



## Cucumber Tips

- One cup of sliced cucumbers has only 13 calories.
- Choose cucumbers that are bright in color and firm to the touch, with no yellowing or soft spots.
- Avoid cucumbers that are shriveled and withered. Also avoid those that have bulging middles.
- Overripe cucumbers, with large seeds and watery flesh, will have poor taste. Bruises and dark spots on cucumbers are signs of decay.
- Cucumbers suitable for slicing and eating are 6 to 9 inches long with small, white spines on the surface that rub off easily.
- Pickling cucumbers are smaller and have black spines on the surface.
- Store unwashed and unpeeled cucumbers in the refrigerator crisper. If cucumbers have a wax coating (most from grocery stores will have this to enhance appearance and prolong storage time), store them in the crisper and use within a week. Unwaxed cucumbers will not keep as long.
- Keep peeled cucumbers wrapped tightly in plastic wrap and store in the refrigerator. Use within one or two days.

## Cucumber Yogurt and Cream Cheese Dip



Try this cool and tangy low-fat yogurt dip with your favorite vegetables.

**Yield:** 8 Servings

**Time:** 10 Minutes

### Ingredients

- 1 cup low-fat plain yogurt
- 4 ounces low-fat cream cheese, softened
- 1 cup cucumber
- 1 clove garlic, chopped
- salt and lemon pepper, to taste (optional)

### Instructions

1. Wash hands with soap and water.
2. Stir yogurt and cream cheese until smooth.
3. Rinse the cucumber under running water.
4. Slice the cucumber in half long ways and run a spoon down the middle to remove seeds.
5. Chop the cucumber into small pieces.
6. Stir the cucumber, chopped garlic, and seasonings (optional) into yogurt mixture.

Source: <https://www.myplate.gov/recipes/cucumber-yogurt-and-cream-cheese-dip>





## Mozzarella Chicken with Garlic Spinach



Chicken, mozzarella, and spinach seasoned with garlic make this an easy and delicious dinner.

**Yield:** 8 Servings

**Time:** 30 Minutes

### Instructions

### Ingredients

- 8 chicken breast halves (small, skin and bone removed)
- ½ cup bread crumbs (Italian seasoned, crushed)
- 8 ounces mozzarella cheese, part skim (shredded)
- 1 tablespoon canola oil
- 4 cloves garlic (minced)
- 2 packages spinach leaves, 10 ounces each

1. Wash hands with soap and water.
2. Preheat oven to 400 °F.
3. Place chicken between 2 sheets of plastic wrap; pound chicken to ¼ inch thick.
4. Coat chicken with bread crumbs and place on foil-covered baking sheet. Discard remaining bread crumbs. Bake 10 minutes.
5. Top chicken with cheese; bake 4 to 5 minutes until cheese is melted and chicken reaches an internal temperature of 165 °F.
6. Meanwhile, heat oil in a large skillet on medium heat. Add garlic and stir 1 minute.
7. Add half the spinach and cook 1 minute.
8. Add remaining spinach. Cook until wilted, turning occasionally. Serve with chicken.

Source: <https://www.myplate.gov/recipes/mozzarella-chicken-garlic-spinach>



## Cucumber and Tomato Salad

Simple salad option with fresh dill, a creamy dressing, and ready in 10 minutes!

**Yield:** 6 Servings

**Time:** 10 Minutes



### Ingredients

- 2 medium cucumbers, chopped
- 2 medium tomatoes, chopped
- ¼ cup mayonnaise
- ¼ cup low-fat plain yogurt or sour cream
- 2 tablespoons dry dill or 1 tablespoon fresh chopped dill

### Instructions

1. Wash hands with soap and water.
2. Rinse or scrub fresh vegetables under running water before preparing.
3. In a large bowl, combine cucumbers and tomatoes.
4. In a small bowl, mix together mayonnaise, yogurt and dill.
5. Stir sauce into vegetables.
6. Refrigerate leftovers within 2 hours.

Source: <https://foodhero.org/recipes/cucumber-and-tomato-salad>



# Eat Well

## Kale and Cranberry Stir-Fry

For this take on stir-fry, add some fun flavor to kale using onions, cranberries, and orange juice. The versatility of this dish can make it a hit at any meal!

**Yield:** 5 Servings

**Time:** 15 Minutes



### Ingredients

- 1 teaspoon vegetable oil
- ¼ cup onion (chopped or ¼ medium onion)
- ¼ cup dried cranberries
- 1 clove minced garlic or ¼ teaspoon garlic powder
- 6 cups kale, chopped (leaf portion, no stems)
- ¼ cup freshly squeezed orange juice (½ orange)

### Instructions

1. Wash hands with soap and water.
2. Add oil and onion to large skillet. Stir and sauté over medium-high heat (350 °F in an electric skillet) until onion is clear.
3. Add cranberries and garlic. Continue to sauté for 2 to 3 minutes.
4. Add kale. Pour or squeeze orange juice over top of kale. Continue to stir fry for about 5 minutes until kale is wilting and hot.
5. Serve immediately.

Source: <https://www.myplate.gov/recipes/kale-and-cranberry-stir-fry>



## Cheesy Chicken, Broccoli, and Rice Bake



A great recipe to use leftover chicken that has been properly handled. Combine with broccoli, cheese, onions, garlic, and brown rice to create a quick dinner!

**Yield:** 12 Servings

**Time:** 60 Minutes

### Ingredients

- 5 cups water
- 2 ½ cups brown rice
- ¼ cup onion, chopped
- 1 garlic clove, chopped
- 1 cup skim milk
- 1 can (10.75 ounces) condensed cream of mushroom soup, reduced-sodium
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ¾ cup low-fat cheddar cheese, grated
- 2 cups chicken, cooked, shredded
- 2 cups broccoli, chopped

### Instructions

1. Wash hands with soap and water.
2. Preheat oven to 350 °F. In large saucepan, bring water to boil. Add rice, onion, and garlic. Cook for about 30 minutes or until rice is soft.
3. While rice is cooking combine milk, soup, salt, and pepper, mix well. When rice is done combine with milk mixture, chicken, and broccoli. Mix well.
4. Grease 9x13 pan and pour mixture into pan. Bake in preheated oven for 18 minutes. Sprinkle with cheese. Bake for another 6 minutes or until cheese is melted.
5. Serve immediately.

Source: <https://www.myplate.gov/recipes/cheesy-chicken-broccoli-and-rice-bake>



## Potato Nachos

How can you make nachos better? Combine them with potatoes!  
Change up your toppings or trying new seasonings when cooking the ground turkey.



**Yield:** 5 Servings

**Time:** 60 Minutes

### Ingredients

- 6 small red potatoes, skins on (1 pound)
- 2 teaspoons vegetable oil or cooking spray
- 8 ounces lean ground turkey (15% fat or less)
- ½ teaspoon chili powder
- ½ cup reduced-fat shredded cheddar cheese
- 1 cup shredded lettuce
- 1 tomato, diced
- ¾ cup peeled and diced cucumber
- 1 tablespoon chopped cilantro
- ¾ cup salsa

### Instructions

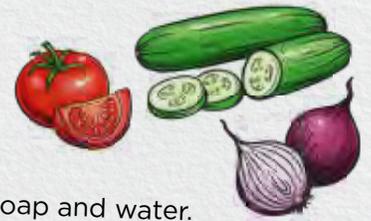
1. Wash hands with soap and water.
2. Slice potatoes into circles about ¼ inch thick.

3. Lightly coat the potato slices with oil (or spray for 3 seconds with cooking spray).
4. Arrange slices on a baking sheet in a single layer. Bake in the oven at 450 °F for 25 to 30 minutes, depending on desired darkness.
5. Meanwhile, add ground turkey and chili powder to a skillet. Cook, stirring over medium heat (300 °F in an electric skillet) for 8 to 10 minutes or until turkey browns.
6. Remove potatoes from the oven.
7. Transfer baked potatoes to an oven-safe dish. Top with turkey and sprinkle with cheese. Put back in the oven to melt the cheese, about 2 minutes.
8. Remove from oven and top with lettuce, tomato, cucumber, cilantro, and salsa.

Source: <https://www.myplate.gov/recipes/potato-nachos>

## Greek Salad

While feta cheese is the star of any Greek salad, this recipe contains all of the must-have ingredients for a classic salad that is sure to please.



**Yield:** 6 Servings

**Time:** 15 Minutes

### Ingredients

- 6 romaine lettuces leaves (torn into 1 ½ inch pieces)
- 1 cucumber (medium, peeled and sliced)
- 1 tomato (medium, chopped)
- ½ cup red onion (sliced)
- ⅓ cup feta cheese (crumbled)
- 2 tablespoons olive oil (extra-virgin)
- 2 tablespoons lemon juice
- 1 teaspoon oregano (dried)
- ½ teaspoon salt

### Instructions

1. Wash hands with soap and water.
2. Combine lettuce, cucumber, tomato, onion, and cheese in large serving bowl. Whisk together oil, lemon juice, oregano, and salt in small bowl.
3. Pour over lettuce mixture; toss until coated. Serve immediately.

Source: <https://www.myplate.gov/recipes/greek-salad>



*Rinse fresh fruits and vegetables under running water.*

## Butterfly Bite

Designed with kids in mind, this recipe puts a new spin on snack time. Try different vegetables or dried fruit for a different looking “butterfly.”

**Yield:** 6 Servings

**Time:** 7 Minutes

### Ingredients

- 3 celery stalks
- 12 twist pretzels (large, 3 ring)
- 6 tablespoons creamy peanut butter
- 3 tablespoons raisins

### Instructions

1. Wash hands with soap and water.
2. Clean celery with vegetable brush under cool running water.

3. Cut celery in half cross wise.
4. Fill center of each celery stick with one tablespoon of peanut butter. This is the body of the butterfly
5. Add two pretzels to form the butterfly's wings.
6. Use extra pretzel pieces for antenna and raisins for decoration.



Source: <https://www.myplate.gov/recipes/butterfly-bite>



## Kale Dip

This quick and easy dip makes a delightful side or snack served with fresh cut veggies or crackers.

**Yield:** 12 Servings

**Time:** 15 Minutes



### Ingredients

- 1 ½ teaspoons oil
- 1 clove garlic, minced or
- ¼ teaspoon garlic powder
- 3 cups kale, thinly sliced
- ⅛ teaspoon salt
- 1 cup low-fat cottage cheese
- ½ teaspoon red pepper flakes or
- ¼ teaspoon cayenne pepper
- 1 tablespoon lemon juice

### Instructions

1. Heat oil in a pan over medium heat. Add garlic and kale and season with salt. Cook, uncovered, stirring occasionally until tender, about 3 to 4 minutes. Let cool.
2. Transfer kale to a blender. Add cottage cheese and puree until smooth.
3. Season with red pepper flakes and lemon juice.
4. Refrigerate leftovers within 2 hours.

Source: <https://snapedny.org/recipes/kale-dip/>



# Black-Eyed Pea Salad

Try this cold salad for a crunchy side dish or filling meal.

**Yield:** 14 Servings

**Time:** 25 Minutes

## Ingredients

- ¼ cup yellow onion diced or
- ¼ cup red onion diced
- 2 stalks celery diced
- 1 cup green bell pepper (1 pepper), diced
- 1 cup tomatoes (1 tomato), diced
- ¼ cup cilantro chopped (optional)
- ½ head romaine lettuce shredded
- 15 ounces black-eyed peas canned, drained, rinsed or
- 3 cups black-eyed peas cooked, drained, rinsed
- ½ teaspoon lemon juice (½ lemon)

- 3 tablespoons salad dressing fat-free
- 4 ounces cheese fat-free or reduced-fat, grated (optional)

## Instructions

1. In a large bowl, mix onion, celery, bell pepper, tomatoes, cilantro, lettuce and black-eyed peas.
2. Add lemon juice, salad dressing and cheese (if desired). Stir to combine.
3. Refrigerate for half an hour and serve. Refrigerate leftovers.

Source: <https://eatfresh.org/recipe/salads-side-dish/black-eyed-pea-salad/>



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