

# Show Me Simple and Healthy Recipes

## Credits:

Thanks to the many University of Missouri Family Nutrition Program staff, program participants and others who graciously took the time to test and provide feedback about the recipes. Some nutrition messages taken from kidshealth.org and the Department of Health and Senior Services online at health.gov.

*Note: When more than one ingredient option is listed, the nutrition analysis uses the first ingredient listed. Optional ingredients are not included in the nutrition analysis.*



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NC1 | Revised 12/22





## Mix and Go Snack Mix

Servings: 6

- 1 cup raisins
- 1 cup dry Os whole-grain cereal
- 1 cup unsalted, dry roasted peanuts

1. Wash hands and surfaces.
2. In a medium mixing bowl, mix all ingredients.



## Nutrition Facts

6 servings per container

Serving size 1/2 cup (57g)

Amount per serving

**Calories** **240**

% Daily Value\*

Total Fat 13g 17%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 30mg 1%

Total Carbohydrate 30g 11%

Dietary Fiber 3g 11%

Total Sugars 18g

Includes 0g Added Sugars 0%

Protein 7g

Vitamin D 0mcg 0%

Calcium 47mg 4%

Iron 2mg 10%

Potassium 390mg 8%

\*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.

## Helpful Tips

- Try adding another cereal (especially those approved for WIC), popcorn, sunflower seeds, soy nuts, coconut or chopped dried fruit.
- Your children can learn how to measure ingredients with this recipe
- Young children can easily choke on foods like nuts, raisins, grapes, popcorn and carrots. This snack is not for children under 4 years.

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## Simple Stir-fry

Servings: 6

Rinse fresh vegetables under running water. Scrub firm-skin veggies with a vegetable brush while rinsing.

2 tablespoons oil

1 pound chicken, beef, or pork  
cut into bite sized pieces

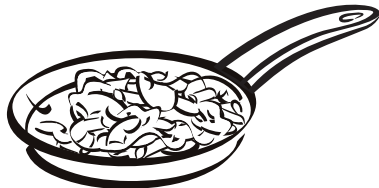
4 cups fresh vegetables, chopped  
w ½ teaspoon garlic powder or  
2 cloves fresh garlic

1 cup broth

3 tablespoons soy sauce

1. Wash hands and surfaces.
2. In a frying pan, heat 1 tablespoon oil over high heat. Stir-fry until meat is brown but not quite done, about 2 to 3 minutes.

3. Add 1 tablespoon oil to the frying pan, then add the vegetables, garlic, broth and soy sauce. Lower heat and cover the skillet. Cook until the sauce has thickened, about 10 minutes. The vegetables should be brightly colored, crisp and tender, and the meat should be cooked and tender. Serve hot.
4. Refrigerate leftovers immediately.



## Nutrition Facts

6 servings per container

**Serving size** (177g)

**Amount per serving**

**Calories** **160**

**% Daily Value\***

**Total Fat** 7g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol** 55mg **18%**

**Sodium** 670mg **29%**

**Total Carbohydrate** 4g **1%**

Dietary Fiber 1g **4%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

**Protein** 20g

Vitamin D 0mcg **0%**

Calcium 30mg **2%**

Iron 1mg **6%**

Potassium 481mg **10%**

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## Helpful Tips

- Eat more than one kind of vegetable everyday – different colors add variety.
- Use tofu for a meatless stir-fry.
- Use separate cutting boards for vegetables and meat or clean your cutting board between each use.
- Add a variety of vegetables. Go online to find a farmers market at: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)
- Let your kids be produce pickers. Help them pick fruits and veggies at the store or farmers market or pick-your-own farms.

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## 10-Minute Hearty Chili

Servings: 4

2 cups lean ground beef, cooked  
16-ounce can kidney beans  
16-ounce can tomato sauce  
1 small onion, chopped  
1 to 2 tablespoons chili powder, to taste

1. Wash hands and surfaces.
2. In a saucepan, mix all ingredients.  
Cook over medium heat until heated through, about 10 minutes.
3. Refrigerate leftovers immediately.



## Nutrition Facts

4 servings per container

**Serving size** 1 cup (298g)

Amount per serving

**Calories** 250

% Daily Value\*

**Total Fat** 7g 9%

Saturated Fat 2.5g 13%

Trans Fat 0g

**Cholesterol** 50mg 17%

**Sodium** 860mg 37%

**Total Carbohydrate** 24g 9%

Dietary Fiber 7g 25%

Total Sugars 7g

Includes 0g Added Sugars 0%

**Protein** 23g

Vitamin D 0mcg 0%

Calcium 59mg 4%

Iron 4mg 20%

Potassium 823mg 20%

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## Helpful Tips

- Have precooked ground beef on hand in the freezer for quick meal preparation.
- Choose a tomato sauce without salt. Rinse the canned beans to remove some of the sodium.
- Make a double batch and freeze the extra in single serving or meal-size containers for an extra quick meal.

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## Quick Black Bean and Corn Salsa

Servings: 6

15-ounce can black beans, drained

15-ounce can corn, drained

16-ounce jar salsa

1. Wash hands and surfaces.
2. In a medium bowl, mix ingredients.
3. Refrigerate leftovers immediately.



## Nutrition Facts

6 servings per container

**Serving size** 2/3 cup (217g)

Amount per serving

**Calories** 130

% Daily Value\*

**Total Fat** 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 780mg 34%

**Total Carbohydrate** 27g 10%

Dietary Fiber 8g 29%

Total Sugars 6g

Includes 0g Added Sugars 0%

**Protein** 7g

Vitamin D 0mcg 0%

Calcium 50mg 4%

Iron 2mg 10%

Potassium 520mg 10%

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## Helpful Tips

- Fresh or frozen corn may be used instead of canned. Rinse the canned beans and corn to remove some of the sodium.
- Try other canned beans, like garbanzo, small red or pinto beans.
- Roll up into a whole-wheat tortilla or put the salad in a whole-wheat pita pocket.

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## Graham Cracker Treats

Servings: 4

Rinse fresh fruits under running water.

1 banana, peach, pear or other soft fruit,  
sliced thin

4 graham crackers, broken into 8 squares

$\frac{1}{3}$  cup peanut butter

1. Wash hands and surfaces.
2. Spread peanut butter in a thin layer on each graham cracker square.
3. Top four of the squares with slices of the fruit. Put another graham cracker square on top, with the peanut butter facing inside.
4. Refrigerate leftovers immediately.



## Nutrition Facts

4 servings per container

**Serving size**                    **1 cracker sandwich (65g)**

Amount per serving

**Calories**                    **210**

% Daily Value\*

**Total Fat** 12g                    **15%**

Saturated Fat 2g                    **10%**

Trans Fat 0g

**Cholesterol** 0mg                    **0%**

**Sodium** 170mg                    **7%**

**Total Carbohydrate** 22g                    **8%**

Dietary Fiber 2g                    **7%**

Total Sugars 9g

Includes 1g Added Sugars                    **2%**

**Protein** 6g

Vitamin D 0mcg                    0%

Calcium 22mg                    2%

Iron 1mg                    6%

Potassium 287mg                    6%

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## Helpful Tips

- Substitute fresh fruit for canned. Drain well and cut into thin slices.
- Go online to find a farmers market at: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)

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## It's a Snap Fruit Salad

Servings: 6

Rinse fresh fruits under running water. Scrub firm-skin fruits with a vegetable brush while rinsing.

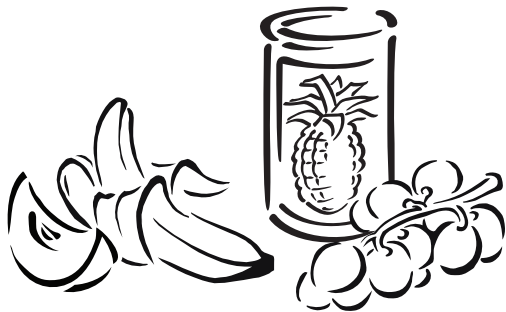
2 apples, cut into chunks

2 bananas, sliced

1 cup canned pineapple chunks, drained

½ cup grapes

1. Wash hands and surfaces.
2. In a bowl, place fruit and add a little pineapple juice to keep fruit from turning brown. Stir well.
3. Refrigerate leftovers immediately.



## Nutrition Facts

6 servings per container

**Serving size** 1/2 cup (154g)

Amount per serving

**Calories** 100

% Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 26g 9%

Dietary Fiber 3g 11%

Total Sugars 19g

Includes 0g Added Sugars 0%

**Protein** 1g

Vitamin D 0mcg 0%

Calcium 13mg 2%

Iron 0mg 0%

Potassium 280mg 6%

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## Helpful Tips

- Substitute fresh fruit in season or other canned fruit (peaches, pears, apricots, mandarin oranges, etc.). Go online to find a farmers market at: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)
- Power up with this fruit salad for breakfast.
- Cut grapes in smaller pieces (no larger than ½ inch) for children under 4 years to prevent choking.

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## Fruit Smoothie

Servings: 3

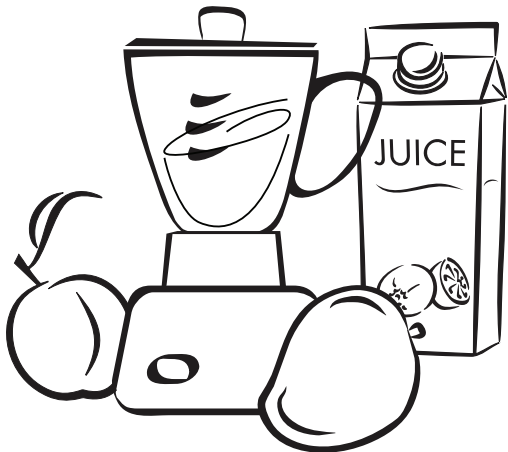
Rinse fresh fruits under running water.

1 cup plain yogurt

1 cup fruit (fresh, canned or frozen) like  
peaches or mangoes

1 cup 100 percent fruit juice like orange,  
apple, cranberry or pineapple

1. Wash hands and surfaces.
2. Place yogurt, fruit and juice in blender.  
Mix or blend until smooth.
3. Refrigerate leftovers immediately.



## Nutrition Facts

3 servings per container

**Serving size** 1 cup (216g)

Amount per serving

**Calories** 110

% Daily Value\*

**Total Fat** 1.5g 2%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 5mg 2%

**Sodium** 60mg 3%

**Total Carbohydrate** 20g 7%

Dietary Fiber 1g 4%

Total Sugars 17g

Includes 0g Added Sugars 0%

**Protein** 5g

Vitamin D 0mcg 0%

Calcium 162mg 10%

Iron 0mg 0%

Potassium 436mg 10%

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## Helpful Tips

- Power up with this fruit smoothie for breakfast.
- Add your favorite fruit. Go online to find a farmers market at: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)
- Let your child help make this smoothie by using a jar and shaking it. Mash fruit with fork before putting in jar.

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## Zesty Veggie Pasta Salad

Servings: 8

Rinse fresh vegetables under running water. Scrub firm-skin veggies with a vegetable brush while rinsing.

8 ounces uncooked whole-wheat or regular pasta, any shape  
1 cup Italian salad dressing  
2 cups canned, fresh or frozen vegetables, cooked and cooled

1. Wash hands and surfaces.
2. Cook pasta by following the directions on the package.
3. Gently toss pasta and salad dressing. Fold in vegetables.
4. Cover and chill until ready to serve.
5. Refrigerate leftovers immediately.



## Nutrition Facts

8 servings per container

**Serving size** 1 cup (103g)

Amount per serving

**Calories** 190

% Daily Value\*

**Total Fat** 7g 9%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 310mg 13%

**Total Carbohydrate** 28g 10%

Dietary Fiber 4g 14%

Total Sugars 5g

Includes 0g Added Sugars 0%

**Protein** 5g

Vitamin D 0mcg 0%

Calcium 22mg 2%

Iron 1mg 6%

Potassium 211mg 4%

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## Helpful Tips

- Choose fresh and frozen vegetables to get less sodium.
- Use leftover vegetables for this salad and add cubed cheese.
- Colored pasta doesn't have a lot of vegetables in it. Instead, add vegetables to pasta like this recipe does to boost your veggies.
- For fresh, local vegetables, go online to find a farmers market at: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)
- Make this a main dish by adding diced cooked meat such as chicken or ham or a can of beans.

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## Chocolate Peanut Butter Parfaits

Servings: 4

2 cups and 2 tablespoons skim milk  
2 tablespoons peanut butter  
1 cup fat-free whipped topping, thawed  
3 ½-ounce package instant chocolate pudding mix  
Vanilla wafers or graham crackers, whole or crumbled (optional)

1. Wash hands and surfaces.
2. Add 2 tablespoons milk to peanut butter. Stir until blended, then stir in whipped topping and set aside.
3. Mix chocolate pudding with 2 cups of milk using package directions.

4. Divide the pudding into 4 small cups. Spoon the peanut butter mixture on top. Divide the rest of the pudding mix on top. Top with wafer/cracker crumbs or serve with wafers/crackers (optional).
5. Refrigerate until ready to serve.
6. Refrigerate leftovers immediately.



## Nutrition Facts

4 servings per container

**Serving size** 1/2 cup (120g)

**Amount per serving**

**Calories** **190**

**% Daily Value\***

**Total Fat** 4.5g **6%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 520mg **23%**

**Total Carbohydrate** 33g **12%**

Dietary Fiber 1g **4%**

Total Sugars 23g

Includes 0g Added Sugars **0%**

**Protein** 5g

Vitamin D 1mcg **6%**

Calcium 148mg **10%**

Iron 0mg **0%**

Potassium 233mg **4%**

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## Helpful Tips

- Make mealtime a family time — cook, eat and talk together.

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## Chicken Wrap in a Flash

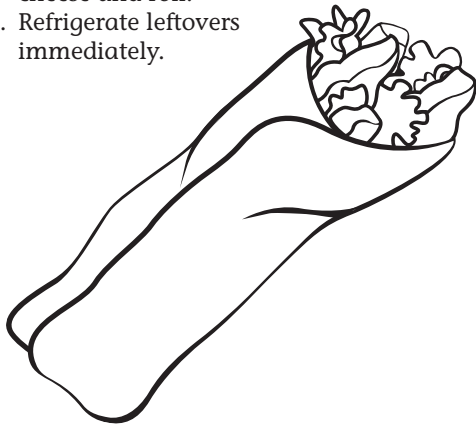
Servings: 4

Rinse fresh vegetables under running water. Scrub firm-skin veggies with a vegetable brush while rinsing.

2 cups cooked chicken or turkey, diced  
2 tablespoons onion, chopped  
½ cup celery, chopped  
¼ cup low-fat plain yogurt  
4 whole-wheat or white tortillas  
½ cup romaine lettuce or spinach, chopped  
Shredded cheese (optional)

1. Wash hands and surfaces.
2. Mix meat, onion, celery and yogurt. Spread onto tortillas.

3. Top with lettuce or spinach, cheese and roll.
4. Refrigerate leftovers immediately.



## Nutrition Facts

4 servings per container

**Serving size** 1 wrap (154g)

Amount per serving

**Calories** 260

% Daily Value\*

**Total Fat** 6g 8%

Saturated Fat 2g 10%

Trans Fat 0g

**Cholesterol** 60mg 20%

**Sodium** 390mg 17%

**Total Carbohydrate** 24g 9%

Dietary Fiber 0g 0%

Total Sugars 2g

Includes 0g Added Sugars 0%

**Protein** 27g

Vitamin D 0mcg 0%

Calcium 47mg 4%

Iron 1mg 6%

Potassium 270mg 6%

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## Helpful Tips

- Add leftover vegetables. Go online to find a farmers market at: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)
- Wraps can be heated and served warm if cheese is added.

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## Cinnamon Grape Salad

Servings: 4

Rinse fresh fruits under running water.

½ cup low-fat vanilla or fruit yogurt

⅛ to ¼ teaspoon cinnamon (optional)

2 cups seedless green grapes

2 cups red grapes

1. Wash hands and surfaces.
2. Combine yogurt and cinnamon in a bowl, stir well.
3. Add red and green grapes, toss well.
4. Cover and chill.
5. Refrigerate leftovers immediately.



## Nutrition Facts

4 servings per container

**Serving size** 1 cup (182g)

Amount per serving

**Calories** 130

% Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 15mg 1%

**Total Carbohydrate** 33g 12%

Dietary Fiber 1g 4%

Total Sugars 25g

Includes 0g Added Sugars 0%

**Protein** 2g

Vitamin D 0mcg 0%

Calcium 51mg 4%

Iron 1mg 6%

Potassium 332mg 8%

\*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.

## Helpful Tips

- Cut grapes in smaller pieces (no larger than ½ inch) for children under 4 years to prevent choking.
- They learn from watching you — eat fruits and veggies and your kids will, too.
- Use fresh, local veggies. Go online to find a farmers market at: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)

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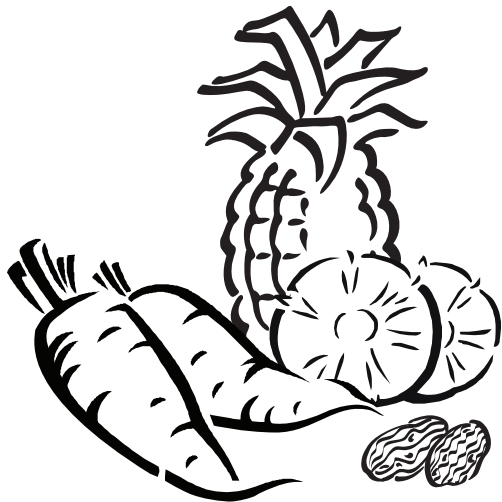
## Tropical Carrot, Pineapple and Raisin Salad

Servings: 6

Rinse fresh vegetables under running water. Scrub firm-skin veggies with a vegetable brush while rinsing.

1½ cups carrot, finely grated  
1 small can pineapple, crushed  
½ cup raisins  
½ cup light mayonnaise

1. Wash hands and services.
2. Toss carrots and fruit together lightly. Add enough mayonnaise to moisten.
3. Chill, then serve on lettuce or cabbage.
4. Refrigerate leftovers immediately.



## Nutrition Facts

6 servings per container

**Serving size** 1/2 cup (99g)

Amount per serving

**Calories** 140

% Daily Value\*

**Total Fat** 7g 9%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 5mg 2%

**Sodium** 150mg 7%

**Total Carbohydrate** 21g 8%

Dietary Fiber 2g 7%

Total Sugars 16g

Includes 0g Added Sugars 0%

**Protein** 1g

Vitamin D 0mcg 0%

Calcium 22mg 2%

Iron 0mg 0%

Potassium 248mg 6%

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## Helpful Tips

- Add cut apples, celery or nuts like walnuts.
- Use fresh, local veggies. Go online to find a farmers market at: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)
- They learn from watching you — eat fruits and veggies and your kids will, too.

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## Ranch Cottage Cheese Veggie Dip

Servings: 10

Rinse vegetables under running water.  
Scrub firm-skin veggies with a vegetable brush while rinsing.

12-ounce container low-fat cottage cheese  
½ package ranch dressing mix  
Raw vegetables like carrots, celery,  
cauliflower, broccoli, green peppers, etc.

1. Wash hands and surfaces.
2. Combine cottage cheese and dressing mix. Beat until smooth, chill.
3. Prepare vegetables while dip is chilling.
4. Refrigerate leftovers immediately.



## Nutrition Facts

10 servings per container

**Serving size**     **3 Tablespoons**  
(34g)

Amount per serving

**Calories**                     **30**

% Daily Value\*

**Total Fat** 0g                     **0%**

Saturated Fat 0g                 **0%**

Trans Fat 0g

**Cholesterol** 0mg               **0%**

**Sodium** 160mg                 **7%**

**Total Carbohydrate** 1g       **0%**

Dietary Fiber 0g                 **0%**

Total Sugars 1g

Includes 0g Added Sugars     **0%**

**Protein** 4g

Vitamin D 0mcg                 0%

Calcium 25mg                    2%

Iron 0mg                          0%

Potassium 29mg                 0%

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## Helpful Tips

- Use fresh, local veggies. Go online to find a farmers market at: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)

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## **Creamy Peanut Butter Fruit Dip**

Servings: 8

½ cup creamy peanut butter

¼ cup frozen unsweetened orange juice  
concentrate, thawed

½ cup plain low-fat yogurt

1. Beat together all ingredients until fluffy.
2. Cover and chill.
3. Serve with assorted fruits.
4. Refrigerate leftovers immediately.



## Nutrition Facts

8 servings per container

**Serving size**     **2 Tablespoons**  
(40g)

Amount per serving

**Calories**                    **120**

% Daily Value\*

**Total Fat** 8g                    **10%**

Saturated Fat 2g                **10%**

Trans Fat 0g

**Cholesterol** 0mg               **0%**

**Sodium** 80mg                   **3%**

**Total Carbohydrate** 7g        **3%**

Dietary Fiber 1g                **4%**

Total Sugars 5g

Includes 1g Added Sugars     **2%**

**Protein** 5g

Vitamin D 0mcg                 0%

Calcium 84mg                   6%

Iron 0mg                         0%

Potassium 177mg               4%

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## Helpful Tips

- Go online to find a farmers market at: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)
- Want your kids to reach for a healthy snack? Make sure fruits and veggies are in reach.

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## Black Bean Tacos

Servings: 6

Rinse fresh vegetables under running water.

1 teaspoon oil

1 medium onion, chopped (about 1 cup)

15-ounce can black beans, drained

6 corn taco shells

4 ounces cheddar cheese, shredded  
(about 1 cup)

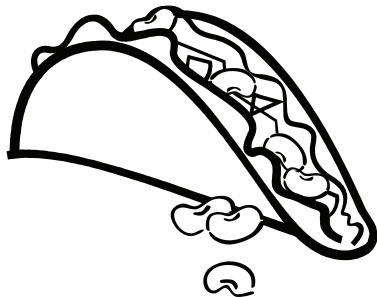
¼ head lettuce or romaine lettuce, chopped

2 medium tomatoes, chopped

Hot sauce or taco sauce

1. Wash hands and surfaces.
2. In fry pan, heat oil over medium heat. Add onions and cook until soft.
3. Stir in black beans and heat thoroughly.

4. Heat taco shells according to package directions. Spoon about ⅓ cup beans into bottom of taco shell. Top with cheese, lettuce and tomatoes. Add hot sauce or taco sauce to taste. Serve while hot.
5. Refrigerate leftovers immediately.



## Nutrition Facts

6 servings per container

**Serving size** 1 taco (186g)

Amount per serving

**Calories** 210

% Daily Value\*

**Total Fat** 10g 13%

Saturated Fat 4g 20%

Trans Fat 0g

**Cholesterol** 20mg 7%

**Sodium** 350mg 15%

**Total Carbohydrate** 21g 8%

Dietary Fiber 4g 14%

Total Sugars 2g

Includes 0g Added Sugars 0%

**Protein** 9g

Vitamin D 0mcg 0%

Calcium 173mg 15%

Iron 1mg 6%

Potassium 203mg 4%

\*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.

## Helpful Tips

- Use fresh, local veggies. Go online to find a farmers market at: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)
- Let your kids be produce pickers. Help them pick fruits and veggies at the store or farmers market or pick-your-own farms.

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For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local resource center or go online to [mydss.mo.gov/food-assistance](http://mydss.mo.gov/food-assistance)



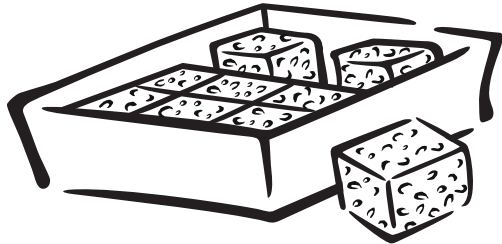


## No-Bake Breakfast Bar

Servings: 12

- 1 cup peanut butter
- ½ cup nonfat dry milk (optional)
- ¼ cup honey or maple syrup
- 3 large shredded wheat biscuits or  
1 to 2 cups of any other cereal  
(granola, cornflakes, shredded wheat)
- ½ cup nuts or raisins, chopped (optional)

1. Wash hands and surfaces.
2. Crush the shredded wheat biscuits or cereal.
3. Mix all the ingredients together.
4. Press the mixture firmly into an 8 by 8-inch pan. Cut into squares to serve.



## Nutrition Facts

12 servings per container

**Serving size** 1 2x2 1/2 inch  
square (36g)

Amount per serving

**Calories** 170

% Daily Value\*

**Total Fat** 11g 14%

Saturated Fat 1.5g 8%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 105mg 5%

**Total Carbohydrate** 17g 6%

Dietary Fiber 2g 7%

Total Sugars 8g

Includes 7g Added Sugars 14%

**Protein** 6g

Vitamin D 0mcg 0%

Calcium 13mg 2%

Iron 1mg 6%

Potassium 193mg 4%

\*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.

## Helpful Tips

- Power up with this no-bake bar for breakfast.
- Let your children help prepare this recipe. They can crush the shredded wheat biscuits or measure the dry ingredients.

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## Crunchy and Fruity Yogurt Parfait

Servings: 2

6-ounce container vanilla or  
flavored low-fat yogurt  
¼ cup dry cereal or granola  
1 small banana, sliced  
2 tablespoons raisins or dried fruit

1. Wash hands and surfaces.
2. Spoon some yogurt into a small glass or bowl.\*
3. Cover with a layer of dry cereal or granola. Add another layer of yogurt, then add a layer of banana slices. Add another layer of yogurt. Sprinkle with raisins.
4. Refrigerate leftovers immediately.

\* If you have a clear glass, you can see the layers.



## Nutrition Facts

2 servings per container

**Serving size** 1 glass (158g)

Amount per serving

**Calories** 170

% Daily Value\*

**Total Fat** 1.5g 2%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 5mg 2%

**Sodium** 75mg 3%

**Total Carbohydrate** 36g 13%

Dietary Fiber 2g 7%

Total Sugars 25g

Includes 0g Added Sugars 0%

**Protein** 6g

Vitamin D 0mcg 0%

Calcium 168mg 15%

Iron 2mg 10%

Potassium 497mg 10%

\*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.

## Helpful Tips

- Use your favorite fresh, local fruit. Go online to find a farmers market at: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)
- Let your children help prepare this recipe. They can layer the ingredients or sprinkle the raisins.

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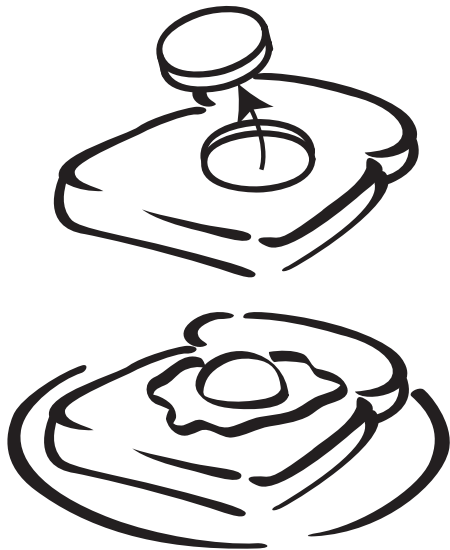


## Toad in the Hole

Servings: 1

1 slice whole-wheat bread or  
frozen whole-wheat waffle  
Nonstick cooking spray or margarine  
1 egg

1. Wash hands and surfaces.
2. Cut a hole in center of bread with a 2 to 3 inch cutter or drinking glass.
3. Heat a 10-inch skillet over medium-high heat. Melt margarine. Place slice of bread in skillet.
4. Break egg into hole. Immediately reduce heat to low.
5. Cook until bread is lightly browned, about 3 to 5 minutes. Turn over if desired.
6. Refrigerate leftovers immediately.



## Nutrition Facts

1 servings per container

**Serving size** 1 piece of bread  
(88g)

Amount per serving

**Calories** 160

% Daily Value\*

**Total Fat** 6g 8%

Saturated Fat 1.5g 8%

Trans Fat 0g

**Cholesterol** 185mg 62%

**Sodium** 210mg 9%

**Total Carbohydrate** 18g 7%

Dietary Fiber 0g 0%

Total Sugars 3g

Includes 0g Added Sugars 0%

**Protein** 10g

Vitamin D 1mcg 6%

Calcium 68mg 6%

Iron 2mg 10%

Potassium 69mg 2%

\*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.

## Helpful Tips

- Power up with this recipe for breakfast.
- This recipe has less saturated fat and calories than a fast-food breakfast sandwich.

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## Fruit and Yogurt Breakfast Waffle Pizza

Servings: 1

Rinse fresh fruits under running water.

1 frozen whole-wheat toaster waffle

4 ounces plain or flavored low-fat yogurt

½ cup fresh, frozen or canned fruit,  
cut into bite-size pieces.

1. Wash hands and surfaces.
2. Toast waffle. Cover toasted waffle with yogurt and top with fruit.
3. Refrigerate leftovers immediately.



## Nutrition Facts

1 servings per container

**Serving size** 1 waffle (267g)

Amount per serving

**Calories** **220**

% Daily Value\*

**Total Fat** 3g 4%

Saturated Fat 1.5g 8%

Trans Fat 0g

**Cholesterol** 5mg 2%

**Sodium** 280mg 12%

**Total Carbohydrate** 39g 14%

Dietary Fiber 0g 0%

Total Sugars 22g

Includes 0g Added Sugars 0%

**Protein** 9g

Vitamin D 0mcg 0%

Calcium 267mg 20%

Iron 3mg 15%

Potassium 435mg 10%

\*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.

## Helpful Tips

- Power up with this waffle pizza for breakfast. You can also eat waffle pizza as a dessert or for a snack.
- Use your favorite fresh, local fruit. Go online to find a farmers market at: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)

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## **Bold Breakfast Burritos with Salsa**

Servings: 4

4 eggs

¼ cup skim or low-fat milk

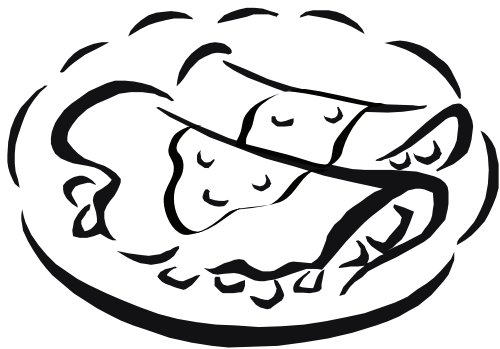
Nonstick cooking spray

½ cup cheese, shredded

½ cup salsa

4 whole-wheat or flour tortillas, warmed

1. Wash hands and surfaces.
2. Beat milk and eggs together.
3. Coat frying pan with cooking spray.  
Pour egg mixture into pan and cook over medium heat until eggs become firm.
4. Put ¼ egg mixture in the center of each tortilla. Top with cheese and salsa.  
Fold and roll tortilla and serve.
5. Refrigerate leftovers immediately.



## Nutrition Facts

4 servings per container

**Serving size 1 burrito (157g)**

Amount per serving

**Calories 270**

% Daily Value\*

**Total Fat 13g 17%**

Saturated Fat 5g **25%**

Trans Fat 0g

**Cholesterol 200mg 67%**

**Sodium 720mg 31%**

**Total Carbohydrate 26g 9%**

Dietary Fiber 1g **4%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

**Protein 15g**

Vitamin D 1mcg 6%

Calcium 169mg 15%

Iron 1mg 6%

Potassium 193mg 4%

\*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.

## Helpful Tips

- Add black, kidney or other beans and vegetables.
- Power up with this burrito for breakfast.
- This burrito has less calories and about half the fat of a fast-food burrito.

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## Cheesy Tex-Mex Bean Dip

Servings: 12

15-ounce can black beans, drained

$\frac{3}{4}$  cup salsa

$\frac{1}{4}$  cup onion, chopped

$\frac{1}{8}$  teaspoon garlic powder

$\frac{1}{4}$  cup cheddar cheese, grated

Baked taco chips (optional)

1. Wash hands and surfaces.
2. Blend all ingredients except cheese in a blender or food processor, or mash with a fork. Pour into microwave-safe serving dish.
3. Heat in a microwave oven at medium power for 2 to 3 minutes. If not warm, heat 1 to 2 minutes more. Sprinkle cheese over top and cover. Let stand until cheese melts.
4. Serve with baked taco chips.
5. Refrigerate leftovers immediately.



## Nutrition Facts

12 servings per container

**Serving size** 1/4 cup (57g)

Amount per serving

**Calories** **45**

% Daily Value\*

**Total Fat** 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 240mg 10%

**Total Carbohydrate** 6g 2%

Dietary Fiber 2g 7%

Total Sugars 1g

Includes 0g Added Sugars 0%

**Protein** 2g

Vitamin D 0mcg 0%

Calcium 33mg 2%

Iron 0mg 0%

Potassium 51mg 2%

\*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.

## Helpful Tips

- Serve with fresh vegetables or whole-wheat crackers.
- For a main dish, serve the dip over a baked potato.

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## Pumped Up Pudding

Servings: 4

Rinse fresh fruits under running water.

¼ cup low-fat milk

3-ounce package pudding mix (any flavor)

2 cups plain low-fat yogurt

1 cup fresh fruit pieces

1. Wash hands and surfaces.
2. Add milk to the pudding and stir until smooth. Add yogurt and stir.
3. Refrigerate until ready to serve over fruit pieces.
4. Refrigerate leftovers immediately.



## Nutrition Facts

4 servings per container

**Serving size** 3/4 cup (190g)

Amount per serving

**Calories** 180

% Daily Value\*

**Total Fat** 2g 3%

Saturated Fat 1.5g 8%

Trans Fat 0g

**Cholesterol** 10mg 3%

**Sodium** 410mg 18%

**Total Carbohydrate** 33g 12%

Dietary Fiber 1g 4%

Total Sugars 29g

Includes 0g Added Sugars 0%

**Protein** 7g

Vitamin D 0mcg 0%

Calcium 259mg 20%

Iron 0mg 0%

Potassium 349mg 8%

\*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.

## Helpful Tips

- Use your favorite fresh, local fruit. Go online to find a farmers market at: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)

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## Nutty Apple and Spinach Salad

Servings: 4

Rinse fresh fruits and vegetables under running water. Scrub firm-skin fruits with a vegetable brush while rinsing.

1 large Jonathan apple, quartered, cored and sliced thin

2 cups spinach

½ cup walnuts, toasted

½ cup feta or goat cheese, crumbled

1 tablespoon lemon juice

2 teaspoons honey

1. Wash hands and surfaces.
2. For dressing, whisk lemon juice and honey in small bowl to blend.
3. In large bowl, combine apple and spinach. Toss with enough dressing to coat.

4. Mound salad on four plates. Sprinkle with walnuts and cheese.
5. Refrigerate leftovers immediately.



## Nutrition Facts

4 servings per container

**Serving size 1 cup salad (111g)**

Amount per serving

**Calories 190**

% Daily Value\*

**Total Fat 14g 18%**

Saturated Fat 3.5g 18%

Trans Fat 0g

**Cholesterol 15mg 5%**

**Sodium 180mg 8%**

**Total Carbohydrate 14g 5%**

Dietary Fiber 3g 11%

Total Sugars 10g

Includes 3g Added Sugars 6%

**Protein 5g**

Vitamin D 0mcg 0%

Calcium 125mg 10%

Iron 1mg 6%

Potassium 225mg 4%

\*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.

## Helpful Tips

- Use fresh, local veggies. Go online to find a farmers market at: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)
- Young children, pregnant women, the sick and elderly should not eat soft cheeses like feta or soft goat cheese because of a bacteria called *Listeria*.
- They learn from watching you — eat fruits and veggies and your kids will, too.

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## Nutty Couscous with Raisins and Vegetables

Servings: 4

Rinse fresh vegetables under running water.

2 cups water

½ cup raisins

1½ cups broccoli florets

½ cup green onions, sliced

½ cup chickpeas (garbanzo beans)

1½ cups whole-wheat couscous

½ cup almonds or other nuts (optional)

Salt and pepper to taste

1. Wash hands and surfaces.
2. Bring water to boil, add raisins and broccoli.
3. Once broccoli is tender (use paring knife in thick part of floret to tell tenderness) add green onions, chickpeas, couscous

and almonds. Turn off heat, cover and let sit for 5 minutes.

4. Remove cover and add salt and pepper to taste.
5. Refrigerate leftovers immediately.



## Nutrition Facts

4 servings per container

**Serving size 1 1/2 cups (160g)**

Amount per serving

**Calories 350**

% Daily Value\*

**Total Fat 2g 3%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 100mg 4%**

**Total Carbohydrate 73g 27%**

Dietary Fiber 3g **11%**

Total Sugars 17g

Includes 0g Added Sugars **0%**

**Protein 12g**

Vitamin D 0mcg 0%

Calcium 65mg 6%

Iron 2mg 10%

Potassium 319mg 6%

\*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.

## Helpful Tips

- Use fresh, local veggies. Go online to find a farmers market at: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)
- Kids don't always take to new foods right away. Give them a taste at first and be patient with them.

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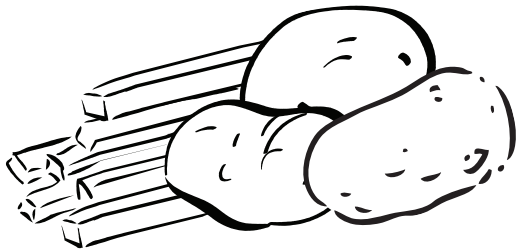
## Skinny Oven French Fries

Servings: 8

Rinse fresh vegetables under running water. Scrub potatoes with a vegetable brush while rinsing.

4 medium potatoes, cut into strips  
2 tablespoons vegetable oil  
Salt and paprika (optional)

1. Wash hands and surfaces.
2. Preheat oven to 450 degrees F. Spread oil on 9 by 13-inch pan.
3. Spread potato strips in one layer in pan. Distribute oil evenly over potatoes.
4. Bake until golden brown and tender, about 30 to 40 minutes. Turn frequently. Season to taste.
5. Refrigerate leftovers immediately.



## Nutrition Facts

8 servings per container

**Serving size 1/2 potato (110g)**

Amount per serving

**Calories 120**

% Daily Value\*

**Total Fat 3.5g 4%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 5mg 0%**

**Total Carbohydrate 19g 7%**

Dietary Fiber 1g **4%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

**Protein 2g**

Vitamin D 0mcg 0%

Calcium 14mg 2%

Iron 1mg 6%

Potassium 444mg 10%

\*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.

## Helpful Tips

- Other seasonings to try are garlic powder or taco seasoning.
- Make this recipe with sweet potatoes and sprinkle with other spices like cinnamon or cumin.
- Get your kids involved — they can dry the potatoes for you.

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## Sweet Baked Apple Wedges

Servings: 4

Rinse fresh fruits under running water. Scrub firm-skin fruits with a vegetable brush while rinsing.

4 baking apples (such as Rome, Granny Smith, Gala, Cortland)

1 teaspoon margarine, cut into small pieces

3 tablespoons brown sugar

¼ cup orange juice (optional)

1. Preheat oven to 375 degrees F.
2. Wash hands and surfaces.
3. Core and cut apples into wedges and put in a baking dish.
4. Dot apples with margarine and sprinkle with brown sugar. Add orange juice, if desired.

5. Bake for 30 minutes or until tender, or microwave in a nonmetal baking dish for 11 to 13 minutes on high setting.
6. Refrigerate leftovers immediately.



## Nutrition Facts

4 servings per container

**Serving size** 1 cup slices  
(235g)

Amount per serving

**Calories** 160

% Daily Value\*

**Total Fat** 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 15mg 1%

**Total Carbohydrate** 41g 15%

Dietary Fiber 5g 18%

Total Sugars 33g

Includes 10g Added Sugars 20%

**Protein** 1g

Vitamin D 0mcg 0%

Calcium 22mg 2%

Iron 0mg 0%

Potassium 252mg 6%

\*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.

## Helpful Tips

- Use fresh, local veggies. Go online to find a farmers market at: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)
- Have your child pick the apples for this recipe.
- They learn from watching you — eat fruits and veggies and your kids will, too.

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## Cheesy Italian-Style Vegetables

Servings: 4

Rinse fresh vegetables under running water. Scrub firm-skin veggies with a vegetable brush while rinsing.

- 1 onion, chopped
- 1 summer squash, chopped
- 1 tomato, chopped
- 1 green pepper, chopped
- 8-ounce can Italian-seasoned tomato sauce
- ½ cup mozzarella cheese, shredded

1. Preheat oven to 350 degrees F.
2. Wash hands and surfaces.
3. In a medium-sized baking dish, mix vegetables together. Pour tomato sauce over vegetables. Bake uncovered for 20 to 30 minutes.

4. Top with the cheese and bake another 4 to 5 minutes until cheese is lightly browned.
5. Refrigerate leftovers immediately.



## Nutrition Facts

4 servings per container

**Serving size** 3/4 cup (223g)

Amount per serving

**Calories** **90**

% Daily Value\*

**Total Fat** 3.5g 4%

Saturated Fat 1.5g 8%

Trans Fat 0g

**Cholesterol** 10mg 3%

**Sodium** 370mg 16%

**Total Carbohydrate** 11g 4%

Dietary Fiber 3g 11%

Total Sugars 6g

Includes 0g Added Sugars 0%

**Protein** 6g

Vitamin D 0mcg 0%

Calcium 128mg 10%

Iron 1mg 6%

Potassium 523mg 10%

\*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.

## Helpful Tips

- To reduce sodium, choose a tomato sauce without salt.
- Eat more than one kind of vegetable every day — different colors add variety.
- Use fresh, local veggies. Go online to find a farmers market at: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)

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## Hearty Tex-Mex Skillet Supper

Servings: 6

1 pound lean ground beef or pork

6 whole-wheat tortillas

2 cloves minced garlic

or 1/8 teaspoon garlic powder

12-ounce can corn, drained

16-ounce can black beans, drained

12 ounces salsa

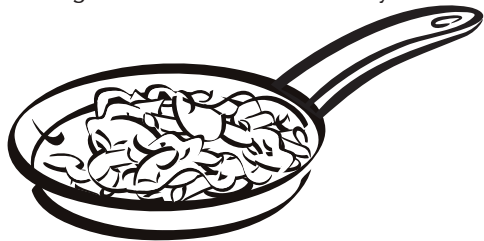
1/2 cup water

2 teaspoons taco seasoning mix

1/2 cup cheddar cheese, shredded

1. Wash hands and surfaces.
2. In large skillet, cook meat and garlic over medium-high heat until meat is lightly browned. Drain off fat.
3. Cut tortillas in half and then into 1-inch strips. Add to beef.

4. Stir in remaining ingredients except cheese. Bring to a boil, lower heat, cover and simmer for 10 to 12 minutes.
5. Uncover, top with cheese and cook 2 more minutes until cheese is melted.
6. Serve hot with low-fat sour cream, green onions and baked tortilla chips, if desired.
7. Refrigerate leftovers immediately.



## Nutrition Facts

6 servings per container

**Serving size** (319g)

Amount per serving

**Calories** **410**

% Daily Value\*

**Total Fat** 13g 17%

Saturated Fat 5g 25%

Trans Fat 0g

**Cholesterol** 55mg 18%

**Sodium** 1220mg 53%

**Total Carbohydrate** 48g 17%

Dietary Fiber 5g 18%

Total Sugars 6g

Includes 0g Added Sugars 0%

**Protein** 27g

Vitamin D 0mcg 0%

Calcium 115mg 8%

Iron 3mg 15%

Potassium 417mg 8%

\*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.

## Helpful Tips

- Buy low-sodium taco seasonings. To make your own salt-free taco seasoning: 2 tablespoons chili powder, 2 teaspoons cumin, 2 teaspoons oregano and ½ teaspoon of each of the following: onion powder, garlic powder and cayenne pepper. Combine in a plastic sealable bag. Search the internet for other salt-free taco seasonings to make at home!
- Add leftover vegetables to this dish.

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## Stove Top Lasagna

Servings: 6

½ pound lean ground beef, pork or turkey

½ cup onion, chopped

15-ounce can tomato sauce

1½ cups water

¼ teaspoon garlic powder

½ teaspoon oregano

½ teaspoon basil

3 cups wide whole-wheat noodles

10-ounce package frozen spinach, chopped,  
defrosted in microwave

1 cup low-fat cottage cheese

½ cup mozzarella cheese, shredded

1. Wash hands and surfaces.
2. In a large skillet, brown ground meat.  
Drain to remove fat.

3. Combine meat with onion, tomato sauce, water and spices. Cover and bring to a boil.
4. Add noodles, then cover and simmer for 5 minutes.
5. Stir spinach into frying pan mixture. Cover and simmer for 5 minutes.
6. Stir mixture. Spoon cottage cheese on top and sprinkle with shredded mozzarella. Cover and simmer for 10 minutes. Add water if mixture gets too dry.
7. Refrigerate leftovers immediately.

## Nutrition Facts

6 servings per container

**Serving size** (254g)

Amount per serving

**Calories** **280**

% Daily Value\*

**Total Fat** 6g **8%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

**Cholesterol** 30mg **10%**

**Sodium** 610mg **27%**

**Total Carbohydrate** 36g **13%**

Dietary Fiber 6g **21%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

**Protein** 23g

Vitamin D 0mcg 0%

Calcium 177mg 15%

Iron 4mg 20%

Potassium 735mg 15%

\*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.

## Helpful Tips

- Choose a tomato sauce without salt to reduce sodium.
- Use fresh, local veggies. Go online to find a farmers market at: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)

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For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

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## Crowd Pleasin' Rice and Red Beans

Servings: 8

Rinse fresh vegetables under running water. Scrub firm-skin veggies with a vegetable brush while rinsing.

1 tablespoon vegetable oil  
1 medium onion, chopped  
¼ teaspoon garlic powder  
2 medium tomatoes, diced  
1 medium green pepper, chopped  
2 medium stalks celery, sliced  
½ teaspoon dried oregano  
15-ounce can red beans, rinsed and drained  
Salt and pepper to taste  
4 cups brown or white rice, cooked

1. Wash hands and surfaces.
2. In large skillet, heat oil and onion. Sauté until soft.
3. Add garlic, tomatoes, green pepper, celery and oregano. Cover the skillet and simmer the mixture (bubbling lightly) for about 5 minutes or until the vegetables are crisp and tender.
4. Add the beans and simmer, stirring occasionally, until heated through. Add salt and pepper, if desired, to taste.
5. Spoon the vegetable-bean mixture over rice and serve.
6. Refrigerate leftovers immediately.



## Nutrition Facts

8 servings per container

**Serving size** 1 cup (222g)

Amount per serving

**Calories** 180

% Daily Value\*

**Total Fat** 3g 4%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 150mg 7%

**Total Carbohydrate** 34g 12%

Dietary Fiber 5g 18%

Total Sugars 3g

Includes 0g Added Sugars 0%

**Protein** 6g

Vitamin D 0mcg 0%

Calcium 37mg 2%

Iron 1mg 6%

Potassium 360mg 8%

\*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.

## Helpful Tips

- Use fresh, local veggies. Go online to find a farmers market at: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)
- Eat more than one kind of vegetable every day — different colors add variety.
- Bulgur, a nutty, chewy whole-grain can be used instead of rice. To get used to bulgur's flavor, mix a little cooked bulgur into this rice dish. Whole-grain barley can also be used instead of rice.

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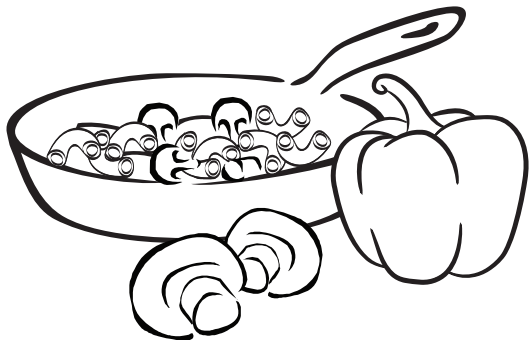
## Quick and Easy Beef Skillet Supper

Servings: 4

½ pound lean ground beef  
1½ cups chunky spaghetti sauce  
1 can mushrooms  
½ cup green pepper  
2 cups uncooked whole-wheat  
or regular macaroni  
Grated cheese (optional)

1. Wash hands and surfaces.
2. In skillet, brown meat and drain fat.
3. Add the rest of the ingredients and bring to a boil. Reduce heat and simmer 10 to 12 minutes or until macaroni is tender. (Add water if needed). Stir occasionally and remove lid for the last 2 to 3 minutes.

4. Top with grated cheese, if desired.
5. Refrigerate leftovers immediately.



## Nutrition Facts

4 servings per container

**Serving size** 1 cup (259g)

Amount per serving

**Calories** 250

% Daily Value\*

**Total Fat** 7g 9%

Saturated Fat 2g 10%

Trans Fat 0g

**Cholesterol** 40mg 13%

**Sodium** 710mg 31%

**Total Carbohydrate** 32g 12%

Dietary Fiber 4g 14%

Total Sugars 7g

Includes 0g Added Sugars 0%

**Protein** 18g

Vitamin D 0mcg 0%

Calcium 48mg 4%

Iron 4mg 20%

Potassium 736mg 15%

\*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.

## Helpful Tips

- Add leftover vegetables to this recipe.
- Choose fresh and frozen vegetables to get less sodium. Check labels at the grocery store to find a low-sodium spaghetti sauce.
- Make mealtime a family time — cook, eat and talk together.

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## Cheesy Chicken/Turkey Broccoli Casserole

Servings: 4

Rinse fresh vegetables under running water.

- 1 pound fresh or 10-ounce package frozen broccoli
- 1 cup chicken or turkey, cooked and diced (can use canned chicken)
- 1/3 cup canned cream of chicken or mushroom soup with 1 1/4 cup water stirred in
- 1 cup cheddar cheese, shredded
- Pasta, brown or white rice or noodles, cooked (optional)

1. Wash hands and surfaces.
2. Microwave broccoli in a bowl with 1/2 cup water for 4-5 minutes, until slightly tender.

3. Cover bottom of casserole dish with cooked broccoli. Cover broccoli with meat and cream soup mix.
4. Sprinkle with shredded cheese. Bake at 350 degrees F for 20 to 30 minutes or microwave for 15 minutes.
5. Serve over cooked pasta or rice, if desired.
6. Refrigerate leftovers immediately.



## Nutrition Facts

4 servings per container

**Serving size** (218g)

Amount per serving

**Calories** **240**

% Daily Value\*

**Total Fat** 12g **15%**

Saturated Fat 6g **30%**

Trans Fat 0g

**Cholesterol** 65mg **22%**

**Sodium** 480mg **21%**

**Total Carbohydrate** 9g **3%**

Dietary Fiber 3g **11%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

**Protein** 23g

Vitamin D 0mcg 0%

Calcium 258mg 20%

Iron 1mg 6%

Potassium 400mg 8%

\*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.

## Helpful Tips

- Brown rice: 1 cup brown rice needs 2 cups water for cooking and makes 3 cups of rice.
- Bulgur, a nutty, chewy whole-grain can be used instead of rice. To get used to bulgur's flavor, mix a little cooked bulgur into this rice dish. Whole-grain barley can also be used instead of rice.
- Use fresh, local veggies. Go online to find a farmers market at: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)

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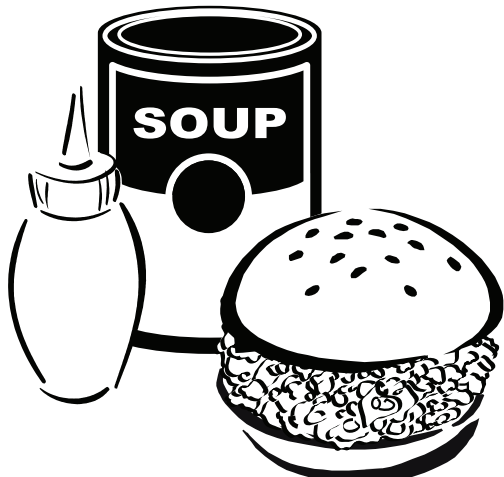


## Homemade Sloppy Joes

Servings: 6

1 pound lean ground beef or turkey  
10.75-ounce can condensed tomato soup  
1 tablespoon mustard  
½ teaspoon salt  
6 whole-wheat hamburger buns

1. Wash hands and surfaces.
2. Brown ground meat in skillet and drain off fat.
3. Stir in soup, mustard and salt.  
Simmer over low heat for 10 minutes, stirring occasionally.
4. Serve on whole-wheat hamburger buns.
5. Refrigerate leftovers immediately.



## Nutrition Facts

6 servings per container

**Serving size 1 sandwich (178g)**

Amount per serving

**Calories 280**

% Daily Value\*

**Total Fat 7g 9%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

**Cholesterol 50mg 17%**

**Sodium 630mg 27%**

**Total Carbohydrate 30g 11%**

Dietary Fiber 0g **0%**

Total Sugars 7g

Includes 0g Added Sugars **0%**

**Protein 17g**

Vitamin D 0mcg 0%

Calcium 114mg 8%

Iron 3mg 15%

Potassium 540mg 10%

\*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.

## Helpful Tips

- Choose a low-sodium condensed tomato soup to reduce sodium.
- Add leftover vegetables or serve with other veggies. Use fresh, local veggies. Go online to find a farmers market at: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)

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## Taco Salad

Servings: 4

Rinse fresh vegetables under running water.

- ½ pound lean ground beef
- 1 cup cooked kidney or chili beans
- ½ package taco seasoning or season to taste
- ½ cup water
- 2 cups romaine lettuce, chopped
- 1 medium tomato, chopped
- 3 green onions, chopped
- ½ cup cheese, grated
- 2 ounces baked tortilla chips

1. Wash hands and surfaces.
2. In frying pan, brown ground beef and drain fat.

3. Add beans, seasoning and water. Stir and simmer for 10 minutes.
4. Mix lettuce, tomatoes, and onions in a large bowl.
5. Spoon ground beef and bean mixture over vegetables. Sprinkle with cheese and tortilla chips. Toss lightly.
6. Refrigerate leftovers immediately.



## Nutrition Facts

4 servings per container

**Serving size** (223g)

**Amount per serving**

**Calories** **270**

**% Daily Value\***

**Total Fat** 10g **13%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

**Cholesterol** 50mg **17%**

**Sodium** 480mg **21%**

**Total Carbohydrate** 25g **9%**

Dietary Fiber 4g **14%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

**Protein** 21g

Vitamin D 0mcg 0%

Calcium 171mg 15%

Iron 3mg 15%

Potassium 589mg 15%

\*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.

## Helpful Tips

- Choose baked chips on the taco salad or use the Baked Tortilla Chips recipe.
- Instead of chopping the lettuce, have your child tear it in to bite-size pieces.
- Use fresh, local veggies. Go online to find a farmers market at: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)
- Buy low-sodium taco seasonings. To make your own salt-free taco seasoning: 2 tablespoons chili powder, 2 teaspoons cumin, 2 teaspoons oregano and ½ teaspoon of each of the following: onion powder, garlic powder and cayenne pepper. Combine in a plastic sealable bag. Search the internet for other salt-free taco seasonings to make at home!

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## Baked Tortilla Chips

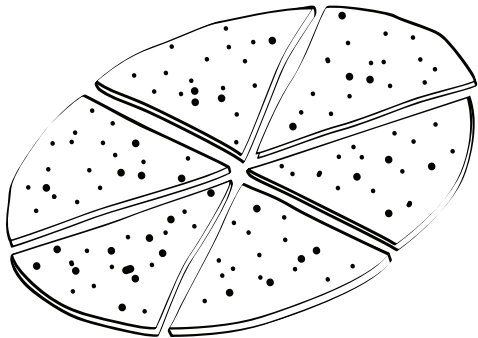
Servings: 4

8 small corn or whole-wheat flour tortillas

Nonstick cooking spray

Garlic salt or other spices

1. Preheat oven to 450 degrees F.
2. Wash hands and surfaces.
3. Cut each tortilla into 6 wedges.  
Lay wedges on a cookie sheet that has been sprayed with cooking spray.  
Spray tops of tortillas lightly.
4. Sprinkle with garlic salt, cinnamon and sugar or other spices.
5. Bake 6 to 10 minutes or until golden brown.



## Nutrition Facts

4 servings per container

**Serving size** 12 chips (48g)

Amount per serving

**Calories** 100

% Daily Value\*

**Total Fat** 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 140mg 6%

**Total Carbohydrate** 21g 8%

Dietary Fiber 3g 11%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein** 3g

Vitamin D 0mcg 0%

Calcium 39mg 4%

Iron 1mg 6%

Potassium 89mg 2%

\*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.

## Helpful Tips

- Mix 1 tablespoon sugar with ½ teaspoon cinnamon for a cinnamon and sugar mix to put on baked flour tortillas. Great with fruit salsas.
- Serve baked tortilla chips with dips, salad or soup.
- These baked chips have about half the calories and 0 grams of saturated fat when compared to regular tortilla chips.

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## Quick and Easy Tuna Noodles

Servings: 4

6 ounces whole-wheat noodles  
10.75-ounce can 98 percent fat-free  
condensed cream of mushroom soup  
1¼ cups water  
6-ounce can water-packed tuna, drained  
½ cup skim or low-fat milk  
16-ounce can or package frozen mixed  
vegetables

1. Wash hands and surfaces.
2. In a large skillet, combine noodles, soup or soup mix, water and tuna.
3. Bring mixture to a boil, then reduce heat to low. Simmer 10 to 15 minutes or until the noodles are tender. You may need to add a little more water during cooking.

4. Add milk and vegetables. Heat thoroughly and serve while warm.
5. Refrigerate leftovers immediately.



## Nutrition Facts

4 servings per container

**Serving size** (306g)

Amount per serving

**Calories** **310**

% Daily Value\*

**Total Fat** 4.5g **6%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol** 20mg **7%**

**Sodium** 720mg **31%**

**Total Carbohydrate** 49g **18%**

Dietary Fiber 7g **25%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

**Protein** 21g

Vitamin D 1mcg **6%**

Calcium 118mg **10%**

Iron 3mg **15%**

Potassium 998mg **20%**

\*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.

## Helpful Tips

- Choose low-sodium cream of mushroom soup.
- Add leftover or fresh, local veggies. Go online to find a farmers market at [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at [showmefood.org](http://showmefood.org)

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## **Peanut Butter Treats**

Servings: 18 balls

- ¼ cup peanut butter (creamy or chunky)
- ¼ cup honey or light pancake syrup
- ½ cup nonfat dry milk
- ¼ cup quick oatmeal
- ¾ cup crisp rice cereal (save ½ cup to crush)

1. Wash hands and surfaces.
2. In a large mixing bowl, combine peanut butter, honey, dry milk, oats and ¼ cup of rice cereal.
3. Shape into 1-inch balls.
4. Put the remaining ½ cup rice cereal in a large zipper bag and crush with hands. Place balls in bag and shake until balls are covered with cereal.
5. Store in covered container in the refrigerator.



## Nutrition Facts

6 servings per container

**Serving size** 3 balls (38g)

Amount per serving

**Calories** 150

% Daily Value\*

**Total Fat** 6g 8%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 120mg 5%

**Total Carbohydrate** 23g 8%

Dietary Fiber 1g 4%

Total Sugars 16g

Includes 12g Added Sugars 24%

**Protein** 5g

Vitamin D 1mcg 6%

Calcium 78mg 6%

Iron 2mg 10%

Potassium 202mg 4%

\*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.

## Helpful Tips

- This is a great after school or on-the-go snack for kids, and is a healthier alternative to cookies and candy.
- Babies under 1 year should not be given honey.
- Your children can help make this treat — have them measure ingredients or crush the cereal.

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## Personal Snack Pizzas

Servings: 10

12-ounce can flaky refrigerator biscuits

$\frac{1}{3}$  cup tomato sauce or pizza sauce

1 teaspoon oregano

$\frac{1}{2}$  small onion, chopped

$\frac{1}{2}$  cup mozzarella cheese, shredded

1. Preheat oven to 400 degrees F.
2. Wash hands and surfaces.
3. Pat each biscuit into a 4-inch circle on a greased baking sheet.
4. Mix tomato sauce and oregano, and spoon about  $1\frac{1}{2}$  teaspoons mixture on each biscuit circle. Sprinkle onions and cheese over tomato sauce.
5. Bake for 15 minutes or until lightly browned.
6. Refrigerate leftovers immediately.



## Nutrition Facts

10 servings per container

**Serving size** 1 biscuit (55g)

Amount per serving

**Calories** 120

% Daily Value\*

**Total Fat** 5g 6%

Saturated Fat 2g 10%

Trans Fat 0g

**Cholesterol** 5mg 2%

**Sodium** 440mg 19%

**Total Carbohydrate** 16g 6%

Dietary Fiber 0g 0%

Total Sugars 2g

Includes 0g Added Sugars 0%

**Protein** 4g

Vitamin D 0mcg 0%

Calcium 50mg 4%

Iron 1mg 6%

Potassium 45mg 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.

## Helpful Tips

- Choose a tomato sauce without salt to reduce sodium.
- Substitute English muffins, whole-wheat bagels or whole-wheat tortillas for the biscuits.
- Add turkey pepperoni (it is lower in fat), ham, browned lean ground beef and leftover vegetables. Or use fresh, local veggies. Go online to find a farmers market at: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)

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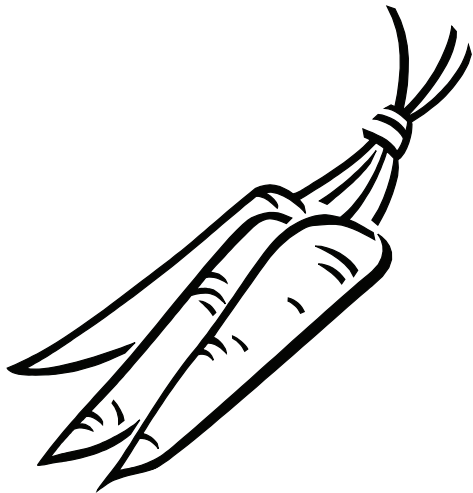
## Honey Glazed Carrots

Servings: 6

Rinse fresh vegetables under running water. Scrub firm-skin veggies with a vegetable brush while rinsing.

1 pound baby carrots, cooked until tender  
2 tablespoons margarine  
1 tablespoon brown sugar  
1 tablespoon honey  
2 tablespoons parsley, chopped

1. Wash hands and surfaces.
2. Melt margarine in a skillet or saucepan.
3. Add sugar, honey and carrots.  
Cook over low heat, turning carrots frequently until well glazed.  
Sprinkle with chopped parsley.
4. Refrigerate leftovers immediately.



## Nutrition Facts

6 servings per container

**Serving size** 1/2 cup (87g)

Amount per serving

**Calories** 80

% Daily Value\*

**Total Fat** 4g 5%

Saturated Fat 0.5g 3%

Trans Fat 1g

**Cholesterol** 0mg 0%

**Sodium** 95mg 4%

**Total Carbohydrate** 11g 4%

Dietary Fiber 2g 7%

Total Sugars 9g

Includes 5g Added Sugars 10%

**Protein** 1g

Vitamin D 0mcg 0%

Calcium 28mg 2%

Iron 1mg 6%

Potassium 191mg 4%

\*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.

## Helpful Tips

- Cut carrots in different shapes — coins or long strips.
- Use fresh, local veggies. Go online to find a farmers market at: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)
- Babies under 1 year should not be given honey.
- Cut carrots in pieces ½ inch or smaller for children under 4 years to prevent choking.
- They learn from watching you — eat fruits and veggies and your kids will, too.

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## Colorful Veggie Pockets

Servings: 4

Rinse fresh vegetables under running water. Scrub firm-skin veggies with a vegetable brush while rinsing.

- 1 cup small broccoli or cauliflower florets
- 2 carrots, cut into ¼-inch slices
- 1 green, red or yellow bell pepper, cut into ¼-inch strips
- 4 whole-wheat pita pockets
- ½ cup Italian dressing

1. Wash hands and surfaces.
2. Cut each pita in half and add broccoli or cauliflower, carrots and pepper. Top each pita with 2 tablespoons of dressing.
3. Refrigerate leftovers immediately.



## Nutrition Facts

4 servings per container

**Serving size** 1 pita pocket  
(177g)

Amount per serving

**Calories** 270

% Daily Value\*

**Total Fat** 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 660mg 29%

**Total Carbohydrate** 45g 16%

Dietary Fiber 2g 7%

Total Sugars 8g

Includes 0g Added Sugars 0%

**Protein** 8g

Vitamin D 0mcg 0%

Calcium 36mg 2%

Iron 2mg 10%

Potassium 369mg 8%

\*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.

## Helpful Tips

- Add leftover vegetables — different colors add variety.
- Use fresh, local veggies. Go online to find a farmers market at: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)
- Cut carrots in pieces ½ inch or smaller for children under 4 years to prevent choking.

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## Cheesy Enchilada Stack

Servings: 6

Two 16-ounce cans tomato sauce  
4 teaspoons chili powder  
¼ teaspoon garlic powder  
12 small, soft corn tortillas  
1 cup cheddar or Monterey Jack cheese,  
shredded

1. Preheat oven to 350 degrees F.
2. Wash hands and surfaces.
3. In a medium saucepan, combine tomato sauce, chili powder and garlic powder.
4. Spread one-fourth of the sauce in the bottom of a 9-inch pie pan or square baking pan and top with 1 tortilla. Spread 2 tablespoons sauce and 1 tablespoon cheese on top.

5. Repeat, layering tortillas, sauce and cheese. Cover with aluminum foil.
6. Bake until hot and cheese is melted, about 25 to 30 minutes. Heat remaining sauce over medium heat until hot. Remove enchilada stack to a serving plate. Cut into wedges. Serve with sauce.
7. Refrigerate leftovers immediately.



## Nutrition Facts

6 servings per container

**Serving size** (218g)

Amount per serving

**Calories** **220**

% Daily Value\*

**Total Fat** 8g **10%**

Saturated Fat 4g **20%**

Trans Fat 0g

**Cholesterol** 20mg **7%**

**Sodium** 860mg **37%**

**Total Carbohydrate** 30g **11%**

Dietary Fiber 5g **18%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

**Protein** 9g

Vitamin D 0mcg **0%**

Calcium 194mg **15%**

Iron 2mg **10%**

Potassium 553mg **10%**

\*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.

## Helpful Tips

- Choose a tomato sauce without salt to reduce sodium.
- Add leftover ground beef, vegetables, chopped chicken, and/or canned beans.
- Your children can spread the sauce or sprinkle the cheese.

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## Summer Squash and Corn

Servings: 4

Rinse fresh vegetables under running water.

1½ tablespoons canola oil

1 large red bell pepper, diced

2 medium summer squash, halved  
lengthwise and sliced ¼-inch thick

1 cup fresh, frozen, or canned corn kernels

2 medium tomatoes, diced

Salt and pepper to taste

1. Wash hands and surfaces.
2. Heat oil in large skillet. Sauté bell peppers over medium heat for 2 minutes.
3. Add the squash and corn. Sauté until all vegetables are slightly softened.

4. Add tomatoes and sauté 1 minute. Season with salt and pepper to taste.
5. Refrigerate leftovers immediately.



## Nutrition Facts

4 servings per container

**Serving size** 1 cup (240g)

Amount per serving

**Calories** 120

% Daily Value\*

**Total Fat** 6g 8%

Saturated Fat 0.5g 3%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 15mg 1%

**Total Carbohydrate** 15g 5%

Dietary Fiber 3g 11%

Total Sugars 6g

Includes 0g Added Sugars 0%

**Protein** 3g

Vitamin D 0mcg 0%

Calcium 26mg 2%

Iron 1mg 6%

Potassium 560mg 10%

\*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.

## Helpful Tips

- Use fresh, local veggies. Go online to find a farmers market at: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)
- Let your kids be produce pickers. Help them pick fruits and veggies at the store or farmers market or pick-your-own farms.

*Source: University of California Cooperative Extension Nutrition BEST and Food Security Project*

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local resource center or go online to [mydss.mo.gov/food-assistance](http://mydss.mo.gov/food-assistance)

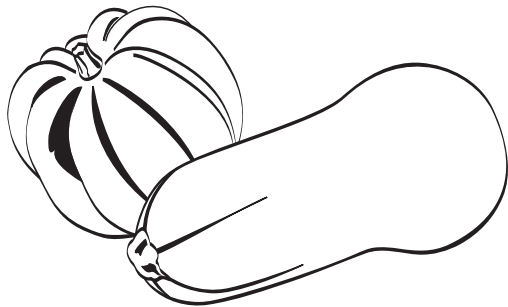


## Wonderful Winter Squash

Servings: 6

- 1 winter squash  
(butternut or acorn about 2 pounds)
- 2 teaspoons soy sauce
- 1 tablespoon maple syrup or honey

1. Wash hands and surfaces.
2. Peel squash, cut in half and remove seeds. Cut into 1-inch cubes.
3. Place squash in large pot with  $\frac{1}{2}$  cup water. Add soy sauce and syrup/honey. Cover and simmer over medium heat until squash is tender, about 15 to 30 minutes.
4. Refrigerate leftovers immediately.



## Nutrition Facts

6 servings per container

**Serving size** (157g)

Amount per serving

**Calories** **60**

% Daily Value\*

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 140mg **6%**

**Total Carbohydrate** 15g **5%**

Dietary Fiber 2g **7%**

Total Sugars 5g

Includes 2g Added Sugars **4%**

**Protein** 2g

Vitamin D 0mcg **0%**

Calcium 46mg **4%**

Iron 1mg **6%**

Potassium 545mg **10%**

\*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.

## Helpful Tips

- Use fresh, local veggies. Go online to find a farmers market at: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)
- Babies under 1 year should not be given honey.
- Kids don't always take to new foods right away. Offer new fruits and veggies many times. Give them a taste at first and be patient with them.
- They learn from watching you — eat fruits and veggies and your kids will, too.

*Source: MSU Extension Project Fresh*

Funded in part by USDA SNAP.

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## Sautéed Kohlrabi

Servings: 4

Rinse fresh vegetables under running water.

4 small kohlrabi, peeled  
and trimmed of leaves

1 teaspoon salt

1 medium onion, sliced

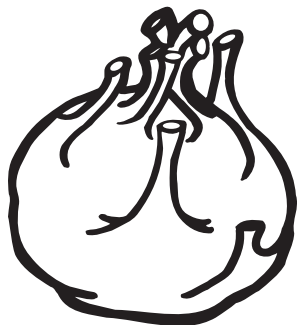
2 tablespoons butter or margarine

1 teaspoon crushed dried basil leaves or

1 tablespoon fresh chopped basil leaves

1. Wash hands and surfaces.
2. Grate the kohlrabi and place in a colander. Sprinkle with salt and allow to sit 30 minutes. Squeeze water out.
3. Melt butter or margarine in a skillet. Add onions and brown.

4. Stir in kohlrabi. Turn heat to low, cover and simmer for 10 minutes. Uncover and turn heat to medium. Cook another 2 minutes. Sprinkle with basil.
5. Refrigerate leftovers immediately.



## Nutrition Facts

servings per container

**Serving size** (181g)

Amount per serving

**Calories** **100**

% Daily Value\*

**Total Fat** 6g 8%

Saturated Fat 3.5g 18%

Trans Fat 0g

**Cholesterol** 15mg 5%

**Sodium** 660mg 29%

**Total Carbohydrate** 12g 4%

Dietary Fiber 6g 21%

Total Sugars 6g

Includes 0g Added Sugars 0%

**Protein** 3g

Vitamin D 0mcg 0%

Calcium 65mg 6%

Iron 1mg 6%

Potassium 522mg 10%

\*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.

## Helpful Tips

- Use fresh, local veggies. Go online to find a farmers market at: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)
- Kids don't always take to new foods right away. Offer new fruits and veggies many times. Give them a taste at first and be patient with them.
- Kohlrabi is a member of the cabbage family. It has a subtle sweet yet peppery taste.
- When buying kohlrabi, pick vegetables that are firm and solid. To prepare them for cooking, trim off the leaves and stems (which can be saved for a stir fry!) and slice or chop the bulb into bite-sized pieces.

Funded in part by USDA SNAP.

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## Smooth and Zesty Tomato Bisque

Servings: 4

Rinse fresh vegetables under running water. Scrub firm-skin veggies with a vegetable brush while rinsing.

3 tablespoons vegetable oil  
1 cup onion (about 1 medium), diced  
1 cup carrots, diced  
2 stalks celery, diced  
1 cup cauliflower, chopped  
2 tablespoons all-purpose flour  
28-ounce can diced tomatoes (do not drain)  
1 cup tomato juice  
½ teaspoon thyme, dried  
½ teaspoon basil, dried  
½ teaspoon oregano, dried  
Salt and pepper to taste

1. Wash hands and surfaces.
2. In a medium to large saucepan, sweat diced onions, carrots, celery and cauliflower in oil.
3. Add flour to make roux.  
(A roux is a cooked mixture of flour and fat used to thicken this soup.)
4. Add tomatoes, tomato juice and herbs, and simmer for about 20 to 30 minutes or until vegetables are very tender.
5. Blend in saucepan with a hand blender until smooth or pour half soup mixture into a standing blender and puree until smooth. Repeat with other half of soup.
6. Season with salt and pepper to taste.
7. Refrigerate leftovers immediately.

## Nutrition Facts

4 servings per container

**Serving size** (392g)

Amount per serving

**Calories** **210**

% Daily Value\*

**Total Fat** 11g **14%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 680mg **30%**

**Total Carbohydrate** 24g **9%**

Dietary Fiber 6g **21%**

Total Sugars 11g

Includes 0g Added Sugars **0%**

**Protein** 4g

Vitamin D 0mcg **0%**

Calcium 105mg **8%**

Iron 1mg **6%**

Potassium 798mg **15%**

\*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.

## Helpful Tips

- Serve with whole-wheat crackers or baked tortilla chips (use the Baked Tortilla Chips recipe.)
- Use fresh, local veggies. Go online to find a farmers market at: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)

Funded in part by USDA SNAP.

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## Orange Honey Acorn Squash

Servings: 6

Rinse fresh vegetables under running water. Scrub firm-skin veggies with a vegetable brush while rinsing.

3 small acorn squash

4 tablespoons frozen orange juice concentrate

Water

2 tablespoons honey or sugar

¼ teaspoon nutmeg or cinnamon

1 tablespoon margarine



1. Wash hands and surfaces.
2. Preheat oven to 400 degrees F.
3. Cut squash in half and remove seeds.
4. In shallow baking dish, place squash halves cut-side up. Pour a small amount of water (1/4 inch) in the bottom of the baking dish.
5. Combine orange juice, honey or sugar and cinnamon, and drizzle over each squash half. Add ½ teaspoon margarine to each squash half.
6. To speed cooking and keep steam in, cover pan tightly with aluminum foil. Bake 30 minutes.
7. Refrigerate leftovers immediately.

## Nutrition Facts

servings per container

**Serving size** 1/2 acorn squash  
(236g)

Amount per serving

**Calories** **140**

% Daily Value\*

**Total Fat** 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 25mg 1%

**Total Carbohydrate** 32g 12%

Dietary Fiber 3g 11%

Total Sugars 9g

Includes 6g Added Sugars 12%

**Protein** 2g

Vitamin D 0mcg 0%

Calcium 135mg 10%

Iron 2mg 10%

Potassium 821mg 15%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a

## Helpful Tips

- Go online to find a farmers market at: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)
- Let your kids be produce pickers. Help them pick fruits and veggies at the store, farmers market or pick-your-own farms.
- Babies under 1 year should not be given honey.
- Make mealtime family time — cook, eat and talk together.
- Butternut squash can be used in place of acorn squash in this recipe.

Funded in part by USDA SNAP.

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## Light Pumpkin Pie

Servings: 6

Rinse fresh vegetables under running water. Scrub firm-skin veggies with a vegetable brush while rinsing.

- 1 9-inch pie crust, unbaked
- $\frac{1}{8}$  teaspoon cloves
- $\frac{2}{3}$  cup sugar
- 2 cups pumpkin (one 15-ounce can or fresh, cooked and mashed)
- $\frac{1}{2}$  teaspoon cinnamon
- 13-ounce can evaporated skim milk
- $\frac{1}{2}$  teaspoon ginger
- 3 egg whites
- $\frac{1}{2}$  teaspoon nutmeg

1. Wash hands and surfaces.
2. Preheat oven to 375 degrees F.
3. Place pie crust in pie pan and crimp edges.
4. Mix all ingredients well and pour into pie crust.
5. Bake 55 to 60 minutes until knife inserted in center comes out clean.
6. Cool before serving. Refrigerate leftovers immediately.



## Nutrition Facts

servings per container

**Serving size** 1/6 of pie (215g)

Amount per serving

**Calories** **310**

% Daily Value\*

**Total Fat** 8g **10%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

**Cholesterol** 5mg **2%**

**Sodium** 230mg **10%**

**Total Carbohydrate** 52g **19%**

Dietary Fiber 0g **0%**

Total Sugars 35g

Includes 22g Added Sugars **44%**

**Protein** 9g

Vitamin D 1mcg 6%

Calcium 221mg 15%

Iron 2mg 10%

Potassium 286mg 6%

\*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.

## Helpful Tips

- Pumpkin has fiber and is low in calories. The vitamin A in pumpkin may reduce the risk of heart disease and some cancers. Potassium, which helps maintain healthy blood pressure, is also found in pumpkin.
- If you are using fresh pumpkin, you can also use it as a side dish — mash with brown sugar and a little butter or mash it and spread on bread, then top with cinnamon and sugar.
- Cooked mashed sweet potatoes or butternut squash can be used in place of pumpkin.
- Go online to find a farmers market at: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)

Funded in part by USDA SNAP.

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## Pumpkin Bread

Servings: 16

Rinse fresh vegetables under running water. Scrub firm-skin veggies with a vegetable brush while rinsing.

1 cup pumpkin (half of 15-ounce can or fresh, cooked and mashed)

½ cup sugar

2 tablespoons vegetable oil

½ cup plain low-fat yogurt

¾ cup all-purpose flour

¾ cup whole-wheat flour

1 teaspoon baking powder

1 teaspoon baking soda

1 teaspoon ground cinnamon

¼ teaspoon salt

½ cup raisins

1. Wash hands and surfaces.
2. Preheat oven to 350 degrees F.
3. In large mixing bowl, beat together pumpkin, sugar, oil and yogurt.
4. In a medium bowl, combine the flours, baking powder, soda, cinnamon and salt. Add to pumpkin mixture, stirring until moistened.
5. Stir in raisins and pour into greased 9-by-5-by-3-inch loaf pan.
6. Bake for about 1 hour or until toothpick inserted near the center comes out clean.
7. Cool 10 minutes and then remove from pan. Refrigerate leftovers immediately.



## Nutrition Facts

servings per container

**Serving size** 1 slice (42g)

Amount per serving

**Calories** 80

% Daily Value\*

**Total Fat** 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 120mg 5%

**Total Carbohydrate** 14g 5%

Dietary Fiber 1g 4%

Total Sugars 5g

Includes 0g Added Sugars 0%

**Protein** 2g

Vitamin D 0mcg 0%

Calcium 22mg 2%

Iron 1mg 6%

Potassium 83mg 2%

\*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.

## Helpful Tips

- Don't have whole-wheat flour? You can use all-purpose flour.
- Power up breakfast with this pumpkin bread. Spread a bit of peanut butter on top for a boost of protein.
- Go online to find a farmers market at: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)

Funded in part by USDA SNAP.

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## Hearty Roasted Vegetables

Servings: 4

Rinse fresh vegetables under running water. Scrub firm-skin veggies with a vegetable brush while rinsing.

4 medium-sized root vegetables (choose a variety from potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes)

2 carrots, chopped

1 medium onion, chopped

¼ cup vegetable oil

3 tablespoons Parmesan cheese

Season with your favorite herbs or spices

1. Wash hands and surfaces.
2. Preheat oven to 350 degrees F.
3. Cut vegetables into large chunks.
4. In a medium bowl, place vegetables and pour oil over top. Add spices and Parmesan and mix well.
5. Spread an even layer on a baking sheet.
6. Bake for 1 hour or until tender. Smaller pieces may cook faster. Check tenderness of vegetables periodically during cooking time.
7. Refrigerate leftovers immediately.



## Nutrition Facts

servings per container

**Serving size** (217g)

Amount per serving

**Calories** **240**

% Daily Value\*

**Total Fat** 12g **15%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

**Cholesterol** 5mg **2%**

**Sodium** 135mg **6%**

**Total Carbohydrate** 31g **11%**

Dietary Fiber 5g **18%**

Total Sugars 8g

Includes 0g Added Sugars **0%**

**Protein** 4g

Vitamin D 0mcg 0%

Calcium 82mg 6%

Iron 1mg 6%

Potassium 685mg 15%

\*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.

## Helpful Tips

- Add a variety of vegetables. Go online to find a farmers market at: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)
- Let your kids be produce pickers. Help them pick fruits and veggies at the store, farmers market or pick-your-own farms.
- Make mealtime family time — cook, eat and talk together.
- Suggestions for seasonings include rosemary, oregano, thyme, sage, garlic powder, curry powder, or cumin.

*Source: SNAP-Ed Connection Recipe Finder, Montana Extension Nutrition Education Program*

Funded in part by USDA SNAP.

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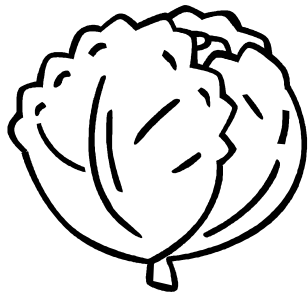
## Cabbage Comfort

Servings: 4

Rinse fresh vegetables under running water. Scrub firm-skin veggies with a vegetable brush while rinsing.

1 onion, sliced  
1 teaspoon vegetable oil  
1 pound cabbage, sliced  
¼ teaspoon salt  
¼ teaspoon black pepper  
1 teaspoon caraway seeds

1. Wash hands and surfaces.
2. In a large sauté pan, heat oil.
3. Over medium heat, sauté onion until light brown, about 5 to 6 minutes.
4. Add sliced cabbage, salt, black pepper and caraway seeds.
5. Stir and cook for 30 minutes.
6. Refrigerate leftovers immediately.



## Nutrition Facts

servings per container

**Serving size** (142g)

Amount per serving

**Calories** **50**

% Daily Value\*

**Total Fat** 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 170mg 7%

**Total Carbohydrate** 9g 3%

Dietary Fiber 3g 11%

Total Sugars 5g

Includes 0g Added Sugars 0%

**Protein** 2g

Vitamin D 0mcg 0%

Calcium 52mg 4%

Iron 1mg 6%

Potassium 233mg 4%

\*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.

## Helpful Tips

- Cabbage has fiber and is low in calories. The vitamin C in cabbage may reduce the risk of heart disease and some cancers. Potassium, which helps maintain healthy blood pressure, is also found in cabbage.
- Make mealtime family time — cook, eat and talk together.
- They learn from watching you — eat fruits and veggies and your kids will, too.

*Source: SNAP-Ed Connection Recipe Finder, adapted from 5-A-Day Web site, National Cancer Institute*

Funded in part by USDA SNAP.

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## Pumpkin and Bean Soup

Servings: 6 cups

Rinse fresh vegetables under running water. Scrub firm-skin veggies with a vegetable brush while rinsing.

15-ounce can white beans, drained  
1 small onion, chopped fine  
1 cup water  
15-ounce can pumpkin or 2 cups fresh,  
cooked and mashed  
1½ cups apple juice  
½ teaspoon cinnamon  
⅛ teaspoon nutmeg, allspice or ginger  
½ teaspoon black pepper  
¼ teaspoon salt

1. Wash hands and surfaces.
2. Blend white beans, onion and water with a potato masher or blender until smooth.
3. In a large pot, combine the pumpkin, juice, cinnamon, nutmeg, black pepper and salt. Stir, then add the blended bean mix to the pot.
4. Cook over low heat for 15 to 20 minutes, until warmed through.
5. Refrigerate leftovers immediately.



## Nutrition Facts

servings per container

**Serving size** 1 cup (213g)

Amount per serving

**Calories** 140

% Daily Value\*

**Total Fat** 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 350mg 15%

**Total Carbohydrate** 29g 11%

Dietary Fiber 4g 14%

Total Sugars 10g

Includes 0g Added Sugars 0%

**Protein** 6g

Vitamin D 0mcg 0%

Calcium 70mg 6%

Iron 3mg 15%

Potassium 414mg 8%

\*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.

## Helpful Tips

- Try other canned beans — like garbanzo, small red or pinto beans.
- Cooked mashed sweet potatoes or butternut squash can be used in place of the pumpkin.
- Go online to find a farmers market at: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)
- Make mealtime family time — cook, eat and talk together.
- They learn from watching you — eat fruits and veggies and your kids will, too.

*Source: SNAP-Ed Connection Recipe Finder, adapted from Pennsylvania Nutrition Education Network*

Funded in part by USDA SNAP.

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