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# Recipe Collection

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# What's on the Menu

## Breakfast

- Make Ahead Breakfast Burritos
- Vegetable Frittata
- Overnight Oats

## Lunch

- Cranberry Chicken Salad
- Rice and Bean Salad
- Vegetable Quesadillas

## Dinner

- Skillet Spaghetti
- Teriyaki Rice Bowl
- Three Can Chili

## Snacks and Drinks

- Carver Dip
- Cowboy Caviar
- Chocolate Cake
- Strawberry S'mores
- Raspberry Lime Fizz
- Fruit Infused Water

# Casseroles: An Easy, Make-Ahead Meal

Use the guide below to choose your ingredients. To cook, season with salt and pepper or other spices, to taste. Bake at 350°F for 40-60 minutes or until top is brown and bubbly.

Protein 1 cup, fully cooked	+	Vegetables 1½-2 cups, chopped	+	Sauce (choose one)	+	Whole Grains 1½ cups, cooked	+	Toppings ½ cup
Beef (lean cuts), cubed or ground		Greens (kale, spinach, chard)		Low-fat or nonfat cream soup, such as mushroom, celery, or tomato (10 ounce can) + ¼ cup nonfat milk		Brown rice		Grated low-fat cheese
Chicken or turkey (boneless; skin removed), cubed or ground		Mixed vegetables (such as carrots, peas and corn)		Diced tomatoes (14.5oz can, drained — approx. 1 cup) + ½ cup reduced-fat sour cream (optional)		Whole wheat pasta		Bread crumbs
Ham, diced		Zucchini				Barley		Crushed corn flakes
Beans or lentils		Mushrooms				Quinoa		Crushed tortilla chips
Canned tuna or salmon		Broccoli				Cubed whole wheat bread (1 cup)		

### Casserole Ideas:

- **Chicken, Rice & Broccoli:** 1 cup diced, cooked chicken + 1½ cups chopped, blanched broccoli + 1½ cups cooked brown rice + 1 can cream of mushroom soup + ¼ cup nonfat milk + ½ cup shredded low-fat cheese on top.
- **Smoked Turkey & Spinach:** 1 cup diced, smoked turkey + 1½ cups chopped spinach + ½ cup chopped mushrooms + 1½ cups cooked barley + 1 can cream of celery soup + ¼ cup nonfat milk + ½ cup shredded low-fat cheese on top.
- **Mexican Black Beans & Rice:** 1 cup black beans + 1½ cups chopped spinach + ½ cup corn + 1½ cups cooked brown rice + 1 cup diced tomatoes + ½ cup low-fat sour cream + ½ teaspoon ground cumin + ¼ teaspoon cayenne pepper + ½ cup shredded low-fat cheese on top.

### Chef's Tips:

- **Vegetables:** Cook firmer veggies like carrots or broccoli, and heartier greens like kale or collards, for 3-4 minutes in boiling water. Drain well before adding to casserole. If using canned or thawed frozen vegetables, drain them well. You don't need to cook them before adding.
- **Whole Grains:** Cook grains according to package instructions ahead of time. Refrigerate and add to casseroles you make that week.
- **Toppings:** Toppings like bread crumbs, corn flakes, or tortilla chips may brown quickly. Cover the casserole loosely with foil while cooking. Remove the foil for the last 5-10 minutes.

# Make Ahead Breakfast Burritos

Servings: 8 | Total Time: 35 minutes  
Adapted from Spend Smart Eat Smart Iowa State  
University Extension

## Ingredients

- 1 cup diced potatoes (1 medium potato)
- 1/2 cup diced onions (1/2 cup medium onion)
- 1 cup diced bell peppers (1 medium pepper)
- 8 beaten eggs
- 1/8 teaspoon garlic powder
- 1/4 teaspoon pepper
- 1 cup shredded 2% reduced fat cheddar cheese
- 8 flour tortillas (8 inch)

## Instructions

1. Spray a large skillet with nonstick cooking spray.
2. Cook the potatoes for 6 to 10 minutes over medium heat.
3. Add onions and peppers to the potatoes. Cook for 3 to 4 minutes until the potatoes are browned.
4. Add beaten eggs to the vegetable mixture. Cook for 4-5 minutes over medium heat. Stir off and on until there is no liquid.
5. Stir in the garlic powder and pepper.
6. Use 2 tablespoons of cheese and 1/2 cup of the egg mixture for each burrito. Roll into burrito. Serve or freeze.

You can freeze burritos. Wrap each burrito tightly in plastic wrap. Freeze in a single layer on a cookie sheet. Seal wrapped burritos in a freezer bag when they are frozen. To reheat the frozen burritos: Remove the plastic wrap. Wrap burrito in a damp paper towel. Set microwave on medium power. Heat burrito for 3-4 minutes.

# Three Can Chili

Servings: 4 | Total Time: 15 minutes  
Adapted from Spend Smart Eat Smart Iowa  
University Extension

## Ingredients

- 1 can (15 ounces) reduced sodium black beans or 2 cups cooked beans (Can substitute regular black beans)
- 1 can (15.5 ounces) corn
- 1 can (14.5 ounces) tomatoes (chopped or broken into pieces)
- Chili powder to taste

## Instructions

1. Before you begin wash your hands, surfaces and utensils.
2. Place contents of all three cans (undrained) into a large saucepan.
3. Sprinkle with chili powder to taste.
4. Stir and heat thoroughly.
5. Serve immediately.

Tip:

Other ingredients that may be added include cooked meat, chopped cooked onions or green peppers.

# Vegetable Frittata

Servings: 9 | Total Time: 45-55 minutes

## Ingredients

- Non-stick spray
- 8 large eggs
- ¼ teaspoon pepper
- ¼ teaspoon garlic powder
- 2 cups Frittata friendly vegetables cut into ½ inch pieces:  
(Corn, chopped broccoli, cauliflower, zucchini, mushrooms, baby spinach or shredded kale)
- 1/2 cup shredded cheddar cheese
- 1/4 cup chopped fresh herbs (basil, parsley, cilantro) or 1 teaspoon dried basil or oregano

## Instructions

1. Before you begin wash your hands, surfaces, utensils, and vegetables.
2. Preheat the oven to 350 degrees. Lightly spray the baking pan with non-stick spray.
3. Crack the eggs in the bowl, add pepper and garlic powder and use a fork or whisk to beat the eggs until they are pale yellow.
4. Add the vegetables, cheese, and herbs and mix.
5. Pour the mixture into the baking pan and put the pan in the oven.
6. Bake for 35 to 45 minutes until the top is golden and the eggs are set and no longer jiggling.

# Cowboy Caviar (Bean Salsa)

Servings: 10 | Total Time: 10 minutes  
Adapted from ChooseMyPlate.gov

## Ingredients

- 1 can kidney beans, drained (15 ounces)
- 1 can black beans, drained (15 ounces)
- 1 can corn, drained (15 ounces)
- 1 can crushed tomatoes (15 ounces)
- 1 can chopped green chilies, drained (4 ounces)
- 1/4 cup finely chopped onion
- 1 tablespoon oil
- 3 limes, juiced (optional)
- salt (to taste, optional)
- pepper (to taste, optional)

## Instructions

1. Mix kidney beans, black beans, corn, tomatoes, chilies, and onion in a large bowl.
2. Add lime juice, oil, salt, and pepper; toss gently to combine.
3. Serve by itself or with corn chips.

# Overnight Oats

Servings: 8 | Total Time: 45 minutes

Adapted from Oregon State University FoodHero

## Ingredients

- 1 cup uncooked old fashioned rolled oats
- 1 cup vanilla low-fat yogurt
- 1/2 cup nonfat or 1% milk
- 1/2 cup berries, fresh or frozen, any variety
- 1/2 cup chopped apple (about 1/3 a medium apple)

## Instructions

1. In a medium bowl, mix oats, yogurt and milk.
2. Add the fruit now or add just before eating.
3. Cover and refrigerate oatmeal mixture for 6-12 hours. For grab-and-go breakfasts, place scoops of mixture in small dishes or spoon into small containers with lids.
4. Refrigerate leftovers within 2 hours.

Use any fresh, frozen, or canned fruits on hand.

# Carver Dip

Servings: 8 | Total Time: 10 minutes

Adapted from Spend Smart Eat Smart Iowa

State University Extension

## Ingredients

- 1 can (15 ounces) sweet potatoes or yams
- 1/2 cup unsweetened applesauce
- 1/4 teaspoon cinnamon
- 1 teaspoon sugar

## Instructions

1. Drain the liquid off the sweet potatoes.
2. Combine all ingredients in a microwave safe bowl.
3. Cook in microwave for 1 1/2 minutes or until heated through.
4. Stir until smooth.

Tips:

This dish can be served hot or cold.

Serve as a spread or dip for fresh fruit or graham crackers.



# Cranberry Chicken Salad

Servings: 6 | Total Time: 15 minutes  
Adapted from ChooseMyPlate.gov

## Ingredients

- 16 ounce canned chicken breast, drained
- 1 large celery stalk, sliced thin
- 2 green onions (scallions) sliced thin
- 3/4 cup dried cranberries
- 1/4 cup light mayonnaise
- 1/4 cup plain Greek yogurt
- 2 teaspoons yellow or Dijon mustard
- Salt and Pepper to taste
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## Instructions

1. Add the chicken to a medium mixing bowl. Separate chicken with edge of spoon.
2. Add sliced celery and onion to the mixing bowl.
3. Toss in the cranberries.
4. Add the mayonnaise, Greek yogurt, and mustard.
5. Using a spoon mix all the ingredients together until blended.
6. Add salt and pepper if desired.

Serve with whole grain bread or crackers, or on a bed of lettuce.

# Chocolate Cake

Servings: 16 | Total Time: 45 minutes  
Adapted from Cooking Matters

## Ingredients

- 1½ cups all-purpose flour
- ¾ cup dark brown sugar
- ⅓ cup unsweetened cocoa powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- ¼ cup unsweetened applesauce
- ¼ cup canola oil
- 1 Tablespoon vinegar (white or cider vinegar work well)
- 1 teaspoon vanilla extract
- 1 cup cold water
- Non-stick cooking spray

## Instructions

1. Preheat oven to 350°F. In a large bowl, mix flour, brown sugar, cocoa powder, baking soda, and salt.
2. In a medium bowl, mix applesauce, oil, vinegar, vanilla, and water.
3. Add wet ingredients to dry ingredients. Mix until just combined. Do not overmix. Batter will be thin.
4. Coat a 9-inch square pan with non-stick cooking spray. Pour batter into greased pan. (Does not work well in a 9x13 pan, can also use a muffin pan to make muffins)
5. Bake on middle rack of oven until center is firm and a toothpick inserted in the middle comes out clean. This will be about 30–40 minutes.

Dress up the cake by dusting with powdered sugar, vanilla yogurt, or berries.

This is a great cake recipe that does not use milk or eggs!

# Rice and Bean Salad

Servings: 6 | Total Time: 20 minutes

## Ingredients

- 1 cup cooked, cooled brown rice
- 1 cup tomatoes, chopped (about 1 medium)
- 2 medium carrots, chopped or grated
- 2 tablespoons onion, finely chopped
- 1 cup corn, frozen
- 1 cup green bell pepper, diced
- 1 can (15 ounces) black beans, drained and rinsed
- ¼ cup lime juice
- ¼ cup oil, vegetable or canola
- ½ teaspoon salt
- ½ teaspoon ground black pepper

## Instructions

1. Cut up the carrots, bell pepper, onion and tomato. Put the vegetables in large bowl.
2. Add frozen corn, drained and rinsed black beans, and rice to the bowl.
3. Using a fork or whisk, whisk together the lime juice, oil, salt, and pepper in a small bowl. Pour over rice and veggie mixture and stir gently to combine.
4. Refrigerate at least 30 minutes before serving to let flavors blend.

# Strawberry S'mores

Servings: 1 | Total Time: 5 minutes

Adapted from ChooseMyPlate.gov

## Ingredients

- 2 strawberries
- 1 graham cracker (broken in half)
- 2 cup yogurt, low-fat vanilla (2 Tablespoons)

## Instructions

1. Rinse the strawberries in water.
2. Slice the strawberries.
3. Add the yogurt and strawberries to 1/2 of graham cracker.
4. Top with the other 1/2 of graham cracker.
5. Enjoy immediately.

Substitute any desired low-fat yogurt flavor.  
Try other fruits like blueberries, bananas, etc.

# Vegetable Quesadillas

Servings: 4 | Total Time: 25 minutes

## Ingredients

- 2 teaspoons oil, vegetable or canola
- 2 cups chopped vegetables: choose any vegetables that are in season or use whatever you have on hand. Try zucchini, broccoli, bell pepper, onion, yellow squash, or spinach.
- Cooking spray
- 4 8" whole-wheat tortillas
- 1 cup canned black beans, rinsed and drained
- 1 cup reduced-fat shredded cheddar cheese
- 1/2 cup salsa, for serving

## Instructions

1. Add oil to a 10-inch non-stick skillet and heat over medium
2. Add vegetables to pan and cook for 4-6 minutes, stirring occasionally, until tender. Remove from pan and set aside.
3. To prepare quesadillas, place tortillas on a clean surface. Cover half of each tortilla with 2 tablespoons of cheese, 1/4 cup black beans and 1/4 of the cooked vegetables. Sprinkle with an additional 2 tablespoons of cheese. Fold the empty halves of the tortillas over the fillings to create a half-moon.
4. Lightly coat the same pan with cooking spray. Place 2 quesadillas back to back in the center of the pan, with the folded sides touching. Cook on medium for 2-3 minutes, or until the bottoms of the tortillas begin to brown.
5. Carefully flip each quesadilla. Cook for an additional 2-3 minutes, or until cheese is melted and bottom tortillas are browned.
6. Repeat steps 4 and 5 to cook the remaining 2 quesadillas.
7. Cut each quesadilla into four triangles. Serve warm with salsa.

# Raspberry Lime Fizz

Servings: 5 | Total Time: 5 minutes

Adapted from Cooking Matters

## Ingredients

- 1 cup cranberry-raspberry juice
- 4 cups seltzer water
- 1 large lime

## Instructions

1. In a large pitcher, mix cranberry-raspberry juice with seltzer water.
2. Rinse lime and cut in half. Squeeze juice from each half into the pitcher, discarding seeds.
3. Mix well before serving.

### Tips:

Pour over ice and garnish with a lime wedge.

Replace cranberry-raspberry juice with any 100% juice you prefer.

For more fruit flavor, increase juice or decrease seltzer water.

Add thin slices of lemon, lime, or orange for more flavor.

If you do not have a large pitcher, prepare in a large bowl.

Use a measuring cup or ladle to serve.



# Skillet Spaghetti

Servings: 8 | Total Time: 45 minutes  
Adapted from EatMoreSave Illinois Extension

## Ingredients

- 1 jar (28 oz) spaghetti sauce
- 1 1/2 cup water
- 2 cups (8 oz) spaghetti pasta, uncooked broken in half
- 2 cups cooked ground meat (beef or turkey)
- 1/2 cup Parmesan cheese, shredded or grated
- 8 ounces package white mushrooms (can substitute canned mushrooms)

## Instructions

1. Before you begin wash your hands, surfaces, utensils, and mushrooms.
2. In large skillet, combine spaghetti sauce and water.
3. Stir to combine and bring to a boil.
4. Cover and reduce heat to simmer for 20-25 minutes Stir frequently and add more water if needed.
5. Add cooked meat to skillet and simmer 5-10 minutes, until meat is heated through and internal temperature is 160 degrees F.
6. Top with cheese and serve.

### Notes

Add chopped onion for more flavor.

Try whole-wheat pasta to increase fiber.

Use cheddar cheese in place of Parmesan.

# Fruit Infused Water

Servings: 4 | Total Time: 5 minutes

## Ingredients

- Water
- Any Fruits or Herbs available on hand. Try these combos or have fun making your own flavor creations!

Watermelon, lime, and mint leaves

Strawberries and lemons (sliced with peel cut off)

Frozen mixed berries

Lemons and cucumbers

Strawberries and basil leaves

Oranges (peel removed) and raspberries

## Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. Add chopped fruit and lemon or lime juice to a large pitcher. Fill pitcher with water and cover with plastic wrap.
3. Store overnight in refrigerator.

Tips: Use any fresh or frozen fruits.

Allow fruit and water to infuse overnight for a stronger flavor.

# Teriyaki Rice Bowl

Servings: 6 | Total Time: 30 minutes

Adapted from Spend Smart Eat Smart Iowa  
State University Extension

## Ingredients

- 2 teaspoons oil (canola or vegetable)
- 3/4-pound boneless chicken, beef or pork (cut into strips)
- 2 cloves garlic, minced or 1/4 teaspoon garlic powder
- 2 cups water
- 1/2 cup low sodium teriyaki or soy sauce
- 2 cups instant brown rice, uncooked (substitute white rice or another grain)
- 1 package (14-16 ounces) frozen stir fry vegetables or any frozen, fresh, or canned vegetables on hand

## Instructions

1. Heat oil in large nonstick skillet on high heat. Add meat and garlic. Cook and stir 5 minutes.
2. Add water and teriyaki or soy sauce and stir. Bring to a boil.
3. Stir in the rice. Return to a boil. Reduce heat to low and cover. Simmer 5 minutes.
4. Stir in frozen vegetables. Heat until vegetables are hot (about 5 minutes)
5. Let stand 5 minutes. Fluff with a fork

### Tips:

Freeze individual portions for lunch if a microwave is available for reheating.

Use leftover (or planned-over) cooked meat if desired.

# Smoothie Framework

## Make Your Own Fruit Smoothies

Smoothies are easy, healthy, and can be made to your liking!



Add ingredients from each column to blender. Blend until thick and smooth.

Fruit (½ -1 cup sliced or chopped per smoothie — fresh or frozen)	+	Liquid (½ to 1 cup per smoothie)	+	Optional Flavorings (up to ½ tsp per smoothie)	+	Thickener (up to ½ cup per smoothie)
Bananas		Apple juice, 100% juice		Ground cinnamon		Ice
Strawberries		Orange juice, 100% juice		Vanilla extract or flavor		Low-fat or nonfat yogurt (plain or frozen)
Raspberries, whole		Cranberry juice, 100% juice		Zest from lemon, lime, or orange		Frozen low-fat or nonfat yogurt
Blueberries, whole		Low-fat or nonfat milk, plain or flavored		Coconut flakes, unsweetened		Silken tofu
Peach		Soy milk, plain or flavored		Honey or maple syrup		
Mango		Almond milk				
Pineapple						

### Try these combos!

**Very Berry:** ½-cup mixture of strawberry, blueberry, and raspberry + ½ cup apple juice + ¼ cup plain yogurt + 1 tsp honey + ¼ cup ice

**Banana-Honey:** ½ cup sliced, frozen banana + ¼ cup apple juice + ¼ cup nonfat milk + ¼ cup plain yogurt + 1 tsp honey

**Triple-C Blaster:** ½-cup mixture of mango and papaya + ½ cup orange juice + ¼ cup nonfat vanilla yogurt + 1 tsp honey + ¼ cup ice

**Tropical Sunrise:** ½-cup mixture of banana and mango + ½ cup low-fat milk + ½ tsp coconut flakes + ¼ cup nonfat yogurt + ¼ cup ice

### Chef's Tips:

- Use milk, tofu, or yogurt to create a creamier smoothie.
- If adding frozen fruit, use less or no ice.
- Freeze slices of fruits that are about to go bad. Use them in smoothies.