
SUMMER 2 WEEK MENU PLAN & RECIPES



UW

College of Agriculture
and Natural Resources
Extension

WEEK 1 MENU

	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY	Hard boiled egg Fruit muffin Milk Coffee/hot tea	Tuna salad Celery sticks Cheese Crackers Apple	Create your own Casserole Pears Green salad Milk	Popcorn sprinkles
TUESDAY	Cereal with milk Banana Coffee/hot tea	Create your own Casserole leftover Banana with peanut butter	Spicy lentil stew Peaches Milk	Crackers with cheese slices Carrot sticks
WEDNESDAY	Fruit muffin (leftover) Apple slices Milk Coffee/hot tea	Spicy lentil stew leftover Peaches	Pasta Figioli Green salad Milk	Fruit & yogurt parfait
THURSDAY	Oatmeal w/ dried plums/raisins Banana Milk Coffee/hot tea	Tuna Salad wrap Celery sticks Cheese Apple	Italian Vegetable Chicken Packetover pasta Pears Milk	Hummus Vegetable sticks
FRIDAY	Hard boiled egg (leftover) Toast Cheese slice Coffee/hot tea	Pasta Figioli leftover Peaches	Sweet & sour meatballs Brown rice Steam broccoli Milk	Pear slices Cheese
SATURDAY	Pancakes with nuts and dried fruit Banana Coffee/hot tea	Sweet & sour meatball leftover Crackers Cheese	Taco Vegetable Soup Corn chips Shredded cheese	Hummus Vegetable sticks
SUNDAY	Breakfast bars Yogurt Coffee/hot tea	Taco Soup leftover Crackers Cheese slice	Create your own Stir Fry over brown rice Peaches Milk	Create your own smoothie

WEEK 2 MENU

	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY	Pancakes (leftover) with peanut butter Apple slices Milk Coffee/Hot tea	Create your own Stir Fry leftover Apple	CNP Meatballs Spaghetti sauce Green beans Milk	Fruit & yogurt parfait
TUESDAY	Breakfast bars (leftover) Yogurt Coffee/hot tea	Calico Bean Salad Crackers Pears Milk	Tacos with CNP Meat Sauce Vegetable sticks Milk	Hummus Vegetable sticks
WEDNESDAY	Oatmeal w/ dried plums/raisins Banana Milk Coffee/hot tea	Spaghetti with Meatballs leftover Peaches Bread	Chicken Potato Packets Apple Green salad	Fruit & yogurt parfait
THURSDAY	Scrambled eggs Toast Apple slices Milk Coffee/hot tea	Calico Bean Salad Crackers Peaches Milk	Create your own skillet meal Vegetable sticks Milk	Hummus Vegetable sticks
FRIDAY	Cereal with milk Banana Coffee/hot tea	Egg salad sandwich Celery Carrots Apple Cheese slices	Sloppy Joes Broccoli Milk	Popcorn sprinkles
SATURDAY	Pancakes with nuts and dried fruit Banana Milk Coffee/Hot tea	Create your own skillet meal leftover Apple Celery stick	CNP Pizza Peaches Green salad Milk	Roasted chickpeas Apple slices
SUNDAY	Fruit Muffins Boiled egg Apple slices Milk Coffee/hot tea	CNP Pizza leftover Pears	Bean Soup Bread Milk	Create your own smoothie

GROCERY LIST

CANNED GOODS

Canned Vegetables

- 1 15-oz can black olives
- 2 cans green beans/mix veg
- 4 15-oz cans diced tomatoes
- 1 8-oz can tomato sauce
- 1 6-oz can tomato paste
- 2 15-oz cans tomato sauce

Canned Fruit

- 7 15-oz cans of peaches
- 7 15-oz cans of pears
- 1 20-oz can pineapple chunks

SHELF STABLE

- 8 count whole wheat burger buns
- 1 20-oz ketchup bottle
- 3 boxes of 16-oz crackers of your choice
- 2 11-oz bags of corn chips
- 1 8-oz container Parmesan cheese
- 1 30-oz bag popcorn kernels
- 1 17-fl-oz jar olive oil
- 4 16-oz bags granola
- 1 16-oz container cornstarch
- 1 32-fl-oz bottle vinegar
- 2 16-oz boxes of wheat pasta
- 1 16-oz box of wheat macaroni
- 2 boxes of your choice of tea bags and/or 1, 12 ounce bag of black coffee
- 1 box (family sized) whole wheat cheerios
- 5 lb bag of all-purpose flour
- 5 lb bag of whole-wheat flour
- 1 8.1-oz can- baking powder
- 4 lb bag of sugar
- Iodized salt
- 1 48-fl-oz Canola oil
- 1 42-oz canister whole wheat quick oats
- 1 46-oz container unsweetened applesauce
- 1 20-oz container of mustard
- 4 5-oz cans tuna, packed in water
- 1 16-oz box of whole wheat spaghetti
- 1 bag of 10 count whole wheat tortillas, medium sized
- 1 bag of 10 count whole wheat tortillas, small sized
- 1 12-oz jar dill relish (optional)
- 1 20-oz can of raisins
- 2 5-oz bag of dried cherries
- 1 14-oz bag of almonds
- 1 12-oz bag semisweet choc chips (optional)
- 1 2.5-oz small jar cinnamon
- 2 loaves of whole wheat bread
- 3 32-oz boxes low-sodium chicken broth
- 2 lb bag of brown sugar
- 1 30-fl-oz jar light mayo
- 1 18-oz jar of peanut butter
- 1 16-oz jar of salsa (your choice of heat)
- 4 10.5-oz cans of condensed cream soup (mushroom or chicken)
- 1 32-oz bag brown rice
- 1 24-oz jar spaghetti sauce

SEASONINGS

- 1-oz ranch seasoning packet
- 2.5-oz container Cajun seasoning
- 15-oz bottle soy sauce
- .9-oz container of ginger
- 0.95-oz container Italian seasoning
- 32-fl-oz bottle lemon juice
- 2.5-oz container cumin
- 2.25-oz container cayenne
- 16-oz Italian dressing
- 0.62-oz container of dried basil
- 3.25-oz container onion powder
- 0.4-oz container parsley
- 1-oz packet Mexican seasoning/ Taco seasoning
- 3-oz container of pepper

FRESH PRODUCE

- 1 bag of spinach
- 1 head of cauliflower
- 1 head of green cabbage
- 1 8-oz package of mushrooms
- 4 bundles of fresh broccoli
- 2 5-lb bags of carrots
- 8 green bell pepper
- 3 tomatoes
- 32 bananas*
- 5 yellow onions
- 2 medium sweet potatoes
- 3 11-oz of salad greens (your choice)
- 4 black plums
- 36 apples of your choice
- 6 garlic bulbs or garlic powder, 32 ounce container
- 4 bags of celery

MEAT**

- 10 lb bag chicken, boneless and skinless
- ½-lb ham
- 16-lbs lean beef

REFRIGERATED GOODS**

- 1 16-oz block fat free mozzarella cheese
- 2 2-lb blocks cheese*
- 3 18-count cartons eggs*
- 7 gallons 1% milk*
- 2 32-oz container low-fat vanilla yogurt
- 1 32-oz container low-fat plain yogurt
- 1 8-oz low fat sour cream

FROZEN ITEMS**

- 64-oz frozen strawberries*
- 48-oz frozen blueberries*
- 12-oz frozen broccoli
- 12-oz frozen cauliflower
- 12-oz frozen peas
- 16-oz frozen green beans

*You may need to shop twice for some items, such as milk , cheese, and bananas, depending on refrigeration space and how long these items may last before going bad.

** Buy these items last so they stay colder longer.

CNP PANTRY RECIPES

CNP Baked Meatballs
CNP Master Mix
CNP Meat Sauce

CNP BAKED MEATBALLS

Makes 48 meatballs | 16 servings

Ingredients

2 pound lean ground meat (beef, turkey, or game)
2 eggs
1 Tablespoon dried parsley
1 cup uncooked oatmeal, oat bran, cracker or bread crumbs, or crushed unsweetened cereal
1 cup low-fat milk
1 teaspoon salt
½ teaspoon black pepper
2 teaspoon onion powder
Nonstick spray

Instructions

1. Preheat oven to 400°F.
2. Mix all ingredients together in a bowl. Shape into 48 balls about the size of a golf ball (1 inch).
3. Arrange meatballs on baking sheets (any size) coated with nonstick spray.
4. Bake at 400°F for 20 minutes or until meatballs reach an internal temperature of 160°F.
5. To freeze for later use, chill quickly. Freeze individually on clean baking sheets. Then, package in amounts needed for meals. Most recipes in this cookbook call for 18 meatballs. Label and freeze.

CNP MASTER MIX

Makes 9 cups

Ingredients

4 cup all-purpose flour
4 cup whole-wheat flour
¼ cup baking powder
3 Tablespoons sugar
1 Tablespoon salt
1 cup canola oil

Instructions

1. In a large bowl combine flours, baking powder, sugar, and salt.
2. Drizzle oil over dry mixture. Cut in with pastry blender, fork, or fingers until it resembles coarse cornmeal.
3. Store in a tightly covered container in refrigerator. Keeps 3 months in refrigerator.

CNP MEAT SAUCE

Makes 16 cups | 16 servings

Ingredients

- 4 pounds lean ground meat (beef, turkey, game)
- 1 medium onion, minced
- 1 6-ounce can tomato paste plus 6 ounces of water, or 1 can tomato soup
- 2 15-ounce cans tomato sauce
- 4 garlic cloves, minced (2 teaspoon garlic powder)
- 1 teaspoon salt

Instructions

1. Brown meat in large skillet, saucepan, or electric skillet. Drain fat.
2. Add remaining ingredients. Simmer 20-30 minutes. Add water to thin the sauce, if necessary.
3. Place 1-cup portions in freezer-quality, resealable plastic bags. Freeze.

BREAKFAST

Breakfast bars
Fruit muffins
Hard boiled eggs
Pancakes
Scrambled eggs

BREAKFAST BARS

Makes 9 bars | 9 servings

Ingredients

1½ cups *CNP Master Mix*

1½ cups quick oats

¼ cup canola oil

¾ cup brown sugar

¼ cup unsweetened applesauce

1 egg

½ teaspoon cinnamon

Add-ins (optional): 1 cup chopped dried fruit, chopped nuts, coconut flakes, and/or chocolate chips

Instructions

1. Preheat oven to 350°F.
2. Combine all ingredients in a large bowl.
3. Stir just until crumbly and fold in 1 cup of add-ins.
4. Press the mixture into an ungreased 8x8 or 9x9-inch baking pan.
5. Bake at 350°F for 20 minutes or until the center is set and bars are slightly brown. Cool for 10 minutes before cutting.

FRUIT MUFFINS

Makes 12 muffins | 12 servings

Ingredients

3 cups + 2 Tablespoons *CNP Master Mix*

3 Tablespoons sugar

1 egg, beaten

1¼ cups low-fat milk

½-⅔ cup dried fruit

Nonstick spray or muffin tin paper

Instructions

1. Preheat oven to 400°F.
2. Coat 12 muffin pan cups with nonstick spray or place muffin papers in each tin.
3. Combine *CNP Master Mix* and sugar.
4. In a separate bowl, blend together egg and milk. Add to dry ingredients. Stir gently just until dry ingredients are moistened. Mixture should be lumpy.
5. Fold dried fruit into the batter.
6. Fill each muffin tin ⅔ full.
7. Bake at 400°F for 20 minutes.

HARD BOILED EGGS

Makes 6 eggs | 6 servings

Ingredients

6 eggs

Water

Instructions

1. Place a single layer of eggs in a saucepan.
2. Add enough cool water to rise at least 1 inch above eggs.
3. Over medium heat, bring water to just boiling.
4. Cover pan and remove from heat.
5. Let eggs stand about 12-15 minutes.
6. Run cool water over eggs until cool enough to handle.
7. Peel and enjoy.

PANCAKES

Makes 8 pancakes | 4 servings

Ingredients

2 cups *CNP Master Mix*
1½ cups low-fat milk
1 egg, beaten
1 cup nuts and dried fruit
Nonstick spray

Instructions

1. Combine all ingredients, stirring just enough to moisten dry ingredients.
2. Coat griddle, skillet, or electric skillet with nonstick spray.
3. Drop batter by spoonfuls onto hot surface.
4. Turn when bubbles appear on the surface of the pancakes. Cook until well browned on both sides.

SCRAMBLED EGGS

Makes 2 eggs | 1 serving

Ingredients

2 eggs

2 Tablespoons low-fat milk

Salt and black pepper to taste (optional)

1 teaspoon canola oil or nonstick spray

Instructions

1. In small bowl, beat eggs, milk, and seasonings.
2. In skillet or electric skillet, heat oil until just hot enough to sizzle a drop of water or coat skillet with nonstick spray and heat. Pour in egg mixture.
3. As eggs begin to set, gently draw a spatula through them, forming soft curds. Continue until eggs are thick and no liquid egg remain.

LUNCH

Calico Bean Salad
Egg Salad
Tuna Salad

CALICO BEAN SALAD

Makes 7½ cups | 10 servings

Ingredients

2 cups (1 15-oz. can) cooked navy, Great Northern, or small white beans drained
2 cups (1 15-oz. can) cooked kidney beans, drained
2 cups (1 15-oz. can) cooked chickpeas or garbanzo beans, drained
½ cup low-fat Italian Vinaigrette
Salt and black pepper to taste
2 tomatoes, cut into wedges
1 cup onion slices, separated into rings

Instructions

1. In a large bowl, mix together beans. Cover with dressing. Add salt and pepper and mix until beans are coated.
2. Refrigerate for 2-3 hours until completely chilled.
3. When ready to serve, mix again.
4. Serve in bowl and top with tomato wedges and onion rings.

EGG SALAD

Makes 1½ cups | 3 serving

Ingredients

- ¼ cup plain low-fat yogurt
- ¼ cup light mayonnaise
- 2 teaspoons mustard or horseradish
- 1 Tablespoon onion, finely chopped
- 2 Tablespoons celery, finely chopped
- 1 Tablespoon dill pickle relish or chopped dill pickle (optional)
- 8 hard-boiled eggs, chopped

Instructions

1. Combine all ingredients except eggs and mix until well blended.
2. Add eggs and mix well.
3. Choose how to serve:
 - **Salad**- Scoop salad onto a crisp lettuce leaves or other greens.
 - **Lettuce wrap**- Scoop salad onto a crisp lettuce leaf and roll.
 - **Sandwich**- Spread salad onto whole-grain bread and top with second slice of bread.
 - **Wrap**- Spread salad on a whole-wheat tortilla. Roll.

TUNA SALAD

Makes 1½ cups | 3 serving

Ingredients

- 2 5-ounce cans water-packed tuna, drained
- ¼ cup plain low-fat yogurt
- ¼ cup light mayonnaise
- 1 Tablespoon onion, finely chopped
- 2 Tablespoons celery, finely chopped
- 1 Tablespoon dill pickle relish or chopped dill pickle (optional)

Instructions

1. Combine all ingredients except tuna and mix until well blended.
2. Drain tuna and flake apart with fork.
3. Add tuna and mix well.
4. Choose how to serve:
 - **Salad**- Scoop onto crisp lettuce leaves or other salad greens.
 - **Lettuce wrap**- Scoop tuna onto a crisp lettuce leaf and roll.
 - **Stuffed tomato**- Wash a fresh tomato and cut into quarters nearly through. Spread open and scoop tuna on top.
 - **Sandwich**- Spread tuna onto whole-grain bread and top with second slice of bread.
 - **Tuna Melt**- Spread tuna onto whole-grain bread or English muffin. Sprinkle with shredded low-fat cheddar cheese. Put on a baking sheet and cook in a broiler, electric skillet, or microwave until cheese is melted.
 - **Wrap**- Spread tuna on a whole-wheat tortilla. Roll.

DINNER

Bean Soup
Chicken Potato Packets
CNP Pizza
Create Your Own Casserole
Create Your Own Skillet Meal
Create Your Own Stir Fry
Italian Vegetable Chicken Packets
Pasta Fagioli
Sloppy Joes
Spaghetti & Meatballs
Spicy Lentil Stew
Sweet & Sour Meatballs
Tacos
Taco Soup

BEAN SOUP

Makes 6 cups | 6 servings

Ingredients

2 cups dried navy beans
3 quarts water for soaking or quick-cooking
6 cups water or low-sodium chicken broth
1 garlic clove, chopped (½ teaspoon minced or ¼ teaspoon powder)
1 large onion, minced
3 stalks celery, chopped
1 meaty ham bone or ½ pound ham, chopped
Salt and pepper to taste

Instructions

1. Sort beans to remove any stems and rocks. Wash and drain beans.
2. In medium saucepan, cover beans with water and soak overnight in the refrigerator. For quick cooking, bring water and beans to boil and boil for 2 minutes. Remove from heat and let stand 1 hour.
3. Drain water.
4. Add 6 cups of water or broth to pot.
5. Add remaining ingredients.
6. Heat to boiling. Cover. Turn down heat and simmer 2-4 hours or until beans are tender. Add more water if needed.

CHICKEN POTATO PACKETS

Makes 4 packets | 4 servings

Ingredients

1½ pounds boneless, skinless chicken, cut into 6 strips
4 potatoes, cubed
⅔ cup low-fat Italian dressing
4 Tablespoons Parmesan cheese
2 teaspoons Ranch or Italian seasoning
Aluminum foil

Instructions

1. Divide chicken and potatoes between 4 sheets of aluminum foil (12x18-inches each). Top with dressing, cheese, and seasonings.
2. Wrap each packet by bringing up the sides. Double fold the top and ends to seal. Leave room for heat to circulate inside.
3. Cook packets using one of the following methods:
 - To bake in the oven, place packets on a baking sheet. Bake at 450°F for 40-45 minutes.
 - To bake in an electric skillet, heat skillet to 400°F. Use a cooking rack in the bottom of the skillet. Pour ½ inch of water into the skillet. Place the packets on the rack. Cover and close the steam vent. If you do not have a rack, make your own with aluminum foil. Form foil into a long snake about 1 inch thick. Form into a coil to fit in the skillet. Place the packets on top of the coil.
 - For grilling, heat grill to medium-high or 400-450°F. Place packets on grates and cook for 25-30 minutes. .
 - For campfire cooking, place packets on cooking grates. Due to uneven heat, cooking times may vary.
4. Packets are done when the chicken reaches 165°F on the food thermometer. When cooking is done, carefully open packets to allow steam to escape.

CNP PIZZA

Makes 1 pizza | 6 servings

Ingredients

1½ cup *CNP Master Mix*

2 Tablespoons canola oil

¼ - ⅓ cup water (approximate)

1 8-ounce can tomato sauce

1 cup *CNP Meat Sauce*

1 Tablespoon instant minced onion or 1 small onion, minced

1 garlic clove, chopped (½ teaspoon minced or ¼ teaspoon garlic powder)

1 teaspoon Italian seasoning

1 cup shredded low-fat mozzarella cheese

Grated Parmesan or Romano cheese (optional)

Nonstick spray

Instructions

1. Preheat oven to 425°F.
2. Spray a baking sheet (any size) with nonstick spray.
3. Combine **CNP Master Mix** with oil and enough water to make a soft dough. Knead in the bowl 12 times.
4. Roll or pat out the dough on a the baking sheet. Bake at 425°F for 4-5 minutes or until partially baked and starting to brown. Reduce heat to 375°F and remove the crust from the oven..
5. Mix together tomato sauce, *CNP Meat Sauce*, onion, and spices. Spread over partially baked crust.
6. Sprinkle with cheeses. Bake at 375°F for 10-15 minutes or until topping is hot and crust is brown.

Favorite Toppings- Before adding cheese, add your favorite pizza topping (green peppers, mushrooms, olives, pepperoni, sliced onion, etc.) then add cheese.

CREATE YOUR OWN CASSEROLE

Makes 6-7 cups | 6 servings

Ingredients

Ingredients from list below

Nonstick spray

Instructions

1. Preheat oven to 375°F.
2. If baking the casserole right away, spray a 9x13-inch baking pan with nonstick spray.
3. Choose at least one item from each row on the chart on the next page. Prepare ingredients.
4. Arrange selected ingredients in a 9x13-inch baking pan.
5. Bake at 375°F for 30 minutes or until bubbly.

PROTEIN 1½-2 cups cooked or canned	<ul style="list-style-type: none"> • Beans or lentils • Beef, chicken, game, ham, lamb, pork, turkey, or veal, ground or cubed 	<ul style="list-style-type: none"> • <i>CNP Meat Sauce</i> • Firm tofu, cubed • Hard-boiled eggs, chopped • Tuna, salmon, or other fish
SAUCE 1 can condensed soup + ⅓ cup liquid	<ul style="list-style-type: none"> • Cheddar cheese soup + vegetable juice • Cream of celery soup + low-fat milk • Cream of chicken soup + buttermilk • Cream of mushroom soup + low-fat milk • Cream of potato soup + low-fat sour cream • Green pea soup + tomato juice • 1 8-ounce can tomato sauce + water 	
FLAVORING Choose 1 or more	<ul style="list-style-type: none"> • 2 garlic cloves, chopped (½ teaspoon powder, 1 teaspoon minced) • Green pepper, celery, and onion, browned • ½ cup salsa 	
VEGETABLES 2 cups cooked fresh, frozen, or canned	<ul style="list-style-type: none"> • Asparagus • Broccoli • Carrots • Corn • Green beans • Mixed vegetables 	<ul style="list-style-type: none"> • Peas • Summer squash • Sweet Potatoes • Tomatoes • Zucchini
GRAIN 1½-2 cups cooked	<ul style="list-style-type: none"> • Brown rice • Whole-wheat pasta • 6-8 whole-wheat or corn tortillas, cut into wedges 	
TOPPING 2-4 Tablespoons	<ul style="list-style-type: none"> • Bread crumbs • Cornflakes or corn chips, crushed • Onion rings, crushed • Cracker crumbs • Potato sticks • Shredded cheese (added near the end of baking time) • Stuffing mix 	

CREATE YOUR OWN SKILLET MEAL

Makes 6 cups | 4-6 servings

Ingredients

Ingredients from list below

½ cup Tablespoons low-fat cheese, shredded or breadcrumbs

Instructions

1. Choose at least one item from each row on the chart on the next page. Prepare ingredients. Stir together in a large pan or an electric skillet.
2. Bring to a boil.
3. Reduce heat. Cover pan and simmer 30-55 minutes, until grains are tender. Stir occasionally to prevent sticking.
4. Top with cheese or breadcrumbs, if desired, near the end of cooking.

PROTEIN 1-2 cups cooked or canned	<ul style="list-style-type: none"> • Beans or lentils • Beef, chicken, game, ham, lamb, pork, turkey, or veal, ground or cubed • Eggs • Firm tofu, cubed • Tuna, salmon, or other fish
SAUCE 1 can condensed soup + ¼ cup low-fat milk or water	<ul style="list-style-type: none"> • Cream of celery soup • Cream of chicken soup • Cream of mushroom soup • Cream of potato soup • Onion soup • Tomato soup
FLAVORING Choose 1 or more	<ul style="list-style-type: none"> • 1-2 teaspoons dried herbs • 2 garlic cloves, chopped (½ teaspoon powder, 1 teaspoon minced) • ½ cup salsa
VEGETABLES 3 cups fresh, frozen, or canned	<ul style="list-style-type: none"> • Broccoli • Carrots • Cauliflower • Celery • Corn • Green beans • Green pepper • Lima beans • Mixed vegetables • Peas • Spinach
GRAIN 1 cup uncooked	<ul style="list-style-type: none"> • Brown rice • Bulgur • Whole-wheat pasta

CREATE YOUR OWN STIR FRY

Makes 6 servings

Ingredients

2 teaspoons canola oil

Ingredients from list below

Instructions

1. Prepare chosen ingredients from each of the four columns on the next page plus one of the sauces. Try cutting vegetables into different shapes for variety. For example: strips of green peppers, carrots sliced thinly at an angle, and chunks of zucchini.
2. Cook protein foods, if needed.
3. Warm a large, heavy skillet, wok (large, bowl-shaped pan), or electric skillet to high heat until a drop of water evaporates on contact. Pour 2 teaspoons of canola oil in a thin stream around the edge of the pan.
4. Add aromatics all at once to pan. Cook and stir until they smell good (about 10 seconds).
5. Add protein food (pre-cooked). Stir-fry 3-5 minutes. Add 1-2 Tablespoons of water, if needed. Remove from pan.
6. Put about half of the main vegetables in pan. Stir-fry 2-3 minutes, stirring constantly, until vegetables are crisp tender. Remove from pan. Stir-fry other half of main vegetables and green vegetables. Add 1-2 Tablespoons of water if vegetables stick to pan. Remove from pan.
7. Add seasoning sauce to pan. Stir until the sauce bubbles and thickens. Add protein and vegetables back to the pan. Toss well to coat with sauce. Cover and heat 3-5 minutes until hot. Serve with brown rice or whole-grain noodles.

AROMATICS (Choose 1 or more)	PROTEIN (1-2 cups cooked)	MAIN VEGETABLES (3 cups, chopped or diced)	GREEN VEGETABLES (1-2 cups)
<ul style="list-style-type: none"> • 2 Tablespoons fresh parsley, minced • 2 Tablespoons onion, minced • 2 garlic cloves, minced or 1 teaspoon powder • Pinch of red pepper flakes • 2 teaspoons ginger, minced or ½ teaspoon ground 	<ul style="list-style-type: none"> • Lean beef, pork, chicken, or game, cubed or cut into strips • Shelled shrimp or clams • Tofu chunks • *Try using leftover proteins, like grilled chicken 	<ul style="list-style-type: none"> • Bean sprouts • Bell pepper • Broccoli* • Carrots* • Cauliflower* • Mushrooms • Onions • Snow peas • Zucchini • Water chestnuts <p>*Steamed for 3-5 minutes first</p>	<ul style="list-style-type: none"> • Beet greens • Bok choy • Cabbage • Curly endive • Spinach • Turnip greens

SEASONING SAUCE (Prepare 1)

Sauce 1	Sauce 2	Sauce 3
<ul style="list-style-type: none"> • ½ cup water • ¼ cup soy sauce • ½ teaspoon ginger • 1 Tablespoon cornstarch 	<ul style="list-style-type: none"> • ¼ cup peanut butter • 2 Tablespoons orange juice • 1 teaspoon vinegar • 1 teaspoon brown sugar • Red pepper flakes to taste 	<ul style="list-style-type: none"> • ¼ cup lemon juice • 1 teaspoon grated lemon rind • ⅓ cup chicken broth • 2 Tablespoons soy sauce • 2 Tablespoons sugar • 1 Tablespoon cornstarch

ITALIAN VEGETABLE CHICKEN PACKETS

Makes 4 packets | 4 servings

Ingredients

1 pound boneless, skinless chicken, cut into 12 strips
1 cup fat-free Italian dressing
2 teaspoons dried basil
4 cups frozen broccoli, cauliflower, and/or carrots (or other vegetables)
4 Tablespoons grated Parmesan cheese
2 cups cooked whole-wheat pasta
Aluminum foil

Instructions

1. Divide chicken and potatoes between 4 sheets of aluminum foil (12x18-inches each). Pour Italian dressing over chicken and sprinkle with basil. Arrange vegetables on top of chicken.
2. Wrap each packet by bringing up the sides. Double fold the top and ends to seal. Leave room for heat to circulate inside.
3. Cook packets using one of the following methods:
 - To bake in the oven, place packets on a baking sheet. Bake at 450°F for 20-22 minutes.
 - To bake in an electric skillet, heat skillet to 400°F. Use a cooking rack in the bottom of the skillet. Pour ½ inch of water into the skillet. Place the packets on the rack. Cover and close the steam vent. If you do not have a rack, make your own with aluminum foil. Form foil into a long snake about 1 inch thick. Form into a coil to fit in the skillet. Place the packets on top of the coil.
 - For grilling, heat grill to medium-high or 400-450°F. Place packets on grates and cook for 12-14 minutes. .
 - For campfire cooking, place packets on cooking grates. Due to uneven heat, cooking times may vary.
4. Packets are done when the chicken reaches 165°F on the food thermometer. When cooking is done, carefully open packets to allow steam to escape. Sprinkle with Parmesan cheese. Serve over hot whole-wheat pasta.

PASTA FAGIOLI

Makes 8 cups | 4 servings

Ingredients

- 1 cup *CNP Meat Sauce*
- 1 15-ounce can chili beans, undrained
- 1 cup whole-wheat macaroni
- 2-3 teaspoons Italian seasoning
- ½ cup low-fat cheese, shredded

Instructions

1. Cook macaroni following package directions. Drain.
2. In a large saucepan or electric skillet, combine all ingredients except cheese. Heat through.
3. Add cheese at the end and cook until melted.

SLOPPY JOES

Makes 4 sandwiches | 4 servings

Ingredients

- 1 Tablespoon vinegar
- 1 Tablespoon brown sugar
- ¼ cup ketchup
- 2 cups *CNP Meat Sauce*
- 4 whole-wheat buns

Instructions

1. In a saucepan or electric skillet, combine vinegar, brown sugar, ketchup, and *CNP Meat Sauce*.
2. Heat through.
3. Serve on buns.

SPAGHETTI & MEATBALLS

Makes 6 cups | 6 servings

Ingredients

18 *CNP Baked Meatballs*

3 cups canned spaghetti sauce

3 cups whole-wheat spaghetti

Instructions

1. Cook spaghetti following package directions. Drain.
2. In a saucepan or electric skillet, heat meatballs in sauce.
3. Heat through and serve over hot spaghetti noodles.

SPICY LENTIL STEW

Makes 6 cups | 6 servings

Ingredients

1½ cups lentils
5 cups low-sodium vegetable or chicken broth
2 garlic cloves, finely chopped (1 teaspoon minced or ½ teaspoon powder)
1 cup onion, chopped
1 cup carrot, chopped
1 cup green bell pepper, chopped
1 15-ounce can diced tomatoes, with juice
1 medium sweet potato, peeled and cut into chunks
¼-½ teaspoon cayenne pepper
½ teaspoon cumin

Instructions

1. Rinse and drain lentils.
2. In a saucepan, combine all ingredients.
3. Simmer for 45-50 minutes until lentils and vegetables are tender, stirring occasionally.

SWEET & SOUR MEATBALLS

Makes 24 meatballs | 8 servings

Ingredients

1 20-ounce can pineapple chunks

Water

¼ cup vinegar

1 Tablespoon soy sauce

½ cup brown sugar

3 Tablespoons corn starch

2 green bell peppers, chopped

½ cup onion, chopped

24 *CNP Baked Meatballs*

3 - 4 cups cooked brown rice

Instructions

1. Drain the pineapple, saving the juice. Add water to the juice to make $\frac{3}{4}$ cup. Pour juice mixture into skillet or electric skillet.
2. Add vinegar, soy sauce, brown sugar, and corn starch. Stir until smooth.
3. Cook over medium heat until thick, stirring occasionally.
4. Add pineapple chunks, green pepper, onion, and meatballs. Simmer until heated through, 15-20 minutes. Serve over brown rice.

TACOS

Makes 8 tacos | 4 servings

Ingredients

- 1 teaspoon Mexican seasoning
- 1 cup *CNP Meat Sauce*
- 4 Tablespoons salsa
- ½ cup lettuce
- 1 tomato, diced
- ¼ cup onion, chopped
- ½ cup low-fat cheddar cheese, shredded
- 8 taco shells or small tortillas

Instructions

1. In a saucepan, skillet, or electric skillet combine seasoning and *CNP Meat Sauce*. Heat through.
2. Spoon 2-3 Tablespoons of meat mixture into each taco. Top with salsa, lettuce, tomato, onion, and cheese.

TACO SOUP

Makes 6 cups | 6 servings

Ingredients

2 cups *CNP Meat Sauce*

2 teaspoons Mexican seasoning

1 15-ounce can diced tomatoes

2 cups kidney, pinto, or black beans, cooked 1 15-ounce can, drained

1 15-ounce can corn, drained

1 cup water

½ cup low-fat cheddar cheese, shredded

Optional toppings: corn chips, olives, avocado, low-fat sour cream

Instructions

1. Combine all ingredients in a saucepan and bring to a boil.
2. Simmer 10 minutes or longer, if meat sauce is frozen. Add more water, if needed.
3. Ladle into bowl and sprinkle with shredded cheese and other toppings, as desired.

SNACKS

Create Your Own Smoothie

Fruit Parfait

Hummus

Popcorn Sprinkles

Roasted Chickpeas

CREATE YOUR OWN SMOOTHIE

Makes 2 smoothies | 2 servings

Instructions

Select ingredients from the chart below and place in a blender with ice. If using fresh or canned fruit, add 1-2 cups of ice. Mix, pour, and enjoy. If a blender is not available, use a resealable plastic bag and crushed ice. Each combination will make about 2 servings.

FRUIT Fresh, frozen, or canned (About 1 cup)	MILK & YOGURT Select fat-free and low-fat options (About 1 cup)	EXTRAS (Add to thicken and add flavor)
<ul style="list-style-type: none"> • Apples • Applesauce • Apricots • Bananas • Blueberries • Cantaloupe • Cherries • Fruit cocktail • Honeydew melon • Kiwis • Mangoes • Nectarines • Oranges • Papayas • Peaches • Pineapples • Raspberries • Strawberries • Tangerines • Watermelon 	<ul style="list-style-type: none"> • Almond milk* • Buttermilk • Chocolate milk • Coconut milk* • Evaporated milk • Flavored milk • Frozen yogurt • Milk • Nonfat dry milk powder plus water • Soymilk* <p>*Non-dairy options</p>	<ul style="list-style-type: none"> • Avocado • Canned or cooked squash, peas, sweet potato, or pumpkin • Cinnamon • Flax seed • Fresh spinach, chard, or kale • Frozen yogurt • Fruit juice • Fruit nectar • Honey • Maple syrup • Nutmeg • Nuts • Oats • Peanut Butter • Tofu • Vanilla extract

FRUIT PARFAIT

Makes 1 parfait | 1 serving

Ingredients

1 cup low-fat vanilla yogurt

½ cup sliced fresh fruit (bananas, berries, cantaloupe, grapes, oranges, strawberries, etc.)

¼ cup granola

Instructions

1. Put a small amount of yogurt in the bottom of a glass. Add a small amount of fruit. Add two more layers: first yogurt, then fruit.
2. Top parfait with granola.

HUMMUS

Makes 2 cups | 6 servings

Ingredients

1 15-ounce can chickpeas (garbanzo beans)
½ teaspoon garlic powder (2 cloves chopped or 1 teaspoon minced)
2 teaspoons cumin
1 Tablespoon olive oil
1 Tablespoon lemon juice
Dash of salt (optional)

Instructions

1. Drain chickpeas and save the liquid.
2. Mash chickpeas with a large spoon, potato masher, hand mixer, blender, or food processor until smooth.
3. Add garlic, cumin, olive oil, lemon juice, and salt, if desired. Mix until blended. If hummus is too thick, add a little of the liquid saved from the chickpeas or water.
4. Serve with whole-grain crackers, vegetable sticks, or tortilla chips.

POPCORN SPRINKLES

Makes 10 cups | 10 servings

Ingredients

1/3 cup popcorn kernels

1 teaspoon canola oil

2 teaspoons seasoning of choice (try ranch, Cajun, cinnamon & sugar, or garlic and chili powder)

Instructions

1. Combine popcorn and oil in a large skillet over medium-high heat. Cover with a lid.
2. When the popcorn starts popping, gently shake the skillet to keep popped kernels from burning. Remove from heat when all kernels are popped.
3. Pour popcorn into a large bowl and sprinkle with seasonings.

ROASTED CHICKPEAS

Makes 2 cups | 4 servings

Ingredients

Cooking spray

1 can chickpeas (garbanzo beans), rinsed and drained

½ Tablespoon Cajun seasoning or 1 teaspoon chili powder

½ teaspoon garlic powder (optional)

½ teaspoon onion powder (optional)

Instructions

1. Drain garbanzos in a strainer and rinse well with cool water. Shake to help remove water. Let sit to drain while proceeding.
2. Cover a rimmed cookie sheet or shallow casserole dish with cooking spray. Pour garbanzos on the foil and spread them into a single layer. Take a few sheets of paper towel and gently press over the top of the beans just to remove any extra liquid- speeds cooking time too.
3. Spray top of beans with cooking spray and sprinkle seasonings over the beans. Shake pan to help distribute the seasoning and make sure the beans are all in a single layer.
4. Place pan in an oven and set to 350 F- no need to preheat. Use lowest rack of oven and return every 15-20 minutes or so to shake the pan so nothing burns. Be gentle or they may spill over the sides. Cook until beans are browned and crispy. About 45 minutes.
5. Remove from oven and pour into a plastic bowl with tight fitting lid to cool. Careful they are HOT to the touch!
6. Snack away! Keep these stored in the bowl for best freshness or in a Ziploc bag.

Love these recipes?

The Cent\$ible Nutrition Program cookbook is full of 200+ easy, healthy recipes like these. Cookbooks are free to participants in the CNP class series*, plus you'll learn how to make menu plans like these, learn tips for saving time and money at the grocery stores, and receive free kitchen tools in each lesson. All lessons are hands-on and include cooking, physical activity, and information to help you live your healthiest lifestyle. Join us!

Learn more at: <https://uwyocnp.org/>
Email: cnp-info@uwyo.edu
Phone: 1-800-219-4646 or 307-766-5375

Find us online!

Facebook: <https://www.facebook.com/UWCNP>

Website: <https://uwyocnp.org/>

Feature Recipes: <https://uwyocnp.org/recipes/>



College of Agriculture
and Natural Resources
Extension

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP and the Expanded Food and Nutrition Education Program-EFNEP.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.