

# Main Courses

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Zesty Corn and Spinach Sauté



## MAIN COURSE

## EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Black Bean and Veggie Lettuce Wraps

### INGREDIENTS

- 1 c. low-sodium black beans, drained and rinsed
- 2 Tbsp. green onion, diced
- ½ c. red pepper, diced
- ¼ c. Southwestern style salad dressing
- ½ c. onion, diced
- 8 Bibb or Romaine lettuce leaves
- ½ c. corn, fresh, canned, or frozen
- ¼ c. shredded carrots
- 1 Tbsp. cilantro, chopped

### INSTRUCTIONS

In a medium bowl, combine black beans, red pepper, onion, corn, cilantro and green onion.

Add salad dressing to bean mixture. Mix gently.

Place lettuce leaves on a plate or serving dish. Spoon the black bean mixture into lettuce leaves. Top with shredded carrots.

### Nutrition Facts

8 servings per container  
**Serving size 1 wrap (111g)**

Amount per serving  
**Calories 70**

	% Daily Value*
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 10g	<b>4%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 28mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 249mg	<b>6%</b>

\*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.

State/Territory

NEBRASKA

University

UNIVERSITY OF NEBRASKA



# Chicken and Broccoli Quiche



## MAIN COURSE

**Yield:** 2 quiche, 6 servings per quiche

### INGREDIENTS

- 2 9-inch ready-made pie crusts, baked (optional)
- 4 eggs
- 1 c. low-fat or skim milk
- $\frac{3}{4}$  c. low-fat cheddar cheese, shredded
- $\frac{3}{4}$  c. cooked, chopped chicken
- 10-oz. frozen, chopped broccoli
- $\frac{1}{4}$  c. carrots, shredded
- $\frac{1}{4}$  c. finely chopped onion (optional)
- pepper to taste
- $\frac{1}{2}$ – $\frac{3}{4}$  tsp. garlic salt

### INSTRUCTIONS

Preheat oven to 350 F. Bake pie crusts according to package directions (optional).

In a mixing bowl, combine eggs, milk, salt and pepper. Mix well.

Place frozen chopped broccoli in microwave. Cook according to package directions. Pour off liquid. Let cool; squeeze broccoli to remove some more water.

Layer the meat, vegetables and cheese into baked pie crusts. Pour the egg mixture over the ingredients.

Bake at 350 F for 30 to 40 minutes or until top is browned and a knife inserted in the center comes out clean. Egg dishes should be cooked to a temperature of 160° F.

Let stand five minutes before cutting.

### Nutrition Facts

12 servings per container  
**Serving size** 1/6 of round (113g)

**Amount per serving**  
**Calories** **200**

	% Daily Value*
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 80mg	<b>27%</b>
<b>Sodium</b> 360mg	<b>16%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 9g	
Vitamin D 0mcg	<b>0%</b>
Calcium 74mg	<b>6%</b>
Iron 0mg	<b>0%</b>
Potassium 85mg	<b>2%</b>

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

State/Territory

**FLORIDA**

University

**UNIVERSITY OF FLORIDA**





EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Chicken Tinga (Tinga de Pollo)

**Yield:** 6 servings



MAIN COURSE

INGREDIENTS

- 1 lb. skinless chicken breast
- 1 large onion
- 4 c. water
- 4 medium tomatoes
- 3 garlic cloves
- 3 Tbsp. canola oil
- 1 Tbsp. sugar
- 1 chipotle chili
- 1 tsp. paprika
- 1 Tbsp. vinegar
- ½ tsp. oregano
- ⅛ tsp. salt

INSTRUCTIONS

**Make the chicken:**

Add the water, salt, chicken and ½ onion to a medium size pot and bring to boil.  
Cook for 30 minutes.

Remove the chicken and shred it by holding it on one end and pulling at the other end with a fork.

**Make the chili paste:**

Chop the onions, garlic, tomatoes and chipotle chili.  
Mix them together in a medium bowl with the paprika, vinegar and oregano. Mash all together until a paste forms.

**Put it together:**

Put the oil and sugar in a large skillet and let the sugar brown.  
Add the chicken to the skillet and mix until the oil has coated all the chicken.  
When the chicken starts to brown add the chili paste and stir well.  
Cook for 10 more minutes on medium heat.  
Serve warm or use the Chicken Tinga to make other recipes.

Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1 serving (362g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>190</b>
% Daily Value*	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 95mg	<b>4%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 6g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 18g	
Vitamin D 0mcg	<b>0%</b>
Calcium 28mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 523mg	<b>10%</b>

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*This recipe came directly from NJ paraprofessional staff.*



State/Territory

NEW JERSEY

University

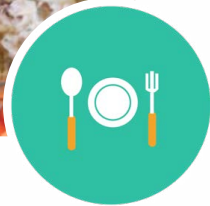
RUTGERS UNIVERSITY



EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Dilled Salmon Sandwich Filling

**Yield:** 6 servings, ¼ c. each



MAIN COURSE

INGREDIENTS

- 2 (6-oz.) cans of salmon
- ½ tsp. dried dill
- ¼ c. low fat mayonnaise
- 2 green onions sliced

INSTRUCTIONS

Wash outside of cans. Open salmon, place in strainer and drain.

Using a fork, break salmon into a medium bowl. Remove any bones.

Add the green onions, mayonnaise and dill. Mix gently to combine

Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>0.25 cup (47g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>50</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	
Vitamin D 4mcg	<b>20%</b>
Calcium 24mg	<b>2%</b>
Iron 0mg	<b>0%</b>
Potassium 118mg	<b>2%</b>

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State/Territory

WASHINGTON

University

WASHINGTON STATE UNIVERSITY



EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Easy Chicken Pot Pie

**Yield:** 6 servings. Serving size: 1/6 of pie



MAIN COURSE

INGREDIENTS

- 2/3 c. frozen mixed vegetables, thawed
- 1 c. cooked chicken, cut into bite-size pieces
- 1 (10 3/4 oz.) can low-fat, condensed, cream of chicken soup
- 1 c. reduced fat baking mix
- 1/2 c. milk
- 1 egg

INSTRUCTIONS

Wash hands and any cooking surfaces.

Pre-heat oven to 400 F.

Mix vegetables, chicken and soup in ungreased 9-inch pie plate

Stir baking mix, milk and egg in a mixing bowl with fork until blended. Pour over vegetables, chicken and soup mixture in pie plate.

Bake 30 minutes or until golden brown.

Let cool five minutes and serve.

Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1/6 of pie (133g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 520mg	<b>23%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 9g	
Vitamin D 0mcg	<b>0%</b>
Calcium 136mg	<b>10%</b>
Iron 1mg	<b>6%</b>
Potassium 80mg	<b>2%</b>
<small>*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.</small>	

*I have had several families call me for this recipe, telling me that family members that didn't eat a lot of vegetables will eat the pot pie.*

Nutrition education assistants often conduct classes that include a hands-on recipe activity. During one class, the participants were preparing their own Easy Chicken Pot Pie when one of the parents stated that her child would not eat it because the child didn't like many vegetables or items that were mixed and cooked together. The assistants told the parent to not say anything to the child or to tell the child it's a new recipe that they may want to try, and just let them decide if they would like to try it. The child decided to try it and ate more than half of it. The mother called to say the recipe was a big hit in her house and they would be making it again.



State/Territory

KENTUCKY

University

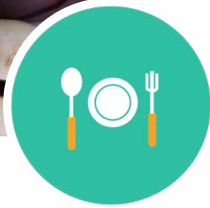
UNIVERSITY OF KENTUCKY





EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Eggplant Delight



**Yield:** 4 servings, 1 c. each

**MAIN COURSE**

**INGREDIENTS**

- 1 c. diced onion
- 1 Tbsp. crushed garlic
- 2 Tbsp. vegetable oil
- ½ lb. ground turkey (or ground beef)
- 4 c. cubed eggplant
- ½ c. of water
- 1 tsp. salt
- ½ tsp. black pepper
- 3-4 c. cooked rice

**INSTRUCTIONS**

Heat skillet to medium heat.

Sauté onions, garlic in oil in skillet for two minutes.

Add ground beef to pan and cook meat, 8 to 10 minutes. Until done (no pink left) then drain.

Add cubed eggplant to pan with seasonings and meat.

Add ¼ c. of water to help ingredients simmer, you may need to add up to ½ c. of water to complete cooking process.

Simmer for approximately seven minutes, until eggplant is done. Stir occasionally.

Enjoy over rice.

**Nutrition Facts**

4 servings per container	
<b>Serving size</b>	<b>1 cup (408g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>390</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 13g	<b>17%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 620mg	<b>27%</b>
<b>Total Carbohydrate</b> 53g	<b>19%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 17g	
Vitamin D 0mcg	<b>0%</b>
Calcium 35mg	<b>2%</b>
Iron 2mg	<b>10%</b>
Potassium 319mg	<b>6%</b>

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State/Territory

**GEORGIA**

University

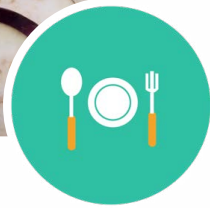
**FORT VALLEY STATE UNIVERSITY**



## EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Eggplant With Garlic Sauce

**Yield:** 4 servings



### MAIN COURSE

### INGREDIENTS

- 1 medium carrot
- 1 medium bell pepper
- 2 medium eggplants
- 1 thumb-size piece ginger
- 1 clove garlic
- 1 lb. lean ground meat

### Sauce

- 1 Tbsp. sugar
- 1 Tbsp. cornstarch
- ¼ c. less sodium soy sauce
- 1 Tbsp. vinegar
- Optional: chili pepper

### INSTRUCTIONS

Slice carrot, bell pepper and eggplants. Set aside.

Mince ginger and garlic. Set aside.

In a small bowl, Combine sauce ingredients: sugar, cornstarch, soy sauce, vinegar and optional: chili pepper.

In a large pot, Fry meat. Drain off excess fat. Add ginger and garlic.

Add carrot, bell pepper and eggplants. Stir-fry until vegetables are tender.

Add sauce mixture to pot and stir.

### Variations:

Other vegetables may be used.

Other meats may be used.

### Nutrition Facts

4 servings per container  
**Serving size 1 serving (461g)**

Amount per serving  
**Calories 250**

	% Daily Value*
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 670mg	<b>29%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 9g	<b>32%</b>
Total Sugars 14g	
Includes 3g Added Sugars	<b>6%</b>

<b>Protein</b> 29g	
Vitamin D 0mcg	<b>0%</b>
Calcium 43mg	<b>4%</b>
Iron 4mg	<b>20%</b>
Potassium 1159mg	<b>25%</b>

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State/Territory

**HAWAII**

University

**UNIVERSITY OF HAWAII AT MANOA**

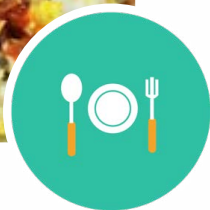






EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Eggs Ole



MAIN COURSE

INGREDIENTS

- 4 eggs
- ¼ c. low-fat milk
- 2 Tbsp. salsa
- 2 Tbsp. black olives, diced
- 2 Tbsp. cheddar cheese, shredded

INSTRUCTIONS

Spray microwave-safe dish with non-stick spray.

Crack eggs and place in mixing bowl.

Add milk to eggs and stir well with wire whisk or fork.

Pour mixture into microwave dish, cover and microwave on high for four minutes.

Remove eggs from the microwave using potholders.

Remove the lid and use a fork to break the eggs into bite size pieces.

Top with salsa, black olives, and shredded cheese.

Replace the lid and let sit for one to two minutes to allow cheese to melt.

Nutrition Facts

2 servings per container	
Serving size	1 serving (162g)
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 380mg	127%
Sodium 380mg	17%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 2mcg	10%
Calcium 156mg	10%
Iron 2mg	10%
Potassium 230mg	4%
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State/Territory

ILLINOIS

University

UNIVERSITY OF ILLINOIS

# Enchilada Casserole



## MAIN COURSE

**Yield:** 1½ c. per serving

### INGREDIENTS

- 1 (28-oz.) can green enchilada sauce
- 1 (15-oz.) can pinto or black beans, drained and rinsed
- 3 c. cooked brown rice\*
- 1 (15-oz.) can whole-kernel corn, drained OR 1½ c. frozen corn
- 12 (6-inch) corn tortillas
- 10 oz. Monterey Jack or cheddar cheese, shredded (2½ c. shredded)

### INSTRUCTIONS

Preheat oven to 350F. Collect and measure all ingredients before starting to prepare the recipe. In a large bowl, mix enchilada sauce, beans, cooked rice and corn. Place half the mixture on the bottom of a 9- by 13-inch pan or split it between two 9-inch-square or round pans.\*\* Spread the corn tortillas evenly over the mixture. Place remaining mixture on top of tortillas. Top mixture with cheese and cover with foil. Bake for 15 to 20 minutes. Remove foil and bake for 10 more minutes or until cheese is melted and sauce is bubbly. Serve hot. Refrigerate leftovers within two hours. Eat within three to five days.

\* Cook rice according to package directions. The package will indicate how much uncooked rice is needed to make 3 c. of cooked rice.

\*\* If you made two pans, you can freeze one of them before baking. Double-wrap in foil and it will keep for up to one month in the freezer.

### Nutrition Facts

8 servings per container  
**Serving size 1 1/2 cups (328g)**

Amount per serving  
**Calories 430**

	% Daily Value*
<b>Total Fat</b> 17g	<b>22%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 880mg	<b>38%</b>
<b>Total Carbohydrate</b> 55g	<b>20%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	
Vitamin D 0mcg	<b>0%</b>
Calcium 278mg	<b>20%</b>
Iron 3mg	<b>15%</b>
Potassium 303mg	<b>6%</b>

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The recipe can be found in the Let's Cook! Cookbook from Eating Smart • Being Active curriculum

"My participants are always surprised at how good this recipe is."



State/Territory

**COLORADO**

University

**COLORADO STATE UNIVERSITY**



## MAIN COURSE



## EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Garden Fresh Tortizza

**Yield:** 4 servings, 1 pizza each

### INGREDIENTS

- 4 8" whole wheat tortillas
- 2 c. spinach
- 1 ½ c. yellow bell pepper, diced
- 40 slices turkey pepperoni
- 1 c. shredded 2% mozzarella cheese
- pizza sauce
- 8 oz. can tomato sauce, no salt added
- 2 tsp. Italian seasoning
- ¾ tsp. garlic powder
- ½ tsp. black pepper

### INSTRUCTIONS

Heat skillet and spray with cooking spray.

Add diced bell pepper to one side of skillet and 10 pepperoni slices to other and cook on medium heat. Remove from skillet when warmed through.

Place tortilla in middle of skillet. Toast tortilla in skillet for six to eight minutes.

Pour tomato sauce in bowl and add Italian seasoning, garlic powder, and black pepper. Mix well.

Flip tortilla over. Spread 2 Tbsp. of pizza sauce on tortilla and top tortilla with ¼ of the spinach, diced bell pepper, and pepperoni slices. Spread ¼ c. cheese evenly over tortilla.

Place the lid on the skillet and allow cheese to melt (about six to eight minutes).

Remove tortizza from skillet. Slice and serve.

Repeat with remaining tortillas and toppings.

### Nutrition Facts

4 servings per container  
**Serving size** 1 pizza (231g)

**Amount per serving**  
**Calories** 300

	% Daily Value*
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 980mg	<b>43%</b>
<b>Total Carbohydrate</b> 32g	<b>12%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>

<b>Protein</b> 20g	
Vitamin D 0mcg	<b>0%</b>
Calcium 432mg	<b>35%</b>
Iron 2mg	<b>10%</b>
Potassium 135mg	<b>2%</b>

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State/Territory

**GEORGIA**

University

**UNIVERSITY OF GEORGIA**





## MAIN COURSE



## EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Garden Scrambled Eggs

### INGREDIENTS

- 6 eggs
- ¼ c. fat-free, 2%, or whole milk
- ¼ tsp. salt
- ¼ tsp. pepper
- 1 Tbsp. butter or margarine
- ½ c. chopped fresh or frozen vegetables of your choice (bell pepper, onion, carrots, broccoli, zucchini, cauliflower and/or asparagus)

### INSTRUCTIONS

In medium bowl, use a fork to beat eggs until combined. Add milk, salt and pepper. Mix well. Set aside.

In large nonstick skillet, melt butter or margarine over medium heat. Add desired vegetables. Cook, stirring constantly, for one to four minutes or until vegetables are tender.

Pour egg mixture over hot vegetables. Cook, without stirring, until eggs start to become firm on the bottom and around the edges.

Using heatproof spatula or wooden spoon, gently lift and fold egg mixture, forming large soft pieces.

Continue cooking and lifting egg mixture about four minutes more or until eggs are cooked through, but still slightly moist. Do not stir constantly. Remove from heat. Serve immediately.

**For a change of pace:** Stir in ½ c. salsa, ¼ c. cottage cheese or ½ tsp. dried herb leaves of your choice (basil, oregano, marjoram or thyme) into the egg mixture in Step 1.

<https://www.eatgathergo.org/recipe/garden-scrambled-eggs/>

### Nutrition Facts

3 servings per container	
<b>Serving size</b>	<b>1 cup (148g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>200</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 13g	<b>17%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 385mg	<b>128%</b>
<b>Sodium</b> 360mg	<b>16%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 14g	
Vitamin D 2mcg	10%
Calcium 83mg	6%
Iron 2mg	10%
Potassium 174mg	4%

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*The recipes on our EatGatherGo.org site are truly recipes that speak to the cuisine of our region, and offer participants healthier twists on comfort foods. Indiana ranks 2nd in the nation for egg production.*



State/Territory

INDIANA

University

PURDUE UNIVERSITY



## MAIN COURSE



## EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Homemade Noodle Bowls

**Yield:** 5-6 portions

### INGREDIENTS

- Homemade or bottled marinade if using meat or tofu (optional, requires advance preparation)
- 2 lbs. Protein/meat of your choice (eggs, tofu, chicken/beef/shrimp), or what is on hand
- 16 oz. noodles of your choice
- Vegetable Example, or, any of your choice: (will cook vegetables in this example)
- 1 head Napa cabbage, chopped
- 1 box button mushrooms, sliced
- 1 bag/bunch spinach
- 1 onion, chopped
- 5 small carrots, sliced
- ¼ c. canola oil
- 16-20 oz. Homemade broth or canned/boxed broth (optional)
- Other toppings of your choice – fresh, chopped herbs, nuts, sliced avocado, etc.

### INSTRUCTIONS

- \* If using meat/tofu, put meat in a large gallon bag and add enough marinade to coat. Close bag and shake to mix. Refrigerate for 24 hours.
- 1. Cook noodles according to package directions. To save time, wash and prep vegetables while noodles are cooking.
- 2. Once cooked, and drained, set noodles aside and keep warm.
- 3. Cook prepped vegetables: Heat ¼ c. oil in pan. Add carrots and onion and sauté until just starting to soften. Add cabbage and cook for three minutes. Add mushrooms and cook for two minutes. Add baby spinach and cook until it starts to wilt. Turn off vegetables, set aside and keep warm.
- 4. If using meat/tofu, remove from marinade and discard leftover marinade. Place meat/tofu on preheated grill pan and cook until correct internal temperature. Cut into thin strips. Set aside and keep warm.
- 5. If using broth, heat broth and assemble your bowl:  
Place ½ c. of noodles at the bottom of a soup bowl. Top with 1 c. of vegetables and ½ c. of protein of your choice. Add broth to fill the remaining space. Sprinkle with your favorite toppings.

*You can build your own bowl! They are full of nutritious foods, and are a great way to use leftovers or foods from the food shelf - canned or frozen veggies, boxed or canned broth, or, fresh veggies that need to be cooked before spoiling. No side dishes are required and it can be a meal by itself. It also suits a variety of dietary preferences (vegetarian, vegan, pescatarian, etc.). Noodle bowls can be eaten at room temperature, cold, with or without broth, and a variety of noodles can be used!*

### Nutrition Facts

8 servings per container  
**Serving size** **1 serving**  
(508.05g)

**Amount per serving**  
**Calories** **430**

		% Daily Value*
<b>Total Fat</b>	11g	<b>14%</b>
Saturated Fat	1.5g	<b>8%</b>
Trans Fat	0g	
<b>Cholesterol</b>	85mg	<b>28%</b>
<b>Sodium</b>	140mg	<b>6%</b>
<b>Total Carbohydrate</b>	49g	<b>18%</b>
Dietary Fiber	9g	<b>32%</b>
Total Sugars	6g	
Includes 0g of Added Sugars		<b>0%</b>
<b>Protein</b>	36g	
Vitamin D	0mcg	<b>0%</b>
Calcium	72mg	<b>6%</b>
Iron	2mg	<b>10%</b>
Potassium	484mg	<b>10%</b>

\*The % Daily Value (DV) 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.

State/Territory

**MINNESOTA**

University

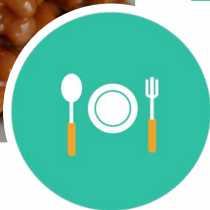
**UNIVERSITY OF MINNESOTA  
EXTENSION**







## MAIN COURSE



## EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Hungry Boy Casserole

**Yield:** 8 – 1 c. servings

### INGREDIENTS

- 1 lb. Lean Ground Turkey
- 1 Can (15 oz) Lower Sodium Pork-n-beans
- ¼ c. Water
- 3 to 4 Tbsp. Ketchup
- 1 tsp. Garlic Powder
- ¼ tsp. Chili Powder
- 1 Small Onion Chopped
- 8 Biscuits (Using Master Mix – or Your Favorite Homemade Biscuit Recipe)

### INSTRUCTIONS

Brown meat and onion. Drain off excess fat.

Prepare biscuits

Mix All ingredients together – except biscuits.

Place in a 9- by 13-inch baking dish.

Top with raw biscuits.

Bake at 400 F for 10 to 15 minutes until biscuits are browned.

### Nutrition Facts

8 servings per container  
**Serving size** 1 cup (169g)

**Amount per serving**  
**Calories** 250

	% Daily Value*
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 1.5g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 680mg	<b>30%</b>
<b>Total Carbohydrate</b> 29g	<b>11%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 9g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 17g	
Vitamin D 0mcg	<b>0%</b>
Calcium 25mg	<b>2%</b>
Iron 2mg	<b>10%</b>
Potassium 166mg	<b>4%</b>

\*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.

*This was a long-time family recipe of the Cleek family. Shirley W. Cleek was an EFNEP PA in Arkansas from 1987-2007. Keith Statham-Cleek (her son) is currently the EFNEP Manager for the State of Arkansas.*

*This was a quick and easy recipe my family loved for years. In the late 80's clients often received canned pulled pork in their commodities. We adapted this recipe to use the canned pork. We used to teach people how to make their own baking mix, we called them Master Mixes. This was a big hit with our Arkansas EFNEP families. We have since adapted it to use ground turkey.*



State/Territory

**ARKANSAS**

University

**UNIVERSITY OF ARKANSAS**



# Kangkong with Fish



## MAIN COURSE



**Yield:** 8 servings

### INGREDIENTS

- 3 lbs. fish
- 20 kangkong tops
- 1 small onion, sliced thinly
- ½ c. soy sauce
- ¼ c. vinegar
- 1 Tbsp.
- 2 Tbsp. ginger, minced
- Pepper for taste

### INSTRUCTIONS

Clean the fish.

Fry the fish thoroughly. (Put the heated fish on a non- plastic surface)

Dip kangkong tops in the boiling water, and stir once, then remove them from the hot water immediately.

Cut the kangkong tops into 1-inch pieces and put them on the top of the fried fish.

To make the soy sauce dressing, mix soy sauce, vinegar, oil, ginger, onion, and pepper, and bring to a boil.

Pour the soy sauce dressing on the fish.

### Nutrition Facts

8 servings per container  
**Serving size 1 serving (238g)**

Amount per serving  
**Calories 250**

	% Daily Value*
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 95mg	<b>32%</b>
<b>Sodium</b> 1290mg	<b>56%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>

<b>Protein</b> 46g	
Vitamin D 6mcg	<b>30%</b>
Calcium 51mg	<b>4%</b>
Iron 2mg	<b>10%</b>
Potassium 767mg	<b>15%</b>

\*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.

State/Territory

**MICRONESIA**

University

**COLLEGE OF MICRONESIA**





EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Kokolaisa

**Yield:** 10 servings, 1 c. rice and ½ c. liquid



MAIN COURSE

INGREDIENTS

- 3 c. uncooked rice
- 16 c. water
- 2 coconuts for coconut cream-2 c. canned coconut milk
- 2 c. plus 1 Tbsp. sugar
- 2 Tbsp. Koko Samoa or cocoa powder

INSTRUCTIONS

Boil rice in 10 c. of water, until cooked; add lemon leaves for flavor if desired.

Take 1 c. of remaining rice water and dissolve the sugar cocoa mixture.

Add the sugar/cocoa mixture to the rice, stir and simmer.

Add coconut cream, stir and serve.

Nutrition Facts

10 servings per container	
<b>Serving size</b>	<b>1 serving (626g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>280</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 57g	<b>21%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 10g	
Includes 9g Added Sugars	<b>18%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	<b>0%</b>
Calcium 30mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 151mg	<b>4%</b>

\*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.



State/Territory

ALASKA

University

AMERICAN SAMOA COMMUNITY COLLEGE



EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Lentil Street Tacos

**Yield:** Makes 24 tacos, 3 tacos per serving



MAIN COURSE

INGREDIENTS

- 2 c. dry lentils
- 4 c. low sodium chicken broth
- 1 taco seasoning packet – low sodium
- ½ c. salsa
- Corn street taco size tortillas

Toppings

- ½ c. chopped Cilantro
- ¼ finely chopped purple cabbage (optional)
- ~3-4 chopped Green onions
- 1 Tbsp. Lemon/lime juice

Optional ingredients

- Plain nonfat Greek yogurt
- Low fat cheese
- Avocado, sliced

INSTRUCTIONS

Wash lentils and sort. Throw away any lentils that should not be eaten.

Combine broth, lentils, seasonings and salsa to a sauce pan, stir and mix.

Cover and bring to a boil over medium high heat. Reduce heat and simmer for 30 minutes, until liquid is absorbed and lentils are tender.

Prepare toppings, combine purple cabbage, cilantro, green onions and lemon or lime juice in a bowl and mix together. Add salt and/or pepper to taste.

Place on street size corn tacos.

Top with Greek yogurt (a great replacement for sour cream), sliced avocado, and shredded cheese if desired.

Nutrition Facts

8 servings per container	
<b>Serving size</b>	<b>3 tacos (311g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>380</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 310mg	<b>13%</b>
<b>Total Carbohydrate</b> 72g	<b>26%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 17g	
Vitamin D 0mcg	<b>0%</b>
Calcium 39mg	<b>4%</b>
Iron 6mg	<b>35%</b>
Potassium 443mg	<b>10%</b>

\*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.

*"Lentils first arrived on the Palouse in 1916 when Farmington native, J. J. Wagner, asked a local Seventh Day Adventist pastor to order seed from Europe. Wagner then planted two test rows on his farm to see if lentils would grow in the semi-arid environment. And grow they did. With the advent of mechanized harvesting equipment a few years later, lentil production continued to increase. Today, over 95 percent of the nation's lentils are grown on the Washington-Idaho Palouse prairie."*

<https://news.wsu.edu/2008/08/18/a-history-of-lentil-farming-on-the-palouse/>



State/Territory

IDAHO

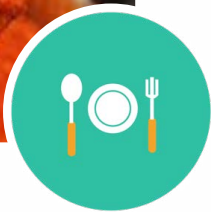
University

UNIVERSITY OF IDAHO



EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Master Meat Sauce



MAIN COURSE

INGREDIENTS

- 4 lbs. lean ground meat
- 1 medium onion, chopped or minced
- 1 (6-oz.) can tomato paste
- 6 oz. Water
- 2 (15-oz.) cans tomato sauce
- 1 tsp. garlic powder

INSTRUCTIONS

Brown meat in skillet and drain any fat. Add chopped onion, tomato paste, tomato sauce and garlic powder. Simmer 15 to 20 minutes. Add water to thin if necessary. Immediately place 1-c. portions in freezer-quality plastic zip-top bags.

Main Dishes Made from Master Meat Sauce

**Spaghetti**  
Add 1½ tsp. Italian seasoning or 1 package spaghetti sauce seasoning mix and 1 clove of garlic to 2 c. Master Meat Sauce. Heat. Mix with 4 c. hot cooked spaghetti.

**Chili**  
Add 1 to 2 Tbsp. chili powder, 1 to 2 tsp. ground cumin to 1 (16-oz.) can drained kidney beans and 2 c. Master Meat Sauce. Bring to a boil slowly over medium heat

**Mini Pizzas**  
Add 1 tsp. Italian seasoning and a dash of pepper to 1 c. Master Meat Sauce. Spoon 2 Tbsp. over half a bagel, English muffin or any other bread. Sprinkle with 1 to 2 Tbsp. mozzarella cheese. Add favorite toppings. Broil two to three minutes, until cheese starts to brown.

**Sloppy Joes**  
Add 1 Tbsp. vinegar, 1 Tbsp. brown sugar and ¼ c. ketchup to 2 c. Master Meat Sauce. Heat. Serve on hamburger buns.

**Tacos**  
Add 2 tsp. of chili powder to 1 c. Master Meat Sauce. Heat thoroughly. Spoon 1 to 2 Tbsp. meat into taco shell. Add salsa, shredded lettuce, diced tomatoes, diced onions and grated cheddar or Monterey Jack cheese.

Nutrition Facts

14 servings per container	
<b>Serving size</b>	<b>0.5 cup (211g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>180</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 400mg	<b>17%</b>
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 26g	
Vitamin D 0mcg	<b>0%</b>
Calcium 10mg	<b>0%</b>
Iron 3mg	<b>15%</b>
Potassium 312mg	<b>6%</b>

\*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.

*Program participants enjoy this recipe because it can be used to make a variety of other foods.*



State/Territory

TENNESSEE

University

UNIVERSITY OF TENNESSEE



EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Mini Meatloaves

**Yield:** 5 servings, serving size: 1 mini loaf



MAIN COURSE

INGREDIENTS

- 1 lb. lean or extra-lean ground beef, ground turkey or ground chicken
- 1 egg, lightly beaten
- Dash of black pepper
- 1½ c. salsa, divided in half
- ¼ c. dry bread crumbs
- Non-stick cooking spray
- ¼ c. finely chopped onion

INSTRUCTIONS

Heat oven to 350F.

Combine all ingredients, saving half of the salsa for topping.

Divide into five equal portions. Shape into flattened loaves.

Spray baking dish with non-stick spray.

Place loaves in baking dish.

Spoon half of the remaining salsa on top of loaves.

Bake at 350F for 20 minutes.

Take out of oven and spoon remaining salsa over top and bake an additional 10 minutes. Check the internal temperature with a thermometer to be sure it reaches 160F for ground beef or 165F for ground turkey or chicken.

Nutrition Facts

5 servings per container	
<b>Serving size 1 mini loaf (191g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>170</b>
<b>% Daily Value*</b>	
<b>Total Fat 4g</b>	<b>5%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol 90mg</b>	<b>30%</b>
<b>Sodium 660mg</b>	<b>29%</b>
<b>Total Carbohydrate 10g</b>	<b>4%</b>
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
<b>Protein 23g</b>	
Vitamin D 0mcg	0%
Calcium 46mg	4%
Iron 3mg	15%
Potassium 561mg	10%
<small>*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.</small>	

My participants always love the Mini Meatloaf recipe. They are shocked at how easy this is to make and say they and their kids make it often.

Meatloaf is one of those foods that can be a healthy, easy main dish and a way to increase the amount and variety of veggies in meals, but many participants were not utilizing this dish because of the length of time to make. North Carolina EFNEP Educators, Volunteers, and Professionals came up with this version to make this a simple, easy dish that many participants state is a family favorite. You can add different vegetables to the meatloaves depending on what you have available and the recipe lends itself to changing the flavor profile by changing the seasonings.



State/Territory

NORTH CAROLINA

University

NC STATE UNIVERSITY

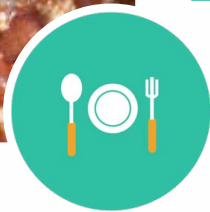




EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Quick Chili Con Carne

**Yield:** 4 servings, 2 c. each



MAIN COURSE

INGREDIENTS

- 1 lb. lean ground turkey
- 1 onion, diced
- 1 bell pepper, diced
- 16 oz. canned low-sodium kidney beans
- 16 oz. canned low-sodium diced tomatoes
- 8 oz. low-sodium tomato puree
- 1 c. water
- 3 Tbsp. chili powder
- 1 tsp. cumin
- ½ tsp. garlic powder

INSTRUCTIONS

Heat a skillet to medium heat. Place ground turkey in the skillet and cook until brown.

Add onion and pepper to skillet and cook until tender, about three to four minutes.

Add beans, tomatoes, tomato puree, water, chili powder, cumin and garlic powder to skillet. Bring to a boil, cover and reduce heat. Cook for 15 minutes. Serve hot.

Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>2 cups (520g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>330</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 440mg	<b>19%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 12g	43%
Total Sugars 9g	
Includes 0g Added Sugars	0%
<b>Protein</b> 33g	
Vitamin D 0mcg	0%
Calcium 115mg	8%
Iron 5mg	30%
Potassium 836mg	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.

*"The chopping of the vegetables was easy and everything after that was just cook and stir."*  
J. Chambers, EFNEP participant

Most chili recipes require a full-day commitment in the kitchen. This FNP recipe for Quick Chili Con Carne is very simple, healthful and quick. It offers the full and hearty flavor of an all-day prepped chili but in a time-saving manner. A current participant in the EFNEP program at Virginia State University was able to prepare the chili quickly, was enthusiastic about sharing it with a family member, and snapped a few photos of her completed recipe. The picture of her recipe also has been shared on our social media page; Facebook.



State/Territory

VIRGINIA

University

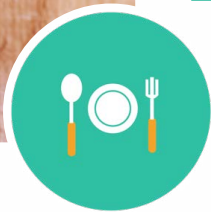
VIRGINIA STATE UNIVERSITY





EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Sardines and Summer Squash



**Yield:** 5 servings, serving size: 1 c.

MAIN COURSE

INGREDIENTS

- 1 tsp. oil
- 3 c. squash (summer), diced small (1 large)
- ½ c. bell peppers, diced small (1 medium)
- 2 c. eggplants, diced small (approx. 1 medium)
- ½ c. green onions, chopped fine (3 stalks)
- 3 cloves of garlic, minced
- 1 c. cherry tomatoes, cut in half (approx 9)
- 1 (15-oz.) can sardines in tomato sauce
- ½ tsp. salt
- ¼ tsp. black pepper

INSTRUCTIONS

Dice squash, bell peppers and eggplants. Set aside.

Chop green onions. Set aside.

Mince garlic. Set aside.

Cut cherry tomatoes in half. Set aside.

Heat oil in a large skillet.

Add squash, garlic and green onions, and sauté for 10 minutes, stirring occasionally until squash is almost clear.

Add bell peppers and eggplants. Cover and cook for five minutes, stirring occasionally.

Add tomatoes and cook for three minutes.

Mix in sardines in tomato sauce and add salt and pepper. Cover and cook on low heat for five minutes. Stir occasionally.

Serve hot.

Variations

Squeeze on some fresh lemon juice.

If summer squash is not available, use pumpkin.

Nutrition Facts

Serving Size 1 cup (255g)	
Servings Per Container 5	
Amount Per Serving	
Calories 200 Calories from Fat 90	
% Daily Value*	
Total Fat 10g	15 %
Saturated Fat 2.5g	12 %
Trans Fat 0g	0 %
Cholesterol 50mg	17 %
Sodium 580mg	24 %
Total Carbohydrate 8g	3 %
Dietary Fiber 3g	12 %
Sugars 5g	
Protein 19g	
Vitamin A 20%	Vitamin C 70%
Calcium 20%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4	

State/Territory

University

NORTHERN MARIANA ISLANDS

NORTHERN MARIANAS COLLEGE

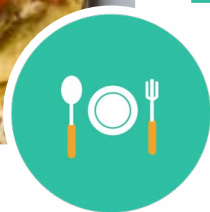




## EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Simple Fish Tacos

**Yield:** 6 servings (2 tacos per serving)



### MAIN COURSE

### INGREDIENTS

- 1 Tbsp. vegetable oil
- 2 Tbsp. lemon juice
- 1 packet (1.25 oz.) taco seasoning
- $\frac{3}{4}$  c. sour cream
- $\frac{1}{2}$  c. chopped, fresh cilantro (optional)
- Nonstick cooking spray
- 12 (6-inch) corn tortillas
- 1 lb. tilapia fillets (4 fillets) frozen, thawed
- 2 c. shredded cabbage
- 2 large tomatoes, diced
- Lime wedges (optional)

### INSTRUCTIONS

Wash all produce. Collect, cut and measure all ingredients before starting to prepare the recipe. In a small bowl, mix oil, lemon juice, and  $1\frac{1}{2}$  tsp. of taco seasoning. Set aside. In a second small bowl, combine sour cream, cilantro (if using), and 2 Tbsp. of taco seasoning mix. Set aside. Spray a large skillet with cooking spray. Add tortillas to the skillet one at a time. Heat briefly on both sides over medium heat until warm and soft. Wrap in two layers of foil; put on a plate and cover with another plate to keep warm. Spray the skillet with cooking spray again. Place fish fillets in the skillet. Cook over medium heat for  $1\frac{1}{2}$  minutes until golden brown, flip and cook another  $1\frac{1}{2}$  minutes until golden brown on the other side. Pour the lemon juice mixture over the fish. Cook for another one to two minutes. When the fish flakes easily with a fork, it is done. Break the fish into bite-sized pieces. Fill tortillas with fish and top with a bit of the sour cream mixture. Top with shredded cabbage, diced tomato and a squeeze of fresh lime (if using). Refrigerate leftovers within two hours. Eat within three to five days.

### Nutrition Facts

6 servings per container  
**Serving size** 2 tacos (261g)

**Amount per serving**  
**Calories** 310

	% Daily Value*
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 340mg	<b>15%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>

<b>Protein</b> 24g	
Vitamin D 3mcg	<b>15%</b>
Calcium 71mg	<b>6%</b>
Iron 3mg	<b>15%</b>
Potassium 549mg	<b>10%</b>

\*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.

The recipe can be found in the Let's Cook! Cookbook from Eating Smart • Being Active curriculum

"This is a great recipe to get participants to try fish!"



State/Territory

**COLORADO**

University

**COLORADO STATE UNIVERSITY**

# Skillet Lasagna



## MAIN COURSE

**Yield:** 8 servings (1 c. per serving)

### INGREDIENTS

- 8 uncooked lasagna noodles
- 1 (15-oz.) carton small-curd cottage cheese
- ½ c. grated Parmesan cheese, divided in half
- 1 Tbsp. Italian seasoning
- Nonstick cooking spray
- 1 (24-oz.) jar tomato pasta sauce, without meat
- 1 (10-oz.) package of frozen spinach, thawed and squeezed dry\*
- 8 oz. mozzarella cheese, shredded (2 c. shredded)

### INSTRUCTIONS

Cook the lasagna noodles according to package directions. Collect, shred and measure all ingredients before starting to prepare the recipe. In a large bowl, mix the cottage cheese, ¼ c. Parmesan cheese and Italian seasoning. Spray a large skillet well with cooking spray. Do not place skillet on heat until all ingredients are in skillet. Spread half of the jar of sauce in the sprayed skillet. Top with 4 lasagna noodles. Spread half the cottage cheese mixture over the noodles. Top with half the spinach. Sprinkle half of the mozzarella cheese over the spinach. Repeat with the remaining ingredients in this order: lasagna noodles, cottage cheese mixture, spinach, pasta sauce and mozzarella cheese. Sprinkle with the rest of the Parmesan cheese (¼ c.), and cover. Place skillet on the heat and turn heat on to medium low. Cook for about 20 minutes until the cheese melts and the sauce is bubbling. Remove from heat and let stand for five minutes (covered) before serving. Refrigerate leftovers within two hours. Eat within three to five days.

\* Thaw spinach in the refrigerator overnight or in the microwave on low power. Once thawed, wrap the spinach in a clean towel and twist to wring out the water.

### Nutrition Facts

8 servings per container  
**Serving size** 1 cup (250g)

**Amount per serving**  
**Calories** **370**

	% Daily Value*
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 780mg	<b>34%</b>
<b>Total Carbohydrate</b> 46g	<b>17%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 11g	
Includes 0g Added Sugars	<b>0%</b>

<b>Protein</b> 21g	
Vitamin D 1mcg	<b>6%</b>
Calcium 381mg	<b>30%</b>
Iron 3mg	<b>15%</b>
Potassium 472mg	<b>10%</b>

\*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.

The recipe can be found in the Let's Cook! Cookbook from Eating Smart • Being Active curriculum

"This recipe is delicious and so easy to make!"



State/Territory

**COLORADO**

University

**COLORADO STATE UNIVERSITY**



EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Skillet Lasagna

**Yield:** 6 servings (1¾ c.)



MAIN COURSE

INGREDIENTS

- ½ lb. ground beef
- ½ c. chopped onion
- 1 15-oz. can tomato sauce
- ½ c. dried cherries
- ¼ tsp. garlic powder
- ½ tsp. oregano
- ½ tsp. basil
- 8-oz. uncooked wide noodles
- 1 10-oz. package frozen chopped spinach (thawed)
- 1 c. cottage cheese
- 2-oz. shredded cheese

INSTRUCTIONS

Brown meat and onion in a large frying pan. Drain the fat.

Add tomato sauce, 1 to 1½ cups water, dried cherries, garlic powder, oregano and basil.

Bring to a boil. Add noodles. Cover and simmer for five minutes.

Break up the thawed spinach and stir into the pan. Cover and simmer five minutes.

Stir mixture. Spread cottage cheese on top. Sprinkle with cheese.

Cover and simmer for about 10 minutes until noodles are tender.

Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1 3/4 cup (268g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>310</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 610mg	<b>27%</b>
<b>Total Carbohydrate</b> 47g	<b>17%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 13g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 23g	
Vitamin D 0mcg	<b>0%</b>
Calcium 177mg	<b>15%</b>
Iron 4mg	<b>20%</b>
Potassium 623mg	<b>15%</b>

\*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.

*This recipe was adapted to utilize dried cherries, which became a commodity available to us as a TEFAP agency. Graduates of EFNEP receive a bag of nonperishable TEFAP upon completion of the program. When plumped with warm water, the dried cherries extend the sensation of meat in this type of recipe. We also use the recipe when discussing MyPlate because it has an item from each of the food groups.*

*Staff are amazed at how the plumped cherries can be used in a variety of dishes such as this dish, but are also great in parfaits.*



State/Territory

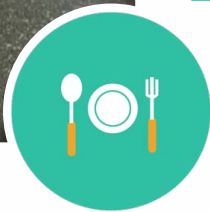
DELAWARE

University

UNIVERSITY OF DELAWARE



# Skillet Lasagna



**Yield:** 9 servings

## MAIN COURSE

### INGREDIENTS

- 1 c. cooked chicken or turkey
- 1 (24-oz.) jar spaghetti sauce
- 1 (8-oz.) can tomato sauce
- Salt and pepper to taste
- 2 c. uncooked macaroni
- 2½ c. water
- 2 (10-oz.) boxes frozen spinach
- 1 c. shredded cheese

### INSTRUCTIONS

Dice or shred chicken or turkey.

In a large skillet or large pot, combine chicken or turkey, spaghetti sauce, tomato sauce, salt, pepper, macaroni and water.

Bring to a boil, reduce heat, cover and simmer 20 to 25 minutes or until macaroni is tender.

Add spinach and cook until thawed. Mix well.

Sprinkle with cheese.

### Variation:

Substitute tofu (one block drained and mashed) for meat.

### Nutrition Facts

9 servings per container	
<b>Serving size</b>	<b>1 serving (283g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>210</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 600mg	<b>26%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	
Vitamin D 0mcg	<b>0%</b>
Calcium 201mg	<b>15%</b>
Iron 3mg	<b>15%</b>
Potassium 645mg	<b>15%</b>

\*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.



State/Territory

**HAWAII**

University

**UNIVERSITY OF HAWAII AT MANOA**





EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Skillet Lasagna

**Yield:** 4 to 6 servings



MAIN COURSE

INGREDIENTS

- 1 lb. ground beef
- 1 tsp. Italian seasoning
- ½ c. onions, chopped
- 1 (8-oz.) pkg. wide noodles
- 2 (8-oz.) cans tomato sauce
- 1 c. cottage cheese
- 1½ c. water
- ½ c. cheese, grated
- ¼ tsp. garlic powder

INSTRUCTIONS

In a large skillet, sauté ground beef and onion; drain fat. Add tomato sauce, water, garlic powder and Italian seasoning; bring to a boil. Add uncooked noodles; cover and simmer for five minutes until noodles are tender.

Nutrition Facts

5 servings per container	
<b>Serving size</b>	<b>1 serving (368g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>370</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 760mg	<b>33%</b>
<b>Total Carbohydrate</b> 42g	<b>15%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 7g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 35g	
Vitamin D 0mcg	<b>0%</b>
Calcium 118mg	<b>10%</b>
Iron 5mg	<b>30%</b>
Potassium 641mg	<b>15%</b>

\*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.



State/Territory

UTAH

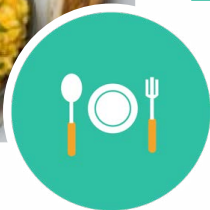
University

UTAH STATE UNIVERSITY





## MAIN COURSE



## EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Skillet Mac and Cheese

**Yield:** 12 servings, ½ c. per serving

### INGREDIENTS

- 3 Tbsp. butter
- ½ large onion, chopped
- 3 c. finely chopped fresh spinach or ¾ c. frozen chopped spinach (thawed and squeezed dry)
- 2 Tbsp. all-purpose flour
- 3 ½ c. milk\*
- ¾ c. water\*
- 2 ½ c. uncooked elbow macaroni
- 8 oz. cheddar cheese, shredded (2 c. shredded)

*\*At elevations of 3,000 feet and above: use 3 c. of milk and ½ c. of water instead of the amounts listed above.*

### INSTRUCTIONS

Wash the spinach (if using fresh spinach).

Collect, chop, shred and measure all ingredients before starting to prepare the recipe.

Melt the butter in a large skillet over medium heat.

Add the onion, and cook for another two minutes. Add the spinach, and cook for two minutes or until wilted.

Add the flour, and cook for one minute, stirring constantly.

Add the milk and water, stirring frequently. Bring the mixture to a low boil and then reduce heat.

Add the uncooked macaroni. If the macaroni is not completely covered by liquid, add additional water to bring the level of the water just over the macaroni.

Cover and simmer, over low heat, for eight to nine minutes, stirring occasionally. The mixture will thicken as it simmers.

Once the macaroni is tender, remove from the heat.

Add the shredded cheese, and stir to combine. Cover and let sit for five minutes before serving.

Refrigerate leftovers within two hours. Eat within three to five days.

### Nutrition Facts

12 servings per container  
**Serving size** 1/2 cup (147g)

**Amount per serving**  
**Calories** **220**

	% Daily Value*
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>

<b>Protein</b> 10g	
Vitamin D 1mcg	<b>6%</b>
Calcium 238mg	<b>20%</b>
Iron 1mg	<b>6%</b>
Potassium 218mg	<b>4%</b>

\*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.

*This is a comfort food hit! All my participants love this version of Mac and cheese, one mention that it taste like holidays, the only difference is that is healthier.*

*Recipe credit from Eating Smart Being Active curriculum from Colorado State Extension.*

State/Territory

**MISSOURI**

University

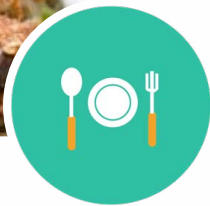
**UNIVERSITY OF MISSOURI**





## EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Slow Cooker Chicken Taco Filling



### MAIN COURSE

### INGREDIENTS

- 1½ lbs. boneless, skinless chicken breast
- 1 (15-oz.) can “no salt added” diced tomatoes
- ½ c. salsa
- 1 (15-oz.) can black beans, drained and rinsed
- ½ lb. frozen corn
- 1 Tbsp. chili powder
- 2 tsp. cumin
- 1 tsp. garlic powder
- 1 tsp. dried Italian seasoning
- ¼ tsp. black pepper
- 4 oz. shredded light cheddar cheese (about 1 c.)

### INSTRUCTIONS

Place chicken breasts in the bottom of a 5-quart (or larger) slow cooker.

In a large bowl, combine drained and rinsed black beans, diced tomatoes, salsa, corn and dry seasonings (chili powder, cumin, garlic powder, Italian seasoning and black pepper). Spread evenly over chicken breasts.

Secure the lid of the slow cooker and cook on low for eight hours or high for four hours.

Remove chicken breasts and shred with a fork. Stir shredded chicken back into tomato/bean mixture to combine. Top with shredded light cheddar.

This filling mixture can be served wrap-style in a whole-wheat tortilla, spooned into hard or soft taco shells, or served over cooked brown rice or mixed greens.

### Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1 cup (335g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>330</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 105mg	<b>35%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 37g	
Vitamin D 0mcg	<b>0%</b>
Calcium 189mg	<b>15%</b>
Iron 3mg	<b>15%</b>
Potassium 744mg	<b>15%</b>

\*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.

State/Territory

WEST VIRGINIA

University

WEST VIRGINIA UNIVERSITY

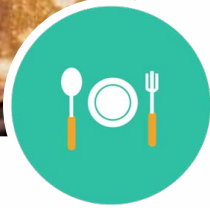




EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Sourdough Pancakes

**Yield:** 6 medium pancakes, 2 pancakes per serving



MAIN COURSE

INGREDIENTS

- 2 c. Sponge (active sourdough)
- 1 egg
- ½ tsp. salt
- 1 Tbsp. sugar
- 4 Tbsp. nonfat dry milk powder (optional)
- ½ tsp. baking soda
- 1 Tbsp. water

INSTRUCTIONS

In the evening or six to eight hours before using, set the sponge. When the sponge is bubbly and active, measure 2 c. for this recipe; save remaining for starter.

Add to the active sourdough sponge the egg, salt and sugar; beat with a fork to blend all ingredients. If you like, add nonfat dry milk powder (optional). Dissolve baking soda in water and stir the baking soda-water mixture into batter just before baking. Bake on a hot griddle. Turn once. Serve with hot brown sugar syrup or honey melted butter. Molasses, jelly, birch syrup or rose hip syrup are other tasty toppings.

If you prefer a thin pancake, add another egg or a bit more water; for a thicker cake, the sponge should have more flour. At the time of baking, the batter for sourdough should be the same consistency as the batter for the other hot cakes that are family favorites.

Nutrition Facts

3 servings per container	
<b>Serving size 2 pancakes (225g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>330</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 630mg	<b>27%</b>
<b>Total Carbohydrate</b> 65g	<b>24%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 4g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 10g	
Vitamin D 0mcg	<b>0%</b>
Calcium 25mg	<b>2%</b>
Iron 4mg	<b>20%</b>
Potassium 108mg	<b>2%</b>
<small>*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.</small>	

The people traveling to Alaska would bring a sourdough starter with them to make breads, pancakes, etc. This tradition goes back well over 150 years.



State/Territory

ALASKA

University

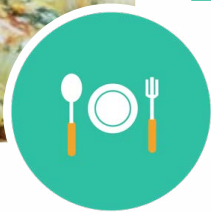
UNIVERSITY OF ALASKA FAIRBANKS



EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Spinach and Carrot-stuffed Pasta

**Yield:** 7 servings, 5 shells each



MAIN COURSE

INGREDIENTS

- 1 (15-oz.) ricotta cheese
- 1 (8-oz.) frozen chopped spinach
- 2 c. shredded carrots
- 1½ c. shredded cheese of your choice
- 1½ c. spaghetti sauce
- 1 box manicotti or jumbo shell pasta
- 5 c. water
- 2 tsp. garlic powder
- 2 tsp. onion powder
- 1 tsp. cayenne pepper
- Parsley flakes (optional)

INSTRUCTIONS

Preheat oven to 350F.

Rinse and squeeze spinach.

In a large bowl, mix ricotta cheese, spinach, carrots, garlic powder, onion powder, pepper and 1 c. of cheese of your choice.

Follow instructions for cooking the pasta. When pasta is done, put it in cold water to cool.

Take pasta and stuff with mix ingredients.

Pour 1 c. of spaghetti sauce on the bottom of the pan, then place the stuffed pasta on the sauce and sprinkle the remaining sauce over pasta with a little shredded cheese on top.

Bake for 15 to 20 minutes.

When pasta is done baking, sprinkle a little parsley on it for garnish.

Nutrition Facts

7 servings per container	
<b>Serving size</b>	<b>5 shells (410g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>360</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 560mg	<b>24%</b>
<b>Total Carbohydrate</b> 48g	<b>17%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 21g	
Vitamin D 0mcg	<b>0%</b>
Calcium 335mg	<b>25%</b>
Iron 3mg	<b>15%</b>
Potassium 408mg	<b>8%</b>

\*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.

*This recipe was used with the EFNEP clients who were not getting enough veggies into their diet. After making the recipe, the clients loved it and are making it with their families, who also love it.*



State/Territory

University

UNITED STATES VIRGIN ISLANDS

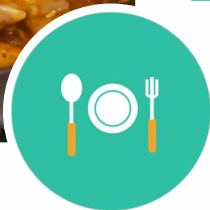
UNIVERSITY OF THE VIRGIN ISLANDS



## EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Sticky Chicken

**Yield:** 6 servings



### MAIN COURSE

### INGREDIENTS

- 3 skinless, boneless chicken breasts cut into strips
- 2 tsp. margarine (butter)
- 1 c. apricot jam (or peach, pineapple, citrus-flavored jams)
- 1 c. Catalina salad dressing (French or Russian dressing can be used)
- 1 pkg. dry onion soup mix

### INSTRUCTIONS

Sauté chicken in margarine until lightly browned.

Combine remaining ingredients; mix well.

Pour over chicken and simmer 15 to 20 minutes; stir occasionally. Serve over rice.

### Nutrition Facts

6 servings per container  
**Serving size 1 serving (159g)**

Amount per serving  
**Calories 380**

	% Daily Value*
<b>Total Fat</b> 18g	<b>23%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 960mg	<b>42%</b>
<b>Total Carbohydrate</b> 46g	<b>17%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 33g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 14g	
Vitamin D 0mcg	<b>0%</b>
Calcium 14mg	<b>2%</b>
Iron 0mg	<b>0%</b>
Potassium 238mg	<b>6%</b>

\*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.

State/Territory

**UTAH**

University

**UTAH STATE UNIVERSITY**





EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Surf's Up Tacos

**Yield:** 6 servings



MAIN COURSE

INGREDIENTS

- 1 (5-oz.) can of tuna, drained
- 1 (15½-oz.) can red kidney beans, rinsed and drained
- 1 (11-oz.) can mexi-corn, drained
- ⅓ c. mayonnaise
- 2 Tbsp. taco seasoning\*
- 2 Tbsp. lime juice or juice from 1 lime
- 2 c. lettuce, shredded
- 1½ c. cheddar cheese, shredded
- ½ c. salsa
- 12 hard taco shells or whole-grain tortillas

INSTRUCTIONS

In a medium bowl, flake tuna with fork. Stir in beans, corn, mayonnaise, taco seasoning and lime juice.

Place lettuce, cheese and salsa in separate bowls.

Place taco shells on microwave safe plate. Microwave on high for one minute.\*\*

To eat, layer tuna mixture, lettuce and cheese. Top with salsa.

\*Taco seasoning can be saved for 12 months once opened. Store in an airtight bag or container for later use.

\*\*Microwaves may vary in power, so you may have to change the cooking time.

Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(144g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>180</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 310mg	<b>13%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	
Vitamin D 0mcg	<b>0%</b>
Calcium 115mg	<b>8%</b>
Iron 1mg	<b>6%</b>
Potassium 270mg	<b>6%</b>

\*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.

State/Territory

NEBRASKA

University

UNIVERSITY OF NEBRASKA







## MAIN COURSE



## EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Tex-Mex Skillet

**Yield:** 5 servings

### INGREDIENTS

- 1 Tbsp. vegetable oil
- 1 (14-oz.) package tofu, cut into ½-inch pieces
- 2 c. chopped vegetable mixture (onion, celery, bell pepper, carrots)
- 2 c. water
- 1 c. dry white rice
- 1 (15-oz.) can tomatoes, diced
- 2 tsp. chili powder
- 2 garlic cloves, minced
- 1 (15-oz.) can beans, rinsed and drained.

### INSTRUCTIONS

Use a large skillet or saucepan with a tight fitting lid. Over medium heat, add oil to skillet and add tofu. Cook until lightly browned.

Add vegetables and continue cooking 5 to 10 minutes

Add water, rice, tomatoes and seasonings. Bring to a boil. Reduce heat to medium-low. Cover pan and cook for ten minutes.

Add beans to pan. Continue to cook for 10 to 15 minutes until rice is tender. Serve immediately.

### Nutrition Facts

5 servings per container  
**Serving size 1 serving (523g)**

**Amount per serving**  
**Calories 360**

	% Daily Value*
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 370mg	<b>16%</b>
<b>Total Carbohydrate</b> 55g	<b>20%</b>
Dietary Fiber 9g	<b>32%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>

<b>Protein</b> 18g	
Vitamin D 0mcg	<b>0%</b>
Calcium 224mg	<b>15%</b>
Iron 5mg	<b>30%</b>
Potassium 601mg	<b>15%</b>

\*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.

State/Territory

**WASHINGTON**

University

**WASHINGTON STATE UNIVERSITY**





EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Three Recipes for One Chicken

**Yield:** 5 servings, 1 piece of chicken each



MAIN COURSE

## Recipe 1: Smothered Chicken

INGREDIENTS

- 5 pieces chicken
- 3 Tbsp. flour
- 1 tsp. salt
- ½ c. of fat
- 1 c. water

INSTRUCTIONS

Put 3 Tbsp. flour in bowl. Add 1 tsp. salt. Mix. Cut up chicken. Fry only five pieces. Put rest in refrigerator. Roll chicken in flour. Put ½ c. fat in frying pan. Heat fat. Put chicken in frying pan. Brown both sides. Take pan off heat. Let it cool about five minutes. Add one cup water. Cover frying pan. Cook on low heat. Cook 30 minutes.

## Recipe 2: Chicken Salad

INGREDIENTS

- 1 Tbsp. salt
- 4 c. water
- 1 apple
- ½ c. pickles
- ½ c. mayonnaise

INSTRUCTIONS

Put other pieces of chicken in a boiler. Cover with water. Add 1 Tbsp. salt. Cook until chicken is tender – about 30 minutes. Take chicken out of boiler. Put chicken broth, gizzard, and liver in a jar. Cover. Keep in refrigerator. Use in Rich Rice. Let meat cool a few minutes. Pull all of it from bones. Cut meat in small pieces. Cut one apple in small pieces. Measure ½ c. pickles and ½ c. mayonnaise. Mix chicken, apple, pickles and mayonnaise. Put in refrigerator until cool. Use it to make sandwiches, or eat it plain.

## Recipe 3: Rich Rice

INGREDIENTS

- Gizzard
- Liver
- 4 c. chicken broth
- 2 c. rice
- Water

INSTRUCTIONS

Add enough water to the jar of chicken broth to make 1 q. (4 c.). Cut the gizzard and liver in small pieces. Put in boiler with broth. Bring to a boil. Add 2 c. rice to boiler. Stir. Put lid on boiler. Turn heat to low. Cook about 20 minutes. The rice will be tender. No water will be in the boiler.

## Nutrition Facts

5 servings per container	
<b>Serving size</b>	<b>1 piece (129g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
% Daily Value*	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 500mg	<b>22%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 16g	
Vitamin D 0mcg	<b>0%</b>
Calcium 6mg	<b>0%</b>
Iron 1mg	<b>6%</b>
Potassium 242mg	<b>6%</b>

\*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.

State/Territory

ALABAMA

University

AUBURN UNIVERSITY





## MAIN COURSE



## EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Tuna Burgers

**Yield:** 6 servings, serving size: 1 patty

### INGREDIENTS

- 2 (4.5-oz.) cans low-sodium tuna, packed in water
- 1 c. low-fat cheddar cheese, shredded
- ¼ c. finely chopped onion
- 1 c. bread crumbs, divided
- 1 egg, lightly beaten
- Non-stick cooking spray
- ½ c. non-fat Ranch salad dressing

### INSTRUCTIONS

Drain tuna, separate into flakes using a fork.

In a medium bowl, combine tuna, ½ c. bread crumbs, cheese, egg, salad dressing and onion.

Form six patties; coat each side with remaining ½ c. bread crumbs.

Spray non-stick skillet with cooking spray; heat to medium heat.

Cook patties three to five minutes on each side until golden brown and internal temperature of each patty reaches 160F.

### Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1 patty (129g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 570mg	<b>25%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 22g	
Vitamin D 0mcg	<b>0%</b>
Calcium 117mg	<b>10%</b>
Iron 2mg	<b>10%</b>
Potassium 164mg	<b>4%</b>

\*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.

*Tuna is an inexpensive protein that helps families extend their food dollars, but many complain that they are tired of the tuna casseroles that have been around for so long. Many state that they find it difficult to get their children to eat it. This particular recipe was developed for EFNEP by Dr. Carolyn Dunn, Department Head and Professor in the Department of Agricultural and Human Sciences at NC State University. It is used as a standard recipe to teach participants how to "Get the Best for Less" in the Families Eating Smart and Moving More curriculum.*

*My participants LOVE this recipe. They are surprised at how good it tastes. Even participants who stated they didn't like tuna at the beginning of the class shared they really liked this recipe. It is versatile and can be made using canned chicken as well. Participants like that they can add vegetables and spices to this recipe to make it their own.*



State/Territory

**NORTH CAROLINA**

University

**NC STATE UNIVERSITY**

# Turkey Tinaktak



## MAIN COURSE

**Yield:** Makes 12, ½ c. servings

### INGREDIENTS

- 1 Tbsp. canola oil
- 1 small onion, diced
- 3 cloves garlic, chopped
- 1 lb. ground turkey, lean
- 2 c. fresh long beans cut into 3-inch pieces
- 1 can coconut milk, lite
- 2 c. cherry tomatoes cut into halves
- ½ tsp. salt
- ½ tsp. black pepper
- Fresh lemon juice optional

### INSTRUCTIONS

Heat canola oil in a pot on medium heat.

Sauté onions and garlic.

Add ground turkey and cook until brown.

Add long beans and cook for two to three minutes more.

Pour in coconut milk and bring to a simmer. Simmer for two minutes

Add tomatoes, salt, pepper and lemon juice. Stir well.

Allow mixture to sit for one minute.

Turn off heat and let sit for one minute.

Serve with ½ c. cooked brown rice or ½ c. of half brown/half white rice mixture.

### Nutrition Facts

12 servings per container  
**Serving size** 1/2 cup (123g)

**Amount per serving**  
**Calories** **150**

	% Daily Value*
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>

<b>Protein</b> 9g	
Vitamin D 0mcg	<b>0%</b>
Calcium 20mg	<b>2%</b>
Iron 2mg	<b>10%</b>
Potassium 200mg	<b>4%</b>

\*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.

*Traditionally this dish is made with regular flank/minute stake (pounded), or ground beef/ground pork and with freshly made coconut milk along with locally grown produce (cherry tomatoes and long beans). As a part of our program promotion we've been conducting food demo's at our local grocery stores and have been trying to promote modified local recipes, which the Turkey Tinaktak is a great hit being that it is lower in total fat and sodium.*

*– Both our "educator's and our participants often say: They love it! And feel less guilty eating this dish because it's made much healthier using lite coconut milk and turkey instead of beef not to mention is made with less salt but still very tasty.*



State/Territory

**GUAM**

University

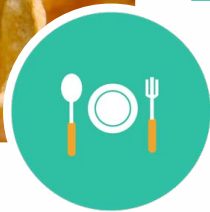
**UNIVERSITY OF GUAM**



EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Vegetable Tostadas

**Yield:** 15 - ½ c. servings



MAIN COURSE

INGREDIENTS

- ½ head of cauliflower (about 1.5 c.)
- 3 carrots
- 2 cucumbers
- ½ c. diced red onion (about half an onion)
- 2 diced fresh tomatoes (2 medium tomatoes yields about 1 c.)
- ½ c. finely chopped cilantro
- 1 c. lemon juice (6-7 fresh lemons)
- Salt to taste (optional)
- 1 package baked tostadas (use 15 – one for each ½ c. portion of tostada mix)

INSTRUCTIONS

**Preparation time:** 45 to 55 minutes  
**Refrigeration time:** 30 minutes  
**Total time:** 1 hour and 15 to 20 minutes

Chop cauliflower, carrots and cucumbers into a large bowl.

Add onion, tomatoes, cilantro and lemon juice. Stir to combine.

Add salt to taste.

Refrigerate for 30 minutes.

Spoon ½ c. of mixture onto tostadas and serve.

Refrigerate leftovers.

Nutrition Facts

15 servings per container	
<b>Serving size</b>	<b>0.5 cups (116g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>80</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 95mg	<b>4%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 27mg	<b>2%</b>
Iron 0mg	<b>0%</b>
Potassium 232mg	<b>4%</b>

\*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.

*Vegetable tostadas dish was well received and enjoyed by our participants in our multi-cultural classes and selected to encourage our participants to consume more vegetables. They loved it!!*

*As a Nutrition Educator, I am happy to say that this recipe is requested often by the participants. It's tasty, healthy, great on the budget and easy to make.*



State/Territory

CALIFORNIA

University

UNIVERSITY OF CALIFORNIA





## MAIN COURSE



## EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Zesty Corn and Spinach Sauté

**Yield:** 8 servings (½ c.)

### INGREDIENTS

- 1 tsp. oil
- ½ c. chopped onion
- 1 clove of garlic, minced
- 2 cans corn, drained
- 10 oz. frozen spinach, defrosted
- ¾ c. chopped red pepper
- ¼ tsp. salt
- 1 Tbsp. chili powder
- 4 oz. Neufchatel cheese (or low-fat cream cheese)

### INSTRUCTIONS

Place oil in skillet and heat.

Add chopped onion and minced garlic.

Sauté for five minutes or until the onion is soft.

Add drained corn and continue sautéing until heated throughout.

Mix in defrosted spinach and heat.

Stir in red pepper, salt, and chili powder.

Just before serving, blend in Neufchatel cheese.

### Nutrition Facts

8 servings per container  
**Serving size** 1/2 cup (142g)

**Amount per serving**  
**Calories** **110**

	% Daily Value*
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 280mg	<b>12%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	<b>0%</b>
Calcium 71mg	<b>6%</b>
Iron 1mg	<b>6%</b>
Potassium 287mg	<b>6%</b>

\*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.

*This recipe was created for our summer Kids in the Kitchen youth program. It is similar, yet different, from the very popular Calabacitas used in our Choose Health: Food, Fun, Fitness youth program. The children love the recipe even though it contains cooked spinach, which many say they don't like. Originally, I experimented with using canned spinach, but the spinach formed clumps and the overall appearance of the dish was not appetizing.*

*Quotes from individual children during the summer program included: "This spinach is sooo good.", "You are the best cook." (Spinach and Corn Sauté), "Keep making this I could eat this three meals a day." (Spinach and Corn Sauté), and "We should try this (Spinach and Corn Sauté) with kale." (Earlier in the program they massaged kale, which was used in a small individual salad each child made.)*



State/Territory

**DELAWARE**

University

**UNIVERSITY OF DELAWARE**