP foods • Food safety • Food allergies 	<ul style="list-style-type: none"> • Rinsing the beans • Washing the celery <div data-bbox="1312 760 1837 878" style="background-color: #4b0082; color: white; text-align: center; padding: 5px;">Let the Parents Help With...</div> <ul style="list-style-type: none"> • Chopping • Measuring • Stirring • Serving

Pasta with Spinach, Tomatoes, and Beans

Ingredients

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 1 stalk celery, chopped
- 1 teaspoon garlic powder
- 1 15-oz. can kidney beans or chickpeas, drained and rinsed
- 1 15-oz. can diced tomatoes, partially drained
- 1 15-oz. can low-sodium chicken broth
- 2 cups fresh spinach leaves
- 2 cups cooked whole wheat pasta
- Pepper to taste
- 4 tablespoons Parmesan cheese for serving

Chef Tips

- Add leftover cooked veggies or frozen veggies that you may already have
- Add other leafy greens instead of spinach
- Add 2 teaspoons of red pepper flakes during step 3 to add a little spice
- Experiment with different types of whole wheat noodles – you can also try this recipe with cooked brown rice
- Garnish with fresh basil



Directions

1. Heat the oil in a skillet on medium heat and swirl to coat the pan.
2. Add the onions and celery to the pan, stirring frequently. Cook until they are translucent, about 3 minutes.
3. Add garlic powder and stir.
4. Add the beans, canned tomatoes, and chicken broth and stir. Allow to simmer for about 5 minutes.
5. Add the spinach and pasta noodles. Mix well and allow to heat through for 2-3 minutes.
6. Season with pepper and Parmesan cheese to taste.

Serves: 6 • Serving Size: 1 cup • Prep Time: 10 minutes • Cook Time: 20 minutes

Nutrition Facts Per Serving: 175 Calories, 4 g Fat, 27 g Carbohydrate, 10 g Protein, 181 mg Sodium

Strawberry Banana Overnight Oats



Whole Grains

*Estimated cost of ingredients for WIC Program: \$8
Recipe makes 4 tasting servings*

To prepare for this class you will need:

Ingredients	Supplies
½ cup rolled oats	Measuring cups
½ cup plain low-fat yogurt	Measuring spoons
½ cup low-fat milk	Plastic container with lid
½ teaspoon cinnamon	Small knife
¼ cup of fresh or frozen berries	Cutting board
½ cup of sliced bananas	

Class Options

Choose 1 or more choices from each category

Prepare	Demonstrate	Discuss	Display
The entire recipe the day before	The entire recipe	Healthy snacks and breakfast	Oatmeal container
Pre-measure the milk, yogurt, and/or oatmeal	Part of the recipe	Whole grains	Yogurt container
Wash and/or cut the fruit ahead of time	How to cut fruit	Dairy and dairy alternatives	Milk container
Pre-measure spices	How to measure liquid and/or solid ingredients	Planning ahead for meal preparation	Fruits being used (fresh, frozen, or canned)
		Knife skills	Spice container
		Using frozen or canned fruit	

Overnight Oat Variations	Additional Talking Points	Let the Kids Help With...
<ul style="list-style-type: none"> • PB&J Oats: ½ cup oats, ½ cup low-fat milk, ½ cup frozen or fresh strawberries, and ½ cup peanut butter • Coconut Oats: ½ cup oats, 1½ teaspoons lemon juice, ½ cup low-fat milk, ½ cup vanilla yogurt, 2 tablespoons shredded coconut, and ½ cup fresh or frozen fruit of choice • Peach Oats: ½ cup oats, ½ cup low-fat milk, ½ cup vanilla yogurt, 1 teaspoon cinnamon, and ⅔ cup frozen or fresh peaches • Apple Pie Oats: ½ cup oats, ½ cup low-fat milk, ¼ cup plain yogurt, 1 teaspoon cinnamon, ½ cup chopped apple, and 1 teaspoon honey 	<ul style="list-style-type: none"> • WIC Foods • SNAP Foods • Option to use vanilla yogurt • Milk alternatives • Add leftover pureed baby foods • Fruit alternatives • Divide in half for a snack-sized portion 	<ul style="list-style-type: none"> • Washing fruit • Measuring oatmeal • Measuring yogurt <div data-bbox="1312 602 1845 721" style="background-color: #4b0082; color: white; text-align: center; padding: 5px; font-weight: bold;"> Let the Parents Help With... </div> <ul style="list-style-type: none"> • Mixing • Cutting fruit • Serving

Strawberry Banana Overnight Oats

Ingredients

- ½ cup rolled oats
- ½ cup plain low-fat yogurt
- ½ cup low-fat milk
- ½ teaspoon cinnamon
- ¼ cup of fresh or frozen berries
- ½ cup of sliced bananas

Overnight Oat Variations

- **PB&J Oats:** ½ cup oats, ½ cup low-fat milk, ½ cup frozen or fresh strawberries, and ½ cup peanut butter
- **Coconut Oats:** ½ cup oats, 1 ½ teaspoons lemon juice, ½ cup low-fat milk, ½ cup vanilla yogurt, 2 tablespoons shredded coconut, and ½ cup fresh or frozen fruit of choice
- **Peach Oats:** ½ cup oats, ½ cup low-fat milk, ½ cup vanilla yogurt, 1 teaspoon cinnamon, and ⅔ cup frozen or fresh peaches
- **Apple Pie Oats:** ½ cup oats, ½ cup low-fat milk, ¼ cup plain yogurt, 1 teaspoon cinnamon, ½ cup chopped apple, and 1 teaspoon honey



Directions

1. In a plastic container, add the oats.
2. Pour in the yogurt, milk, and cinnamon and stir gently to combine.
3. Add the fruit and cover the container with a lid.
4. Refrigerate overnight or for at least 4 hours.

Serves: 1 • Serving Size: 1 container • Prep Time: 10 minutes

Nutrition Facts Per Serving: 295 Calories, 4 g Fat, 56 g Carbohydrate, 11 g Protein, 58 mg Sodium

Overnight Oats

I. Combine:



½ cup oats



½ cup low-fat milk



½ cup plain yogurt

2. Then add your favorite flavor!

3. Mix ingredients together, cover, and refrigerate overnight for a delicious breakfast or snack!

<p>Peanut Butter & Jelly</p>	 ½ cup sliced strawberries		 2 tbsp peanut butter		
<p>Fruity Coconut</p>	 ½ cup chopped fresh or frozen fruit		 1½ teaspoons lemon juice		 ¼ cup shredded coconut
<p>Peach</p>	 ½ cup chopped peaches		 1 teaspoon cinnamon		
<p>Apple Pie</p>	 ½ cup chopped apples		 1 teaspoon cinnamon	 1 teaspoon honey	
<p>Strawberry Banana</p>	 ½ cup sliced strawberries		 ½ sliced banana	 1 teaspoon cinnamon	

RECIPE MAKEOVER

Apple Crisp



Recipe Makeovers

Estimated cost of ingredients for WIC Program: \$15

Recipe makes 12 tasting servings

To prepare for this class you will need:

Ingredients	Supplies
6 medium baking apples	Measuring cups
1 tablespoon flour	Measuring spoons
1 tablespoon sugar	Cutting board
Juice of 1 lemon	Knife
1/4 teaspoon cinnamon	Mixing bowl
For the topping:	Mixing spoon
2 tablespoons flour	Cooking spray
1/2 teaspoon cinnamon	9 inch square or pie pan
2/3 cup oatmeal	
1 tablespoon brown sugar	
3 tablespoons melted butter	

Class Options

Choose 1 or more choices from each category

Prepare	Demonstrate	Discuss	Display
The entire recipe ahead of time	The entire recipe	What makes this a recipe makeover	Apples
Slice the apples	Part of the recipe – have the crisp almost finished prior to your class	Health benefits of apples	Oatmeal
Measure the dry ingredients	Slicing the apples	Health benefits of oatmeal	Cinnamon
Melt the butter	Making the topping	Additional spices to use	

Overnight Oat Variations	Additional Talking Points	Let the Kids Help With...
<ul style="list-style-type: none"> • Peel the apples if desired • Substitute sliced pears for half or all of the apples • Add 1 cup frozen fruit such as strawberries, blueberries, or cranberries • Serve with vanilla yogurt 	<ul style="list-style-type: none"> • WIC foods • SNAP foods • Food safety • Food allergies 	<ul style="list-style-type: none"> • Washing the apples • Measuring the topping ingredients <div data-bbox="1314 760 1837 878" style="background-color: #4b0082; color: white; text-align: center; padding: 5px;">Let the Parents Help With...</div> <ul style="list-style-type: none"> • Slicing • Making the topping • Serving

Apple Crisp

Ingredients

- 6 medium baking apples, cored and thinly sliced
- 1 tablespoon flour
- 1 tablespoon sugar
- Juice of 1 lemon
- ¼ teaspoon cinnamon

For the topping:

- 2 tablespoons flour
- ½ teaspoon cinnamon
- ⅔ cup oatmeal
- 1 tablespoon brown sugar
- 3 tablespoons melted butter

Chef Tips

- Substitute sliced pears for half or all of the apples
- Add 1 cup frozen fruit such as strawberries, blueberries, or cranberries
- Serve with vanilla yogurt
- Keeps in the refrigerator for 3-5 days



Directions

1. Preheat the oven to 375° F and spray the pan with cooking spray.
2. Add the sliced apples, flour, sugar, lemon juice, and cinnamon to a mixing bowl. Toss well and pour into a 9 inch square or round baking dish.
3. For the topping: Combine the flour, cinnamon, oatmeal, and brown sugar in the previously used bowl. Mix in the melted butter and stir well. Spread the topping evenly over the apples.
4. Bake at 375° F for 45 minutes. This can be served warm or cold.

Serves: 6 • Serving Size: 1 cup • Prep Time: 15 minutes • Cook Time: 45 minutes
Nutrition Facts Per Serving: 208 Calories, 7 g Fat, 36 g Carbohydrate, 3g Protein, 4 mg Sodium

Banana Chocolate Pudding



Recipe Makeover

Estimated cost of ingredients for WIC Program: \$10
Recipe makes 12 tasting servings

To prepare for this class you will need:

Ingredients	Supplies
1 16-oz. package silken tofu	Measuring spoons
1 ¼ teaspoons unsweetened cocoa powder	Measuring cups
½ cup milk chocolate chips	Blender or food processor
1 ¼ teaspoons vanilla extract	Mixing spoon
1 frozen banana	
1 tablespoon low-fat milk	

Class Options

Choose 1 or more choices from each category

Prepare	Demonstrate	Discuss	Display
<p>The entire recipe the day before</p> <p>The drained tofu</p> <p>Pre-measure the cocoa powder, chocolate chips, vanilla extract, and/or milk</p> <p>Freeze the banana</p>	<p>The entire recipe</p> <p>Part of the recipe – have ingredients pre-measured in the blender</p> <p>Draining the tofu</p> <p>How to measure liquid and/or solid ingredients</p>	<p>Healthy snacks and treats</p> <p>Refrigerate this for up to 3 days</p> <p>Dairy alternatives</p> <p>Fruit alternatives or additions</p> <p>Compare nutritional content to regular pudding</p>	<p>Tofu package</p> <p>Milk container</p> <p>Fruits being used</p>

Tips and Suggestions	Additional Talking Points	Let the Kids Help With...
<ul style="list-style-type: none"> • Use soy milk or another milk alternative in place of cow's milk • Try using different chips such as dark chocolate, semi-sweet chocolate, peanut butter, butterscotch, or caramel. • Top the pudding with fresh fruit such as berries, bananas, or apples • Top with WIC cereal, nuts, oats, or granola • Freeze in paper cups with a popsicle stick 	<ul style="list-style-type: none"> • WIC Foods • SNAP Foods • Food safety • Food allergies • Different types of tofu 	<ul style="list-style-type: none"> • Washing fruits • Measuring the chocolate chips • Measuring the milk
		<p style="text-align: center;">Let the Parents Help With...</p>
		<ul style="list-style-type: none"> • Draining the tofu • Cutting the fruit • Serving

Banana Chocolate Pudding

Ingredients

- 1 16-oz package silken tofu
- 1 ¼ teaspoons unsweetened cocoa powder
- ½ cup chocolate chips
- 1 frozen banana, peeled
- 1 ¼ teaspoons pure vanilla extract
- 1 tablespoon low-fat milk

Chef Tips

- Substitute the milk for preference or allergy
- Use different chips such as dark chocolate, semi-sweet chocolate, peanut butter, butterscotch, or caramel
- Freeze in paper cups with a popsicle stick
- Top with fresh fruit such as berries or apples
- Top with oats or granola



Directions

1. Open the package of tofu, drain excess liquid, and place into a blender or food processor.
2. Add the cocoa powder, chocolate chips, banana, vanilla extract, and milk. Blend until consistency is smooth.
3. Garnish with desired topping such as WIC cereal, fresh fruit, nuts, or oats.

Serves: 6 • Serving Size: ½ cup • Total Time: 10 minutes

Nutrition Facts Per Serving: 135 Calories, 7 g Fat, 15 g Carbohydrate, 6 g Protein, 10 mg Sodium

Chicken Broccoli Alfredo



Recipe Makeover

Estimated cost of ingredients for WIC Program: \$15

Recipe makes 12 tasting servings

To prepare for this class you will need:

Ingredients	Supplies
2½ cups whole wheat penne pasta	Measuring cups
1 tablespoon oil (olive oil, canola, or vegetable)	Measuring spoons
1 pound boneless skinless chicken breast, cubed into bite-sized pieces	Cutting board
3 tablespoons all-purpose flour	Knife
1 cup low-sodium chicken broth	Pasta pot
1 cup low-fat milk	Strainer
½ teaspoon garlic powder	Large skillet
½ cup shredded mozzarella cheese	Liquid measuring cup
½ cup Parmesan cheese	Wooden spoon
2 cups fresh or frozen chopped broccoli	Whisk
Pepper to taste	Serving bowl
Pinch of nutmeg (optional)	

Class Options

Choose 1 or more choices from each category

Prepare	Demonstrate	Discuss	Display
<p>The entire recipe the day before</p> <p>Cook the pasta</p> <p>Cook the chicken</p> <p>Measure the broth, milk, and garlic powder</p> <p>Measure the cheese</p>	<p>The entire recipe</p> <p>Making the sauce</p> <p>Cooking the broccoli</p> <p>Part of the recipe, have it almost finished prior to your class</p>	<p>What makes this a recipe makeover</p> <p>Using whole wheat pasta</p> <p>Cover the chicken during cooking to help it cook faster and prevent it from drying out</p> <p>Vegetable substitutions</p>	<p>Pasta package</p> <p>Cheese</p> <p>Spices</p> <p>Olive oil</p>

Tips and Suggestions	Additional Talking Points	Let the Kids Help With...
<ul style="list-style-type: none"> • Use precooked chicken to save time • Substitute your vegetables depending on what is in season • Try different types of WIC pasta • Use ½ block of low-fat cream cheese in place of mozzarella • Add chopped, fresh herbs, such as dill, thyme, or rosemary, at the end of cooking for more flavor 	<ul style="list-style-type: none"> • WIC foods • SNAP foods • Food safety • Food allergies • Make a double batch and freeze half of it for another night 	<ul style="list-style-type: none"> • Washing the broccoli • Measuring the pasta <div data-bbox="1325 760 1843 873" style="background-color: #4b0082; color: white; text-align: center; padding: 5px;">Let the Parents Help With...</div> <ul style="list-style-type: none"> • Chopping • Mixing • Measuring the cheese • Serving

Chicken Broccoli Alfredo

Ingredients

- 2½ cups whole wheat penne pasta, uncooked
- 1 tablespoon oil (olive, canola or vegetable)
- 1 pound boneless skinless chicken breast, cubed into bite-sized pieces
- 3 tablespoons all-purpose flour
- 1 cup low-sodium chicken broth
- 1 cup low-fat milk
- ½ teaspoon garlic powder
- ½ cup shredded mozzarella cheese
- ½ cup Parmesan cheese
- 2 cups fresh or frozen chopped broccoli
- Pepper to taste
- Pinch of nutmeg (optional)

Directions

1. Heat water in a large pot for the pasta and prepare according to package directions.
2. Heat a large skillet on medium and add oil to the pan.
3. Once heated, add the diced chicken to the pan. Stir every 20-30 seconds and allow it to cook for 8-10 minutes until cooked through. Covering the pan will help it cook faster. Adjust heat as needed.
4. Add the flour to the pan with the cooked chicken and stir well until it begins to lightly toast, about 3 minutes.
5. Slowly add the chicken broth, milk, and garlic powder to the pan.
6. Whisk well to break up lumps and allow the liquid to come to a simmer. The mixture will begin to thicken as it simmers after 2-3 minutes.
7. If using frozen broccoli, place in a strainer and rinse under lukewarm water to thaw (or microwave for 2 minutes). Drain the water and add to the pan. Fresh chopped broccoli can be added directly into the pan. Stir frequently for 2-3 minutes.
8. Add the mozzarella and Parmesan cheese and stir until melted.
9. Mix sauce with the cooked pasta and serve.

Chef Tips

- Use pre-cooked chicken to save time
- Substitute your vegetables depending on what is in season
- Try different types of WIC pasta
- Use ½ block of low-fat cream cheese in place of the mozzarella cheese
- Add chopped, fresh herbs, such as dill, thyme, or rosemary, at the end of cooking for more flavor



Serves: 6 People • Serving Size: 1 cup • Prep Time: 20 minutes Cook Time: 25 minutes
Nutrition Facts Per Serving: 335 Calories, 9 g Fat, 31 g Carbohydrate, 31 g Protein, 235 mg Sodium

Sweet Potato Fries



Recipe Makeover

Estimated cost of ingredients for WIC Program: \$4

Recipe makes 12 tasting servings

To prepare for this class you will need:

Ingredients	Supplies
4 medium sweet potatoes	Measuring spoons
1 ½ teaspoons paprika	Cutting board
Pinch of salt and pepper	Knife
⅛ teaspoon cayenne pepper (optional)	Large bowl
1 tablespoon canola oil	1 or 2 large baking sheets
Non-stick cooking spray	

Class Options

Choose 1 or more choices from each category

Prepare	Demonstrate	Discuss	Display
The entire recipe	The entire recipe	Safe knife skills	Sweet Potatoes
Slice the potatoes into wedges	Part of the recipe	Cleaning the potatoes	Spices
Measure the seasonings	Slicing 1 potato	Nutrients in sweet potatoes	Oil
	Drizzling the oil and seasoning the potatoes	How to reheat leftovers	
		Keeps in the refrigerator for 5 days	

Tips and Suggestions	Additional Talking Points	Let the Kids Help With...
<ul style="list-style-type: none"> • Try different spice blends • Sprinkle 1 teaspoon of cinnamon (in place of paprika and cayenne) over the fries for a different flavor • For easier cleanup, line the baking sheet with tin foil • White potatoes can be used in place of all or part of the sweet potatoes 	<ul style="list-style-type: none"> • WIC foods • SNAP foods • Food safety • Food allergies • Line the pan with foil for easier cleanup • Peel potatoes if desired 	<ul style="list-style-type: none"> • Washing the potatoes • Measuring the spices <div data-bbox="1323 760 1843 873" style="background-color: #4b0082; color: white; text-align: center; padding: 5px;">Let the Parents Help With...</div> <ul style="list-style-type: none"> • Adding the spices • Slicing the potatoes

Sweet Potato Fries

Recipe Source: adapted from www.cookingmatters.org

Ingredients

- 4 medium sweet potatoes
- 1½ teaspoons paprika
- Pinch of salt and pepper
- ⅛ teaspoon cayenne pepper (optional)
- 1 tablespoon canola oil
- Non-stick cooking spray

Chef Tips

- For easier cleanup, line the baking sheet with tin foil
- White potatoes can be used in place of all or some of the sweet potatoes
- Sprinkle 1 teaspoon of cinnamon (in place of paprika and cayenne) over the fries for a different flavor
- Peel potatoes if desired



Directions

1. Preheat the oven to 450° F .
2. Scrub and rinse the potatoes. Cut into thick strips that are about ½ inch wide. Place into the large bowl.
3. Sprinkle the paprika, salt, pepper, and cayenne pepper over the sweet potatoes. Drizzle them with oil and toss well until coated.
4. Spray baking sheet with cooking spray and spread potatoes on it in a thin single layer. Bake for 15 minutes, remove pan from oven and turn fries over. Bake for 10-15 more minutes until fries are cooked through and crispy.
5. Let cool and serve. Can keep in the fridge up to 5 days.

Serves: 6 • Serving Size: 8-10 fries • Prep Time: 10 minutes Cook Time: 30 minutes

Nutrition Facts Per Serving: 132 Calories, 2 g Fat, 26 g Carbohydrate, 3 g Protein, 132 mg Sodium

Turkey and Cheddar Sliders



Recipe Makeover

Estimated cost of ingredients for WIC Program: \$15

Recipe makes 12 sliders

To prepare for this class you will need:

Ingredients	Supplies
4 cups baby spinach, chopped	Measuring cups & spoons
4 scallions, thinly sliced	Mixing bowl
1 garlic clove, minced	Knife & cutting board
1 pound ground turkey	Fork or spoon (for mixing)
$\frac{3}{4}$ teaspoon cumin	Large skillet
Pinch of salt & pepper	Spatula
2-3 tablespoons olive oil	Thermometer
4 tablespoons shredded cheddar cheese	Tin foil
1 tomato, thinly sliced	Plate
Slider buns or whole wheat toast	

Class Options

Choose 1 or more choices from each category

Prepare	Demonstrate	Discuss	Display
Pre-make the raw patties and store in the fridge until cooking	The entire recipe	Food safety	Type of meat used
Cook the patties right before class and keep warm for serving	Part of the recipe – cooking the patties	Vegetable alternatives	Spices and/or spice containers
Prepare the vegetables and spices for mixing	Part of the recipe – mixing the ingredients together	Spice alternatives	Vegetables being used
	Chopping the vegetables	How to take the temperature	
	Forming the patties	Pan-frying	
		Difference between ground turkey and ground turkey breast	

Tips and Suggestions	Additional Talking Points	Let the Kids Help With...
<ul style="list-style-type: none"> • Use lean ground beef instead of turkey • Use chopped kale instead of spinach • Add fresh herbs such as oregano, rosemary, or thyme to the burger mixture • Substitute curry for cumin • Try Monterey Jack, Colby, Mozzarella, or Muenster cheese 	<ul style="list-style-type: none"> • WIC Foods • SNAP Foods • Vegetable alternatives • Cooking ground meat until it reaches 165° F • Cheese varieties • Making patties ahead of time • Freezing the patties • Keeps in the fridge for 3 days 	<ul style="list-style-type: none"> • Adding the ingredients to the mixing bowl • Counting the patties • Smelling the spices <div data-bbox="1318 737 1850 857" style="background-color: #4b0082; color: white; text-align: center; padding: 5px;">Let the Parents Help With...</div> <ul style="list-style-type: none"> • Mixing the burger ingredients • Making patties • Taking the temperature • Serving

Turkey and Cheddar Sliders

Ingredients

- 4 cups baby spinach, chopped
- 4 scallions, thinly sliced
- 1 garlic clove, minced
- 1 pound ground turkey
- ¾ teaspoon cumin
- Pinch of salt & pepper
- 2-3 tablespoons olive oil
- 4 tablespoons shredded cheddar cheese
- 1 tomato, thinly sliced
- Slider buns or whole wheat toast

Chef Tips

- Use lean ground beef instead of ground turkey
- Use frozen spinach – simply defrost ahead of time and squeeze to remove excess moisture
- Add chopped fresh herbs such as oregano to the mixture.
- Substitute curry for cumin
- Experiment with different types of cheeses
- Serve over brown rice with salad for an even healthier option



Directions

1. Combine the spinach, scallions, garlic, turkey, cumin, salt, and pepper in a mixing bowl. Use a fork to gently combine the ingredients.
2. Heat a large skillet on medium while you form the turkey mixture into about 12 patties, each ½ inch thick.
3. Add the olive oil to the pan and carefully cook the patties, being careful not to overcrowd the pan. Work in batches and cook them for about 5 minutes on each side, until the patties are golden brown. Try not to push down on the sliders while cooking; it may cause them to fall apart.
4. Use a thermometer to check that the sliders have reached an internal temperature of 165° F. Transfer to a plate and top patties with a sprinkle of cheddar cheese. Cover the plate with tin foil to melt the cheese.
5. Serve sliders on a bun or toast with sliced tomato.

Serves: 4 • Serving Size: 3 patties • Prep time: 10 minutes • Cook time: 15 minutes

Nutrition Facts Per Serving: 421 Calories, 15 g Fat, 40 g Carbohydrate, 35 g Protein, 498 mg Sodium



Zucchini Carrot Muffins

Recipe Makeover

Estimated cost of ingredients for WIC Program: \$8

Recipe makes 4 tasting servings

To prepare for this class you will need:

Ingredients	Supplies
3 cups grated zucchini (about 2 medium zucchinis, seeded)	Peeler
2 cups grated carrots (about 5 medium carrots, peeled)	Grater
1 medium ripe banana, mashed	Measuring cups
1 cup unsweetened applesauce	Large bowl
3 eggs, beaten	Fork and small bowl
½ cup sugar	Measuring spoons
2 tablespoons canola or vegetable oil	12-tin muffin pan
1 tablespoon vanilla extract	Paper liners or cooking spray
1 tablespoon lemon juice	
2 teaspoons cinnamon	
1 teaspoon nutmeg	
2 cups flour	
1 cup whole wheat flour	
1 teaspoon salt	
1 teaspoon baking powder	
1 teaspoon baking soda	
Non-stick cooking spray	

Class Options

Choose 1 or more choices from each category

Prepare	Demonstrate	Discuss	Display
The entire recipe the day before	The entire recipe	Healthy snacks and breakfast	Vegetables used
Grate zucchini and/or carrots	Part of the recipe	Fiber	Applesauce/Yogurt container
Measure dry ingredients	How to grate the vegetables	Additional ingredients	Spices
Measure applesauce and/or banana	How to measure liquid and/or solid ingredients	How to freeze the muffins	Pre-made muffins

Tips and Suggestions	Additional Talking Points	Let the Kids Help With...
<ul style="list-style-type: none"> • Use 1 teaspoon pumpkin pie spice instead of nutmeg • Use 1 cup plain yogurt instead of applesauce, or use half and half • Cut this recipe in half to make 12 muffins (use 2 eggs) • To make a quick bread from this recipe: cut the recipe in half and pour into a greased loaf pan, bake for 50 minutes until an inserted toothpick comes out clean 	<ul style="list-style-type: none"> • WIC Foods • SNAP Foods • Add leftover pureed baby foods • Add fresh or frozen blueberries or raspberries • The muffins are best when allowed to cool before eating 	<ul style="list-style-type: none"> • Measuring dry ingredients • Putting paper liners in the muffin tin • Washing the vegetables • Peeling and mashing the banana
		Let the Parents Help With...
		<ul style="list-style-type: none"> • Peeling the vegetables • Grating the vegetables • Mixing

Zucchini Carrot Muffins

Ingredients

- 3 cups grated zucchini (about 2 medium zucchinis, seeded)
- 2 cups grated carrots (about 5 medium carrots, peeled)
- 1 medium ripe banana, mashed
- 1 cup unsweetened applesauce
- 3 eggs, beaten
- ½ cup sugar
- 2 tablespoons canola or vegetable oil
- 1 tablespoon vanilla extract
- 1 tablespoon lemon juice
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- 2 cups flour
- 1 cup whole wheat flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- Non-stick cooking spray

Chef Tips

- Use 1 teaspoon pumpkin pie spice instead of nutmeg
- Use 1 cup plain yogurt instead of applesauce, or use half and half
- Cut this recipe in half to make 12 muffins
- To make a quick bread from this recipe: cut the recipe in half and pour into a greased loaf pan, bake for 50 minutes



Directions

1. Preheat the oven to 350° F and spray or line two 12-tin muffin pans.
2. In a large bowl, combine the grated zucchini, carrot, banana, applesauce, eggs, sugar, oil, vanilla, and lemon juice. Mix well using a fork.
3. In another medium bowl, add the cinnamon, nutmeg, flour, salt, baking powder, and baking soda. Sift or mix well.
4. Slowly pour the dry ingredients into the wet and mix well.
5. Evenly pour the batter into the muffin pans.
6. Bake for 20 minutes or until an inserted toothpick comes out clean, let cool and serve.

Serves: 24 • Serving Size: 1 muffin • Prep time: 25 minutes • Cook time: 20 minutes

Nutrition Facts Per Serving: 110 Calories, 2 g Fat, 20 g Carbohydrate, 3 g Protein, 194 mg Sodium

WIC FOODS

Sweet Cinnamon O's Bars



WIC Foods

Estimated cost of ingredients for WIC Program: \$10

Recipe makes 12 bars

To prepare for this class you will need:

Ingredients	Supplies
½ cup chunky peanut butter	Measuring cups
⅓ cup honey	Measuring spoons
3 cups whole grain oat cereal, such as Cheerios™	Small saucepan
1 teaspoon cinnamon	Wooden spoon
	8 x 8 inch square pan
	Wax paper or plastic wrap

Class Options

Choose 1 or more choices from each category

Prepare	Demonstrate	Discuss	Display
The entire recipe	The entire recipe	Healthy snacks and treats	Cereal package
Prepare the sauce right before your demo starts	Part of the recipe – adding the cereal to the saucepan	Refrigerate these for up to 5 days	Peanut butter jar
Measure the sauce ingredients	Pressing the cereal mixture into the lined pan	Cereal alternatives	Honey
	Cutting the prepared bars	Whole grains	Cinnamon
		Honey should not be given to children under 2	

Tips and Suggestions	Additional Talking Points	Let the Kids Help With...
<ul style="list-style-type: none"> • Try different types of nut butters • Try different types of whole grain cereals • Try maple syrup instead of honey • Add spices such as cinnamon, nutmeg, pumpkin spice, or ginger • Potential toppings or add-ins: dried cranberries, coconut flakes, banana slices 	<ul style="list-style-type: none"> • WIC foods • SNAP foods • Food safety • Food allergies • Stir frequently so the mixture does not burn • Double the recipe and use a 9 x 13 inch pan instead. 	<ul style="list-style-type: none"> • Measuring the cereal
Let the Parents Help With...		
		<ul style="list-style-type: none"> • Mixing • Slicing the bars

Sweet Cinnamon O's Bars

Ingredients

- ½ cup chunky peanut butter
- ⅓ cup honey
- 1 teaspoon cinnamon
- 3 cups whole grain oat cereal, such as Cheerios™

Chef Tips

- Offer as a snack, breakfast, or sweet treat
- Try other cereals such as Multigrain Cheerios™, Rice Krispies®, or Quaker Oatmeal Squares®
- Double this recipe and use a 9 x 13 inch pan instead
- Try adding dried cranberries, coconut flakes, or thinly sliced banana as a topping on the bars



Directions

1. Line an 8 x 8 inch pan with plastic wrap, parchment paper, or wax paper so the edges are hanging well over the side of the pan.
2. In a medium saucepan, combine the peanut butter, honey and cinnamon over medium heat. Stir frequently using a wooden spoon until the mixture begins to bubble. Remove from heat.
3. Mix in the Cheerios™, stir lightly until well combined.
4. Pour the mixture into an 8 x 8 inch pan, spreading out using the wooden spoon.
5. Wrap the extra edges of plastic wrap over the top of the mixture, pressing down lightly until it sticks.
6. Chill in the refrigerator for 2 hours before serving. Keeps in the fridge for 5 days.

Servings: 12 • Serving Size: 1 bar • Prep Time: 5 minutes • Cook Time: 2 hours

Nutrition Facts Per Serving: 121 Calories, 6 g Fat, 16 g Carbohydrate, 4 g Protein, 90 mg Sodium

Tex-Mex Black Bean Dip



WIC Foods

Estimated cost of ingredients for WIC Program: \$10

Recipe makes 10-12 tasting servings

To prepare for this class you will need:

Ingredients	Supplies
1 teaspoon vegetable oil	Measuring cups
1 medium onion, chopped	Measuring spoons
2 garlic cloves, minced	Cutting board
1 medium tomato, diced	Knife
½ teaspoon ground cumin	Non-stick skillet
½ teaspoon chili powder	Wooden spoon
1 15-oz. can low-sodium black beans, rinsed & drained	Serving dish
¼ cup shredded Monterey jack cheese	
¼ cup chopped fresh cilantro	
Juice of 1 lime	

Class Options

Choose 1 or more choices from each category

Prepare	Demonstrate	Discuss	Display
The entire recipe ahead of time	The entire recipe	Using different kinds of beans	Beans
Chop the vegetables	Part of the recipe – Have the onions and garlic sautéing prior to your class	Adding different vegetables	Spices
Drain & rinse the beans	Chopping the tomato and cilantro	How to make this spicy	Cheese
Measure the ingredients	Measuring the spices	Use a small can of drained, diced tomatoes instead of fresh	

Tips and Suggestions	Additional Talking Points	Let the Kids Help With...
<ul style="list-style-type: none"> • Add additional ingredients such as leftover chicken or veggies • Make a meal out of this by serving it with grilled chicken or in a burrito/quesadilla • Use it to make nachos – pour the dip over tortilla chips, sprinkle with cheese, and microwave for 30 seconds • Try using a small can of drained & diced tomatoes instead of fresh • Use 1 tablespoon dried cilantro instead of fresh, adding it during step 4 	<ul style="list-style-type: none"> • WIC foods • SNAP foods • Food safety • Food allergies 	<ul style="list-style-type: none"> • Measuring the cheese <div data-bbox="1318 711 1850 828" style="background-color: #4b0082; color: white; text-align: center; padding: 5px;">Let the Parents Help With...</div> <ul style="list-style-type: none"> • Chopping • Sautéing • Serving

Tex-Mex Black Bean Dip

Ingredients

- 1 teaspoon vegetable oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 medium tomato, diced
- ½ teaspoon ground cumin
- ½ teaspoon chili powder
- 1 15-oz. can low-sodium black beans, rinsed & drained
- ¼ cup water
- ¼ cup shredded Monterey jack cheese
- ¼ cup chopped fresh cilantro
- Juice of 1 lime

Chef Tips

- Add additional ingredients such as leftover chicken or veggies
- Make a meal out of this by serving it with grilled chicken or in a burrito/quesadilla
- Use it to make nachos – pour the dip over tortilla chips, sprinkle with cheese, and microwave for 30 seconds
- Try using a small can of drained & diced tomatoes instead of fresh
- Use 1 tablespoon dried cilantro instead of fresh, adding it during step 4



Directions

1. Heat the skillet on medium-low and pour the oil into the pan.
2. Add the onion and sauté for 2 minutes, until it begins to turn clear.
3. Add the garlic and tomatoes to the pan and sauté for another 3-4 minutes.
4. Add the ground cumin, chili powder, beans, and water. Cook for about 5 minutes, stirring gently the entire time.
5. Remove from the heat and partially mash with a large fork or potato masher.
6. Add the cheese, cilantro, and lime juice. Stir until the cheese melts completely.
7. Serve warm or at room temperature.

Serves: 6 • Serving Size: ½ cup • Prep Time: 15 minutes • Cook Time: 15 minutes

Nutrition Facts Per Serving: 89 Calories, 2 g Fat, 14 g Carbohydrate, 6g Protein, 134 mg Sodium

Tuna Melt



WIC Foods

Estimated cost of ingredients for WIC Program: \$8

Recipe makes 8 tasting servings

To prepare for this class you will need:

Ingredients	Supplies
2 (5-6-oz.) cans light tuna, packed in water, drained and rinsed	Can opener
1 large or 2 small stalks of celery, diced	Knife/cutting board
½ medium lemon, juiced	Measuring cups
¼ cup low-fat mayonnaise	Measuring spoons
¼ teaspoon ground black pepper	Baking sheet
4 slices whole wheat bread	Medium bowl
1 large tomato, sliced	Fork for mixing
¼ cup shredded cheddar cheese	

Class Options

Choose 1 or more choices from each category

Prepare	Demonstrate	Discuss	Display
The tuna salad ahead of time	The entire recipe	Other ways to serve tuna salad	Tuna can
Pre-measure some or all of tuna salad ingredients	Part of the recipe	Adding dried dill or tarragon	Cheese package
Lay out all ingredients for easy assembly	Measuring ingredients	Additional ingredients	Spices
	Slicing tomatoes	Keeps in the refrigerator for 3 days	Bread package
	Draining and rinsing tuna to remove excess sodium	Can be made in the oven or on the stove	

Tips and Suggestions	Additional Talking Points	Let the Kids Help With...
<ul style="list-style-type: none"> • Tuna salad may be served cold – try it on a sandwich or over lettuce • Add 2 tablespoons diced red or green onion • Add 2 tablespoons dried cranberries • Add one small apple (diced) or ½ cup sliced grapes • Try using diced radishes in place of celery 	<ul style="list-style-type: none"> • WIC Foods • SNAP Foods • Spice additions • Vegetable additions 	<ul style="list-style-type: none"> • Washing the celery and tomato • Placing the tomato on each sandwich • Juicing the lemon <div data-bbox="1312 813 1837 932" style="background-color: #4b0082; color: white; text-align: center; padding: 5px;">Let the Parents Help With...</div> <ul style="list-style-type: none"> • Draining and rinsing the tuna • Mixing the tuna salad

Tuna Melt

Recipe source: adapted from www.Cookingmatters.org

Ingredients

- 2 (5-6-oz.) cans light tuna, packed in water, drained and rinsed
- 1 large or 2 small stalks of celery, diced
- ½ medium lemon, juiced
- ¼ cup low-fat mayonnaise
- ¼ teaspoon ground black pepper
- 4 slices whole wheat bread
- 1 large tomato, sliced
- ½ cup shredded cheddar cheese

Chef Tips

- Tuna salad may be served cold – try it on a sandwich or over lettuce
- Add 2 tablespoons diced red or green onion
- Add 2 tablespoons dried cranberries
- Add one small apple (diced) or ½ cup sliced grapes
- Try using diced radishes in place of celery



Directions

1. Turn the oven-broiler on high.
2. In a medium bowl, add the tuna and flake apart using a fork.
3. Add the celery, lemon juice, mayonnaise, and black pepper. Mix well using a fork and place to the side.
4. Lay slices of bread flat on the baking sheet. Place under the broiler for 2-3 minutes until lightly toasted.
5. Flip the slices of bread over and add ½ cup tuna salad to each slice. Top with a tomato slice followed by the cheese.
6. Place the open-faced sandwiches back into the oven and on the bottom rack for 5-10 minutes until cheese is melted.
7. Allow to cool slightly before serving.

Serves: 4 • Serving Size: 1 open-faced sandwich • Prep time: 15 minutes • Cook time: 5 minutes
Nutrition Facts Per Serving: 255 Calories, 11 g Fat, 15 g Carbohydrate, 24 g Protein, 528 mg Sodium

Veggie Topped Baked Potato



WIC Foods

Estimated cost of ingredients for WIC Program: \$7

Recipe makes 12 tasting servings

To prepare for this class you will need:

Ingredients	Supplies
3 large baking potatoes	Measuring cups
1 cup cooked broccoli (or vegetable of choice), chopped	Measuring spoons
2 Green onions, chopped	Cutting board
Pepper to taste	Knife
1/3 tablespoons shredded cheese	

Class Options

Choose 1 or more choices from each category

Prepare	Demonstrate	Discuss	Display
The entire recipe	The entire recipe	Washing potatoes well	Cheese
Cook the potatoes	Cooking the potatoes	How to microwave potatoes	Broccoli
Cook the broccoli	Cooking the broccoli	Using sweet potatoes instead	
Measure the cheese	Assembling the potatoes	Adding protein	

Tips and Suggestions	Additional Talking Points	Let the Kids Help With...
<ul style="list-style-type: none"> • Substitute other fresh, frozen, or canned veggies • Try using a different variety of cheese or shred your own cheese • Try this recipe with sweet potatoes • Try adding different dried spices • Add beans, tofu, or cooked chicken for more protein • Instead of microwaving, pre-bake the potatoes in the oven at 400° F for 45 minutes 	<ul style="list-style-type: none"> • WIC foods • SNAP foods • Food safety • Food allergies 	<ul style="list-style-type: none"> • Washing the potatoes • Measuring the cheese <div data-bbox="1318 737 1850 857" style="background-color: #4b0082; color: white; text-align: center; padding: 5px;">Let the Parents Help With...</div> <ul style="list-style-type: none"> • Assembling • Serving

Veggie Topped Baked Potato

Ingredients

- 3 large baking potatoes, washed thoroughly
- 1 cup cooked broccoli (or vegetable of choice), chopped
- 2 green onions, chopped
- Pepper to taste
- $\frac{1}{3}$ cup shredded cheese

Chef Tips

- Substitute other fresh, frozen, or canned veggies
- Try using a different variety of cheese or shredding your own cheese
- Try this recipe with sweet potatoes
- Try adding different dried spices
- Add beans, tofu, or cooked chicken for more protein
- Instead of microwaving, pre-bake the potatoes in the oven at 400° F for 45 minutes



Directions

1. Scrub and rinse potatoes.
2. Pierce each potato on all sides using a fork. Microwave on high for 6 minutes, taking them out and piercing them several times every 2 minutes until cooked.
3. Remove from the microwave and cut in half lengthwise.
4. Top each potato half evenly with the broccoli, green onions and shredded cheese.
5. If desired, place back in the microwave for 30 seconds to melt the cheese.

Serves: 6 • Serving Size: $\frac{1}{2}$ potato • Prep Time: 10 minutes • Cook Time: 10 minutes
Nutrition Facts Per Serving: 181 Calories, 5 g Fat, 35 g Carbohydrate, 6 g Protein, 68 mg Sodium

Whole Wheat BBQ Chicken Pizza



WIC Foods

Estimated cost of ingredients for WIC Program: \$15

Recipe makes 16 tasting servings

To prepare for this class you will need:

Ingredients	Supplies
4 8" whole wheat tortillas	2 Baking sheets
½ cup BBQ sauce	Measuring cups
½ cup shredded cheddar cheese	Measuring spoons
½ cup shredded mozzarella	Cutting board
½ small red onion, diced	Knife
2 cups diced cooked chicken	
1 medium tomato, diced	
½ cup fresh cilantro, chopped	

Class Options

Choose 1 or more choices from each category

Prepare	Demonstrate	Discuss	Display
The entire recipe before the class	The entire recipe	Healthy pizza	Tortillas
Chop the vegetables	Part of the recipe – assembling the prepared ingredients	Chop food in to small pieces so they will cook easily	BBQ sauce
Measure the cheese and sauce	Chopping the vegetables	Remove excess water from chopped tomatoes	Cheese
Chop the chicken	Shredding the cheese	Using different types of cheese	Vegetables
		Make sure the oven is preheated	

Tips and Suggestions	Additional Talking Points	Let the Kids Help With...
<ul style="list-style-type: none"> • Add leftover cooked vegetables to your pizza – be careful to avoid anything with high water content so it doesn't make your tortilla soggy • Use leftover cooked pork, steak, or shrimp instead of chicken • Use marinara sauce if you do not like BBQ sauce • Make this into a quesadilla by adding another tortilla on top – cook on the stove in a frying pan instead • Make this vegetarian by using rinsed and drained black beans or firm tofu instead of chicken 	<ul style="list-style-type: none"> • WIC foods • SNAP foods • Food safety • Food allergies 	<ul style="list-style-type: none"> • Washing the vegetables • Putting the cheese on the pizza <div data-bbox="1318 613 1850 732" style="background-color: #4b0082; color: white; text-align: center; padding: 5px;">Let the Parents Help With...</div> <ul style="list-style-type: none"> • Chopping • Adding the toppings • Serving

Whole Wheat BBQ Chicken Pizza

Ingredients

- 4 8" whole wheat tortillas
- ½ cup BBQ sauce
- ½ cup shredded cheddar cheese
- ½ cup shredded mozzarella
- ½ cup red onion, diced
- 2 cups diced and cooked chicken
- ½ cup fresh tomato, diced
- ½ cup fresh cilantro, chopped

Chef Tips

- Add leftover cooked vegetables to your pizza – be careful to avoid anything with high water content so it doesn't make your tortilla soggy
- Use leftover cooked pork, steak, or shrimp instead of chicken
- Use marinara sauce if you do not like BBQ sauce
- Make this into a quesadilla by adding another tortilla on top – cook on the stove in a frying pan instead
- Make this vegetarian by using rinsed and drained black beans or firm tofu instead of chicken



Directions

1. Preheat the oven to 425° F.
2. Place the tortillas on the baking sheets.
3. Evenly spread half of the BBQ sauce over each of the tortillas, followed by the cheeses.
4. Toss the chicken in the leftover BBQ sauce and sprinkle evenly over the tortillas.
5. Bake for 8-10 minutes, or until cheese is bubbly.
6. Remove from the oven and sprinkle with fresh tomato and cilantro.

Serves: 4 • Serving Size: 1 tortilla pizza • Prep Time: 15 minutes • Cook Time: 10 minutes
Nutrition Facts Per Serving: 382 Calories, 14 g Fat, 32 g Carbohydrate, 31 g Protein, 730 mg Sodium

AROUND THE WORLD

African Peanut Soup



Around the World

Estimated cost of ingredients for WIC Program: \$12

Recipe makes 16 tasting servings

To prepare for this class you will need:

Ingredients	Supplies
1 tablespoon canola oil or olive oil	Measuring spoons
1 clove garlic, chopped	Measuring cups
1 28-oz. can diced tomatoes	Knife/cutting board
1 6-oz. can low-sodium tomato paste	Soup pot
½ cup creamy peanut butter	Wooden spoon
4 cups low-sodium chicken broth	Ladle
¼ teaspoon cayenne pepper	
½ teaspoon salt	
½ cup uncooked brown rice	
6 scallions chopped	
¼ cup peanuts, roughly chopped	

Class Options

Choose 1 or more choices from each category

Prepare	Demonstrate	Discuss	Display
The entire recipe prior to the class	The entire recipe	Easy soups	Diced tomatoes can
Have the soup halfway finished prior to the class	Part of the recipe	Whole grains	Peanut butter
Open the cans	Chopping the garlic	Vegetable additions	Brown rice
Measure the ingredients	Chopping the scallions and peanuts	Seasoning	Spice container
		Knife skills	Vegetables
		Low-sodium canned goods	

Tips and Suggestions	Additional Talking Points	Let the Kids Help With...
<ul style="list-style-type: none"> • Substitute low-sodium vegetable broth to make this soup vegetarian • Add 2 cups of chopped spinach at the very end for added vegetables • Use quick-cooking rice to reduce the cooking time • Add 2 tablespoons curry powder • Add cooked chicken, shrimp, or pork at the end for added protein • Garnish with chopped avocado 	<ul style="list-style-type: none"> • WIC Foods • SNAP Foods • Add leftover baby food such as carrots • Making a double batch and freezing • Alternative spices to add 	<ul style="list-style-type: none"> • Adding ingredients to the soup pot • Adding the garnish <div data-bbox="1337 602 1866 716" style="background-color: #4b0082; color: white; text-align: center; padding: 5px;">Let the Parents Help With...</div> <ul style="list-style-type: none"> • Stirring • Chopping • Serving

African Peanut Soup

Ingredients

- 1 tablespoon canola oil or olive oil
- 1 clove garlic, chopped
- 1 28-oz. can diced tomatoes
- 1 6-oz. can low-sodium tomato paste
- ½ cup creamy peanut butter
- 4 cups low-sodium chicken broth
- ¼ teaspoon cayenne pepper
- ½ teaspoon salt
- ½ cup uncooked brown rice
- 6 scallions chopped
- ¼ cup peanuts, roughly chopped

Chef Tips

- Substitute low-sodium vegetable broth to make this a vegetarian soup
- Add 2 cups of chopped spinach at the very end for added vegetables
- Use quick cooking rice to reduce the cooking time
- Add 2 tablespoons curry powder
- Add cooked chicken, shrimp, or pork at the end for added protein
- Garnish with chopped avocado
- Add a little extra water or broth if the soup becomes too thick



Directions

1. In a large pot, heat the oil over medium – heat and add the garlic. Sauté for 1 minute.
2. Add the tomatoes, tomato paste, peanut butter, chicken broth, cayenne, and salt. Whisk to combine and bring to a boil.
3. Once it comes to a boil, add the rice and reduce the heat to low. Cover and cook for 30 minutes.
4. Garnish with scallions and peanuts.

Serves: 6 • Serving Size: 1-2 cups • Prep time: 15 minutes • Cook time: 30 minutes

Nutrition Facts Per Serving: 320 Calories, 19 g Fat, 30 g Carbohydrate, 14 g Protein, 300 mg Sodium

Cachupa

A Healthy Makeover of a Traditional Cape Verdean Dish A Brockton WIC Staff Favorite

Ingredients

- 3 cups hominy (dried corn, white)
- 2 cups dried lima beans
- 1 lb. pork loin
- 1 lb. pork shoulder
- 1 lb. collard greens, chopped
- 1 lb. winter squash, sliced – skin on, seeds removed
- 1 lb. sweet potatoes, peeled and sliced
- 1 large tomato, chopped
- ½ bunch cilantro, chopped
- 1 large onion, chopped
- 4-5 bay leaves, crushed
- 5-6 garlic cloves, chopped
- ½ 6-oz. can tomato paste
- 2 tablespoons sea salt
- ¼ cup olive oil
- 1 small bag frozen lima beans

Directions

1. Soak the hominy and dried beans in water together overnight in an extra large stock pot.
2. The next day, drain and rinse the hominy and beans. Add them to the empty stock pot and refill with fresh water so that it almost reaches the top of the pot. Cook over medium heat until boiling; reduce to a simmer and cook for 2 hours.
3. After 2 hours, chop the raw meat into small chunks and add to the pot. Then add all remaining vegetables, seasonings, and oil. Continue to boil until tender, approximately 1 hour. Test with a fork to make sure the vegetables and meat are tender.
4. Spoon into a serving dish and enjoy!

Leftover Cachupa Breakfast

Directions

1. Sauté 1 large chopped onion in a skillet with olive oil until lightly browned.
2. Add 4 cups of leftover cooked cachupa and sauté with the onions. Cook until the liquid dries away and becomes crispy.
3. This will resemble browned hash and is best served with eggs for a very hearty breakfast. You'll feel special if someone makes this treat for you!

Haitian Style Chicken and Rice



Around the World

Estimated cost of ingredients for WIC Program: \$15

Recipe makes 16 tasting servings

To prepare for this class you will need:

Ingredients	Supplies
2 cups brown rice, uncooked	Measuring cups
2 pounds boneless, skinless chicken thighs	Measuring spoons
2 tablespoons canola oil	Saucepan
¼ cup water	Cutting board
1 small lime, juiced	Knife
¼ teaspoon dried thyme or	Large skillet
1 tablespoon fresh thyme	Spatula
1 onion, diced	Small bowl
2 bell peppers, diced	
½ small serrano or jalapeno pepper, seeds removed and diced (optional)	
1 clove garlic, minced	
Pinch of salt and pepper to taste	

Class Options

Choose 1 or more choices from each category

Prepare	Demonstrate	Discuss	Display
Chop the vegetables	The entire recipe	Use quick-cooking rice for a faster meal	Vegetables
Cook the rice	Cooking the chicken	Try using frozen vegetables	Rice package
Cook the chicken	Cooking the vegetables	Avoid rinsing raw meat for food safety reasons	Olive oil
Cook the vegetables	Chopping the vegetables	How to sauté chicken and vegetables	Spices
Cook the entire recipe	Cooking the rice	Keeps in the refrigerator for 3 days	

Tips and Suggestions	Additional Talking Points	Let the Kids Help With...
<ul style="list-style-type: none"> • Use frozen vegetables instead • Try it with cubed pork loin or chicken breast instead of chicken thighs • Add extra spice by adding a whole habanero pepper during step 4 – remove it completely before serving • Try other grains such as quinoa or bulgur • Add extra greens such as chopped spinach or kale • Add beans into the brown rice • Top with avocado • Make a double batch and freeze half for later 	<ul style="list-style-type: none"> • WIC foods • SNAP foods • Food safety • Food allergies 	<ul style="list-style-type: none"> • Measuring the spices <div data-bbox="1333 500 1866 618" style="background-color: #4b0082; color: white; text-align: center; padding: 5px;">Let the Parents Help With...</div> <ul style="list-style-type: none"> • Chopping the vegetables • Stirring • Serving

Haitian Style Chicken and Rice

Recipe Source: Adapted from www.cookingmatters.org

Ingredients

- 2 cups brown rice, uncooked
- 2 pounds boneless, skinless chicken thighs
- 2 tablespoons canola oil
- ¼ cup water
- 1 small lime, juiced
- ¼ teaspoon dried thyme or 1 tablespoon fresh thyme
- 1 onion, diced
- 2 bell peppers, diced
- ½ small serrano or jalapeno pepper, seeds removed and diced (optional)
- 1 clove garlic, minced
- Pinch of salt and pepper to taste

Chef Tips

- Top with diced avocado and more bell peppers
- Use cubed pork loin or chicken breast instead of chicken thighs
- Add extra spice by adding a whole habanero pepper during step 4 – remove it completely before serving



Directions

1. Prepare brown rice according to package directions.
2. On a separate plastic cutting board, trim the excess fat from the chicken thighs and dice into 1-inch cubes.
3. Place a skillet over medium heat and add the oil. Once the pan is hot, add the chicken cubes and cook until they are browned on all sides, about 3-4 minutes.
4. Add the water, lime juice, thyme, onions, peppers, garlic, salt and pepper. Cook for another 3 minutes. Reduce heat to low, cover, and cook for 15-20 minutes. Serve over brown rice.

Serves: 8 • Serving Size: $\frac{2}{3}$ cup chicken/veggies with $\frac{1}{2}$ cup cooked rice • Prep Time: 15 minutes Cook Time: 30 minutes
Nutrition Facts Per Serving: 305 Calories, 9 g Fat, 40 g Carbohydrate, 16 g Protein, 53 mg Sodium

20-MINUTE MEALS



Quick Bean Chili

20-Minute Meals

Estimated cost of ingredients for WIC Program: \$7 Recipe makes 12 tasting servings

To prepare for this class you will need:

Ingredients	Supplies
2 teaspoons olive oil	Measuring cups & spoons
1 medium onion, chopped	Mixing bowl
1 green pepper, diced	Knife & cutting board
2 garlic cloves, minced	Fork or spoon (for mixing)
$\frac{3}{4}$ cup of water	Large skillet
2 tablespoons tomato paste	Spatula
2 teaspoons chili powder	Thermometer
2 teaspoons ground cumin	Tin foil
1 15.5-oz. can garbanzo beans, rinsed & drained	Plate
1 15.5-oz. can kidney beans, rinsed & drained	
1 15.5-oz. can black beans, rinsed & drained	
1 14-oz. can low-sodium vegetable broth	
1 can diced tomatoes (low sodium or no salt added)	
$\frac{1}{4}$ cup fresh cilantro (optional)	
6 tablespoons plain yogurt for serving (optional)	
6 tablespoons shredded cheese for serving (optional)	

Class Options

Choose 1 or more choices from each category

Prepare	Demonstrate	Discuss	Display
The entire recipe	The entire recipe	Rinsing canned beans	Beans
Chop the vegetables	Part of the recipe – have it almost finished before your class	Refrigerate this for up to 5 days	Vegetables
Measure the spices	Chopping the vegetables	Vegetable additions	Spices
		Adding meat	Yogurt
		Double the recipe and freeze half for later	Cheese

Tips and Suggestions	Additional Talking Points	Let the Kids Help With...
<ul style="list-style-type: none"> • Try using frozen vegetables instead • Use ketchup or marinara sauce in place of tomato paste • Add ground beef, pork, or chicken for a heartier version—add it in the beginning with the onions—you may only need 1 can of beans • Add quick-cooking or minute rice • Add fresh spinach, kale, frozen peas, etc., at the end to include more veggies 	<ul style="list-style-type: none"> • WIC foods • SNAP foods • Food safety • Food allergies • How to make it spicy • Making this in a crock pot 	<ul style="list-style-type: none"> • Washing the peppers and cilantro
		Let the Parents Help With...
		<ul style="list-style-type: none"> • Rinsing and draining the beans • Chopping • Serving

Quick Bean Chili

Ingredients

- 2 teaspoons olive oil
- 1 medium onion, chopped
- 1 green pepper, diced
- 2 garlic cloves, minced
- $\frac{3}{4}$ cup water
- 2 tablespoons tomato paste
- 2 teaspoons chili powder
- 2 teaspoons ground cumin
- 1 15.5-oz can garbanzo beans, rinsed & drained
- 1 15.5-oz can kidney beans, rinsed & drained
- 1 15.5-oz can black beans, rinsed & drained
- 1 14-oz can vegetable broth
- 1 can diced tomatoes (low-sodium or no salt added)
- $\frac{1}{4}$ cup fresh cilantro (optional)
- 6 tablespoons plain yogurt for serving (optional)
- 6 tablespoons shredded cheese for serving (optional)

Chef Tips

- Try using frozen vegetables instead
- Use ketchup or marinara sauce in place of tomato paste
- Add ground beef, pork, or chicken for a heartier version—add it in the beginning with the onions—you may only need 1 can of beans
- Add quick-cooking or minute rice
- Add fresh spinach, kale, frozen peas, etc., at the end to include more veggies



Directions

1. Heat a pot on medium heat and add oil.
2. Chop the onion, pepper, and garlic and add to the pan once the oil begins to sizzle. Sauté for about 3 minutes until the onion turns clear.
3. Stir in water, tomato paste, chili powder, cumin, beans, broth, and diced tomatoes. Simmer for about 8-10 minutes.
4. Remove from heat, add cilantro, and serve with yogurt and cheese.

Serves 6 • Serving Size: $1\frac{1}{3}$ cup • Prep Time: 5 minutes • Cook Time: 15 minutes

Nutrition Facts Per Serving: 291 Calories, 8 g Fat, 43 g Carbohydrate, 16 g Protein, 407 mg Sodium

3 Bean Veggie Tacos



20-Minute Meals

Estimated cost of ingredients for WIC Program: \$13

Recipe makes 10 Tacos

To prepare for this class you will need:

Ingredients	Supplies
1 tablespoon oil	Measuring cups
1 bag frozen peppers and onions	Measuring spoons
1 15-oz. can low-sodium black beans, rinsed & drained	Cutting board
1 15-oz. can low-sodium pinto beans, rinsed & drained	Knife
1 15-oz. can low-sodium red kidney beans, rinsed & drained	Large skillet
1 teaspoon chili powder	Wooden spoon
2 teaspoons ground cumin	Can opener
½ cup shredded cheddar cheese	Strainer
⅓ cup chopped cilantro	
Juice of 1 lime	
10 whole wheat tortillas	
Optional toppings: fresh diced tomato, plain yogurt, shredded cheese, lettuce, avocado, extra cilantro	

Class Options

Choose 1 or more choices from each category

Prepare	Demonstrate	Discuss	Display
The entire recipe ahead of time	The entire recipe	Rinsing beans to reduce sodium	Beans
Open, drain and rinse the beans	Part of the recipe – sautéing the prepared ingredients	Allowing extra water to evaporate to avoid soggy tacos	Cheese
Measure the spices	Assembling the tacos	How to make this spicy	Tortillas
Measure the cheese	Chopping the cilantro	Making your own taco spice blend	Spices

Tips and Suggestions	Additional Talking Points	Let the Kids Help With...
<ul style="list-style-type: none"> • Add an extra teaspoon of chili powder if you like it spicy • Use leftover cooked chicken, beef, or pork in place of half the beans • Use fresh peppers and onions if available • Add a small can of corn (rinsed and drained) • Try corn tortillas instead of wheat • Serve over brown rice if you don't have tortillas • Use leftovers to make a taco salad, use as a dip for tortilla chips, or top a baked potato with the extra bean mixture 	<ul style="list-style-type: none"> • WIC foods • SNAP foods • Food safety • Food allergies 	<ul style="list-style-type: none"> • Washing the cilantro <div data-bbox="1318 630 1850 743" style="background-color: #4b0082; color: white; text-align: center; padding: 5px;">Let the Parents Help With...</div> <ul style="list-style-type: none"> • Opening, draining and rinsing the cans • Measuring the spices • Chopping • Serving

3 Bean Veggie Tacos

Ingredients

- 1 tablespoon oil
- 1 bag frozen peppers and onions
- 1 15-oz. can black beans, rinsed & drained
- 1 15-oz. can pinto beans, rinsed & drained
- 1 15-oz. can red kidney beans, rinsed & drained
- 1 teaspoon chili powder
- 2 teaspoons ground cumin
- ½ cup shredded cheddar cheese
- ⅓ cup chopped cilantro
- Juice of 1 lime
- 10 whole wheat tortillas
- Optional toppings: fresh diced tomato, plain yogurt, shredded cheese, lettuce, avocado, fresh cilantro

Chef Tips

- Add an extra teaspoon of chili powder if you like it spicy
- Use leftover cooked chicken, beef, or pork in place of half the beans
- Use fresh peppers and onions if available
- Add in a small can of corn (rinsed and drained)
- Try corn tortillas instead of wheat
- Serve over brown rice if you don't have tortillas
- Use leftovers to make a taco salad, use as a dip for tortilla chips, or top a baked potato with the extra bean mixture



Directions

1. Heat oil in a large pan over medium heat and add the peppers and onions. Cover and cook for 2-3 minutes until thawed.
2. Uncover and stir, allowing extra water to evaporate for 1 minute.
3. Add the beans, chili powder, and cumin to the pan and stir for 2-3 minutes.
4. Add the cheese, cilantro and lime juice and mix until heated.
5. Warm the tortillas in the microwave for 30 seconds and serve with the bean mixture.

Serves: 10 • Serving Size: 1 taco • Prep Time: 15 minutes • Cook Time: 15 minutes

Nutrition Facts Per Serving: 270 Calories, 7 g Fat, 39 g Carbohydrate, 12 g Protein, 10 mg, 410 Sodium

Cheesy Egg Puffs



20-Minute Meals

Estimated cost of ingredients for WIC Program: \$5

This recipe makes 8 egg puffs

To prepare for this class you will need:

Ingredients	Supplies
1 cup potato, cooked and mashed (about 2 medium potatoes)	Small bowl
2 tablespoons plain yogurt or low-fat milk	Whisk or fork
1/4 teaspoon garlic powder	Knife/cutting board
4 eggs	Measuring cups
1/2 cup shredded cheddar cheese	Muffin tin
1 medium tomato, diced (optional)	Spoon
1 green onion, sliced (optional)	
Pinch of salt and pepper	
Cooking spray	

Class Options

Choose 1 or more choices from each category

Prepare	Demonstrate	Discuss	Display
The entire recipe prior to the class	The entire recipe	Flavor additions	Cheese package
The cooked potato	Part of the recipe	Vegetable substitutions	Eggs
Cut the vegetables	Beating the eggs	WIC Foods	Vegetables
Measure cheese	Shredding the cheese	Cooking the potato	
	Filling the muffin tins		

Tips and Suggestions	Additional Talking Points	Let the Kids Help With...
<ul style="list-style-type: none"> • Add chopped spinach • Add other leftover cooked vegetables such as carrots, green beans, asparagus, or squash • Add fresh or dried herbs such as dill, oregano, and parsley • Try different types of shredded cheese • Add red pepper flakes for a little spice • Refrigerate for up to 3 days • Freeze for up to 2 months 	<ul style="list-style-type: none"> • WIC Foods • SNAP Foods • Cheese alternatives • Meal planning • Healthy breakfasts and snacks • Flavoring with spices 	<ul style="list-style-type: none"> • Washing the vegetables • Putting the potatoes in the muffin tin
		<p style="text-align: center;">Let the Parents Help With...</p>
		<ul style="list-style-type: none"> • Cutting the vegetables • Breaking and mixing the eggs • Filling the muffin tins • Serving

Cheesy Egg Puffs

Ingredients

- 1 cup potato, cooked and mashed (about 2 medium potatoes)
- 2 tablespoons plain yogurt or low-fat milk
- ½ teaspoon garlic powder
- 4 eggs
- ½ cup shredded cheddar cheese
- 1 medium tomato, diced
- 1 green onion, sliced (optional)
- Pinch of salt and pepper
- Cooking spray

Chef Tips

- Add chopped spinach
- Add other leftover cooked vegetables such as carrots, green beans, asparagus, or squash
- Add fresh herbs such as dill, oregano, and parsley
- Try different types of shredded cheese
- Add red pepper flakes for a little spice



Directions

1. Preheat the oven to 400° F and grease or line 8 cups of a muffin tin.
2. Mix the cooked potato with yogurt or milk, garlic powder, and a pinch of salt and pepper.
3. Press about 2 tablespoons of mashed potato into the side and bottom of each cup. Bake in the oven for 10 minutes.
4. Remove the muffin tin and add a few pieces of chopped tomato and a sprinkle of cheese on top of each potato.
5. In a small bowl, beat the eggs and season with a pinch of salt and pepper.
6. Spoon egg mixture into the cups on top of the potatoes.
7. Sprinkle evenly with remaining cheese and bake for about 12 minutes.
8. Serve warm with sliced green onion; refrigerate for up to 3 days; or freeze for up to 2 months.

Serves: 4 • Serving Size: 2 egg puffs • Prep time: 5 minutes • Cook time: 12 minutes

Nutrition Facts Per Serving: 192 Calories, 10 g Fat, 13 g Carbohydrate, 12 g Protein, 307 mg Sodium

Easy Peanut Noodles



Recipe Makeovers

Estimated cost of ingredients for WIC Program: \$10

Recipe makes 12 tasting servings

To prepare for this class you will need:

Ingredients	Supplies
12 oz. uncooked whole wheat linguine or spaghetti	Pot
4 cups fresh or frozen vegetables such as chopped broccoli or Asian medley	Strainer
¼ cup peanut butter	Microwave-safe container
¼ cup water	Mixing bowl
¼ cup low-sodium soy sauce	Mixing spoon
2 tablespoons canola oil	Whisk
Juice of 1 lime	Cutting board
2-3 garlic cloves, minced	Knife
3 tablespoons green onion, cilantro, or parsley for garnish	
3 tablespoons chopped peanuts for garnish (optional)	

Class Options

Choose 1 or more choices from each category

Prepare	Demonstrate	Discuss	Display
The entire recipe	The entire recipe	Noodles should be hot when mixing with the peanut sauce – this will warm the sauce	Pasta
Cook the pasta	Part of the recipe – make the peanut sauce		Vegetables
Measure and chop the ingredients	Microwaving the broccoli	Using fresh broccoli vs. frozen	Peanut Butter
Cook the broccoli	Combining the prepared ingredients	Use chunky peanut butter for added crunch	

Tips and Suggestions	Additional Talking Points	Let the Kids Help With...
<ul style="list-style-type: none"> • Substitute seasonal vegetables or other frozen vegetable such as peapods • Add extra vegetables such as chopped fresh spinach, kale, bok choy, bean sprouts, or shredded carrots • Add diced, cooked chicken, beef, or shrimp or firm tofu for added protein • Add red pepper flakes for spice • This can be served hot or cold • Keeps in the refrigerator for 3-5 days 	<ul style="list-style-type: none"> • WIC foods • SNAP foods • Food safety • Food allergies • Microwave safety 	<ul style="list-style-type: none"> • Adding the garnishes • Squeezing the lime <div data-bbox="1318 657 1850 776" style="background-color: #4b0082; color: white; text-align: center; padding: 5px;">Let the Parents Help With...</div> <ul style="list-style-type: none"> • Microwaving • Mixing • Serving

Easy Peanut Noodles

Ingredients

- 12 oz. uncooked whole wheat linguine or spaghetti
- 4 cups fresh or frozen vegetables such as chopped broccoli or Asian medley
- ¼ cup peanut butter
- ¼ cup water
- ¼ cup low-sodium soy sauce
- 2 tablespoons canola oil
- Juice of 1 lime
- 2-3 garlic cloves, minced
- 3 tablespoons green onion, cilantro, or parsley for garnish
- 3 tablespoons chopped peanuts for garnish (optional)

Chef Tips

- Substitute seasonal vegetables or other frozen vegetable such as pea pods
- Add extra vegetables such as chopped fresh spinach, kale, bok choy, bean sprouts, or shredded carrots
- Add diced, cooked chicken, beef, shrimp or firm tofu for added protein
- Add red pepper flakes for spice
- This can be served hot or cold
- Keeps in the refrigerator for 3-5 days



Directions

1. Bring a pot of water to boil and prepare the pasta according to package directions.
2. Microwave the frozen vegetables in a microwave-safe container, covered with a paper towel for 3-5 minutes.
3. While the broccoli and pasta cook, prepare the sauce. In a bowl, combine the peanut butter, water, soy sauce, canola oil, lime juice, and garlic. Whisk well until smooth.
4. Drain the cooked noodles and add to the sauce. Lastly, add in the cooked vegetables and toss to combine.
5. Garnish with green onion, cilantro, parsley and/or peanuts.
6. Refrigerate for up to 3 days; or freeze for up to 2 months.

Serves: 6 • Serving Size: ¾ cup • Prep Time: 10 minutes • Cook time: 20 minutes

Nutrition Facts Per Serving: 324 Calories, 11 g Fat, 48 g Carbohydrate, 14 g Protein, 430 g Sodium

Fruity Chicken Salad



20 Minute Meals

Estimated cost of ingredients for WIC Program: \$15

Recipe makes 12 tasting servings

To prepare for this class you will need:

Ingredients	Supplies
2 (12.5-oz.) cans of chicken or 3 cups diced cooked chicken	Measuring cups
½ cup plain yogurt	Measuring spoons
½ cup mayonnaise	Mixing bowl
1 stalk celery, diced	Mixing spoon
1 small apple, diced	Cutting board
1 cup seedless red grapes, diced (optional)	Knife
1 green onion, sliced	
Juice of ½ lemon	
Pepper to taste	
Lettuce and tomato for serving	
12 slices whole wheat bread	

Class Options

Choose 1 or more choices from each category

Prepare	Demonstrate	Discuss	Display
<p>The entire recipe ahead of time</p> <p>Chop the fruits and vegetables</p> <p>Measure the ingredients</p> <p>Drain the chicken</p>	<p>The entire recipe</p> <p>Part of the recipe – have ingredients pre-measured and ready to be assembled</p> <p>Chopping the fruits and vegetables</p>	<p>Using leftover cooked chicken or rotisserie chicken instead</p> <p>The cost of this meal</p> <p>What makes this healthier than store bought</p> <p>Adding other fresh herbs or spices</p>	<p>Chicken</p> <p>Fruits/vegetables</p> <p>Yogurt</p> <p>Bread</p>

Tips and Suggestions	Additional Talking Points	Let the Kids Help With...
<ul style="list-style-type: none"> • Serve over salad or with cucumber slices instead of bread • Add 1 tablespoon of curry powder to make curried chicken salad • Serve with lettuce in a whole wheat wrap • Use canned tuna fish instead of chicken • Leave out the grapes and apples if you don't like them 	<ul style="list-style-type: none"> • WIC foods • SNAP foods • Food safety • Food allergies 	<ul style="list-style-type: none"> • Washing the fruits and vegetables • Measuring the grapes <div data-bbox="1318 737 1850 857" style="background-color: #4b0082; color: white; text-align: center; padding: 5px;">Let the Parents Help With...</div> <ul style="list-style-type: none"> • Chopping the vegetables • Assembling the chicken salad

Fruity Chicken Salad

Ingredients

- 2 (12.5-oz.) cans of chicken, drained, or 3 cups diced cooked chicken
- ½ cup plain yogurt
- ½ cup mayonnaise
- 1 stalk celery, diced
- 1 small apple, diced
- 1 cup red grapes, diced (optional)
- 1 green onion, sliced
- Juice of ½ lemon
- Pepper to taste
- Lettuce and tomato for serving
- 12 slices whole wheat bread

Chef Tips

- Serve over salad or with cucumber slices instead of bread
- Add 1 tablespoon of curry powder to make curried chicken salad
- Serve with lettuce in a whole wheat wrap
- Use canned tuna fish instead of chicken
- Leave out the grapes and apples if you don't like them



Directions

1. Place the chicken in a large mixing bowl.
2. Add yogurt, mayonnaise, celery, apple, grapes, green onion, lemon juice, and pepper to the mixing bowl.
3. Mix well until all ingredients are combined.
4. Serve on whole wheat bread with lettuce and tomato.

Serves: 6 • Serving Size: ¾ cup + 2 pieces of whole wheat bread • Total Time: 15 minutes
Nutrition Facts Per Serving: 330 Calories, 8 g Fat, 35 g Carbohydrate, 29 g Protein, 680 g sodium

MICROWAVE COOKING



Microwave Beef Enchiladas

Microwave Cooking

Estimated cost of ingredients for WIC Program: \$8

Makes 6 enchiladas

To prepare for this class you will need:

Ingredients	Supplies
1 pound ground beef	2 quart microwave-safe casserole pan
1 medium onion, chopped	2 mixing spoons
1-2 cups chopped spinach	Knife/cutting board
$\frac{3}{4}$ cup shredded cheddar cheese + $\frac{1}{4}$ cup for garnish	Measuring cups and spoons
$\frac{1}{2}$ cup plain yogurt	Can opener
1 teaspoon salt	Plate(s)
$\frac{1}{4}$ teaspoon pepper	Bowl
Whole wheat or corn tortillas	Microwave-safe container
Sliced green onions for garnish	
1 15-oz. can low-sodium tomato sauce	
$\frac{1}{4}$ cup water	
1 minced garlic clove	
1 $\frac{1}{2}$ teaspoons chili powder	
$\frac{1}{2}$ teaspoon oregano	
$\frac{1}{4}$ teaspoon cumin	

Class Options

Choose 1 or more choices from each category

Prepare	Demonstrate	Discuss	Display
The entire recipe prior to the class	The entire recipe	Making this on a stove top instead	Cheese package
Cook the beef	Part of the recipe	Adding vegetables	Whole wheat or corn tortilla package
Cook the sauce	Cooking the beef	Using different meats	Dried spices
Make or measure the cheese and yogurt filling	Cooking the sauce	Microwave safety	Yogurt container
	Assembling and microwaving the enchiladas		Tomato sauce can

Tips and Suggestions	Additional Talking Points	Let the Kids Help With...
<ul style="list-style-type: none"> • Try using ground turkey instead of beef • Add extra vegetables such as chopped tomatoes or peppers • Try different types of shredded cheese • Add red pepper flakes for a little spice • This can also be made on the stove top using a sauté pan • Use frozen or fresh spinach 	<ul style="list-style-type: none"> • WIC Foods • SNAP Foods • Meal planning • Other cooking methods • Make a vegetarian version with beans and vegetables 	<ul style="list-style-type: none"> • Washing the vegetables • Measuring the seasonings • Taste testing
		Let the Parents Help With...
		<ul style="list-style-type: none"> • Cutting the vegetables • Mixing the ingredients • Filling the tortillas and/or pouring the sauce over the tortillas • Serving

Microwave Beef Enchiladas

Ingredients

- 1 pound ground beef
- 1 medium onion, chopped
- 1-2 cups chopped spinach
- $\frac{3}{4}$ cup shredded cheddar cheese + $\frac{1}{4}$ cup for garnish
- $\frac{1}{2}$ cup plain yogurt
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- 6 whole wheat or corn tortillas
- Sliced green onions for garnish

For the Enchilada Sauce:

- 1 15-oz. can low-sodium tomato sauce
- $\frac{1}{4}$ cup water
- 1 minced garlic clove
- 1 $\frac{1}{2}$ teaspoons chili powder
- $\frac{1}{2}$ teaspoon oregano
- $\frac{1}{4}$ teaspoon cumin

Directions

1. Crumble beef into a 2-quart microwave-safe casserole pan and stir in the chopped onion. Cover loosely and microwave on high for 4-5 minutes until the beef reaches 155° F. Stir every 2 minutes.
2. Once the meat is cooked, stir to break up the meat and drain the extra fat into a spare bowl and throw away when cool.
3. Stir in the spinach, cheese, yogurt, salt and pepper. Cover and set aside.
4. Warm tortillas in the microwave if desired.
5. Spoon $\frac{1}{3}$ cup filling into the center of each tortilla and fold up. Lay flat in the casserole pan with the seam facing down.
6. Mix all ingredients for the enchilada sauce in a microwave-safe container. Cover and microwave on high for 4-6 minutes, stirring every couple of minutes.
7. Pour sauce over tortillas, cover, and microwave again on high for 2-4 minutes.
8. Garnish with shredded cheese and sliced green onions.

Serves: 6 • Serving Size: 1 enchilada • Prep time: 10 minutes • Cook time: 15 minutes
Nutrition Facts Per Serving: 380 Calories, 19 g Fat, 26 g Carbohydrate, 25 g Protein, 610 mg Sodium

Chef Tips

- Try using ground turkey instead of beef
- Add extra vegetables such as chopped tomatoes or peppers
- Try different types of shredded cheese
- Add red pepper flakes for a little spice
- This can also be made on the stove top using a sauté pan
- Use frozen or fresh spinach



Microwave Huevos Rancheros Breakfast Bowl



Microwave Cooking

Estimated cost of ingredients for WIC Program: \$10

Recipe makes 4 tasting servings

To prepare for this class you will need:

Ingredients	Supplies
1 whole wheat tortilla	Large mug or small bowl (microwave-safe)
2 eggs	Small bowl for whisking eggs
1 tablespoon tomato salsa	Whisk or fork
1 tablespoon shredded Monterey Jack cheese	Measuring spoons
Pinch of salt and pepper	

Class Options

Choose 1 or more choices from each category

Prepare	Demonstrate	Discuss	Display
Measure the salsa	The entire recipe	This makes a great breakfast or hearty snack	Tortilla package
Measure the cheese	Shredding or measuring the cheese	WIC tortilla options	Egg carton
Crack the eggs	Measuring the salsa	Spice additions	Salsa
	Cracking and whisking the eggs	Check eggs at 1 ½ minutes since every microwave is different	Cheese package
	Microwaving the eggs		

Tips and Suggestions	Additional Talking Points	Let the Kids Help With...
<ul style="list-style-type: none"> • Add fresh cilantro • Add chopped tomatoes • Add chopped spinach • Add diced bell pepper • Add black beans • Try different types of cheese such as cheddar • Top with avocado slices 	<ul style="list-style-type: none"> • WIC foods • SNAP foods • Food safety • Food allergies 	<ul style="list-style-type: none"> • Pressing the buttons on the microwave • Counting the eggs • Measuring the cheese
		Let the Parents Help With...
		<ul style="list-style-type: none"> • Whisking the eggs

Microwave Huevos Rancheros Breakfast Bowl

Ingredients

- 1 whole wheat tortilla
- 2 eggs
- 1 tablespoon tomato salsa
- 1 tablespoon shredded Monterey Jack cheese
- Pinch of salt and pepper

Chef Tips

- Add a tablespoon of black beans if desired
- Add a tablespoon of fresh tomatoes, cilantro, chopped spinach, or bell pepper
- Try cheddar cheese instead of Monterey Jack
- Top with avocado slices



Directions

1. Line the mug or bowl with the tortilla.
2. Crack the eggs into a small mixing bowl and whisk well. Add a pinch of salt and pepper.
3. Pour egg mixture into the mug or bowl with the tortilla.
4. Top with salsa and cheese and microwave on high for 1 to 2 minutes, until the eggs puff up and are cooked through.
5. Allow it to cool for 1-2 minutes before serving, as this dish gets very hot.

Serves: 1 • Serving Size: 1 bowl • Prep Time: 1 Minute • Cook Time: 5 Minutes

Nutrition Facts Per Serving: 280 Calories, 15 g Fat, 18 g Carbohydrate, 18 g Protein, 480 mg Sodium

Microwavable Macaroni & Cheese



Microwavable Meals

Estimated cost of ingredients for WIC Program: \$10

Recipe makes 4 tasting servings

To prepare for this class you will need:

Ingredients	Supplies
1/3 cup whole wheat macaroni pasta, uncooked	Microwave
1/2 cup water	Medium microwave safe bowl
1/4 cup low-fat milk	Liquid and dry measuring cups
1/4 cup frozen peas and/or mashed frozen butternut squash	Mixing spoon
1/2 cup shredded cheddar cheese	
Pinch of salt and pepper	
Parmesan cheese for serving	

Class Options

Choose 1 or more choices from each category

Prepare	Demonstrate	Discuss	Display
Cook the pasta before class	The entire recipe	Microwave cooking	WIC Pasta
Measure the water and/or milk	Part of the recipe – everything but the pre-cooked noodles	Spice alternatives	Spices
Measure the cheese	How to cook the pasta	Vegetable alternatives	Cheese
Measure or pre-cook the frozen vegetables	How to cook the frozen vegetables	Whole grains	Vegetables being used
		Allergy alternatives	Spice container
		Cooking with frozen, fresh, canned vegetables	

Tips and Suggestions	Additional Talking Points	Let the Kids Help With...
<ul style="list-style-type: none"> • Spice suggestions: Cayenne pepper Dried mustard Garlic powder Onion powder Worcestershire sauce • Frozen/fresh/or canned Vegetable alternatives: Carrots Green beans Broccoli Tomatoes Spinach 	<ul style="list-style-type: none"> • WIC Foods • SNAP Foods • Vegetable alternatives • Microwave safety • WIC Pasta variety • Cheese variety • Making stove-top mac and cheese 	<ul style="list-style-type: none"> • Pressing the microwave buttons • Measuring the cheese • Measuring the pasta <div data-bbox="1333 769 1866 886" style="background-color: #4b0082; color: white; text-align: center; padding: 5px;">Let the Parents Help With...</div> <ul style="list-style-type: none"> • Mixing • Serving

Microwavable Macaroni and Cheese

Ingredients

- $\frac{1}{3}$ cup whole wheat macaroni pasta, uncooked
- $\frac{1}{2}$ cup water
- $\frac{1}{4}$ cup low-fat milk
- $\frac{1}{4}$ cup frozen peas and/or mashed frozen butternut squash
- $\frac{1}{2}$ cup shredded cheddar cheese
- Pepper
- Parmesan cheese for serving (optional)

Chef Tips

- For added flavor, try: dried mustard, cayenne, paprika, garlic powder, onion powder, and/or Worcestershire sauce
- Adjust the type of milk for preference or allergy as needed
- Try different types of whole wheat pasta such as penne
- Add different types of frozen, fresh or canned vegetables such as carrots, green beans, broccoli, tomatoes and/or spinach



Directions

1. Combine the pasta and water and microwave on high for 2 minutes. Carefully remove from microwave using an oven mitt and stir. Continue to microwave in 2-minute intervals until pasta is fully cooked. This will take about 6-8 minutes depending on the microwave. If the pasta absorbs all of the water before it is cooked, add an additional 2 tablespoons of water.
2. Measure the milk, frozen peas, and cheese and add to the bowl with the pasta. Mix well and place back in the microwave for 1 minute. Stir again and continue to microwave in 30-second intervals until the cheese is melted and the peas are cooked.
3. Optional: If using frozen butternut squash, microwave separately according to package directions, and mash with fork. Add during step 2.
4. Carefully remove from the microwave, cool, and serve with pepper and Parmesan cheese to taste.

Serves: 2 • Serving Size: 1 cup • Prep time: 5 minutes • Cook time: 10 minutes

Nutrition Facts Per Serving: 266 Calories, 12 g Fat, 26 g Carbohydrate, 15 g Protein, 249 mg Sodium

How to Cook Your Fresh Vegetables in the Microwave!

1. Choose your vegetable and wash it.
2. Prepare it for cooking in a shallow microwave-safe dish.
3. Add dry seasonings before cooking and fresh afterwards.

Vegetable	Preparation	Cooking Instructions
 <p>Asparagus</p>	<ul style="list-style-type: none"> ○ Snap white ends off ○ Lay flat in a dish 	<p>Lay the asparagus out on top of a few damp paper towels. Roll up the asparagus in the towels. Lay the bundle, seam side down, in the dish. Microwave on high until the asparagus is tender, about 3 to 4 minutes.</p>
 <p>Beets</p>	<ul style="list-style-type: none"> ○ Trim ends off ○ Peel outer later ○ Chop and place in a single layer in a dish 	<p>For 4 or 5 medium beets, cover and microwave on high for 5 minutes, turn beets, and cook for 3-5 minutes more until fork-tender. Drizzle with olive oil.</p>
 <p>Broccoli</p>	<ul style="list-style-type: none"> ○ Cut off any white or brown areas and remove stems ○ Cut into bite-sized florets ○ Place into the dish 	<p>Add 3 Tbsp. of water to the dish and cover tightly. Microwave on high for 3-4 minutes. Remove the lid carefully to avoid steam. Sprinkle with cheese.</p>
 <p>Brussel Sprouts</p>	<ul style="list-style-type: none"> ○ Remove loose outer layers ○ Place into the dish 	<p>Add 3 Tbsp. of water to the dish, cover, and microwave on high for 6-8 minutes. Stir every 2 minutes and drain before serving. Drizzle with olive oil.</p>
 <p>Butternut Squash</p>	<ul style="list-style-type: none"> ○ Peel and cut into cubes ○ Place into the dish 	<p>Add 2 Tbsp. of water and microwave on high for 10 minutes. Drizzle with olive oil and let cool.</p>

Vegetable	Preparation	Cooking Instructions
 <p>Cabbage</p>	<ul style="list-style-type: none"> ○ Remove loose outer leaves ○ Cut end of stem off and slice into quarters ○ Chop into pieces and remove the core ○ Place into the dish 	<p>Add 2 Tbsp. of water to the dish and cover. Microwave on high for 9-11 minutes for wedges or 4-6 minutes for small pieces; stir once halfway through.</p>
 <p>Carrots</p>	<ul style="list-style-type: none"> ○ Peel and cut ends off ○ Chop into pieces or cut lengthwise ○ Place into the dish 	<p>Add 2 Tbsp. of water to the bottom of the dish, cover, and microwave on high for 3-5 minutes. Drizzle with olive oil before serving.</p>
 <p>Cauliflower</p>	<ul style="list-style-type: none"> ○ Cut off any brown areas ○ Cut into bite-sized florets ○ Remove stems or cut them into very small pieces ○ Place into the dish 	<p>Add 3 Tbsp. of water and cover. Microwave on high for 3-4 minutes. Drizzle with olive oil and cheese before serving.</p>
 <p>Corn</p>	<ul style="list-style-type: none"> ○ Lay flat in a shallow dish with the husks on 	<p>Keep the husks on and microwave on high; 3 minutes for 1-2 ears, 5 minutes for 3-4 ears. Cool until they are no longer hot to the touch. Shuck just before serving and add a little butter and seasoning.</p>
 <p>Eggplant</p>	<ul style="list-style-type: none"> ○ Cut off ends ○ Cut in large chunks or strips ○ Place skin-side down into the dish 	<p>Cover and microwave on high for 10 minutes. Sprinkle with cheese before serving.</p>
 <p>Green Beans</p>	<ul style="list-style-type: none"> ○ Cut off ends ○ Place into the dish 	<p>Add 2 Tbsp. of water, cover, and microwave on high for 5 minutes until the beans are tender.</p>

Vegetable	Preparation	Cooking Instructions
 Leafy Greens	<ul style="list-style-type: none"> ○ Chop ○ Place into the dish 	<p>Add 1 Tbsp. water and microwave on high for 5 minutes.</p>
 Mushrooms	<ul style="list-style-type: none"> ○ Cut into slices ○ Place into the dish 	<p>Add seasonings and cover dish. Microwave on high for 2-3 minutes, stirring once halfway through. Drizzle with olive oil.</p>
 Peas	<ul style="list-style-type: none"> ○ Remove from pod and wash, or keep in pod and wash pod; ○ Place into the dish 	<p>Add 2 Tbsp. water, cover, and microwave on high 5-7 minutes, stirring once halfway through. Add a little butter after they are cooked.</p>
 Bell Peppers	<ul style="list-style-type: none"> ○ Remove stems and cut into strips ○ Place into the dish 	<p>Microwave on high for 4-6 minutes.</p>
 Red, White and Sweet Potatoes	<ul style="list-style-type: none"> ○ Cut off eyes or sprouts ○ Slice or keep whole (if whole, prick in several places) ○ Place into the dish 	<p>Drizzle with olive oil and microwave on high for 5 minutes. Turn the potatoes over and microwave on high for 5 more minutes.</p>
 Tomatoes	<ul style="list-style-type: none"> ○ Slice off the end ○ Chop up or keep whole ○ Place into the dish 	<p>Microwave on high for 2 minutes. Drizzle with olive oil and sprinkle with cheese.</p>
 Winter Squash	<ul style="list-style-type: none"> ○ Peel, cube, and place into a dish 	<p>Add 2 Tbsp. of water and microwave on high for 10 minutes.</p>
 Yellow Squash/ Zucchini	<ul style="list-style-type: none"> ○ Trim ends and slice ○ Place into a dish 	<p>Add 2 Tbsp. of water and drizzle with olive oil. Microwave on high for 5-6 minutes.</p>

COOKING WITH KIDS

Cranberry Peach Pops



Cooking with Kids

Estimated cost of ingredients for WIC Program: \$15

Recipe makes 8 tasting servings

To prepare for this class you will need:

Ingredients	Supplies
2 peaches (about 2 cups chopped)	Measuring cups
½ cup plain yogurt	Cutting board
2 cups orange juice	Knife
	Liquid measuring cup
	Medium bowl
	8 (5-ounce) paper cups
	8 spoons
	Aluminum foil

Class Options

Choose 1 or more choices from each category

Prepare	Demonstrate	Discuss	Display
The entire recipe	The entire recipe	Healthy snacks and treats	Yogurt container
Measure the juice	Combining the ingredients and pouring into the cups	Freeze for at least 4 hours	Juice container
Measure the yogurt	Peeling the paper cups off the frozen pops	Using different juice flavors	Paper cups
Measure the juice	How to measure liquid ingredients	Fruit alternatives or additions	
Cut squares of aluminum foil			

Tips and Suggestions	Additional Talking Points	Let the Kids Help With...
<ul style="list-style-type: none"> • Substitute seasonal flavors: <ul style="list-style-type: none"> ○ Fall: apple cider, yogurt, chopped apples, and cinnamon ○ Winter: cranberry juice, yogurt, and clementine slices ○ Spring: white grape juice, yogurt, and strawberries • Use your favorite WIC juice instead • Use vanilla yogurt if you don't have plain 	<ul style="list-style-type: none"> • WIC foods • SNAP foods • Food safety • Food allergies 	<ul style="list-style-type: none"> • Peeling the cups off <div data-bbox="1318 737 1850 854" style="background-color: #4b0082; color: white; text-align: center; padding: 5px;">Let the Parents Help With...</div> <ul style="list-style-type: none"> • Mixing the ingredients • Pouring into the cups

Cranberry Peach Pops

Ingredients

- 2 peaches (about 2 cups chopped)
- ½ cup plain yogurt
- 2 cups cranberry juice
- 8 5-oz. paper cups
- 8 plastic spoons or popsicle sticks
- Aluminum foil

Chef Tips

- Substitute seasonal flavors:
 - Fall: apple cider, yogurt, chopped apples, and cinnamon
 - Winter: cranberry juice, yogurt, and clementine slices
 - Spring: white grape juice, yogurt, and strawberries
- Use your favorite WIC juice instead
- Use vanilla yogurt if you don't have plain



Directions

1. Wash and chop peaches. Divide among the 8 paper cups.
2. Measure yogurt and place in a medium bowl.
3. Slowly pour orange juice into the yogurt, stirring until blended.
4. Evenly pour the juice/yogurt mixture over the peaches in the cups.
5. Cut squares of aluminum foil to cover the tops of the cups, piercing each with the spoon handle. The foil should hold the handle in place.
6. Freeze for at least four hours before serving.
7. To eat, peel away paper cups from pops.

Serves: 8 • Serving Size: 1 pop • Prep Time: 10 minutes • Freeze Time: 4 hours

Nutrition Facts Per Serving: 56 Calories, 0 g Fat, 14 g Carbohydrate, 1 g Protein, 11 mg Sodium

Crunchy Banana Yogurt



No-Cook Cooking

*Estimated cost of ingredients for WIC Program: \$10
Recipe makes 8 tasting servings*

To prepare for this class you will need:

Ingredients	Supplies
½ cup low-fat granola	Measuring cups
3 medium bananas	Large zip-top plastic bag
½ cup unsweetened applesauce	
½ cup low-fat plain yogurt	

Class Options

Choose 1 or more choices from each category

Prepare	Demonstrate	Discuss	Display
The entire recipe	The entire recipe	The best type of granola or cereal to use	Granola
Peel the bananas	Have participants add premeasured ingredients to the bag	Refrigerate this for up to 3 days	Yogurt container
Measure the granola	How to measure	Using other fruits	Applesauce
Measure the applesauce	Squishing the bag	Freeze this in cups or a popsicle mold instead	Bananas
Measure the yogurt			

Tips and Suggestions	Additional Talking Points	Let the Kids Help With...
<ul style="list-style-type: none"> • Try different types of WIC cereal or oats instead of granola • Prepare this in individual snack bags for a daycare or school breakfast or snack 	<ul style="list-style-type: none"> • WIC foods • SNAP foods • Food safety • Food allergies 	<ul style="list-style-type: none"> • Peeling the bananas • Squishing the bag <div data-bbox="1318 737 1850 857" style="background-color: #4b0082; color: white; text-align: center; padding: 5px;">Let the Parents Help With...</div> <ul style="list-style-type: none"> • Measuring • Serving

Crunchy Banana Yogurt

Ingredients

- ½ cup low-fat granola
- 3 medium bananas
- ½ cup unsweetened applesauce
- ½ cup nonfat plain yogurt

Chef Tips

- Try different types of WIC cereal or oats instead of granola
- Prepare this in individual snack bags for a daycare or school breakfast or snack



Directions

1. In a large zip-top plastic bag, add granola. Squeeze any air out of the bag and seal. Lightly crush granola using a can or the bottom of a measuring cup.
2. Peel bananas. Use your fingers to break them up into the bag of crushed granola.
3. Add applesauce and yogurt to banana mixture in bag.
4. Press out any extra air before sealing the bag again.
5. Use your fingers to squish and mash ingredients together until well blended.
6. Serve right away or can be kept in the refrigerator for 3-5 days.

Serves: 4 • Serving Size: ½ cup • Total Time: 5 minutes

Nutrition Facts Per Serving: 170 Calories, 2 g Fat, 38 g Carbohydrate, 4 g Protein, 64 mg Sodium

Fruit Yogurt Dip



No-Cook Cooking

Estimated cost of ingredients for WIC Program: \$10

Recipe makes 12 tasting servings

To prepare for this class you will need:

Ingredients	Supplies
2 cups low-fat plain yogurt	Measuring cups
2 tablespoons honey	Measuring spoons
½ teaspoon ground cinnamon	Medium bowl
Assorted cut fruit for dipping	Mixing spoon
	Cutting board
	Knife
	Toothpicks/small cups for serving

Class Options

Choose 1 or more choices from each category

Prepare	Demonstrate	Discuss	Display
<p>The entire recipe ahead of time</p> <p>Measure the yogurt</p> <p>Measure the honey & cinnamon</p>	<p>The entire recipe</p> <p>Part of the recipe – assembling the premeasured ingredients</p> <p>Measuring</p> <p>Cutting the fruit</p>	<p>Healthy snacks</p> <p>Refrigerate this for up to 5 days</p> <p>Honey should not be given to children under 2</p> <p>Honey is not needed if using flavored yogurt</p> <p>Low-fat yogurt compared to others</p>	<p>Yogurt</p> <p>Cinnamon</p> <p>Honey</p> <p>Fruit</p>

Tips and Suggestions	Additional Talking Points	Let the Kids Help With...
<ul style="list-style-type: none"> • If using vanilla yogurt instead of plain, remember not to add the honey • Discuss how to use this as a base for a yogurt parfait • Discuss how you can freeze these in small paper cups to make yogurt popsicles • Add pumpkin spice instead of cinnamon for a twist • Use as a base for yogurt parfaits 	<ul style="list-style-type: none"> • WIC foods • SNAP foods • Food safety • Food allergies • Children under the age of 1 should not consume honey 	<ul style="list-style-type: none"> • Washing fruits <div data-bbox="1318 737 1850 857" style="background-color: #4b0082; color: white; text-align: center; padding: 5px;">Let the Parents Help With...</div> <ul style="list-style-type: none"> • Assembling the ingredients • Serving

Fruit Yogurt Dip

Recipe source: www.cookingmatters.org

Ingredients

- 1 cup nonfat plain yogurt
- 1 tablespoon honey
- ¼ teaspoon ground cinnamon
- Assorted cut fruit for dipping

Chef Tips

- If using vanilla yogurt instead of plain, remember not to add the honey
- Use this as a base for a yogurt parfait
- Freeze these in small paper cups to make yogurt popsicles
- Add pumpkin spice instead of cinnamon for a twist

Directions

1. In a medium bowl, combine all ingredients.
2. Mix well and refrigerate or serve immediately.



Serves: 4 • Serving Size: ¼ cup • Total time: 5 minutes

Nutrition Facts Per Serving: 48 Calories, 0 g Fat, 9 g Carbohydrate, 3 g Protein, 44 mg Sodium

**Children under the age of 1 should not consume honey*

Homemade Applesauce



Cooking with Kids

Estimated cost of ingredients for WIC Program: \$10

Recipe makes 8 tasting servings

To prepare for this class you will need:

Ingredients	Supplies
6 apples, cored and cut into ½ inch pieces	Measuring cups
1 cup water	Measuring spoons
½ teaspoon cinnamon	Cutting board
	Knife
	Saucepan

Class Options

Choose 1 or more choices from each category

Prepare	Demonstrate	Discuss	Display
The entire recipe Peel, core, and chop the apples Measure the cinnamon Measure the water	The entire recipe Part of the recipe – have the applesauce almost finished before your class Peeling and coring the apples Chopping the apples	Homemade vs. packaged applesauce How to make this in the crockpot Using other spices Topping options	Apples Cinnamon

Tips and Suggestions	Additional Talking Points	Let the Kids Help With...
<ul style="list-style-type: none"> • Experiment with different types of apples • Use other spices and flavorings such as nutmeg, allspice, pumpkin spice, and ginger • Top with dried fruit, nuts, or granola • Add a little maple syrup for flavor • Serve warm with vanilla yogurt • Serve warm over plain oatmeal • Store in individual storage containers for a quick snack 	<ul style="list-style-type: none"> • WIC foods • SNAP foods • Food safety • Food allergies 	<ul style="list-style-type: none"> • Wash the apples • Measuring the cinnamon and water <div data-bbox="1318 673 1850 792" style="background-color: #4b0082; color: white; text-align: center; padding: 5px;">Let the Parents Help With...</div> <ul style="list-style-type: none"> • Peeling and coring • Chopping • Stirring

Homemade Applesauce

Ingredients

- 6 apples, cored and cut into ½ inch pieces
- 1 cup water
- ½ teaspoon cinnamon

Chef Tips

- Experiment with different types of apples
- Use other spices and flavorings such as nutmeg, allspice, pumpkin spice, and ginger
- Top with dried fruit, nuts, or granola
- Add a little maple syrup for flavor
- Serve warm with vanilla yogurt
- Serve warm over plain oatmeal
- Store in individual storage containers for a quick snack



Directions

1. In a saucepan, combine the apples and water.
2. Cover and cook over medium-low heat for 25 minutes. Stir often until the apples are cooked through.
3. Stir in the cinnamon and cook for 5 more minutes.
4. Remove from heat, cool, and serve.

Serves: 6 • Serving Size: ½ cup • Prep Time: 10 minutes • Cook Time: 30 minutes
Nutrition Facts Per Serving: 72 Calories, 0 g Fat, 19 g Carbohydrate, 0 g Protein, 3 mg Sodium

DIPS, DRESSINGS, & SEASONINGS

Dressings, Dips, and Marinades

Store all dressings in an airtight container in the refrigerator for up to 3-4 days. All recipes can also be made by shaking ingredients in a closed glass jar or by using a blender.

Creamy Honey Mustard Dressing

In a medium bowl, combine $\frac{1}{3}$ cup plain yogurt, 3 tablespoons Dijon mustard, 3 tablespoons honey, and 2 teaspoons lemon juice. Whisk well and use as a dressing or dip.

Easy Dijon Vinaigrette

In a medium bowl, combine 1 tablespoon Dijon mustard, 2 teaspoons lemon juice, $\frac{1}{4}$ teaspoon sugar and $\frac{1}{4}$ cup olive oil. Whisk well and add a pinch of pepper. Use as a dressing or marinade.

Lemon-Yogurt Dressing

In a medium bowl, combine the juice of 1 lemon, 2 tablespoons olive oil, 1 clove chopped garlic, 1 cup plain yogurt, and a pinch of salt and pepper. Whisk well and use as a dressing or marinade.

Curry Garlic Dressing

In a medium bowl, combine 2 tablespoons olive oil, 1 tablespoon lemon juice, $1\frac{1}{2}$ teaspoons curry powder, 1 clove chopped garlic, and 1 cup plain yogurt. Whisk well and add $\frac{1}{4}$ cup chopped cilantro, and a pinch of salt and pepper. Use as a dressing, dip, or marinade.

Fresh Avocado Dressing

In a medium bowl, combine $\frac{1}{2}$ mashed avocado, 1 clove chopped garlic, $\frac{1}{2}$ cup plain yogurt, 2 tablespoons of lemon juice, 1 tablespoon olive oil, 1 teaspoon of honey or sugar, and $\frac{1}{4}$ cup chopped cilantro (optional). Use as a dressing or dip.

Parmesan Herb Dressing

In a medium bowl, combine $\frac{1}{2}$ cup olive oil, $\frac{1}{2}$ cup grated Parmesan cheese, $\frac{1}{4}$ cup plain yogurt, 1 tablespoon white wine vinegar, and a pinch of pepper. Use as a dressing or marinade.



Make Your Own Spice Blends!

Taco Seasoning

- 3 TB onion powder
- 2 TB ground cumin
- 1 ½ tsps chili powder
- ½ tsp cayenne
- 1 tsp garlic powder

Italian Seasoning

- 2 TB garlic powder
- 1 TB parsley
- 1 TB basil
- 1 TB oregano
- ½ tsp black pepper
- ½ tsp thyme
- 2 tsps onion powder

Curry Seasoning

- 2 TB cumin powder
- 2 TB ground coriander
- 2 TB turmeric
- 1 ½ tsps ground cardamom

Ranch Seasoning

- 2 TB dried parsley
- 2 TB dried chives
- 1 TB dill
- 1 TB garlic powder
- 1 TB onion powder
- 1 TB onion flakes
- 1 TB celery salt
- 1 tsp black pepper

Adobo Seasoning

- 1 tsp salt
- 3 TB onion powder
- 3 TB garlic powder
- 3 TB black pepper
- 2 TB oregano

Soul Food Seasoning

- 3 TB onion powder
- 3 TB garlic powder
- 2 tsp cayenne pepper
- 1 TB chili powder
- 1 TB paprika
- 1 tsp black pepper
- 1 tsp thyme



Seasoning	How to Use it
Taco Seasoning	<ul style="list-style-type: none"> • Ground beef, turkey, chicken, or pork • Chicken breast • Shrimp, fish
Italian Seasoning	<ul style="list-style-type: none"> • Homemade pizza, spaghetti sauce, or meatballs • Chicken breast, pork loin • Roasted tomatoes, potatoes, or mixed vegetables • Marinades and dressings
Curry Seasoning	<ul style="list-style-type: none"> • Soups and stews • Rice, beans, and vegetables • Chicken salad
Ranch Seasoning	<ul style="list-style-type: none"> • Yogurt dips • Pasta salad • Chicken • Shrimp • Ranch Dressing • Trail Mix
Adobo Seasoning	<ul style="list-style-type: none"> • Chicken, pork, beef, seafood • Marinades, dressings • Stews, sauces, beans, baked potatoes • Roasted vegetables
Soul Food Seasoning	<ul style="list-style-type: none"> • Chicken, pork, beef, seafood • Roasted potatoes and vegetables • Soups and stews

White Bean Veggie Dip



Dips and Dressings

Estimated cost of ingredients for WIC Program: \$10

Recipe makes 12 tasting servings

To prepare for this class you will need:

Ingredients	Supplies
1 15-oz. can cannellini beans, drained and rinsed	Colander
1-2 cloves of garlic	Measuring cups
2 teaspoons olive oil	Measuring spoons
2 tablespoons plain yogurt	Cutting board
¼ cup loosely packed fresh dill (or 1 teaspoon dried dill)	Knife
3 tablespoons fresh lemon juice	Blender or food processor
Pinch of salt and pepper	
Assorted fresh sliced veggies for dipping	

Class Options

Choose 1 or more choices from each category

Prepare	Demonstrate	Discuss	Display
The entire recipe	The entire recipe	Bean alternatives	Beans
Drain and rinse the beans	Part of the recipe – have the ingredients set out and ready to be blended prior to the class	Other ways to use this (i.e., as a salad dressing, etc.)	Dill
Chop the veggies for dipping		Refrigerate this for up to 3 days	Garlic
			Lemon

Tips and Suggestions	Additional Talking Points	Let the Kids Help With...
<ul style="list-style-type: none"> • Use as a salad dressing • Use as a sandwich spread instead of mayonnaise • Add 1 tablespoon of curry powder and 2 tablespoons of lime juice instead of dill and lemon juice • Serve with whole grain pita or tortilla chips 	<ul style="list-style-type: none"> • WIC foods • SNAP foods • Food safety • Food allergies 	<ul style="list-style-type: none"> • Adding the ingredients to the food processor or blender <div data-bbox="1318 737 1850 857" style="background-color: #4b0082; color: white; text-align: center; padding: 5px;">Let the Parents Help With...</div> <ul style="list-style-type: none"> • Draining and rinsing the beans • Serving

White Bean Veggie Dip

Ingredients

- 1 15-oz. can cannellini beans, drained and rinsed
- 1-2 cloves of garlic
- 2 teaspoons olive oil
- 2 tablespoons plain yogurt
- ¼ cup loosely packed fresh dill (or 1 teaspoon dried dill)
- 3 tablespoons lemon juice
- Pinch of salt and pepper
- Assorted fresh sliced veggies for dipping

Chef Tips

- Use as a salad dressing
- Use as a sandwich spread instead of mayonnaise
- Add 1 tablespoon of curry powder and 2 tablespoons of lime juice instead of dill and lemon juice
- Serve with whole grain pita or tortilla chips



Directions

1. Place all ingredients (except the fresh vegetables) in a blender or food processor. Puree, stopping every 10 seconds to mix the ingredients with a wooden spoon. Continue to blend until smooth.
2. If you do not have a blender, mash the beans in a large bowl using a potato masher or fork. Chop the garlic and dill and add to the bowl. Mix in the remaining ingredients and serve.
3. Keeps in the refrigerator for 3 days.

Serves: 6 • Serving Size: ¼ cup • Prep Time: 5 minutes • Cook Time: 5 minutes

Nutrition Facts Per Serving: 120 Calories, 2 g Fat, 19 g Carbohydrate, 7 g Protein, 175 mg Sodium

COOK 1X EAT 3X

Beans, Beans, and Beans!



Make 1x Eat 3x

Estimated cost of ingredients for WIC Program for each recipe: \$10

Each recipe makes 10 tasting servings

To prepare for this class you will need:

Zesty Black Bean Salsa	Black Bean Stew	Black Bean Brownies	Supplies
Black beans, 2 cups	Olive oil, 1 tablespoon	Black beans, 2 cups	Large mixing bowl
1 8-oz. can of corn, rinsed and drained	1 medium onion, chopped	2 eggs	Mixing spoon
1 bell pepper, diced	1 garlic clove, chopped	Cocoa powder, ½ cup	Cutting board
½ medium red onion, chopped	1 bell pepper, chopped	Sugar, ¾ cup	Knife
Cumin, 1½ teaspoons	Black beans, 2 cups	Vegetable or canola oil, ½ teaspoon	Measuring cups and spoons
Juice of 1 lime	Low-sodium vegetable broth, 1 cup	Low-fat milk, 1 tablespoon	
Olive oil, 1 tablespoon	Juice of ½ lime	Baking powder, ½ teaspoon	
	Dried oregano, ½ teaspoon	Baking soda, ½ teaspoon	
Garnish both with lime wedge, avocado, and hot sauce (optional)		Semisweet chocolate chips, ½ cup	

	Zesty Bean Salsa	Black Bean Stew	Black Bean Brownies
<p>Prepare and/or Demonstrate <i>(choose 1 or more options)</i></p>	<ul style="list-style-type: none"> • Rinsed and drained corn • Chopped <ul style="list-style-type: none"> ◦ Bell pepper ◦ Onion • Measured cumin and olive oil • Juicing a lime • Slicing an avocado • Assembling the salsa 	<ul style="list-style-type: none"> • Measure the broth or oregano • Juicing a lime • Chopped: <ul style="list-style-type: none"> ◦ Onions and garlic ◦ Bell pepper • Sautéing the ingredients during or ahead of time • Pre-cook the brown rice 	<ul style="list-style-type: none"> • Prepare the brownies ahead of time so participants can try them • Demonstrate the blending process and prepare another batch • Serve the pre-made brownies
<p>Discuss <i>(choose 1 or more options)</i></p>	<ul style="list-style-type: none"> • WIC and SNAP Foods • Vegetable substitutions • Dry vs. canned beans • Serving this with fish, chicken, sliced vegetables, or WIC tortillas 	<ul style="list-style-type: none"> • Slicing an avocado • WIC and SNAP Foods • Vegetable substitutions • Add cooked meat or an egg for added protein • Serve over brown rice • Dry vs. canned beans 	<ul style="list-style-type: none"> • WIC and SNAP Foods • Serving suggestions • Fiber • Compare nutrition facts to regular brownies • Dry vs. canned beans
<p>Discuss <i>(choose 1 or more options)</i></p>	<ul style="list-style-type: none"> • WIC Beans package • Canned corn • Vegetables • Cumin 	<ul style="list-style-type: none"> • WIC Beans package • Broth • Oregano • Vegetables • Avocado cut in half 	<ul style="list-style-type: none"> • WIC Beans package • WIC eggs • WIC milk • Measuring cups 

Beans 3 Ways!

1-pound bag dried beans = 6 cups cooked beans ■ 1 15.5-oz. can yields about 2 cups

To make a 1 pound bag of dried beans: Rinse the beans in a colander and add to a sauce pan. Add cold water until it covers the beans by 2 inches. Bring to a boil, remove from heat, and let them soak for 2 hours. Discard the water and fill the pot with new water, covering the beans by 2 inches. Bring to a boil and reduce to a simmer. Let simmer for 1 to 1½ hours until the beans are tender. Use, freeze, or refrigerate for up to 3 days.

Zesty Black Bean Salsa Serves 6	Black Bean Stew Serves 4	Black Bean Brownies Serves 12
<ul style="list-style-type: none"> • 2 cups of cooked black beans, • 1 8-oz. can of drained and rinsed corn • 1 diced bell pepper • ½ red onion, chopped • 1½ teaspoons cumin • Juice of 1 lime • 1 tablespoon olive oil • Pinch of salt and pepper • Lime wedge, avocado, and hot sauce 	<ul style="list-style-type: none"> • 1 tablespoon olive oil • 1 chopped medium red onion • 1 minced garlic clove • 1 chopped bell pepper • 2 cups of cooked black beans • 1 cup low-sodium vegetable broth • Juice of ½ lime • ½ teaspoon dried oregano • Pinch of salt and pepper • Brown rice • Lime wedge, avocado, and hot sauce 	<ul style="list-style-type: none"> • 2 cups of cooked black beans or 1 15-oz. can drained and rinsed • 2 large eggs • ½ cup cocoa powder • ½ cup sugar • ½ teaspoon oil • 1 tablespoon low-fat milk • ½ teaspoon baking powder • ½ teaspoon baking soda • ½ cup semisweet chocolate chips 
<p>In a medium bowl, combine all the ingredients through the pepper. Garnish with a lime wedge, avocado, and hot sauce.</p> <p><i>121 Calories, 3 g Fat, 20 g Carbohydrate, 5 g Protein, 212 mg Sodium</i></p>	<p>Heat the olive oil on medium heat in a sauté pan. Add the onion, garlic, and pepper. Sauté for 5 minutes and stir frequently. Add the black beans, broth, lime juice, oregano, salt and pepper. Simmer for another 5 minutes. Serve over brown rice and garnish with a lime wedge, avocado, and hot sauce.</p> <p><i>135 Calories, 4 g Fat, 20 g Carbohydrate, 6 g Protein, 307 mg Sodium</i></p>	<p>Preheat the oven to 350° F and spray a 9" square pan with cooking spray. In a blender combine the beans, eggs, cocoa powder, sugar, oil, milk, baking powder, and baking soda. Puree until smooth and pour into the pan. Spread the semisweet chocolate chips evenly on top of the batter. Bake for 30 minutes or until an inserted toothpick comes out clean.</p> <p><i>116 Calories, 4 g Fat, 20 g Carbohydrate, 4 g Protein, 126 mg Sodium</i></p>

Brown Rice Bowls



Make 1x Eat 3x

Estimated cost of ingredients for WIC Program for each recipe: \$10

Each recipe makes 8 tasting servings

To prepare for this class you will need:

Vegetarian Rice Bowl	Asian Stir Fry Bowl	Taco Rice Bowl	Supplies
2½ cups cooked brown rice	2½ cups cooked brown rice	2½ cups cooked brown rice	Large mixing bowl
1 15-oz. can of beans, rinsed and drained	1 package frozen Asian vegetable medley	1 15-oz can of beans, rinsed and drained	Mixing spoon
½ cup shredded cheddar cheese	1 package frozen edamame beans	2 medium tomatoes, chopped	Cutting board
1 medium tomato, chopped	¼ cup low-sodium soy sauce	½ cup shredded cheddar cheese	Knife
1 small cucumber, chopped	1 teaspoon olive oil	1 tablespoon taco seasoning	Can opener
1 teaspoon olive oil		1 teaspoon olive oil	Measuring cups and spoons
pinch of salt and pepper		1 bag chopped romaine lettuce	Microwave
		4 whole wheat tortillas	
<i>Chopped parsley, scallions, and avocado for serving</i>			

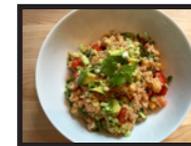
	Vegetarian Rice Bowl	Asian Stir Fry Bowl	Taco Rice Bowl
<p>Prepare Ahead of time and/or</p> <p>Demonstrate (choose 1 or more options))</p>	<ul style="list-style-type: none"> • Brown rice • Rinse and drain beans • Chop: <ul style="list-style-type: none"> ◦ Tomato, cucumber, parsley, scallions, and avocado • Assemble the bowl 	<ul style="list-style-type: none"> • Brown rice • Cook the frozen vegetables and beans • Measure the soy sauce and olive oil • Chop: <ul style="list-style-type: none"> ◦ Parsley, scallions, and avocado • Assemble the bowl 	<ul style="list-style-type: none"> • Brown rice • Rinse and drain beans • Measure the cheese, taco seasoning, and olive oil • Chop: <ul style="list-style-type: none"> ◦ Tomato, parsley, scallions, and avocado • Assemble the bowl
<p>Discuss (choose 1 or more options)</p>	<ul style="list-style-type: none"> • WIC and SNAP Foods • Vegetable substitutions • Whole grains • Different types of rice • 15 minute meals • Planning ahead 	<ul style="list-style-type: none"> • WIC and SNAP Foods • Vegetable substitutions • Different types of rice • Add cooked meat or an egg for added protein • Planning ahead 	<ul style="list-style-type: none"> • WIC and SNAP Foods • Vegetable substitutions • Different types of rice • Making your own taco seasoning • Planning ahead
<p>Display (choose 1 or more options)</p>	<ul style="list-style-type: none"> • Brown rice box • Canned beans • Vegetables • Fresh herbs • Olive oil 	<ul style="list-style-type: none"> • Frozen vegetable bag • Low-sodium soy sauce • Fresh herbs 	<ul style="list-style-type: none"> • Brown rice box • Canned beans • WIC cheese • Homemade taco seasoning • WIC tortillas

Brown Rice Bowls – 1 Box for 3 Meals!

Prepare a 16-oz. box of Regular, Quick, or Instant Brown Rice according to the package directions.

This will make about 8 cups of rice. Allow it to cool, then cover and store in the refrigerator until needed.

Cooked brown rice will keep in the refrigerator for 3 days.



Vegetarian Rice Bowl Serves 4	Asian Stir Fry Bowl Serves 4	Taco Rice Bowl Serves 4
<ul style="list-style-type: none"> • 2½ cups cooked brown rice (reheated) • 1 15.5-oz. can beans (drained and rinsed) • ½ cup shredded cheddar cheese • 1 medium tomato, chopped • 1 small cucumber, chopped • 1 teaspoon olive oil • Pinch of salt and pepper • Fresh chopped parsley, sliced scallions, and avocado 	<ul style="list-style-type: none"> • 2½ cups cooked brown rice (reheated) • 1 package frozen Asian vegetable medley • 1 package frozen edamame beans • ¼ cup low-sodium soy sauce • 1 teaspoon olive oil • Fresh chopped parsley, sliced scallions, and avocado (optional) 	<ul style="list-style-type: none"> • 2½ cups cooked brown rice (reheated) • 1 15.5-oz. can beans (drained and rinsed) • 2 medium tomatoes chopped • ½ cup shredded cheddar cheese • 1-2 tablespoons taco seasoning • 1 teaspoon olive oil • Fresh chopped parsley, sliced scallions, and avocado (optional)
<p>In a medium bowl, combine the brown rice through the olive oil. Season the mixture with a pinch of salt and pepper. Mix well and top with fresh chopped parsley, sliced scallions, and avocado.</p> <p><i>323 Calories, 7 g Fat, 45 g Carbohydrate, 13 g Protein, 257 mg Sodium</i></p>	<p>Microwave the frozen vegetables and edamame beans according to package directions and drain excess water. In a large bowl, mix cooked vegetables and beans through the olive oil. Mix well and top with fresh chopped parsley, sliced scallions, and avocado. Add red pepper flakes for a little spice. Serve with brown rice.</p> <p><i>294 Calories, 7 g Fat, 45 g Carbohydrate, 15 g Protein, 467 mg Sodium</i></p>	<p>In a medium bowl, combine the cooked brown rice through the olive oil. Mix well and top with fresh chopped parsley, sliced scallions, and avocado. Also try it on top of chopped romaine lettuce with whole wheat tortillas on the side.</p> <p><i>331 Calories, 9 g Fat, 49 g Carbohydrate, 15 g protein, 269 mg Sodium</i></p>

APPENDIX