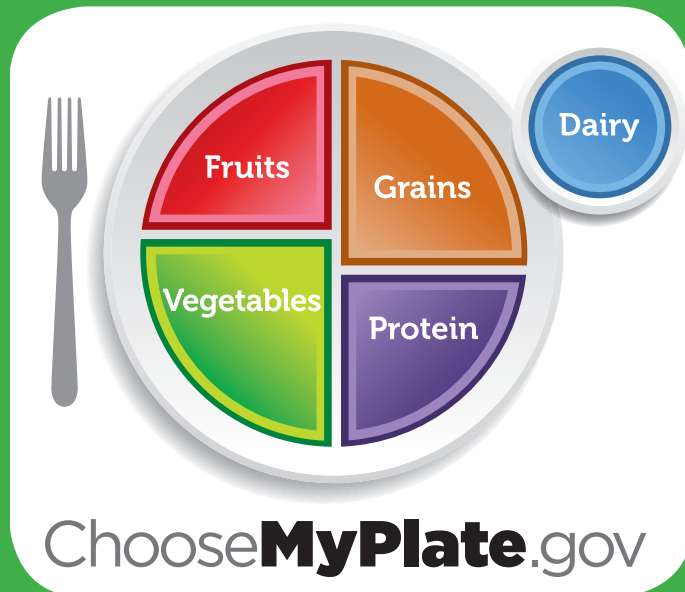




Arizona

Commodity Supplemental Food Program

MyPlate Cookbook



The Arizona Commodity Supplemental Food Program (CSFP) food distribution program provides a once-a-month box of foods to low-income people who are at least 60 years old. CSFP is only available in some counties in Arizona. In some locations, CSFP is called the Food Plus Program. For more information or to find a CSFP location near you, call 1-800-252-5942 or visit www.azdhs.gov/phs/bnp/csfp.

ARIZONA COMMODITY SUPPLEMENTAL FOOD PROGRAM (CSFP)		
County	Agency	Phone
COCONINO	Coconino County Public Health Services District	928-679-7250
COCHISE	Douglas Area Food Bank	520-732-8557
GILA	Gila County Health Department	928-402-4306
LA PAZ	Yuma Community Food Bank	928-259-2219
MARICOPA	St. Mary's Food Bank Alliance	602-242-3663
MOHAVE	Mohave County Dept of Public Health Services	
	Kingman	928-753-0794
	Lake Havasu City	928-453-0716
	Bullhead City	928-758-0722
PIMA	Pima County Health Department	520-243-7777
PINAL	Pinal County Public Health Services	866-960-0633
SANTA CRUZ	Mariposa Community Health Center	520-287-4994
YAVAPAI	Yavapai County Health Department	928-771-3122
YUMA	Yuma Community Food Bank	928-259-2219

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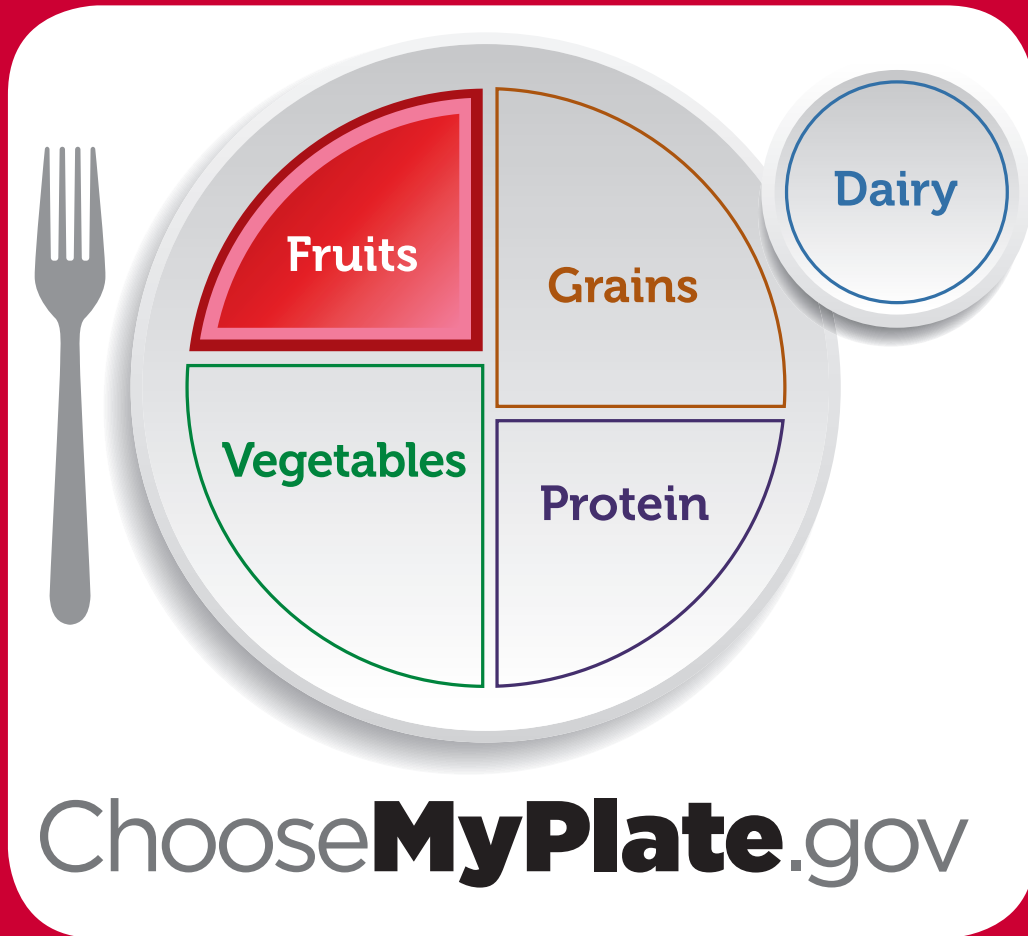
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Fresh Apple Relish

Ingredients:

2 cups apple, peeled, seeded and cubed

1/2 cup soft seedless raisins

1 teaspoon onion, minced

1/4 cup light mayonnaise

Directions:

1. Wash hands with warm water and soap.

2. In medium bowl combine together all ingredients.

3. Chill in refrigerator approximately two hours before serving.

4. Good with chicken or pork.

Servings: 4 servings

Home-tested recipe from an Arizona CSFP participant.

Grape Juice and Fruit Freeze

Ingredients:

2 cups **CSFP** grape juice
2 tablespoons lemon juice
1 cup **CSFP** unsweetened canned mixed fruit, drained
½ tablespoon cinnamon
½ cup plain nonfat yogurt (optional)

Directions:

1. Wash hands with warm water and soap. If using fresh fruits or vegetables, wash fruit or vegetable before preparing.
2. Mix all ingredients in a blender until smooth. If using yogurt, add that too.
3. Pour over crushed ice to serve.

Servings: Makes 4 servings. Recipe sourced from USDA/CSFP.

Nutrition information per serving:

Calories, 130; Carbohydrate, 30g; Protein, 3g; Total Fat, 0g; Saturated Fat, 0g; Cholesterol, 0mg; Fiber, 2g; Total Sugars, 27g; Sodium, 30mg; Calcium, 84mg; Iron, 1mg; Calories from Fat, 0%

TIPS

- Store unopened plastic bottles of grape juice in a cool, clean, dry place.
- After opening, store juice in a tightly closed container and refrigerate.
- Freeze juice in ice cube trays with toothpicks for a quick and easy popsicle treat.
- One half cup of grape juice provides 50% of the daily recommended amount of vitamin C.

Easy Fruit Salad

Ingredients:

- 1 can **CSFP** unsweetened mixed fruit
- 1 can pineapple chunks, canned in juice
- 1 red apple
- 1 orange
- 1 8 oz. container low-fat vanilla yogurt
- 1 tablespoon honey*

*Do not feed honey to children under 1 year of age.

Directions:

1. Wash hands with warm water and soap.
2. Open the cans of mixed fruit and pineapple with the can opener. Pour both cans into the colander over a bowl to drain. Save the juice to drink later.
3. Wash the apple in cool water. Pat dry with paper towels.
4. Have an adult cut the apple into 4 sections on the cutting board using the cutting knife. Cut out the apple core and seeds. Cut the apple into large chunks.
5. Wash the orange in cool water. Peel the orange and separate the orange segments. Have an adult cut each segment in half and remove all the seeds.
6. Put the yogurt and honey in the mixing bowl. Stir with the wooden spoon until mixed. Add the drained fruit, pineapple, apple, and orange. Stir with the spoon until mixed.
7. Serve cold.

Servings: Makes 4 servings. Recipe sourced from Arizona Nutrition Network

Nutrition information per serving:

Calories, 203; Carbohydrate, 47g; Protein, 3g; Fat, 0.8g; Saturated Fat, 0.5g; Trans Fat, 0g; Cholesterol, 2.8mg; Fiber, 3.4g; Sodium, 55mg; Calcium, 112mg; Percent Calories from Fat, 3.5%.

Adapted from Betty Crocker's Kids Cook!

More Fruit Breakfast

Ingredients:

1 teaspoon butter or margarine
1 can (about 15 ounces) **CSFP**
unsweetened sliced peaches, drained,
liquid reserved
1 can (about 15 ounces) **CSFP**
unsweetened mixed fruit, drained, liquid
reserved
 $\frac{3}{4}$ cup reserved juice from canned fruit,
combined
1 tablespoon brown sugar
1 large banana, peeled and sliced

Directions:

1. Wash hands with warm water and soap.
2. Melt butter or margarine in a large skillet over medium-high heat.
3. Add the canned fruit, $\frac{3}{4}$ cup of the reserved juice and brown sugar to the skillet.
4. Simmer for 5 minutes until the liquid in the pan thickens a little.
5. Stir in the banana.
6. Serve over whole wheat pancakes or whole wheat waffles.

Servings: Makes 6 servings, approximately $\frac{1}{2}$ cup each. Recipe sourced from Arizona Nutrition Network

Nutrition information per serving:

Calories, 100; Carbohydrate, 23g; Protein, 1g; Total Fat, 0.5g; Saturated Fat, 0g; Trans Fat, 0g; Cholesterol, 0mg; Fiber, 2g; Sodium, 5mg; Calcium, 12.5mg; Folate, 9mcg; Iron, .5mg; Percent Calories from Fat, 5%.

Peach Smoothie Pops

Ingredients:

1 1/3 cups **CSFP** instant non-fat dry milk powder
4 cups (2 cans, about 15 ounces each) **CSFP** unsweetened canned peaches, drained
1 cup water
1 cup ice cubes
3 tablespoons sugar

Directions:

1. Wash hands with warm water and soap. If using fresh fruits or vegetables, wash fruit or vegetable before preparing.
2. Place all ingredients in blender, cover, and blend until smooth.
3. Pour into popsicle molds and insert sticks, or pour into ice cube trays and place toothpicks in each cube.
4. Freeze until solid.
5. **Tip:** You can make this with any kind of fruit you like.

Servings: Makes about 12 servings of 1 pop each. Recipe sourced from USDA/CSFP.

Nutrition information per serving:

Calories, 100; Carbohydrate, 21g; Protein, 5g; Total Fat, 0g; Saturated Fat, 0g; Cholesterol, 5mg; Fiber, 0g; Total Sugars, 18g; Sodium, 80mg; Calcium, 170mg; Iron, 0mg; Calories from Fat, 0%.

Southwest Fruit Salsa

Ingredients:

1 can (about 15 ounces) **CSFP**
unsweetened mixed fruit, drained
½ cup chopped onion
2 tablespoons lime juice
¼ cup chopped green pepper or jalapeno
pepper
⅛ teaspoon black pepper

Directions:

1. Wash hands with warm water and soap.
2. Put all ingredients in a bowl and mix well. Let stand at room temperature for 15 minutes, or refrigerate up to 6 hours before serving.
3. Serve as an appetizer with tortilla chips or as a topping for grilled chicken, fish, meat, or pork.

Servings: Makes 6 servings, approximately ¼ cup each. Recipe sourced from USDA/CSFP.

Nutrition Information: Per Serving

Calories, 40; Carbohydrate, 10g; Protein, 1g; Total Fat, 0g;
Saturated fat, 0g; Trans Fat, 0g; Cholesterol, 0mg;
Fiber, 1g; Sodium, 0mg; Calcium, 10mg; Folate, 6mcg;
Iron, 0mg; Percent Calories from Fat, 0%.

TIPS

- Store unopened cans of mixed fruit in a cool, clean, dry place.
- Store remaining opened mixed fruit in a tightly covered container not made from metal and refrigerate.
- Add mixed fruit to sparkling water and juice for a tasty cool beverage.
- Mixed fruit is a delicious dessert or snack. It can be served chilled or at room temperature.
- Use canned mixed fruit in baked fruit desserts like cobblers or crisps; they are also a great addition to fruit salads and smoothies.

Simple Salad

Ingredients:

1 cup sliced fresh strawberries
1 cup pineapple chunks, fresh or canned in unsweetened juice, drained
1 cup fresh seedless grapes cut in half
1 cup **CSFP** unsweetened canned sliced peaches, drained
1 cup **CSFP** unsweetened canned pears, drained and chopped
Note: Can use 5 cups of any kind of fresh or canned fruit.

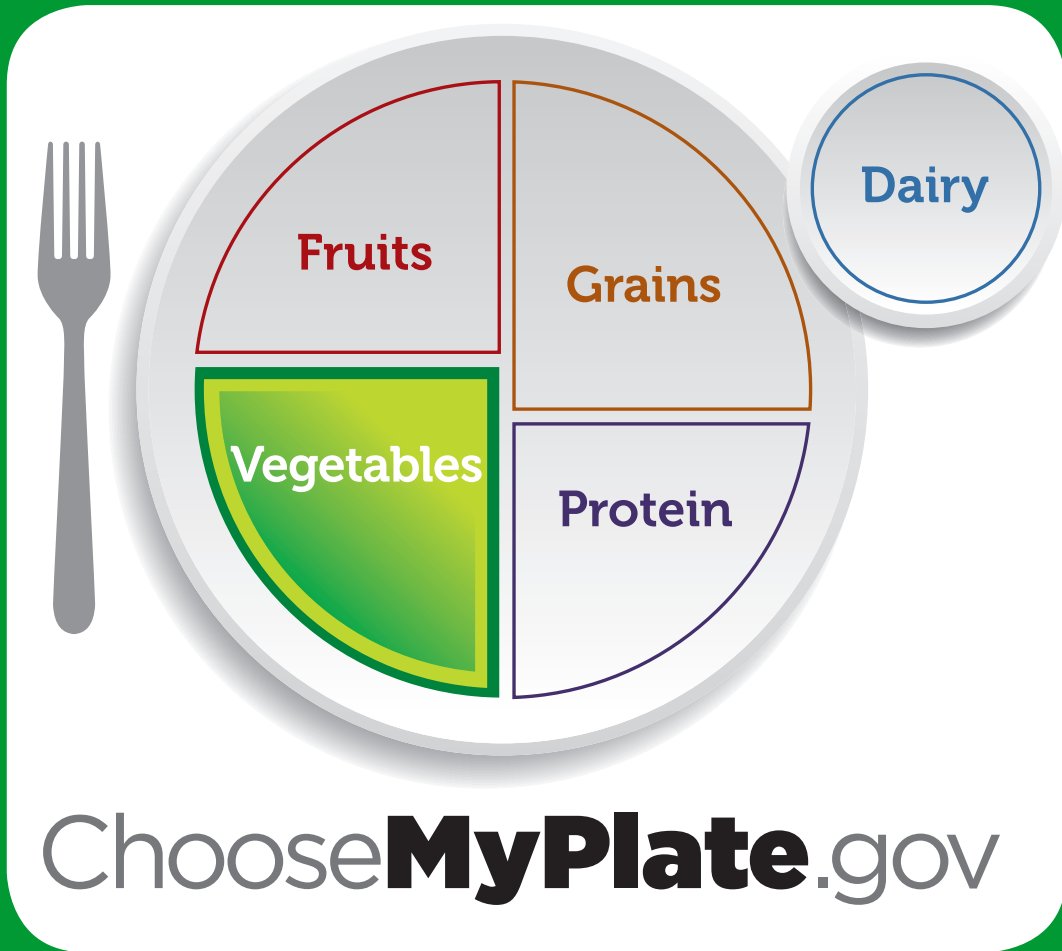
Directions:

1. Wash hands with warm water and soap.
2. Wash fresh fruits before preparing.
3. Combine all the fruit in a large bowl and mix gently.
4. Cover and refrigerate for at least 2 hours.

Servings: Makes 9 servings, approximately ½ cup each. Recipe sourced from Arizona Nutrition Network

Nutrition Information: Per Serving

Calories, 70; Carbohydrate, 19g; Protein, 1g; Total Fat, 0g; Saturated Fat, 0g; Trans Fat, 0g; Cholesterol, 0mg; Fiber, 2g; Sodium, 0mg; Calcium, 15mg; Folate, 8mcg; Iron, .5mg; Percent Calories from Fat, 0%.



Cream of Carrot Soup

Ingredients:

2 cups carrots, chopped

2 cups water

1/2 cup cooked rice

2 cups skim milk

1/4 cup celery diced

2 medium onions, sliced

4 tablespoons of butter or margarine

2 tablespoons of all-purpose flour

1/2 teaspoon salt

1/8 teaspoon pepper

Directions:

1. Wash hands with warm water and soap.

2. In a large pan cook carrots in water until tender.

3. Add rice and celery.

4. Saute onions in a skillet until tender.

5. Add flour, salt and pepper and blend well.

6. Gradually pour onion mixture in carrots and rice mixture.

7. Cook over medium heat until hot.

8. Serve immediately.

9. Can be served with grated low-fat American cheese.

Servings: 4 servings, approximately 1 cup

Home-tested recipe from an Arizona CSFP participant.

Crunchy Potato Casserole

Ingredients:

2 cups **CSFP** corn flakes cereal, crushed into crumbs
2 pounds potatoes, peeled and grated
¼ cup butter, melted
¼ teaspoon black pepper
1 onion, chopped
1 can (about 10 ounces) low sodium cream of chicken soup
¾ cup fat-free sour cream
1 cup **CSFP** low-fat cheddar cheese, shredded

Directions:

1. Wash hands with warm water and soap. If using fresh fruits or vegetables, wash fruit or vegetable before preparing.
2. Preheat oven to 350° F.
3. Combine potatoes, butter, and black pepper in a large bowl.
4. Add onion, soup, sour cream, and cheese.
5. Mix well.
6. Pour into a 13X9 inch baking dish.
7. Sprinkle with corn flakes.
8. Bake for 45 minutes.
9. Serve hot.

Servings: Makes about 8 servings, about ¾ cup each. Recipe sourced from USDA/CSFP.

Nutrition Information: Per Serving

Calories, 240; Carbohydrate, 35g; Protein, 8g; Total Fat, 7g; Saturated Fat, 2.5g; Cholesterol, 15mg; Fiber, 3g; Total Sugars, 4g; Sodium, 340mg; Calcium, 118mg; Iron, 2mg; Calories from Fat, 26%.

Green Bean Delight

Ingredients:

1 cup onion, chopped small
1 teaspoon garlic, finely chopped
1 can (about 15 ounces) **CSFP** low sodium green beans, drained
Nonstick cooking spray

Directions:

1. Wash hands with warm water and soap. If using fresh fruits or vegetables, wash fruit or vegetable before preparing.
2. Spray a medium skillet with nonstick cooking spray.
3. Cook onion and garlic until tender.
4. Add green beans and stir well.
5. Heat thoroughly.
6. Serve hot.

Servings: Makes about 6 servings, about $\frac{1}{2}$ cup each. Recipe sourced from USDA/CSFP.

Nutrition information per serving:

Calories, 30; Carbohydrate, 6g; Protein, 1g; Total Fat, 0g; Saturated Fat, 0g; Cholesterol, 0mg; Fiber, 2g; Total Sugars, 3g; Sodium, 75mg; Calcium, 31mg; Iron, 1mg; Calories from Fat, 0%.

TIPS

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor or liquid spurts out when the can is opened, **throw it away**.
- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container not made from metal.
- Serve canned green beans heated, or use in a variety of main dishes, soups, and salads.

Fiesta Corn and Black Bean Salad

Ingredients:

1 can (15¼ ounces) **CSFP** low sodium corn, drained
1 can (15 ounces) **CSFP** black beans, drained
½ cup onion, chopped small
1 can (14½ ounces) **CSFP** unsalted tomatoes, diced or chopped, drained
1 can (4 ounces) green chilies, drained, diced
2 tablespoons vegetable oil
½ teaspoon ground cumin (optional)
¼ cup chopped cilantro, for topping (optional)
Lime juice, to taste, for topping (optional)

Directions:

1. Wash hands with warm water and soap. If using fresh fruits or vegetables, wash fruit or vegetable before preparing.
2. Combine all ingredients in a medium bowl and mix. If using cumin, add that too.
3. If using cilantro and lime juice as a topping, spread cilantro over the top of the salad. Squeeze lime juice over the top of the salad.

Servings: Makes about 4 servings, about ½ cup each. Recipe sourced from USDA/CSFP.

Nutrition information per serving:

Calories, 150; Carbohydrate, 24g; Protein, 5g; Total Fat, 5g; Saturated Fat, 0g; Cholesterol, 0mg; Fiber, 5g; Total Sugars, 24g; Sodium, 445mg; Calcium, 24mg; Iron, 2mg; Calories from Fat, 30%.

Harvest Corn Chowder

Ingredients:

½ cup onion, chopped small
½ cup celery, chopped small
½ teaspoon thyme (optional)
1 tablespoon butter
1 medium potato, peeled and diced small
2 cups low-fat milk
1 can (15¼ ounces) **CSFP** low sodium corn, drained
1 can (14¾ ounces) **CSFP** low sodium cream style corn

Directions:

1. Wash hands with warm water and soap. If using fresh fruits or vegetables, wash fruit or vegetable before preparing.
2. In a medium saucepan, cook onion and celery in butter until tender. If using thyme, add that too.
3. Add potato.
4. Cook, stirring constantly, for about 2 minutes.
5. Add low-fat milk.
6. Cover and simmer on low heat 15 minutes or until potato is tender.
7. Stir in both cans of corn.
8. Heat thoroughly.
9. Serve hot.

Servings: Makes about 7 servings, about 1 cup each. Recipe sourced from USDA/CSFP.

Nutrition information per serving:

Calories, 160; Carbohydrate, 31g; Protein, 6g;
Total Fat, 3g; Saturated Fat, 1g; Cholesterol, 5mg; Fiber, 3g;
Total Sugars, 8g; Sodium, 227 mg; Calcium, 100mg; Iron, 1mg;
Calories from Fat, 17%.

Oven Dinner

Ingredients:

5½ ounce **CSFP** can sliced potatoes, low sodium, drained
1 can (15 ounces) **CSFP** sliced carrots, low sodium, drained
¼ teaspoon pepper
1 cup peeled onion, sliced
¾ pound extra-lean ground beef, browned and drained
1 can (15½ ounces) **CSFP** green beans, peas or corn, low sodium, drained
1 can (10¾ ounces) tomato soup, low sodium

Directions:

1. Wash hands with warm water and soap. If using fresh fruits or vegetables, wash fruit or vegetable before preparing.
2. Preheat oven to 350° F.
3. Grease baking pan or casserole dish.
4. Wash, peel, and slice the onion.
5. Layer the ingredients in the order given. Cover.
6. Bake for 30 minutes.
7. Uncover and bake for 15 more minutes.
8. Serve hot.

Servings: Makes about 6 servings, about ½ cup each. Recipe sourced from Arizona Nutrition Network

Nutrition information per serving:

Calories, 158; Carbohydrate, 21g; Protein, 13g; Total Fat, 2.5g; Saturated Fat, 1g; Trans Fat, 0g; Cholesterol, 30mg; Fiber, 3.5g; Total Sugars, 7.5g; Sodium, 346mg; Calcium, 33mg; Folate, 22mcg; Iron, 2mg; Calories from Fat, 15%.

Vegetable Soup with Chicken

Ingredients:

1 can (16 ounces) **CSFP** chicken
3 cups water
1 can (about 15 ounces) **CSFP** low sodium peas, drained
1 can (about 15 ounces) **CSFP** low sodium carrots, drained
2 cans (about 30 ounces) **CSFP** low sodium sliced potatoes, drained

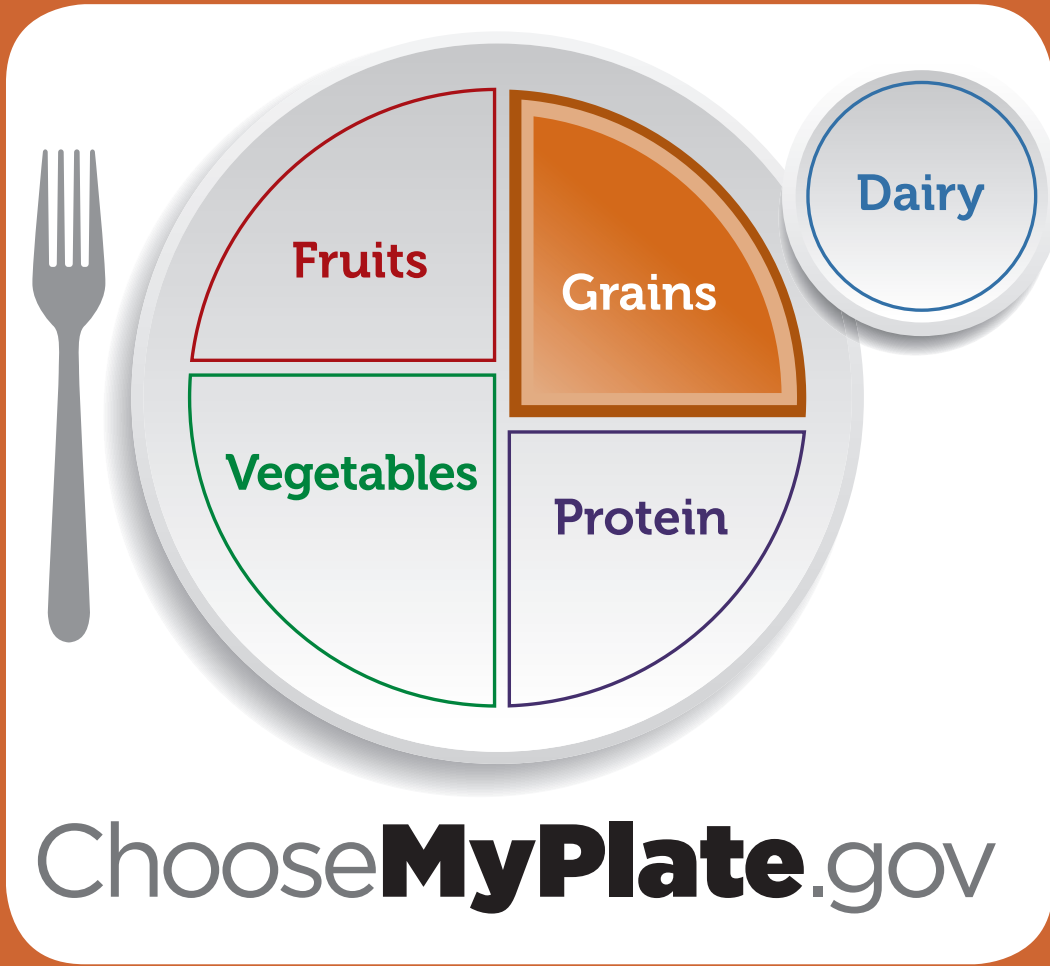
Directions:

1. Wash hands with warm water and soap.
2. In a large pot, heat chicken and water over medium to high heat until hot.
3. Add all the other ingredients to the pot and boil for 10 seconds.
4. Lower heat and simmer for 30 minutes.
5. Serve immediately.
6. Can be served with grated low-fat American cheese.

Servings: Makes 6 servings, approximately 1 cup each. Recipe sourced from USDA/CSFP.

Nutrition information per serving:

Calories, 280; Carbohydrate, 30g; Protein, 23g; Total Fat, 7g; Saturated Fat, 2g; Trans Fat, 0; Cholesterol, 38mg; Fiber, 7g; Total Sugars, 6g; Sodium, 407mg; Calcium, 47mg; Folate, 16mcg; Iron, 4mg; Percent Calories from Fat, 22.5%.



Peas and Rice Salad

Ingredients:

1 can (15 ounces) peas, rinsed and drained

1 cup cooked rice

6 green stuffed olives, sliced

1 large stalk celery, chopped

1 cup low-fat American cheese, grated

1/3 cup light mayonnaise

Directions:

1. Wash hands with warm water and soap.

2. In large bowl combine together all ingredients except mayonnaise.

3. Add mayonnaise and stir together lightly.

4. Chill in refrigerator approximately two hours before serving.

Servings: 6 servings

Home-tested recipe from an Arizona CSFP participant.

Banana Oat Muffins

Ingredients:

2 cups **CSFP** oat circles cereal, crushed
Nonstick cooking spray
1 $\frac{1}{4}$ cups all-purpose flour
 $\frac{1}{3}$ cup packed brown sugar (or $\frac{1}{3}$ cup regular sugar)
1 teaspoon baking powder
 $\frac{3}{4}$ teaspoon baking soda
2 to 3 medium bananas, ripe, mashed
 $\frac{2}{3}$ cup 1% milk
3 tablespoons vegetable oil
1 egg

Directions:

1. Wash hands with warm water and soap. If using fresh fruits or vegetables, wash fruit or vegetable before preparing.
2. Preheat oven to 400° F.
3. Spray 12 regular-sized muffin cups with nonstick cooking spray, or line cups with paper muffin cup liners.
4. Mix cereal, flour, brown sugar, baking powder, and baking soda in a large bowl.
5. Add bananas, milk, oil, and egg.
6. Stir until just moistened.
7. Divide batter among the 12 muffin cups.
8. Bake 18 to 22 minutes, until golden brown.

Servings: Makes about 12 servings. Recipe sourced from USDA/CSFP.

Nutrition information per serving:

Calories, 160; Carbohydrate, 27g; Protein, 3g; Total Fat, 11g; Saturated Fat, 0.5g; Cholesterol, 15mg; Fiber, 2g; Total Sugars, 11g; Sodium, 170mg; Calcium, 70mg; Iron, 3mg; Calories from Fat, 62%.

Pasta Primavera

Ingredients:

2 cups **CSFP** macaroni or rotini, uncooked
4 cups water
1 tablespoon olive oil
1 large onion, diced
1 clove garlic, minced
½ cup water
½ can **CSFP** carrots, drained
½ can **CSFP** corn, drained
½ can **CSFP** green beans, drained
2 cans (approximately 16 ounces) **CSFP**
diced tomatoes
2 tablespoons oregano

Directions:

1. Wash hands with warm water and soap.
2. In a large saucepan, bring 4 cups water to a boil and add macaroni or rotini. Cook for 8-10 minutes or until macaroni or rotini is tender. Drain.
3. In a large fry pan over medium heat, sauté onion and garlic in olive oil for 5 minutes. Add ½ cup water and vegetables and heat for 5 more minutes.
4. In a large bowl, combine cooked macaroni or rotini and vegetables.
5. Sprinkle with oregano.
6. Serve immediately.

Servings: Makes 6 servings, about 1 cup each. Recipe sourced from USDA/CSFP.

Nutrition information per serving:

Calories, 230; Carbohydrate, 43g; Protein, 7g; Total Fat, 3.5g; Saturated Fat, .5g; Trans Fat, 0g; Cholesterol, 0mg; Fiber, 4g; Sodium, 210mg; Calcium, 68mg; Folate, 110mcg; Iron, 3mg; Percent Calories from Fat, 14%.

Peanut Butter Rice Treats

Ingredients:

Nonstick cooking spray
6 cups **CSFP** rice crisps cereal
2 tablespoons butter
1/3 cup peanut butter
2 cups marshmallows

Directions:

1. Wash hands with warm water and soap.
2. Spray a 9X9 inch or 13X9 inch baking pan with nonstick cooking spray.
3. In a large pot, melt the margarine and peanut butter on the lowest heat.
4. Add the marshmallows and melt, stirring constantly until smooth.
5. Stir in the rice crisps.
6. Press into the pan with clean hands or the back of a wooden spoon. Be careful, since the mixture could be quite hot.
7. Cool in the refrigerator until firm, about an hour.
8. Cut into squares and serve.

Servings: Makes about 12 servings. Recipe sourced from USDA/ CSFP.

Nutrition information per serving:

Calories, 170; Carbohydrate, 27g; Protein, 3g; Total Fat, 6g; Saturated Fat, 1.5g; Cholesterol, 0mg; Fiber, 1g; Total Sugars, 12g; Sodium, 180mg; Calcium, 6mg; Iron, 1mg; Calories from Fat, 32%.

Peach Bran Muffins

Ingredients:

1½ cups **CSFP** bran cereal
1 cup 1% low-fat milk
1 egg, beaten
¼ cup vegetable oil
1 cup all-purpose flour
¼ cup sugar
2 teaspoons baking powder
½ teaspoon baking soda
½ teaspoon cinnamon
½ teaspoon lemon peel (optional)
¼ teaspoon salt
1 cup **CSFP** unsweetened canned peaches, drained, chopped small
Nonstick cooking spray

Directions:

1. Wash hands with warm water and soap. If using fresh fruits or vegetables, wash fruit or vegetable before preparing.
2. Preheat oven to 400° F.
3. In a medium bowl, combine bran cereal and milk.
4. Let soak for 3 minutes or until liquid is absorbed.
5. Stir in egg and oil.
6. In another bowl, combine flour, sugar, baking powder, baking soda, cinnamon, and salt. If using lemon peel, add that too.
7. Add bran mixture, all at once, to flour mixture, stirring until just wet; batter will be thick.
8. Gently stir in peaches.
9. Fill muffin cups, coated with nonstick cooking spray, to just below the rim, making sure not to fill completely.
10. Bake for 20 – 25 minutes.
11. Cool in pan for 10 minutes, remove and serve.

Servings: Makes about 12 servings. Recipe sourced from USDA/ CSFP.

Nutrition information per serving:

Calories, 150; Carbohydrate, 24g; Protein, 4g; Total Fat, 5g; Saturated Fat, 1g; Cholesterol, 20mg; Fiber, 3g; Total Sugars, 10g; Sodium, 340mg; Calcium, 50mg; Iron, 3mg; Calories from Fat, 17%.

Rice with Cheese and Vegetables

Ingredients:

2 cups **CSFP** long grain white rice, uncooked
1 tablespoon vegetable oil
1 large onion, chopped small
1 medium green (or red) pepper, chopped small
1 teaspoon garlic powder
¼ teaspoon black pepper
1 tablespoon vinegar
1 chicken bouillon cube
1 can (about 15 ounces) **CSFP** low sodium green beans, drained
1 can (about 15 ounces) **CSFP** carrots, drained
¼ pound **CSFP** reduced-fat cheddar cheese, shredded

Directions:

1. Wash hands with warm water and soap. If using fresh fruits or vegetables, wash fruit or vegetable before preparing.
2. Cook rice according to package directions.
3. In a large skillet over medium heat, cook onion and green pepper in oil until soft.
4. Stir in garlic powder and black pepper.
5. Stir vinegar, chicken bouillon, green beans, and carrots into onion and pepper mixture.
6. Cook until hot.
7. Spoon rice into vegetable mixture, mix well, and top with cheese.
8. Serve hot.

Servings: Makes about 8 servings, about 1 cup each. Recipe sourced from USDA/CSFP.

Nutrition information per serving:

Calories, 260; Carbohydrate, 44g; Protein, 7g; Total Fat, 5g; Saturated Fat, 2g; Trans Fat, 5g; Cholesterol, 10mg; Fiber, 2g; Total Sugars, 2g; Sodium, 196mg; Calcium, 157mg; Iron, 3mg; Calories from Fat, 17%.

TIPS

- 1 cup of dry rice will make about 3 cups cooked rice.
- Store unopened packages of rice in a cool, clean, dry place.
- After opening, keep package tightly closed.

Spaghetti with a Secret

Ingredients:

12 ounces **CSFP** dry spaghetti
2 cups cooked carrots or broccoli, or 1 cup of each
4 cups **CSFP** low sodium spaghetti sauce
6 tablespoons grated Parmesan cheese

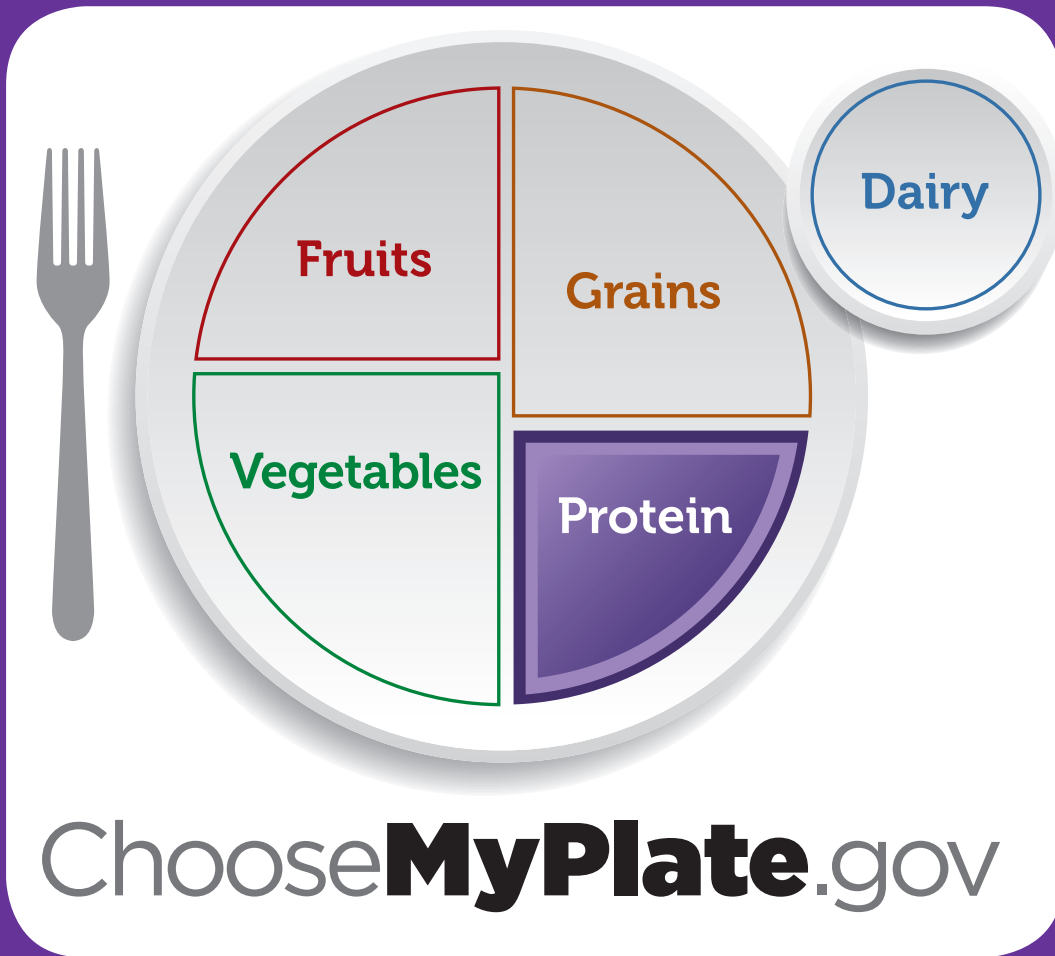
Directions:

1. Wash hands with warm water and soap. If using fresh fruits or vegetables, wash fruit or vegetable before preparing.
2. Cook the spaghetti according to package directions.
3. Drain spaghetti. Set aside.
4. While the spaghetti is cooking, add enough water in a large pan to cover the 2 cups of vegetables.
5. Boil the water.
6. Add carrots and broccoli and cook until slightly tender.
7. Drain the vegetables,
8. Place cooked vegetables in blender container.
9. Add the spaghetti sauce.
10. Cover the blender with the lid and blend until smooth.
Caution: Contents may be hot.
11. Place spaghetti sauce in large saucepan and heat.
12. Add the spaghetti to the sauce mixture and heat thoroughly.
13. Serve warm.

Servings: Makes 6 servings, about 1 cup each. Recipe sourced from Arizona Nutrition Network.

Nutrition information per serving:

Calories, 337; Carbohydrate, 60gm; Protein, 13gm; Total Fat, 5g; Saturated Fat, 1g; Trans Fat, 0g; Cholesterol, 8mg; Fiber, 7g; Total Sugars, 12g; Sodium, 157mg; Calcium, 131mg; Folate, 188mcg; Iron, 4mg; Calories from Fat, 13%.



Hawaiian Baked Beans in a Skillet

Ingredients:

2 cans (14-15 ounces) vegetarian beans in tomato sauce

1 can (8 ounces) crushed pineapple in juice

2 Tablespoon apple cider vinegar

1 teaspoon light brown horseradish mustard or creamy brown mustard

2 teaspoons of low sodium soy sauce

1/8 teaspoon ginger

Directions:

1. Wash hands with warm water and soap.

2. Pour beans in 9-10 inch skillet.

3. Add undrained crushed pineapple.

4. Add vinegar, mustard, soy sauce and ginger.

5. Cook over moderate heat stirring occasionally until hot.

6. Serve immediately.

Servings: 4 servings

Home-tested recipe from an Arizona CSFP participant.

Baked Fish with Corn Crust

Ingredients:

Nonstick cooking spray

1 cup **CSFP** corn flakes cereal, crushed into crumbs

2 fish fillets (about 6 ounces each) trout, flounder, or other white fish

1 cup 1% milk

$\frac{1}{8}$ teaspoon salt

$\frac{1}{4}$ teaspoon black pepper

2 teaspoons butter

Directions:

1. Wash hands with warm water and soap.
2. Preheat oven to 350° F. Spray a baking sheet with nonstick cooking spray.
3. Place milk in bowl. In another bowl, combine salt, black pepper, and corn flakes.
4. Dip fish fillets in milk, and then dip in cereal to coat the outside. Place fillets on baking sheet.
5. Place 1 teaspoon margarine on top of each fish fillet.
6. Bake for 10 to 15 minutes or until browned and fish is cooked through.

Servings: Makes about 2 servings. Recipe sourced from USDA/CSFP.

Nutrition information per serving:

Calories, 290; Carbohydrate, 17g; Protein, 37g; Total Fat, 6g; Saturated Fat, 2.5g; Cholesterol, 90mg; Fiber, 0g; Total Sugars, 6g; Sodium, 470mg; Calcium, 179mg; Iron, 1mg; Calories from Fat, 19%.

Bean and Rice Burritos

Ingredients:

2 cups **CSFP** rice
1 onion, chopped to medium size
1 can (about 10 ounces) **CSFP** low sodium, light red kidney beans, drained and rinsed
8 flour tortillas (about 7 to 8 inches each); can use whole grain tortillas instead
½ cup salsa, either canned or freshly prepared
½ cup **CSFP** low-fat cheddar cheese, grated

Directions:

1. Wash hands with warm water and soap.
2. Cook rice according to package directions
3. Preheat oven to 300° F.
4. Mix the rice, onion, and beans in a bowl.
5. Place the tortillas flat on a baking pan.
6. Put about ½ cup of the bean and rice mixture in the middle of each tortilla.
7. Fold the sides of the tortilla over to hold the rice and beans.
8. Bake for about 15 minutes.
9. Add about a tablespoon of salsa and a tablespoon of cheese to each burrito
10. Serve warm.

Servings: Makes about 8 servings (1 burrito each). Recipe sourced from USDA/CSFP.

Nutrition information per serving:

Calories, 290; Carbohydrate, 51g; Protein, 11g; Total Fat, 4.5g; Saturated Fat, 1g; Cholesterol, 0mg; Fiber, 5g; Total Sugars, 4g; Sodium, 510mg; Calcium, 115mg; Iron, 8mg; Calories from Fat, 14%.

Easy Chicken and Cheese Dip

Ingredients:

- 1 can (12½ ounces) **CSFP** chicken, drained
- 2 teaspoons reduced salt taco seasoning from package (or use 1 teaspoon chili powder instead)
- 1 cup **CSFP** low-fat cheddar cheese, shredded
- 6 ounces low-fat, unsalted tortilla chips

Directions:

1. Wash hands with warm water and soap.
2. Place chicken and taco seasoning in medium-sized skillet.
3. Cook over medium heat for 3 to 4 minutes, stirring often.
4. Put chicken and taco seasoning mixture in a bowl.
5. Sprinkle shredded cheese on top of warm chicken and taco seasoning mixture.
6. Serve hot with tortilla chips.

Tip: Chopped vegetables like onions, green or red peppers, or mushrooms can also be added to the mixture while heating.

Servings: Makes about 6 appetizer servings.

Recipe sourced from USDA/CSFP

Nutrition information per serving:

Calories, 230; Carbohydrate, 23g; Protein, 21g; Total Fat, 6g; Saturated Fat, 2g; Cholesterol, 45mg; Fiber, 2g; Total Sugars, 0g; Sodium, 300mg; Calcium, 129g; Iron, 1mg; Calories from Fat, 24%.

Early Garden Pea Soup

Ingredients:

- ¾ cup onion, sliced
- 1 clove garlic
- 1 tablespoon butter
- 2 cans (about 15 ounces each) **CSFP** low sodium peas
- 1 cup low-fat milk
- ½ cup reduced fat, low sodium chicken broth
- 1 teaspoon dried parsley (optional)
- ⅛ teaspoon ground pepper

Directions:

1. Wash hands with warm water and soap. If using fresh fruits or vegetables, wash fruit or vegetable before preparing.
2. In a large saucepan, cook onion and garlic in butter until soft.
3. Place in blender with 1 can of peas and milk. Cover and blend until smooth. Note: If no blender is available, use a potato masher or spoon to mash up ingredients.
4. Pour into saucepan.
5. Place remaining can of peas and remaining ingredients in blender.
6. Cover and blend until smooth. Use potato masher if no blender is available.
7. Add to saucepan.
8. Simmer 15 minutes. (Do not boil.)
9. May be served hot or cold.

Servings: Makes about 6 servings, about 1 cup each. Recipe sourced from USDA/CSFP.

Nutrition information per serving:

Calories, 150; Carbohydrate, 24g; Protein, 9g; Total Fat, 3g; Saturated Fat, 0.5g; Cholesterol, 0mg; Fiber, 6g; Total Sugars, 10g; Sodium, 273mg; Calcium, 90mg; Iron, 2mg; Calories from Fat, 18%.

Southwestern Pork Salad

Ingredients:

Nonstick cooking spray
½ cup onion, chopped
12 ounces (about ½ of a 24 ounce can)
CSFP pork, drained
1 tablespoon chili powder
2 teaspoons dried oregano (optional)
½ teaspoon ground cumin (optional)
1 cup **CSFP** low sodium canned kidney beans
1 cup **CSFP** low sodium canned tomatoes, drained
2 cups lettuce, chopped
½ cup **CSFP** reduced fat cheddar cheese, shredded

Directions:

1. Wash hands with warm water and soap. If using fresh fruits or vegetables, wash fruit or vegetable before preparing.
2. In a large skillet coated with nonstick cooking spray, cook the onion and pork until the onion is soft, about 5 minutes.
3. Stir in chili powder, beans, and tomatoes. If using oregano and cumin, add that too.
4. Mix and cook for about 1 minute.
5. Arrange lettuce onto a serving plate or in individual bowls.
6. Top lettuce with pork mixture and sprinkle with cheese.
7. Serve hot.

Servings: Makes about 8 servings. Recipe sourced from USDA/CSFP.

Nutrition information per serving:

Calories, 300; Carbohydrate, 17g; Protein, 27g; Total Fat, 14g; Saturated Fat, 7g; Cholesterol, 75mg; Fiber, 6g; Total Sugars, 3g; Sodium, 320mg; Calcium, 202mg; Iron, 3mg; Calories from Fat, 42%.

Two Bean Chili

Ingredients:

½ pound ground beef
½ can (about 8 ounces) **CSFP** low sodium kidney beans, drained
½ can (about 8 ounces) **CSFP** low sodium vegetarian beans
½ cup onion, diced
1 teaspoon chili powder
2½ cups **CSFP** low sodium tomato juice
¼ teaspoon pepper

Directions:

1. Wash hands with warm water and soap.
2. In a medium-sized pot, brown ground beef over medium to high heat for 8 to 10 minutes. Drain off fat.
3. Add all the other ingredients to the pot.
4. Cook over low heat for about 40 minutes.
5. Serve immediately.
6. Can be served with grated low-fat American cheese.

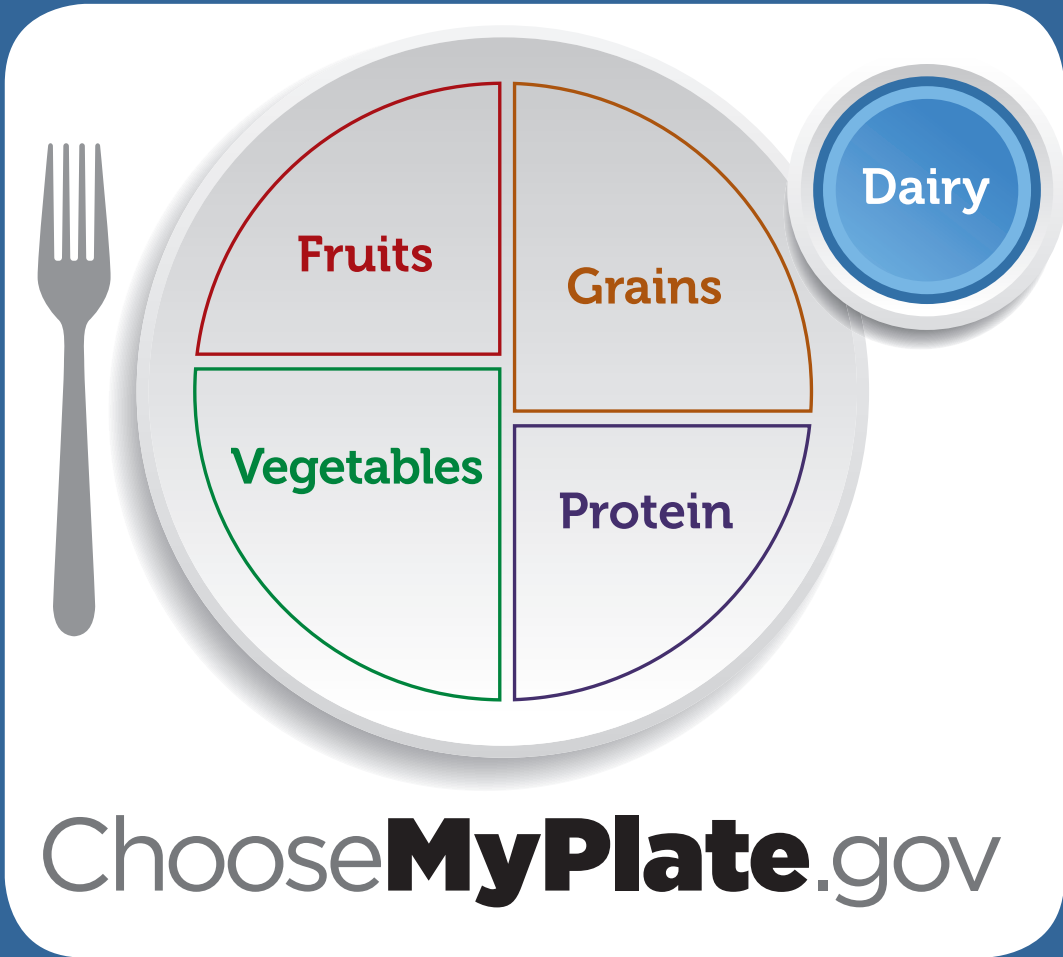
Servings: Makes 4 servings, approximately 1 cup each. Recipe sourced from USDA/CSFP.

Nutrition information per serving:

Calories, 275; Carbohydrate, 32g; Protein, 18g; Total Fat, 9g; Saturated Fat, 3.6g; Trans Fat, 0; Cholesterol, 39mg; Fiber, 8g; Total Sugars, 12g; Sodium, 284mg; Calcium, 59 mg; Folate, 41mcg; Iron, 3mg; Percent Calories from Fat, 29%.

TIPS

- CSFP vegetarian beans are small white beans in a meatless tomato sauce that is mildly seasoned.
- Beans are low in fat, cholesterol-free, and a half cup serving provides 20% of the daily recommended amount of fiber.



Mexican Scramble

Ingredients:

2 tablespoons unsalted butter

2 tablespoons green pepper, chopped

2 cups low-fat American cheese, grated

1/2 cup canned unsalted tomatoes

2 1/2 cup canned unsalted corn, drained

1 egg, beaten

1/2 cup fine soft bread crumbs

1/4 teaspoon chili powder

Directions:

1. Wash hands with warm water and soap.

2. In a large pot melt butter, add green pepper and cook until tender.

3. Add tomatoes and cheese and stir until cheese is melted..

4. Mix egg with corn and add to pot.

5. Add bread crumbs and chili powder.

6. Cook over medium heat until hot being careful not to burn it..

7. Can be served immediately over toast or biscuits.

Servings: 6 servings, approximately 1 cup

Home-tested recipe from an Arizona CSFP participant.

Broccoli Potato Soup

Ingredients:

4 cups broccoli, chopped small
1 small onion, chopped small
4 cups low sodium chicken broth
1 cup low-fat evaporated milk
1 cup dry **CSFP** dehydrated mashed potato flakes
½ teaspoon black pepper, ground
¼ cup **CSFP** cheddar or American cheese, shredded

Directions:

1. Wash hands with warm water and soap. If using fresh fruits or vegetables, wash fruit or vegetable before preparing.
2. Cook mashed potatoes according to package directions.
3. In a large sauce pan, combine broccoli, onion, and broth.
4. Bring to a boil.
5. Reduce heat.
6. Cover and simmer about 10 minutes or until vegetables are tender.
7. Add milk to soup.
8. Slowly stir in the potatoes.
9. Cook, stirring constantly, until bubbly and thickened.
10. Season with pepper.
11. Stir in a little more milk or water if soup starts to become too thick.
12. Serve hot in bowls.
13. Sprinkle about 1 tablespoon cheese over each serving.

Servings: Makes about 4 servings, about 1 cup each. Recipe sourced from Arizona Nutrition Network, Don't Play with your Food, Fall and Winter Cookbook.

Nutrition information per serving:

Calories, 188; Carbohydrate, 25g; Protein, 13g; Total Fat, 5g; Saturated Fat, 2g; Trans Fat, 0g; Cholesterol, 17mg; Fiber, 2g; Total Sugars, 8g; Sodium, 214mg; Calcium, 241mg; Folate, 42mcg; Iron, 1mg; Calories from Fat, 24%.

Cran-Apple and Fruit Breakfast Smoothie

Ingredients:

1 cup **CSFP** cranberry-apple juice
1 cup plain or vanilla low-fat yogurt
1 cup **CSFP** unsweetened canned mixed fruit, drained
½ cup ice, crushed or cubed

Directions:

1. Wash hands with warm water and soap. If using fresh fruits or vegetables, wash fruit or vegetable before preparing.
2. Combine all ingredients in blender.
3. Blend until combined and smooth.
4. Serve cold.

Tip: Try frozen mixed berries, canned pears, or canned peaches instead of canned mixed fruit.

Servings: Makes about 2 servings. Recipe sourced from USDA/CSFP.

Nutrition information per serving:

Calories, 217; Carbohydrate, 44g; Protein, 7g; Total Fat, 2g; Saturated Fat, 1.3g; Cholesterol, 7mg; Fiber, 1.5g; Total Sugars, 40g; Sodium, 95 mg; Calcium, 234mg; Iron, 0.5mg; Calories from Fat, 8%.

TIPS

- Canned unsweetened cranberry-apple juice is 100% fruit juice with no added sugar or sweeteners.
- Cranberry-apple juice is a delicious beverage served chilled.
- One half-cup of cranberry-apple juice provides 50% of the daily recommended amount of vitamin C.

Macaroni and Cheese

Ingredients:

- 8 cups water
- 1 tablespoon olive oil
- 2 cups **CSFP** macaroni or rotini, uncooked
- 1 cup **CSFP** UHT milk
- 2 tablespoons butter or margarine
- 1½ cups **CSFP** cheese, shredded
- ¼ cup **CSFP** breadcrumbs (**see recipe on page 42**)

Directions:

1. Wash hands with warm water and soap.
2. Preheat oven to 350° F.
3. In large saucepan over high heat, bring 8 cups water, olive oil and macaroni or rotini to a boil. Cook over high heat 8 to 10 minutes or until macaroni or rotini is tender. Drain.
4. In a large pot, combine drained macaroni or rotini, milk, butter or margarine, and shredded cheese.
5. Heat on low for 10 minutes, stirring frequently.
6. Once the macaroni mixture is heated, place mixture in casserole dish.
7. Sprinkle with bread crumbs.
8. Bake at 350° F for 15 minutes.
9. Serve warm.

Servings: Makes 6 servings, approximately ¾ cup each. Recipe sourced from USDA/CSFP.

Nutrition information per serving:

Calories, 250; Carbohydrate, 30g; Protein, 13g; Total Fat, 8g; Saturated Fat, 3.5g; Trans Fat, 0g; Cholesterol, 15mg; Fiber, 1gm; Sodium, 220mg; Calcium, 182mg; Folate, 92mcg; Iron, 2mg; Percent Calories from Fat, 29%.

Macaroni and Cheese CSFP Breadcrumbs

Ingredients:

2 cups **CSFP** corn cereal
2 cups **CSFP** oat circles cereal
¼ cup olive oil
1 teaspoon paprika
1 teaspoon parsley
1 teaspoon oregano
1 tablespoon garlic powder
1 tablespoon onion powder

Directions:

1. Wash hands with warm water and soap.
2. In blender, crush cereal. If no blender is available, put cereal in a plastic bag and crush with a can.
3. In a medium bowl, combine crushed cereal, oil, and spices.
4. Mix until well blended. You can add more or less spices, depending on your taste.
5. Store in a plastic air tight container or bag until used. Can be frozen.

Servings: Makes 8 servings, approximately ½ cup each. Recipe sourced from USDA/CSFP.

Nutrition information per serving:

Calories, 120; Carbohydrate, 12g; Protein, 1g; Total Fat, 8g;
Saturated Fat, 1g; Trans Fat, 0g; Cholesterol, 0mg; Fiber, 1g;
Sodium, 125mg; Calcium, 64mg; Folate, 51mcg; Iron, 5.5mg;
Percent Calories from Fat, 60%

Rice Pudding

Ingredients:

2½ cups **CSFP** UHT milk
2¼ cups **CSFP** cooked long-grain white rice
¼ cup raisins
¼ teaspoon salt
¼ cup packed brown sugar (or ¼ cup white sugar)
1 teaspoon vanilla extract
¼ teaspoon cinnamon

Directions:

1. Wash hands with warm water and soap.
2. In a medium-sized pot, combine milk, rice, raisins, and salt.
3. Bring pot to a boil. Lower heat and cook for 15 minutes. Stir pot every 3 minutes.
4. Cook over low heat for 5 minutes. Serve hot or refrigerate and serve cold.

Servings: Makes 6 servings, approximately 1 cup each. Recipe sourced from USDA/CSFP.

Nutrition information per serving:

Calories, 159; Carbohydrate, 31g; Protein, 5g; Total Fat, 1.2g; Saturated Fat, .7g; Trans Fat, 0; Cholesterol, 5mg; Fiber, 1g; Total Sugars, 15g; Sodium, 145mg; Calcium, 140mg; Folate, 34mcg; Iron, 1mg; Percent Calories from Fat, 7%.

TIPS

- Ultra high temperature (UHT) 1% milk is fresh milk that does not need refrigeration until the container has been opened.
- It has been processed using a method that destroys bacteria while preserving the flavor, taste, and nutritional value of the milk.
- 1% UHT milk has added vitamins A and D.

Vegetable Cheese Soup

Ingredients:

- 1 cup **CSFP** instant nonfat dry milk
- 2 cups water
- 3 cups **CSFP** canned mixed vegetables (about 1 ½ cans), drained
- ¼ cup onion, chopped small
- ½ teaspoon curry powder (optional)
- 1 cup water
- 1½ tablespoons cornstarch
- ½ cup Swiss cheese, shredded

Directions:

1. Wash hands with warm water and soap. If using fresh fruits or vegetables, wash fruit or vegetable before preparing.
2. Bring 2 cups water to a boil in a medium pot.
3. Add vegetables, onion, and curry powder.
4. Cook covered until onion is almost tender.
5. Mix dry milk, 1 cup water, and cornstarch together in a bowl or cup.
6. Add to vegetables.
7. Cook over medium heat, stirring often, until thickened.
8. Add cheese and stir until melted. Add more water if soup is too thick.
9. Serve hot, with some whole wheat bread or crackers.

Servings: Makes about 4 servings, 1 cup each.
Recipe sourced from USDA/CSFP.

Nutrition information per serving:

Calories, 236; Carbohydrate, 32g; Protein, 18g; Total Fat, 4g; Saturated Fat, 3g; Trans Fat, 0g; Cholesterol, 19mg; Fiber, 4g; Total Sugars, 19g; Sodium, 376mg; Calcium, 526mg; Folate 47mcg; Iron, 2mg; Calories from Fat, 17%.

Pumpkin Parfait

Ingredients:

1 can (about 15 ounces) pumpkin
3 cups fat-free or low-fat vanilla yogurt
½ teaspoon ground cinnamon
¼ teaspoon ground nutmeg

Granola:

¼ cup raisins
½ cup **CSFP** quick cooking oats
½ cup **CSFP** rice crisps
1 tablespoon vegetable oil
¼ cup packed brown sugar (or ¼ cup white sugar)

Directions:

1. Wash hands with warm water and soap.
2. Preheat oven to 325° F.
3. In a blender or with a fork, blend the pumpkin until smooth.
4. Mix pumpkin, yogurt, and spices in a bowl.
5. In another bowl, mix the granola ingredients: raisins, oats, rice crisps, oil, and sugar.
6. Spread granola on a baking pan. Bake for 10 minutes.
7. Let the granola cool down until it hardens. Then, break it apart or crush it into small pieces.
8. Spoon half of the pumpkin into 6 medium-sized glasses or bowls.
9. Put half the granola on top of the pumpkin in each glass or bowl.
10. Spoon the other half of the pumpkin over the granola and top with remaining granola.
11. Serve immediately or refrigerate.

Servings: Makes 6 servings, approximately 1 cup each. Recipe sourced from USDA/CSFP.

Nutrition information per serving:

Calories, 226; Carbohydrate, 40g; Protein, 8g; Total fat, 4.5g; Saturated Fat, 1.5g; Trans Fat, 0; Cholesterol, 6mg; Fiber, 3g; Total Sugars, 29g; Sodium, 107mg; Calcium, 208mg; Folate, 9mcg; Iron, 2mg; Percent Calories from Fat, 18%.



Save More at the Store

The smartest shoppers know that saving money is more than luck. When shopping for groceries, it's about having a plan and making smart decisions about what to put in your cart.

Stretch your dollar with these helpful tips:

1. Eat before you shop. Grocery shopping when you are hungry can lead to impulse buying and unhealthy food choices.
2. Read the sales flyer. Sales flyers are usually released mid-week and can be found at the store's entrance, in the newspaper, or on their website.
3. Use coupons – but only for items that you know you'll use. If you don't need an item right away, save the coupon and see if it goes on sale.
4. Look up and down for savings. Stores often stock the priciest items at eye level. You can save big by looking at the upper and lower shelves too.
5. Check for store brands. Most stores offer their own brand of products that often cost less than name brands.
6. Grab from the back. Stores typically stock shelves from back to front, placing the newest items behind the older ones. Reach in the back for the freshest items, especially in the produce, dairy, and meat aisles.
7. Ask for a rain check. If a sale item has run out, ask the store for a rain check. This allows you to pay the sale price after the item is restocked.
8. Join your store's loyalty program. Most stores offer a free loyalty program. Get special offers and discounts that non-members do not.

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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at (800) 221-5689, which is also in Spanish, or call the [State Information/Hotline Numbers](#) (click the link for a listing of hotline numbers by State); found online at http://www.fns.usda.gov/snap/contact_info/hotlines.htm.

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