

## Check out these great recipes!

----- Side 1 Cut Out Below -----

### **Veggie Bean Wrap**

Serving Size: 1 wrap Yield: 4

#### **Ingredients:**

2 seeded and chopped green or red bell peppers	
1 peeled and sliced onion	1 lime, juiced
1 can (15 ounce) drained and rinsed black beans, 50% less salt	1/2 cup chopped fresh cilantro
2 chopped mangos	1 peeled and diced avocado
	4 - 10 inch flour tortillas, fat free

#### **Instructions:**

1. In a nonstick pan, saute bell peppers and onion for 5 minutes over medium heat. Add beans, stir well. Reduce heat to low and simmer about 5 minutes.
2. In a small bowl, combine mangos, lime juice, cilantro, and avocado. Reserve 1/2 mixture for topping.

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### **Veggie Bean Wrap (continued)**

3. Fill warmed tortillas with 1/4 bean mixture and 1/4 mango mixture.
4. Fold ends of the tortillas over. Roll up to make wraps. Top veggie bean wraps with remaining mango mixture.

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## **Fruit Smoothie**

Serving Size: 1/2 of recipe   Yield: 2

### **Ingredients:**

1 large banana	1 small carton (8 ounces) vanilla yogurt
1 cup fresh peaches or strawberries	1/2 cup fruit juice

### **Instructions:**

1. Put all ingredients in a blender.
2. Blend on high until smooth.
3. Pour into 2 glasses. Serve right away.

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## **Fresh Fruit with Cinnamon Yogurt Dip**

Serving Size: 1/4 of recipe Yield: 4

### **Ingredients:**

1 apple	
1 orange	1 cup vanilla yogurt
1/4 cup orange juice	1/2 teaspoon cinnamon

### **Instructions:**

1. Core and slice the apple.
2. Slice banana into thin circles.
3. Peel the orange and break it into sections.
4. Pour the orange juice into a small bowl.
5. Dip the fruit pieces into the orange juice to prevent browning.
6. Arrange on a plate.
7. Mix the yogurt and cinnamon in a small bowl.

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## **Fresh Fruit with Cinnamon Yogurt Dip (continued)**

8. Put the bowl of yogurt and cinnamon next to the fruit. Use it as a dip for the fruit.

**Note:** Try making this with other favorite fruits.

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## English Muffin Veggie Pizza

Serving Size: 2 pizzas (each made from 1/2 English muffin) Yield: 4

### Ingredients:

1 cup cooked chopped broccoli	1/2 cup mozzarella cheese, shredded, part skim
4 whole (8 halves) English muffins	3 Tablespoons shredded carrots
1 cup pizza sauce (or spaghetti sauce)	1 teaspoon grated parmesan cheese

### Instructions:

1. Cut the broccoli to make 1 cup of chopped broccoli.
2. Put the broccoli in a saucepan with water. Cook on medium until tender.
3. Drain the water from the saucepan. Let the broccoli cool.
4. Cut 4 English muffins in half. Toast the 8 muffin halves.
5. Shred the mozzarella cheese to make 1/2 cup of shredded cheese.
6. Peel and shred the carrots to make 3 tablespoons shredded carrots.

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## English Muffin Veggie Pizza (continued)

7. Spoon 2 tablespoons pizza sauce over each English muffin half.
8. Sprinkle 1 tablespoon shredded mozzarella cheese on top of each half.
9. Put 2 tablespoons broccoli and 1 teaspoon shredded carrots on top of each half.
10. Sprinkle each half with 1 teaspoon grated parmesan cheese.
11. Toast in the toaster oven for 2 minutes, until the cheese melts.

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## Turkey Salad with Orange Vinaigrette

Serving Size: 1 1/2 cup Yield: 4

### Ingredients:

1/4 cup orange juice	2 teaspoons Dijon mustard
2 Tablespoons vinegar, white wine	4 cups torn salad greens
2 Tablespoons finely chopped onion	2 cups cooked turkey breast - cut into julienne strips
1/4 teaspoon salt	1 can (11 ounce) drained mandarin orange segments
dash of pepper	1/2 cup sliced celery
1 Tablespoon oil	

### Instructions:

1. In a jar with tight-fitting lid, combine all vinaigrette ingredients shake well. If you don't have a container with a tight-fitting lid, place ingredients in a small mixing bowl and mix together with a whisk.
2. In large bowl, combine all salad ingredients

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## Turkey Salad with Orange Vinaigrette (continued)

toss gently.

3. Serve with vinaigrette. If desired, garnish with fresh strawberries.

**Note:** You can substitute 1 1/2 teaspoons dried chopped onion for the chopped fresh onion or a as recommended on the dried onion container. Prepare the dressing at least 10 minutes before you need it to allow the dried onion to rehydrate from the fluids in the dressing.

Use white meat leftovers if you've prepared a whole turkey and not just the breast portion.

Another way to add crunch to your salad would be to use 4 tablespoons chopped walnuts instead of the celery.

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## Quick Skillet Lasagna

Serving Size: 1 cup Yield: 7

### Ingredients:

1/2 cup chopped onion	
1/2 pound ground beef	1 1/2 cups water
1 can (16 ounce) tomatoes	1 teaspoon garlic powder (optional)
1 can (6 ounce) tomato paste	2 cups cooked egg noodles 3/4 cup cottage cheese, lowfat
1 Tablespoon fresh parsley (optional)	1/4 cup parmesan cheese

### Instructions:

1. Chop onion. Cook beef and onion, in the frying pan until beef is brown and onion is tender. Drain off excess fat.
2. Add tomatoes, tomato paste, parsley, water, and garlic powder to the beef mixture. Bring to a boil and simmer until sauce is thick, about 25 minutes.

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## Quick Skillet Lasagna (continued)

3. Cook noodles in the saucepan according to package directions. Drain.
4. Add cooked, drained noodles to the beef mixture. Stir to prevent sticking.
5. Mix cheeses and drop by spoonfuls into the frying pan.
6. Cover and heat over low heat about 5 minutes. Refrigerate leftovers.

**Notes:** To decrease fat and cholesterol, omit the beef and add vegetables such as broccoli or zucchini to the sauce.

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