

# Neighbors Helping Neighbors


 [digitalresearch.bsu.edu/immersive-learning-showcase-2021/exhibits/show/neighbors-helping-neighbors](https://digitalresearch.bsu.edu/immersive-learning-showcase-2021/exhibits/show/neighbors-helping-neighbors)



Watch Video At: <https://youtu.be/-ODtXz7X7gg>

To sensitize students to the depth and breadth of food insecurity in our community, senior dietetics students volunteered at several Tailgate events to see firsthand the 'faces of hunger' in our community. There, in the freezing cold of January and February, they helped load box after box of food into people's cars. Next, each student chose two healthy, simple recipes -- one that used a frequently distributed food item from the tailgate and one that included a plant-based protein source. The students made videos that demonstrated how to prepare the recipe, created a recipe sheet that included the cost and a fun nutrition fact, and created a coloring page, word search, cross word puzzle, etc., to provide a bit of nutrition education. The materials will be placed on the Second Harvest Facebook page for easy access. Throughout the experience, the students were exposed to resources they can use as dietitians when they work with food insecure individuals and families wherever they live and work.

# Project Overview with Hyperlinks to Videos and Recipes

 [digitalresearch.bsu.edu/immersive-learning-showcase-2021/exhibits/show/neighbors-helping-neighbors/project-overview-with-hyperlin](https://digitalresearch.bsu.edu/immersive-learning-showcase-2021/exhibits/show/neighbors-helping-neighbors/project-overview-with-hyperlin)



NUTR 456 Community Nutrition Class Photo

## **Neighbors Helping Neighbors: Recipe Bank Demonstration Videos Using Products Distributed at Second Harvest Tailgate Food Distribution Events**

### **Class:**

NUTR 456 Community Nutrition

### **Instructor:**

Carol Friesen, PhD, RDN, Professor of Nutrition

### **Students:**

Kara Beitler, Katelin Berebitsky, Brianna Caldwell, Cecilia Collins, Kelsie Coomer, Mark Feliciano, Andrea Garcia, Danielle Hoover, Jude Johannson, Tasha Lane, Lexi Meacham, Brittney Richwine, Brendan Rollin, Dylan Spina, Alexandrah Transier, Kara Tripp, Joe Van

Hoosen

**Community Partner:**

Second Harvest Food Bank of East Central Indiana

- Kellie Arrowood, Volunteer Coordinator
- Jackson Eflin, Marketing Coordinator

**Problem:**

In the United States, an estimated 1 in 9 people (11.1%) are food insecure and struggle with hunger. In Delaware County, however, the rate is much higher, with an estimated 1 in 6 people (17.7%) being food insecure. Delaware County has one of the highest rates of food insecurity in the state. The impact of COVID-19 exacerbated the situation through the spike in unemployment and as a consequence of the lockdown that resulted in the loss of school breakfast, school lunch, and after-school snacks/meals.

To address the issue of hunger in Delaware County, Second Harvest Food Bank of East Central Indiana, our community partner, distributes food through a "Tailgate" event, a drive-through program that meets people at a central location (i.e., a mall parking lot, a sports arena, a school, a business) in their community. Local volunteers help load the participants' cars with various foodstuffs as they drive through. Unlike most food pantries where people can choose the food they receive, during the tailgate events people typically are given large quantities of a few specific food items (i.e., 20# of potatoes, 6 gallons of milk, 10 heads of lettuce). Unfortunately, when people do not know what to do with a specific item of food because it is unfamiliar to them or because they have too much of any one food at one time, the food is wasted. Thus, a need was identified by Second Harvest staff to develop a 'recipe bank' that includes easy to read recipes, the cost for each recipe, a fun nutrition fact, and a short video that demonstrates how to make the recipe, as many residents lack even rudimentary cooking skills.

**Outcome:**

To sensitize the students to the depth and breadth of food insecurity in our community, the senior dietetics students enrolled in this course first volunteered at several Tailgate events to see firsthand the 'faces of hunger' in our community. There, in the freezing cold of January and February, they helped load box after box of food into people's cars. Next, after receiving a list of the most frequently distributed foodstuffs at the tailgate events, each student was asked to select two healthy, simple recipes—one that included a frequently distributed food item from the tailgate and one that included a plant-based protein source (i.e., dried pea or beans, legumes, rice) and create a short video that demonstrated how to prepare the recipe. The students then created a recipe sheet that included the recipe, the cost per recipe/serving, and a fun nutrition fact. Lastly, they created or identified a corresponding "nutrition worksheet" (i.e., coloring page, word search, cross word puzzle, etc.) to that could be used by


anyone in the household to provide a bit of nutrition education. The videos and the accompanying recipe sheet and handouts will be placed on the Second Harvest Facebook page and website for anyone to access. In addition, through course lecture and assignments, the students will be exposed to key resources that they can use in their professional future as dietitians to understand the prevalence of food insecurity and to identify where they can refer their patients in need in whatever communities they ultimately live and work.

**Links to Class Projects:**

- Link to Recipe Videos [Recipe Video Link](#)
- Link to Recipes [Recipe Sheets](#)
- Link to Handouts [Educational Handouts](#)

[Recipe and Handout Material Example →](#)  
Overview

# Recipe Videos and Ancillary Handouts

 [digitalresearch.bsu.edu/immersive-learning-showcase-2021/exhibits/show/neighbors-helping-neighbors/recipe-videos-and-ancillary-ha](https://digitalresearch.bsu.edu/immersive-learning-showcase-2021/exhibits/show/neighbors-helping-neighbors/recipe-videos-and-ancillary-ha)

## Handout Examples

Handout 1

**Ingredients**

- 2 cups Fresh Basil Leaves (packed)
- 1/2 cup Olive Oil
- 1/2 cup Parmesan or Romano Cheese
- 1/2 cup Walnuts
- 3 Garlic Cloves Minced (2 tsp. minced garlic)
- 1/2 teaspoon Salt
- 1/8 teaspoon Pepper

**Instructions**

- Place all ingredients into food processor
- Pulse processor 2 times (10-15 seconds)
- Use spatula to stir and scrape sides
- Repeat this process until desired consistency
- Garnish with a sprinkle of Parmesan or Romano Cheese and serve
- Or add to your favorite recipe

Recipe credit from: <https://www.mediterraneanliving.com/recipes/basil-pesto/>

Handout 2

**Ingredients**

- 2 lbs. Chicken Breast (about 2 to 4 breasts)
- 1 Cup Fresh Peas ([click here for fresh peas recipe](#))
- 4-6 small to medium tomatoes
- Salt and Pepper to taste

**Instructions**

- Preheat oven to 375°
- Line baking dish with foil or parchment paper
- Cover each breast with 2 to 3 tablespoons
- Make sure to cover the whole breast
- Place chicken in baking dish and bake for 30 minutes
- Place tomatoes around chicken breasts and herbs to roast
- Cook for another 30 minutes or until chicken is cooked to temp

Recipe credit from: <https://www.thefairyprint.com/2015/04/roast-chicken-peas-tomatoes/>

 Find and circle each of the words from the list below. Words may appear horizontally or vertically, but forward only.

|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| N | C | P | U | E | X | R | A | A | U | N | F |
| H | I | U | T | M | A | P | V | C | H | Y | N |
| T | I | B | R | O | C | C | O | L | I | A | P |
| P | E | P | P | E | R | S | C | C | I | W | E |
| B | A | S | I | L | N | W | A | A | L | E | A |
| B | E | E | T | R | A | J | D | R | U | S |   |
| C | O | R | N | M | Z | G | O | R | J | N | D |
| F | U | A | T | O | M | A | T | O | E | S | U |
| O | N | I | O | N | A | I | D | T | L | P | D |
| N | Y | G | I | C | U | C | U | M | B | E | R |

peppers carrot broccoli onion  
tomatoes cucumber avocado  
onion basil basil onion

|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| S | O | D | C | B | A | S | I | L | H | L |   |
| P | N | B | A | A | V | O | C | A | D | O | E |
| I | I | C | R | L | B | E | E | T | V | D | T |
| N | O | O | R | E | Q | P | E | A | S | E | T |
| A | N | R | O | C | T | O | M | A | T | O | U |
| C | Z | N | T | Z | N | P | J | Q | P | S | C |
| H | M | C | U | C | U | M | B | E | R | J | E |
| P | E | P | P | E | R | S | V | Z | N | N | H |

Find the following words in the puzzle.  
 Words are hidden → and ↕ .

- |         |          |         |
|---------|----------|---------|
| AVOCADO | CUCUMBER | PEPPERS |
| BASIL   | KALE     | SPINACH |
| BEET    | LETTUCE  | TOMATO  |
| CARROT  | ONION    |         |
| CORN    | PEAS     |         |

# Pesto Chicken with Roasted Tomatoes

Servings 4

## Ingredients

- 2 lbs. Chicken Breast (about 3 to 4 breasts)
- 1 Cup Fresh Pesto ([click here for fresh pesto recipe](#))
- 6-8 small to medium tomatoes
- Salt and Pepper to taste

Total Price: ~ \$5.52

Breakdown:

Pesto - \$1.74 with Basil from Second Harvest

Chicken - \$3.78

Tomatoes from Second Harvest

Prices change per store.

## Instructions

1. Preheat oven to 350°
2. Line baking dish with foil or parchment paper
3. Cover each breast with 2 to 3 tablespoons

Make sure to cover the whole breast

4. Place chicken in baking dish and bake for 30 minutes
5. Slice tomatoes into quarters
6. Place tomatoes around chicken breasts and return to oven
7. Cook for another 20 minutes or until chicken is cooked to 165°

Cut the chicken into smaller pieces to make kid friendly portions

Add Green peppers, mushrooms, or your other favorite veggie to roast

Sprinkle with your favorite shredded cheese to serve

Recipe modified from:

<https://cafedelites.com/2-ingredient-pesto-chicken-recipe/>

# Pesto Recipe

 digitalresearch.bsu.edu/immersive-learning-showcase-2021/exhibits/show/neighbors-helping-neighbors/item/336

## Fresh Pesto

Yields 1cup

### Ingredients

- 2 cups Fresh Basil Leaves (packed)
- 1/2 cup Olive Oil
- 1/2 cup Parmesan or Romano Cheese
- 1/3 cup Walnuts
- 3 Garlic Cloves Minced (2 tsp. minced garlic)
- 1/4 teaspoon Salt
- 1/8 teaspoon Pepper

Total Price: ~ \$1.74 - \$5.73

Breakdown:

Basil from Second Harvest or

Basil from store - \$3.99

Olive Oil - \$0.67

Parmesan Cheese - \$0.48

Walnuts - \$0.42

Garlic Cloves - \$0.17

Prices change per store.

Use cashews or any other nuts you may have available

Substitute 1-cup basil for 1 cup of spinach, kale, or any other leafy green

### Instructions

1. Place all ingredients into food processor
2. Pulse processor 3 times (10-15 seconds)
3. Use spatula to stir and scrape sides
4. Repeat this process until desired consistency
5. Garnish with a sprinkle of Parmesan or Romano Cheese and serve
6. Or add to your favorite recipe

Recipe modified from:

[https://www.simplyrecipes.com/recipes/fresh\\_basil\\_pesto/](https://www.simplyrecipes.com/recipes/fresh_basil_pesto/)



---

Neighbors Helping Neighbors

## **Citation**

---

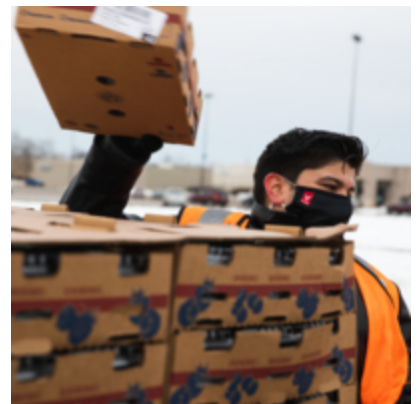
“Pesto Recipe,” *Immersive Learning Showcase 2021*, accessed July 20, 2021,  
<https://digitalresearch.bsu.edu/immersive-learning-showcase-2021/items/show/336>.

# Photos of Activities

 [digitalresearch.bsu.edu/immersive-learning-showcase-2021/exhibits/show/neighbors-helping-neighbors/photos-of-activities](https://digitalresearch.bsu.edu/immersive-learning-showcase-2021/exhibits/show/neighbors-helping-neighbors/photos-of-activities)

[← Recipe and Handout Material Example](#)  
Photos









# Neighbors Helping Neighbors Photos

[digitalresearch.bsu.edu/immersive-learning-showcase-2021/exhibits/show/neighbors-helping-neighbors/item/337](https://digitalresearch.bsu.edu/immersive-learning-showcase-2021/exhibits/show/neighbors-helping-neighbors/item/337)



















Dublin Core

---

**Title**

---

Neighbors Helping Neighbors Photos

**Collection**

---

Neighbors Helping Neighbors

**Citation**

---

“Neighbors Helping Neighbors Photos,” *Immersive Learning Showcase 2021*, accessed July 20, 2021, <https://digitalresearch.bsu.edu/immersive-learning-showcase-2021/items/show/337>.

## Neighbors Helping Neighbors: Recipe Bank Demonstration Videos Using Products Distributed at Second Harvest Tailgate Food Distribution Events

**Instructor:** Carol A. Friesen, PhD, RDN, LD  
Professor of Nutrition and Dietetics and Graduate Program Director

**Students:** NUTR 456 Community Nutrition

- Kara Beitler
- Katelin Berebitsky
- Brianna Caldwell
- Cecilia Collins
- Kelsie Coomer
- Mark Feliciano
- Andrea Garcia
- Danielle Hoover
- Jude Johansson
- Tasha Lane
- Lexi Meacham
- Brittney Richwine
- Brendan Rollin
- Dylan Spina
- Alexandrah Transier
- Kara Tripp
- Joe Van Hoosen



**Community Partner:** Second Harvest Food Bank of East Central Indiana

- Kellie Arrowood, Volunteer Coordinator
- Jackson Eflin, Marketing Coordinator

**Problem:** In the United States, an estimated 1 in 9 people (11.1%) are food insecure and struggle with hunger. In Delaware County, however, the rate is much higher, with an estimated 1 in 6 people (17.7%) being food insecure. Delaware County has one of the highest rates of food insecurity in the state. The impact of COVID-19 exacerbated the situation through the spike in unemployment and as a consequence of the lockdown that resulted in the loss of school breakfast, school lunch, and after-school snacks/meals.

To address the issue of hunger in Delaware County, Second Harvest Food Bank of East Central Indiana, our community partner, distributes food through a "Tailgate" event, a drive-through program that meets people at a central location (i.e., a mall parking lot, a sports arena, a school, a business) in their community. Local volunteers load the participants' cars with various foodstuffs as they drive through. Unlike most food pantries where people can choose the food they receive, during the tailgate events people typically are given large quantities of a few specific food items (i.e., 20# of potatoes, 6 gallons of milk, 10 heads of lettuce). Unfortunately, when people do not know what to do with a specific item of food because it is unfamiliar to them or because they have too much of any one food at one time, the food may be wasted. Thus, a need was identified by Second Harvest staff to develop a 'recipe bank' that includes easy to read recipes, the cost for each recipe, a fun nutrition fact, and a short video that demonstrates how to make the recipe, as many residents lack even rudimentary cooking skills.

**Outcome:**

To sensitize the students to the depth and breadth of food insecurity in our community, the senior dietetics students enrolled in this course first volunteered at several Tailgate events to see firsthand the 'faces of hunger' in our community. There, in the freezing cold of January and February, they helped load box after box of food into hundreds of cars. Next, after receiving a list of the most frequently distributed foodstuffs at the tailgate events, each student was asked to select two healthy, simple recipes—one that included a frequently distributed food item and one that included an inexpensive plant-based protein source (i.e., dried pea or beans, legumes, rice) and create a short video that demonstrated how to prepare the recipes. The students were asked to create a recipe sheet that included the recipe, the cost per recipe/serving, and a fun nutrition fact. Lastly, they created or identified a corresponding "nutrition worksheet" (i.e., coloring page, word search, cross word puzzle) that could be used by anyone in the household to provide a bit of nutrition education. The videos and the accompanying recipe sheet and handouts will be placed on the Second Harvest Facebook page and website for anyone to access. In addition, through course lecture and assignments, the students became exposed to key resources they can use in their professional future as dietitians to understand the prevalence of food insecurity and to identify where they can refer their patients in need in whatever communities they ultimately live and work.

**Immersive Learning Prepared Videos/Pictures:**

- Link to Class Video: <https://youtu.be/-ODtXz7X7gg>
- Link to Photos: <https://ballstate.app.box.com/s/od491vthp80rkdce5vpfeunwfrzy17d3>

**Links to Class Projects:**

- Link to Recipe Videos [Recipe Video Link](#)
- Link to Recipes [Recipe Sheets](#)
- Link to Handouts [Educational Handouts](#)



# Blueberry Frozen Yogurt

[Demonstration Link](#)

Prep Time:10 minutes

## Ingredients:

- 2 cups blueberries (fresh or frozen)
- 2/3 cups yogurt
- 2 Tablespoons lemon juice
- 2 Tablespoons honey (or sweetener of choice)
- Splash of milk as needed

## Instructions:

1. Add blueberries, yogurt, lemon juice, and honey to blender.
2. Secure lid onto blender.
3. Blend on high until there is a smooth, consistent texture. You may need to add a splash of milk or scrape the sides of the blender throughout blending process.  
\*NOTE: turn blender off before removing lid or scraping the sides of the blender. Re-attach the lid before continuing blending process. Be very careful when handling or adjusting blender blades!
4. Once desired texture is reached, pour mixture into freezer-safe container and secure lid on container to seal.
5. Allow the mixture to freeze for at least 2 hours.
6. Set container out of freezer 5 minutes to allow frozen yogurt to thaw slightly.
7. Serve and enjoy!

|                              |                          |
|------------------------------|--------------------------|
| <u>Total Cost:</u>           | \$0.92                   |
| - 2 C blueberries:           | Free from Second Harvest |
| - 2/3 C yogurt:              | \$0.58                   |
| - 2 tablespoons lemon juice: | \$0.08                   |
| - 2 tablespoons honey:       | \$0.26                   |

\*Costs estimated using Walmart pricing. Cost may vary slightly depending on store.

# Fruit and Kale Bowls (Salad) with Homemade Dressing

Servings 4

## Ingredients

- 5 cups of kale (common tailgate item from Second Harvest)
- Fruits of choice, 2 cups or so of each, chopped
  - I used strawberries, raspberries, and apple since they were on sale (fruits are also a common tailgate item from Second Harvest)
- Dressing:
  - 1/3 cup olive oil
  - 1/4 cup lemon or lime juice (fresh or bottled)
  - 3 tbs honey, can adjust to taste
  - 1/4 cup Ground flaxseed (OPTIONAL)
  - 1/4 cup Shredded coconut (OPTIONAL)
  - Dash of salt and pepper to taste

Enhance the nutrient content of your bowl by adding nuts, chopped bacon, sliced veggies like onion, tomato, or cucumber! This is a great opportunity to use bulk products you get from the Second Harvest tailgate, and use up fruit, vegetables, or leftover meats that can be chopped up and thrown in! This recipe is completely customizable to what you have in your kitchen, and easy to make ahead of time for lunches throughout the week.

## Instructions

1. Prep the kale — the bag will indicate if the kale is washed or unwashed
  1. If washed, then it is ready to rip in to the desired shred size
  2. If unwashed, rinse the kale with water first and pat dry with a towel or paper towel
  3. Add the kale to the bowls, as much as desired
2. Prep the fruits:
  1. For the strawberries, I cut off the green tops, and then sliced them length wise twice
  2. For the apples, you may use an apple slicer if you have one, otherwise:
    1. Cut the apple in half
    2. Then slice those halves in half
    3. Cut out the “core,” or any seeds
    4. Then face the apple skin-side up, and slice into silvers about the thickness of your ring finger

\*\* I use honey in the dressing to counteract the bitterness of the kale — a common kale complain that keeps most people from enjoying it\*\*

Total Price after factoring in Second Harvest free produce: ~\$1.30/4 servings, or \$0.33/serving

Price breakdown:

Olive oil, 1/3 cup: \$0.50

Lemon juice, 1/4 cup: \$0.45

Honey, 3 tbs, \$0.35

Kale and Fruit free From Second Harvest!

Prices change per store.

5. Line up the slices and chop in the opposite direction you have been cutting to get nice cubes (they will be uneven, as the shape of the apple changes)
3. Raspberries are already in the bite-size form for me
4. Add the fruit to the bowls, as much as desired
3. Prep the dressing
  1. To a separate bowl, add the olive oil, lemon juice, honey, salt and pepper
    1. Add ground flaxseed and shredded coconut if desired (optional)
    2. Whisk together using a fork or a whisk until combined
4. Pour as much dressing as desired over the salads, and enjoy!
5. Leftover dressing may be kept in the refrigerator for future meals

Recipe modified from:

<https://www.thespruceeats.com/fruit-and-kale-salad-3371506>

# Oven-Baked Potato Chips

## [Demonstration Link](#)

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

## Ingredients:

- 2 medium potatoes
- 1 Teaspoon Salt
- 2 Tablespoons Oil

## Instructions:

1. Pre-heat oven to 400 degrees.
2. Scrub both potatoes under running water.
3. Slice potatoes in thin slices manually using a knife or using a slicer if available. Try to keep thickness of slices the same.
4. Cut out and throw away any dark spots on the potato slices.
5. Pat slices of potatoes dry.
6. Place potato slices into a medium-large size bowl.
7. Pat dry potato slices again if needed.
8. Pour oil over potato slices.
9. Sprinkle salt over potato slices \*Use additional seasoning as desired
10. Toss potato slices in oil and seasoning until all slices are well coated.
11. Lightly grease a baking sheet or place a sheet of parchment paper over a baking sheet.
12. Arrange potato slices on baking sheet spaced so they do not overlap.
13. Bake for 15 minutes, flip after ~8 minutes using tongs or a spatula. \*Adjust baking time depending on preference of crispiness
14. Enjoy!

Total Cost: < \$0.06  
- 2 medium potatoes: Free from Second Harvest  
- 1 teaspoon salt: \$0.0026  
- 2 tablespoons oil: \$0.05

\*Costs estimated using <https://www.sd5.k12.mt.us/userfiles/-5/my%20files/food%20price%20sheet.pdf?id=268>

\*Cost may vary slightly depending on store.

# Spicy Thai Basil Chicken Stir-Fry

Servings 4

## Ingredients

- 1 pound ground chicken
- 5 garlic cloves, minced
- 2 serrano chile, seeded and minced
- 3 cups regular spinach leaves
- 3 cups of bok choy
- 2 tablespoons canola oil
- 1 1/2 cups of Rice

## For the sauce:

- 2 tablespoons soy sauce
- 1 tablespoons fish sauce
- 1/4 cup chicken broth
- 2 teaspoons honey
- To taste: Salt and pepper

## Instructions

In a medium bowl whisk together the soy sauce, fish sauce, broth, honey, salt, and pepper until combined. Set aside.

Boil 1 1/2 cups of water and place rice in for 5 mins. Stir occasionally.

Heat a large skillet. Once hot add the canola oil, garlic, chile and sauté for about 30 seconds, until fragrant. WARNING the smoke from this is very painful if inhaled.

Add the ground chicken, and continue to cook until the chicken is browned, about 4-5 minutes.

Stir in the sauce along with the basil and bok choy in a separate pan. Let the stir-fry simmer until the bok choy is wilted, about 2-3 minutes, stirring frequently. Add both pans together.

Remove from the heat and serve over rice.

Total Price: ~\$6.35

Breakdown:

Oils \$0.30

Ground Chicken \$2.97

Garlic \$0.30

Spinach \$2.68

Rice \$0.10

Bok choy and serrano chile free From Second Harvest!

Prices change per store.

Enhance your dish by topping with crushed cashews or basil!

<https://www.acedarspoon.com/spicy-thai-basil-chicken-stir-fry/>

# Crispy Roasted Black Beans

**Ingredients:** *Yield (8 servings)*

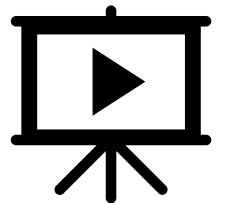
- 2, 15-ounce cans of Black Beans
- 2 Tablespoons of Olive Oil
- 1 Teaspoon Chili powder
- 1 Teaspoon Cumin
- 1 Teaspoon Garlic Powder
- 1/8 Teaspoon Cinnamon
- 3/4 Teaspoon Salt



**Directions:** *Preparation (10 minutes) Cook Time (1 hours)*

- Preheat oven to 350°F
- Rinse and drain black beans. Shake off as much water as possible. Place on towel and GENTLY pat dry
- In a medium bowl, stir together black beans with oil and spices
- Pour beans on lined baking sheet, spreading into a single layer
- Bake for about 45 to 60 min, stirring them around at 30 min
- Pay careful attention not to overcook, check and taste test often. They are done when they are crispy and dry
- Cool for 10 min before storing

| Nutrition Facts   |            |
|---|------------|
| 8 servings per container  |            |
| Serving size  | 1 (1g)     |
| <b>Amount Per Serving</b>   |            |
| <b>Calories</b>   | <b>110</b> |
| <i>% Daily Value*</i>   |            |
| Total Fat 4g  | 5%         |
| Saturated Fat 0g  | 0%         |
| Trans Fat 0g  |            |
| Sodium 0mg  | 0%         |
| Total Carbohydrate 15g  | 5%         |
| Dietary Fiber 6g  | 21%        |
| Total Sugars 0g   |            |
| Includes 0g Added Sugars  | 0%         |
| Protein 6g  | 12%        |
| <small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small>   |            |
| <small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> |            |



[Recipe Demonstration](#)

# Crispy Roasted Black Beans Cost and Tips

Cost (\*From Walmart\*)

- 1) Black Beans: 15 oz can = \$0.88, 2 cans = \$1.66
- 2) Olive Oil: 25.5oz = \$4.76, About 50 Tablespoons, \$0.10 per Tablespoon, 2 Tablespoons = \$0.20
- 3) Seasonings from Cabinet

Cost per recipe = \$1.88, Cost per serving = \$0.24

TIPS:

- 1) Use any combination of seasonings you prefer! Mess around and see what strikes your taste buds!
- 2) Use Vegetable oils instead of olive oil for a cheaper cost
- 3) Use coconut oil instead of olive oil for a tropical flavor with health fats!
- 4) Store in a airtight container in the cupboard for about a week!
- 5) Cooling allows for extra crispiness



# Easy Grape Sorbet

Ingredients: Yield (4 servings approximately ½ cups)

- 3 cups of Grapes
- 2 Tablespoons of Sugar
- 1 Teaspoon of Lemon Juice

Directions: Preparation Time (5 min) Freeze (4hrs)



1) FREEZE:

Remove grapes from stems and put onto a plate or baking sheet in 1 layer.  
Place into freezer, Freeze until hard. This should take about 4 hours.

2) BLEND: In blender or food processor,

place frozen grapes in blender and select puree option.

Scrape down sides as it builds up on sides.

Add remaining ingredients and puree until smooth.

| Nutrition Facts   |                 |
|---|-----------------|
| 4 servings per container  |                 |
| <b>Serving size</b>   | <b>1 (0.5g)</b> |
| <b>Amount Per Serving</b>   |                 |
| <b>Calories</b>   | <b>140</b>      |
| <small>% Daily Value*</small>   |                 |
| <b>Total Fat</b> 0g   | <b>0%</b>       |
| Saturated Fat 0g  | <b>0%</b>       |
| Trans Fat 0g  |                 |
| <b>Sodium</b> 0mg   | <b>0%</b>       |
| <b>Total Carbohydrate</b> 36g   | <b>13%</b>      |
| Dietary Fiber 1g  | <b>4%</b>       |
| Total Sugars 0g   |                 |
| Includes 0g Added Sugars  | <b>0%</b>       |
| <b>Protein</b> 1g   | <b>2%</b>       |
| <small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium.</small>  |                 |
| <small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> |                 |



# Easy Grape Sorbet Cost and Tips

Cost: (\*From Walmart\*)

- 1) Grapes: \*Free Tailgate Item\* or \$1.34 per pound 3 cups = \$2.03
- 2) Sugar: \$1.98 per 4 pounds, or \$0.50 per pound. About 36 tablespoons per pound. 2 Tablespoons = \$0.03.
- 3) Lemon Juice: \$0.99 per 2.5 ounces. 1 ounce = 6 teaspoons. 1 teaspoon = \$0.07
  - Cost per recipe = \$2.13, Cost per serving = \$0.53

TIPS:

- 1) Use 2 Tablespoons of honey instead of sugar for a flavorful healthy switch up
- 2) Use ¼ Tablespoon of Stevia instead of sugar to lower overall sugar amount
- 3) No blender? After washing, Freeze cotton candy grapes and enjoy as frozen poppers

# Cantaloupe Cooler

Servings: 8

## Ingredients:

- 1 cantaloupe (ripe)
- 2 ½ cups orange juice (cold)
- 2 Tablespoons sugar (granulated)
- Ice

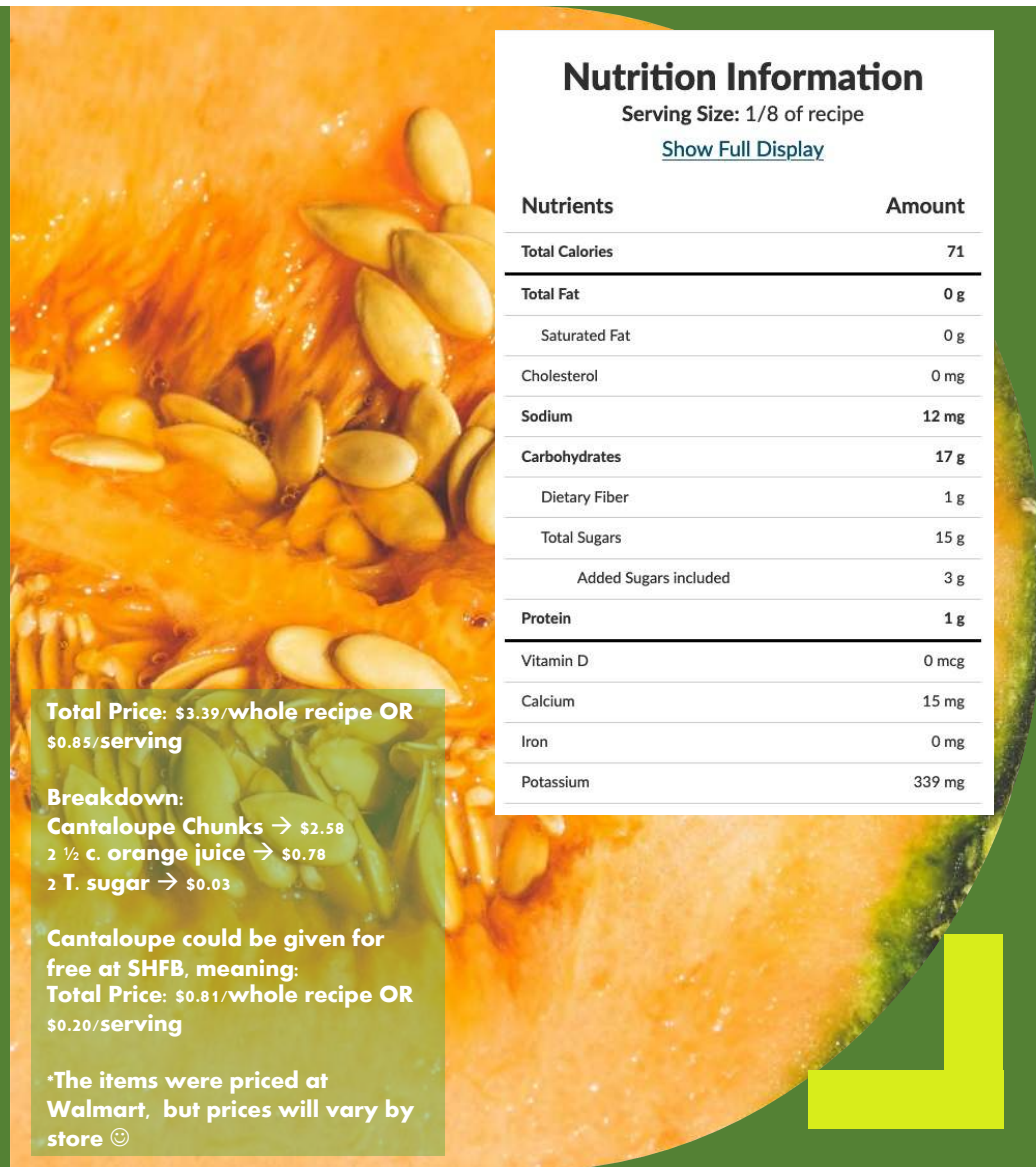
For a new twist, try this recipe with other melons or strawberries instead of the cantaloupe!

## Directions:

1. Cut the melon in half. Scoop out the seeds, remove the skin, and discard. Cut the melon into 1-inch cubes.
2. In a blender, blend the melon cubes with ½ cup orange juice until smooth.
3. Pour the puree into a pitcher and stir in the remaining orange juice and the sugar. Stir until the sugar is dissolved.
4. Pour into glasses filled with ice.
5. Enjoy!

Recipe adapted from:

- <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/cantaloupe-cooler>



## Nutrition Information

Serving Size: 1/8 of recipe

[Show Full Display](#)

| Nutrients             | Amount |
|-----------------------|--------|
| Total Calories        | 71     |
| Total Fat             | 0 g    |
| Saturated Fat         | 0 g    |
| Cholesterol           | 0 mg   |
| Sodium                | 12 mg  |
| Carbohydrates         | 17 g   |
| Dietary Fiber         | 1 g    |
| Total Sugars          | 15 g   |
| Added Sugars included | 3 g    |
| Protein               | 1 g    |
| Vitamin D             | 0 mcg  |
| Calcium               | 15 mg  |
| Iron                  | 0 mg   |
| Potassium             | 339 mg |

Total Price: \$3.39/whole recipe OR \$0.85/serving

### Breakdown:

Cantaloupe Chunks → \$2.58  
2 ½ c. orange juice → \$0.78  
2 T. sugar → \$0.03

Cantaloupe could be given for free at SHFB, meaning:  
Total Price: \$0.81/whole recipe OR \$0.20/serving

\*The items were priced at Walmart, but prices will vary by store ☺

# Stuffed Bell Peppers

Servings: 4

## Ingredients:

- 1 cup brown rice, uncooked
- 1 can black beans, unsalted (15 ounces)
- 4 bell peppers (any color)
- 1 cup cheddar cheese, shredded (reduced fat)
- 1 cup salsa
- Salt (to taste, optional)

## Directions:

1. Preheat the oven to 400°F.
2. Cook the brown rice according to package directions.
3. Wash the peppers under running water.
4. Cut the tops off the peppers and spoon out the seeds.
5. Drain and rinse the black beans.
6. Combine the beans, rice, salsa, and salt (optional).
7. Spoon 3 Tablespoons of the mixture into the bottom of each pepper. Sprinkle 2 Tablespoons of cheese on top.
8. Repeat step 7 again until the pepper is filled, but do not put cheese on top layer.
9. Bake peppers for 30 minutes, top each with 2 Tablespoons of cheese and continue baking for 15 minutes more.
10. Enjoy!

Recipe adapted from:

- <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/simple-stuffed-peppers>

To add some protein to this dish, add 1 pound ground beef or turkey to the mixture!

**Total Price:** \$6.11/whole recipe OR \$1.53/serving

### Breakdown:

1 c. brown rice → \$0.31  
1 can black beans → \$0.54  
4 bell peppers → \$3.08  
1 c. cheddar cheese → \$1.19  
1 c. salsa → \$0.99

Brown rice could be given free at SHFB, meaning:

**Total price:** \$5.80/whole recipe OR \$1.45/serving

\*The items were priced at Walmart, but prices will vary by store 😊

## Nutrition Information

Serving Size: 1/4 of recipe

[Show Full Display](#)

| Nutrients             | Amount |
|-----------------------|--------|
| Total Calories        | 357    |
| Total Fat             | 4 g    |
| Saturated Fat         | 2 g    |
| Cholesterol           | 6 mg   |
| Sodium                | 599 mg |
| Carbohydrates         | 63 g   |
| Dietary Fiber         | 13 g   |
| Total Sugars          | 6 g    |
| Added Sugars included | 0 g    |
| Protein               | 19 g   |
| Vitamin D             | 0 mcg  |
| Calcium               | 191 mg |
| Iron                  | 3 mg   |
| Potassium             | 788 mg |

# Crispy Cauliflower Po Boy Sandwich

**Ingredients:** *Yield (4 servings, 1 sandwich)*

- ¼ cup panko bread crumbs
- 1.5 tablespoon Creole seasoning
- 1 egg, lightly beaten
- 2 cups cauliflower florets
- Olive oil
- 4 baguette pieces
- Lettuce
- Tomatoes
- Chives

Remoulade:

- ½ cup mayo
- 1 tablespoon mustard
- 2 garlic cloves, minced
- ½ tsp paprika
- 1 tsp hot sauce

## Nutrition Facts

|   |               |
|---|---------------|
| 4 servings per container  |               |
| <b>Serving size</b>   | <b>(270g)</b> |
| <b>Amount Per Serving</b>   |               |
| <b>Calories</b>   | <b>350</b>    |
| <small>% Daily Value*</small>   |               |
| <b>Total Fat</b> 3g   | <b>4%</b>     |
| Saturated Fat 1g  | <b>5%</b>     |
| Trans Fat 0g  |               |
| <b>Cholesterol</b> 0mg  | <b>0%</b>     |
| <b>Sodium</b> 170mg   | <b>7%</b>     |
| <b>Total Carbohydrate</b> 55g   | <b>20%</b>    |
| Dietary Fiber 6g  | <b>21%</b>    |
| Total Sugars 1g   |               |
| Includes 0g Added Sugars  | <b>0%</b>     |
| <b>Protein</b> 4g   | <b>8%</b>     |
| <small>Not a significant source of vitamin D, calcium, iron, and potassium</small>  |               |
| <small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> |               |

**Directions:** *Preparation (10 min) Cook (20 min)*

- Preheat the oven to 400°F and line a baking sheet with parchment paper.
- On a rimmed tray, mix together the panko, seasoning, and lemon zest. Place the egg in a small bowl nearby. Dip each cauliflower floret into the egg, coat with the panko mixture, then place onto the baking sheet Repeat with remaining cauliflower. Drizzle the coated cauliflower with olive oil and bake for 20 minutes or until crispy and golden brown.
- In a small bowl, mix together the mayo, mustard, garlic, paprika, and hot sauce.
- Assemble the sandwiches with a generous slather of the remoulade, lettuce, tomato, pickles, and cauliflower. Squeeze lemon over the cauliflower, top with chives, and serve with remaining remoulade sauce on the side.



# Crispy Cauliflower Po Boy Sandwich



Total Price Breakdown: **\$6.42** total for the whole recipe.

- 4 pieces of sandwich bread (\$2.49)
- 3 roma tomatoes (\$0.90)
- Arugula (\$1.00)
- Chive (\$0.45)
- ¼ cup panko bread crumbs (\$0.40)
- Cauliflower (FREE though tailgate)
- 1.5 tbs Creole seasoning (<\$0.01)
- 1 egg (\$0.13)
- 1 lemon (FREE from tailgate)
- Olive oil (\$0.10)
- ½ cup mayp (\$0.83)
- 1 tbs mustard (\$0.05)
- 2 garlic clove (\$0.01)
- 1 tsp hot Sause (\$0.05)

(Prices may vary by store)

# Parmasean Crusted Broccoli with Lemon Zest

**Ingredients:** *Yield (6 servings approximately 1 cups)*

- 2 lb broccoli florets (fresh or frozen)
- 4 cloves garlic, chopped
- 4 tablespoons olive oil
- 1 tsp salt
- 1 tsp black pepper
- Zest of 1 lemon
- Juice of ½ lemon
- 1/3 cup grated parmasean cheese

## **Directions:** *Preparation (10 min) Cook (25 min)*

1. *Preheat the oven to 425 degrees F.*
2. *Cut the broccoli florets from the thick stalks, leaving an inch or two of stalk attached to the florets, discarding the rest of the stalks. Cut the larger pieces through the base of the head with a small knife, pulling the florets apart. You should have about 8 cups of florets. You may use frozen broccoli if you wish.*
3. *Place the broccoli florets on a sheet pan large enough to hold them in a single layer. Toss the garlic on the broccoli and drizzle with 5 tablespoons olive oil. Sprinkle with the salt and pepper.*
4. *Roast for 20 to 25 minutes, until crisp-tender and the tips of some of the florets are browned.*
5. *Remove the broccoli from the oven and immediately toss with 1 1/2 tablespoons olive oil, the lemon zest, lemon juice, and Parmesan. Serve hot.*



## **Nutrition Facts**

|   |              |
|---|--------------|
| 6 servings per container  |              |
| <b>Serving size</b>   | <b>(91g)</b> |
| <b>Amount Per Serving</b>   |              |
| <b>Calories</b>   | <b>130</b>   |
| <small>% Daily Value*</small>   |              |
| <b>Total Fat</b> 2g   | <b>3%</b>    |
| Saturated Fat 1g  | <b>5%</b>    |
| Trans Fat 0g  |              |
| <b>Cholesterol</b> < 5mg  | <b>1%</b>    |
| <b>Sodium</b> 770mg   | <b>33%</b>   |
| <b>Total Carbohydrate</b> 21g   | <b>8%</b>    |
| Dietary Fiber 7g  | <b>25%</b>   |
| Total Sugars 5g   |              |
| Includes 0g Added Sugars  | <b>0%</b>    |
| <b>Protein</b> 10g  | <b>20%</b>   |
| <small>Not a significant source of vitamin D, calcium, iron, and potassium</small>  |              |
| <small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> |              |

# Parmasean Crusted Broccoli with Lemon Zest

Total Price Breakdown: **\$0.81** total for the whole recipe.



- 2lb borccoli florets (FREE through tailgate)
- 1 bulb garlic (\$0.45)
- 4 tablespoons olive oil (\$0.10)
- 1 tsp salt (<\$0.01)
- 1 tsp pepper (<\$0.01)
- 1 lemon for juice and zest (FREE through tailgate)
- 1/3 cup parmasean (\$0.24)
- (Prices may vary by store)



# Black Beans and Rice

Servings: 6-8

## Ingredients:

- 1 cup brown rice
- 1 medium onion
- 1 green bell pepper
- 4 garlic cloves
- 1 can black beans
- 2 tbsp olive oil
- 1 tsp cumin
- 1 tsp oregano
- 1 tsp salt
- Juice from ½ lime
- Fresh cilantro for garnish(optional)

## Instructions:

1. Start rice. Follow directions on package.
2. Dice the onion and pepper; mince the garlic
  - a. Dice the garlic also if you don't have a mincer.
3. Drain and rinse beans.
4. In a skillet, add oil then cook onions, peppers, and garlic for 5-10 minutes or until the onions become translucent or see-through.
5. Add beans and seasonings and cook for 3 additional minutes.
6. Once rice is done, put onto plate and then place beans and vegetables over bed of rice.
7. Add lime juice to preference and top with fresh cilantro.

## Total cost: \$3.13

- Rice: Free from Second Harvest
- Onion: Free from Second Harvest
- Green Pepper: \$0.79
- Garlic Cloves: \$0.30
- Black Beans: \$0.79
- Olive oil: \$0.05
- Cumin: \$0.01
- Oregano: \$0.01
- Salt: \$0.01
- Lime: \$0.67
- Cilantro: \$.50

From Payless Groceries\*

Recipe Modified from: <https://www.acouplecooks.com/black-beans-and-rice/>

| Nutrition Facts  |            |
|--|------------|
| 8 servings per container   |            |
| Serving size   |            |
| Amount Per Serving   |            |
| <b>Calories</b>  | <b>230</b> |
| % Daily Value*   |            |
| <b>Total Fat</b> 5g  | <b>6%</b>  |
| Saturated Fat 0g   | <b>0%</b>  |
| <i>Trans</i> Fat 0g  |            |
| <b>Sodium</b> 0mg  | <b>0%</b>  |
| <b>Total Carbohydrate</b> 38g  | <b>14%</b> |
| Dietary Fiber 7g   | <b>25%</b> |
| Total Sugars 2g  |            |
| Includes 0g Added Sugars   | <b>0%</b>  |
| <b>Protein</b> 8g  | <b>16%</b> |
| Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium   |            |
| *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |            |

Try this recipe with some meat (chicken, pork, beef, steak) to add some additional protein to the meal. Try all of it with some tortillas and make some tacos!

# Pesto Pasta Recipe

Servings: 5

## Ingredients:

- Salted water
- 8 oz spaghetti (or preferred pasta)
- ½ cup grape tomatoes
- ½ cup parmesan cheese
- 1 cup pesto (add preferred amount)
- Salt to taste

## Total Cost: \$3.04

- Spaghetti: \$0.63
- Grape tomatoes: \$0.90
- Parmesan cheese: \$1.50
- Pesto: Free from Second Harvest
- Salt: \$0.01

From Payless Groceries\*

## Instructions:

1. Cook pasta according to package instructions (usually around 10 minutes). Use salted water.
2. While pasta is cooking, cut tomatoes in half and prepare parmesan cheese (sauté the tomatoes if you'd like)
3. Drain pasta once it is done cooking. Add pasta back into pot.
4. Add pesto sauce and stir.
5. Add tomatoes and parmesan cheese.

Recipe modified from: <https://joyfoodsunshine.com/pesto-pasta-recipe/>

| Nutrition Facts  |               |
|--|---------------|
| 5 servings per container   |               |
| <b>Serving size</b>  | <b>(0.5g)</b> |
| <b>Amount Per Serving</b>  |               |
| <b>Calories</b>  | <b>250</b>    |
| % Daily Value*   |               |
| <b>Total Fat</b> 9g  | <b>12%</b>    |
| Saturated Fat 2g   | <b>10%</b>    |
| <i>Trans</i> Fat 0g  |               |
| <b>Cholesterol</b> < 5mg   | <b>1%</b>     |
| <b>Sodium</b> 200mg  | <b>9%</b>     |
| <b>Total Carbohydrate</b> 35g  | <b>13%</b>    |
| Dietary Fiber 2g   | <b>7%</b>     |
| Total Sugars 1g  |               |
| Includes 0g Added Sugars   | <b>0%</b>     |
| <b>Protein</b> 8g  | <b>16%</b>    |
| Not a significant source of vitamin D, calcium, iron, and potassium  |               |
| *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |               |

Try using whole grain noodles to see if you like them! They are a lot healthier option than regular noodles.

Try refrigerating the pasta and eat it cold for leftovers; just as good as it is warm!

# Lemon Popsicles

Ingredients: Yield (4 servings)

- 3 cups filtered water
- ½ cup fresh lemon juice
- 5 tablespoons honey or maple syrup (use 6 if you like lemonade on the sweeter side)



Directions: Preparation (10 minutes) Freeze Time (4 hours)

- Juice the lemons and pour the measured juice into a large bowl, pitcher, or 2 quart measuring cup. (Make sure it's something that's easy to pour from)
- Add in the honey and water and whisk until well combined.
- Make sure there's an open spot in your freezer where the mold can safely sit where it's not going to tip over. Transfer your popsicle mold into the freezer and freeze for about 4-6 hours or overnight.
- Store your popsicles in a [silicone freezer bag](#), or a gallon Ziplock bag for up to 2 weeks.

| Nutrition Facts          |                |
|--------------------------|----------------|
| servings per container   |                |
| Serving size             | (95g)          |
| Amount per serving       |                |
| <b>Calories</b>          | <b>35</b>      |
|                          | % Daily Value* |
| Total Fat 0g             | 0%             |
| Saturated Fat 0g         | 0%             |
| Trans Fat 0g             |                |
| Cholesterol 0mg          | 0%             |
| Sodium 0mg               | 0%             |
| Total Carbohydrate 10g   | 4%             |
| Dietary Fiber 0g         | 0%             |
| Total Sugars 9g          |                |
| Includes 9g Added Sugars | 18%            |
| Protein 0g               |                |
| Vitamin D 0mcg           | 0%             |
| Calcium 4mg              | 0%             |
| Iron 0mg                 | 0%             |
| Potassium 18mg           | 0%             |

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Lemon Popsicles



When life gives you lemons - make lemon popsicles!

Fun fact! Lemons are a wonderful full of vitamin C. There are also about 15 calories in each lemon.

 Everyone can reply



Tweet

**Price Breakdown:** \$0.70 for the whole recipe

- A bundle of lemons
  - Free Second Harvest Item
- Honey
  - \$3.29/24 tablespoon =  
 $0.14 \times 5 = 0.7$  for 5  
tablespoons.
- Water
  - Free if you have access to it.

(Prices may vary by store)

# Roasted Red Pepper Hummus

Ingredients: Yield (6 servings approximately 1 ½ cups)

- 2 Whole red peppers (or ¾ cup chopped jarred roasted red peppers)
- 1 (15-ounce) can chickpeas or 1 ½ (250 grams) cooked Chickpeas
- ¼ cup (60 mL) fresh lemon juice (about 1 large lemon)
- ¼ cup (60 mL) tahini
- 1 small garlic clove, minced
- 1 tablespoons extra virgin olive oil
- ½ teaspoon ground cumin
- Pinch cayenne pepper (optional)
- Salt to taste

Directions: *Preparation (25 min) Cook (10 min)*

- Move an oven rack so that it is about 5 inches from the broiler. Turn oven broiler on
- Remove the core of the peppers then cut into large flat pieces.
- Arrange pepper pieces, skin-side up, on a baking sheet. Broil 5 to 10 minutes until the peppers skin has charred.
- Add peppers to a resealable plastic bag, seal then wait 10 to 15 minutes until cool enough to handle. Gently peel away the charred pepper skin and discard. Reserve 1 to 2 pieces of the peeled roasted pepper pieces to use as a garnish when serving then roughly chop the rest
- In the bowl of a food processor, combine the tahini and lemon juice and process for 1 minute, scrape the sides and bottom of the bowl then process for 30 seconds more.
- Add the olive oil, minced garlic, cumin, and a 1/2 teaspoon of salt to the whipped tahini and lemon juice. Process for 30 seconds, scrape the sides and bottom of the bowl then process another 30 seconds or until well blended.
- Open, drain, and rinse the chickpeas. Add half of the chickpeas to the food processor and process for 1 minute. Scrape sides and bottom of the bowl, then add remaining chickpeas and process until thick and quite smooth; 1 to 2 minutes.
- Add the roasted peppers and continue to process for 1 to 2 minutes or until smooth. If the hummus is too thick or still has tiny bits of chickpea, with the food processor turned on, slowly add 1 to 3 tablespoons of water until you are happy with the consistency.
- Taste for salt and adjust as needed. Finely chop the reserved peppers. Spoon hummus into a bowl, make a small well in the middle and add the chopped peppers. Store homemade hummus in an airtight container and refrigerate up to one week.

| Nutrition Facts   |            |
|---|------------|
| 6 servings per container  |            |
| <b>Serving size</b>   | 1/4 Cup    |
| <b>Amount Per Serving</b>   |            |
| <b>Calories</b>   | <b>200</b> |
| <small>% Daily Value*</small>   |            |
| <b>Total Fat</b> 0g   | <b>0%</b>  |
| Saturated Fat 0g  | <b>0%</b>  |
| Trans Fat 0g  |            |
| <b>Sodium</b> 0mg   | <b>0%</b>  |
| <b>Total Carbohydrate</b> 18g   | <b>7%</b>  |
| Dietary Fiber 5g  | <b>18%</b> |
| Total Sugars 4g   |            |
| Includes 0g Added Sugars  | <b>0%</b>  |
| <b>Protein</b> 6g   | <b>12%</b> |
| <small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small>   |            |
| <small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> |            |



# Roasted Red Pepper Hummus



Fun Fact! Chickpeas are packed with nutrients! They are a rich source of vitamins, minerals and fiber!

They also improve digestion and aid in weight management!

 Everyone can reply



Tweet

Total Price Breakdown: **\$5.90** total for the whole recipe.

- 2 whole red peppers
  - \$3.00
- 1 (15 oz) can chickpeas
  - FREE through Tailgate
- 1 large lemon
  - 0.59
- ¼ cup tahini
  - \$1.07
- 1 small garlic clove
  - 0.49
- 1 tsp Olive Oil
  - 0.25
- ½ tsp cumin
  - 0.01
- Salt to taste
  - 0.49

(Prices may vary by store)

# Aloo Matar (Potatoes and Peas Curry)

Servings 6

Total Price: ~\$3.30

## Breakdown:

Oil \$0.30

Potatoes: free

Peas: 1.00

Tomatoes: 1.00

Onion: free

4 cloves garlic: 0.20

Ginger: 0.20

Turmeric: 0.20

Garam masala: 0.10

Cumin: 0.15

Coriander: 0.15

Prices change per store.

## Ingredients

- 3 Tablespoons Oil, butter, or ghee
- 3 large russet potatoes, peeled and chopped
- 1 15-oz bag of frozen peas (or 1 15-oz can of peas)
- 1 28-oz can of crushed tomatoes or tomato puree
- 1/2 large onion, finely diced
- 4 cloves of garlic, minced
- 1 2-inch piece of ginger, minced (or 1/2 tsp ground ginger)
- 1 inch piece of turmeric, minced (or 1/4 tsp ground turmeric)
- 1 tsp garam masala
- 1 tsp cumin seeds (or ground cumin)
- 1 tsp coriander seeds
- salt to taste

Instead of red wine, you can substitute 2tbsp of red wine vinegar + ½ cup water.

### **Instructions**

1. Boil water.
2. Peel potatoes, and chop into 3 inch pieces.
3. Add potatoes to the boiling water and boil until fork tender, about 10 minutes.
4. While the potatoes are boiling, dice onion and mince garlic. Also mince ginger and turmeric, or use ground ginger and turmeric in step 6.
5. Heat oil in a large pot.
6. Once heated, add onion, ginger, turmeric, and garlic. Cook on medium high for 2-3 minutes.
7. Add cumin and coriander seeds. Cook for another 1 minute.
8. Add potatoes, tomatoes, peas and garam masala, and mix together. Add salt to taste. Cook for another 5 minutes.
9. Serve and enjoy by itself, or with rice or flatbread.

Recipe modified from:

<https://www.indianhealthyrecipes.com/aloo-matar-recipe-aloo-mutter-recipe/>



# French Onion Lentil Soup

Servings 4

## Ingredients

Total Price: ~\$5.70

Per serving: 1.43

### Breakdown:

Oil \$0.30

garlic: \$0.20

Onions: free

Lentils: 0.50

Vegetable broth: 2.00

Red wine: 1.00

Bay leaves: 0.10

Thyme: 0.10

Croutons: 0.50

Cheese: 1.00

Prices change per store.

- 2 Tablespoons Olive Oil or butter
- 4 large or 5 medium onions, sliced thinly (sweet, white, or yellow onions work well)
- 4 cloves of garlic, minced
- 1/2 cup of green or brown lentils
- 1/2 cup of red wine
- 5 cups vegetable or chicken broth
- 2 bay leaves, dried
- 1 tsp dried thyme
- 1 cup croutons
- 1 cup shredded cheese (Swiss cheese or mozzarella would work)
- 1 teaspoon salt or more to taste
- pepper to taste

## **Instructions**

1. Preheat oven to 450 F
2. Slice onions and mince garlic.
3. Heat oil in a large pot.
4. Once heated, add garlic and onion, stirring frequently. Cook for about 30 minutes, until onions are caramelized.
5. Add broth, red wine, bay leaves, thyme, salt, and pepper.
6. Add lentils and cook until tender, about 20 minutes.
7. Spoon soup into oven-safe bowls, and top with croutons and cheese
8. Place the bowls into the oven for 5-10 minutes, until the cheese is browned.
9. Serve and enjoy

Instead of red wine, you can substitute 2tbsp of red wine vinegar + ½ cup water.

Recipe modified from:

<https://www.kudoskitchenbyrenee.com/french-onion-lentil-soup/>

# Breakfast Skillet

Ingredients: Yield (4 person)

- ▶ 2 tablespoons of a neutral oil
- ▶ 4 medium potatoes
- ▶ 0.5 of a large onion
- ▶ 1 green bell pepper
- ▶ 1 green bell pepper
- ▶ 8 pieces of bacon
- ▶ 1 cup of shredded cheddar cheese
- ▶ 4 eggs
- ▶ Salt and pepper to taste



## Enjoy!

### Directions:

1. Fry bacon to desired crispiness; leave on paper towel to absorb excess oil and drain grease from pan; crumble the bacon after cooling.
2. Add your oil of choice and cook peppers and onions until soft, about 5-6 mins; season as desired.
3. Meanwhile, shred your potatoes and squeeze out the excess water using a towel; add potatoes to veggies and cook thoroughly.
4. In a separate pan, fry an egg to top your skillet with; sunny-side up is recommended, but any way will work!
5. Transfer potato mixture to a bowl, top with a hearty sprinkle of cheese, top with crumbled bacon, and your fried egg.

### Nutrition Facts

Servings 4.0

Amount Per Serving

calories 421

% Daily Value \*

Total Fat 25 g 38 %

Saturated Fat 8 g 42 %

Monounsaturated Fat 7 g

Polyunsaturated Fat 5 g

Trans Fat 0 g

Cholesterol 227 mg 76 %

Sodium 592 mg 25 %

Potassium 842 mg 24 %

Total Carbohydrate 30 g 10 %

Dietary Fiber 3 g 11 %

Sugars 3 g

Protein 21 g 42 %

Vitamin A 86 %

Vitamin C 78 %

Calcium 46 %

Iron 9 %

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

# Let's break it down!

- ▶ Potatoes = \$1.92
- ▶ Onion = FREE from Tailgate! 😊
- ▶ Green pepper= \$0.77
- ▶ Bacon = \$1.62
- ▶ Cheese = \$0.90
- ▶ Egg = \$0.20

TOTAL: \$5.41 for 4 servings OR \$1.35 per person

\*does not include pantry staples such as oil, salt, and pepper

# Cheesy Baked Onions

Serving Size: 2 servings \$1.56 per serving \$3.12 overall (if using free onions \$ 0.56 overall)

## INGREDIENTS

1 medium onion

1 tablespoon butter

1 tablespoon flour

½ cup 2% milk

1/3 cup shredded cheddar cheese

## DIRECTIONS:

- Slice onion and separate into rings; place in a greased baking dish and set aside.
- In a small saucepan over low heat, melt the butter. Stir in the flour until smooth. Gradually add milk; bring to boil over medium heat. Cook and stir for 2 minutes. Remove from heat; stir in cheese until melted.
- Pour over onions. Bake, uncovered, at 350 degrees for 45-50 minutes or until onions are tender and cheese is browned.

Preparation: 15 minutes Bake time: 45 minutes

## Nutrition Facts

|                               |                       |
|-------------------------------|-----------------------|
| servings per container        |                       |
| <b>Serving size</b>           | <b>(146g)</b>         |
| <b>Amount per serving</b>     |                       |
| <b>Calories</b>               | <b>190</b>            |
|                               | <b>% Daily Value*</b> |
| <b>Total Fat</b> 15g          | <b>17%</b>            |
| Saturated Fat 8g              | <b>40%</b>            |
| Trans Fat 0g                  |                       |
| <b>Cholesterol</b> 40mg       | <b>13%</b>            |
| <b>Sodium</b> 200mg           | <b>9%</b>             |
| <b>Total Carbohydrate</b> 12g | <b>4%</b>             |
| Dietary Fiber 1g              | <b>4%</b>             |
| Total Sugars 5g               |                       |
| Includes 0g Added Sugars      | <b>0%</b>             |
| <b>Protein</b> 7g             |                       |

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# Cheesy Onions Substitution Options

- If onions are not available and you receive potatoes as a free tailgate food, cut up the potatoes and create a side dish of cheesy potatoes!
- Add some extra oregano, basil, paprika, or even chili powder to spice up this easy recipe!
- To unpeel your onions, roll the onion (unpeeled) on the counter or shake within a closed mason jar to help start the process.
- Add these on top of tacos, chicken or beef to add another layer of wonderful flavor!

# Tasty Lentil Meat Tacos

Serving Size: 6 servings \$1.13 per serving \$6.78 overall (if using free onions \$5.40 overall)

## Ingredients:

1 teaspoon oil

1 medium onion, finely chopped

1 garlic clove, minced

1 cup dried lentils, rinsed

2-1/2 cups vegetable or reduced-sodium chicken broth

1 -2 tablespoon taco seasoning

## **OPTIONAL**

1 Tomato

12 taco shells

1-1/2 cups shredded lettuce

1-1/2 cups shredded reduced-fat cheddar cheese

Fat-free sour cream, olives, avocado



## Directions:

In a large nonstick skillet, heat oil over medium heat; sauté onion and garlic until tender.

Add lentils and taco seasoning; cook and stir 1 minute. Stir in broth; bring to a boil. Reduce heat; simmer, covered, until lentils are tender, 25-30 minutes.

Cook, uncovered, until mixture is thickened, 6-8 minutes, stirring occasionally. Mash lentils slightly.

Optional serve on taco shells or lettuce and top with remaining ingredients.

Preparation: 10 minutes Bake time: 40 minutes

| Nutrition Facts  |                       |
|--|-----------------------|
| servings per container   |                       |
| <b>Serving size</b>  | <b>(149g)</b>         |
| <b>Amount per serving</b>  |                       |
| <b>Calories</b>  | <b>120</b>            |
|  | <b>% Daily Value*</b> |
| <b>Total Fat</b> 1.5g  | <b>2%</b>             |
| Saturated Fat 0g   | <b>0%</b>             |
| Trans Fat 0g   |                       |
| <b>Cholesterol</b> 0mg   | <b>0%</b>             |
| <b>Sodium</b> 260mg  | <b>11%</b>            |
| <b>Total Carbohydrate</b> 21g  | <b>8%</b>             |
| Dietary Fiber 5g   | <b>18%</b>            |
| Total Sugars 2g  |                       |
| Includes 0g Added Sugars   | <b>0%</b>             |
| <b>Protein</b> 7g  |                       |
| Vitamin D 0mcg   | <b>0%</b>             |
| Calcium 18mg   | <b>2%</b>             |
| Iron 2mg   | <b>10%</b>            |
| Potassium 29mg   | <b>0%</b>             |
| <small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> |                       |

# Tasty Tacos Substitution Options

- If you do not want to put your taco meat on lettuce or in a taco shell, try putting this over brown rice!
- Lentils can also be substituted for cooked tofu, chicken or beef for wonderful tasty tacos!
- If you do not think you have enough liquid when boiling the lentils, add more chicken/veggie broth or even water!





# Banana Muffins

**Ingredients:** *Yield 12 muffins*

- 3 ripe bananas
  - 1 cup sugar
  - 1 egg
  - ¼ cup melted butter
  - 1 ½ cups all purpose flour
  - 1 tsp baking soda
  - 1 tsp salt
- Extras:
- 1 tsp cinnamon
  - 1 tsp vanilla
- Topping ideas:
- Walnuts
  - Chocolate chips
  - Frozen or fresh berries



**Directions:** *Preparation (15 min) Cook (25 min)*

- Preheat oven to 325 degrees F (165 degrees C). Grease a muffin pan.
- Combine bananas, sugar, egg, and butter together in a bowl.
- Mix flour, salt, and baking soda together in a separate bowl; stir into banana mixture until batter is just mixed.
- Add in any additional toppings such as walnuts, chocolate chips, or berries to batter.
- Bake in the preheated oven for 25 minutes.

## Nutrition Facts

Servings: 12

Amount per serving

**Calories** **142**

% Daily Value\*

**Total Fat** 4.3g **5%**

Saturated Fat 2.6g **13%**

**Cholesterol** 24mg **8%**

**Sodium** 33mg **1%**

**Total Carbohydrate** 26.3g **10%**

Dietary Fiber 0.9g **3%**

Total Sugars 20.4g

**Protein** 1.2g

Vitamin D 4mcg 20%

Calcium 5mg 0%

Iron 0mg 2%

Potassium 112mg 2%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

# Banana Muffins

Total Price Breakdown for basic recipe:

**\$1.08** for the whole recipe

**\$0.09** per serving

|                            |                          |            |        |
|----------------------------|--------------------------|------------|--------|
| 3 bananas                  |                          | \$0.08 x 3 | \$0.24 |
| 1 cup sugar                | 4 lbs=8 cups             | \$1.98/8   | \$0.25 |
| 1 egg                      | 1 dozen/12               | \$0.68/12  | \$0.06 |
| ¼ cup melted butter        | ½ stick \$2.98/4         | \$0.75/2   | \$0.37 |
| 1 ½ cups all purpose flour | 5 lbs=18.1 cups 18.1/1.5 | \$1.78/12  | \$0.15 |
| 1 tsp baking soda          |                          | \$0.52/95  | \$0.01 |
| 1 tsp salt                 |                          | \$0.38/123 | \$0.00 |

Total Price Breakdown if Bananas are free:

**\$0.84** for the whole recipe

**\$0.07** per serving

Tips:

- You can use either brown or regular white sugar
- Vegan? Try margarine instead of butter and ¼ cup applesauce instead of an egg
- To ripen bananas faster, store them in a warm place such as your microwave

# Black Bean Corn Salsa

**Ingredients:** *Yield 12 servings*

- 1-15 oz can black beans
- 1-15 oz can whole kernel corn
- 1/3 of a bundle of cilantro (about 1/4 cup chopped)
- 1 roma tomato
- 1/4 red onion
- juice from 1/2 of a lime

**Directions:** *Preparation (10 min)*

- Rinse black beans and corn together and place aside in a bowl
- Rinse about 1/3 of a bundle of cilantro, remove leaves from the stems, and finely chop the leaves
- Cut one roma tomato in half, slice, and then chop into small cubes
- Chop 1/4 of an onion (color doesn't matter, but red onion is seen in picture) to about the same size as the tomatoes
- Place all ingredients into the bowl with the beans and corn
- Roll a lime on a hard surface, cut it in half, and squeeze the juice of half of it in the bowl
- Mixed together and enjoy with chips, on tacos, and on burritos



## Nutrition Facts

Servings: 12

Amount per serving

**Calories** **43**

% Daily Value\*

|                                |           |
|--------------------------------|-----------|
| <b>Total Fat</b> 0.4g          | <b>1%</b> |
| Saturated Fat 0g               | <b>0%</b> |
| <b>Cholesterol</b> 0mg         | <b>0%</b> |
| <b>Sodium</b> 79mg             | <b>3%</b> |
| <b>Total Carbohydrate</b> 8.9g | <b>3%</b> |
| Dietary Fiber 1.8g             | <b>6%</b> |
| Total Sugars 1.5g              |           |
| <b>Protein</b> 2g              |           |
| Vitamin D 0mcg                 | <b>0%</b> |
| Calcium 5mg                    | <b>0%</b> |
| Iron 1mg                       | <b>4%</b> |
| Potassium 116mg                | <b>2%</b> |

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

# Black Bean Corn Salsa

## Tips:

- You can use any color onion for this recipe. Don't have red? Use White!
- Keep your cilantro longer in the fridge by putting the stems in water like they are flowers
- For more flavor, add salt and pepper to taste and 1 tsp garlic powder

## Total Price Breakdown:

**\$2.57** for the whole recipe

**\$0.21** per serving

|                             |          |        |
|-----------------------------|----------|--------|
| 15 oz can black beans       |          | \$0.54 |
| 15 oz can whole kernel corn |          | \$0.98 |
| 1/3 of a bundle of cilantro | \$0.88/3 | \$0.29 |
| 1 roma tomato               |          | \$0.29 |
| 1/4 onion                   | \$0.78/4 | \$0.20 |
| 1/2 of a lime               | \$0.54/2 | \$0.27 |

## Total Price Breakdown if Onion is free:

**\$2.37** for the whole recipe

**\$0.20** per serving

# **Garlic Spinach and White Beans**

**Prep Time**-5 minutes

**Cook Time**-5 minutes

**Serves**-2

## **Ingredients**

- 1 Tablespoon of Extra Virgin Olive Oil
- 2 Garlic Cloves
- 1 cup White Beans
- 1 ½ cups Baby Spinach
- ½ Tablespoon of Parsley
- ½ Tablespoon of Lemon Juice
- Pinch of Salt
- Pinch of Pepper

## **Instructions**

1. Heat a medium saucepan, then add extra virgin olive oil into the saucepan allow the oil to heat up. Add minced garlic and stir until brown.
2. Add drained white beans in saucepan and stir.
3. After stirring for 1 to 2 minutes add baby spinach into the saucepan and continue stirring.
4. Pour lemon juice into the saucepan and stir, then add salt pepper, and parsley. Stir and the dish is ready to serve

## **Additional options**

- You may consider adding seafood, chicken or ground beef to this dish.
- You may also consider adding other vegetables to this dish.

# Watermelon Lemonade

Prep Time-15 minutes

Serves-3

## Ingredients

- 3 cups cubed Watermelon
- 2 cups of Cold Water
- ¼ cup Lemon Juice
- 1/3 cup sugar
- Ice
- Mint leaf for garnish (optional)

## Instructions

1. Begin by carving and dicing watermelon, then place the diced watermelon into the blender.
2. Next pour lemon juice into the blender, then pour two cups of water into the blender.
3. Add sugar into the blender then blend ingredients together.
4. Blend until a smooth texture
5. Pour over a cup of ice, add mint for garnish and enjoy.

# Avocado Chickpea Salad

Servings: 4

## Ingredients

- 1 Can of Garbanzo Beans (chickpeas)
- 1/2 Cucumber
- 1 Avocado
- 3/4 Cup of Grape Tomatoes
- 1 Cup of Mozzarella Pearls
- 1/4 Cup of Balsamic Vinaigrette Dressing

Total Price: ~\$9.38  
Breakdown:  
Chickpeas: \$0.79  
Cucumber: \$0.49  
Avocado: \$0.69  
Grape Tomatoes: \$2.50  
Mozzarella Pearls: \$3.99  
Balsamic Vinaigrette: \$0.92 (full container)  
Prices change per store.

## Instructions

1. Open and wash can of garbanzo beans, grape tomatoes, and cucumber. Let garbanzo beans dry.
2. Cut cucumber and avocado into small dices, cut grape tomatoes into halves, and place in a large bowl.
3. Add mozzarella pearls and garbanzo beans into bowl.
4. Pour dressing into bowl and mix.
5. Add more pearls, avocado, dressing, etc. as wanted, and serve.

Garbanzo beans are a great source of vitamins, minerals, fiber, and protein. Also, a great food source for those who do not eat animal products.

# Roasted Carrots and Potatoes

Servings: 6

## Ingredients

- 1 lb. Small Red Potatoes
- 1 lb. Carrots
- 1 Medium Onion
- 3 Tbsp Olive Oil
- 2 tsp Minced Garlic
- 1 tsp Thyme
- 1 tsp Salt
- 1 tsp Pepper

Total Price: ~\$6.52

Breakdown:

Onion: \$0.90 → Tailgate Item

Red Potatoes: \$1.24 → Tailgate Item

Carrots: \$1.20 → Tailgate Item

Oil: \$0.50

Thyme: \$0.94 (full container)

Minced Garlic: \$1.74 (full container)

Salt and Pepper: common home item

Prices change per store.

## Instructions

1. Preheat oven to 425°F. Line a baking sheet with foil or parchment paper.
2. Wash and dry the potatoes. Chop the small potatoes into quarters. Potatoes should be smaller than carrots, to ensure they cook at the same time.
3. Chop onion.
4. Mix olive oil, garlic, thyme, salt, and pepper in a large bowl. (Mix seasonings first, before adding the oil)
5. Add potatoes, carrots, and onions to the bowl. Mix and coat the vegetables with oil and seasonings.
6. Spread potatoes, carrots, and onions in a single layer on the baking sheet. Roast in the oven for 40 minutes or until they reach tenderness. Stir halfway through cooking time.
7. Season with more salt and pepper (optional), serve warm.

Have you tried sweet potatoes?!  
They are a great source of  
Vitamin C, try this as a  
substitution for any potato.

Recipe modified from: <https://thesimpleparent.com/roasted-potatoes-and-carrots/>



# Lentil-Beef Meatloaf Muffins

Servings: 3

## Ingredients

- 1/2 cup dry lentils
- 1/2 lb. lean ground beef
- 1/2 cup breadcrumbs
- 1 large egg
- 2 Tbsp ketchup
- 2 tsp Worcestershire sauce
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/8 tsp salt
- 1/8 tsp pepper

## Sauce

- 1/4 cup ketchup
- 1/2 Tbsp brown sugar
- 1/2 tsp Dijon mustard

## Instructions

1. Combine lentils and water in a small pot. Simmer ~30 min or until tender.
2. Drain any remaining liquid from the lentils.
3. Preheat oven to 375F.
4. In a large bowl, mix together lentils, beef, breadcrumbs, an egg, ketchup, Worcestershire sauce, onion powder, garlic powder, salt, and pepper.
5. For the sauce: In a small bowl, mix together ketchup, brown sugar, and Dijon mustard.
6. Top each meatloaf muffin with equal amounts of sauce.
7. Bake for about 25 minutes, or until 165F
8. Rest for 5 minutes and serve!

Recipe modified from: <https://www.todayparent.com/recipe/make-ahead-meals/lentil-and-beef-mini-meat-loaves-recipe/>

### Total Cost: \$2.78

Lentils – Free from Second Harvest

Lean ground beef - \$2.44

Breadcrumbs - \$0.21

Egg - \$0.06

Ketchup - \$0.14

Worcestershire – \$0.03

Onion powder – \$0.01

Garlic powder – \$0.01

Brown sugar – \$0.01

Dijon mustard- \$0.01

Prices change per store.

Add some oregano or  
basil for even more  
flavor!

# Yogurt Apple Dip

Servings: 1-2

## Ingredients

- 1 large apple, any variety
- 1 cup plain yogurt
- 1 tbsp peanut butter
- ¼ tsp cinnamon powder
- 1 tsp honey

### Total Cost: \$1.29

Yogurt – Free from Second Harvest

Honey Crisp Apple - \$1.18

Peanut butter - \$0.04

Cinnamon Powder - \$0.01

Honey - \$0.06

Prices vary per store.

Pumpkin pie spice is a nice substitute for cinnamon if you have it!

## Instructions

1. Rinse the apple well.
2. Slice the apple into ¼ inch thick pieces.
3. In a small bowl, add yogurt, cinnamon, honey, and peanut butter.
4. Mix until well combined.
5. Serve with sliced apple and enjoy!

# Roasted Broccoli with Garlic

Servings 2

## Ingredients

- 2 Tablespoons Olive Oil
- 1 head of broccoli
- 2 cloves of garlic
- 1 teaspoon salt
- 1 teaspoon pepper

## Instructions

1. Preheat oven to 375 degrees
2. Chop a head of broccoli into bite size pieces
3. Mince 2 cloves of garlic into small bowl
4. Place aluminum foil onto baking sheet
5. Spread broccoli onto baking sheet
6. Place garlic all over broccoli
7. Drizzle olive oil onto broccoli
8. Sprinkle salt and pepper onto broccoli
9. Place tray in oven for 30 minutes
10. Serve and enjoy

Recipe modified from:

<https://www.pinterest.com/pin/5418462035423181/>

Total Price: ~\$3.57

### Breakdown:

Oil \$0.30

1 bulb of garlic: \$0.50

1 head of broccoli: \$2.77

Prices change per store.

Broccoli is a good source of Vitamin K, which helps improve cognitive functioning.

# Smashed Potatoes

Servings 6

## Ingredients

- 3 Tablespoons Olive Oil
- 12 whole potatoes
- Salt (to taste)
- Pepper (to taste)
- Rosemary (to taste)
- Parmesan, finely grated.

Total Price: ~\$5.79

### Breakdown:

Oil \$0.30

5lbs of potatoes: \$3.49

1 bag of parmesan cheese: \$2.00

Prices change per store.

## Instructions

1. Preheat oven to 450 degrees
2. Bring a pot of salted water to a boil. Add in as many potatoes as you wish to make and cook them until they are fork tender.
3. Drizzle a sheet pan with olive oil. Place tender potatoes on the sheet pan, leaving plenty of room between each potato.
4. With a potato masher, gently press down each potato until it slightly mashes, then push the excess out of the masher back on top of the potatoes. Rotate the potato masher 90 degrees and mash again, pushing out the excess. Drizzle the tops of each crushed potato generously with more olive oil. Sprinkle potatoes with kosher salt, fresh ground black pepper and fresh chopped rosemary (or chives or thyme or whatever herb you have available.) Add grated Parmesan.
5. Bake in a 450 degree oven for 20-25 minutes until golden brown and sizzling.

Potatoes are a good source of fiber, which can help prevent heart disease by keeping cholesterol levels steady.

Recipe modified from:

<https://www.thepioneerwoman.com/food-cooking/recipes/a10944/crash-hot-potatoes/>

# Fresh Pesto

Yields 1cup

## Ingredients

- 2 cups Fresh Basil Leaves (packed)
- 1/2 cup Olive Oil
- 1/2 cup Parmesan or Romano Cheese
- 1/3 cup Walnuts
- 3 Garlic Cloves Minced (2 tsp. minced garlic)
- 1/4 teaspoon Salt
- 1/8 teaspoon Pepper

Total Price: ~ \$1.74 - \$5.73

Breakdown:

Basil from Second Harvest or

Basil from store – \$3.99

Olive Oil - \$0.67

Parmesan Cheese – \$0.48

Walnuts – \$0.42

Garlic Cloves - \$0.17

Prices change per store

Use cashews or any other nuts you may have available

Substitute 1-cup basil for 1 cup of spinach, kale, or any other leafy green

## Instructions

1. Place all ingredients into food processor
2. Pulse processor 3 times (10-15 seconds)
3. Use spatula to stir and scrape sides
4. Repeat this process until desired consistency
5. Garnish with a sprinkle of Parmesan or Romano Cheese and serve
6. Or add to your favorite recipe

Recipe modified from:

[https://www.simplyrecipes.com/recipes/fresh\\_basil\\_pesto/](https://www.simplyrecipes.com/recipes/fresh_basil_pesto/)

# Pesto Chicken with Roasted Tomatoes

Servings 4

## Ingredients

- 2 lbs. Chicken Breast (about 3 to 4 breasts)
- 1 Cup Fresh Pesto ([click here for fresh pesto recipe](#))
- 6-8 small to medium tomatoes
- Salt and Pepper to taste

Total Price: ~ \$5.52

Breakdown:

Pesto - \$1.74 with Basil from Second Harvest

Chicken - \$3.78

Tomatoes from Second Harvest

Prices change per store.

## Instructions

1. Preheat oven to 350°
2. Line baking dish with foil or parchment paper
3. Cover each breast with 2 to 3 tablespoons

Make sure to cover the whole breast

4. Place chicken in baking dish and bake for 30 minutes
5. Slice tomatoes into quarters
6. Place tomatoes around chicken breasts and return to oven
7. Cook for another 20 minutes or until chicken is cooked to 165°

Cut the chicken into smaller pieces to make kid friendly portions

Add Green peppers, mushrooms, or your other favorite veggie to roast

Sprinkle with your favorite shredded cheese to serve

Recipe modified from:

<https://cafedelites.com/2-ingredient-pesto-chicken-recipe/>

# Chickpea Trail Mix

Makes about 4 cups of trail mix

## Ingredients

- 1 can of garbanzo beans (chickpeas) (common tailgate item from Second Harvest)
- 1 tbs seasoning of choice (I used an “Everything Bagel” seasoning since I couldn’t find sesame seeds in the store, you may use smoked paprika, cinnamon, keep it simple with salt and pepper, or whatever seasoning you enjoy)
- 1/2 cup of dried fruit
- 1/2 cup of dark chocolate chunks
- 1/2 cup of nuts (I used cashews, you may use others or a mix of types if you’d like)
- 1/2 pepitas (pumpkin seeds)
- Any of your favorite trail mix ingredients!

Chickpeas are great for helping keep your appetite under control. The protein and fiber content slow down digestion and promote a feeling of fullness, which makes it a great snack to hold you over until mealtime and avoid overeating at meals.

A trail mix is a great way to get creative with adding ingredients!

## Instructions

1. Open can of garbanzo beans (chickpeas) using a handheld can opener, or peel open if the easy-open tab is available
2. You may hold the lid on top to drain the can of its fluids while retaining the beans, or dump them into a colander to drain (I also like to rinse them, but not necessary)
3. Spread beans out on a kitchen towel or paper towel, and use another to dry them off the best you can
4. Once dry, put the beans into a bowl and add seasoning
  1. (I used a little honey in the video as an experiment to help the seasoning stick — I do not recommend this as it prevented the chickpeas from getting nice and crunchy)
5. Mix thoroughly to evenly distribute seasoning
6. Spread beans out on a baking sheet
7. Insert into an oven preheated to 375 degrees F.
8. Bake chickpeas for 10 minutes, or until nice and slightly crunchy
9. Allow the chickpeas to cool off to room temperature (to avoid getting the chocolate all melty)
10. In a storage container you plan to keep the trail mix in, add the cooled-off chickpeas and all trail mix ingredients
11. Hand mix the mixture, and enjoy!

Recipe modified from:

Total Price: ~\$1.68/4 cups of trail mix  
Breakdown:  
1 tbs seasoning of choice: ~\$0.02  
1/2 cup dried fruit: \$0.35  
1/2 cup dark chocolate chunks: \$0.45  
1/2 cup cashews: \$0.55  
1/2 cup pepitas: \$0.31  
Chickpeas free From Second Harvest!  
Prices change per store.

<https://www.wellplated.com/roasted-chickpea-snack-mix/>



JOIN CHEF SOLUS AND THE  
FRESH PRODUCE BUNCH, IN  
CREATING A HEALTHY AND  
BALANCED MEAL!

CAN YOU CIRCLE WHAT WOULD BE IN  
YOUR SALAD?



LETTUCE



TOMATO



BELL PEPPER



CARROTS

CELERY



CHEESE



HARD BOILED EGGS



OLIVES



BROCCOLI



APPLES

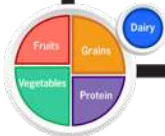
PICK US! WE'RE  
GREAT IN A SALAD!



RADISH



MUSHROOM





# Bananas for Nutrition Cross Word



P A P R C C T R O P I C A L M  
 M U X I V O L N Q B R V J U Q  
 F A O P T P I L M M I K I Y C  
 S R G E Z P J J E T H S E D H  
 H T U N L E R L A T S K X A H  
 B I N I E R C M Y A N K N S A  
 X K B A T S I M T O V T H J W  
 L B X Z D N I O M J E N U U W  
 O J J R C I P U M T O A X H T  
 R N Y N P W X B M E F N O I Q  
 G C W H O O F O H A W A M H O  
 K K P T C L N S I E Y N V Z C  
 W F K S L L M A D T P A C K W  
 Q N X J K E S V K M N B N K V  
 J Q X R T Y F I B E R A S E L

Antioxidants

Tropical

Potassium

Magnesium

Fiber

Banana

VitaminC

Yellow

Monkey

Fruit

Copper

# Key

P A P R C C T R O P I C A L M  
M U X I V O L N Q B R V J U Q  
F A O P T P I L M M I K I Y C  
S R G E Z P J J E T H S E D H  
H T U N L E R L A T S K X A H  
B I N I E R C M Y A N K N S A  
X K B A T S I M T O V T H J W  
L B X Z D N I O M J E N U U W  
O J J R C I P U M T O A X H T  
R N Y N P W X B M E F N O I Q  
G C W H O O F O H A W A M H O  
K K P T C L N S I E Y N V Z C  
W F K S L L M A D T P A C K W  
Q N X J K E S V K M N B N K V  
J Q X R T Y F I B E R A S E L

# KIDS FOOD CRITIC ACTIVITY

Let kids select a new fruit, vegetable, or recipe to sample. Have them taste the food and rate it based on visual appeal, smell, taste, and texture using a scale of 1 to 5 where 5 is the best.



DRAW FOOD HERE!

|  |               |        |        |        |        |               |       |
|--|---------------|--------|--------|--------|--------|---------------|-------|
|  | Visual Appeal | 1<br>○ | 2<br>○ | 3<br>○ | 4<br>○ | 5<br>○        | _____ |
|  | Smell         | 1<br>○ | 2<br>○ | 3<br>○ | 4<br>○ | 5<br>○        | _____ |
|  | Taste         | 1<br>○ | 2<br>○ | 3<br>○ | 4<br>○ | 5<br>○        | _____ |
|  | Texture       | 1<br>○ | 2<br>○ | 3<br>○ | 4<br>○ | 5<br>○        | _____ |
|  |               |        |        |        |        | <b>TOTAL:</b> | _____ |

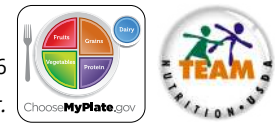
TOTAL SCORE

Serve it again?

YES
NO

**FOR EXTRA FUN:**

- Have kids choose and prepare foods and have friends, siblings, or parents sample and rate them.
- Present 3 new recipes to sample and compare them.



☺ WORD UN-SCRAMBLE! ☺

1. TOAPOT \_\_\_\_\_
2. FBRASETAK \_\_\_\_\_
3. TEILKSL \_\_\_\_\_
4. REGEN REPEPP \_\_\_\_\_
5. CEHRDAD CEEEHS \_\_\_\_\_
6. ELSAEEGBVT \_\_\_\_\_
7. OITPERN \_\_\_\_\_
8. OEUCISDL \_\_\_\_\_



☺ WORD UN-SCRAMBLE! ☺

1. TOAPOT \_\_\_\_\_ potato
2. FBRASETAK \_\_\_\_\_ breakfast
3. TEILKSL \_\_\_\_\_ skillet
4. REGEN REPEPP \_\_\_\_\_ green pepper
5. CEHRDAD CEEHS \_\_\_\_\_ cheddar cheese
6. ELSAEEGBVT \_\_\_\_\_ vegetables
7. OITPERN \_\_\_\_\_ protein
8. OEUCISDL \_\_\_\_\_ delicious





# LEMONS

## WORD SEARCH PUZZLE

DESSERT  
DRINK  
FRESH  
FRUIT  
GROW  
HARVEST  
OIL  
PEEL  
RIND  
RIPE  
SCENT  
SEED  
SEGMENT  
SQUEEZE  
SOUR  
VITAMINS  
YELLOW

F R U I T T S R T  
S E P I R E U N W  
Q E A R E O E O K  
U T G D S C L N L  
E F R M S L I L E  
E R O E E R O M E  
Z E W Y D N I R P  
E S N I M A T I V  
O H A R V E S T N

The words appear UP, DOWN, BACKWARDS, and  
DIAGONALLY. Find and circle each word.





# LEMONS

## WORD SEARCH PUZZLE

DESSERT ·  
DRINK ·  
FRESH ·  
FRUIT ·  
GROW  
HARVEST ·  
OIL  
PEEL ·  
RIND  
RIPE  
SCENT ·  
SEED ·  
SEGMENT  
SQUEEZE  
SOUR  
VITAMINS  
YELLOW

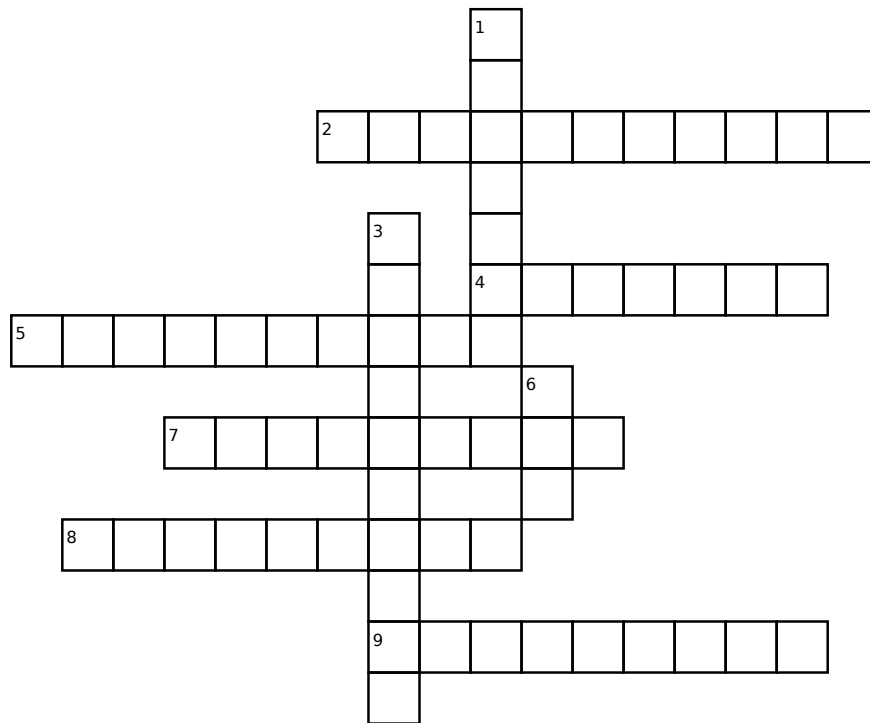
F R U I T T S R T  
S E P I R E U N W  
Q E A R E O E O K  
U T G D S C L N L  
E F R M S L I L E  
E R O E E R O M E  
Z E W Y D N I R P  
E S N I M A T I V  
O H A R V E S T N

The words appear UP, DOWN, BACKWARDS, and  
DIAGONALLY. Find and circle each word.





# The wonderful world of legumes



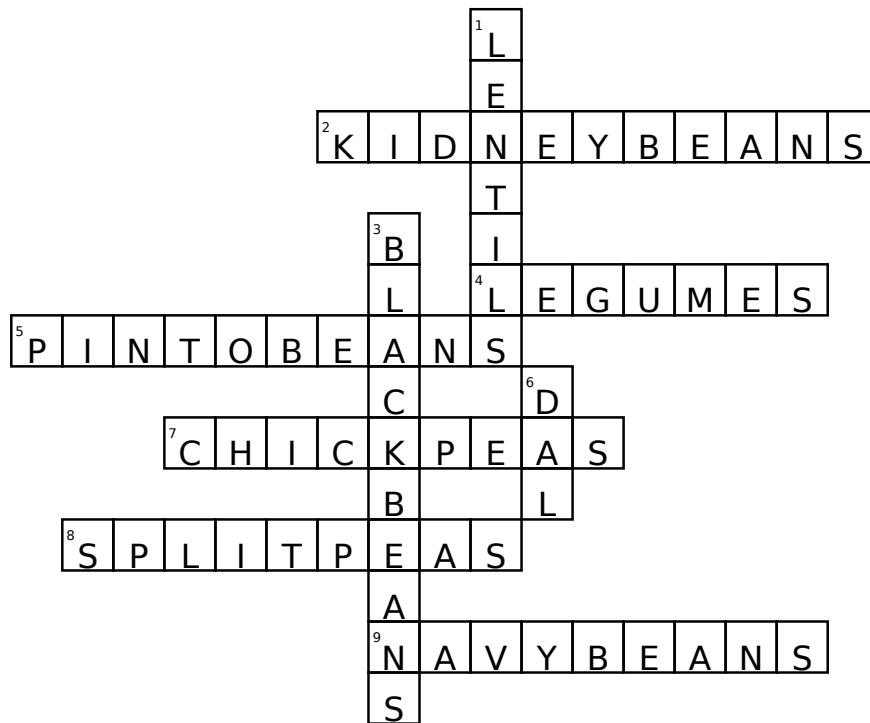
## Down:

1. flat or lens-shaped legumes
3. dark-colored beans used in many dishes
6. a dish made of stewed lentils or split peas

## Across:

2. a variety of beans which are named because of their kidney-like appearance
4. any name for a plant that produces pods with seeds inside
5. brown speckled beans used in refried beans
7. used in making hummus and falafels
8. peas that have been dried and split in half
9. used to make Boston Baked Beans

# The wonderful world of legumes



## Down:

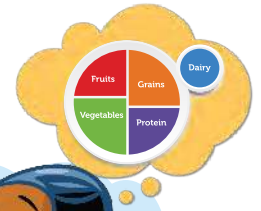
1. flat or lens-shaped legumes
3. dark-colored beans used in many dishes
6. a dish made of stewed lentils or split peas

## Across:

2. a variety of beans which are named because of their kidney-like appearance
4. any name for a plant that produces pods with seeds inside
5. brown speckled beans used in refried beans
7. used in making hummus and falafels
8. peas that have been dried and split in half
9. used to make Boston Baked Beans

# MyPlate Crossword Puzzle

Use the words from MyPlate to help you complete this puzzle.

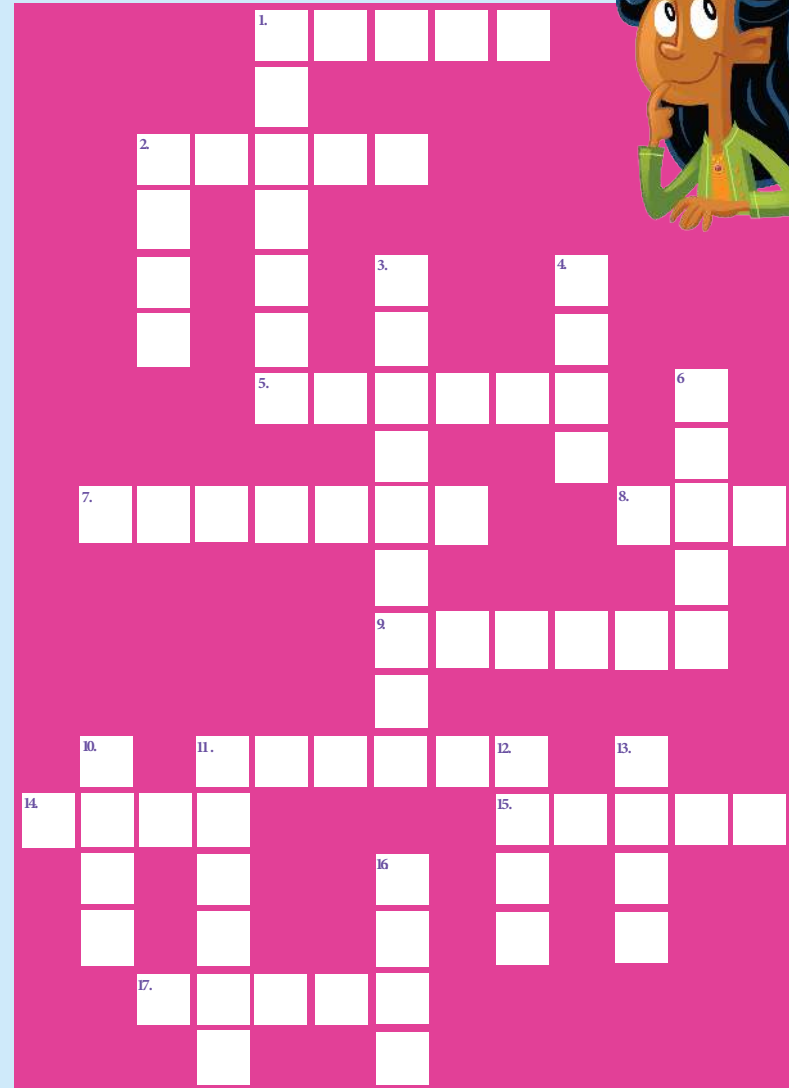


## Across

1. Use the My \_\_\_\_\_ as a guide.
2. Apples, oranges, and bananas fit into this food group.
5. This sweet, smooth food comes in many different flavors and is a great way to get calcium for your bones.
7. \_\_\_\_\_ are an orange vegetable.
8. Try fat-free or low \_\_\_\_\_ foods when you can.
9. Use whole-grain \_\_\_\_\_ for your sandwiches.
11. Cheddar, swiss, mozzarella, monterey jack are examples.
14. Fits into the grains group of MyPlate. Goes great with stir-fry.
15. MyPlate is a \_\_\_\_\_ to help you eat a variety of foods for a healthy body.
17. Spaghetti is a type of \_\_\_\_\_.

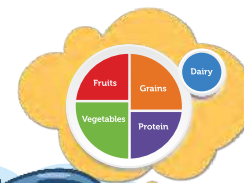
## Down

1. Chicken and turkey are examples of \_\_\_\_\_.
2. Eat a variety of \_\_\_\_\_ from all of the groups.
3. Broccoli and green beans are examples of a \_\_\_\_\_.
4. These are a great source of protein and can be mixed with cereal and dried fruit for an "on-the-go" snack.
6. Pinto, kidney, black, refried - there are lots of different kinds and they can be eaten lots of different ways.
10. Vegetable or olive \_\_\_\_\_ are often used for cooking and are part of a healthful diet.
11. This makes a quick and easy "ready-to-eat" breakfast with fruit and milk.
12. You can hard-boil, scramble, fry, or poach these, or eat them as an omelet. How do you like your \_\_\_\_\_?
13. Salmon and trout are examples of \_\_\_\_\_.
16. Lean \_\_\_\_\_ is an excellent source of protein, iron, and zinc.



# MyPlate Crossword Puzzle

Use the words from MyPlate to help you complete this puzzle.

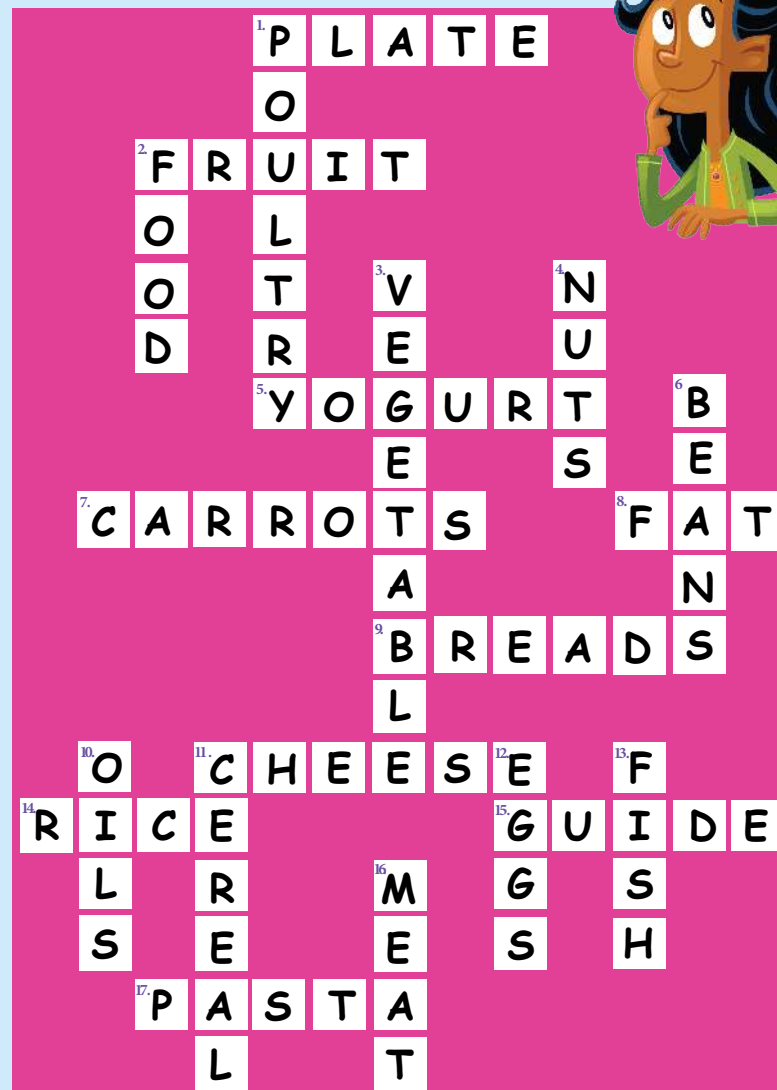


## Across

- Use the My \_\_\_\_\_ as a guide.
- Apples, oranges, and bananas fit into this food group.
- This sweet, smooth food comes in many different flavors and is a great way to get calcium for your bones.
- \_\_\_\_\_ are an orange vegetable.
- Try fat-free or low \_\_\_\_\_ foods when you can.
- Use whole-grain \_\_\_\_\_ for your sandwiches.
- Cheddar, swiss, mozzarella, monterey jack are examples.
- Fits into the grains group of MyPlate. Goes great with stir-fry.
- MyPlate is a \_\_\_\_\_ to help you eat a variety of foods for a healthy body.
- Spaghetti is a type of \_\_\_\_\_.

## Down

- Chicken and turkey are examples of \_\_\_\_\_.
- Eat a variety of \_\_\_\_\_ from all of the groups.
- Broccoli and green beans are examples of a \_\_\_\_\_.
- These are a great source of protein and can be mixed with cereal and dried fruit for an "on-the-go" snack.
- Pinto, kidney, black, refried – there are lots of different kinds and they can be eaten lots of different ways.
- Vegetable or olive \_\_\_\_\_ are often used for cooking and are part of a healthful diet.
- This makes a quick and easy "ready-to-eat" breakfast with fruit and milk.
- You can hard-boil, scramble, fry, or poach these, or eat them as an omelet. How do you like your \_\_\_\_\_?
- Salmon and trout are examples of \_\_\_\_\_.
- Lean \_\_\_\_\_ is an excellent source of protein, iron, and zinc.





# Food Facts Highlights:

## Make Ahead Freezer Meals

During the cold winter months, it can be fun to be in a warm kitchen, preparing food ahead for those busy spring weeks when there is yard work and gardening to do in addition to the normal chores. The following are some tips on preparing, and freezing, food ahead.

- **Don't overcook food items that are intended for the freezer**, and be particularly careful to slightly undercook pasta, rice, and vegetables. [Note: baked goods, however, should be fully cooked.]
- **Cool all foods completely** by setting meals in the refrigerator for at least an hour before freezing.
- **Package items for the freezer** in moisture-proof, airtight and odorless containers. Examples include zip-top plastic freezer bags (not food storage bags); rigid plastic or glass containers with wide mouths and tight-fitting lids; or heavy duty aluminum foil.
- **Plan ahead** for those foods that will go from the freezer to the oven. Package casseroles and other items that you will cook from the frozen state in aluminum trays or Pyrex cookware; cover with heavy-duty aluminum foil.
- **Make certain all freezer containers are sealed completely** and that you've removed excess air before sealing. [Air trapped in a container can react with the food, destroying nutrients and producing off flavors during extended storage.]
- **Don't forget to label each package** (try a permanent ink marker) with reheating instructions before freezing. Include the name of the meal, date frozen, number of servings, temperature and length of time it bakes, and any other necessary information. You can add any personal notes such as marking extra stars for your favorites.

### Check list for high quality make-ahead frozen food:

- Food is packaged in small portions.
- Food is packaged in shallow containers.
- Container or packaging fits the shape and size of the food to be frozen.
- Food is packed tightly to eliminate as much air space as possible.
- Container or packaging is almost full, leaving only a little space for the food to expand as it freezes.
- Excess air is pressed from freezer bags.
- Container or bag is tightly sealed.
- Contents of freezer are organized so wrappings don't become loose or pierced.
- Packages are labeled with a freezer marker indicating the contents, number of servings, and date of storage.
- Food is placed in a single layer on freezer shelves until frozen.
- Freezer is set to and maintains 0°F degrees or below
- Freezer is not freezing too much food at a time.
- An inventory identifying each food in the freezer and its "use by" date is posted on the outside of the freezer and is updated each time an item is removed.
- Food is thawed in refrigerator unless otherwise directed.

More ideas can be found on these web sites:

- Make ahead and freeze <http://lancaster.unl.edu/food/ftnvdc99.htm>
- Cook once, eat twice <http://lancaster.unl.edu/food/ciqf.htm>
- Freezing cooked foods <http://lancaster.unl.edu/food/ciq-freezing-techniques.htm>
- Freezing prepared foods <http://www.uga.edu/nchfp/publications/uga/FreezingPreparedFoods.pdf>

A freezer storage list is found online <http://www.oznet.k-state.edu/humannutrition/hrap/storage/stochart.htm>  
January 2006.



# School Nutrition Bites

Grades 4-6

UC DAVIS  
CENTER for  
NUTRITION in SCHOOLS

<http://cns.ucdavis.edu>  
cns@ucdavis.edu

## Reading Food Labels

Nutrition Facts food labels have information to help us to make choices about the foods we eat. Here are some tips on how to read them and what to look for.

### Limit these

Saturated fat, *trans* fat, cholesterol, sodium and sugars.

### Get enough of these

Fiber, vitamins A & C, iron and calcium.

| Nutrition Facts   |                           |
|---|---------------------------|
| Serving Size 1 cup (228g)   |                           |
| Servings Per Container 2  |                           |
| Amount Per Serving  |                           |
| <b>Calories</b> 250   | Calories from Fat 110     |
| % Daily Value*  |                           |
| <b>Total Fat</b> 12g  | <b>18%</b>                |
| Saturated Fat 3g  | 15%                       |
| <i>Trans</i> Fat 3g   |                           |
| <b>Cholesterol</b> 30mg   | <b>10%</b>                |
| <b>Sodium</b> 470mg   | <b>20%</b>                |
| <b>Total Carbohydrate</b> 31g   | <b>10%</b>                |
| Dietary Fiber 0g  | 0%                        |
| Sugars 5g   |                           |
| <b>Protein</b> 5g   |                           |
| Vitamin A   | 4%                        |
| Vitamin C   | 2%                        |
| Calcium   | 20%                       |
| Iron  | 4%                        |
| * Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. |                           |
|   | Calories: 2,000 2,500     |
| Total Fat   | Less than 65g 80g         |
| Sat Fat   | Less than 20g 25g         |
| Cholesterol   | Less than 300mg 300mg     |
| Sodium  | Less than 2,400mg 2,400mg |
| Total Carbohydrate  | 300g 375g                 |
| Dietary Fiber   | 25g 30g                   |

Source: FDA  
<http://www.fda.gov/Food/LabelingNutrition/ConsumerInformation/ucm078889.htm>

## Serving Size

Remember that one package may contain more than one serving. This is important because the amount of calories and nutrients is based on the serving size.

## Calories

When comparing foods, keep in mind that 400 or more calories per serving is high, and try to keep track of the calories you eat throughout the day. The food label is based on a 2,000 calorie diet, but your calorie needs might be different. Check MyPyramid ([www.mypyramid.gov](http://www.mypyramid.gov)) to find out how many calories you should eat.

## % Daily Value (%DV)

This is the percentage on the right side of the label. At the bottom of the label you will see that the percentage is based on a 2,000 calorie diet; however, some people need more or less. You can use this to compare foods, just remember that 5% DV is low and 20% DV is high.

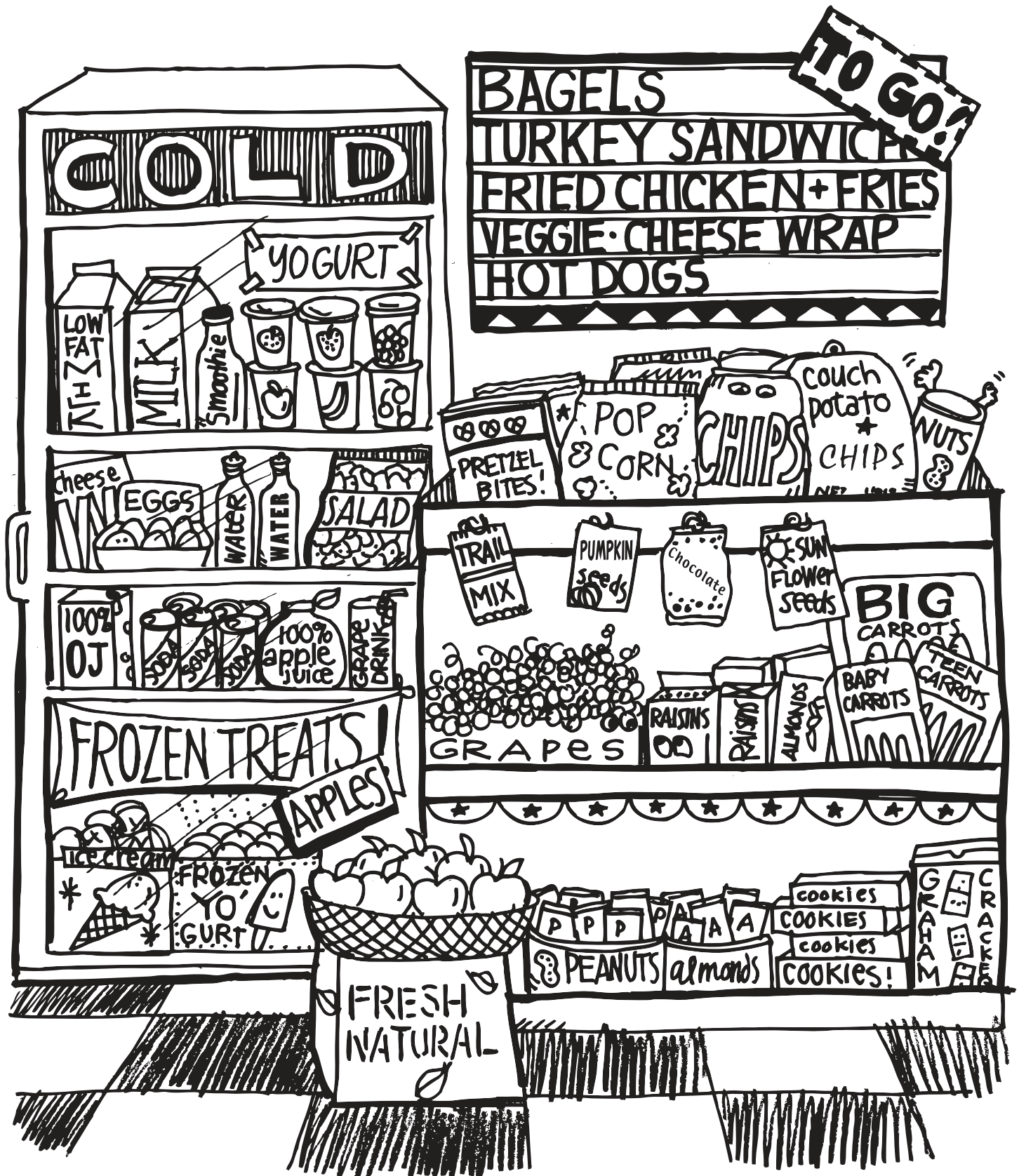
Jessica Linnell, Doctoral Student, 2010  
Sheri Zidenberg-Cherr, PhD  
Marilyn Briggs, PhD, RD

# Activity #5: Snack-Attack!

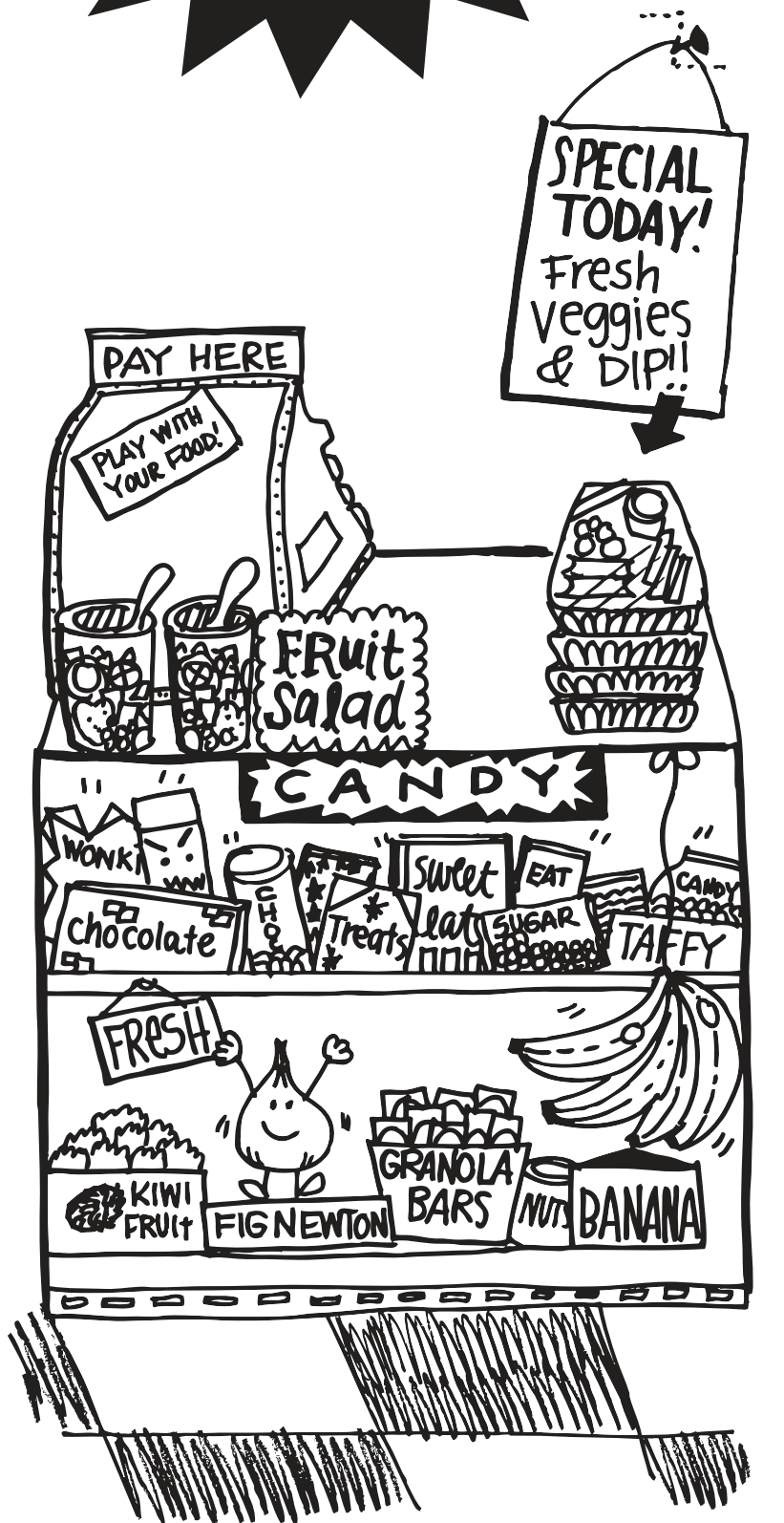
Name: \_\_\_\_\_

## Directions:

Circle as many healthy snacks as you can! Then fill in the missing letters for the healthy snacks listed on the next page to make your "All Star Snack List." Add some of your own favorite snacks to your list!



Your own  
ALL STAR  
Snack List!



# ALL STAR Snack List!

\_\_ P P L E

Y O G U R \_\_

S A \_\_ A D

P \_\_ P C O R N

G R A \_\_ E S

R A I S I N \_\_

\_\_ A R R O T S

A L M O N \_\_ S

\_\_ A T E R

Now add your own favorite snacks!

For more fun food ideas, visit us at

☆ [www.foodplay.com](http://www.foodplay.com) ☆

Cut this out and put on your fridge!



# Fresh Veggies

Name: \_\_\_\_\_ Date: \_\_\_\_\_



Find and circle each of the words from the list below. Words may appear horizontally or vertically, but forwards only.

|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| N | C | P | U | E | X | R | A | A | U | N | F |
| H | I | U | T | M | A | P | V | C | H | Y | N |
| T | I | B | R | O | C | C | O | L | I | A | P |
| P | E | P | P | E | R | S | C | C | I | W | E |
| B | A | S | I | L | N | W | A | A | L | E | A |
| B | E | E | T | R | A | J | D | R | U | U | S |
| C | O | R | N | M | Z | G | O | R | J | N | D |
| F | U | A | T | O | M | A | T | O | E | S | U |
| O | N | I | O | N | A | I | D | T | L | P | D |
| N | Y | G | I | C | U | C | U | M | B | E | R |

peppers carrot broccoli onion  
tomatoes cucumber avocado  
corn basil Beet peas

# Fresh Veggies

## ANSWER KEY



Find and circle each of the words from the list below. Words may appear horizontally or vertically, but forwards only.

|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| N | C | P | U | E | X | R | A | A | U | N | F |
| H | I | U | T | M | A | P | V | C | H | Y | N |
| T | I | B | R | O | C | C | O | L | I | A | P |
| P | E | P | P | E | R | S | C | C | I | W | E |
| B | A | S | I | L | N | W | A | A | L | E | A |
| B | E | E | T | R | A | J | D | R | U | U | S |
| C | O | R | N | M | Z | G | O | R | J | N | D |
| F | U | A | T | O | M | A | T | O | E | S | U |
| O | N | I | O | N | A | I | D | T | L | P | D |
| N | Y | G | I | C | U | C | U | M | B | E | R |

peppers carrot broccoli onion  
tomatoes cucumber avocado  
corn basil Beet peas

Draw a line to match the types of food!



**Protein**  
(Nuts, Meat, beans, eggs)



**Sweet**  
(Sugar, candies, chocolate)



**Spicy**  
(Heat, species, zesty)



**Fruit**  
(Apple, Pineapple, Strawberry)

Made by Brendan Rollin

# Herbs and spices



basil



fresh oregano



cinnamon



bayleaf



cardamom



rosemary



chilli



marjoran



curry



cumin



black pepper



parsley



nutmeg



sage



chives



thyme



mustard seeds



mint



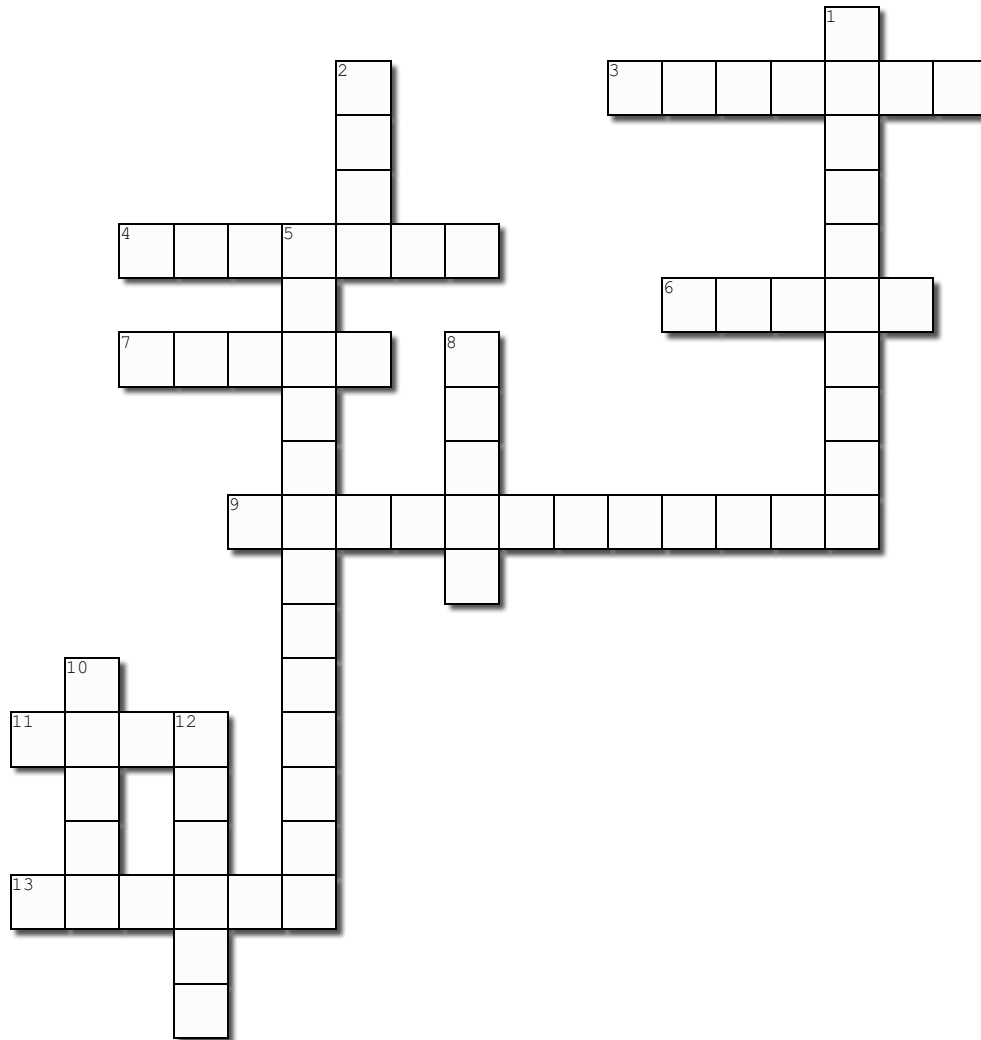
vanilla



ginger

Name: \_\_\_\_\_

## Basic Nutrition Crossword



Created using the Crossword Maker on TheTeachersCorner.net

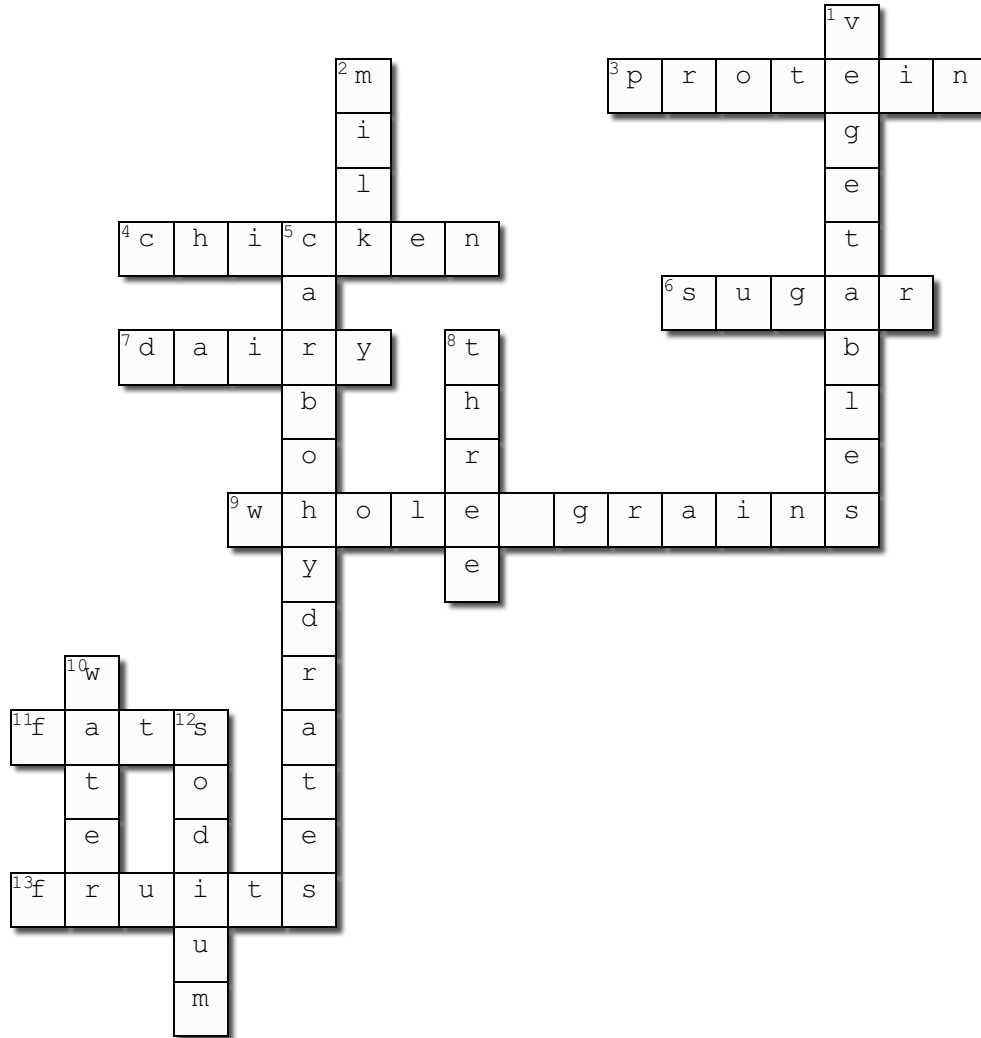
### Across

3. This macronutrient helps build and repair muscles among many other functions
4. A good source of lean protein (type of poultry)
6. , Beverages with \_\_\_\_\_ should be limited and should only drink occasionally
7. Cheese and milk fall into this food group
9. These grains are the grains you should consume most of the time
11. This macronutrient is at the top of the food pyramid ( should consume the least amount of this food group)
13. These foods are usually bright in color and provide a lot of vitamins and minerals along with natural sugars

### Down

1. These foods come out of the ground most of the time and are full of fiber and vitamins and minerals
2. This drink holds a lot of calcium and vitamin D (good for bone health)
5. This macronutrient is our body's main source of fuel (large quantities in pasta, rice, bread)
8. , Recommended amount of meals one should consume daily
10. A drink you should drink every day
12. Another word for salt (should not exceed RDA if you can help it)

# Basic Nutrition Crossword



Created using the Crossword Maker on TheTeachersCorner.net

## Across

3. This macronutrient helps build and repair muscles among many other functions (**protein**)
4. A good source of lean protein (type of poultry) (**chicken**)
6. , Beverages with \_\_\_\_\_ should be limited and should only drink occasionally (**sugar**)
7. Cheese and milk fall into this food group (**dairy**)
9. These grains are the grains you should consume most of the time (**whole grains**)
11. This macronutrient is at the top of the food pyramid ( should consume the least amount of this food group) (**fats**)
13. These foods are usually bright in color and provide a lot of vitamins and minerals along with natural sugars (**fruits**)

## Down

1. These foods come out of the ground most of the time and are full of fiber and vitamins and minerals (**vegetables**)
2. This drink holds a lot of calcium and vitamin D (good for bone health) (**milk**)
5. This macronutrient is our body's main source of fuel (large quantities in pasta, rice, bread) (**carbohydrates**)
8. , Recommended amount of meals one should consume daily (**three**)
10. A drink you should drink every day (**water**)
12. Another word for salt (should not exceed RDA if you can help it) (**sodium**)