

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 ounces) corn kernels, drained
- 1 can (14.5 ounces) red kidney beans, drained and rinsed

- 1 can (4 ounces) mushroom pieces and stems, drained
- 1 can (15 ounces) low-sodium green beans, drained
- 1 medium onion, halved and sliced
- 1 can (14.5 ounces) diced tomatoes, preferably fire-roasted
- 8 medium (8-inch) flour tortillas, preferably whole-wheat, warmed according to package directions
- 1 cup shredded, low-fat Monterey Jack cheese
- ½ cup low-fat sour cream, optional

Directions:

1. Wash hands and surfaces.
2. Mix 1 tablespoon olive oil, Worcestershire sauce, garlic powder, 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 leftovers immediately.



Adapted from Canned Food Alliance, <http://www.mealtime.org/meals-and-nutrition/recipes/library/fajitas-primavera.aspx>



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Crunchy Noodle Bake

Servings: 8

Ingredients:

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



Directions:

1. Wash hands and surfaces.
2. Combine soups, cheese and chicken in large bowl.
2. Fold in noodles and green beans.
3. Pour into a lightly greased 9-by-13-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.
6. Enjoy! Refrigerate leftovers immediately.

MEASUREMENT EQUIVALENTS:

3 teaspoons	= 1 tablespoon
4 tablespoons	= ¼ cup
5 ⅛ tablespoons	= ⅓ 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.
- Dry herbs are more potent than fresh herbs. If substituting dried herbs for fresh herbs, use ⅓ the amount called for in the recipe. Conversely, if using fresh herbs in a recipe calling for dried, triple the amount the recipe calls for.
- Sugar substitution: 1 cup sugar = 1⅓ cups brown sugar or 1½ cups powdered sugar.

Zesty Three-Bean Salad

Servings: 5

Ingredients:

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

Directions:

1. Wash hands and surfaces.
2. Place green and both 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 leftovers immediately



Macaroni, Green Bean and Tuna Salad

Servings: 8

Ingredients:

- 14-ounce package elbow macaroni
- 1 can (15 ounces) low-sodium green beans, drained
- 1 can (5 ounces) tuna packed in water, drained and flaked with a fork
- ½ cup onions, diced
- ½ cup sweet pickles, diced
- 1 cup plain low-fat yogurt
- ¼ cup light mayonnaise
- 1½ tablespoons lemon juice
- ½ teaspoon pepper

Directions:

1. Wash hands and surfaces.
2. Prepare elbow macaroni according to package directions and drain.
3. Add green beans, tuna, onions and sweet pickles.
4. Mix yogurt, mayonnaise, lemon juice and pepper together, and toss with macaroni mixture.
5. Chill before serving.
6. Enjoy! Refrigerate leftovers immediately.



Ten Minute-Stroni

Servings: 8

Ingredients:

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

Running out of money for food?

Contact your local food stamp office or go online to: <https://mydss.mo.gov/food-assistance/food-stamp-program>.

Directions:

1. Wash hands and surfaces.
2. Heat oil in a large saucepan over medium-high heat.
3. Add onion and sauté until transparent, about 2 minutes.
4. Add broth, garlic and oregano; bring to a boil.
5. Add tomatoes, navy beans, carrots, green beans, mushrooms, salt and pepper; simmer 4 to 5 minutes.
6. Serve with Parmesan cheese, if desired.
7. Enjoy! Refrigerate leftovers immediately.

Adapted from Canned Food Alliance, <http://www.mealtime.org/meals-and-nutrition/recipes/library/ten-minute-stroni.aspx>



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We hope you enjoy the recipes!

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