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.*

Compiled by WIC Education Specialists:
Alisha Beckford (New Castle County)
Chong Yi (Kent & Sussex County)
Apple Crisp

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

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.
### Cheesy Bean Dip

**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)

**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.

**Nutrition Information**
- 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%)

Photo credit: [https://dashingdish.com/recipe/20-minute-skinny-black-bean-dip](https://dashingdish.com/recipe/20-minute-skinny-black-bean-dip)

Recipe adapted from: [https://whatscooking.fns.usda.gov/recipes/print/2099](https://whatscooking.fns.usda.gov/recipes/print/2099)

### Dessert Pizza

**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.

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

Photo and Recipe adapted from: [https://www.theyummylife.com/Healthy_Fruit_Pizza](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: 4 g
- 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.

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### 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: 4 g
- Total protein: 13 g
- Sodium: 366 mg

**Ingredients**
- 12 slices of whole wheat bread*
- 4 eggs*
- 1.5 cup 1% or non-fat milk*
- 3 peaches*
- 1/2 cup melted butter
- 1/2 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 1/2 cup brown sugar in a small bowl and then spread into the bottom of your prepared 9×13 pan.
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.

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Photo and Recipe adapted from: [https://www.gimmesomeoven.com/baked-eggplant-parmesan-recipe/](https://www.gimmesomeoven.com/baked-eggplant-parmesan-recipe/)


Recipe: [https://doingsplendid.com/2015/05/20/baked-french-toast/](https://doingsplendid.com/2015/05/20/baked-french-toast/)
**Granola**

**Nutrition Information [4 servings]**

<table>
<thead>
<tr>
<th>Calories per serving</th>
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<th>Total fat</th>
<th>Total sugars</th>
<th>Fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td>412</td>
<td>70 g</td>
<td>13 g</td>
<td>49 g</td>
<td>5 g</td>
</tr>
<tr>
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<td>Vitamin C (32 mg)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Iron (55%)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Ingredients**

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

**Directions**

1. Grease a pan and turn on low heat.
2. Empty the contents of the oatmeal packets into the pan, and pour in the pumpkin seeds. Occasionally stir together and allow to heat up.
3. In a liquid measuring cup or small bowl, stir together juice concentrate and sugar. Pour over oat mixture; stir to combine. Allow the oats to get crisp.
4. Cool in pan, about 15 minutes (toss with raisins, if desired). Transfer to a container with a tight-fitting lid.

*Excellent source of iron*

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**Honey Lime Fruit Salad**

**Nutrition Information: 8 servings**

<table>
<thead>
<tr>
<th>Calories per serving</th>
<th>Total carbohydrates</th>
<th>Total fat</th>
<th>Total sugars</th>
<th>Cholesterol</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>122</td>
<td>36 g</td>
<td>0.5 g</td>
<td>25 g</td>
<td>0 mg</td>
<td>1 g</td>
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<tr>
<td>Calcium (125%)</td>
<td>Vitamin C (75 mg)</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Potassium (9%)</td>
<td>Vitamin K (24 mcg)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**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.
**Iced Mango Raspberry Tea**

**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*

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

**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.


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**Jam & Oat Bars**

**Ingredients**
- 8 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*
- 3/4 cup water

*Good source of folate*

**Nutrition Information: 12 Servings**
- 233 calories per serving
- Total carbohydrates 35 g
- Total fat 10 g
- Saturated fat 5 g
- Total protein 5 g
- Iron 6 mg (55%)
- Folate 67 mcg (17%)
- Fiber 5 g (21%)
- Sugar 7 g
- Calcium 90 mg (9%)
- Vitamin A 733 mcg (81%)
- Vitamin D 53 mcg (267%)

**Directions**
1. Lightly spray a 9x13 glass baking dish.
2. In a pot, combine the berries with 3/4 cups of water and heat on high, stirring every 2 minutes. Allow the fruit to break down into a slightly mushy mixture and then set aside.
3. Stir flour, oatmeal, butter, brown sugar and cinnamon. Use a blender for better results.
4. Set one cup aside.
5. Pour remaining mixture into baking dish. Pat the mixture down to bottom and sides of dish.
7. With the remaining oat mixture, add 1/3 cup oatmeal. This adds a bit more texture to the topping. Sprinkle over jam.
8. Bake at 325 degrees for 40-45 minutes.
9. Let cool before cutting and serving.

Recipe and photo credit: [https://cookthestory.com/cranberry-oatmeal-bars-easy-dessert-recipe/](https://cookthestory.com/cranberry-oatmeal-bars-easy-dessert-recipe/)
**Kale Chips**

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

**Directions**
1. Preheat the oven to 275°F.
2. Rinse the kale and dry thoroughly.
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. Sprinkle with salt and pepper.
6. Bake for 18 to 20 minutes or until leaves are crispy.

**Nutrition Information:** 4 Servings

<table>
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<th>68 calories per serving</th>
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<td>Total fat</td>
<td>7 g</td>
<td>3 g</td>
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<tr>
<td>Fiber</td>
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<td>19 mg (32%)</td>
</tr>
<tr>
<td>Sodium</td>
<td>117 mcg (147%)</td>
<td>20 g</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>19 mg (32%)</td>
<td>15 mg (25%)</td>
</tr>
<tr>
<td>Vitamin K</td>
<td>117 mcg (147%)</td>
<td>10 mg (15%)</td>
</tr>
</tbody>
</table>

Recipe and photo credit: [https://www.culinaryhill.com/crispy-kale-chips/](https://www.culinaryhill.com/crispy-kale-chips/)

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**Lentils & Rice**

**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.*

**Nutrition Information:** 2 Servings

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<th>557 calories per serving</th>
<th>Total carbohydrates 112 g</th>
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<tr>
<td>Total fat</td>
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<tr>
<td>Fiber</td>
<td>20 g</td>
<td>25 mg (42%)</td>
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<tr>
<td>Sodium</td>
<td>336 mg (56%)</td>
<td>280 mg (48%)</td>
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<tr>
<td>Cholesterol</td>
<td>0 mg</td>
<td>5 mg (0.8%)</td>
</tr>
<tr>
<td>Protein</td>
<td>23 g</td>
<td>5 mg (0.8%)</td>
</tr>
</tbody>
</table>

Photo Credit:

Recipe Credit:
[https://www.forksoverknives.com/recipes/indian-curry-lentils/#gs.zNYNdI](https://www.forksoverknives.com/recipes/indian-curry-lentils/#gs.zNYNdI)
**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.

**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%)

Recipe and Photo Credit: [https://www.itisakeeper.com/11998/mango-pineapple-smoothie/](https://www.itisakeeper.com/11998/mango-pineapple-smoothie/)

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**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 a 9x13 inch baking dish.
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%)


Recipe Credit: [https://www.sixsistersstuff.com/recipe/no-bake-peanut-butter-chex-bars/](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
  - ¼ 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
- Fiber: 5 g
- Sodium: 717 mg (30%)
- Potassium: 598 mg (17%)
- Protein: 7 g
- Vitamin A: 445 mcg (49%)
- Vitamin K: 115 mcg (144%)

**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.
3. Pour in half the sauce and red pepper flakes. Continue to cook and stir-fry for 5 minutes.
4. 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%)
### Quiche

#### Nutrition Information: 8 Servings

<table>
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<tr>
<th>Calories per serving</th>
<th>Total Carbohydrates</th>
<th>Fat</th>
<th>Protein</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Folate</th>
<th>Vitamin C</th>
<th>Vitamin K</th>
</tr>
</thead>
<tbody>
<tr>
<td>159</td>
<td>6.5 g</td>
<td>10 g</td>
<td>12 g</td>
<td>8 g</td>
<td>178 mg</td>
<td>142 mcg</td>
<td>26 mg (43.5)</td>
<td>65 mcg (81.5)</td>
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#### 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.

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

*Good source of folate*

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### Roasted Radishes & Potatoes

#### Nutrition Information: 5 Servings (4 balls per serving)

<table>
<thead>
<tr>
<th>Calories per serving</th>
<th>Total Carbohydrates</th>
<th>Fat</th>
<th>Protein</th>
<th>Saturated Fat</th>
<th>Fiber</th>
<th>Sugar</th>
<th>Folate</th>
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<tbody>
<tr>
<td>329</td>
<td>46 g</td>
<td>14 g</td>
<td>6 g</td>
<td>2 g</td>
<td>7 g</td>
<td>5 g</td>
<td>87 mg (22%)</td>
</tr>
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#### 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 high 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.

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

*Excellent source of folate*

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*Photo Source: [foodista.com/recipe/C4VFLW7H/roasted-radishes](http://www.foodista.com/recipe/C4VFLW7H/roasted-radishes)*

## 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

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<th></th>
<th>Nutritional Value</th>
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<tr>
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<td>Fat</td>
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<td>Sugars</td>
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<td>4 g</td>
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<tr>
<td>Calcium</td>
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<td>Vitamin C</td>
<td>40 mg</td>
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<tr>
<td>Potassium</td>
<td>659 mg</td>
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</tbody>
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*Good source of folate*

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## 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

### Directions
1. Spray pan with cooking spray and heat on low.
2. When warm, place a whole wheat tortilla in the pan and spread 2 tablespoons of tomato or marinara sauce on the tortilla.
3. Add shredded cheese, shredded spinach, and chopped tomatoes on top of the tortilla. Sprinkle with basil, onion powder, and garlic powder and cover.
4. 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

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<td>Folate</td>
<td>72 mcg (18%)</td>
</tr>
</tbody>
</table>

*Good source of folate*

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Recipe and photo Source: https://www.smartnutrition.ca/recipes/strawberry-nice-cream/

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

Photo from: https://getinspiredeveryday.com/food/grilled-tortilla-pizza-margherita/
**Unicorn Smoothie**

**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.

**Nutrition Information**

<table>
<thead>
<tr>
<th></th>
<th>198 calories per serving</th>
<th>Total carbohydrates 41 g</th>
<th>Total fat 2.5 g</th>
<th>Total sugars 22 g</th>
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<tr>
<td>Folate</td>
<td>134 mcg (34%)</td>
<td>Calcium 230 mg (23%)</td>
<td>Fiber: 5 g</td>
<td></td>
</tr>
<tr>
<td>Iron 5.5 mg (31%)</td>
<td></td>
<td>Vitamin C 60 mg (99%)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>7 g</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Photo: http://thechiclife.com/2017/04/healthy-unicorn-smoothie-recipe.html*

*Recipe adapted from: https://whatscooking.fns.usda.gov/recipes/myplate-cnpp/very-bery-smoothie*

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**Vegetarian Chili**

**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 15 minutes.
2. Add the dark leafy greens and bring to a simmer.

**Nutrition Information: 5 servings**

<table>
<thead>
<tr>
<th></th>
<th>329 calories per serving</th>
<th>Total carbohydrates 64 g</th>
<th>Total fat 2 g</th>
<th>Total sugars 11 g</th>
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<tbody>
<tr>
<td>Sodium</td>
<td>386 mg (16%)</td>
<td>Fiber: 22 g</td>
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<tr>
<td>Folate</td>
<td>331 mcg (83%)</td>
<td>Vitamin A 595 mg (66%)</td>
<td></td>
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<tr>
<td>Iron 7 mg (40%)</td>
<td></td>
<td>Vitamin C 76 mg (126%)</td>
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<tr>
<td>Protein</td>
<td>20 g</td>
<td>Vitamin K 88 mcg (110%)</td>
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<td></td>
</tr>
</tbody>
</table>

*Recipe and photo source: http://www.layersofhappiness.com/easy-slow-cooker-vegetarian-chili/*
### White Bean Potato Soup

**Ingredients**
- 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.

Recipe adapted from: [https://umamigirl.com/easy-kale-soup-white-beans-potatoes/](https://umamigirl.com/easy-kale-soup-white-beans-potatoes/)

Photo adapted from: [http://farm1.staticflickr.com/167/469097884_6981bff7e1_z.jpg](http://farm1.staticflickr.com/167/469097884_6981bff7e1_z.jpg)

### X-Ray Veggie Skeleton

**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

**Directions**
- Head: cup of low-fat ranch dressing or hummus
- Hair: lettuce
- Body/Spine: cucumber slices
- Arms: celery sticks
- Forearms: carrot sticks
- Hands: cauliflower or tomatoes
- Ribs: red pepper slices
- Waist/Pelvis: slices of mushrooms or cucumbers
- Legs: celery sticks
- Knees: cauliflower or tomatoes
- Shins: carrot sticks
- Feet: tomatoes

*Excellent source of folate*

Recipe and Photo source: [https://blog.allaboutlearningpress.com/x-is-for-x-ray/](https://blog.allaboutlearningpress.com/x-is-for-x-ray/)
Yogurt with Blackberries

**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.

*Good source of iron*

Recipe and Photo source: [https://www.scalingbackblog.com/9665912980/](https://www.scalingbackblog.com/9665912980/)

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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 for 1-2 minutes per side. Serve.

Recipe and photo source: [https://www.lifesambrosia.com/zucchini-cakes-recipe/](https://www.lifesambrosia.com/zucchini-cakes-recipe/)

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**Nutrition Information (8 patties)**

<table>
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<th>45 calories per serving</th>
<th>Total carbohydrates 4 g</th>
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<td>Total sugars 0 g</td>
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<tr>
<td>Saturated fat 1 g</td>
<td>Sodium 119 mg (11%)</td>
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<tr>
<td>Cholesterol 257 mg (9%)</td>
<td>Calcium 50 mg (5%)</td>
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<tr>
<td>Protein 3 g</td>
<td>Vitamin A 52 mcg (6%)</td>
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**Nutrition Information: 1 serving**

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