Fajitas Primavera
Servings: 6

**Ingredients:**
- 2 tablespoons extra-virgin olive oil (divided)
- 1 tablespoon Worcestershire sauce
- ¼ teaspoon garlic powder
- 2 teaspoons chili powder
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- ¼ teaspoon ground black pepper
- 1 can (14.5-ounce) corn kernels, drained
- 1 can (14.5-ounce) red kidney beans, drained and rinsed
- 1 can (4-ounce) mushroom pieces and stems, drained
- 1 can (15-ounce) low-sodium green beans, drained
- 1 medium onion, halved and sliced
- 1 can (14.5-ounce) diced tomatoes, preferably fire-roasted
- 8 medium (8-inch) flour tortillas, preferably whole wheat, warmed by package directions
- 1 cup shredded, low-fat Monterey Jack cheese
- ½ cup low-fat sour cream, optional

**Directions:**
1. Mix 1 tablespoon olive oil, Worcestershire sauce, garlic, chili powder, oregano, cumin and pepper in a medium mixing bowl.
2. Add corn, kidney beans, mushrooms and green beans.
3. Toss gently until all vegetables are coated. Set aside for 10 minutes.
4. Heat the remaining one tablespoon oil in a large skillet over high heat until smoking.
5. Add onion and sauté until browned and tender, about 5 minutes.
6. Add marinated corn-bean mixture with the marinade and tomatoes; cook until steaming hot, about 4 minutes, stirring often.
7. Spoon ¾ cup vegetable filling into the center of each warm tortilla.
8. Top with 2 tablespoons shredded cheese, fold in one side and roll up.
9. Serve with sour cream, if desired.
10. Enjoy! Refrigerate leftover immediately.

Adapted from Canned Food Alliance

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Crunchy Noodle Bake

Servings: 8

Ingredients:
- 1 can (10.75-ounce) cream of chicken soup
- 1 can (10.75-ounce) cheddar cheese soup
- 8-ounce pkg. shredded Cheddar cheese
- 2 cans (10-ounce) chicken, drained and flaked
- 12-ounce pkg. wide egg noodles, cooked
- 1 can (14.5-ounce) low-sodium green beans, rinsed and drained
- 2 cups corn flakes, crushed
- ¼ cup margarine, melted

Directions:
1. Combine soups, cheese and chicken in large bowl.
2. Fold in noodles and green beans.
3. Pour into a lightly greased 13-inch x 9-inch baking dish.
4. Mix together corn flakes and margarine; sprinkle over top.
5. Bake at 350 degrees F for 30 minutes or until corn flakes are crispy and golden and cheese is melted.

MEASUREMENT EQUIVALENTS:
- 3 teaspoons = 1 tablespoon
- 4 tablespoons = ¼ cup
- 5 ⅛ tablespoons = ⅛ cup
- 16 tablespoons = 1 cup
- 2 cups = 1 pint
- 4 cups (2 pints) = 1 quart
- 4 quarts (liquid) = 1 gallon

COOKING TERMS
- **BOIL**: to heat a liquid until bubbles break continually on the surface.
- **CHOP**: to cut solids into pieces with a sharp knife or other chopping device.
- **DICE**: to cut food into small cubes of uniform size and shape
- **MARINATE**: to soak food in a sauce for a time to add flavor or tenderize the food.
- **SAUTE**: to cook and/or brown food in a small amount of hot fat.

COOKING TIPS
- 4 ounces of shredded cheese is approximately 1 cup.
- If substituting fresh herbs for dried herbs use ⅔ of what the recipe asks because dry herbs are more potent. Conversely if a recipe calls for dried and you would like to use fresh triple the amount the recipe calls for.
- Sugar substitution: 1 cup sugar = 1 ⅓ cups brown sugar or 1 ½ cups powdered sugar
**Zesty Three Bean Salad**
Servings: 5

**Ingredients:**
- 14-ounce package elbow macaroni
- 1 can (15-ounce) low-sodium green beans, drained
- 1 can (5-ounce) tuna packed in water, drained and flaked with a fork
- ½ cup sweet pickles, diced
- ½ cup onions, diced
- 1 cup plain low-fat yogurt
- ⅛ cup light mayonnaise
- 1 ½ tablespoons lemon juice
- ½ teaspoon pepper
- ¾ cup (15-ounce) low-sodium green beans, drained
- 1 can (5-ounce) tuna packed in water, drained and flaked with a fork
- ½ cup sweet pickles, diced
- ½ cup onions, diced
- 1 cup plain low-fat yogurt
- ⅛ cup light mayonnaise
- 1 ½ tablespoons lemon juice
- ½ teaspoon pepper

**Directions:**
1. Prepare elbow macaroni according to package directions and drain.
2. Add green beans, onions, and tuna.
3. Mix yogurt, mayonnaise, lemon juice and pepper together and toss with macaroni mixture.
4. Chill before serving.
5. Enjoy! Refrigerate leftover immediately.

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**Macaroni, Green Bean and Tuna Salad**
Servings: 8

**Ingredients:**
- 2 cans (14.5-ounce) low-sodium green beans, rinsed and drained
- 1 can (15-ounce) white beans, rinsed and drained
- 1 can (16-ounce) garbanzo beans (chickpeas), rinsed and drained
- 3 tablespoons dried parsley
- ½ teaspoon minced garlic
- ¼ teaspoon oregano
- ¼ teaspoon ground basil
- 2 tablespoon extra-virgin olive oil
- 4 tablespoons lemon juice
- Salt and pepper

**Directions:**
1. Place green and white beans in large bowl.
2. In separate bowl mix garlic, oregano, basil and parsley with olive oil and lemon juice.
3. Pour seasoning mixture over beans and toss.
4. Season with salt and pepper and serve immediately or chill prior to serving.
5. Refrigerate leftover immediately.
Ten Minute-stroni
Servings: 8

Ingredients:
• 1 tablespoon extra-virgin olive oil
• 1 medium onion, diced
• 1 teaspoon minced garlic
• ¼ teaspoon ground oregano
• 1 can (14.5-ounce) low-sodium chicken broth
• 1 can (14.5-ounce) diced tomatoes, drained
• 1 can (14.5-ounce) navy beans or chickpeas, drained and rinsed
• 1 can (14.5-ounce) sliced carrots, drained
• 1 can (15-ounce) low-sodium green beans, rinsed & drained
• 1 can (4-ounce) sliced mushrooms, drained
• Salt and pepper
• Parmesan cheese (optional)

Directions:
1. Heat oil in a large saucepan over medium-high heat.
2. Add onion and sauté until transparent, about 2 minutes.
3. Add broth, garlic, oregano and bring to a boil.
4. Add tomatoes, navy beans, carrots, green beans and mushrooms; simmer 4 to 5 minutes.
5. Serve in bowls with Parmesan cheese, if desired.

Adapted from Canned Food Alliance

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We hope you enjoy the recipes!

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For more recipes and physical activity ideas, visit us online at missourifamilies.org.