COOKING OUTSIDE THE BOX

A collection of recipes to use with your Commodity Supplemental Food Program box



THIS COOKBOOK BELONGS TO:

NUMBER OF RECIPES IN THIS COOKBOOK I'VE TRIED SO FAR (TALLY-MARKS):

MY FAVORITE RECIPES FROM THIS COOKBOOK AND THEIR PAGE NUMBERS ARE:

I LIKE TO _____ WHEN I COOK:

a. Listen to music/podcast
b. Have a TV show on in the background
c. Talk to a loved one
d. _____

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INTRODUCTION

The Commodity Supplemental Food Program (CSFP) offers a supplemental food package to low-income older adults. The monthly food package contains a variety of foods with important nutrients for older adults including protein; calcium; iron; vitamins A, C, and D; and fiber. USDA foods in CSFP align with the Dietary Guidelines for Americans and contain reduced amounts of sodium, saturated fat, and added sugar.

A common misconception is that shelf-stable (packaged and canned) foods are not healthy. Canned fruits and vegetables can be just as nutritious as their fresh or frozen forms. In fact:

- Fruits and vegetables are usually canned within hours after harvest, harnessing their peak freshness and ensuring the best nutrient quality.
- Canning preserves many nutrients. For example, canned tomatoes have more lycopene (an antioxidant) and vitamin B than fresh tomatoes.
- Canning helps make fiber in certain vegetables, like beans, more soluble and more useful to the body.

CSFP was designed to help meet the dietary needs of healthy older adults. However, the variety of foods offered are appropriate for several common diet-related health conditions among older adults. For example:

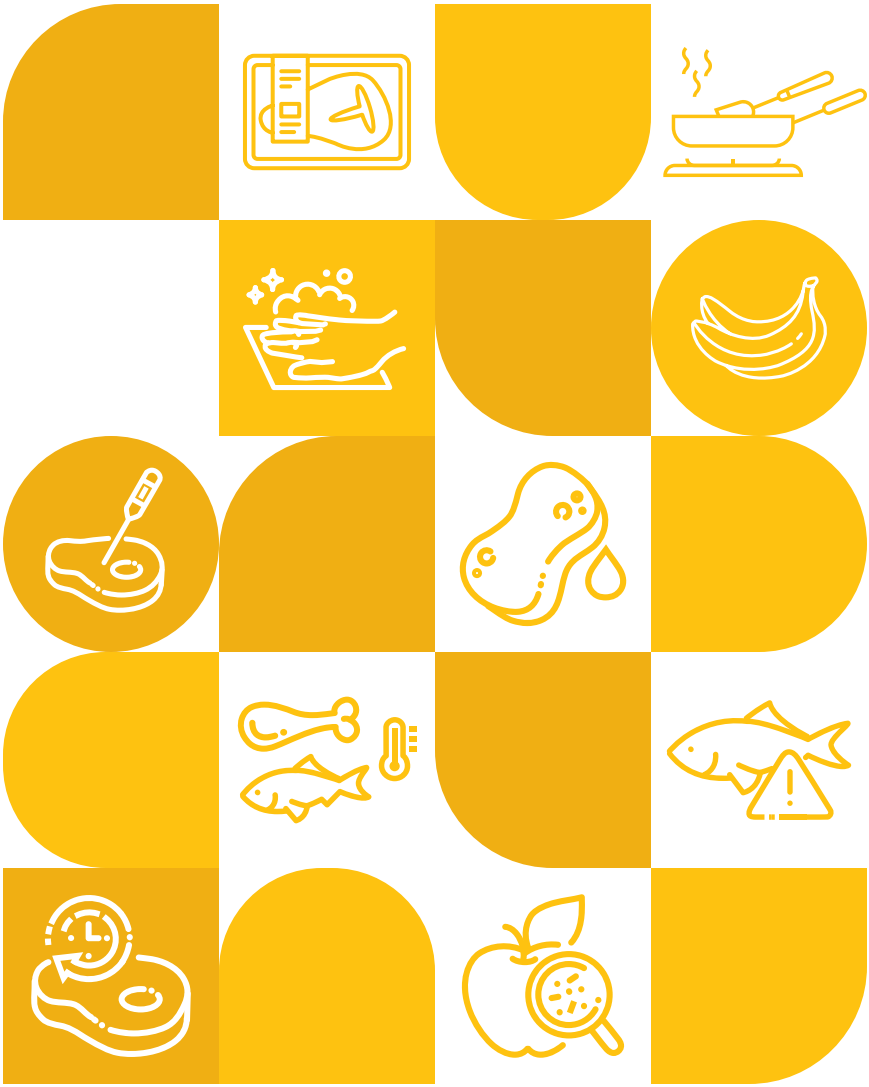
- Canned vegetables that are low sodium or no salt added can help older adults limit sodium intake to the recommended amount of less than 2,300 mg per day and support a healthy heart and blood pressure.
- Canned beans, vegetables, and whole grains contain fiber and low or no saturated fat. Canned fruits contain low or no added sugar. These CSFP foods

can be incorporated into dietary patterns that can benefit people with diabetes, pre-diabetes, or certain heart conditions.

- Dairy foods such as low and non-fat shelf-stable milk and reduced-fat cheese add calcium to the diet to support bone health.



FOOD SAFETY



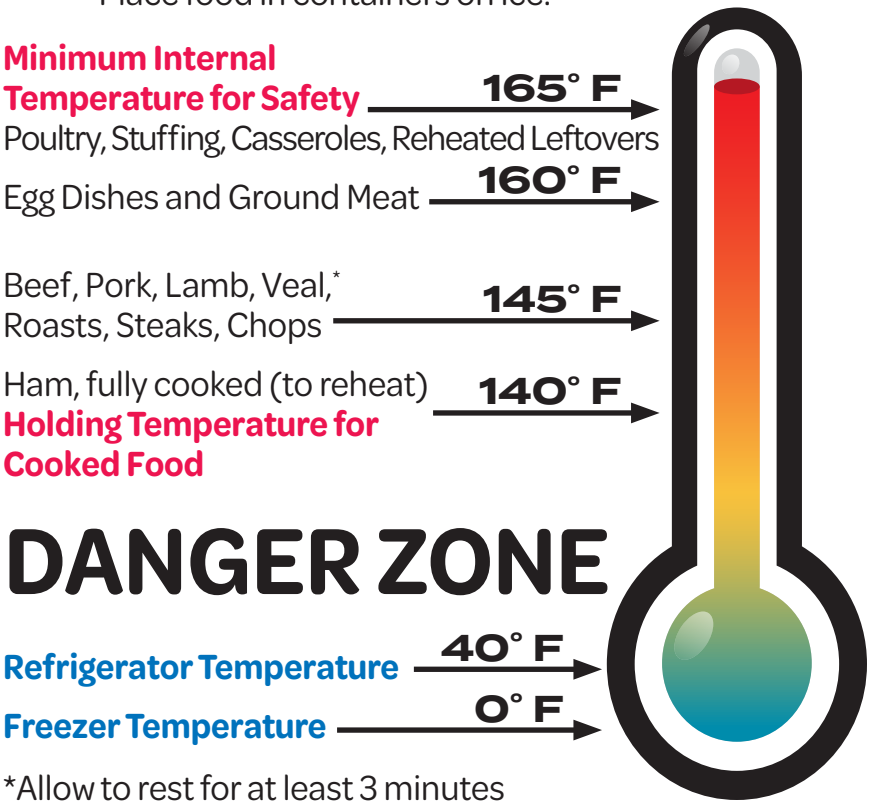
TEMPERATURE "DANGER ZONE"

Leaving food out too long at room temperature can cause bacteria to grow to dangerous levels that can cause illness. Bacteria grow fastest in the temperature danger zone, which is between 40°F and 140°F.

KEEP FOOD OUT OF THE "DANGER ZONE"

Never leave food out of refrigeration over 2 hours. If the temperature is above 90°F, food should not be left out for more than 1 hour.

- Keep hot food hot – at or above 140°F. Place cooked food in chafing dishes, preheated steam tables, warming trays, and/or slow cookers.
- Keep cold food cold – at or below 40°F. Place food in containers on ice.



*Allow to rest for at least 3 minutes

COOKING

Raw meat and poultry should always be cooked to a safe internal temperature. When roasting meat and poultry, use an oven temperature no lower than 325°F.

STORING LEFTOVERS

One of the most common causes of foodborne illness is improper cooling of cooked foods. Bacteria can be reintroduced to food after it is safely cooked. For this reason, leftovers must be put in shallow containers for quick cooling and refrigerated at 40°F or below within 2 hours.

Leftovers can be kept in the refrigerator for 3 or 4 days or frozen for 3 or 4 months. Although safe indefinitely, frozen leftovers can lose moisture and flavor when stored longer in the freezer.

REHEATING

Food should be reheated thoroughly to an internal temperature of 165°F or until hot and steaming. In the microwave oven, cover food and rotate so it heats evenly.

CLEANLINESS

1. Everything that touches food should be clean, including your hands. Wash hands with warm, soapy water for 20 seconds:
    - Before and after handling food
    - After using the bathroom
    - After changing a diaper
    - After handling pets
    - After tending to a sick person
    - After blowing your nose, coughing, or sneezing
    - After handling uncooked eggs, raw meat, poultry, or fish and their juices

2. Wash all surfaces with hot, soapy water that come in contact with raw meat, poultry, fish, and eggs before moving on to the next step in food preparation.

3. Keep cutting boards clean by washing them in hot, soapy water after each use. Non-porous acrylic, plastic, glass, and solid wood boards can be washed in the dishwasher. Replace cutting boards when they become excessively worn or develop hard-to-clean grooves.

4. Don't use the platter or utensils that held raw foods to serve cooked foods. Bacteria in raw meat or juices can contaminate cooked foods. Serve cooked foods on clean plates, using clean utensils and clean hands.

5. Wash food thermometers after each use with hot, soapy water before inserting and reinserting it into the food.

6. Keep pets, cleaning supplies, and other chemicals away from food and surfaces used for food.

BREAKFAST



PANCAKES

INGREDIENTS:

1 cup all-purpose flour
2 teaspoons baking powder
2 Tablespoons sugar
1 teaspoon salt
⅔ cup CSFP instant dry milk
1 cup water
2 Tablespoons oil
1 egg, lightly beaten

DIRECTIONS:

1. Heat a lightly oiled frying pan over medium-high heat.
2. Mix flour, sugar, baking powder, and salt. Make a well in the center.
3. Mix together milk and water.
4. Mix milk, oil, and egg into dry mixture.
5. Pour 1/2 cup batter onto the griddle.
6. Cook until bubbles form and the edges are dry, 1 to 2 minutes.
7. Flip and cook until browned on the other side. Repeat.

KITCHEN TIP: Save money and use more milk! Using instant dry milk and water in recipes is a great, economical way to use more milk. The milk powder can last up to 10 years in an unopened package!

NOTES:

DRIED APRICOT YOGURT PARFAIT

INGREDIENTS:
1 cup plain yogurt
½ cup granola
½ cup CSFP apricot halves, chopped
Drizzle of honey

DIRECTIONS:
1. Start with two cups.
2. Add a layer of yogurt to the bottom of each glass.
3. Sprinkle a layer of granola.
4. Sprinkle a layer of apricots.
5. Repeat until the cup is full.
6. Drizzle with honey and enjoy.

KITCHEN TIP: Dried apricots can be rehydrated by soaking them in warm water for 2-4 hours.

NUTRITION TIP: Dried apricots, a type of dried fruit, are a good source of vitamin A, which is helpful for protecting your eyesight. Dried fruit is also a good source of fiber, which helps keep bowel movements normal and prevent constipation. Dried apricot halves can be a great snack or can be used as a tasty topping for oatmeal.

NOTES:

MICROWAVE BREAKFAST COBBLER

INGREDIENTS:

1 can CSFP peaches, drained, sliced
1 can CSFP pears, drained, halved
1 cup pitted prunes, halved
1 teaspoon grated orange peel
1/3 cup CSFP orange juice
1 ½ cups low-fat granola cereal

DIRECTIONS:

1. In a 6-cup shallow microwave bowl, toss peaches, pears, prunes, orange peel, and orange juice. Top with granola.
2. Microwave on high 5 minutes. Let stand 2 minutes.
3. Spoon into bowls. Serve with plain yogurt if desired.

NOTES:

OVERNIGHT OATS

INGREDIENTS:

1 ¼ cups CSFP rolled oats
¼ teaspoon of cinnamon
¼ cup of almonds - whole, sliced, or chopped
¼ cup low-fat milk or CSFP shelf-stable milk (liquid)
¼ cup fresh berries (optional)

DIRECTIONS:

1. In a medium sized bowl, mix together oats, cinnamon, and almonds.
2. Pour in milk.
3. Seal the bowl with a lid or plastic wrap and refrigerate overnight.
4. Add fresh berries on top.
5. Enjoy!

NOTES:

OVERNIGHT OATMEAL

INGREDIENTS:
CSFP rolled oats
CSFP shelf-stable milk (liquid)
Toppings of choice: fruit, nuts, yogurt, brown sugar, cinnamon, etc.

DIRECTIONS:
1. Use a bowl, a mason jar or just some glass cups.
2. Add equal amounts of oatmeal and milk.
3. Cover and refrigerate for 5 hours or overnight.
4. Before serving, add topping of choice and extra milk if needed.

NUTRITION TIP: Oatmeal is a good source of fiber, which helps lower bad cholesterol and improves heart health. It is also a great source of iron and phosphorous. Oatmeal can be made into cookies, used as a flour substitute, or served as warm or cold oatmeal.

NOTES:

ENERGY BITES

INGREDIENTS:

⅔ cup CSFP peanut butter
½ cup semi-sweet chocolate chips
1 cup CSFP rolled oats
½ cup ground flax seeds (optional)
2 Tablespoons honey

DIRECTIONS:

1. Combine the ingredients in a large bowl. Stir well.
2. Place mixture in the refrigerator for 30 minutes.
3. Roll into 16 balls.
4. Store in an airtight container in the refrigerator for up to one week.

KITCHEN TIP: Spritz measuring cups and spoons with cooking spray prior to measuring peanut butter to get more of the peanut butter out with less effort.

NUTRITION TIP: One two-tablespoon serving of peanut butter provides protein for muscles, vitamin B6 and niacin for energy, and vitamin E for healthy skin, hair, and nails. Peanut butter can be added to oatmeal and smoothies or enjoyed as part of a classic peanut butter and jelly sandwich.

NOTES:

NO BAKE GRANOLA BARS

INGREDIENTS:

⅔ cup CSFP peanut butter
½ cup semi-sweet chocolate chips
1 cup CSFP rolled oats
½ cup ground flax seeds (optional)
2 Tablespoons honey

DIRECTIONS:

1. Combine the ingredients in a large bowl. Stir well.
2. Place mixture in the refrigerator for 30 minutes.
3. Roll into 16 balls.
4. Store in an airtight container in the refrigerator for up to one week.

KITCHEN TIP: Raisins should be stored in an airtight container, such as a resealable bag or a mason jar, to keep them fresh.

NUTRITION TIP: Raisins are a good source of fiber, which helps keep bowel movements regular and prevents constipation. Raisins are also a good source of vitamin C, which supports immunity and healthy blood vessels. Raisins can be used in baking or as a delicious topping for salads or yogurts.

NOTES:

APPETIZERS & BEVERAGES



NACHO PARTY DIP

INGREDIENTS:

1 package cream cheese
1 can CSFP vegetarian beans, mashed
1 pound CSFP cheese, shredded
1 can CSFP diced tomatoes
2 teaspoons onion powder
2 teaspoons garlic powder
Bag of tortilla chips

DIRECTIONS:

1. Preheat oven to 350°F.
2. Spread 1 package of cream cheese on the bottom of a casserole dish.
3. Spread mashed vegetarian beans on top of cream cheese.
4. In a bowl, combine diced tomatoes, garlic and onion powder. Place tomato mixture on top of the vegetarian beans.
5. Sprinkle top of mixture with shredded cheese.
6. Bake at 350°F for 20-25 minutes or until cheese is melted.
7. Serve with tortilla chips.

NOTES:

TASTY TACO DIP

INGREDIENTS:

1 large onion, diced
1 Tablespoon oil
1 can CSFP beef, drained
1 can CSFP diced tomatoes, drained
1 can CSFP corn, drained
1 teaspoon onion powder
1 teaspoon garlic powder
1 (16oz.) container non-fat sour cream
2 cups CSFP cheese, shredded
Tortilla Chips

DIRECTIONS:

1. In a large skillet, over medium heat, sauté onion in oil for 5 minutes.
2. Add in beef, breaking into small pieces, and cook for 5 minutes. Remove from heat and drain.
3. In a bowl, combine diced tomatoes, corn, onion powder and garlic powder. Mix well.
4. In a casserole dish, layer cooked beef, sour cream, tomato and corn mixture. Top with shredded cheese.
5. Refrigerate for 2 hours.
6. Serve with tortilla chips.

NOTES:

CHEESE SAUCE

INGREDIENTS:

4 Tablespoons butter or margarine
¼ cup flour
¼ teaspoon salt (optional)
2 cups CSFP shelf-stable milk (liquid)
1 ½ cups CSFP cheese (cut into pieces)

DIRECTIONS:

1. Melt butter or margarine in a saucepan.
2. Remove saucepan from heat.
3. Add flour.
4. Stir until it is smooth. Add salt and stir.
5. Add milk a little at a time to flour mixture.
6. Stir until there are no lumps.
7. Cook over medium heat, stirring constantly until thick.
8. Add small pieces of cheese to sauce and stir.
9. Pour over cooked macaroni or broccoli. Makes 2 cups of sauce.

NOTES:

HOT BEEF CHEESE DIP

INGREDIENTS:

1 can tomato soup
1 can CSFP beef, drained
1 pound CSFP cheese, shredded
1 teaspoon chili powder
Tortilla chips for dipping

DIRECTIONS:

1. Brown ground beef in a skillet, drain off excess fat.
2. Stir in tomato soup, shredded cheese, and chili powder.
3. Stir and heat until cheese has melted and mixture is hot.
4. Serve with tortilla chips.

KITCHEN TIP: If the mixture is too thick, add ½ cup of water. The more chili powder used, the spicier the mixture will be.

NOTES:

SOUTHWEST FRUIT SALSA

INGREDIENTS:

1 can CSFP mixed fruit, drained
½ cup chopped onion
2 tablespoons lime juice
¼ cup chopped green pepper or jalapeno pepper
1/8 teaspoon black pepper

DIRECTIONS:

1. Put all ingredients in a bowl and mix well. Let stand at room temperature for 15 minutes or refrigerate up to 6 hours before serving.
2. Serve as an appetizer with tortilla chips or as a topping for grilled chicken, fish, meat, or pork.

SERVINGS: Makes 6 servings, approximately ¼ cup each.

NOTES:

EASY CHICKEN AND CHEESE DIP

INGREDIENTS:

1 can CSFP chicken, drained
2 teaspoons reduced salt taco seasoning from package (or use 1 teaspoon chili powder instead)
1 cup CSFP cheese, shredded
6 ounces low-fat, unsalted tortilla chips

DIRECTIONS:

1. Place chicken and taco seasoning in medium-sized skillet.
2. Cook over medium heat for 3 to 4 minutes, stirring often.
3. Put chicken and taco seasoning mixture in a bowl.
4. Sprinkle shredded cheese on top of warm chicken and taco seasoning mixture.
5. Serve hot with tortilla chips.

SERVINGS: Makes about 6 appetizer servings.

KITCHEN TIP: Chopped vegetables like onions, green or red peppers, or mushrooms can also be added to the mixture while heating.

NOTES:

CRANAPPLE AND FRUIT BREAKFAST SMOOTHIE

INGREDIENTS:

1 cup CSFP cranberry-apple juice
1 cup plain or vanilla low-fat yogurt
1 cup CSFP mixed fruit, drained
½ cup ice, crushed or cubed

DIRECTIONS:

1. If using fresh fruits or vegetables, wash fruit or vegetable before preparing.
2. Combine all ingredients in blender.
3. Blend until combined and smooth.
4. Serve cold.

TIP: Try frozen mixed berries, canned plums, canned pears, or canned peaches instead of canned mixed fruit.

SERVINGS: Makes about 2 servings.

NOTES:

YUMMY SUMMER COOLER

INGREDIENTS:
1 cup CSFP orange juice
1 can crushed pineapple, drained
1 cup CSFP shelf-stable milk (liquid)
Ice cubes

DIRECTIONS:
1. Blend all ingredients together in a blender until smooth.

NUTRITION TIP: Orange juice provides micronutrients such as vitamin A and C, folate, and potassium. These support immunity, strength, and vision and more. Try adding orange juice to smoothies, juices, salad dressing, and baked goods.

NOTES:

FRUIT PUNCH

INGREDIENTS:

½ cup CSFP apple juice
½ cup CSFP grape juice
½ cup CSFP orange juice
½ cup pineapple juice

DIRECTIONS:

1. Mix together ingredients.

KITCHEN TIP: Pulp can turn a refreshing glass of orange juice into a good source of fiber.

NOTES:

FIZZY FRUIT JUICES

INGREDIENTS:

½ cup CSFP fruit juice (apple, cranapple, grape, or orange)
½ cup club soda

DIRECTIONS:

1. Mix together ingredients.

NOTES:

HOT CHOCOLATE

INGREDIENTS:

3 ½ cups CSFP instant dry milk
½ cup sugar
½ cup cocoa

DIRECTIONS:

1. Mix all ingredients together.
2. Store in a large sealable container until ready to use.
   For 6-ounce cup: Fill cup with ¼ cup cocoa mix. Add hot water until cup is filled.
   For 8-ounce cup: Fill cup with 1/3 cup cocoa mix. Add hot water until cup is filled.

NOTES:

WARM SPICED CIDER PUNCH

INGREDIENTS:

4 cups CSFP apple juice
2 cups CSFP orange juice
¾ teaspoon ground ginger
2 cinnamon sticks
1 cup water
¾ teaspoon ground nutmeg
3 whole cloves
4 orange slices, halved

DIRECTIONS:

1. In 3 quart slow cooker or large pot, combine all ingredients except the cloves, cinnamon sticks, and orange slices.
2. Place the cloves and cinnamon sticks in a square of cheesecloth and tie up inside to form a bag for these spices.
3. Place bag in cooker with juice. Cook on low for 1-2 hours.
4. Discard spice bag and garnish with orange slices.

NOTES:

SOUPS & SALADS



TACO SOUP

INGREDIENTS:

1 large onion, diced
2 cloves garlic, minced
1 Tablespoon olive oil
1 can CSFP beef, drained
3 cups CSFP tomato juice
2 cups water
2 packages (1.25 ounces) taco seasoning mix
1 can CSFP corn, drained
1 can CSFP diced tomatoes
1 cup CSFP cheese, shredded
1 bag tortilla chips (optional)

DIRECTIONS:

1. In a large pot, over medium heat, sauté onion and garlic in oil for 5 minutes.
2. Add beef and cook for 5 more minutes. Drain.
3. Add tomato juice, water, and taco seasoning mix. Stir well.
4. Add in corn and tomatoes. Cover and heat for 15 minutes.
5. Top with cheese and heat for 5 more minutes. Serve with tortilla chips.

NOTES:

CREAMY TOMATO SOUP

INGREDIENTS:

1 medium onion, diced
¼ cup water
2 Tablespoons flour
2 ½ cups CSFP tomato juice
2 cups CSFP shelf-stable milk (liquid)

DIRECTIONS:

1. In a large saucepan, over medium heat, sauté the onion in ¼ cup water until soft, about 5 minutes.
2. Add in the flour and stir until slightly thick.
3. Add tomato juice and milk.
4. Cook over medium heat for 5 minutes, stirring constantly.

NOTES:

VEGETABLE BEEF SOUP

INGREDIENTS:

4 cups water
1 Tablespoon olive oil
1 cup CSFP macaroni pasta, cooked
1 cup CSFP dried beans, cooked
1 large onion, diced
2 Tablespoons oil
1 can CSFP beef
1 can CSFP carrots, drained
1 can CSFP corn, drained
1 can CFP green beans, drained
1 can CSFP peas, drained
1 can CSFP potatoes, drained
2 cans CSFP diced tomatoes
3 cups CSFP tomato juice
4 cups water

DIRECTIONS:

1. In a large saucepan, over high heat, bring 4 cups water, 1 Tablespoon olive oil, and macaroni to a boil. Cook over high heat for 8-10 minutes or until macaroni is tender. Drain.
2. In a large pot, over medium heat, sauté the onion in oil for 5 minutes, stirring frequently.
3. Add tomato juice, water, carrots, corn, green beans, peas, potatoes, tomatoes, cooked red kidney beans, and cooked macaroni to the beef and onion mixture.
4. Heat on high for 15 minutes. Serve with crackers or bread.

NOTES:

SPINACH SOUP

INGREDIENTS:
1 Tablespoon oil
1 small onion, chopped
1 teaspoon paprika pepper to taste
1 ½ cup CSFP lentils
4 cups vegetable stock
1 can CSFP spinach in liquid
1 can CSFP carrots in liquid

DIRECTIONS:
1. Heat oil in a large pot.
2. Add onion and sauté. Add paprika, pepper, lentils, and stock. Bring to a boil.
3. Reduce heat, cover, and cook for 25-30 minutes.
4. Add spinach and carrots.
5. Mix and simmer for 5 minutes.
6. Serve hot.

KITCHEN TIP: Does the recipe call for drained spinach and a liquid too? Use the spinach liquid as part of the liquid needed!

NUTRITION TIP: Spinach provides many nutrients that we need as we age, including vitamins A, C, and K, plus iron, folate, and potassium. Spinach is a healthy choice whether it is fresh, frozen, or canned.

NOTES:

BAKED BEAN SOUP

INGREDIENTS:

1 Tablespoon oil
1 medium onion, diced
1 stalk celery, diced
1 carrot, diced
1 Tablespoon tomato paste
1 bay leaf
2 cans CSFP vegetarian beans
4 cups water

DIRECTIONS:

1. In a medium saucepan, heat oil over medium heat.
2. Add the onion, celery, and carrot. Cook for 5 minutes and stir occasionally.
3. Stir in tomato paste, beans, bay leaf, and water.
4. Increase the heat to medium-high and bring to a boil.
5. Reduce the heat to a simmer and cook for 20 minutes.
6. Season to taste with salt and pepper.

KITCHEN TIP: Adding blended up canned beans is a great way to make soups creamy without adding milk or cream.

NOTES:

HOMEMADE CHILI

INGREDIENTS:

½ pound of lean ground beef, turkey, or chicken
1 white onion, chopped
1 can tomato sauce
1 can CSFP kidney beans, drained and rinsed
1 can CSFP diced tomatoes
1 Tablespoon of oil
1 teaspoon of chili powder
½ teaspoon of garlic powder
Salt and pepper, to taste

DIRECTIONS:

1. Chop up your white onion.
2. In a large saucepan over medium heat, cook the onion and ground meat in oil for 5-7 minutes.
3. Stir in tomato sauce, kidney beans, and diced tomatoes.
4. Add the chili powder, garlic powder, salt, and pepper.
5. Bring chili to a boil, then reduce heat to low. Cover and let simmer for 15 minutes.
6. Serve chili in a bowl with desired toppings and enjoy!

KITCHEN TIP: Rinsing canned goods, like kidney beans, can reduce the sodium content by 40%.

NOTES:

PEACH SALAD

INGREDIENTS:

3 fresh peaches, or 1 can CSFP peaches
¼ red onion, slices
1 cup fresh basil
1 Tablespoon lemon juice
½ teaspoon salt
Pepper, to taste
1 Tablespoon olive oil

DIRECTIONS:

1. Leave the skin on peaches.
2. Slice peaches and put them in a bowl.
3. Toss peaches with onion, basil, lemon juice, salt, and pepper.
4. Drizzle with olive oil.
5. Serve at room temperature.

KITCHEN TIP: Put peaches in a bowl. Cover with boiling water for 1 minute. Transfer the peaches to a bowl full of ice water. Once cooled, pull the peach skin away gently with your hands.

NUTRITION TIP: In hot months, it is good to get extra fluid. Eating peaches is an easy way to get more water. Even canned peaches provide water. Peaches are also a great source of potassium, which is important for a healthy heart and strong bones.

NOTES:

EASY FRUIT SALAD

INGREDIENTS:

1 can CSFP mixed fruit
1 can pineapple chunks, canned in juice
1 red apple
1 orange
8 oz. container low-fat vanilla yogurt
1 Tablespoon honey
*Do not feed honey to children under 1 year of age

DIRECTIONS:

1. Open the cans of mixed fruit and pineapple with a can opener. Pour both cans into the colander over a bowl to drain. Save the juice to drink later.
2. Wash the apple in cool water. Pat dry with paper towels.
3. Cut the apple into 4 sections on the cutting board using a cutting knife. Cut out the apple core and seeds. Cut the apple into large chunks.
4. Wash the orange in cool water. Peel the orange and separate the orange segments. Cut each segment in half and remove all the seeds.
5. Put the yogurt and honey in the mixing bowl. Stir with a spoon until mixed. Add the drained fruit, pineapple, apple, and orange. Stir with the spoon until mixed.
6. Serve cold.

SERVINGS: Makes 4.

NOTES:

BLACK BEAN AND CORN SALAD

INGREDIENTS:

1 can black beans
1 can CSFP corn
1 small red onion, diced
1 tomato, chopped
1 Tablespoon lime juice
1 Tablespoon ground paprika or chili powder
1/4 cup chopped fresh parsley or cilantro (optional)

DIRECTIONS:

1. Drain and rinse black beans. Place in bowl.
2. Add drained corn, onion, tomato, lime juice, paprika, and parsley.
3. Mix well and serve.

KITCHEN TIP: Your hands, fingers, wrists, elbows, and shoulders are all involved in opening a can. Stiffness in any of these joint makes it hard to open a can. A simple electric can opener or a can opener designed with a special grip may help.

NOTES:

COLD GREEN BEAN SALAD

INGREDIENTS:
1 can CSFP green beans
½ red onion
½ cup Italian-style salad dressing
Garnish: dried onion rings

DIRECTIONS:
1. Drain beans.
2. Slice onions in rings.
3. Combine beans and onions in a bowl.
4. Pour dressing over beans.
5. Refrigerate for 1 hour. Can keep it for three days.
6. Before serving top with dried onion rings, if desired

NUTRITION TIP: Most people are not eating enough fruit and vegetables. A solution is to try canned options. They can save you time and money and are a healthy choice.

NOTES:

SOUTHWESTERN PORK SALAD

INGREDIENTS:

Nonstick cooking spray
½ cup onion, chopped
½ can CSFP pork, drained
1 Tablespoon chili powder (optional)
2 teaspoons ground cumin (optional)
1 cup CSFP canned kidney beans
1 cup CSFP diced tomatoes, drained
2 cups lettuce, chopped
½ cup CSFP cheese, shredded

DIRECTIONS:

1. If using fresh fruits or vegetables, wash fruit or vegetable before preparing.
2. In a large skillet coated with nonstick cooking spray, cook the onion and pork until the onion is soft, about 5 minutes.
3. Stir in chili powder, beans, and tomatoes. If using oregano and cumin, add that, too.
4. Mix and cook for about 1 minute.
5. Arrange lettuce onto a serving plate or in individual bowls.
6. Top lettuce with pork mixture and sprinkle with cheese.
7. Serve hot.

SERVINGS: Makes about 8 servings.

NOTES:

PICNIC PASTA SALAD

INGREDIENTS:

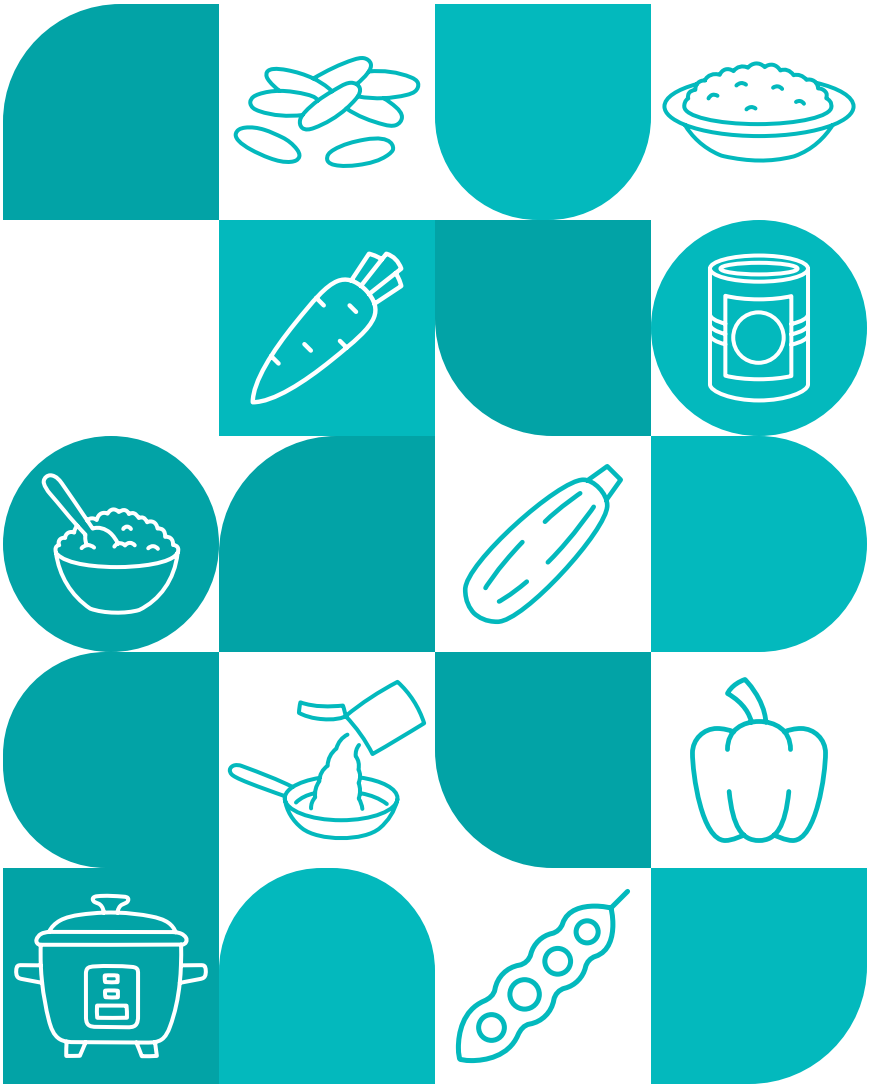
2 cups CSFP macaroni pasta, dry
1 cup CSFP peas, drained
1 can CSFP corn, drained
8 cups water
1 cup red pepper, thinly sliced into strips
½ cup Italian style dressing

DIRECTIONS:

1. Bring 8 cups water to a boil. Add macaroni. Bring to boil again. Stir often.
2. Cook macaroni uncovered approximately 8 to 10 minutes.
3. Remove from heat and drain well.
4. Combine pasta, corn, peas, and red peppers in bowl.
5. Toss with dressing.

NOTES:

VEGETABLES & SIDE DISHES



EGGSTRAORDINARY RICE

INGREDIENTS:

1 cup water
½ cup CSFP rice, uncooked
1 Tablespoon butter or margarine
1 large onion, diced
2 eggs, lightly beaten
1 can CSFP carrots, drained
1 can CSFP corn, drained
1 can CSFP green beans, drained
1 can CSFP peas, drained
1 Tablespoon low sodium soy sauce

DIRECTIONS:

1. In saucepan over high heat, bring water and rice to a boil.
2. Cover and reduce heat to low. Cook for 15 minutes or until all water is absorbed into rice.
3. In a separate saucepan, over medium heat, melt butter or margarine.
4. Add in onions and cook for 2-3 minutes until tender.
5. Add in beaten eggs and scramble.
6. Add carrots, corn, green beans, and peas to scrambled eggs.
7. Stir and heat for 5 minutes.
8. Add cooked rice to egg/vegetable mixture.
9. Stir in soy sauce and serve.

NOTES:

CROCK-POT BEANS

INGREDIENTS:
2 cups CSFP dried beans
Water to cover beans
1 medium onion, minced
1 red bell pepper, minced
1 ½ cups frozen corn kernels
1 Tablespoon olive oil

DIRECTIONS:
1. Add beans to a slow cooker.
2. Cover them with water.
3. Turn to the high setting and cook for 5 to 6 hours until tender.
4. Stir in onion, bell pepper, corn, and oil. Cook for 30 minutes.
5. Serve hot or cold.

KITCHEN TIP: A Crock-Pot is a type of slow cooker, but not every slow cooker is a Crock-Pot. Crock-Pots include a stoneware pot that is surrounded by a heating element.

NOTES:

PEAS AND CARROTS

INGREDIENTS:

2 Tablespoons of oil
1 white onion, finely sliced
1 can CSFP potatoes, drained and rinsed
1 can CSFP carrots, drained and rinsed
1 can CSFP peas, drained and rinsed
¼ cup of water
Salt and pepper, to taste
*Fresh or frozen vegetables can replace canned vegetables; adjust cooking time

DIRECTIONS:

1. Slice the onion and chop the potatoes into small cubes.
2. In a large saucepan over medium heat, cook the sliced onion for 3-4 minutes in oil.
3. Next, add in carrots, peas, and potato cubes.
4. Cover the pan with a lid and cook until thoroughly heated.
5. If needed, add water to the pan when necessary (helps prevent sticking).
6. Enjoy!

KITCHEN TIP: Like beans, peanuts, chickpeas, and green peas are part of the legume family.

NUTRITION TIP: Fresh green peas are in season from May to October in Alabama. Canned and frozen varieties can also be found throughout the year. Peas provide fiber, protein, iron, vitamin A, and vitamin C. Peas are delicious additions to soups, vegetable sides, and pasta dishes!

GARLIC BUTTER CARROTS

INGREDIENTS:

1 pound of carrots
2 Tablespoons of butter
1 teaspoon of minced garlic
¼ teaspoon salt
¼ teaspoon pepper

DIRECTIONS:

1. Preheat oven to 425°F and grease baking tray.
2. Chop carrots and set aside.
3. Melt butter over medium heat and add garlic.
4. Toss carrots in garlic butter and place on baking tray.
5. Bake for 20-30 minutes.
6. Add salt and pepper and serve hot.

NOTES:

ROASTED ZUCCHINI

INGREDIENTS:

2 zucchini, sliced
1 Tablespoon of Parmesan cheese
2 Tablespoons olive oil
¼ teaspoon of salt
Pepper, to taste
½ teaspoon of garlic salt

DIRECTIONS:

1. Preheat oven to 450°F.
2. Mix olive oil, salt, pepper, garlic salt, and zucchini in a bowl.
3. Arrange slices on a baking sheet.
4. Sprinkle parmesan on top.
5. Roast for 5 minutes; finish with a quick broil to brown the cheese.

NOTES:

EASY BLACK BEANS

INGREDIENTS:

1 16 oz. bag black beans
1 small onion, chopped
1 garlic clove, minced
1 bay leaf
Water
1 Tablespoon lime juice
Salt and pepper to taste

DIRECTIONS:

1. Put beans, onion, garlic, and a bay leaf in a pot.
2. Cover with 4 inches of water, place top on pot.
3. Bring water to a boil. Uncover, reduce heat, and cook for 2 hours. Add water as needed.
4. Remove bay leaf.
5. Add lime juice, salt, and pepper; serve.

KITCHEN TIP: One bag of dried beans is the same as 4 cans; ½ cup dried black beans = 1 ½ cups cooked beans. Cooked beans can be frozen for use later.

NOTES:

SWEET POTATO CASSEROLE

INGREDIENTS:

6 large, sweet potatoes
1 cup packed light brown sugar
2 Tablespoons unsalted butter, plus extra for dish
1 teaspoon pumpkin pie spice
½ teaspoon salt
1 cup mini marshmallows

DIRECTIONS:

1. Bake/microwave sweet potatoes until tender.
2. Peel and mash potatoes.
3. Add sugar, butter, spice, and salt. Mix well.
4. Transfer the mixture to a greased dish. Top with marshmallows.
5. Bake at 350°F for 25 minutes.

NUTRITION TIP: Vitamin A is needed for healthy eyesight and to fight off sickness. One serving of sweet potatoes contains all the vitamin A you need for a day!

NOTES:

EASY LENTILS

INGREDIENTS:

2 cups vegetable broth
1 cup CSFP lentils
1 potato, cubed
1 bell pepper, chopped
1 onion, chopped
2 Tablespoons minced garlic
Salt and pepper to taste
¼ cup chopped green onion

DIRECTIONS:

1. Bring lentils and broth to a boil and cook for about 20 minutes.
2. Add potato, bell pepper, onion, garlic, salt, and pepper.
3. Cook on medium heat until potato and lentils are tender about 15 minutes, and liquid is absorbed.
4. Garnish with green onion.

KITCHEN TIP: Uncooked lentils have a very long shelf life – they can last years when stored in an airtight container away from sunlight. Lentils cook quickly, there is no need to soak them.

NOTES:

LEMON BROWN RICE

INGREDIENTS:

1 Tablespoon olive oil
½ teaspoon of minced garlic
1 ½ cups CSFP brown rice
3 cups of vegetable broth
1 Tablespoon of lemon juice

DIRECTIONS:

1. Add oil and garlic to a pan over medium heat.
2. Add rice and vegetable broth and bring to a boil over high heat.
3. Turn to low, cover pan, and let cook for 45 min.
4. Turn off heat and let sit for about 10 minutes.
5. Stir in lemon juice and serve warm.

NOTES:

CHEESY POLENTA

INGREDIENTS:
4 cups chicken broth
½ teaspoon salt
1 cup yellow grits
½ cup CSFP cheese, shredded
4 Tablespoons butter
Pinch of black pepper

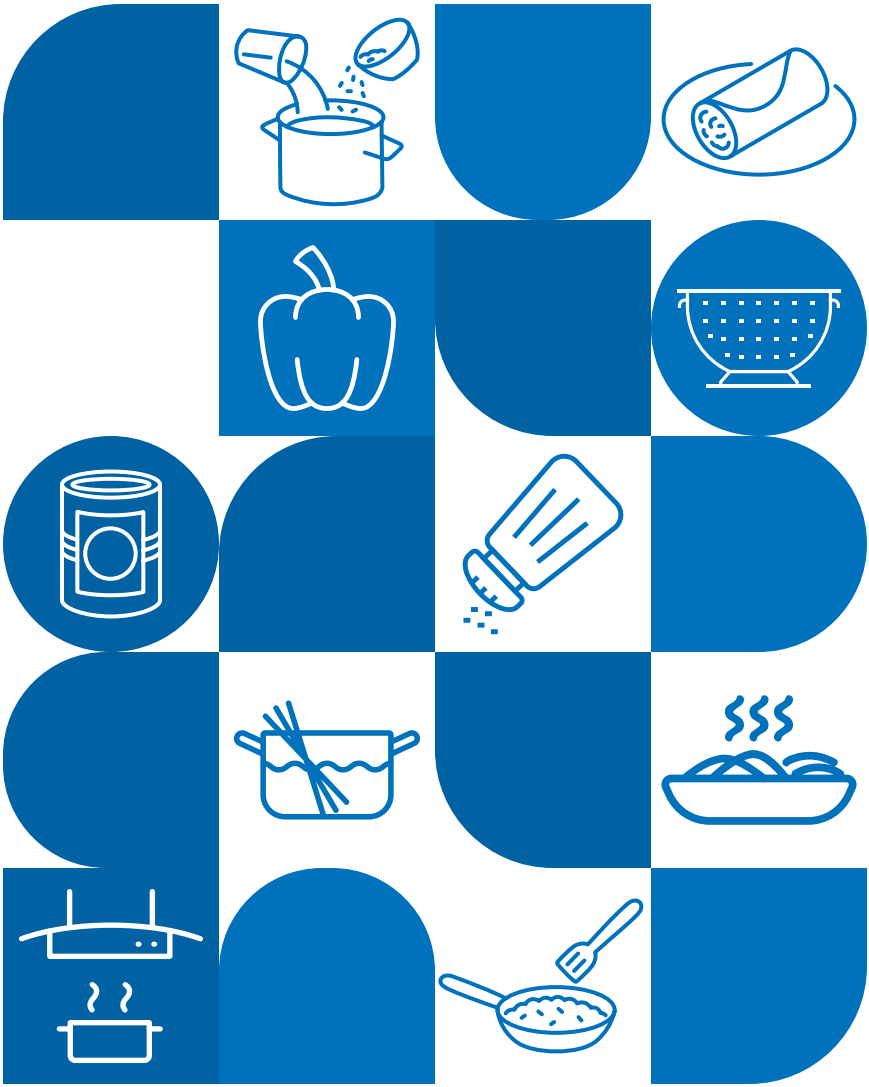
DIRECTIONS:
1. In a large pot, add the broth and bring to a boil.
2. Add in salt and grits.
3. Whisk frequently for a few minutes until the mixture begins to thicken.
4. Lower the heat to medium, bring to a simmer, and cover.
5. Cook for 30-35 minutes, whisking every 5 minutes or so.
6. Turn off the heat and add in cheese, butter, and pepper.

KITCHEN TIP: Cutting a large block of cheese into smaller pieces can make shredding easier.

NUTRITION TIP: Cheese is a good source of calcium, which helps maintain strong bones and teeth. Cheese is also a great source of protein, making it a good addition to meals. Cheese can be included in a variety of dishes to add flavor, richness, and creaminess.

NOTES:

MAIN DISHES



BEEF STEW AND RICE

INGREDIENTS:

1 ½ cups CSFP rice, uncooked
1 can CSFP beef stew
3 cups water
Pepper, to taste

DIRECTIONS:

1. Bring 3 cups water to a boil in a medium pot.
2. Add rice and bring to a boil again.
3. Reduce the heat to low, cover, and cook 15 minutes or until water is absorbed.
4. Remove rice from heat and set aside.
5. In a saucepan, heat stew. Add pepper to taste.
6. Spoon ½ cup of rice and ½ cup of stew into bowls and serve.

NOTES:

CHEESY BEEF AND MACARONI

INGREDIENTS:

2 cups CSFP macaroni pasta, dry
1 can CSFP chili without beans
1 ½ cups CSFP shelf-stable milk (liquid)
1 pound CSFP cheese, cubed
8 cups water
1 large onion, diced
1 Tablespoon oil
2 Tablespoons butter or margarine

DIRECTIONS:

1. Bring 8 cups water to a boil. Add macaroni. Bring to a boil again. Stir often.
2. Cook macaroni uncovered approximately 8-10 minutes.
3. Remove from heat and drain well before serving.
4. In a large pot, sauté onion in oil for 5 minutes.
5. Add chili and cook for 5 more minutes.
6. Combine macaroni, milk, butter or margarine, and cubed cheese with chili and onion mixture.
7. Heat on low for 10 minutes, stir frequently until cheese is melted.
8. Serve warm.

NOTES:

VEGETABLE NOODLES

INGREDIENTS:

1 package CSFP spaghetti pasta, dry
1 can CSFP mixed vegetables, drained
1 cup CSFP spaghetti sauce
½ cup CSFP cheese, shredded

DIRECTIONS:

1. Bring 6 cups water to a boil.
2. Add spaghetti. Bring to a boil again. Stir often.
3. Cook spaghetti uncovered, approximately 8-10 minutes.
4. Remove from heat and drain well.
5. Return cooked, drained noodles back to cooking pot.
6. Add vegetables and spaghetti sauce. Cook over medium heat until the vegetables are hot.
7. Sprinkle with cheese before serving.

NOTES:

MIXED-UP MACARONI

INGREDIENTS:

8 cups water
1 Tablespoon olive oil
2 cups CSFP macaroni or rotini pasta, uncooked
1 large onion, diced
1 Tablespoon olive oil
1 can CSFP beef, drained
½ cup CSFP instant dry milk
½ cup water
2 cups CSFP cheese, shredded
1 can CSFP mixed vegetables, drained and rinsed

DIRECTIONS:

1. In a large saucepan, over high heat, bring 8 cups water, 1 Tablespoon olive oil and pasta to a boil. Cook over high heat 8-10 minutes or until tender. Drain.
2. In a large pot, sauté onion in 1 Tablespoon olive oil for 5 minutes.
3. Add beef and cook for 5 more minutes.
4. To beef and onion mixture, add cooked pasta, instant dry milk, ½ cup water and cheese.
5. Heat on low for 10 minutes, stirring frequently until cheese is melted.
6. Add mixed vegetables and heat for 5 minutes. Serve.

NOTES:

STUFFED BELL PEPPERS

INGREDIENTS:

3 cups chopped walnuts
4 large bell peppers, halved lengthwise, seeds removed
3 Tablespoons olive oil
8 oz mushrooms
½ yellow onion, diced
1 cup cooked CSFP rice
½ can CSFP diced tomatoes, drained
¾ teaspoon salt
1½ teaspoons garlic powder
Parsley (optional)

DIRECTIONS:

1. Preheat oven to 350°F.
2. Grease baking sheet.
3. Sautee mushrooms and onions in remaining oil over medium heat.
4. Stir in nuts, rice, tomatoes, and spices.
5. Fill bell pepper halves and place on baking sheet.
6. Cover and bake for 30 minutes.
7. Uncover and bake for 10 minutes. Serve hot. Enjoy!

KITCHEN TIP: Adding chopped, unsalted walnuts to yogurt, cereals, salads, soups, and other dishes helps add vitamins, minerals, and protein to your meals.

NUTRITION TIP: Packed full of healthy omega-3s, walnuts can help lower cholesterol by removing bad fats from the body. Walnuts are nutrient dense, which helps you to fill up and keeps your feeling full longer.

TOMATO BASIL PASTA

INGREDIENTS:

8 ounces CSFP pasta of choice
1 can CSFP diced tomatoes
2 Tablespoons oil
1 ½ teaspoons Italian seasoning
½ teaspoon onion powder
½ teaspoon salt
6 cups CSFP spinach, drained
½ cup basil

DIRECTIONS:

1. Cook pasta according to the directions. Drain and put it back in the pot.
2. Add undrained tomatoes.
3. Add all other ingredients.
4. Cook, stirring often until most of the liquid has been absorbed, 3 to 4 minutes.
5. Serve hot.

KITCHEN TIP: Use the juice from your canned tomatoes as part of the liquid needed when cooking rice, quinoa, and other grains. It gives them more flavor.

NOTES:

OVEN DINNER

INGREDIENTS:

1 can CSFP potatoes, drained
1 can CSFP carrots, drained
¼ teaspoon pepper
1 cup peeled onion, sliced
¾ pound ground beef, browned and drained
1 can CSFP green beans, peas, or corn, drained
1 can tomato soup

DIRECTIONS:

1. If using fresh fruits or vegetables, wash fruit or vegetable before preparing.
2. Preheat oven to 350°F.
3. Grease baking pan or casserole dish.
4. Wash, peel, and slice the onion.
5. Layer the ingredients in the order given. Cover.
6. Bake for 30 minutes.
7. Uncover and bake for 15 more minutes.
8. Serve hot.

SERVINGS: Makes about 6 servings, about ½ cup each.

NOTES:

TUNA AND QUINOA

INGREDIENTS:
1 cup uncooked quinoa
2 teaspoons oil
½ red, yellow, and green peppers, chopped
1 can CSFP tuna
¼ teaspoon each: pepper, garlic powder, onion powder

DIRECTIONS:
1. Cook quinoa as the package directs.
2. Sauté peppers in oil.
3. Add tuna and spices, stirring until heated.
4. Put quinoa in a bowl, add tuna mixture and stir.
5. Serve hot or cold!

KITCHEN TIP: Try using tuna in quesadillas or in salads that include quinoa or rice.

NUTRITION TIP: When packed in water, canned tuna has fewer calories. When packed in oil, it has slightly more vitamin D.

NOTES:

TUNA CAKES

INGREDIENTS:

3 cans CSFP tuna
2 Tablespoons dried parsley
½ onion, finely chopped*
¼ teaspoon paprika
½ teaspoon garlic powder
¼ teaspoon salt
¾ cup panko or coarse breadcrumbs
2 Tablespoons Dijon mustard
2 Tablespoons mayonnaise
2 eggs
*May use green onion

DIRECTIONS:

1. Drain the tuna and flake into small pieces.
2. In a medium bowl, mix tuna with the rest of the ingredients.
3. Form into 8 patties using a ⅓ measuring cup to portion. Refrigerate 15 minutes.
4. Cook in an olive-oiled pan on medium-high heat for 3-4 minutes on each side.
5. Serve immediately and enjoy!

NUTRITION TIP: Canned tuna provides protein, B-Complex vitamins, vitamins A and D, as well as iron. It even contains healthy omega-3 essential fatty acids.

NOTES:

SEARED SALMON CAKES

INGREDIENTS:
2 cans CSFP salmon
¼ red onion, minced
¼ red bell pepper, minced
1 Tablespoon lemon juice
1 Tablespoon dill
2 eggs
¼ cup Panko breadcrumbs
salt and pepper to taste
4 Tablespoons cooking oil, divided

DIRECTIONS:
1. Combine and mix all ingredients in a bowl. Let stand 5-10 minutes.
2. Form 12 equal patties.
3. Preheat skillet over medium-high heat. Add 2 Tablespoons of oil to coat the pan.
4. Cook half the salmon patties 2-3 minutes per side. Repeat to cook all.

KITCHEN TIP: The canning process makes the bones in canned salmon soft enough to chew without notice and they provide some calcium!

NUTRITION TIP: Fresh, frozen, and canned salmon are all healthy choices and provide omega-3, which is a heart healthy fat that can help prevent heart attacks and strokes. Canned fish is an easy way to keep fish longer than fresh and no thawing is needed; however, canned has more salt in it.

OAT FLOUR MEATBALLS

INGREDIENTS:

1 pound ground beef, chicken, or turkey
1 cup CSFP rolled oats
¼ cup CSFP shelf-stable milk (liquid)
1 egg
1 teaspoon of dried parsley
1 teaspoon of garlic powder
1 teaspoon onion powder
1 teaspoon salt
½ teaspoon black pepper

DIRECTIONS:

1. Preheat oven to 400°F.
2. Blend 1 cup of rolled oats in a blender. Measure ⅓ cup oat flour for the meatballs.*
3. Mix all the ingredients together.
4. Scoop 2 Tablespoons of the meatball mixture and roll into each ball.
5. Place meatballs on a sheet pan and bake for 20 minutes.
6. Serve on top of pasta with sauce. Enjoy!

*May use rolled oats without blending.

KITCHEN TIP: Blending up rolled oats can be an easy way to create oat flour. Any type of blender will work!

NOTES:

BEAN AND RICE BURRITOS

INGREDIENTS:

2 cups CSFP rice
1 onion, chopped
1 can CSFP kidney beans, drained, rinsed
8 flour or whole grain tortillas
½ cup salsa
½ cup CSFP cheese, shredded

DIRECTIONS:

1. Cook rice according to package directions.
2. Preheat oven to 300°F.
3. Mix the rice, onion, and beans in a bowl.
4. Place the tortillas flat on a baking pan.
5. Put about ½ cup of the bean and rice mixture in the middle of each tortilla.
6. Fold the sides of the tortilla over to hold the rice and beans.
7. Bake for about 15 minutes.
8. Add about a Tablespoon of salsa and a Tablespoon of cheese to each burrito.
9. Serve warm.

SERVINGS: Makes about 8 servings (1 burrito each).

NOTES:

CHICKEN TOSTADAS

INGREDIENTS:

10 tostada shells
3 cans CSFP chicken, drained
1 can black beans, drained and rinsed
1 can CSFP diced tomatoes, drained
1 can CSFP corn, drained
2 Tablespoons taco seasoning
2 Tablespoons oil
1 cup CSFP cheese, shredded

DIRECTIONS:

1. Add 1 Tablespoon oil and chicken to a pan and cook for 5 minutes. Stir in taco seasoning then remove from heat.
2. Add 1 Tablespoon oil to a pan and add corn and beans. Sauté for about 5 minutes.
3. Distribute chicken and corn mixture on each tostada and top with cheese and tomatoes. Enjoy!

NOTES:

CITRUS MARINATED CHICKEN

INGREDIENTS:

½ cup lemon juice
½ cup CSFP orange juice
6 garlic cloves, minced
2 Tablespoons olive oil
1 teaspoon salt
1 teaspoon ground ginger
1 teaspoon oregano
¼ teaspoon pepper
6 boneless skinless chicken breast halves

DIRECTIONS:

1. Combine the first eight ingredients in a large resealable plastic bag. Add chicken; seal bag and turn to coat.
2. Refrigerate for at least 4 hours.
3. Grill chicken, covered, over medium heat while brushing with marinade.
4. Enjoy with vegetables or a side salad!

NOTES:

SHEPHERD'S PIE

INGREDIENTS:

1 can CSFP beef, drained and mashed
1 can CSFP diced tomatoes
1 can CSFP spaghetti sauce
1 can CSFP green beans (or CSFP peas), drained
Salt and pepper to taste
Instant mashed potatoes (enough for 6 servings) OR
3 cups mashed potatoes
Margarine and CSFP shelf-stable milk (for potatoes)

DIRECTIONS:

1. Preheat oven to 375°F.
2. Brown meat in a skillet over medium-high heat; drain.
3. Add tomatoes and spaghetti sauce. Cook over high heat until thickened, stirring frequently.
4. Mix in vegetables and season with salt and pepper.
5. Pour into 2-quart baking dish and set aside.
6. Make 6 servings.

NOTES:

QUICK AND EASY GOULASH

INGREDIENTS:

1 pound CSFP macaroni or rotini pasta, cooked and drained
2 cans CSFP spaghetti sauce
1 cup CSFP beef (optional)
½ onion, chopped
1 chopped green pepper
1 can (4 ounces) mushrooms (optional)
CSFP cheese

DIRECTIONS:

1. Mix together ingredients.
2. Cover with a few slices of cheese.
3. Cover pot with foil and refrigerate until ready to cook.
4. Bake at 350°F for one hour.

NOTES:

CHICKEN AND RICE CASSEROLE

INGREDIENTS:

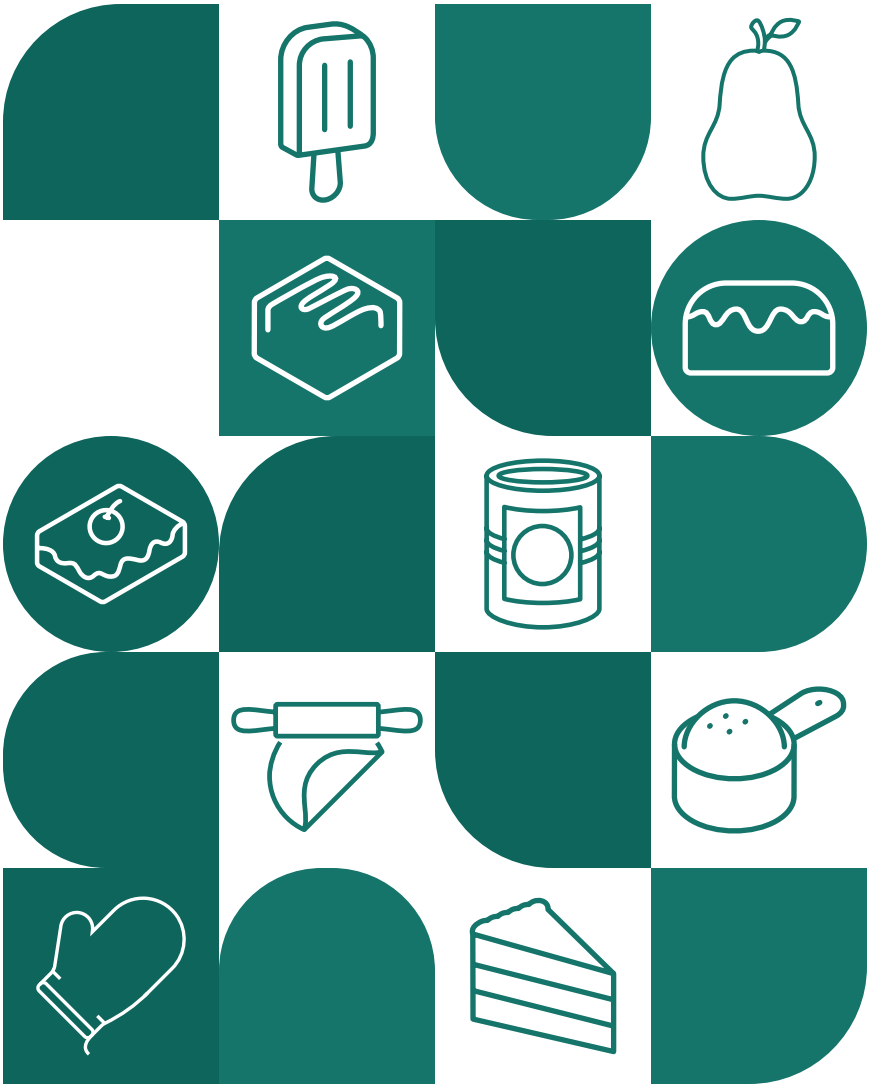
1 can CSFP chicken, drained
1 can CSFP mixed vegetables, drained
1 can condensed cream of mushroom soup
¾ cup CSFP rice, uncooked
1 ¼ cups water

DIRECTIONS:

1. Preheat oven to 375°F.
2. Cook chicken in a skillet until heated through.
3. Mix chicken, vegetables, soup, rice, and water in a 2-quart baking dish.
4. Add pepper to taste.
5. Cover and bake at 375°F for 20 minutes or until heated through and rice is done.

NOTES:

DESSERTS



FROZEN CHOCOLATE BERRY YOGURT BARK

INGREDIENTS:

24 oz. Greek Yogurt
1 cup fresh berries (any variety)
3/4 cup chocolate chips

DIRECTIONS:

1. Line a medium baking sheet with wax paper.
2. Spread yogurt on the paper; sprinkle berries and chocolate chips on top.
3. Freeze for 4 hours or until hardened. Break into pieces; eat immediately.
4. Store leftovers in the freezer in an air-tight container for up to 2 weeks.

NOTES:

PEACH SMOOTHIE POPS

INGREDIENTS:
1 1/3 cups CSFP instant dry milk
4 cups (2 cans) CSFP canned peaches, drained
1 cup water
1 cup ice cubes
3 Tablespoons sugar

DIRECTIONS:
1. Place all ingredients in blender, cover, and blend until smooth.
2. Pour into popsicle molds and insert sticks or pour into ice cube trays and place toothpicks in each cube.
3. Freeze until solid.

TIP: Substitute the peaches for plums or any kind of fruit you like.

SERVINGS: Makes about 12 servings of 1 pop each.

NUTRITION TIP: Instant dry milk contains similar amounts of vitamin D and calcium as regular milk! Dry milk is made by removing the water. The nutrients, like vitamin D and calcium, stay in the powder. Vitamin D and calcium are important for healthy bones, teeth, and muscles.

NOTES:

BAKED PEARS

INGREDIENTS:
1 Tablespoon butter, melted
1 Tablespoon brown sugar
2 Tablespoons CSFP rolled oats
¼ teaspoon cinnamon
1 pinch of salt
2 pears*
Walnuts (optional)
Honey (optional)
*Fresh apples or drained, rinsed, and dried canned pears can be substituted.

DIRECTIONS:
1. Preheat oven to 400°F.
2. Wash pears, slice in half, and scoop out seeds.
3. Mix together remaining ingredients and sprinkle on top of each pear half.
4. Bake for 20 to 30 minutes or until pears are tender.
5. Serve alone or with vanilla yogurt. Enjoy!

KITCHEN TIP: Choose canned fruit, such as pears, that is packed in water or 100% fruit juice rather than syrup to reduce your added sugar intake.

NUTRITION TIP: Pears make a delicious snack or side dish. They are rich in vitamin C, copper, potassium, and fiber, making them a nutritious treat. Pears also have antioxidant properties and are great for digestive health. They can be added to oatmeal or yogurt, paired with nuts and seeds as a snack, or added to salads.

APPLESAUCE COOKIES

INGREDIENTS:
2 cups CSFP rolled oats
½ cup CSFP applesauce
½ cup pumpkin puree
¼ cup sugar
Cinnamon, to taste

DIRECTIONS:
1. Preheat oven to 350°F and lightly grease baking tray.
2. Blend oats in a blender on pulse.
3. Combine the oats, pumpkin, applesauce, and sugar. Mix well.
4. Form dough into small balls and place on the baking tray, pressing each ball into a cookie shape.
5. Sprinkle lightly with cinnamon and bake for 12-15 minutes.

KITCHEN TIP: When making basked goods, you can swap out the oil for applesauce in typically a 1:1 ratio. So, if the recipe calls for ¼ cup of oil, you can use ¼ cup of applesauce, instead.

NOTES:

PEANUT BUTTER OATMEAL RAISIN COOKIES

INGREDIENTS:

¾ cup brown sugar
¾ cup granulated (white) sugar
2 eggs
½ cup butter or margarine
2 teaspoons vanilla
1 cup CSFP peanut butter
1 cup CSFP rolled oats, uncooked
1 cup flour
¼ teaspoon salt
½ teaspoon baking soda
1 cup raisins (optional)

DIRECTIONS:

1. Preheat oven to 350°F.
2. In a mixing bowl combine sugars, eggs, butter, and vanilla.
3. Mix until creamy. Add peanut butter, blend until smooth.
4. In the same bowl add oatmeal, flour, salt, and baking soda.
5. Stir until dough becomes thick. Stir in raisins.
6. Using a tablespoon, drop dough onto an ungreased cookie sheet and roll the dough into a ball. Cross the dough with a fork.
7. Bake at 350°F for 7 minutes, or until dough puffs up.

NOTES:

APRICOT BREAD PUDDING

INGREDIENTS:

14 slices of bread
3 cups CSFP shelf-stable milk (liquid)
1 teaspoon vanilla
½ teaspoon nutmeg
2 eggs, beaten
½ cup sugar
1 can CSFP apricots (or other fruit), diced
½ cup raisins

DIRECTIONS:

1. Preheat oven to 350°F.
2. Break bread into pieces and place into a baking dish.
3. In a large bowl, combine milk, vanilla, nutmeg, sugar and eggs. Beat well.
4. Add apricots and raisins and mix together.
5. Pour mixture over bread.
6. Bake at 350°F for 20-25 minutes.

NOTES:

FRUIT COBBLER

INGREDIENTS:

2 cans CSFP fruit, drained
2 Tablespoons sugar
1 cup flour
1 stick butter, melted
1 teaspoon cinnamon
1 Tablespoon brown sugar

DIRECTIONS:

1. Preheat oven to 350°F.
2. Pour fruit into a baking dish.
3. Sprinkle with 1 Tablespoon sugar.
4. In a separate bowl, combine flour, butter, cinnamon, brown sugar, and remaining 1 Tablespoon sugar.
5. Mix together until it starts to look like crumbs.
6. Sprinkle crumbs over fruit.
7. Bake for 15 minutes.

NOTES:

CRISPY RICE TREATS

INGREDIENTS:

¼ cup butter or margarine
5 cups CSFP crispy rice cereal
40 large marshmallows

DIRECTIONS:

1. Grease the bottom and sides of a baking pan.
2. In a saucepan, over low heat, melt butter or margarine.
3. Add marshmallows, stirring constantly until melted.
4. Remove from heat.
5. Quickly add cereal, stir until all pieces are evenly coated.
6. Press mixture into the prepared pan.
7. Cool and cut into squares.

NOTES:

PEANUT BUTTER OAT CAKE

INGREDIENTS:

1 ½ cups sugar, granulated
¾ cup shortening
¾ cup CSFP peanut butter
2 cups flour, all-purpose
3 eggs
1 Tablespoon baking powder
1 teaspoon salt
½ teaspoon cinnamon, ground
3 cups CSFP rolled oats, uncooked
2 ¼ cups CSFP shelf-stable milk (liquid)

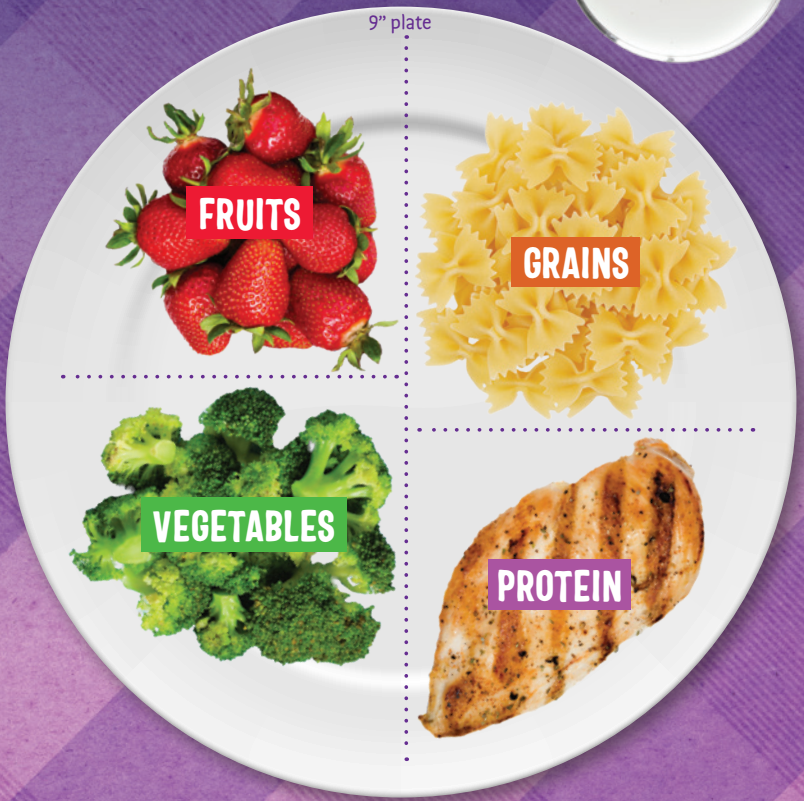
DIRECTIONS:

1. Preheat oven to 350°F.
2. In a bowl beat sugar, shortening and peanut butter together at medium speed until creamy and fluffy.
3. Sift together flour, eggs, baking powder, salt and cinnamon.
4. Add flour mixture, oats, and milk to creamed mixture in bowl. Beat at low speed just until blended, 1 minute.
5. Pour batter into a greased 14x18 inch pan.
6. Bake at 350°F for 20 to 25 minutes. Cool before serving.

NOTES:

PLAN YOUR PLATE





This handout and other resources and materials can be found at **alabamapublichealth.gov/npa.**

ALABAMA PUBLIC HEALTH

Tips for planning a healthy plate:

- Fill your plate with colorful foods for a diet rich in vitamins, minerals, antioxidants and fiber (which keeps you full longer and supports digestion).
- Make half your plate fruits and vegetables- aim for 5-9 servings of these each day.
- Limit sugar sweetened beverages such as soft drinks, fruit drinks, sports/energy drinks, and sweet tea, which offer no nutritional value. Drink water instead.
- Opt for whole fruit instead of juice. Eating an apple instead of drinking apple juice can satisfy hunger and thirst.
- Replace whole milk with 1% low fat or skim milk.
- Use herbs and spices in place of salt when cooking and eat fewer salty foods like bacon and potato chips. Rinse canned vegetables before cooking to reduce the amount of sodium.
- Replace refined grains like white rice and white bread with nutritious whole grains such as brown rice and whole wheat bread.
- Reduce calories by baking, grilling, boiling, steaming, or roasting foods instead of frying them.
- Incorporate veggies into every meal. Get creative at breakfast and try an egg sandwich with sauteed spinach, a veggie omelet, or avocado toast.
- Try fresh, frozen, or canned fruit in a yogurt parfait or topped with a dollop of whipped cream to help satisfy your sweet tooth!

Combination foods: Combination foods combine different components together. When choosing these, identify the different foods in the dish and think about where they would fit on the plate. For example, in a slice of pizza, the crust would be the carbohydrate, the tomato sauce, and any vegetable toppings would be the non-starchy vegetables, and the cheese and meat toppings would be the protein. Try to prepare portions the same way you normally would if the components were not combined. Examples include casserole type meals, stews, burrito, pizza, pot pie, pasta salad, soup, and chicken/tuna salad.

Beverages: Water is the best choice of drink because it has no calories. Other sugar free drink options include carbonated or mineral water, club soda, diet soft drinks, powder or liquid sugar free drink mixes, tea or coffee (unsweetened or with sugar substitute), sugar free tonic water, and sugar free flavored water.

Get active! Start by doing what you can and work your way up to 30 minutes of physical activity daily, with strength training twice a week.



Vegetables: Any vegetable or 100% vegetable juice counts. Vegetables may be raw or cooked; fresh, frozen, canned, or dried; and may be whole, cut-up, or mashed.

Examples: asparagus, broccoli, brussels sprouts, cabbage, carrots, cucumber, leafy greens (kale and collards), okra, onions, peppers. Starchy vegetables- squash, plantain, potato, pumpkin, yams. Beans and Legumes- black beans, kidney beans, pinto beans.

Fruits: Any fruit or 100% fruit juice counts. Fruits may be fresh, frozen, canned, or dried, and may be cut- up, pureed, or cooked. At least half of the recommended amount of fruit should come from whole fruit, rather than 100% fruit juice.

Examples: apple, apricot, banana, blueberries, cherries, grapes, fruit cocktail, oranges, strawberries, pear, satsuma, watermelon.

Dairy: Dairy products provide health benefits, especially building and maintaining strong bones. Foods in the dairy group provide calcium, potassium, vitamin D, and protein. Choose low-fat or fat-free options when available.

Examples: milk, yogurt, cheese, milk-based desserts (pudding, frozen yogurt, and ice cream). Plant-based Dairy Substitutes- non-dairy milk alternatives (soy, rice, oat, almond, coconut), non-dairy yogurt, non-dairy ice cream.

Grains: Any food made from wheat, rice, oats, cornmeal, or barley is a grain product. Choose 100% whole-grain cereals, breads, crackers, rice, and pasta when possible. Make at least half your grains whole grains.

Examples: whole grains- brown rice, oats/oatmeal, popcorn, quinoa, whole wheat bread, whole wheat pasta. Refined grains- grits, pancake, pasta, pizza crust, tortilla, white bread.

Protein: Lean proteins are lower in fat and saturated fat, making them a heart healthy choice.

Examples: low-fat cheese and low-fat cottage cheese, chicken, eggs, fish, shellfish, lean beef, lean pork, lean deli meats, turkey. Plant Based Sources of Protein- beans, lentils, field peas, hummus, falafel, nuts and nut butters, edamame, tofu and tempeh, plant based meat substitutes.

HEALTHY EATING TIPS FOR OLDER ADULTS

Make eating a social event
Enjoy meals with friends or family members as often as possible. Take advantage of technology to enjoy meals virtually with loved ones in different cities or states.

Drink plenty of liquids
You may not always feel thirsty when your body needs fluids, and that's why it's important to drink beverages throughout the day. Enjoy coffee and tea if you like, or some water, milk, or 100% juice.

Add a touch of spice
Limiting salt is important as you get older. Fresh and dried herbs and spices, such as basil, oregano, and parsley, add flavor without the salt.

Make the most of your good choices
Older adults need plenty of nutrients but fewer calories, so it's important to make every bite count. Foods that are full of vitamins and minerals are the best way to get what you need.

Be mindful of your nutrient needs
You may not be getting enough nutrients such as calcium, vitamin D, potassium, dietary fiber, vitamin B12, and protein. Read the Nutrition Facts label on packaged foods and also speak with your healthcare provider about possible supplements.

Keep food safe
Discard food if it has an "off" odor, flavor, or texture. Refer to the "use by" dates for a guide to freshness. Canned or frozen foods store well if shopping trips are difficult.

USING BEST BY AND EXPIRATION DATES

Phrase	Definition
Best By	Suggested date by when you should eat the food.
Best if Used-By and Use By	Suggested date for when the taste and quality of the food are at their peak. It is not a purchase or safety date.

Product	Past the Expiration Date/"Best By" Date
Applesauce	12-18 months
Canned Tuna	2-5 years
Capri Sun	12-18 months
Cereal	1 year
Chocolate	6 months
Condensed Milk	18-24 months
Condiments (except Mayonnaise)	1 year
Crackers	1 year
Croutons	5-6 months
Drink Powder	1 year
Dry Beans	1 year
Gatorade	6 months
Gelatin Cups	1 year
Graham Crackers	6-9 months
Grits (Dry)	1 year
Gummy Bears	3-6 months
Honey	2 years
Jell-O	1 year
Jelly/Jam	2 years

Oatmeal	1 year
Pancake Mix	1 year
Pasta (Dry)	1 year
Peanut Butter	2 years
Popcorn (Kernels)	1 year
Pop-Tarts	6-12 months
Powerade	6 months
Pudding Cups	1 year
Pudding Mix	6 months
Raisins	1 year
Rice	2 years
Spices	2 years
Stuffing (Dry)	1 year
Tomato Sauce	18-24 months

EATING HEALTHY ON A BUDGET

Plan, plan, plan
Plan your meals for the week based on your food budget and make a grocery list that includes staples and perishables. Save money by buying only what you need.

Compare similar products
Locate the "unit price" on the shelf sticker near the item price. Compare different brands and sizes for the best money-saving option.

Stretch your food dollars
Add beans and canned or frozen vegetables to bulk up your meals and make your food dollars go farther. You will reap the benefits of extra fiber, vitamins, and nutrients while feeling full.

Grow your own in your home
Grow herbs like basil and oregano inside your home for a fraction of the price. Small gardens can be grown on a windowsill or a kitchen counter.

Buy in bulk
Save money by buying larger quantities of foods that store well like whole grains, canned or dried beans, and frozen vegetables. Don't overbuy foods that you will throw out later.

Look for on-sale produce
Grocery stores rotate their sales and buying what is on sale is a great way to save money and get variety. Do the same with frozen and canned items.

MEAL PLANNING

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When planning meals, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

See what you have

Plan meals that use foods you already have. Look in your freezer, cabinets, and refrigerator, and be sure to check expiration dates.

Map out your meals

Write out the meals you plan to eat for the week and use it as a guide. Be sure to list beverages and snacks, too.

Find balance

Plan your meals so you eat from all five food groups—fruits, vegetables, grains, protein foods, and dairy or fortified soy products—every day. When planning, be aware of added sugars, saturated fat, and sodium by reading the Nutrition Facts label.

Think about your schedule

Prepare meals and sides—including whole grains, vegetables, and beans—on the weekends when you may have more time. This will help during busy weekdays.

Make a grocery list

Start by listing ingredients for the meals you plan to make and then cross off items you already have. Buying for the week can help you make fewer shopping trips.

Love your leftovers

Prepare enough of a dish to eat multiple times during the week or freeze some to enjoy later. Making leftovers part of your plan can save you time and money.

COOKING FOR ONE

At times cooking only for yourself can seem like a waste of time and energy. But your health is important and cooking for yourself is both empowering and can lead to a healthier lifestyle.

Learn how to make cooking for yourself worth it and empower yourself by taking control of your hobbies and nutrition. Here are some options to get you started.

1. Make cooking a hobby. Collect recipes or make your own.
2. Make a menu for the week and include leftovers.
3. Check out cookbooks from the library geared to smaller portions.
4. Prepare meals when you have the most energy.
5. Use a slow cooker or microwave to save time.
6. Exchange frozen leftovers with friends.
7. Try mini meals and snacks so you won't need to create a full meal.
8. Reduce the portion size of recipes. You don't have to give up on your favorite dishes because they make more food than you can eat.

The best part of cooking for one is you don't have to please anyone but yourself.

Adjusting a Recipe		
Recipe Calls for	**Halve it**	**Third it**
1 cup	½ cup	1/3 cup
¾ cup	6 Tablespoons	¼ cup
2/3 cup	1/3 cup	3 Tablespoons, 1 ½ tsp
½ cup	¼ cup	2 Tablespoons, 2 tsp
1/3 cup	2 Tablespoons, 2 tsp	1 Tablespoon, 1 ¼ tsp
¼ cup	2 Tablespoons	1 Tablespoon, 1 tsp
1 Tablespoon	1 ½ teaspoons	1 teaspoon
1 teaspoon	½ teaspoon	¼ teaspoon
½ teaspoon	¼ teaspoon	1/8 teaspoon
¼ teaspoon	1/8 teaspoon	Dash

COOKING DRY BEANS

CSFP dry beans such as great northern, kidney, and pinto are an excellent source of fiber and protein. Once drained, prepared beans can be stored in the freezer for up to six months. So why not prepare a lot once to use later? Store two cups of cooled beans in a labeled and dated freezer-safe zipper bag in the freezer. When ready to use, thaw in the fridge or a large bowl of warm water.

Overnight Soak Method:

Note: Make sure you use a large enough pot since beans expand to double or triple their size when soaked and cooked.

1. Place beans in a pot with water that covers them by 3 or more inches.
2. Leave overnight.
3. The next day drain the soaked beans; rinse them with clean water and drain again.
4. Add 3 cups of clean water for every 1 cup of dry beans.
5. Bring to a boil; once at a boil bring the heat to low and let simmer until tender for about 2 hours.
6. Drain the water and the beans are now ready to be used in a recipe that calls for cooked or canned beans.

Tip: For recipes with a long cooking time, like soups or baked beans, you can use the drained beans once they have soaked overnight, then follow directions in the recipe.

Quick Soak Method:

1. Place Beans in a pot with water that covers them by 3 or more inches.
2. Bring to a boil and boil for 2 minutes.
3. Turn off the heat and cover with a lid. Let the beans soak for an hour.
4. Drain the water and the beans are now ready to be used in a recipe that calls for cooked or canned beans.

COOKING RICE ON A STOVE

1. **Rinse** – rinsing the rice removes dust, dirt, and excess starch.
2. **Measure** – for most types of rice, use a ratio of 2:1, meaning 2 cups of water is required to cook 1 cup of dry, uncooked rice. This could vary depending on the type of rice, so be sure to check the package.
3. **Combine** – stir together the rice and water in a pot, cover, and turn the heat to high.
4. **Boil** – When the rice begins to boil, turn the heat down to low so that the water is simmering.
5. **Cook** – The cook time will vary depending on the type of rice you are cooking. In general, brown rice takes longer than white rice. Do not stir or remove the lid while the rice is cooking. Once all the water has evaporated, the rice is ready (use a see-through lid, if possible, to make it easier to tell when this happens without removing the lid).

HERBS AND SPICES

Salt is a seasoning that we all love to use in our food. It makes our food taste great! However, using too much salt can be harmful for our bodies by causing increased risk of blood pressure which increases the risk of heart disease and heart failure, stroke, and kidney damage. Here are a few ideas on what herbs and spices go well with what foods.

Foods	Seasoning to Use
Pasta	Basil, oregano, parsley, pepper, Italian seasoning blend
Beef	Bay leaves, marjoram, nutmeg, onion, pepper, sage, thyme
Lamb	Curry powder, garlic, rosemary, mint
Pork	Garlic, onion, sage, pepper, oregano
Chicken/ Poultry	Ginger, marjoram, oregano, paprika, poultry seasoning, rosemary, sage, tarragon, thyme
Fish	Curry powder, dill, dry mustard, marjoram, paprika, pepper
Carrots	Cinnamon, cloves, dill, ginger, marjoram, nutmeg, rosemary, sage
Corn	Cumin, curry powder, onion, paprika, parsley
Green Beans	Dill, curry powder, onion, paprika, parsley
Potatoes	Dill, garlic, onion, paprika, parsley, sage, cayenne pepper
Summer Squash	Cloves, curry powder, marjoram, nutmeg, rosemary, sage
Tomatoes	Basil, bay leaves, dill, marjoram, onion, oregano, parsley, pepper

FOOD ACCESS RESOURCES

If you or someone you know needs help with having enough food for an active, healthy life, these resources may be able to help.

SNAP - The purpose of the Supplemental Nutrition Assistance Program (SNAP) is to end hunger and improve nutrition by providing monthly benefits to help eligible low-income households buy the food needed for good health. Call 1-866-465-2285 or visit mydhr.alabama.gov for more information.

WIC Program - Women, Infants, and Children (WIC) is a supplemental nutrition program for pregnant women, breastfeeding women, women who had a baby within the last 6 months, infants, and children under the age of 5. To find out more about the WIC program and see if you are eligible to participate, download the free "Alabama WIC" app in your app store, call 1-888-942-4673, or visit alabamapublichealth.gov/wic.

Elderly Nutrition Program - The Elderly Nutrition Program (ENP) provides seniors with nutritious meals and the opportunity to be active while also building new friendships. In some areas, a meal delivery program is also available for homebound seniors who qualify. There is no charge for the meal. Find out more at AlabamaAgeline.gov/elderly-nutrition-program or call 1-800-AGE-LINE (243-5463) to sign up.

Senior Farmers Market Nutrition Program - The Senior Farmers Market Nutrition Program (SFMNP) provides eligible seniors with a $50 benefit card to purchase fresh fruits and vegetables from certified farmers at farmers markets and farm stands in the State of Alabama. Applications open around mid-January each year and close after the maximum number of participants is reached (which varies depending on funding). Applicants must reapply online every year at agi.alabama.gov/farmersmarket.

Double Up Food Bucks Alabama - Double Up Food Bucks Alabama allows SNAP participants to stretch their SNAP dollars even further when purchasing fresh fruits and vegetables. SNAP participants get an additional dollar in fresh fruits and vegetables for every dollar they spend on these items with their SNAP benefits at participating locations, up to $20 per day. Visit hsi.auburn.edu/au-dufb to learn more and see participating sites near you.

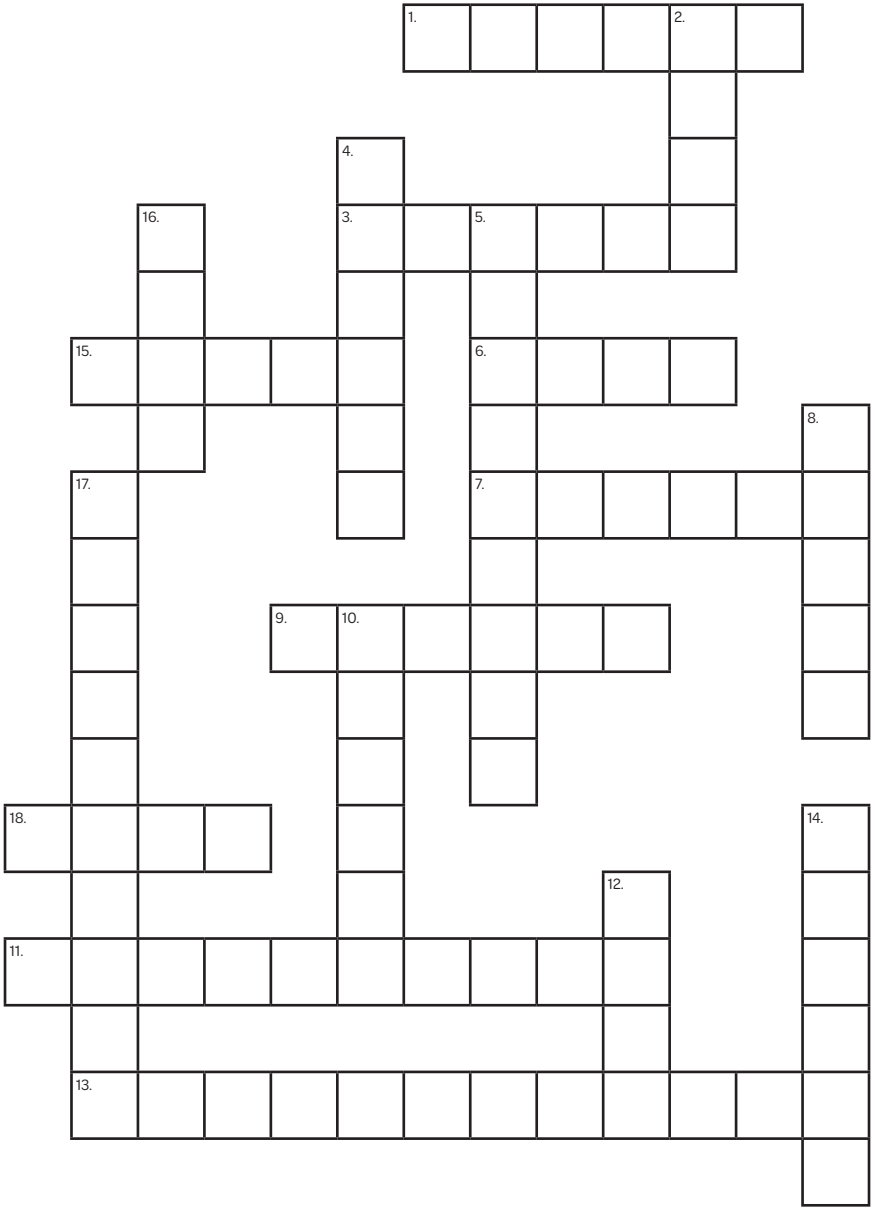
+Add Milk! - For every dollar of SNAP benefits a participant uses to purchase healthy fluid milk (skim and 1%) at a participating retailer, +Add Milk! provides a dollar in additional SNAP items. Visit hsi.auburn.edu/au-addmilk to learn more and see participating sites.

Alabama Child Nutrition Program - The Alabama Child Nutrition Program (CNP) provides nutritious meals to children, and in some cases their families and the community, often at no or low cost. Check with your local school district to find out what resources are available in your area. For summer meal site locations, visit fns.usda.gov/summer/sitefinder or check with your school district.

Food Pantries - Food pantries provide free perishable and non-perishable items, including dairy products like milk and cheese, fruits, vegetables, bread, canned goods, and frozen meats. The process for picking up food varies, some have a supermarket style of atmosphere, while others provide pre-loaded boxes. Visit 211connectsalabama.org/food-pantries to find a food pantry near you.

Interactive Food Assistance Map - Child hunger is one of Alabama's biggest problems, with 1 in 4 children unsure where their next meal will come from. Students facing food insecurity could be 2 years behind their classmates and hunger makes children twice as likely to get sick. To find food assistance resources near you, visit hsi.auburn.edu/alabama-food-map.php.

CROSSWORD PUZZLE



Across

1. The fruit group includes fresh, frozen,_____ and dried fruit
3. Gala, Granny Smith, and Golden Delicious are types of _____
6. These are a great source of protein, healthy fats, fiber, vitamins, and minerals
7. Staying _____ can help improve strength, health, mood, and independence
9. This fruit grows in bunches on vines
11. The smallest of the tangerines
13. The only fruit with seeds on the outside
15. Drinking _____ helps keep you hydrated
18. A leafy-green vegetable that is rich in Vitamins A, C, and K

Down

2. _____ are high in protein and can be scrambled, fried, hard-boiled, or poached
4. A root vegetable that is rich in beta-carotene
5. A fruit that can take two years to grow
8. Honeydew and cantaloupe are types of these
10. A grape that has been dried in the sun
12. This fruit is part of the apple family and ripens from the inside out
14. Spaghetti, acorn, and butternut are types of _____
16 A vegetable that grows in pods
17. Broccoli, carrots, and green beans are examples of _____

WORD SEARCH

S P I N A C H N A A D S O

Q A E C M C L O N K G N R

U P W A G R V A M T R T A

A A Y R F A N O L U A W N

S Y E R I A Y T E R P F G

H A A O B I A P P L E L E

L U R T K H D C K E S Y C

P E A S G A S D I Y Y R D

E R R F I P E P W N C E P

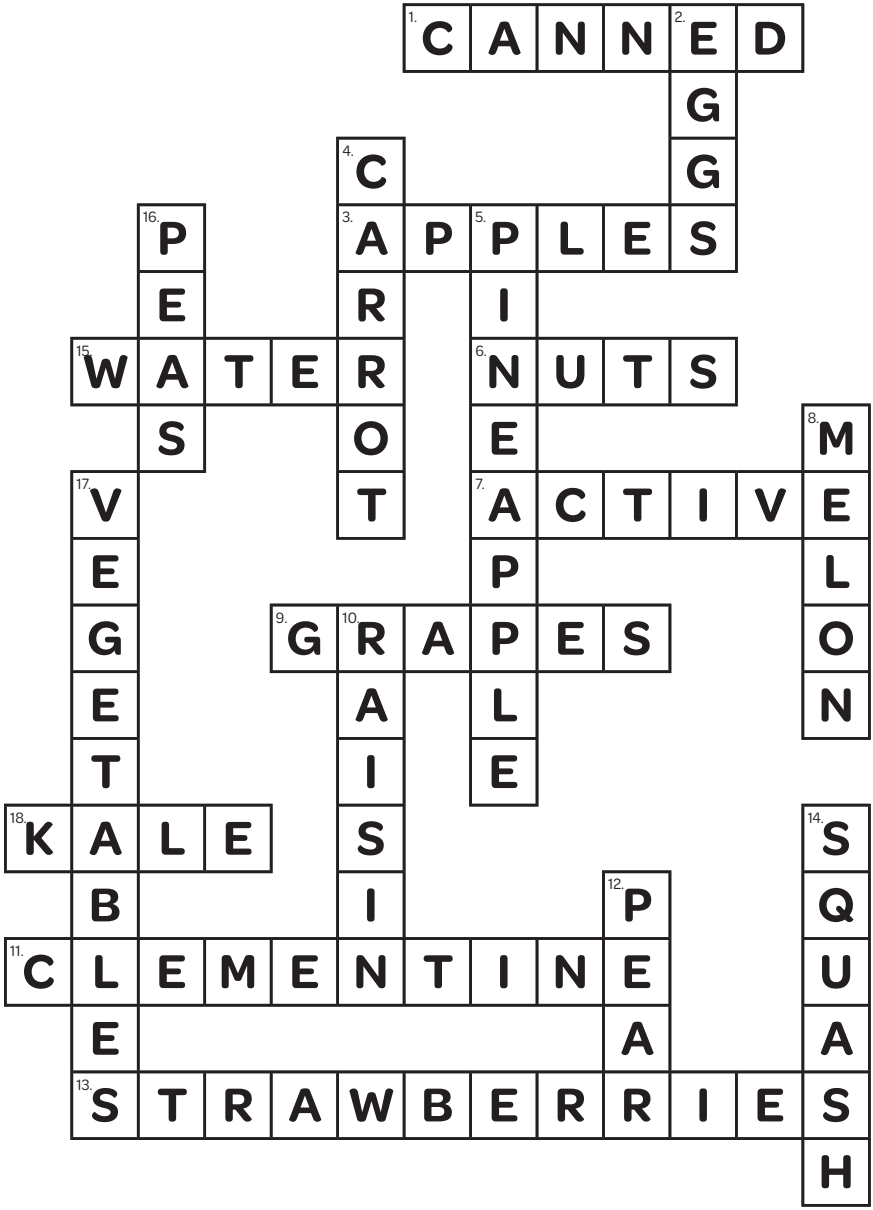
A B R O C C O L I H I L L

R F I C N D L L S A P E L

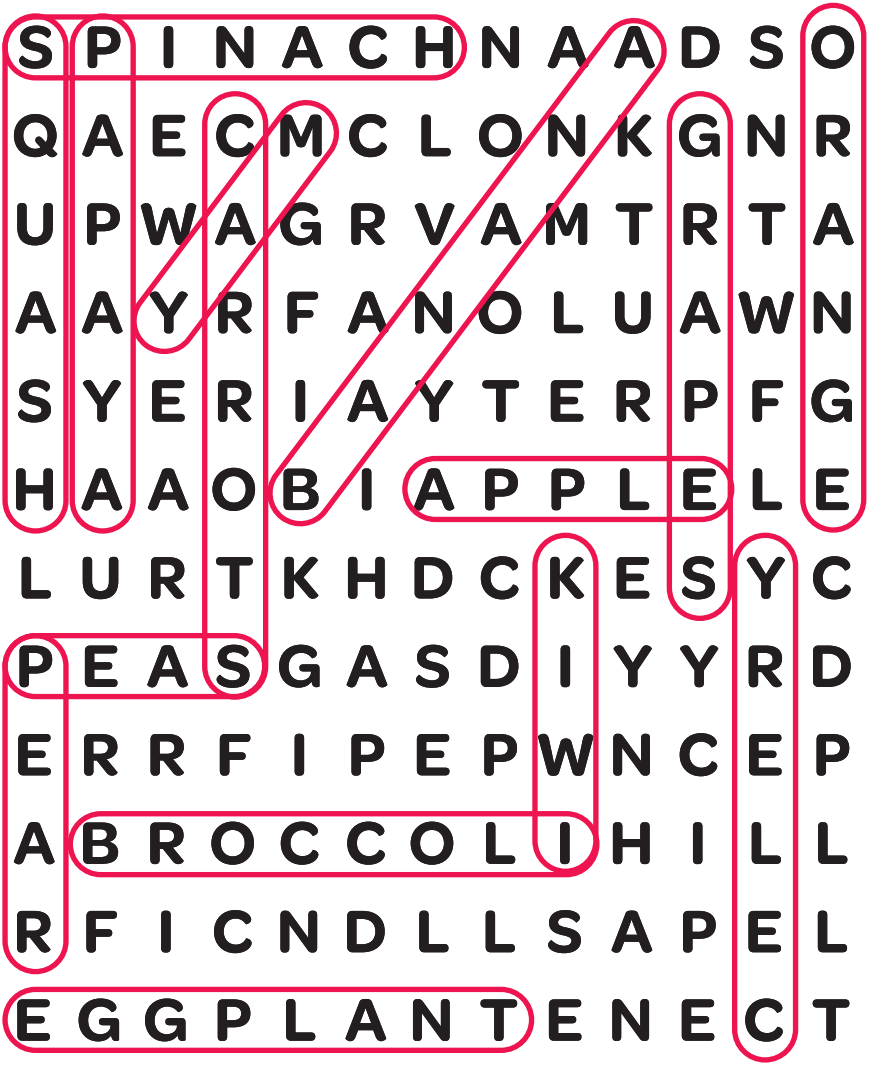
E G G P L A N T E N E C T

Carrots	Peas	Broccoli	Spinach	Orange
Kiwi	Celery	Banana	Grapes	Pear
Yam	Apple	Papaya	Eggplant	Squash

ANSWER KEY


1. CANNED
2. EGGS
3. APPLES
4. CARROT
5. PINE
6. NUTS
7. ACTIVE
8. MELON
9. GRAPES
10. RAISIN
11. CLEMENTINE
12. PEAR
13. STRAWBERRIES
14. SQUASH
15. WATER
16. PEAS
17. VEGETABLES
18. KALE

ANSWER KEY



Carrots	Peas	Broccoli	Spinach	Orange
Kiwi	Celery	Banana	Grapes	Pear
Yam	Apple	Papaya	Eggplant	Squash

RECIPES BY FOOD ITEM

Wondering how to use an item you received in your CSFP box? Check out this list of common CSFP items and coordinating recipes for ideas.

Apple Juice

Fruit Punch 25
Fizzy Fruit Juices 26
Warm Spiced Cider Punch 28

Applesauce

Applesauce Cookies 78
Using Best By and Expiration Dates 88

Apricot Halves

Dried Apricot Yogurt Parfait 10
Apricot Bread Pudding 80
Fruit Cobbler 81

Beans, Green

Vegetable Beef Soup 33
Cold Green Bean Salad 40
Eggstraordinary Rice 45
Oven Dinner 63
Shepherds Pie 71
Herbs and Spices 97

Beans, Great Northern

Vegetable Beef Soup 33
Cooking Dry Beans 94

Beans, Kidney

Vegetable Beef Soup 33
Homemade Chili 36
Southwestern Pork Salad 41
Beans and Rice Burritos 68
Cooking Dry Beans 94

Beans, Pinto
Vegetable Beef Soup 33
Cooking Dry Beans 94

Beans, Vegetarian
Nacho Party Dip 17
Baked Bean Soup 35

Beef
Tasty Taco Dip 18
Hot Beef Cheese Dip 20
Taco Soup 31
Vegetable Beef Soup 33
Homemade Chili 36
Mixed-Up Macaroni 60
Oven Dinner 63
Oat Flour Meatballs 67
Shepherds Pie 71
Quick and Easy Goulash 72
Herbs and Spices 97

Beef Chili without Beans
Cheesy Beef and Macaroni 58

Beef Stew
Beef Stew and Rice 57

Carrots
Vegetable Beef Soup 33
Spinach Soup 34
Eggstraordinary Rice 45
Peas and Carrots 47
Garlic Butter Carrots 48
Oven Dinner 63
Herbs and Spices 97

Cereal, Rice Crisp
Crispy Rice Treats 82

Cheese
Nacho Party Dip..... 17
Tasty Taco Dip 18
Cheese Sauce..... 19
Hot Beef Cheese Dip..... 20
Easy Chicken and Cheese Dip..... 22
Taco Soup 31
Southwestern Pork Salad 41
Cheesy Polenta..... 54
Cheesy Beef and Macaroni..... 58
Vegetable Noodles..... 59
Mixed-Up Macaroni..... 60
Beans and Rice Burritos..... 68
Chicken Tostadas..... 69
Quick and Easy Goulash..... 72

Chicken, Canned
Easy Chicken and Cheese Dip..... 22
Chicken Tostadas..... 69
Chicken and Rice Casserole 73
Herbs and Spices 97

Corn, Whole Kernel
Tasty Taco Dip 18
Taco Soup 31
Vegetable Beef Soup 33
Black Bean and Corn Salad 39
Picnic Pasta Salad..... 42
Eggstraordinary Rice..... 45
Crock Pot Beans 46
Oven Dinner 63
Chicken Tostadas..... 69
Herbs and Spices 97

CranApple Juice
CranApple and Fruit Breakfast Smoothie 23
Fizzy Fruit Juices 26

Grape Juice
Fruit Punch 25
Fizzy Fruit Juices 26

Lentils
Spinach Soup 34
Easy Lentils 52

Milk, Instant Dry
Pancakes 9
Hot Chocolate 27
Mixed-Up Macaroni 60
Shepherds Pie 71
Peach Smoothie Pops 76

Milk, Shelf-Stable (Liquid)
Overnight Oats 12
Overnight Oatmeal 13
Cheese Sauce 19
Yummy Summer Cooler 24
Creamy Tomato Soup 32
Cheesy Beef and Macaroni 58
Oat Flour Meatballs 67
Apricot Bread Pudding 80
Peanut Butter Oat Cake 83

Mixed Fruit
Southwest Fruit Salsa 21
CranApple and Fruit Breakfast Smoothie 23
Easy Fruit Salad 38
Fruit Cobbler 81

Mixed Vegetables

Vegetable Noodles 59
Mixed-Up Macaroni 60
Chicken and Rice Casserole 73

Oats, Rolled

Overnight Oats 12
Overnight Oatmeal 13
Energy Bites 14
No Bake Granola Bars 15
Oat Flour Meatballs 67
Baked Pears 77
Applesauce Cookies 78
Peanut Butter Oatmeal Raisin Cookies 79
Peanut Butter Oat Cake 83

Orange Juice

Microwave Breakfast Cobbler 11
Yummy Summer Cooler 24
Fruit Punch 25
Fizzy Fruit Juices 26
Warm Spiced Cider Punch 28
Citrus Marinated Chicken 70

Pasta

Cheese Sauce 19
Vegetable Beef Soup 33
Picnic Pasta Salad 42
Cheesy Beef and Macaroni 58
Vegetable Noodles 59
Mixed-Up Macaroni 60
Tomato Basil Pasta 62
Quick and Easy Goulash 72

Peaches
Microwave Breakfast Cobbler 11
CranApple and Fruit Breakfast Smoothie 23
Peach Salad 37
Peach Smoothie Pops 76
Fruit Cobbler 81

Peanut butter
Energy Bites 14
No Bake Granola Bars 15
Peanut Butter Oatmeal Raisin Cookies 79
Peanut Butter Oat Cake 83
Using Best By and Expiration Dates 88

Pears
Microwave Breakfast Cobbler 11
CranApple and Fruit Breakfast Smoothie 23
Baked Pears 77
Fruit Cobbler 81

Peas
Vegetable Beef Soup 33
Picnic Pasta Salad 42
Eggstraordinary Rice 45
Peas and Carrots 47
Oven Dinner 63
Shepherds Pie 71

Plums (only canned)
Overnight Oatmeal 13
CranApple and Fruit Breakfast Smoothie 23
Peach Smoothie Pops 76
Fruit Cobbler 81

Potatoes, Canned
Vegetable Beef Soup 33
Eggstraordinary Rice 45
Peas and Carrots 47
Oven Dinner 63
Herbs and Spices 97

Rice
Lemon Brown Rice 53
Beef Stew and Rice 57
Stuffed Bell Peppers 61
Beans and Rice Burritos 68
Citrus Marinated Chicken 70
Chicken and Rice Casserole 73
Using Best By and Expiration Dates 88
Cooking Rice on a Stove 96

Salmon, Pink
Seared Salmon Cakes 66

Spaghetti Sauce
Vegetable Noodles 59
Shepherds Pie 71
Quick and Easy Goulash 72

Spinach
Spinach Soup 34
Tomato Basil Pasta 62

Tomato Juice
Taco Soup 31
Creamy Tomato Soup 32
Vegetable Beef Soup 33

Tomatoes, Diced
Nacho Party Dip....17
Tasty Taco Dip....18
Taco Soup....31
Vegetable Beef Soup....33
Homemade Chili....36
Southwestern Pork Salad....41
Stuffed Bell Peppers....61
Tomato Basil Pasta....62
Chicken Tostadas....69
Shepherds Pie....71

Tuna, Canned
Tuna and Quinoa....64
Tuna Cakes....65

Vegetables, Mixed
Mixed-Up Macaroni....60
Chicken and Rice Casserole....73

The information and recipes in this cookbook were sourced from a variety of resources, including:

Commodity Supplemental Food Program – U.S. Department of Agriculture

Commodity Supplemental Food Program My Plate Cookbook – Arizona Department of Health Services

Outside the Box – Utah Food Bank

Stockbox Cookbook – State of Wisconsin Department of Health Services

MyPlate – U.S. Department of Agriculture

If you need help accessing nutritious foods, visit alabamapublichealth.gov/npa/food-access.html or check with your local food bank for resources that may be able to help.

Food Bank of North Alabama
Serving Colbert, Cullman, DeKalb, Franklin, Jackson, Lauderdale, Lawrence, Limestone, Madison, Marshall, and Morgan Counties.
Visit foodbanknorthal.org or call 256-539-2265

Community Food Bank of Central Alabama
Serving Blount, Calhoun, Cherokee, Clay, Cleburne, Etowah, Jefferson, Shelby, St. Clair, Talladega, Walker, and Winston Counties.
Visit feedingal.org or call 205-942-8911

West Alabama Food Bank
Serving Bibb, Fayette, Greene, Hale, Lamar, Marion, Pickens, Sumter, and Tuscaloosa Counties.
Visit westalabamafoodbank.org or call 205-333-5353

Food Bank of East Alabama
Serving Chambers, Lee, Macon, Randolph, Russell, and Tallapoosa Counties.
Visit facebook.com/FoodBankEastAL or call 334-821-9006

Heart of Alabama Food Bank
Serving Autauga, Bullock, Butler, Chilton, Coosa, Crenshaw, Elmore, Lowndes, Montgomery, and Pike Counties.
Visit hafb.org or call 334-263-3784

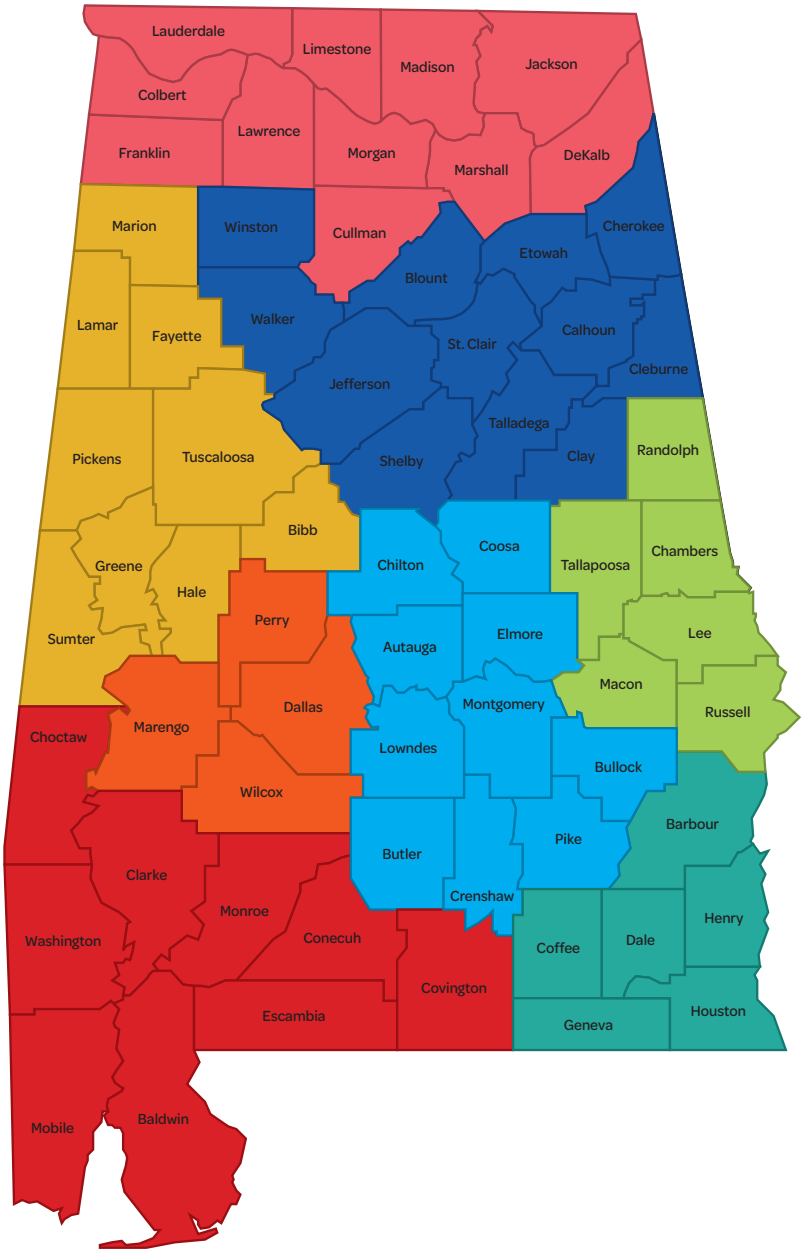
Selma Area Food Bank
Serving Dallas, Marengo, Perry, and Wilcox Counties.
Visit selmafoodbank.com or call 334-872-4111

Feeding the Gulf Coast
Serving Baldwin, Choctaw, Clarke, Conecuh, Covington, Escambia, Mobile, Monroe, and Washington Counties.
Visit feedingthegulfcoast.org or call 251-653-1617

Wiregrass Area Food Bank

Serving Barbour, Coffee, Dale, Geneva, Henry, and Houston Counties.

Visit wiregrassfoodbank.com or call 334-794-6941













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