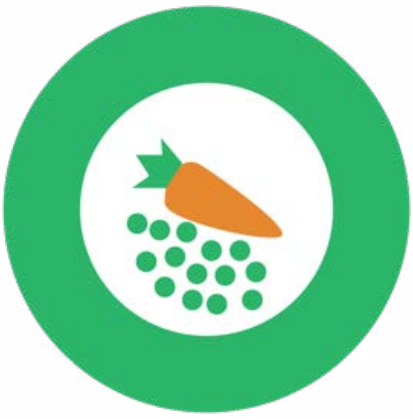
Salads and Side Dishes



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Stir-fried Collard Greens
Stir-fry Cabbage
Summer Skillet Vegetables
Watermelon Salad

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EFNEP
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SALADS

EFNEP 50TH ANNIVERSARY RECIPES

Black Bean and Corn Salad

Yield: 8 to 10 servings, ½ c. each

INGREDIENTS

- 3 c. of cooked black beans, rinsed
- 4 ears of fresh Florida corn, kernels cut off the cob
- 2 fresh Florida peppers (green, red or yellow), diced
- 1 fresh Florida tomato, diced
- ½ fresh red onion, diced
- 1 jalapeno, diced (remove seeds to reduce heat)
- 1 Florida Avocado, diced (sprinkle with lime juice to prevent browning)
- 2 Tbsp. fresh garlic, chopped
- ½ c. fresh cilantro, chopped
- 6 Tbsp. fresh Florida lime juice
- 1 Tbsp. Florida lime zest
- 6 Tbsp. extra virgin olive oil
- Salt, Pepper, Cayenne Pepper to taste

INSTRUCTIONS

Combine all fruits, vegetables and herbs, except Florida avocado, in a large bowl and mix. Add olive oil, lime juice and lime zest, and toss. Season as desired. Cover and chill for several hours. Add avocado and mix gently before serving.

Nutrition Facts

8 servings per container
Serving size **1/2 cup (218g)**

Amount per serving
Calories **270**

	% Daily Value*
Total Fat 14g	**18%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 10mg	**0%**
Total Carbohydrate 32g	**12%**
Dietary Fiber 8g	**29%**
Total Sugars 6g	
Includes 0g Added Sugars	**0%**
Protein 9g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 2mg	10%
Potassium 597mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

"The participants really enjoy this recipe and have shared how they have altered this salad to a flavor profile reflective of their culture."

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State/Territory

FLORIDA

University

UNIVERSITY OF FLORIDA

SALADS

EFNEP 50TH ANNIVERSARY RECIPES

Broccoli Salad

Yield: 7 servings

INGREDIENTS

- 1 bunch broccoli
- 3 Tbsp. sugar
- ¼ tsp. salt
- 1 tsp. mustard
- ⅓ c. light mayonnaise or salad dressing
- 3 Tbsp. cider or white vinegar
- ½ c. red onion, diced (½ medium onion)
- ½ c. raisins

INSTRUCTIONS

Cut ½" off bottom of the broccoli stem and discard. Peel the outer layer of the stem. Chop the tender inner portion of the broccoli and florets.

Mix sugar, salt, mustard, and mayonnaise together in a large bowl. Add vinegar and stir with a wire whisk or fork.

Add the broccoli, red onion, and raisins.

Stir until mixture is coated with dressing. Serve salad immediately or store in a tightly covered container in the refrigerator. Store salad for up to four days.

Nutrition Facts

7 Servings Per Recipe

Serving Size: 1 cup

Amount Per Serving

Calories 130

	% Daily Value*
Total Fat 4g	**6%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 200mg	**8%**
Total Carbohydrates 22g	**7%**
Dietary Fiber 3g	**12%**
Total Sugars 15g	
Added Sugars	**NA***
Protein 3g	
Vitamin D 0mcg	**0%**
Calcium 49mg	**4%**
Iron 0.9mg	**5%**
Potassium 373mg	**8%**

* 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.

NA* - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently avaliable for the recipe. We will be updating the information shortly.

Broccoli Salad is easy and tasty. It is a staple at Iowa potlucks and picnics.

Recipe courtesy of Iowa State University Extension and Outreach's Spend Smart. Eat Smart website. For more information, recipes, and videos, visit spendsmart.extension.iastate.edu.

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State/Territory

IOWA

University

IOWA STATE UNIVERSITY

SALADS

EFNEP 50TH ANNIVERSARY RECIPES

Chicken Fruit Salad

Yield: 8 servings, serving size ⅔ c. chicken mixture

INGREDIENTS

- 3 c. cooked chicken, chopped (cook chicken until meat reaches internal temperature of 165F)
- 1 (20-oz.) can pineapple chunks in juice, well-drained
- 1 (11-oz.) can mandarin oranges, drained
- ¾ c. chopped celery
- 1 c. halved seedless grapes
- ¼ c. pecans (optional) divided
- ¼ c. low-fat mayonnaise (or plain non-fat yogurt)
- ¼ tsp. salt
- ¼ tsp. pepper
- 8 c. of lettuce leaves or 8 large lettuce leaves

Nutrition Facts

8 servings per container
Serving size **2/3 cup (261g)**

Amount per serving
Calories **200**

	% Daily Value*
Total Fat 7g	**9%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 170mg	**7%**
Total Carbohydrate 22g	**8%**
Dietary Fiber 3g	**11%**
Total Sugars 19g	
Includes 0g Added Sugars	**0%**
Protein 18g	
Vitamin D 0mcg	0%
Calcium 58mg	4%
Iron 2mg	10%
Potassium 319mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INSTRUCTIONS

In a large bowl, toss chicken, pineapple chunks, oranges, celery, grapes, and half of the pecans (optional).

In a separate small bowl, mix low-fat mayonnaise or plain non-fat yogurt, salt and pepper.

Gently stir mayonnaise or yogurt mixture into chicken mixture. Cover and chill in the refrigerator. To serve, scoop ⅔ c. of chicken mixture in to 1 c. lettuce leaves (or 1 large lettuce leaf).

(Optional) Sprinkle remaining pecans on top of chicken mixture.

Dressing directions

Make dressing of mayonnaise or yogurt, vinegar, and sugar.

Combine broccoli, bacon, onion, and raisins.

Stir in dressing.

Cover and refrigerate.

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State/Territory

FLORIDA

University

UNIVERSITY OF FLORIDA

EFNEP 50TH ANNIVERSARY RECIPES

Cowboy Salad

SALADS

INGREDIENTS

- 2 (15-oz.) cans black-eyed peas or black beans (try a mix)
- 1 (15-oz.) can corn
- 1 bunch cilantro
- 1 bunch green onions (5 green onions)
- 3 medium tomatoes
- 1 avocado (optional)
- 1 Tbsp. canola or vegetable oil
- 2 Tbsp. vinegar or lime juice
- ½ tsp. each salt and pepper

INSTRUCTIONS

Drain and rinse the black-eyed peas (or black beans) and corn.

Finely chop the cilantro and green onions.

Dice the tomatoes and avocado.

Combine all veggies in a large bowl.

Mix oil, vinegar or lime juice, salt and pepper together in a small bowl.

Pour oil mixture over salad ingredients and toss lightly.

Refrigerate leftovers within two hours.

Notes: Serve with your favorite meal or as a snack with tortilla chips. Try adding other vegetables such as sweet or hot peppers or zucchini. Freeze extra lime juice to use later. Cook your own dry beans. One can (15-oz.) is about 1½ to 1¾ c. drained beans.

http://foodhero.org/recipe/export/recipeprint/160

Nutrition Facts

15 servings per container
Serving size **1/2 cup (133g)**

Amount per serving	
Calories	**100**
	% Daily Value*
Total Fat 3g	**4%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 240mg	**10%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 5g	**18%**
Total Sugars 3g	
Includes 0g Added Sugars	**0%**
Protein 5g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 2mg	10%
Potassium 311mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

It's a good combination of vegetables and protein and can be used as a salad or a dip. It's easy to substitute ingredients. Everyone loves it. It is great because its simple to prepare and most people have the ingredients on hand, or they are available from pantries.

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State/Territory

OREGON

University

OREGON STATE UNIVERSITY

SIDE DISH

EFNEP 50TH ANNIVERSARY RECIPES

Curly Kale Slaw

Yield: 8 to 10 servings, 1 c. each

INGREDIENTS

- 8 large kale leaves, washed
- 2 Tbsp. lemon juice (or juice from half of a lemon)
- 1 garlic clove, peeled and minced
- 2 Tbsp. olive oil
- ¼ tsp. salt
- ½ medium onion, chopped
- 2 Tbsp. Parmesan cheese
- ½ c. chopped walnuts (optional)

INSTRUCTIONS

Hold each kale stem with one hand. With your other hand, gently pull down along the kale stem and remove the kale leaves. Discard stems.

Stack and gather the leaves on a cutting board. Slice the kale into small strips.

Mix the lemon, garlic, olive oil and salt in a large bowl. Add kale and onions, and toss.

Sprinkle with Parmesan cheese and walnuts, if using. Enjoy!

Nutrition Facts

8-10 servings per container

Serving size **1 cup (35g)**

Amount per serving

Calories **80**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 90mg	**4%**
Total Carbohydrate 3g	**1%**
Dietary Fiber 1g	**4%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 2g	
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 0mg	0%
Potassium 114mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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State/Territory

RHODE ISLAND

University

UNIVERSITY OF RHODE ISLAND

SALADS

EFNEP 50TH ANNIVERSARY RECIPES

Fresh Melon Salad

Yield: 4 servings, 2 c. each

INGREDIENTS

- ⅓ c. of honey
- 1 Tbsp. sugar
- ½ c. of raspberry or orange juice
- 3 Tbsp. lemon juice
- 2 Tbsp. chopped fresh mint leaves
- 4 c. cantaloupe balls
- 2 c. honeydew melon balls
- 2 c. of watermelon balls

Nutrition Facts
Serving Size 1/4 of recipe 200g (200 g)
Servings per container 4

Amount Per Serving	
Calories 92	Calories from Fat 3
	% Daily Value*
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 17mg	1%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Sugars 15g	
Protein 1g	
Vitamin A 36% • Vitamin C	81%
Calcium 14% • Iron	2%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

©www.NutritionData.com

INSTRUCTIONS

In a small microwave-safe bowl, combine honey with the sugar. Microwave on high for 30 seconds; remove and stir. Microwave 30 seconds longer until sugar dissolves.

Stir and let stand for 10 minutes. Add raspberry or orange juice, lemon juice, and mint and mix well.

Place melon balls in a large serving bowl and pour honey mixture over. Toss gently to coat and serve or cover and refrigerate.

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State/Territory

WASHINGTON, D.C.

University

UNIVERSITY OF THE DISTRICT OF COLUMBIA

SIDE DISH

EFNEP 50TH ANNIVERSARY RECIPES

Garden Veggies Italian Style

Yield: 6 servings

INGREDIENTS

- 1 onion chopped
- 1 squash, diced yellow or zucchini or 1 eggplant, peeled
- 1 tomato, diced
- 1 green pepper, chopped
- pinch of oregano or Italian seasoning
- 1 (8-oz.) can tomato sauce
- ½ c. part skim mozzarella cheese, shredded

INSTRUCTIONS

Combine vegetables in a baking dish.

Sprinkle with oregano. Pour tomato sauce over vegetables.

Bake, uncovered at 350F for 20 to 30 minutes.

Top with cheese and bake another four to five minutes until cheese is melted.

Nutrition Facts

6 servings per container
Serving size **1 serving (139g)**

Amount per serving	
Calories	**60**
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 250mg	**11%**
Total Carbohydrate 7g	**3%**
Dietary Fiber 2g	**7%**
Total Sugars 4g	
Includes 0g Added Sugars	**0%**
Protein 4g	
Vitamin D 0mcg	0%
Calcium 84mg	6%
Iron 1mg	6%
Potassium 325mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

A favorite from Southwest PA!

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State/Territory

PENNSYLVANIA

University

PENN STATE UNIVERSITY

SALADS

EFNEP 50TH ANNIVERSARY RECIPES

Lemony Kale Salad

Yield: 3 servings, 1 c. each

INGREDIENTS

- 1 lb. chopped kale
- 3 lemons, fresh or 5-6 Tbsp. lemon juice
- 1 Tbsp. olive oil
- ¼ tsp. crushed red chili peppers

Nutrition Facts

3 servings per container
Serving size **1 cup (186g)**

Amount per serving
Calories **120**

	% Daily Value*
Total Fat 6g	**8%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 60mg	**3%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 6g	**21%**
Total Sugars 4g	
Includes 0g Added Sugars	**0%**
Protein 7g	
Vitamin D 0mcg	0%
Calcium 229mg	20%
Iron 2mg	10%
Potassium 777mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INSTRUCTIONS

Cut lemons in half.

Squeeze the lemon juice into a small bowl. Make sure that you get all the juice out of each half. Remove any seeds if any have fallen in juice.

Add olive oil and red peppers to juice and whisk together.

In a ziploc plastic bag, combine chopped kale and lemon juice mixture.

Seal and shake bag with all ingredients.

Pour into medium bowl and serve.

Optional: Add seed or nuts

Optional: Add sliced chicken or meat choice

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State/Territory

GEORGIA

University

FORT VALLEY STATE UNIVERSITY

SALADS

EFNEP 50TH ANNIVERSARY RECIPES

Maine New Potato Salad

Yield: 5 servings, serving size: 1 c.

INGREDIENTS

- 5 c. Maine new potatoes (approximately 16 small potatoes)
- 2 Tbsp. olive or canola oil
- ¼ c. green onions, chopped (can substitute onion)
- ¼ tsp. black pepper
- ½ tsp. salt
- 1 tsp. dried dill weed (or 1 Tbsp. fresh dill)

INSTRUCTIONS

Wash the new potatoes thoroughly. Leave the tender skin on the potatoes.

Boil potatoes for 15 to 20 minutes or until just fork-tender.

Drain and cool potatoes for 20 minutes.

Cut potatoes into quarters. Stir in the olive oil, and remaining ingredients.

Refrigerate and serve.

Nutrition Facts

5 servings per container
Serving size **1 cup(s) (162g)**

Amount per serving
Calories **150**

	% Daily Value*
Total Fat 6g	**8%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 260mg	**11%**
Total Carbohydrate 24g	**9%**
Dietary Fiber 4g	**14%**
Total Sugars 2g	
Includes 0g Added Sugars	**0%**
Protein 3g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 1mg	6%
Potassium 622mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

MAINE

University

UNIVERSITY OF MAINE

EFNEP 50TH ANNIVERSARY RECIPES

Maple-glazed Carrots

SIDE DISH

INGREDIENTS

- 1 lb. carrots, scrubbed (or peeled) and cut into 2-inch chunks.
- 2 Tbsp. maple syrup
- 2 Tbsp. olive oil
- 1 tsp. dried thyme

Nutrition Facts

8 servings per container
Serving size **0.5 cups (65g)**

Amount per serving
Calories **60**

	% Daily Value*
Total Fat 3.5g	**4%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 45mg	**2%**
Total Carbohydrate 8g	**3%**
Dietary Fiber 2g	**7%**
Total Sugars 6g	
Includes 3g Added Sugars	**6%**
Protein 0g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 1mg	6%
Potassium 146mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INSTRUCTIONS

Preheat oven to 400F.

Mix maple syrup, olive oil and thyme in a bowl.

Add carrots and toss until well coated.

Place carrots on a rimmed baking sheet.

Roast in oven for 20 minutes.

Tips to try at home: Substitute canola for olive oil. 1 tsp. of dried herbs = 1 Tbsp. fresh. Use recipe-ready baby carrots. No peeling and chopping! Carrots are loaded with vitamin A. Have you ever tried purple carrots? Local carrots can be purchased in season in a variety of colors.

Maple Glazed Carrots are a participant favorite. Vermont is the No. 1 maple producer in the U.S., making it an essential component in pretty much every kitchen. Carrots are a low-cost vegetable year round, and this tasty recipe introduces families to another way of preparing them. The recipe was modified from Martha Stewart's Mad Hungry. We added it to our collection in 2015 to highlight roasting as a way to enhance the flavor of vegetables.

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

VERMONT

University

UNIVERSITY OF VERMONT

BREADS

EFNEP 50TH ANNIVERSARY RECIPES

Oklahoma Cornbread

Yield: 8 servings, serving size: 2" by 2" squares

INGREDIENTS

- 1 c. cornmeal
- 1 c. flour
- 4 tsp. baking powder
- 1 tsp. salt
- 2 eggs
- ¼ c. shortening
- 1 c. milk

INSTRUCTIONS

In a medium sized bowl, combine flour, cornmeal, baking powder and salt.

In a separate bowl, whisk together milk and eggs. Add this mixture to the dry ingredients and mix with a large spoon until a batter is formed.

In a small bowl, melt the shortening. Slowly add melted shortening to the batter, stirring until just combined

Pour batter into greased eight by eight square pan.

Bake for 20 to 25 minutes at 450F or until golden brown (or until toothpick inserted in the middle comes out clean).

Take out of the oven and serve warm or cold.

Nutrition Facts

8 servings per container

Serving size **1, 2x2 inch square (82g)**

Amount per serving

Calories **200**

	% Daily Value*
Total Fat 9g	**12%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 50mg	**17%**
Sodium 550mg	**24%**
Total Carbohydrate 25g	**9%**
Dietary Fiber 2g	**7%**
Total Sugars 2g	
Includes 0g Added Sugars	**0%**
Protein 6g	
Vitamin D 0mcg	0%
Calcium 219mg	15%
Iron 1mg	6%
Potassium 72mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Participants enjoyed making this recipe with our educators, one of them said: "I like to make cornbread because I can add something different every time, like diced jalapeno peppers or diced bacon, etc., I can eat it with my meats or with vegetables in my plate. I love to eat it when I make chili"

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State/Territory

OKLAHOMA

University

OKLAHOMA STATE UNIVERSITY

SALADS

EFNEP 50TH ANNIVERSARY RECIPES

Pasta Salad

Yield: 6 servings, 1 c. each

INGREDIENTS

- 2 c. cooked pasta, any shape
- 3 Tbsp. vegetable oil
- 1 Tbsp. apple cider vinegar
- 1 tsp. salt
- ¼ tsp. black pepper
- ½ tsp. garlic powder
- ½ tsp. Italian Seasoning
- 1 pinch of crushed red pepper flakes, optional
- 1 c. diced cucumber
- 1 large tomato, seeds removed and chopped
- ½ green pepper, diced
- 1 small onion, minced
- ½ c. frozen peas, thawed

INSTRUCTIONS

Cook the pasta, drain and cool in the refrigerator.

Wash all vegetables and remove seeds from tomato.

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

Whisk together, oil, vinegar, salt, pepper, garlic powder, Italian seasoning and crushed red pepper flakes (if using) in a large bowl.

Add the pasta, cucumber, tomato, pepper, onion and peas.

Mix all ingredients together until the vegetables and pasta are evenly coated.

Serve immediately. It tastes even better when refrigerated for at least one hour.

Cover when storing in the refrigerator and stir again before serving.

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

Nutrition Facts

6 servings per container

Serving size **1 cup (142g)**

Amount per serving

Calories **170**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 400mg	**17%**
Total Carbohydrate 21g	**8%**
Dietary Fiber 1g	**4%**
Total Sugars 2g	
Includes 0g Added Sugars	**0%**
Protein 4g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 1mg	6%
Potassium 183mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

"It is really good and I am going to prepare it at home."

Recipe credit from Eating Smart Being Active Curriculum, Colorado State Extension.

A young mother looked at the completed dish and decided she didn't want to taste it so I put a little on a plate and little on a fork and asked her to try just a little. She did and she stated it is really good and she was going to prepare it at home. And she has been doing it for family gatherings.

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State/Territory

SOUTH CAROLINA

University

CLEMSON UNIVERSITY

SIDE DISH

EFNEP 50TH ANNIVERSARY RECIPES

Potato Salad With Yogurt Dressing

Yield: 12 servings, ½ c. each

INGREDIENTS

- 4 c. cooked, chopped and peeled potatoes
- 1 c. chopped celery
- ¾ c. low-fat plain yogurt
- ¼ c. chopped onion
- 1 Tbsp. extra-virgin olive oil
- Salt and pepper to taste (optional)

INSTRUCTIONS

Wash your hands and clean your cooking area.

In a large bowl, combine yogurt, onions, vinegar, olive oil, celery, salt and pepper; mix well.

Fold potatoes into yogurt mixture.

Refrigerate at least one hour before serving.

Nutrition Facts

12 servings per container

Serving size **1/2 cup (77g)**

Amount per serving

Calories **60**

	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 25mg	**1%**
Total Carbohydrate 9g	**3%**
Dietary Fiber 1g	**4%**
Total Sugars 2g	
Includes 0g Added Sugars	**0%**
Protein 2g	
Vitamin D 0mcg	0%
Calcium 34mg	2%
Iron 0mg	0%
Potassium 230mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

TEXAS

University

TEXAS A&M

SALADS

EFNEP 50TH ANNIVERSARY RECIPES

Pudding Fruit Salad

INGREDIENTS

- 1 (20 oz.) can pineapple chunks with juice
- 1 (11 oz.) can mandarin oranges, drained
- 1 (17 oz.) can fruit cocktail, drained
- 1 small box instant lemon or vanilla pudding, dry
- 2 bananas

Nutrition Facts

10 servings per container
Serving size **1 serving (170g)**

Amount per serving
Calories **140**

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 135mg	**6%**
Total Carbohydrate 36g	**13%**
Dietary Fiber 2g	**7%**
Total Sugars 22g	
Includes 0g Added Sugars	**0%**
Protein 1g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 0mg	0%
Potassium 240mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INSTRUCTIONS

In a large bowl, combine canned fruit.

Stir in dry pudding and mix well. Refrigerate.

Just before serving, slice bananas and add to salad.

Keeps well in refrigerator for two or three days.

Helpful Hints: The pineapple juice gives the pudding liquid needed to mix well. Be sure to drain the oranges and fruit cocktail before adding to the pudding.

I first learned of the recipe from Kansas Lean, a state nutrition education coalition that worked on the reduction of chronic disease. It continues to be a popular recipe for me and my nutrition assistants. We often use it at our introductory classes as it is easy and uses ingredients that clients usually have on hand.

This can be an easy mix and serve recipe if frozen fruit or chilled canned fruit is used. The dry instant pudding makes a nice sauce for the salad. No sugar added instant pudding can be used and you can also cut the amount of dry pudding in half and still have a light sauce. Clients say that they will make it again at home for their family and many take it to pot lucks and family get togethers.

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

KANSAS

University

KANSAS STATE UNIVERSITY

SIDE DISH

EFNEP 50TH ANNIVERSARY RECIPES

Quelites

Yield: 4 servings, serving size: ½ c.

INGREDIENTS

- 1 Tbsp. olive oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 can (15-oz.) pinto beans, drained and rinsed
- 1 bunch (4 c.) fresh spinach, washed, rinsed and stems removed
- Optional: Salt, pepper and lemon juice to taste

INSTRUCTIONS

Heat oil in a non-stick skillet over medium-high heat.

Sautee onion in oil until onion is transparent.

Add garlic and drained pinto beans and stir.

Add spinach, stir quickly to coat and cover for one to two minutes, until wilted.

Season with your choice of salt, pepper and fresh lemon juice.

Serve immediately and enjoy!

Nutrition Facts

4 servings per container

Serving size **0.5 cup (185g)**

Amount per serving

Calories **180**

	% Daily Value*
Total Fat 6g	**8%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 280mg	**12%**
Total Carbohydrate 22g	**8%**
Dietary Fiber 2g	**7%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 8g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 2mg	10%
Potassium 32mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

NEW MEXICO

University

NEW MEXICO STATE UNIVERSITY

SALADS

EFNEP 50TH ANNIVERSARY RECIPES

Quinoa and Black Bean Salad

Yield: 6 servings, 1 c. each

INGREDIENTS

- ½ c. dry quinoa
- 1½ c. water
- 1½ Tbsp. olive oil
- 3 tsp. lime juice
- ¼ tsp. cumin
- ¼ tsp. ground coriander
- 2 Tbsp. cilantro, chopped
- 2 medium scallions, minced
- 1 (15-oz.) can black beans, rinsed & drained
- 2 c. tomato, chopped
- 1 medium red bell pepper, chopped
- 1 medium green bell pepper, chopped
- 2 fresh green chilies, minced (or to taste)
- black pepper to taste

Nutrition Facts

6 servings per container

Serving size **1 cup (272g)**

Amount per serving

Calories **170**

	% Daily Value*
Total Fat 4.5g	**6%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 140mg	**6%**
Total Carbohydrate 27g	**10%**
Dietary Fiber 8g	**29%**
Total Sugars 4g	
Includes 0g Added Sugars	**0%**
Protein 7g	
Vitamin D 0mcg	0%
Calcium 49mg	4%
Iron 2mg	10%
Potassium 541mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INSTRUCTIONS

Rinse the quinoa in cold water. Boil water in a saucepan and then add the quinoa.

Return to boil and then simmer until the water is absorbed, 10 to 15 minutes. Cool for 15 minutes.

While quinoa is cooking, mix olive oil, lime juice, cumin, coriander, chopped cilantro and scallions in a small bowl and set aside.

Combine chopped vegetables with the black beans in a large bowl and set aside.

Once quinoa has cooled, combine all ingredients and mix well. Cover and refrigerate until ready to serve.

Participants are always curious about this recipe. Often, participants have not tasted or heard of quinoa. The recipe is full of flavor and stores well. The recipe is great because it can allow the incorporation of many seasonal veggies and flavors.

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

WISCONSIN

University

UNIVERSITY OF WISCONSIN

SALADS

EFNEP 50TH ANNIVERSARY RECIPES

Red Beans and Rice

Yield: 8 servings

INGREDIENTS

- 1 lb. dried red beans
- 8 c. water
- 1½ c. onions, chopped
- 1 c. celery, chopped
- 4 bay leaves
- 3 Tbsp. garlic, chopped
- 3 Tbsp. parsley, chopped
- 2 tsp. thyme, crushed/dried
- 1 tsp. salt
- 1 tsp. black pepper
- 1 c. green pepper, chopped

Nutrition Facts

8 servings per container
Serving size **1/8 recipe (359g)**

Amount per serving	
Calories	**220**
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	14%
Total Carbohydrate 39g	14%
Dietary Fiber 10g	36%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 82mg	6%
Iron 4mg	20%
Potassium 131mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INSTRUCTIONS

Pick through beans to remove bad beans. Rinse beans thoroughly.

In a 5-qt. pot, mix beans, water, onion, celery and bay leaves. Bring to a boil. Then reduce heat.

Cover and cook over low heat for about 1½ hours or until beans are tender. Stir and mash beans against side of pan.

Add garlic, parsley, thyme, salt, black pepper and green pepper.

Cook uncovered, over low heat, until creamy, which takes about 30 minutes. Remove bay leaves.

Serve over cooked rice while the rice is still hot.

Cost
Per recipe: $3.41
Per serving: $0.43

Recipe courtesy of U.S. Food and Drug Administration, National Institutes of Health, Eating for a Healthy Heart Down Home Health: Family Recipes of Black American Chefs Leah Chase and Johnny Rivers.

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State/Territory

LOUISIANA

University

LOUISIANA STATE UNIVERSITY

SIDE DISH

EFNEP 50TH ANNIVERSARY RECIPES

Skillet Zucchini Combo

Yield: 6 servings

INGREDIENTS

- 2 c. corn
- 1 medium sweet onion, diced
- 1 red pepper, diced
- 2 Tbsp. butter
- 1 clove garlic, minced
- 3 medium zucchini, sliced (about 1 lb.)
- 1 15 oz can diced tomatoes with garlic, basil and oregano
- 1½ tsp. fresh basil chopped or ½ tsp. dried
- ½ tsp. Italian seasoning
- ¼ c. Parmesan cheese, grated

Nutrition Facts

6 servings per container

Serving size **1 serving (242g)**

Amount per serving

Calories **130**

	% Daily Value*
Total Fat 6g	**8%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 240mg	**10%**
Total Carbohydrate 18g	**7%**
Dietary Fiber 4g	**14%**
Total Sugars 8g	
Includes 0g Added Sugars	**0%**
Protein 5g	
Vitamin D 0mcg	0%
Calcium 73mg	6%
Iron 1mg	6%
Potassium 550mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INSTRUCTIONS

Sauté onion, peppers and garlic in butter – about five minutes or until vegetables are tender.

Add zucchini and cook until tender, stirring often about seven minutes.

Add corn, tomatoes and seasonings, simmer over low heat about seven minutes.

Sprinkle with cheese and served immediately.

This recipe was developed for Grandfamilies to encourage the families to eat more vegetables.

One of the grandchildren, 4-years-old, had never been exposed to vegetables prior to coming to live with her grandparents. When this demonstration was completed and it was time for tasting, she tasted and ate a small serving. She wanted more!

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

WEST VIRGINIA

University

WEST VIRGINIA STATE UNIVERSITY

SIDE DISH

EFNEP 50TH ANNIVERSARY RECIPES

Slow-Cooked Southern Turnip Greens

Yield: Makes 6, ½ c. servings

INGREDIENTS

- 1 Tbsp. vegetable or canola oil
- 1 small white onion, cut into small pieces
- 1 tsp. black pepper
- 1 smoked turkey wing
- 1 (1½-2 lbs.) bunch of greens (turnip, collard, or mustard)
- 1 (32-oz.) container of low-sodium chicken broth

INSTRUCTIONS

Wash your hands well with soap and hot water.

Put the greens into a large bowl and run water over them to wash away any dirt or grit. Tear or cut off the stems. Cut the leaves into strips about two inches wide.

Heat the oil in a large pot over medium-high heat or in a slow-cooker set on high.

Add the onion to the pot. Cook the onion until it looks clear and is starting to brown, about five minutes.

Add the black pepper and the smoked turkey wing to the pot.

Add three or four handfuls of greens to the pot. After each handful, stir to coat the greens with onion, pepper, and oil.

After all the greens are added to the pot, add the chicken broth.

Put a lid on the pot. Cook on low until the greens are tender, about two to three hours.

Add shredded meat from the turkey wing (optional).

Serve the greens while they are hot.

Refrigerate leftovers within two hours.

Nutrition Facts

servings per container
Serving size (310g)

Amount per serving
Calories 90

	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 430mg	19%
Total Carbohydrate 8g	3%
Dietary Fiber 5g	18%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 269mg	20%
Iron 1mg	6%
Potassium 316mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

This is a healthier version of traditional southern greens. The cooking time has been reduced and fat back has been replaced with smoked turkey wings. The recipe is kid approved. The ingredients can be found in local stores and greens can be grown in home or community gardens.

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State/Territory

MISSISSIPPI

University

MISSISSIPPI STATE UNIVERSITY

SIDE DISH

EFNEP 50TH ANNIVERSARY RECIPES

Stir-Fried Cabbage

Yield: 4 servings

INGREDIENTS

- 1 small head of cabbage, red or green, about 2 to 3 c. shredded
- 1 medium onion, chopped
- 1 Tbsp. Margarine or butter
- 2 tart apples, diced
- 1 Tbsp. brown sugar
- 4 Tbsp. lemon juice

Nutrition Facts

4 servings per container
Serving size **1 serving (321g)**

Amount per serving
Calories **160**

	% Daily Value*
Total Fat 4.5g	**6%**
Saturated Fat 1g	**5%**
Trans Fat 1g	
Cholesterol 0mg	**0%**
Sodium 75mg	**3%**
Total Carbohydrate 30g	**11%**
Dietary Fiber 7g	**25%**
Total Sugars 20g	
Includes 3g Added Sugars	**6%**
Protein 3g	
Vitamin D 0mcg	0%
Calcium 84mg	6%
Iron 1mg	6%
Potassium 457mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INSTRUCTIONS

Shred cabbage with grater or knife.

Add 2 Tbsp. of lemon juice to prevent browning.

Melt margarine in skillet, add shredded cabbage and onion.

Cook gently for three to five minutes over medium heat, stirring with a fork.

Season with 2 Tbsp. lemon juice.

Cook, covered for 10 more minutes.

Add apples and sprinkle with brown sugar.

Cover and simmer until the apples and cabbage are tender.

A favorite in Southwest PA!

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State/Territory

PENNSYLVANIA

University

PENN STATE UNIVERSITY

SIDE DISH

EFNEP 50TH ANNIVERSARY RECIPES

Stir-fried Collard Greens

Yield: 6 servings

INGREDIENTS

- 1 bunch collard greens (about 3 to 4 lbs.)
- ½ c. diced, cooked, smoked turkey parts (wings, thighs, legs or neck)
- 1 small onion, sliced
- 1¾ c. water or bouillon
- 4 Tbsp. olive oil
- 3 large garlic cloves, minced
- 1 tsp. crushed red pepper
- salt and pepper to taste
- 1 Tbsp. packed light brown sugar

Nutrition Facts

6 servings per container
Serving size **1 serving (378g)**

Amount per serving
Calories **260**

	% Daily Value*
Total Fat 14g	**18%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 65mg	**22%**
Sodium 105mg	**5%**
Total Carbohydrate 16g	**6%**
Dietary Fiber 9g	**32%**
Total Sugars 4g	
Includes 2g Added Sugars	**4%**
Protein 22g	
Vitamin D 0mcg	0%
Calcium 536mg	40%
Iron 2mg	10%
Potassium 684mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INSTRUCTIONS

Remove stems of collards and discard them. Wash leaves thoroughly. Slice leaves into bite-size pieces by rolling several leaves together and cutting ¼-inch strips.

Blanch greens in salted boiling water for 20 minutes, drain well.

Heat oil in wok over high heat. Add turkey, garlic, onion and crushed red pepper. Cook while stirring constantly until onion is just tender.

Add greens; cook while stirring, add water and season with salt and pepper to taste, reduce heat to medium.

Cook until greens are tender, about 15 minutes.

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State/Territory

TEXAS

University

PRAIRIE VIEW A&M UNIVERSITY

SIDE DISH

EFNEP 50TH ANNIVERSARY RECIPES

Stir-fry Cabbage

Yield: 5 servings, 1 c. per serving

INGREDIENTS

- 1 medium head of cabbage, cored and sliced
- 1 small bell pepper, chopped (optional)
- 1 medium onion, chopped
- 1 Tbsp. vegetable oil
- ½ tsp. garlic powder
- 1 reduced-sodium chicken or beef bouillon cube
- ⅓ c. water
- ¼ tsp. black pepper

INSTRUCTIONS

Mix cabbage, bell pepper and onion in a bowl.

Heat oil in a large skillet over medium-high heat. Add cabbage mixture and stir-fry for about one minute.

Immediately add garlic powder, bouillon cube and water. Cover pan.

When water comes to a boil, turn down the heat and simmer for 15 minutes. Add black pepper. Serve immediately.

Nutrition Facts

5 servings per container
Serving size **1 cup (297g)**

Amount per serving
Calories **90**

	% Daily Value*
Total Fat 3.5g	**4%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 65mg	**3%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 5g	**18%**
Total Sugars 8g	
Includes 0g Added Sugars	**0%**
Protein 3g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 1mg	6%
Potassium 423mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

TENNESSEE

University

UNIVERSITY OF TENNESSEE

EFNEP 50TH ANNIVERSARY RECIPES

Summer Skillet Vegetables

Yield: ½ c, number of servings 8

SIDE DISH

INGREDIENTS

- 2 small yellow summer squash
- 2 small zucchini squash
- 1 green pepper
- 2 onions
- 2 carrots
- 1 c. fresh mushrooms
- 2 or 3 fresh tomatoes
- 1 or 2 cloves of garlic
- 1 Tbsp. olive or vegetable oil
- 2 Tbsp. Fresh basil, chopped

Nutrition Facts

8 servings per container
Serving size **1/2 cup (184g)**

Amount per serving
Calories **60**

	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 20mg	**1%**
Total Carbohydrate 10g	**4%**
Dietary Fiber 3g	**11%**
Total Sugars 5g	
Includes 0g Added Sugars	**0%**
Protein 2g	
Vitamin D 0mcg	0%
Calcium 34mg	2%
Iron 1mg	6%
Potassium 445mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INSTRUCTIONS

Wash vegetables and cut off ends. Remove the skin from the onions and the seeds from the green pepper. Thinly slice squash, green pepper, onions, carrots and mushrooms. Cut up the garlic very fine.

Heat oil in a large skillet over medium heat. Sauté the garlic, onions and green pepper in the oil for a minute or two. Add the mushrooms and carrots. Stir-fry for another two minutes. Turn down the heat. Add the tomatoes and basil. Cover and cook until the vegetables are tender, but still firm.

Serve Summertime Skillet Vegetables with barbecue chicken, corn on the cob, blueberry muffins and low fat milk.

For a main dish, stir fry ¾ lb. ground beef with the garlic. Drain off extra fat. Add the other vegetables and the basil. Cook until beef is done and vegetables are tender. Serve with rice and grated cheese, corn on the cob, and fresh fruit in season for dessert.

This recipe is one of my favorites to use as a food demonstration during EFNEP programming. There is always a need to encourage vegetable consumption whether raw or cooked. The recipe is packed with a variety of vegetables, easy to prepare, high in nutrition, smells great while cooking and is versatile. Children can also help prepare by washing the vegetables. This recipe is an anytime recipe.

"I never tried squash". "This is easy to cook". "This taste good and smells good"

- Participants

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

CONNECTICUT

University

UNIVERSITY OF CONNECTICUT

SALADS

EFNEP 50TH ANNIVERSARY RECIPES

Watermelon Salad

Yield: 6 servings, 1 c. each

INGREDIENTS

- 1 5-lb. watermelon (seedless)
- 1 Vidalia or other sweet onion
- ¼ c. red wine vinegar
- Salt and pepper
- ½ c. extra-virgin olive oil
- 2 Tbsp. chopped fresh mint
- 4 oz. of feta cheese, crumbled
- 1 qt. of fresh strawberries

INSTRUCTIONS

Combine all ingredients.

Nutrition Facts

6 servings per container

Serving size **1 cup (351g)**

Amount per serving

Calories **310**

	% Daily Value*
Total Fat 23g	**29%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 180mg	**8%**
Total Carbohydrate 24g	**9%**
Dietary Fiber 3g	**11%**
Total Sugars 18g	
Includes 0g Added Sugars	**0%**
Protein 5g	
Vitamin D 0mcg	0%
Calcium 127mg	10%
Iron 1mg	6%
Potassium 403mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Celebrating 50 years EFNEP Expanded Food and Nutrition Education Program

State/Territory

WASHINGTON, D.C.

University

UNIVERSITY OF THE DISTRICT OF COLUMBIA