
FALL & WINTER 2 WEEK MENU PLAN & RECIPES



Extension

WEEK 1 MENU

	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY	Pumpkin bread Banana Milk Coffee/hot tea	Tuna salad sandwich Carrot sticks Yogurt Water	Stuffed green peppers Celery Apple slices Milk	Spicy cereal milk Cheese slices
TUESDAY	Hard-boiled Eggs Toast Orange slides Milk Coffee/hot tea	Stuffed green peppers (leftover) Peaches Sliced cheese Water	Black bean & butternut squash stew Bread-in-a-bag toast Lettuce salad Milk	Pumpkin bread (leftover)
WEDNESDAY	Granola with yogurt Banana Coffee/hot tea	Black bean & butternut squash stew (leftover) Bread (leftover) Water	Ham Orange honey acorn squash Waldorf salad Milk	Fruit & yogurt parfait
THURSDAY	Hard-boiled Eggs Toast Orange slides Milk Coffee/hot tea	Tuna Salad sandwich Carrot sticks Sliced cheese water	Create your own casserole Lettuce salad Water	Peanut butter yogurt dip Apples Carrots Celery
FRIDAY	Granola with yogurt Banana Coffee/hot tea	Create your own casserole (leftover) Apples with cheese slices Water	Ham & potato soup Bread-in-a-bag toast Carrot and celery sticks Milk	Waldorf salad (leftover)
SATURDAY	Pancakes with sliced apples Milk Coffee/hot tea	Ham & potato soup (leftover) Bread (leftover) Celery sticks Water	Baked zucchini with CNP Meat Sauce Lettuce salad Peaches Milk	Peanut butter yogurt dip Apples Carrots Celery
SUNDAY	Zucchini bread Banana Milk Coffee/hot tea	Baked zucchini (leftover) Celery sticks Sliced cheese Water	Sweet potato & black bean burritos Mango salsa Sliced mango Milk	Popcorn sprinkles

WEEK 2 MENU

	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY	Zucchini bread (leftover) Banana Milk Coffee/Hot tea	Tuna salad sandwich Celery sticks Apple Water	Taco soup Tortilla chips Cheese Carrot sticks Milk	Peanut butter balls
TUESDAY	Scrambled eggs Toast Yogurt Apple slices Coffee/hot tea	Taco soup (leftover) Tortilla chips Cheese Carrot sticks Water	Spaghetti with CNP Meatballs Steamed broccoli Milk	Carrot sticks Sliced cheese
WEDNESDAY	Oatmeal w/raisins Banana Milk Coffee/hot tea	Spaghetti with Meatballs (leftover) Peaches Broccoli (leftover) Milk	White chili Bread-in-a-bag toast Lettuce salad Milk	Hummus Vegetable sticks
THURSDAY	Scrambled eggs Toast Orange slices Milk Coffee/hot tea	White chili (leftover) Bread (leftover) Celery sticks Yogurt	Baked pork chops Panned carrots and onions No bake peach crisp Milk	Peanut butter balls
FRIDAY	Oatmeal w/raisins Banana Milk Coffee/hot tea	Egg salad sandwich Carrots Apple Cheese slices	Lemon garlic roasted chicken Roasted Brussels sprouts Cauliflower mashed potatoes Water	Yogurt with granola
SATURDAY	Breakfast bars Yogurt Orange slices Coffee/hot tea	Chicken (leftover) Cauliflower mashed potatoes (leftover) Milk	Runzas Green beans Peaches Milk	Hummus Vegetable sticks
SUNDAY	Stovetop Frittata with broccoli and cheese Coffee/hot team	Runzas (leftover) Peaches Roasted Brussels sprouts (leftover) Milk	Fish salsa packets Rice Apple Milk	Breakfast bars (leftover)

GROCERY LIST

PANTRY ITEMS

Before you go to the store, check to see that you have the following items. If not, be sure to add them to your grocery list.

- Coffee
- Tea
- All-purpose flour
- Whole wheat flour
- Cornstarch
- Rolled/Instant oats
- Breadcrumbs
- Brown Rice
- Yeast
- Olive or canola oil
- Fat-free nonstick spray
- Sugar
- Brown sugar
- Vanilla
- Baking powder
- Baking soda
- Nonfat milk or soymilk powder
- Unsweetened cocoa
- Vinegar
- Lemon or lime juice
- Assorted nuts
- Sunflower seeds
- Honey
- Peanut butter
- Light mayonnaise
- Salt
- Pepper
- Cinnamon
- Nutmeg
- Ginger
- Pumpkin pie spice
- Dried parsley
- Cumin
- Paprika
- Chili powder
- Garlic powder
- Onion powder

SHELF STABLE

- 6-oz package Raisins
- 4 12-oz cans Tuna
- 2 32-oz containers Low-sodium vegetable or chicken broth
- Tortilla chips (1-bag) ~\$2.50
- Chocolate chips (optional)
- Coconut flakes (optional)
- 2 loaves Whole wheat bread
- 8-count Whole wheat tortillas
- 1-2 large boxes Assorted, unsweetened whole grain cereals
- Unseasoned popcorn or popcorn kernels
- 1 can Choice of condensed soup
- Choice of starch (noodle/macaroni/rice/corn) (2 cups)
- Choice of topping (breadcrumbs/cornflakes) ($\frac{3}{4}$ cup)

CANNED GOODS

Canned Vegetables

- 3 15-oz cans Tomato sauce
- 2 6-oz cans Tomato paste
- 1 15-oz can Diced tomatoes
- 1 4-oz can Green Chiles
- 1 15-oz can Pumpkin
- 1 15-oz can Corn
- 1 15-oz can Green beans
- 1 small can Black olives

Canned Fruit

- 9 15-oz can Peaches
- 12-ounce jar Mango salsa
- 46-oz jar Unsweetened applesauce

Canned Beans/Pulses

- 3 15-oz cans or 1-lb dried Black beans
- 3 15-oz cans or 1-lb Great northern beans
- 1 15-oz can Kidney, Pinto or Black beans
- 1 15-oz can Chickpeas or Garbanzo beans

FRESH PRODUCE

- 32 Bananas
- 4-lb Carrots
- 32 Apples
- 16 Oranges
- 2 Mango
- 1 bunch Grapes
- 4-lb Celery
- 1 head Broccoli
- 2 lb Brussels sprouts
- 1 head Cabbage
- 1 head Cauliflower
- 4-6 green bell peppers
- 1-2 Jalapeno peppers
- 1 Tomato
- 1 bunch Cilantro
- 8-oz Mushrooms
- 6 Zucchini
- 1 Butternut squash
- 1 Acorn squash
- 9-10 Potatoes
- 3 Sweet potatoes
- 4 heads Lettuce
- 5 Yellow onion
- 2 Red onion
- 2 bulbs Garlic
- 1 Avocado (optional)

MEAT**

- 1-lb Ham
- 1-lb Ground Turkey
- 10-lb Lean ground meat
- 4 Pork chops
- 3-lb Whole chicken
- 1-lb White fish fillets
- 1-lb Choice of meat

REFRIGERATED GOODS**

- 2 32-oz containers Low-fat vanilla yogurt
- 4-6 gallons Low-fat milk
- 24-count String cheese
- 16-oz block Cheese of choice
- 3 dozen Eggs
- Low-fat sour cream

*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 Bread-In-a-Bag
CNP Baked Meatballs
CNP Master Mix
CNP Meat Sauce

CNP BREAD-IN-A-BAG

Makes 20 slices | 20 servings

Ingredients

1½ cups whole-wheat flour	1 cup hot water (125-130°F)
1 package rapid rise yeast (or 2 1/2 teaspoons)	3 Tablespoons canola oil
3 Tablespoons sugar	1½ cups all-purpose flour (approximate)
3 Tablespoons nonfat dry milk powder	Nonstick spray
1 teaspoon salt	

Instructions

1. Combine whole-wheat flour, yeast, sugar, dry milk powder, and salt in a 1 gallon heavy-duty freezer bag with a zipper lock. Squeeze upper part of bag to force out air. Shake and work bag with fingers to blend ingredients.
2. Add hot water and oil to the bag and reseal it. Mix by working bag with fingers.
3. Gradually add enough all-purpose flour to the bag to make a stiff dough that pulls away from the bag.
4. Place dough on a floured surface. Knead 2-4 minutes until smooth and elastic.
5. Cover dough and let it rest for 10 minutes.
6. Roll out dough into a rectangle 12x7-inch. Roll up from the short end, pinch to seal and place in a 9x5x3-inch loaf pan coated with nonstick spray. Let rise 20-25 minutes or until double in size.
7. Preheat oven to 375°F.
8. Bake at 375°F for 30-35 minutes or until brown.

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 MAGIC MIX

Makes 9 cups

Ingredients

4 cups nonfat dry milk powder
1 cup all-purpose flour
1/3 cup canola oil

Instructions

1. Put ingredients into bowl and mix until it looks like coarse cornmeal.
2. Refrigerate in a tightly covered container. Keeps 3 months in refrigerator.

CNP MASTER MIX

Makes 9 cups

Ingredients

4 cup all-purpose flour
4 cup whole-wheat flour
1/4 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
Hard-boiled Eggs
Homemade Granola
Pancakes
Pumpkin Bread
Scrambled Eggs
Stovetop Frittata
Zucchini Bread

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.

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.

HOMEMADE GRANOLA

Makes 6 cups | 12 servings

Ingredients

6 cups old-fashioned rolled oats
¼ cup sunflower seeds
2 Tablespoons canola oil
¾ cup honey
1 Tablespoon vanilla

Instructions

1. Preheat oven to 300°F.
2. In a large bowl combine oats, and sunflower seeds.
3. Combine oil, honey, and vanilla in a saucepan and heat slightly.
4. Pour oil mixture over dry ingredients. Mix thoroughly.
5. Transfer to two 9x13-inch baking pans.
6. Bake at 300°F for 15-20 minutes, stirring halfway through the baking time.
7. Remove from the oven when lightly toasted throughout.
8. Cool, stir, and store in a tightly sealed container.

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.

PUMPKIN BREAD

Makes 1 loaf | 12 servings

Ingredients

1½ cup whole-wheat flour
½ cup brown sugar
1 teaspoon cinnamon
1 teaspoon pumpkin pie spice
1 teaspoon salt
½ teaspoon baking soda
1 cup canned pumpkin
½ cup raisins
¼ cup non-fat vanilla Greek yogurt
¼ cup unsweetened applesauce
2 egg whites

Instructions

1. Preheat oven to 350°F.
2. In two separate bowls, mix dry, and then wet ingredients.
3. Then combine, adding wet to dry and stirring gently until the mixture is uniform.
4. Depending if you are making bread or muffins, either spoon the mixture into a non-stick muffin tray or a bread pan.
5. Bake muffins for 25 minutes, or loaf of bread for 75 minutes.

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.

STOVETOP FRITTATA

Makes 6 slices | 6 servings

Ingredients

2 cups cooked vegetables (broccoli, green pepper, onion, mushrooms, etc.)
½ cup sliced cooked meat (ham, sausage, etc.)
6 eggs
⅓ cup low-fat milk
¼ teaspoon salt
Dash black pepper
½ cup low-fat cheddar cheese, shredded (optional)

Instructions

1. In a large skilled or electric skillet, combine vegetables and meat over medium heat. Heat until warm.
2. In a medium bowl, beat eggs, milk, and seasonings until blended.
3. Reduce heat to medium-low and pour egg mixture into skillet.
4. Cover and cook until eggs are almost set, about 10-15 minutes.
5. Turn off heat. Sprinkle with cheese.
6. Let stand until eggs are completely set and cheese is melted, about 3-5 minutes.
7. Cut into wedges.

ZUCCHINI BREAD

Makes 1 loaf | 8 servings

Ingredients

2 eggs
2/3 cup brown sugar
1/2 teaspoon cinnamon
1 teaspoon vanilla
1 1/2 cups zucchini (skins on), shredded
1/2 cup low-fat milk
2 1/2 cups CNP Master Mix (p. 44)
1/4 cup chopped nuts (optional)
1/4 cup raisins (optional)
Nonstick spray

Instructions

1. Preheat oven to 350°F.
2. Spray a 9x5x3-inch with nonstick spray.
3. Beat eggs and sugar in a bowl until well blended.
4. Add baking soda, cinnamon, vanilla, zucchini, and milk.
5. Add CNP Master Mix and stir until mixed. Fold in nuts and raisins.
6. Pour into a 9x5x3-inch loaf pan.
7. Bake at 350°F for 45-55 minutes or until brown.

LUNCH

Egg Salad
Tuna Salad

EGG SALAD

Makes 1½ cups | 3 servings

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 servings

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

Baked Pork Chops
Baked Zucchini with Meat Sauce
Black Bean & Butternut Squash Stew
Cauliflower Mashed Potatoes
Create Your Own Casserole
Fish Salsa Packets
Ham & Potato Soup
Lemon Garlic Chicken
Orange Honey Acorn Squash
Panned Carrots & Onions
Roasted Brussels Sprouts
Runzas
Spaghetti & Meatballs
Stuffed Green Peppers
Sweet Potato & Black Bean Burritos
Taco Soup
Waldorf Salad
White Chili

BAKED PORK CHOPS

Makes 4 pork chops | 4 servings

Ingredients

4 pork loin chops, fat trimmed
½ cup all-purpose flour
½ teaspoon salt
Dash of black pepper
2 Tablespoons low-fat milk
1 egg
½ cup cornflakes, bran flakes, or dried bread crumbs
1 Tablespoon canola oil
Nonstick spray

Instructions

1. Preheat oven to 375°F.
2. Spray a baking sheet (any size) with nonstick spray.
3. In a small bowl, combine flour with salt and pepper.
4. In another small bowl, beat together eggs and milk.
5. In a third bowl, crush cornflakes or bread crumbs.
6. Dip pork chops in flour mixture, then egg mixture, and then in cornflakes or bread crumbs. Then place on baking sheet.
7. Bake at 375°F for 35-45 minutes or until internal temperature reaches 145°F then let rest 3 minutes before serving.

BAKED ZUCCHINI WITH MEAT SAUCE

Makes 4 zucchini | 4 servings

Ingredients

- 4 large zucchini
- 4 cups *CNP Meat Sauce*
- 2 large green bell pepper (chopped)
- 24 ounces tomato paste
- 2 cups shredded low-fat cheddar cheese
- 1-2 Tablespoon Italians Seasoning (or oregano)

Instructions

1. Cut the stem ends off zucchini. Slice the zucchini in half length-wise. Scoop out some of the flesh leaving 1/4-inch thick shells. Chop the removed zucchini.
2. Partially cook the zucchini shells in the microwave for 5 minutes, or drop shell into boiling water for 6 minutes and drain.
3. In saucepan combine *CNP Meat Sauce*, green pepper, chopped zucchini, spices and tomato paste. Heat thoroughly.
4. Place shells in baking dish or cookie sheet (any size). Fill shells with the mixture.
5. Cover and bake at 350°F for about 35 minutes. Sprinkle with shredded cheese after baking.

BLACK BEAN & BUTTERNUT SQUASH STEW

Makes 10 cups | 10 servings

Ingredients

1 small butternut squash (11/4 pounds)
1 teaspoon canola oil
1 medium onion
1 green pepper,
1 garlic clove (1/2 teaspoon minced or 1/4 teaspoon powder)
1 teaspoon cumin
1/2 teaspoon paprika
2 Tablespoons tomato paste
4 cups cooked black beans (p.##) or 2 15-ounce cans, drained
2 cups low-sodium vegetable or chicken broth
Salt and pepper to taste
Toppings: chopped cilantro, chopped jalapeño, shredded cheese

Instructions

1. Dice the onion. Seed and dice the green pepper. Chop the clove of garlic, if using a whole clove.
2. Slice squash in half. Remove seeds and peel. Cut into 1 1/2-inch cubes.
3. In a large pot, heat oil. Cook onion and pepper in oil for 4 minutes. Add in garlic, cumin, and paprika. Stir in tomato paste.
4. Add squash, black beans, and broth.
5. Bring to a boil. Reduce heat and simmer until squash is tender, about 30 minutes. Season with salt and pepper. Add water if stew gets too thick.
6. Serve hot with toppings.

CAULIFLOWER MASHED POTATOES

Makes 4 cups | 4 servings

Ingredients

3-4 medium potatoes (about 1 pound)
1 small head cauliflower, cut into 1½ -inch pieces
1 small onion, diced (¼ teaspoon onion powder)
1 garlic clove, chopped (½ teaspoon minced or ¼ teaspoon powder)
¾ teaspoon canola oil
½ cup low-fat milk
Salt and black pepper to taste

Instructions

1. Wash and peel potatoes. Cut potatoes into cubes.
2. Boil potatoes and cauliflower in a large saucepan until tender, about 20 minutes.
3. While potatoes and cauliflower are boiling, cook onion and garlic in a small skillet with oil until tender.
4. Drain potatoes and cauliflower and place in a deep bowl. Mash with a fork or potato masher until chunky. Add onion and garlic. Continue mashing while adding milk a little at a time. Mash until no longer chunky.
5. Season with salt and pepper to taste.

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 	

FISH SALSA PACKETS

Makes 4 packets | 4 servings

Ingredients

- 1 pound white fish fillets (tilapia, cod, or other white fish)
- 1 cup salsa
- ¼ cup onion, chopped
- ½ cup green bell pepper, seeded and chopped
- ½ cup mushrooms, sliced

Instructions

1. Place fish fillets on 4 sheets of aluminum foil (12x18-inches each). Cover with salsa and sprinkled with vegetables.
2. Wrap each packet by bringing up the sides. Double fold the top and ends to seal. Leave room for heat to circulate.
3. Cook packets using one of the following methods:
 - To bake in the oven, place packets on a cookie sheet. Bake at 450°F for 15-20 minutes. Halfway through baking, use a fork to poke small holes in the packet for steam to escape.
 - 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 15-20 minutes.
 - For campfire cooking, place packets on cooking grates. Due to uneven heat, cooking times may vary.
4. Packets are done when the fish reaches 145°F on the food thermometer. When cooking is done, carefully open packets to allow steam to escape.

HAM & POTATO SOUP

Makes 6 cups | 6 servings

Ingredients

4 cups raw potatoes, diced
½ cup celery, diced
½ cup onion, diced
¾ cup ham, chopped
4 cups low-sodium broth
1 teaspoon black pepper
1 cup *CNP Magic Mix*
2 cups water
½ cup low-fat cheddar cheese, shredded

Instructions

1. Combine potatoes, celery, onion, ham, and broth in a large pot. Bring to a boil and cook over medium heat until potatoes are tender, about 15-20 minutes.
2. In a smaller saucepan, combine *CNP Magic Mix* and water to make a thin sauce. Stir over medium heat until smooth and it begins to thicken. Add pepper.
3. When the sauce begins to boil, remove from heat. Add cheese to the sauce and stir until melted.
4. Stir sauce into the soup and cook until heated through.

LEMON GARLIC CHICKEN

Makes 1 chicken | 6 servings

Ingredients

1 3-pound broiler-fryer chicken or roasting hen
½ teaspoon salt
¼ teaspoon black pepper
1 medium lemon, washed and quartered
4 garlic cloves, peeled (1 teaspoon powder or 2 teaspoons minced)
½ cup low-sodium chicken broth

Instructions

1. Preheat oven to 375°F.
2. Sprinkle salt and pepper into the inside of the chicken. Add lemon quarters and garlic.
3. Place chicken in roasting pan. Pour broth over the chicken.
4. Roast uncovered, at 375°F until internal temperature reaches 165°F, about 1½ hours.
5. Transfer chicken to a platter and carve into pieces. Juice from roasting pan goes well with potatoes or brown rice.

ORANGE HONEY ACORN SQUASH

Makes 3 squash | 6 servings

Ingredients

3 small acorn squash
2 Tablespoons orange juice frozen concentrate
¼ cup honey
½ teaspoon salt
2 Tablespoons margarine
⅛ teaspoon nutmeg (optional)

Instructions

1. Preheat oven to 400°F.
2. Pierce squash with fork or knife. Microwave 1 minute at a time until it becomes soft enough to cut. Cut squash in half. Remove seeds and place halves in baking pan.
3. Combine orange juice, honey, and salt. Mix well. Divide among each squash half.
4. Add 1 teaspoon of the margarine to each squash half. Sprinkle with nutmeg.
5. Cover baking pan with aluminum foil to keep steam in and decrease cooking time.
6. Bake at 400°F for 30 minutes. Remove foil and continue baking 30 minutes more, or until squash is tender.

PANNED CARROTS & ONIONS

Makes 3 cups | 6 servings

Ingredients

1 teaspoon canola oil
½ medium onion, chopped
3 cups carrots, thinly sliced
½ teaspoon salt
Black pepper to taste
4½ teaspoons water

Instructions

1. Heat oil in heavy skillet or in an electric skillet over medium heat.
2. Add onion and cook for 1 minute.
3. Add carrots, salt, pepper, and water.
4. Cover tightly and cook for 5-8 minutes, or until tender,

ROASTED BRUSSELS SPROUTS

Makes 4 cups | 4 servings

Ingredients

4 cups Brussels sprouts, washed and sliced in half
4 teaspoons canola oil
4 garlic cloves, minced (1 teaspoon powder)
1 teaspoon dried herbs (rosemary, thyme, oregano, etc.)
Salt and pepper to taste
Nonstick spray

Instructions

1. Preheat oven to 450°F.
2. Spray a baking sheet (any size) with nonstick spray.
3. Place sliced Brussels sprouts in a bowl and toss with oil, garlic, herbs, salt, and pepper.
4. Spread on a baking sheet.
5. Bake at 450°F for 20–25 minutes, stirring once or twice during cooking.

RUNZAS

Makes 8 runzas | 8 servings

Ingredients

1 pound lean ground meat (beef, turkey, or game)
1 onion, chopped
4 cups chopped cabbage or prepared cabbage mix
1 teaspoon salt
½ teaspoon black pepper
1 recipe *CNP Bread-in-a-Bag*
Nonstick spray

Instructions

1. Preheat oven to 350°F.
2. Spray a baking sheet (any size) with nonstick spray.
3. Brown meat and onion in skillet. Drain fat.
4. Add cabbage and cover. Cook 5 minutes until cabbage is tender crisp. Drain off liquid. Add salt and pepper and mix well. Cool in refrigerator while making dough.
5. Make *CNP Bread-in-a-Bag* recipe. Roll out dough to form a 12x14-inch rectangle. Cut into 16 squares. Place 1–2 Tablespoons of meat mixture in the middle of 8 squares. Moisten edges of squares with water. Top with 8 remaining squares. Press dough firmly around edges.
6. Place Runzas on baking sheet (any size) coated with nonstick spray. Let rise for 30 minutes or until doubled in size. Bake at 350°F for 20 minutes.

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.

STUFFED GREEN PEPPERS

Makes 3 peppers | 6 servings

Ingredients

3 large green peppers
1½ cups brown rice
1 cup *CNP Meat Sauce*
1 8-ounce can tomato sauce
1 Tablespoons taco seasoning
1 4-ounce can chopped black olives
Nonstick spray

Instructions

1. Cook rice according to package instructions and set aside.
2. Preheat oven to 350°F. Spray a baking sheet (any size) with nonstick spray.
3. Wash peppers. Cut off tops and scoop out seeds. To help them stand up, take a small slice off of the bottom. Trim around the stem of the peppers. Throw away the stem. Chop the trimming and bottom parts of the pepper, then set aside. Drain and chop olives.
4. Combine cooked rice, *CNP Meat Sauce*, seasonings, and olives. Add chopped pepper from the trimmed top and bottom. Fill peppers with rice mixture. Place in 9x13-inch baking dish coated with nonstick spray.
5. Cover with foil and bake at 350°F for 45 minutes. The peppers will change to a deeper color of green as they cook.

SWEET POTATO & BLACK BEAN BURRITOS

Makes 8 burritos | 8 servings

Ingredients

1 Tablespoon canola oil
½ large onion, thinly sliced
2 teaspoon sugar
3 cups canned sweet potatoes, or baked and peeled sweet potatoes, cut into chunks
2 cups or 1 15-ounce can beans, drained and rinsed
½ teaspoon ground cumin
8 tortillas
Nonstick spray

Instructions

1. Preheat oven to 350°F.
2. Spray a 9x13-inch baking dish with nonstick spray.
3. Warm canola oil in a large skillet or electric skillet over medium-high heat.
4. Add onion and sugar. Stir for 5 minutes, or until onion is soft.
5. Reduce heat to medium and cook 10 minutes, or until onion is deep golden brown.
6. Remove from heat. Stir in sweet potatoes, beans, and cumin, mixing gently.
7. Spoon the mixture evenly into the center of each tortilla. Roll up the tortillas and place seam down in the 9x13-inch baking dish.
8. Cover with tin foil and bake for 10-15 minutes, or until heated through and crispy on the outside.

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.

WALDORF SALAD

Makes 4½ cups | 6 servings

Ingredients

2 medium apples
2 stalks celery
½ cup seedless grapes
⅓ cup peanuts (optional)
½ cup low-fat plain or vanilla yogurt

Instructions

1. Wash apples, celery, and grapes. Dice apples (leave peels on). Dice celery. Cut grapes in half.
2. Chop peanuts into small pieces.
3. Combine apples, celery, grapes, nuts, and yogurt.
4. Toss gently and serve immediately. Serve alone or in pita bread as a sandwich.
5. Store leftovers in the refrigerator up to one day.

WHITE CHILI

Makes 9 cups | 6 servings

Ingredients

1 teaspoon canola oil
1 medium onion, chopped
2 garlic cloves, minced (½ teaspoon powder)
2 cups low-sodium chicken broth
1 cup chicken, cooked and shredded
2 small jalapeños, diced (optional)
2 teaspoons chili powder
6 cups Great Northern beans cooked or 3 15-ounce cans, drained
Black pepper to taste

Instructions

1. In a large saucepan, or electric skillet, heat oil over medium heat. Add onions and garlic. Cook until tender.
2. Add broth, chicken, jalapeño, and chili powder. Stir. Simmer 10-15 minutes.
3. Add beans, black pepper, and water, if needed.
4. Heat through. Do not boil.
5. Ladle into serving bowls.

SNACKS

Fruit Parfaits

Hummus

Peanut Butter Balls

Peanut Butter Yogurt Dip

Popcorn Sprinkles

Spicy Cereal Mix

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.

PEANUT BUTTER BALLS

Makes 16 balls | 16 servings

Ingredients

½ cup creamy peanut butter
½ cup nonfat dry milk powder
2 Tablespoons honey*
½ cup rice cereal

*Children under 1 year should not eat honey.

Instructions

1. Mix ingredients together and roll into balls. Refrigerate leftovers.

PEANUT BUTTER YOGURT DIP

Makes 2 cups | 8 servings

Ingredients

1 cup low-fat vanilla yogurt
1 cup peanut butter
Assorted fruits and/or vegetables

Instructions

1. Mix together yogurt and peanut butter in a bowl or resealable plastic bag.
2. Serve with apples, bananas, carrots, celery, strawberries and/or other fruits and vegetables. Can also be used on sandwiches.

POPCORN SPRINKLES

Makes 10 cups | 10 servings

Ingredients

½ 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.

SPICY CEREAL MIX

Makes 3 cups | 6 servings

Ingredients

2 Tablespoons canola oil

2½ cups assorted unsweetened ready-to-eat whole-grain cereals

½-1 cup assorted nuts

¼ teaspoon onion powder

⅛ teaspoon garlic powder

1¼ teaspoon chili powder

1 teaspoon paprika

Instructions

1. Preheat oven to 250°F.
2. Add oil to bottom of a large baking pan.
3. Pour in cereal and nuts. Stir well, so pieces are coated with oil.
4. Sprinkle on seasonings. Stir well again. Spread evenly in pan.
5. Bake uncovered at 250°F for 20-30 minutes or until cereal begins to brown.
6. Serve warm or cooled.
7. Store cooled mixture in tightly closed container.
8. To re-crisp, heat in oven at 250°F for a few minutes.

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!

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

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