



Western Vegetable Salad

Makes 10 servings | Protein • Vegetables

Ingredients

Salad

- 1 15-ounce can whole kernel corn, drained or 2 cups frozen corn
- 2 cups cooked or 1 15-ounce can beans, rinsed and drained
- 1 bell pepper, minced
- $\frac{3}{4}$ cup onion, minced
- 1 medium tomato, chopped
- 1 garlic clove, minced

Dressing

- $\frac{1}{4}$ cup Italian dressing
- $\frac{1}{2}$ teaspoon chili powder
- 1 Tablespoon lemon or lime juice
- 1 Tablespoon chopped fresh cilantro or 1 teaspoon dried (optional)

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Place corn and beans in a large bowl.
3. Add bell pepper, onion, garlic, and tomato. Set aside.
4. Mix together dressing ingredients. Pour over salad.
5. Cover the bowl. Refrigerate at least 6 hours before serving to allow flavors to mix.



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyo.cnpp.org/wrir/>

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Fruity Vanilla Pudding

Makes 2 cups | 4 servings | Dairy • Fruit

Ingredients

- ¼ cup sugar
- 2 cups CNP Magic Mix (see below)
- 2 cups low-fat milk
- 1 teaspoon vanilla
- 1 cup chopped fruit, fresh or frozen (bananas, peaches, apricots, pears, blueberries)

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. In small saucepan, stir sugar, CNP Magic Mix, and milk over medium heat until mixture starts to boil.
3. Remove from heat. Add vanilla and beat until smooth.
4. Cover and chill. Serve once completely cold. Store leftovers in refrigerator.

Notes

To make pudding quickly add ingredients together in a large, microwave-safe bowl. Cook in the microwave for 1 - 2 minutes at a time. Stop and stir every 1 - 2 minutes until thick and creamy.

CNP Magic Mix

Makes 5 cups | Dairy

Ingredients

- 4 cups nonfat dry milk powder
- 1 cup all-purpose flour
- ⅓ cup canola oil

Directions

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



Extension



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Almond Crunch Trail Mix

Makes 6 servings | Protein • Grains

Ingredients

- ½ cup almonds
- ½ cup dry cereal
- ½ cup dried raisins, apricots, cranberries, or other dried fruit
- ¼ cup chocolate chips (optional)

Directions

1. Wash hands with soap and warm water for 20 seconds.
2. Combine all ingredients in a bowl or resealable plastic bag or container.
3. Gently stir or shake to combine.
4. Divide into ¼-cup portions and place in small bags or containers for easy on-the-go snacks. Or, keep in a large air-tight bag or container.



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Toasted Nuts

Makes 4 servings | Protein

Ingredients

- 1 cup nuts
- Nonstick spray

Directions

1. Wash hands with soap and warm water for 20 seconds.
2. Preheat oven to 350°F.
3. Spray baking sheet with nonstick spray. Arrange nuts in a single layer on sheet.
4. Toast nuts in oven, stirring occasionally, until brown and fragrant, about 10-15 minutes. Check nuts often, as they can burn quickly.
5. Remove baking sheet from oven. Cover nuts with a clean kitchen towel to steam for 1 minute. Let nuts cool completely.
6. Store in airtight container in pantry for 6 months or in the freezer for up to 1 year.
7. Enjoy with oatmeal, parfaits, trail mix, or chop and add as topping to your favorite dishes.

Stovetop Directions- Heat a medium sized skillet to medium heat. Add nuts and toast until brown and fragrant, stirring frequently, about 5-10 minutes. Follow steps 5-7.

Add Seasonings- Coat nuts in nonstick spray and sprinkle on seasonings of choice during step 3 (cinnamon, nutmeg, cardamom, cayenne, paprika, dill, etc.).



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Bean Dip in A Bag

Makes 1 serving | Protein

Ingredients

- 1/3 cup cooked or canned beans, drained and rinsed
- 1 teaspoon plain low-fat yogurt
- 1 Tablespoon salsa
- 1 small resealable plastic bag

Directions

1. Wash hands with soap and warm water for 20 seconds.
2. Place beans in a small resealable plastic bag. Squeeze out excess air and seal.
3. Mash beans with fingers.
4. Add yogurt and salsa. Seal bag and mix with fingers.
5. Open bag or cut off corner of bag and squeeze out dip.
6. Enjoy with vegetables, corn chips, or whole-wheat crackers.



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