

WIC Recipes

Enjoy these recipes that include foods that can be purchased with WIC benefits!

Each recipe:

Notates ingredients that can be purchased with WIC benefits

*food can be purchased using WIC benefits

**fresh item can be purchased with WIC benefits, but not canned or frozen

Lists the most significant nutrients for that recipe

Notates recipes with significant sources of folate and iron based on the Percent Daily Values*

Percent Daily Values in the nutrient boxes are based on a 2,000-calorie diet for healthy adults. Recommended nutrient amounts vary for other populations including children, and women who are pregnant and/or breastfeeding.

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Apple Crisp



Nutrition Information	
389 calories per serving	Total carbohydrates 71 g
Total fat 10 g	Total protein 7 g
Fiber 9 g (37%)	Calcium 180 mg (18%)
Iron 8 mg (45%)	Vitamin D 16 mcg (82%)

Photo Credit: <https://pinchofyum.com/classic-apple-crisp>

Recipe Credit: http://eatfresh.org/recipe/desserts/apple-crisp#.w_XzXThKjIV

Ingredients

- 3 medium apples*
- 5 packets oatmeal, instant*
- 1/4 cup brown sugar
- 2 tbsp. unsalted butter
- 1 tsp cinnamon
- 1/2 to 1 cup plain or vanilla yogurt*
- Non-stick cooking spray

Excellent source of iron

Directions

1. Rinse and cut apples in half, lengthwise. Remove any stems. Cut out center core of apple that contains the seeds. Do not peel.
2. Turn the skillet on low to allow to pre-heat. Spray with non-stick cooking spray.
3. Place apples cut side down. Use a sharp knife to cut apples into 1/8 - inch slices.
4. In a large bowl, combine sliced apples, brown sugar, 1 Tablespoon of flour, cinnamon, and nutmeg. Mix well.
5. Pour apple mixture into the skillet. Spread evenly.
6. Dice butter into smaller cubes, using a sharp knife. In a medium bowl, combine remaining brown sugar and flour, oats, and butter. Mix with hands until crumbly.
7. Spread oat and flour mixture over apple mixture. Cover and cook in the pan for about 5 minutes. Allow to cool and then serve (with yogurt, if preferred).

Bean, Potato, and Veggie Hash



Nutrition Information (4 servings)	
254 calories per serving	Total carbohydrates 52 g
Total fat 1 g	Total protein 11 g
Fiber 11g	Iron 2.6 mg (15%)
Folate 179 mcg (45%)	Vitamin C 60 mg (99%)

Ingredients

- 4 cups potatoes*
- 1 red bell pepper*
- 1 cup zucchini*
- 16 oz. pinto beans
- 1 tsp chili powder
- 1.5 tsp garlic powder
- 1.5 tsp onion powder
- 1/2 tsp paprika

Excellent source of folate

Good source of iron

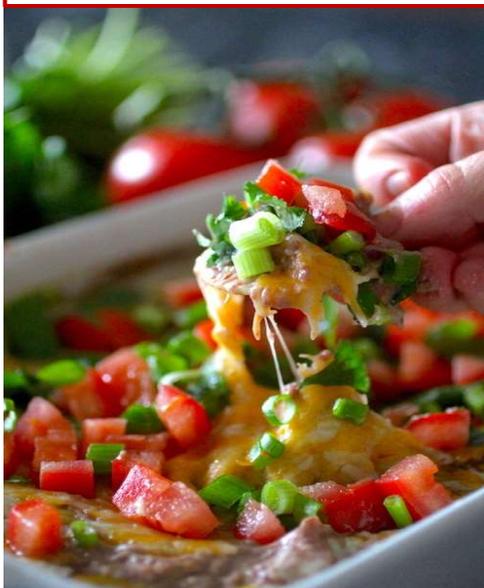
Directions

1. Peel and cube potatoes and slice up the bell pepper, squash, and zucchini.
2. Boil potatoes until soft; while potatoes are boiling, slice up bell pepper, squash, and zucchini.
3. Drain potatoes and saute with bell pepper, squash, and zucchini. Add seasonings.

Photo and Recipe Adapted from:

<https://www.karissavegankitchen.com/bean-potato-veggie-breakfast-hash/>

Cheesy Bean Dip



Nutrition Information: 4 Servings

144 calories per serving	Total carbohydrates 17 g
Total fat 4 g	Fiber 5 g
Total protein 11 g	Folate 98 mcg (25%)
Calcium 191 mg (19%)	Phosphorus 203 mg (20%)

Ingredients

- 1 cup black beans
- 1/2 cup red kidney beans
- 1/4 diced tomatoes
- 1 tsp cumin
- 1 tsp onion powder
- 1/2 tbsp. garlic powder
- 1/2 tbsp. chili powder
- 2/3 cup shredded cheddar cheese
- 1/4 cup sliced green onions (optional)

Excellent source of folate*

Directions

1. Puree all ingredients, except cheese, in a blender or food processor, or mash the beans with a spoon until smooth and creamy.
2. Add cheddar cheese; blend or mash into the bean and tomato mixture.
3. Portion into 3 ounce cups
4. Can be served with vegetable sticks or whole wheat pita chips, or a combination of both.

Photo credit: <https://dashingdish.com/recipe/20-minute-skinny-black-bean-dip>

Recipe adapted from: <https://whatscooking.fns.usda.gov/recipes/print/2099>

Dessert Pizza



Nutrition Information: 6 Servings

155 calories per serving	Total carbohydrates 33g
Total fat: 1 g	Total protein: 5 g
Fiber: 3 g	Sugars: 15g
Vitamin A 414 mcg (46%)	Vitamin D 16 mcg (81%)

Ingredients

- 3 packets instant oatmeal*
- 1 egg*
- 1/2 cup applesauce, unsweetened
- 1 1/2 cups whole wheat flour
- 1 1/2 tsp baking powder
- 1/2 cup brown sugar
- 1/2 tsp salt
- 2 cups yogurt*
- 1 1/2 cups sliced strawberries*
- 1/2 cup sliced banana*
- 1 cup blueberries*

Directions

1. Combine the dry ingredients with the applesauce, and egg. Stir well.
2. Flatten the mixture on a baking sheet into circular form, and bake at 350 degrees for about 15 minutes. The edges should become golden and crisp. Let crust cool before topping.
3. Spread the yogurt on top. If desired, you can combine the yogurt with 1/2 cup peanut butter for more protein.
4. Top the pizza with pieces of fruit in whatever pattern you like. Slice and serve.

Photo and Recipe adapted from: https://www.theyummylife.com/Healthy_Fruit_Pizza

Eggplant Parmesan



Nutrition Information: 4-5 Servings

228 calories per serving	Total carbohydrates: 25 g
Total fat: 9 g	Total fiber: 6 g
Saturated fat: 4g	Total protein: 13 g
Cholesterol: 104 mg	Sodium: 366 mg

Ingredients

- 1 small eggplant*
- 2 eggs*
- 1 cup Mozzarella Cheese*
- ¾ cup Panko breadcrumbs
- ½ cup Marinara sauce
- ¼ cup Parmesan cheese
- Garlic powder and onion powder for seasoning
- Cooking spray

Directions

1. Slice up eggplant into strips or rounds.
2. Whisk together the breadcrumbs, seasonings and eggs. Dip the eggplant pieces in the mixture and then place in the baking pan and bake for 20 minutes. Flip halfway through the cooking process.
3. Once you take them out, cover the eggplant with the Marinara sauce and top with the Mozzarella cheese.
4. Add the seasonings and top with Parmesan cheese. Cover, and bake at 425 degrees for 20 minutes.
5. Let cool and serve by itself or over whole wheat pasta.

Photo and Recipe adapted from: <https://www.gimmesomeoven.com/baked-eggplant-parmesan-recipe/>

French Toast Bake



Nutrition Information: 4-5 Servings

228 calories per serving	Total carbohydrates: 25 g
Total fat: 9 g	Total fiber: 6 g
Saturated fat: 4g	Total protein: 13 g
Cholesterol: 104 mg	Sodium: 366 mg

Ingredients

- 12 slices of whole wheat bread*
- 4 eggs*
- 1.5 cup 1% or non-fat milk*
- 3 peaches*
- ½ cup melted butter
- ½ cup brown sugar (+ 2 tbsp set aside)
- 1 Tbsp. vanilla
- 2 tsp. cinnamon

Directions

1. Preheat oven to 350 degrees. Grease a 9 x 13 pan. Combine melted butter and ½ cup brown sugar in a small bowl and then spread into the bottom of your prepared 9x13 pan.
2. Beat together eggs, milk, and vanilla. Set aside. Mix together 2 Tbsp. brown sugar and 2 tsp. cinnamon in another bowl and set aside.
3. Put one layer of bread on top of butter and brown sugar mixture. Make sure the whole bottom of the pan is covered. Then pour half of your egg mixture on top of bread layer and sprinkle with half of the brown sugar and cinnamon mixture. Add another layer of bread. Pour the rest of the egg mixture on top and sprinkle with the rest of the brown sugar mixture.
4. Bake French toast covered for 30 minutes and then uncovered for 10-15 more minutes. Sprinkle with powdered sugar.

Source: <https://doingsplendid.com/2015/05/20/baked-french-toast/>

Granola



Nutrition Information (4 servings)	
412 calories per serving	Total carbohydrates 70 g
Total fat 13 g	Total sugars 49 g
Fiber 5 g	Vitamin C 32 mg
Calcium 158 mg (16%)	Iron 10 mg (55%)

Ingredients

- 4 packets of oatmeal, instant*
- ½ cup grape concentrate*
- 1 tbsp packed brown sugar
- 3 tbsp raisins
- ¼ cup pumpkin seeds
- Nonstick cooking spray

Excellent source of iron

Directions

1. Preheat oven to 300 degrees. Lightly coat a 9-by- 13-inch baking pan with cooking spray. Add oats, wheat germ, and walnuts, stirring to combine. Bake until oats are lightly toasted, about 25 minutes, stirring halfway through. Raise oven temperature to 350 degrees.
2. In a liquid measuring cup or small bowl, stir together apple juice, sugar, and oil. Pour over oat mixture; stir to combine. Return to oven, and bake until oats are crisp, about 30 minutes, stirring halfway through.
3. Cool in pan, about 25 minutes (toss with cherries, if desired). Transfer to a container with a tight-fitting lid.

Photo and Recipe source: <https://www.marthastewart.com/337096/homemade-granola>

Honey Lime Fruit Salad



Nutrition Information: 8 servings	
122 calories per serving	Total carbohydrates 36 g
Total fat 0.5 g	Total sugars 25 g
Fiber 3.5 g	Vitamin C 75 mg (125%)
Cholesterol 0 mg	Potassium 307 mg (9%)
Protein 1 g	Vitamin K 24 mcg (30%)

Ingredients

- 1 lb fresh strawberries, diced*
- 1 lb fresh pineapple, diced*
- 12 oz blueberries*
- 12 oz red grapes*
- 4 kiwis, peeled and diced*
- 1 mandarin oranges*
- ¼ cup honey
- 2 tsp lime zest

Directions

1. Combine honey and lime zest together, set aside.
2. Mix all fruit in a large bowl and drizzle the honey mixture over the fruit and combine.

Photo Credit: <https://www.cookingclassy.com/wp-content/uploads/2014/06/honey-lime-rainbow-fruit-salad-edit+crop.jpg>

Recipe Adapted from: <https://www.cookingclassy.com/honey-lime-rainbow-fruit-salad/>

Iced Mango Raspberry Tea



Nutrition Information

127 calories per serving	Total carbohydrates 29 g
Total fat 0 g	Total sugars 27 g
Protein 0g	Vitamin C 72 mg (120%)
Sodium 20 mg	Potassium 283 mg

Ingredients

- 3 cups of water
- 3 black tea bags (I used English breakfast tea)
- 1 cup of mango Juicy Juice*
- honey to taste (optional)
- 1 1/2 cups of fresh mango slices*
- 2 cups of raspberries*

Directions

1. Bring the water to a boil; add the tea bags and steep for 3-5 minutes or until desired level of strength.
2. Stir in the mango nectar. Add honey to taste if desired.
3. Pour the tea into a pitcher. Add the mango slices, reserving a few for garnish if desired.
4. Chill the tea in the refrigerator for at least one hour.
5. Stir in the raspberries right before serving. Pour into glasses with ice and garnish with reserved mango slices and mint sprigs if desired.

Recipe and photo source: <https://www.dinneratthezoo.com/superfood-salad-and-mango-iced-tea/>

Jam & Oat Bars



Nutrition Information: 12 Servings

200 calories per serving	Total carbohydrates 28.5 g
Total fat 9 g	Fiber 4 g
Saturated fat 5 g	Sugar 7g
Total protein 4 g	Calcium 56 mg
Iron 3.6 mg	Vitamin C 3 mg
Folate 40 mcg (10%)	Vitamin D 27 mcg

Ingredients

- 4 packets of instant oatmeal*
- 2 cups flour
- 1/2 cup butter softened and cut into 1 inch pieces
- 1/2 cup brown sugar
- 2 teaspoons ground cinnamon
- 1 1/3 cups raspberries or blackberries*

Good source of folate

Directions

1. Lightly spray a 9x13 glass baking dish.
2. Stir flour, oatmeal, butter, brown sugar and cinnamon. Use a blender for better results.
3. Set one cup aside.
4. Pour remaining mixture into baking dish. Pat down to bottom and sides of dish.
5. Spread jam across dry mixture.
6. With the remaining oat mixture, add 1/3 cup oatmeal. This adds a bit more texture to the topping. Sprinkle over jam.
7. Bake at 325 for 40-45 minutes.
8. Let cool before cutting and serving.

Recipe and photo source: <https://cookthetory.com/cranberry-oatmeal-bars-easy-dessert-recipe/>

Kale Chips



Nutrition Information: 4 Servings

68 calories per serving	Total carbohydrates 2 g
Total fat 7 g	Total protein 1 g
Vitamin C 19 mg (32%)	Vitamin K 117 mcg (147%)

Ingredients

- 1 bunch kale*
- 2 tablespoons olive oil
- salt and freshly ground black pepper

Directions

1. Preheat the oven to 275°F.
2. Fill a large bowl with water and add kale. Swish around to remove any dirt; drain. Dry thoroughly using a salad spinner or a clean kitchen towel.
3. Tear the kale leaves into 1" – 2" pieces, discarding the ribs, and place in a large bowl.
4. Drizzle with olive oil and toss with your hands until evenly coated.
5. Arrange the leaves in a single layer (with NO overlap) on ungreased cookie sheets. Rub each leaf gently between your fingers as you work to ensure each is covered in oil. Sprinkle with salt and pepper.
6. Bake for 18 to 20 minutes or until leaves are crispy.

Recipe and photo source: <https://www.culinaryhill.com/crispy-kale-chips/>

Lentils & Rice



Nutrition Information: 2 servings

557 calories per serving	Total carbohydrates 112 g
Total fat 3 g	Fiber 20 g
Fiber: 20 g	Sodium 336 mg
Cholesterol: 0 mg	Iron 7.5 mg (42%)
Protein: 23 g	Folate 280 mcg (70%)

Photo Credit:

<https://www.errenskitchen.com/homemade-lentil-soup/>

Recipe Credit:

<https://www.forksoverknives.com/recipes/indian-curry-lentils/#gs.vZNYNdI>

Ingredients

- 1 cup mixed of any lentils & split peas*
- 1 medium potato*
- 1/3 cup carrots, chopped*
- 1 cup kale, chopped
- ½ cup brown rice
- Seasonings
- 3 tablespoons mild yellow curry powder
- ½ teaspoon Turmeric
- Salt to taste (optional)
- 4 cloves garlic
- 1 teaspoon oregano

Excellent source of iron and folate

Directions

1. In one pot bring 5 cups of water to a boil. Add 1 cup mixed lentils & split peas.
2. Add spices and chopped up garlic (don't add the mixed veggies yet). Cook for 50 minutes on a medium flame.
3. In a separate pot, bring 1 and ¼ cups of water to a boil. Add ½ cup of brown rice. Cook the rice until water is absorbed on a medium flame. Never mix rice during cooking.
4. Add the frozen veggies to the lentils and peas and cook for an additional 5 minutes or until the frozen veggies are equally hot as the lentils and peas.

*Use mild curry powder and garlic to taste.

Mango Pineapple Smoothie



Ingredients

- 1 cup chopped and frozen Mango pieces*
- ½ cup crushed pineapple (cannot purchase canned pineapple with WIC benefits)
- 1 cup milk*
- ¼ cup yogurt*

Directions

1. Combine all ingredients and blend until smooth. Serve immediately.

Recipe and Photo Credit:

<https://www.ifisakeeper.com/11998/mango-pineapple-smoothie/>

Nutrition Information: 2 Servings	
140 calories per serving	Total carbohydrates 26 g
Total fat 2 g	Sugars: 24 g
Saturated fat 1 g	Vitamin C 35 mg (58%)
Total protein 7 g	Calcium 227 mg (23%)

No Bake Peanut Butter Chex Bar



Ingredients

- 6 cups Rice Chex Cereal*
- 1 cup peanut butter*
- ½ cup Brown sugar
- ½ cup syrup
- 1 cup White chocolate chips
- 1 tbsp vanilla extract
- ½ tsp salt

Good source of iron

Directions

1. Grease 9x13 in. Pan.
2. In a médium saucepan stir together the Brown sugar and syrup over médium heat. Bring mixture to a boil for 1 minute and remove from heat.
3. Stir in peanut butter (or nut butter of choice), vanilla, and salt. Stir until the mixture is smooth.
4. Pour nut butter mixture over cereal mixture. Toss carefully with wooden spoon until all of the cereal is covered. Transfer into prepared pan and press gently. Cool for 20 mins.
5. Melt white chocolate chips in microwave and drizzle over cooled bars. Let cool and enjoy.

Nutrition Information: 12 Servings	
147 calories per serving	Total carbohydrates 26 g
Total fat 7 g	Sugars: 12 g
Saturated fat 2 g	Fiber: 4.5 g
Total protein 3 g	Vitamin A: 37.5 mcg
Folate: 54 mcg (13.5%)	Iron: 2.5 (18%)

Photo Credit: <https://www.sixsistersstuff.com/wp-content/uploads/2016/04/No-Bake-Peanut-Butter-Chex-Bars-2.jpg>

Recipe Credit: <https://www.sixsistersstuff.com/recipe/no-bake-peanut-butter-chex-bars/>

Orange Vegetable Stir-fry



Ingredients

Sauce

- 1/3 cup frozen orange juice concentrate, thawed*
- 2/3 cup sweet chili sauce
- 2 tbsp reduced sodium soy sauce
- 1 tbsp rice vinegar or white vinegar

Stir fry

- 4 cups shredded cabbage*
- 1 stalk broccoli, chopped*
- 1 cup snap peas*
- 1 cup red bell pepper*
- 2 cups of whole wheat pasta or brown rice
- 1/4 cup scallions
- 2 tsp olive oil

Optional

- Add 12 oz of cooked shredded chicken breast

Nutrition Information: 8 servings

342 calories per serving	Total carbohydrates 70 g
Total fat 4 g	Total sugars 35 g
Fiber: 5 g	Vitamin A 445 mcg (49%)
Sodium: 717 mg (30%)	Potassium: 598 mg (17%)
Protein: 7 g	Vitamin K: 115 mcg (144%)

Recipe and Photo Credit:

<https://www.skinnykitchen.com/recipes/skinnyfabulous-chicken-and-veggies-stir-fry/>

Directions

1. In a medium bowl, mix together all sauce ingredients. Set aside.
2. Heat 1 teaspoon oil in pan. Add all the veggies. Stir-fry for 1 minute. Pour in half the sauce and red pepper flakes. Continue to cook and stir-fry for 5 minutes. Add cooked chicken (if using) and mix well. Continue to cook, stirring frequently, for about 3 minutes until chicken is hot and veggies are soft.

Pumpkin Spice Bites



Ingredients

- 4 packets of Original instant oatmeal*
- 1/2 cup peanut butter* or sunbutter
- 1/2 cup pumpkin puree
- 1/4 cup honey
- 1 tsp vanilla extract
- 1.5 tsp cinnamon

Good source of iron

Directions

1. In a medium bowl, add 1.5 cups oats, nut butter, pumpkin, honey, vanilla, and cinnamon. Stir to combine well. You want the mixture to be soft but not too sticky. If overly sticky, add up to half a cup more oats.
2. Scoop large spoonfuls into your hand and roll into balls. Keep in the fridge for up to a week, or in the freezer for longer.

Nutrition Information: 5 Servings (4 balls per serving)

341 calories per serving	Total carbohydrates 12 g
Total fat 12 g	Fiber 6 g
Saturated fat 2 g	Sugar 17 g
Total protein 11 g	Iron 3 mg (15%)

Photo Credit: <https://www.melskitchencafe.com/no-bake-healthy-granola-bites/>

Recipe Credit: <https://www.blessthisessplease.com/no-bake-pumpkin-oatmeal-energy-bites/#respond>

Quiche



Nutrition Information: 8 Servings

159 calories per serving	Total carbohydrates 6.5 g
Total fat 10 g	Total protein 12 g
Saturated fat 8 g	Folate: 142 mcg (18%)
Cholesterol 178 mg	Vitamin C: 26 mg (43.5)
Sodium 86 mg	Vitamin K: 65 mcg (81.5%)

Photo Credit: <https://diabetesdietblog.com/2017/07/11/fitoservegroup-low-carb-keto-quiche/>

Recipe Credit: <https://healthyrecipesblogs.com/2011/05/03/crustless-quiche/>

Ingredients

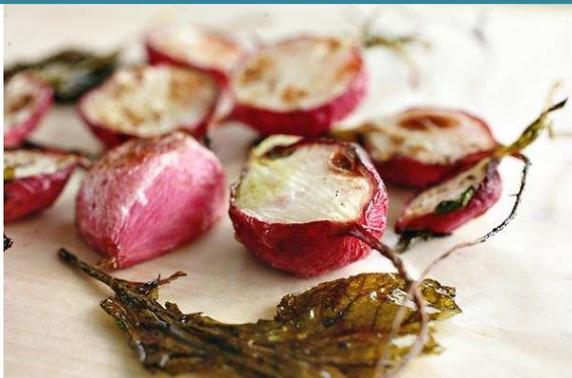
Good source of folate

- 8 large eggs*
- 2 cups broccoli, chopped*
- 1 cup cheddar cheese, shredded*
- ¼ cup chopped scallions
- ½ cup sour cream (can replace with yogurt)
- Black pepper, garlic powder, and salt for seasoning

Directions

1. Preheat oven to 400 degrees F. Generously butter a 9-inch pie dish.
2. Place the broccoli in a large microwave safe bowl. Add 1/4 cup water. Cover and microwave on high for 6 minutes, stirring after the first 3 minutes. Drain well.
3. In a large bowl, whisk together the eggs, yogurt, salt, pepper and garlic powder. Stir in the broccoli, the scallions and the cheese.
4. Transfer the mixture to the prepared pie dish. Bake until golden brown and a knife inserted in center comes out clean, about 30 minutes.
5. Allow the quiche to cool and set in pan on a wire rack, about 15 minutes, before slicing into 8 triangles and serving.

Roasted Radishes & Potatoes



Nutrition Information: 5 Servings (4 balls per serving)

329 calories per serving	Total carbohydrates 46 g
Total fat 14 g	Fiber 7 g
Saturated fat 2 g	Sugar 5 g
Total protein 6 g	Folate 87 mg (22%)

Photo Source: <http://www.foodista.com/recipe/C4VFLW7H/roasted-radishes>

Recipe Source: <https://dablesandbabbles.com/really-rad-roasted-radishes-and-carrots-and-potatoes/>

Ingredients

Excellent source of folate

- 2 medium potatoes*
- 6 radishes, sliced*
- 2 tablespoons parsley
- 2 tablesspoons scallions
- Garlic, olive oil, pepper, and basil for seasoning

Directions

1. Heat oven to 375 degrees.
2. Gather and wash veggies and chop into pieces.
3. Put into a microwave safe bowl and microwave on HI for about 3-4 minutes.
4. Take out of microwave and pour olive oil and all the spices into the bowl with the veggies. Stir around so that everything is evenly coated.
5. Spread veggies onto a baking sheet and cook for 30 minutes.
6. Take out of oven, let them rest for about 5 minute to cool and then serve with your meal.

Strawberry Nice Cream



Ingredients

- 1 heaping cup of frozen strawberries*
- 2 small bananas, pre-frozen into smaller chunks*
- 1/2 cup plain yogurt (depending on how sweet you want it)*
- 1/2 cup 1% milk

Directions

1. Blend all ingredients until smooth; mixture should be thick like the consistency of ice cream; Serve immediately.

Nutrition Information

167 calories per serving	Total carbohydrates 36 g
Total fat 1.5 g	Total sugars 22 g
Fiber: 4 g	Vitamin C 40 mg
Calcium 168 mg	Potassium: 659 mg

Recipe and photo Source:

<https://www.smartnutrition.ca/recipes/strawberry-nice-cream/>

Tomato Spinach Pizza



Ingredients

- 1 whole wheat tortilla*
- 1/4 cup tomato sauce
- 5 to 6 cherry red tomatoes, halved*
- 1/4 cup spinach, shredded*
- 1/2 cup mozzarella cheese, shredded*
- 1/2 tsp parmesan cheese
- Oregano and garlic powder to season

Good source of folate

Directions

- Spray pan with cooking spray and heat on low.
- When warm, place a whole wheat tortilla in the pan and spread 2 tablespoons of tomato or marinara sauce on the tortilla.
- Add shredded cheese, shredded spinach, and chopped tomatoes on top of the tortilla. Sprinkle with basil, onion powder, and garlic powder and cover.
- Allow to cook for about 1 minute, or until cheese melts. The tortilla should be crisp, but not burnt. Scoop out of pan to cool. Slice and serve.

Nutrition Information

280 calories per serving	Total carbohydrates 30 g
Total fat 11 g	Fiber 7 g (33%)
Saturated Fat 4 g	Sugars 6 g (11%)
Sodium 856 mg (36%)	Vitamin A 540 mcg (60%)
Protein 18 g (30%)	Folate 72 mcg (18%)

Photo from: <https://getinspireveryday.com/food/grilled-tortilla-pizza-margherita/>

Recipe adapted from: <https://choosemyplate-prod.azureedge.net/sites/default/files/misc/GOYACookbook-EN-HealthyTastyAffordableLatinCooking.pdf>

Unicorn Smoothie



Nutrition Information	
198 calories per serving	Total carbohydrates 41 g
Total fat 2.5 g	Total sugars 22 g
Folate 134 mcg (34%)	Fiber: 5 g
Iron 5.5 mg (31%)	Calcium 230 mg (23%)
Protein 7g	Vitamin C 60 mg (99%)

Ingredients

- 1 cup strawberries, frozen*
- 1 cup blueberries, frozen*
- ½ crushed pineapple**
- ½ medium sized banana*
- 1 cup 1% or nonfat milk*
- 1 cup Cheerios, crushed* (**Cheerios are a good source of iron and folate**)

Directions

1. Blend together the strawberries, crushed pineapple, banana, and milk until smooth; pour half of the smoothie mixture into a large cup or pitcher.
2. Add blueberries to the remaining mixture and blend together.
3. In the serving glasses, pour some of the blueberry smoothie mixture and top with some of the crushed cheerios.
4. Pour the Strawberry mixture on top of the layer of Cheerios .
5. Continue layering each smoothie cup with the blueberry mixture, crushed Cheerios, and strawberry mixture until the cups are filled. Top with Cherrios mixture (and a little Lite whipped cream if desired) and serve.

Photo source: <http://thechiclife.com/2017/04/healthy-unicorn-smoothie-recipe.html>

Recipe Source: <https://whatscooking.fns.usda.gov/recipes/myplate-cnpp/very-berry-smoothie>

Vegetarian Chili



Nutrition Information: 5 servings	
329 calories per serving	Total carbohydrates 64 g
Total fat 2 g	Total sugars 11 g
Sodium 386 mg (16%)	Fiber: 22 g
Folate 331 mcg (83%)	Vitamin A 595 mg (66%)
Iron 7 mg (40%)	Vitamin C 76 mg (126%)
Protein: 20 g	Vitamin K 88 mcg (110%)

Ingredients

- 16 oz package of black beans, previously soaked*
- 16 oz package of kidney beans, previously soaked*
- 1 red bell pepper*
- 3 cup spinach, kale, or yu choy, chopped*
- 4 tomatoes, diced.*
- 1 yellow onion, chopped*
- 1 can tomato sauce, no salt added
- 1.5 cups vegetable broth
- 1 can corn
- ½ cup of water
- 2 tbsp each of chilli powder and oregano
- 1 tbsp cumin
- 1 tsp each of onion powder, salt, and pepper

Excellent source of iron and folate

Directions

1. Combine all ingredients except the dark leafy greens into a pot and cook on medium for about 6 minutes.
2. Add the dark leafy greens and bring to a simmer.
3. Serve hot.

Recipe and photo source: <http://www.layersofhappiness.com/easy-slow-cooker-vegetarian-chili/>

White Bean Potato Soup



Nutrition Information: 6 servings	
287 calories per serving	Total carbohydrates 43 g
Total fat 10 g	Total sugars 5 g
Fiber 7 g	Vitamin C 31 mg (53%)
Sodium 1200 mg (52%)	Folate 80 mcg (20%)

Ingredients

Good source of folate

- 2 Carrots, medium*
- 2 16 oz packages of White Beans*
- 1 yellow onion*
- 2 lbs potatoes, peeled and diced*
- 2 bunches of kale*
- 2 tbsp. tomato paste
- 3 cups vegetable broth
- 1 cup water
- 6 cloves garlic
- 1/4 cup olive oil
- 1/2 tbsp. each of black pepper and onion powder
- 2 tsp salt

Directions

1. Soak and boil beans as indicated on the package.
2. Warm olive oil over medium saucepan.
3. Add celery, carrots, onion, and 1 tsp of salt, and cook, stirring occasionally until lightly brown, but still tender for 5 to 10 minutes.
4. Add garlic and tomato paste, stirring. Then pour in broth, raise heat to high and bring to a boil.
5. Add diced potatoes and remaining tsp of salt. Reduce heat to simmer. Cook until potatoes are almost tender.
6. Add kale and beans and cook a further 10 minutes.
7. Sprinkle in salt and pepper.

Photo adapted from: <https://umami girl.com/easy-kale-soup-white-beans-potatoes/>

Recipe adapted from; http://farm1.staticflickr.com/167/469097884_6981bff7e1_z.jpg

X-Ray Veggie Skeleton



Nutrition Information (2 servings)	
143 calories per serving	Total carbohydrates 31 g
Total fat 2 g	Total sugars 12 g
Sodium 632 mg	Fiber 5 g
Folate 82 mcg (20%)	Vitamin C 92 mg (153%)
Protein 4 g	Vitamin K 68 mcg (84%)

Recipe and Photo source:

<https://blog.allaboutlearningpress.com/x-is-for-x-ray/>

Ingredients

- ½ red pepper, sliced
- 4 celery sticks
- ¼ cup mushrooms
- 4 cherry tomatoes
- 1/3 cup of romaine lettuce
- 1 small cucumber
- 4 carrot sticks
- ¼ cup low-fat ranch dressing

Excellent source of folate

Directions

1. Pour about ¼ cup of ranch dressing in a small cup that will serve as the head.
2. Slice up bits of red pepper for the eyes, nose and smile.
3. Cut a small amount of cucumber for the nose and mouth and place lettuce leaves at the top to look like hair.
4. Slice the rest of the cucumber and place them in a row, layering over one another for the body of the skeleton.
5. Slice the red pepper and arrange in a slanted upward position on both sides of the cucumber for the ribs.
6. Slice up mushrooms and place below the cucumber to resemble a waist.
7. Place the celery sticks at the bottom of the mushrooms to for legs, and on both sides of the top cucumber for arms.
8. Place cherry tomatoes at the end of the legs for knees, followed by carrot sticks and then more cherry tomato pieces for the feet.
9. Place carrot sticks at the bottom of each piece of celery arm to resemble forearms.
10. Place pieces of tomatoes at the ends of the carrot arms to look like hands.
11. Enjoy your vegetables!

Yogurt with Blackberries



Good source of iron

Ingredients

- 1/3 cup blackberries*
- 1/4 cup Corn Chex cereal*
- 1 cup Vanilla yogurt*

Directions

1. Scoop about ½ a cup of yogurt in to the cup and layer with ¼ cup of Corn Chex cereal.
2. Cover the layer of Corn Chex with another layer of yogurt and top with more Corn Chex.
3. Top with whole or halved blackberries and serve.

Nutrition Information: 1 serving

160 calories per serving	Total carbohydrates 30 g
Total fat 0 g	Total sugars 16 g
Sodium 166 mg (7%)	Fiber 3 g (12%)
Iron 2 mg (13%)	Vitamin D (99 mcg) 496%
Protein 8 g	Calcium 289 (29%)

Recipe and Photo source: <https://www.scalingbackblog.com/9665912980/>

Zucchini Fritters



Ingredients

- 1 large zucchini, grated*
- 1/4 cup shredded cheese (American, Cheddar, Mozzarella, or a blend)*
- 1 egg*
- 1/4 cup bread crumbs
- 2 tbsp. Parmesan cheese
- Black pepper and garlic powder
- Cooking spray or olive oil

Directions

1. Grate zucchini and squeeze the zucchini in paper towels to remove the excess water.
2. Combine all ingredients, except olive oil, in a bowl and mix thoroughly. Using a heaping tablespoon form the mixture into 8 patties.
3. Heat olive oil in a pan over medium heat. Once heated, add patties and cook until golden brown. About 3 to 4 minutes per side. Serve.

Nutrition Information (8 patties)

45 calories per serving	Total carbohydrates 4 g
Total fat 2 g	Total sugars 0 g
Saturated fat 1 g	Sodium 119 mg (11%)
Cholesterol 257 mg (9%)	Calcium 50 mg (5%)
Protein 3 g	Vitamin A 52 mcg (6%)

Recipe and photo source: <https://www.lifesambrosia.com/zucchini-cakes-recipe/>