Veggie Pizza

*It is easy to make vegetable pizzas on just about any kind of bread (English muffins, pitas, naan, slices of Italian bread and of course pre-made and baked pizza dough) and it is a great way to try new vegetable combinations.*

 Preparation

1. Preheat oven to 400 degrees.
2. Put a small of amount of spaghetti or pizza sauce on the bread (see above). Top with any combination of chopped or sliced vegetables that you have on hand. Fresh spinach and/or arugula is also a nice addition.
3. Sprinkle a small amount of cheese on the top. (parmesan, cheddar, mozzarella-whatever your family likes)
4. Bake 400 degrees for about 10-15 minutes until the cheese is melted.

Southwest Pizza

Ingredients

 thin pizza crust, pita or naan

barbeque sauce

1/3 - 1/2 cup cheese such as monterey jack or cheddar)

2-3 tablespoons corn (fresh, canned or frozen and thawed)

1/4 cup diced red bell peppers

 1/4 cup diced red onion

6-7 strips of grilled chicken (if desired)

Preparation

1. Preheat oven to 400 degrees.
2. Spread pizza crust, pita or naan with small amount of barbeque sauce. Add a thin layer of cheese. Top with corn, red peppers, red onions and grilled chicken.
3. Bake at 400 degrees for 7-10 minutes.

Vegetable Fried Rice

Serves 6

Ingredients

3 to 4 cups cooked rice

1 2 tablespoons oil or margarine

3 to 4 cups finely chopped vegetables (onions, carrots, peppers, or broccoli)

2 or 3 eggs, slightly beaten in a separate bowl

Flavor options: minced garlic, minced ginger, soy sauce, or hot pepper flakes.

Preparation

1. Cook rice (this is a great way to use left over rice)
2. In a large skillet, heat a small amount of oil or margarine over medium high heat.
3. Add vegetables and cook, stirring often, until vegetables are tender-crisp. About 5-10 minutes.
4. Push the veggies to the sides of the pan and add the eggs that have been slightly beaten to the center of the pan. Cook the eggs, stirring, until they are done and look like scrambled eggs.
5. Mix the vegetables into the eggs and then add rice.
6. Heat through, stirring occasionally.

\*\*\*If you are using garlic or ginger for added flavor, add them in step 3 when you are cooking the vegetables. Soy Sauce or other sauces and spices can be added at the end with the rice depending on what your family likes.

\*\*\*You can also add leftover pieces of finely diced chicken or pork to this dish.

Scrambled Eggs with Vegetables

*Scrambled eggs are not just for breakfast. Suggested vegetables to add to your eggs include zucchini, summer squash, mushrooms, swiss chard, onions, spinach, tomatoes, peppers, beet greens, arugula, broccoli, or kale.*

Serves 4

Basic Recipe Ingredients

8 to 12 eggs

1/2 cup water or milk (optional)

salt and black pepper

1 tablespoon margarine or oil

1 1/2 to 2 cups diced vegetables (see suggestions above)

Preparation

1. With a fork or whisk, beat eggs in a medium bowl with water or milk (if using) and a few pinches of salt and pepper. Set aside.
2. Melt margarine or oil in a large skillet over medium-high heat. Add vegetables and sauté (cook), stirring, until vegetables are tender. Depending on the type of vegetable you use, this may take several seconds or several minutes. Left over vegetables can also be reheated.
3. Add egg mixture to pan and wait until a thin layer of eggs sets up on bottom of pan, about 30 seconds. With a spatula, scrape eggs on bottom of pan. Wait again, scrape again, and repeat until the eggs are cooked. Serve immediately.

**Cheese Scrambled Eggs** Follow the basic recipe and add 1/2 cup shredded cheese and 1 tablespoon of mustard.

**Spicy Scrambled Eggs** Follow the basic recipe and add several dashes of hot sauce or 1 tablespoon chopped hot peppers (jalapeño, poblano, or chipotle) when cooking the vegetables. Spicy eggs are delicious served with warm tortillas, sour cream and salsa.

**Scrambled Eggs with Fresh Herbs** Follow the basic recipe above, replacing the vegetables with 1/2 cup chopped fresh herbs. Good options include parsley, chives, basil, cilantro, chervil.

Vegetable and Bean Quesadillas

*This is a great way to clean out the refrigerator and to get your family to eat vegetables.*

Ingredients

1 can black, kidney or cannellini beans; drained and rinsed

4-6 cups any combination of chopped vegetables—peppers, onions, sliced cabbage, broccoli pieces, tomatoes, peas, corn, carrots, spinach…. anything you have on hand

1 jar of salsa

Shredded cheese

Sour cream (optional)

Package of 8 inch flour tortillas

Preparation

1. In a large skillet, heat 1 tablespoon of oil over medium-high heat. Cook vegetables about 5 minutes, stirring frequently—until tender crisp. Add beans and ½ jar salsa and heat through. Transfer vegetable mixture to a bowl.
2. Place a tortilla in the skillet over medium heat, put a large scoop of vegetable mixture on it, sprinkle with cheese and fold in half. Repeat. (you should be able to fit 2 tortillas in a skillet at the same time.) When the tortilla browns lightly, flip over and cook on the other side.
3. Repeat—cook as many tortillas as you need, the vegetable mixture keeps well in the refrigerator and you can cook them fresh so that they are crispy.
4. Serve by cutting into wedges and top with remaining salsa and sour cream.

Green Beans

*Green beans are rich in vitamins A, C and K, manganese and dietary fiber. Fresh green beans can be eaten raw, or cook quickly steamed or stir-fried. You can also add them to salads or soups.*

Green Beans with Potatoes

Serves 4-5

Ingredients

4 potatoes, cut into chunks

1 onion, sliced

1 cup chicken broth

¼ teaspoon garlic powder

Dash of black pepper

2 cups green beans

1 tablespoon vegetable oil

2 tablespoons lemon juice (or yellow mustard)

Preparation

1. In a medium pot, add potatoes, onion, chicken broth, garlic powder and pepper. Bring to a boil. Reduce heat, cover and simmer for 10-12minutes or until potatoes are almost tender. Add water if liquid reduces too quickly.
2. Add green beans, stir gently. Heat on low for 5 minutes, or until green beans are heated through.
3. Remove from stove and drain.
4. Drizzle vegetable oil and lemon juice (or mustard) on top, and serve.

Green Bean and Carrot Salad

Serves 8

Ingredients

2 large carrots, peeled and cut into ¼ inch pieces

1 pound green beans, cut in half

½ cup chopped radish (optional)

Dressing:

2 tablespoons lemon juice

1 tablespoon olive or vegetable oil

1 teaspoon mustard

1 teaspoon sugar

¼ teaspoon cumin (optional)

¼ teaspoon salt

1 clove garlic, minced

Preparation

1. In a large pot of boiling water, cook carrots for 4 minutes.
2. Add beans and cook an additional 4 minutes or until tender-crisp.
3. Drain and cool under cold water; drain again and place in a large bowl.
4. Add radish and onion.
5. Combine dressing ingredients by mixing together in a small bowl. Pour over salad and toss to mix.
6. Cover and refrigerate until serving. Can be stored for up to 3 days.

Roasted Beets

*Beets are a nutritious heart friendly vegetable that have been found to lower cholesterol and offer protection against coronary artery disease and stroke.*

Roasting beets intensifies their flavor, brings out their sweetness, and makes their skins as easy to peel off.

Preparation

1. Rinse any dirt or debris from the beets.
2. Put beets on a large piece of aluminum foil or cookie sheet. Drizzle with a small amount of oil.
3. Bake at 375 degrees until tender.
4. When tender remove from oven and cool slightly. Peel off the skins.
5. Slice or chop and serve warm or cold.

Note: The length of time varies. Small beets may roast in 1/2 hour while larger beets may need a full hour. Beets are ready when you can pierce them with a fork. If you have something else in the oven beets will happily roast at any temperature alongside what you're already cooking.

**Beets in Salads**: Roasted beets are particularly delicious in tossed green salads with vinaigrette or Italian dressing.

**Beets with Goat Cheese**: Drizzle roasted beets with your favorite italian or balsamic dressing and crumble goat cheese on top.

**Beets with Oranges**: Slice roasted beets and combine with orange or tangerine sections and a small pinch of salt. Top with vanilla or Greek style yogurt.

Broccoli

*Broccoli is high in* [*vitamin C*](http://en.wikipedia.org/wiki/Vitamin_C) *and* [*dietary fiber*](http://en.wikipedia.org/wiki/Dietary_fiber) *and has several cancer fighting nutrients. Broccoli can be eaten raw or cooked. To prepare broccoli wash and cut florets from the stalks.*

Broccoli Stir-Fry

From Just Say Yes to Fruits and Vegetables Cookbook

Serves 4-5

Ingredients

2 teaspoons vegetable oil

2 garlic cloves, minced

3 cups broccoli florets

2 carrots, peeled and chopped

1 red or green pepper, cut into strips

1 onion, chopped

2 tablespoons lemon juice

½ teaspoon salt (optional)

Preparation

1. In a large frying pan, add oil and garlic. Cook over high heat for 2 minutes.
2. Add broccoli, carrots, and ½ cup of water. Cook for 3 minutes. Stir often.
3. Add pepper and onion. Continue to cook for 5 more minutes, stirring often.
4. Remove from heat. Vegetables will be crisp and brightly colored.
5. Toss with lemon juice and salt.

Chicken and Broccoli

Serves 6

Ingredients

 2 tablespoons oil

4 boneless chicken breasts cut into 2 inch pieces

3 tablespoons ketchup

2 tablespoons soy sauce

1 tablespoon sugar

2 tablespoons of lemon juice

1 teaspoon black pepper

1 head broccoli—cut into small florets.

Preparation

1. Sauté onion in oil until translucent.
2. Add chicken, and brown lightly.
3. Combine ketchup, soy sauce, sugar, lemon juice, and pepper; mix well. Pour over chicken.
4. Heat mixture to a boil. Cover, reduce heat, and simmer for 25 minutes. During the last 10 minutes add broccoli and continue to cook until broccoli is just tender.
5. This dish can be eaten as is or served over rice.

\*\*\*This also works well with peas, asparagus or green beans as a substitute for the broccoli.

Nutty Noodles

Serves 4-5

Ingredients

½ lb. (8oz.) spaghetti noodles

1 head broccoli—cut into small florets.

1/3 cup creamy peanut butter

2/3 cup hot water

3 tablespoons soy sauce

1 tablespoon cider vinegar (or regular vinegar)

1 crushed garlic clove

¼ - ½ teaspoon Tabasco or hot pepper flakes (if your family likes things with a little spice)

Preparation

1. Cook spaghetti in boiling water, add broccoli for the last 3 minutes of cooking time. Drain.
2. In a large bowl whisk together 1/3 cup peanut butter and 2/3 cup hot water until creamy.
3. Stir in 3 Tbs. soy sauce, 1 Tbs. vinegar, crushed garlic and Tabasco.
4. Add in pasta and broccoli and toss.

\*\*\* Cooked chicken can also be added to the recipe.

Mushroom Broccoli Pasta Salad

From the Food Bank of Central New York

Serves 6

Ingredients

1 (16 ounce) box spiral pasta

1 cup sliced fresh mushrooms

1/2 cup chopped red bell pepper

1 cup chopped broccoli

1/2 cup chopped tomatoes

1 cup shredded or cubed mozzarella cheese

1/4 cup fat free or low fat Greek or Italian salad dressing

Preparation

1. Cook pasta according to directions on box.
2. Strain and set aside to cool for 10 minutes.
3. In a large bowl, toss together mushrooms, red bell pepper, broccoli, tomatoes, and mozzarella.
4. Add salad dressing and stir.
5. Serve immediately or refrigerate.

Orange Glazed Carrots

Recipe from the Food Bank of Central New York

Serves 4-5

Ingredients

 2 cups of fresh carrots peeled and sliced or 2 cans carrots drained and rinsed

1/3 cup orange juice

2 tablespoons sugar

2 teaspoons cornstarch

1/2 teaspoon ground ginger

1/4 teaspoon salt

1/4 cup raisins

Preparation

1. Place carrots in a medium saucepan with 1/4 cup of water. Cook fresh carrots until tender, about 10-15 minutes or heat canned carrots on low until they are warmed.
2. In a separate saucepan heat the orange juice, sugar, cornstarch, ginger, salt and raisins until boiling.
3. Turn heat to low, continue stirring and simmer until mixture is thickened, about 10-15 minutes.
4. Add the heated carrots to the sauce mixture and stir.

Cucumber and Tomato Salad

From Just Say Yes to Fruits and Vegetables Cookbook

Serves 6

Ingredients

2 cucumbers, sliced

2 tomatoes, chopped

1 onions, sliced

1/2 teaspoon minced garlic

3 tablespoons vinegar

1 tablespoon vegetable oil

1/2 teaspoon oregano (optional)

Preparation

1. Combine all ingredients in a large bowl. Stir to mix.
2. Cover and chill in the refrigerator for 60 minutes.
3. Stir before serving.

Greek Cucumber Salad

Ingredients

2 cucumbers, sliced (2 cups)

1 small can of sliced olives, drained

1 small tomato, chopped

2 tablespoons of Feta cheese (optional)

Dressing:

2 tablespoons olive oil

1 tablespoon lemon juice

salt and pepper to taste

Preparation

1. Combine cucumbers, olives, tomato and cheese in a large bowl.
2. Stir together olive oil, lemon juice salt and pepper and pour over vegetables.
3. Cover and chill in the refrigerator for 15 minutes.

Overnight Cucumber Salad

Serves 4-6

Ingredients

1 cup water

1/2 cup white vinegar

1/2 cup sugar

 1/2 teaspoon celery seed

2 cucumbers, sliced and peeled

1 medium sliced onion

Preparation

1. Stir together water, vinegar and sugar until sugar dissolves.
2. Add celery seed. Pour over sliced cucumber and onion.
3. Chill several hours or overnight.
4. Serve with slotted spoon to drain liquid.

Tossed Salad

*There is no limit to tossed salad combinations. Any lettuce or greens can be topped with raw or cooked vegetables, nuts, cheese or sliced fruit and a light dressing for a delicious meal. Without dressing, salads will keep for several days in your refrigerator.*

Spinach and Fruit Salad

Ingredients

spinach

sliced strawberries, halved grapes, orange sections—whatever you like.

1 small onion, sliced thin

Dressing:

1 tablespoon vegetable or olive oil

1 tablespoon vinegar

3 tablespoons orange juice

Salt and pepper to taste

Preparation

Make dressing In a small bowl, mixing oil, vinegar, orange juice. Gently toss spinach, fruit and onion slices with dressing. Add salt and pepper to taste.

\*\*\*You can substitute a store bought salad dressing—just use it sparingly so that you can taste the fruit and spinach.

Tropical Salad

 Ingredients

spinach or spring lettuce mix

red onion, sliced thin

pineapple chunks

banana slices

low fat poppy seed dressing, or light vinaigrette

Preparation

Tear lettuce into bite size pieces. Top with onions, pineapple and bananas. Drizzle dressing on top of salad.

Taco Salad

Ingredients

chopped romaine lettuce

sliced scallions

chopped tomato

shredded cheese

salsa

ranch or chipotle salad dressing

crushed taco shells or tortilla chips

Preparation

Toss lettuce, cucumbers, scallions, tomatoes with ranch dressing. Lightly sprinkle top with cheese, salsa and crushed taco shells or tortilla chips.

Asian Beef Salad

Ingredients

spring lettuce mix

baby spinach

sliced cucumbers

sliced scallions

grape or cherry tomatoes

red grapes

blue cheese (optional)

sliced cold steak cut into bite size pieces (optional)

asian salad dressing

Preparation

Toss lettuce, cucumbers, scallions, tomatoes and grapes together with asian dressing. Top with blue cheese and steak.

Spinach, Leek, and Red Pepper Casserole

Adapted from WebMd Magazine

*The nutritional food value of spinach is extremely high. Spinach provides a variety of vitamins and nutrients that helps protect your body against everything from heart disease and colon cancer to arthritis and osteoporosis.*

Serves 6

Ingredients

2 10-ounce bags fresh spinach or 3 10-ounce boxes frozen spinach

Cooking spray or olive oil (small amount)

1 bunch (2-3) leeks, thinly sliced

2-3 cloves garlic, minced

1/4 cup light cream cheese

1/2 cup fat-free half-and-half (or milk)

1/4 teaspoon nutmeg

1/2 teaspoon dried basil

1/4 teaspoon salt

1/4 teaspoon pepper

2 roasted red bell peppers, seeded, peeled, and chopped

1/4 cup dry breadcrumbs

2 tablespoon Parmesan cheese

Preparation

1. Preheat oven to 375 degrees. Tear spinach into 1-inch pieces and rinse. (If using frozen spinach, defrost and squeeze out excess water.)
2. Place a large skillet coated with cooking spray or olive oil over medium heat until hot. Add leeks; sauté 3 minutes. Add garlic; sauté 3 minutes.
3. Add spinach; cover and cook 2 minutes or until wilted. Add cream cheese, half-and-half, nutmeg, basil, salt, and pepper. Uncover and cook an additional minute or until cream cheese melts.
4. Add red bell peppers. Spoon spinach mixture into a 1-quart gratin dish or shallow casserole coated with cooking spray.
5. Combine bread crumbs and Parmesan cheese and sprinkle over spinach. Bake at 375 degrees for 30 minutes or until golden brown.

Kale with Bacon and Apples

Adapted from Cooking Light Magazine

*Kale is a low calorie nutrient rich leafy green vegetable. It is slightly bitter and blends well with apples and bacon.*

Serves 4

Ingredients

2 slices of bacon

1 medium chopped onion

4 -6 cups of chopped Kale

1/3 cup apple cider or apple juice

1 tablespoon apple cider vinegar

1 diced apple

salt and pepper to taste

Preparation

1. Cook bacon over medium heat in a large skillet until crisp. Remove bacon. Pour off bacon fat leaving 1 teaspoon of dripping s in the pan.
2. Reduce heat and sauté onions stirring occasionally.
3. When onions are translucent add kale. Cook until kale is wilted stirring frequently.
4. Add apple cider or juice, apple cider vinegar and apples. Cook 8-10 minutes until apples are soft.
5. Kale will shrink down quite a bit as it cooks. Season with salt and pepper. Serve topped with bacon crumbles.

Kale Chips

*Similar to potato chips, only healthier!*

Chop kale and remove tough center ribs if necessary. Toss with a small amount of olive oil and salt. Place leaves on a cookie sheet. Bake at 425 degrees for 10-12 minutes stirring occasionally until crisp. Cool slightly and eat immediately.

Kale with White Beans and Vegetables

Adapted from Cooking Light Magazine

*This is a hearty one pot dinner that is easy to prepare. The measurements do not have to be exact and the ingredients can change depending upon what you have on hand.*

Serves 4

Ingredients

1 medium chopped onion

2 cloves of minced garlic

1 chopped zucchini or summer squash

1 can of chopped tomatoes including juice

1 can of cannellini or other white beans, drained

1 cup water or 1 undiluted can of vegetarian vegetable soup

4 -6 cups of chopped Kale

salt and pepper to taste

Preparation

1. Sauté onions and garlic over medium heat in a large skillet until soft.
2. Add zucchini, tomatoes, beans and water or soup and bring to a boil.
3. Add kale. Reduce heat, cover and cook for 5 minutes stirring occasionally.
4. Season with salt and pepper to taste. Serve in bowls with bread for dipping or over pasta or rice.

\*\*\* Cooked chicken, turkey, ground beef or sausage can also be added to the recipe.

Beans, a terrific food

*If you want a food that is going to fill you up and be good for you, head straight for beans.*

There are many types: Black beans, black-eyed peas, calico beans, cannellini beans, fava beans, garbanzo beans (also called chickpeas), kidney beans, lentils, lima beans, mung beans, navy beans, peanuts, pinto beans, soybeans (also called edamame), and others. Botanists call them legumes.

They are good for you: They are an excellent source of protein. They are low in fat. They are nutrient dense, meaning they deliver plenty of vitamins, minerals, and other healthful nutrients relative to calories. They provide plenty of soluble and insoluble fiber.

They help fight disease: Research shows they reduce the risk for heart disease, type 2 diabetes, and colon and other cancers. It has also been found that adding more beans to the diet can help people with diabetes better control their blood sugar.

 They are inexpensive: Cheap in fact. Dried beans are the most economical. Dried beans need to be soaked before cooking and therefore require a bit more effort but cost less than 16 cents per serving.

 You can eat them year round: Beans are not just for chili. Beans can be added to salads, pasta, dips and soups. You can eat them hot or cold, whole or mashed. The possibilities are endless.

The magical fruit! If you have trouble with gas when you eat beans try Beano or other products to control gas. The health benefits out way the trouble.

Pasta with Greens and White Beans

Serves 4-5

Ingredients

12 ounces pasta (penne, ziti etc.) –try whole wheat

2 Tablespoons olive oil

1 small onion, finely chopped

1 clove garlic, minced

¼ teaspoon red pepper flakes

1 can Italian white beans (cannellini or great northern,15 ounce size)

4-6 cups assorted greens such as Swiss chard, kale, spinach or arugula, coarsely chopped.

Salt and pepper

Parmesan cheese

Preparation

1. Cook pasta according to directions.
2. Heat the oil in a large skillet (med-high heat). Add the onion, garlic and pepper flakes. Sauté for 3 to 4 minutes until tender.
3. Add the beans, greens and ½ cup water. Toss well; cover and simmer 3 to 4 minutes , stirring frequently, until greens are wilted.
4. Season with salt and pepper. Add pasta and toss well. Sprinkle with parmesan cheese.

White Bean and Tuna Salad

Serves 4-5

Ingredients

1 can cannellini, great northern beans or chick peas, drained and rinsed

1 onion, chopped

2 tomatoes, chopped

1 can tuna, drained

2 tablespoons vegetable oil

1 tablespoon lemon juice

1 garlic clove, minced.

Salt and pepper to taste

Preparation

1. In a large bowl, mix the beans, onion, tomatoes and tuna.
2. In a small bowl, mix oil, lemon juice, garlic, salt and pepper. Mix well.
3. Pour the dressing over the vegetables and tuna. Refrigerate to chill. Serve cold.

\*\*\* Chopped peppers and cucumbers can also be added.

Black Bean Salad

Adapted from Simply Recipes.com

Serves 6-8

Ingredients

1 can of black beans, rinsed and drained (15 ounce)

1 1/2 cups corn ( fresh, canned or frozen, no need to thaw)

2-3 sliced green onions or 1 finely chopped medium red onion

1/8 cup chopped chives

1/8 cup chopped parsley or basil

2 tablespoons oil (olive, vegetable or canola)

2-3 dash of hot sauce

salt and pepper

2 fresh tomatoes chopped

1 avocado, peeled, seeded and cut into chunks

 juice from one lime

Preparation

1. In a large bowl mix all ingredients except tomatoes, avocado and lime juice.
2. Gently mix in tomatoes.
3. Place avocado on top of salad and add lime juice over avocado. This helps the avocado pieces from turning brown. Gently mix in avocado.
4. Chill until serving.

\*\*\*If mixture seem to acidic you can add a pinch of sugar to balance the tomatoes and lime juice.

Tiger Salsa

From the kitchen of Jodee Osborne, NOAP Coordinator

Ingredients

1 green, red, yellow pepper (can also use an orange one, too)

1 med purple onion

1 can (drained & rinsed) whole sweet corn kernels

1 can (drained & rinsed) black beans

1 can (drained & rinsed) black eye peas

1 can (drained & rinsed) garbanzo beans (chick peas)

1 can any other kind of small white bean you like

Dressing

¾ cup canola oil

½ cup apple cider vinegar

6-8 dashes of Tabasco sauce

¼ cup sugar (or splenda)

Dash fresh ground pepper and salt

Preparation

1. Finely dice up the peppers and onion.
2. Combine all the ingredients together in a large container with a lid.
3. Mix the dressing together and pour over the salad.
4. Cover & Refrigerate… the longer it marinades the better it tastes! 2-4 hours is ample, over night is recommended!
5. Serve with nacho chips or serve over shredded lettuce.

 Easy Tomato Sauce

Adapted from Just Say Yes to Fruits and Vegetables Cookbook

Serves 5

Ingredients

1 ½ teaspoon vegetable oil

1 onion, chopped

2 ½ cups chopped tomatoes (about 5 medium size tomatoes)

1 tablespoon garlic powder or 2 cloves garlic, chopped

½ teaspoon oregano (optional)

½ teaspoon salt

¼ teaspoon pepper

Preparation

1. In a large frying pan, heat oil over medium heat. Add onion and cook until soft, stirring often.
2. Add tomatoes, garlic, oregano, salt and pepper.
3. Cook on low for 15-20 minutes or until sauce thickens slightly.
4. Serve over pasta, rice or cooked vegetables.
5. Refrigerate leftovers.

Note: Fresh tomato sauce is not as thick as traditional spaghetti sauce.

\*\*\*You can add grated carrots or chopped peppers as well.

\*\*\*Basil is another nice flavor to add, either dried flakes (1/2 teaspoon) or 1 tablespoon fresh basil leaves cut into thin strips.

 Tomato Salsa

Adapted from Just Say Yes to Fruits and Vegetables Cookbook

Serves 6

Ingredients

3 tomatoes, chopped

2 onions, chopped

2 cloves garlic, minced

¾ teaspoon salt

1 tablespoon vinegar

1 ½ teaspoon vegetable oil

1 cup chopped cilantro or parsley (optional)

Preparation

1. Combine all ingredients in a large bowl. Stir to mix.
2. Cover and chill in the refrigerator for 30 minutes.
3. Serve with Quesadillas, tortilla chips, crackers or over cooked rice.

Mexican Dip

 Serves 6

Ingredients

8 ounces cream cheese

½ cup mayonnaise

1 small bottle mild (or medium) taco sauce

1 onion, chopped

1 green pepper, chopped

1 large tomato, chopped

1 cup shredded cheddar or mozzarella cheese

Tortilla or pita chips

Preparation

1. Combine cream cheese and mayonnaise in a small bowl. Spread in a thin layer on a large plate.
2. Pour ½ the bottle of taco sauce on the cream cheese mixture.
3. Top with chopped vegetables.
4. Pour remaining taco sauce over vegetables.
5. Top with cheese.
6. Serve with tortilla or pita chips. Scoop up dip and enjoy!

\*\*\*Add additional vegetables such as red pepper and cucumber.

\*\*\*For a more filling dip—or even a summer dinner, add a can of drained black, kidney or cannellini beans with the vegetables.

Summer Squash and Carrot Ribbons

Adapted from Redbook.com

Serves 4

Ingredients

2 small zucchini

2 small yellow summer squash

2 large carrots, peeled

24 large basil leaves, cut into thin strips

3 tablespoons balsamic vinegar

2 tablespoons olive, vegetable or canola oil

1/2 teaspoon salt

1/4 teaspoon black pepper

Preparation

1. Trim ends of zucchini and squash. Using a vegetable peeler, shave each squash into long, wide, very thin strips. When you reach the center of the squash where the seeds are, give the squash a quarter turn and continue slicing. Repeat on all four sides until all that's left is the center seed column. Shave the carrots in the same fashion.
2. Toss zucchini, squash, and carrot ribbons with basil in a large serving bowl.
3. In a smaller bowl, whisk the vinegar, olive oil, salt, and pepper. Drizzle over vegetable ribbons and toss. Serve immediately.

Bowties with Summer Squash, Tomatoes and Olives

Adapted from foodnetwork.com

Serves 6

Ingredients

4 tablespoons oil (olive, vegetable or canola)

1 large red onion, diced

2 teaspoons garlic, chopped

1/4 teaspoon crushed red pepper flakes

1 medium zucchini, sliced and quartered

1 medium yellow summer squash, sliced and quartered

1/3 cup pitted calamata olives

1 -2 tomatoes, diced

4 ounces ricotta or feta cheese, diced

1/2 cup fresh mint leaves, chopped

1/4 teaspoon salt

1 pound bow tie pasta (farfalle)

Parmesan cheese, for garnish

Preparation

1. In a large nonstick skillet , heat 2 Tbsp. of the oil over medium-high heat. Add onion, garlic and pepper flakes, cook stirring 3 minutes.
2. Add zucchini, yellow squash and olives cook 4 minutes. Transfer mixture to a large bowl and mix in remaining 2 Tbsp. oil, tomatoes, cheese mint and salt.
3. Cook pasta according to package directions. Drain pasta; add to sauce and toss.
4. Top with Parmesan cheese and serve.

Summer Squash and Sausage Stew

Ingredients

Olive oil

1 pound sausage

1 onion, diced

2-3 cloves of garlic, minced

3 cups chicken broth

 1 can of crushed or diced tomatoes

2-3 assorted summer squash, yellow squash or zucchini, trimmed and cut into chunks

1 1/2 pounds of potatoes, peeled and cut into chunks

Preparation

1. Sauté sausage in a deep sauce pan with small amount of oil until cooked approximately 5 minutes. Drain grease and return sausage to pan.
2. Add onion and garlic. Cook 2 minutes.
3. Add chicken broth, tomatoes, squash and potatoes. Bring to a boil then reduce the heat and cook until potatoes are done.
4. Serve in bowls with crusty bread or topped with cheese.

Squash Fritters

From the kitchen of Jodee Osborne, NOAP Coordinator

Serves 4

Ingredients

3 cups summer squash, shredded or julienned
4 medium scallions, chopped
2 tablespoons grated cheese (cheddar or parmesan)
2 eggs, beaten
1/4 cup flour
1 tablespoon melted butter
salt and pepper to taste
olive oil for frying

Preparation

1. Shred or julienne the summer squash. Place the squash in a colander or drainer, salt it and let it stand to drain 20 minutes.
2. Squeeze the remaining liquid from the squash and place in the mixing bowl.
3. Add scallions, beaten eggs, flour, cheese, seasonings, and melted butter.
4. Pour over squash and mix together.

Heat small amount of oil in frying pan. Spoon squash mixture into pan to form patties. Sauté until brown on both sides. Serve warm.

Butternut Squash

*Butternut squash is loaded with vitamin A and is a good source of fiber, potassium, and magnesium.*

Roasted Butternut Squash

Serves 4-6

Ingredients

1 butternut squash peeled and cut into chunks

olive oil

salt and black pepper

Preparation

1. Heat oven to 425 degrees F.
2. Cut butternut squash chunks into 1-inch pieces.
3. Place squash on an old cookie sheet; drizzle with olive oil, add salt, and black pepper. Spread evenly and roast 25 minutes, or until tender. Stir once or twice during cooking.

\*\*\*Leftovers taste great on a salad.

\*\*\*Drizzle 1 tablespoon of honey and 1 tablespoon of balsamic vinegar along with the oil to amplify the natural sweetness of the squash. If using honey line your cookie sheet with foil for an easy clean up.

Mexican Style Crock Pot Chicken

Adapted from Redbook.com

Serves 4-6

Ingredients

4-6 pieces of skinless chicken (legs, thighs or breasts)

1 medium red onion, sliced

1 teaspoon minced garlic

1 zucchini, cut into 1/2-inch-thick slices

1 yellow summer squash, cut into 1/2-inch-thick slices

1 teaspoon flour

2 teaspoons chili powder

1 cup beer or ginger ale

1 teaspoon hot sauce

Preparation

1. Layer chicken pieces on bottom of crock pot, top with sliced onion, garlic, zucchini and squash.
2. Sprinkle with flour, chili powder, salt and pepper.
3. Pour beer or ginger ale and hot sauce over the top.
4. Cover and cook for 4 hours.

Swiss Chard Tacos with Sweet Onions

From the Food Bank of Central New York

Ingredients

1 bunch swiss chard with stems removed

1 1/2 tablespoons vegetable oil

1 large sliced sweet onion

3 peeled and minced garlic cloves

1 teaspoon red pepper flakes

1/2 cup chicken or vegetable broth or water

12 corn tortillas

1 cup crumbled feta cheese or other cheese of your choice

3/4 cup salsa

Preparation

1. Cut the Swiss chard crosswise into 2 inch slices.
2. In a large skillet heat the oil over medium heat and add the onion. Stir occasionally for about 10 minutes until they become golden.
3. Add the garlic and red pepper and stir for 1 minute.
4. Add the greens, broth, and a pinch of salt. Cover and reduce the heat to low.

Cook until the greens are almost tender, continue to stir.

1. Remove lid and turn heat back to medium. Stir until the mixture is nearly dry.
2. Fill the warm tortillas with the Swiss chard mixture.
3. Top with crumbled cheese and salsa.

Meatball and Vegetable Stew in a Crockpot

Serves 4-5

Ingredients

1 package of frozen cooked meatballs (16oz - 18 oz. size)

4 cups fresh vegetables cut into ½ inch to 1 inch pieces (carrots, broccoli, peppers, cauliflower, cabbage or corn –any combination—whatever is on hand and your family enjoys)

1. can diced tomatoes (15 oz. size)

1 jar mushroom gravy (12 oz. size)

1 ½ teaspoons dried basil or 1 tablespoon fresh, chopped

Preparation

1. Place meatballs and mixed vegetables in crock pot.
2. In a bowl stir together tomatoes, gravy, basil and ½ cup water. Pour over meatballs and vegetables.
3. Cover and cook on low-heat setting for 6 to 8 hours or on high heat for 3 to 4 hours.

\*\*\* Recipe can be doubled in a large 5-6 quart crock pot.

Bananas

*Bananas are a good source of dietary fiber, vitamin B6, vitamin C, potassium and manganese. Their high potassium content makes bananas a beneficial food for helping to regulate blood pressure.*

Yogurt Banana Splits

Serves 1

Ingredients

1 Banana

1/2 cup plain Greek yogurt

4 sliced strawberries

1 -2 tablespoons chocolate sauce

 Preparation

Slice banana lengthwise, then in half. Arrange in serving bowl.

Top with yogurt, sliced strawberries and drizzle with chocolate sauce.

Strawberry Banana Smoothie

*2*   whole bananas, frozen, peeled and chopped

*1*   cup sliced strawberries

*1/2*   cup orange juice

*1*   (6-oz.) carton low-fat vanilla yogurt

Preparation

Place all ingredients in a blender and puree until smooth. Serve immediately.

**Note:** This smoothie may also be made using bananas that are not frozen. The result will not be quite as thick or cold, but equally as delicious!

Tasty Toddler Muffins

From allrecipes.com

*Children and adults both enjoy these muffins. Recipe makes 24 mini muffins or 12 regular sized muffins.*

Ingredients

1/2 cup butter, softened

1/2 cup brown sugar, or to taste

2 large bananas, mashed

1 (4.5 ounce) jar baby food squash

2 carrots, grated

2 eggs, beaten

1/2 cup oat bran

1 teaspoon baking soda

1 teaspoon pumpkin pie spice

1/2 teaspoon salt

Preparation

1. Preheat an oven to 375 degrees. Grease 24 mini muffin cups or 12 standard muffin cups or use paper muffin cups.
2. In a mixing bowl, cream together the butter and brown sugar until smooth.
3. Mix in the mashed bananas, squash, carrots, and eggs.
4. Stir in the flour, oat bran, baking soda, pumpkin pie spice, and salt until just combined.
5. Spoon the batter equally into the prepared muffin cups.
6. Bake in the preheated oven until a toothpick inserted into the center comes out clean, 15 to 20 minutes. Cool in the pans for 10-15 minutes before removing muffins from pan.
7. Store at room temperature for up to two days, or freeze.

Peanutty Dip

From Cornell Cooperative Extension

Ingredients

I cup of vanilla low fat yogurt 3 tablespoons peanut butter

 dash of cinnamon (optional)

 sliced fruit ( apple, peaches or bananas work well)

Preparation

1. In a small bowl mix the yogurt, peanut butter and cinnamon until smooth and creamy.
2. Slice fruit.
3. Dip fruit into peanut butter mixture.

Fruit Quesadilla

Adapted from allrecipes.com

Serves 4

Ingredients

8 small flour tortillas

4 tablespoons cream cheese, light

Small pieces of fruit such as sliced strawberries, crushed pineapple, mandarin oranges or chopped mango.

Cooking spray or butter

Yogurt for dipping (optional)

Preparation

1. Spread a thin layer of cream cheese on all 8 tortillas.
2. Arrange fruit in a thin layer on four of the tortillas.
3. Place the other four tortillas cream cheese side down to make a sandwich.
4. Heat a frying pan to medium heat.  Spray with cooking spray or melt small amount of butter in pan. Place in pan and cook both sides of each quesadilla until crispy.
5. Cut into triangles and severe.

3 Ingredient Cookies

From the kitchen of Jodee Osborne, NOAP Coordinator

Makes 16 cookies

Ingredients

2 ripe bananas, mashed
1 cup uncooked quick oats
1/4 cup crushed walnuts

Preparation

1. Preheat oven to 350 degrees.
2. Combine mashed bananas and oats, then fold in walnuts.
3. Using a tablespoon drop cookie dough onto a cookie sheet.
Bake 15 minutes.

Blueberry Zucchini Bread

From the kitchen of Jodee Osborne, NOAP Coordinator

Ingredients

3 eggs beaten

1 cup vegetable oil

3 tsp vanilla

2 cups sugar

½ cup brown sugar

3 cups shredded zucchini

3 cups flour

1 tsp salt

1 tsp baking powder

½ tsp baking soda

1 Tbsp ground cinnamon

1 pint fresh blueberries (or thawed frozen)

Topping

2/3 cup flour

½ cup brown sugar

½ cup sugar

1 tsp cinnamon

½ cup chopped pecans (if desired)

1 stick butter

Preparation

1. Grease 3 regular (or 2 large) loaf pans. Preheat oven to 350 degrees.
2. In large bowl, beat eggs, oil, vanilla and sugars.
3. Fold in zucchini.
4. Beat in flour, baking powder, baking soda, salt and cinnamon.
5. Lightly dust blueberries and fold into mix.
6. Divide into pans.
7. Prepare topping by mixing flour, sugars, cinnamon, pecans and butter. Mix with fingers (if too crumbly add a little flour).
8. Crumble on top of each pan.
9. Bake at 350 degrees approx 60 minutes or until a clean knife comes out.

Refrigerator Salsa

From the kitchen of Jodee Osborne, NOAP Coordinator

Ingredients

5-6 fresh tomatoes washed & diced (or 3 cans petite diced)

1 medium onion chopped ( or 4-6 scallions chopped including green scallion tops)

1 medium jalapeno pepper, finely chopped (more if you like it hot)

1/2 green pepper, diced

2-3 garlic bulbs pressed (or 1 teaspoon jarred garlic)

1/2 teaspoon each: salt, paprika, pepper

1/4 teaspoon chili powder (more if you like it hot)

Fresh cilantro (optional) to taste

Preparation

1. Combine all ingredients in a large bowl or container.
2. Let it sit for 3-4 hours in refrigerator (or longer for a really great flavor)
3. Serve with chips, veggies or any meal where you want a Mexican kick!

Skillet Goulash

From the kitchen of Jodee Osborne, NOAP Coordinator

This is an easy one pan dinner that is very flexible.

Ingredients

1pound ground beef (or turkey \*\*)

1 large can tomato sauce

1 large onion, chopped

1 large green pepper, chopped

1 teaspoon Italian seasoning

1 cup beef, vegetable or chicken stock

Salt & pepper to taste

1 - 16 oz package pasta, any style \*\*

Other veggies… add what you like at the end.

Mushrooms, zucchini, chives, sugar snaps etc.

Preparation

1. Cook thawed ground meat until brown.
2. Stir in onion, peppers, and Italian seasoning.
3. Add tomato sauce and simmer for 30 minutes.
4. Add stock and bring to boil and add pasta..
5. Cook until pasta is al dente – serve!

\*\* turkey has less fat

\*\* try whole wheat pasta

\*\* be creative with vegetables!!

TRY SOMETHING NEW – YOU MIGHT LIKE IT!!

Oatmeal Pancakes

From the kitchen of Jodee Osborne NOAP Coordinator,

A hearty pancake that provides over 6 grams of fiber per serving. I like to add blueberries to the batter. This is a very kid-friendly recipe!

Ingredients

1 1/4 cup Old Fashioned Quaker Oats

1 1/4 cup skim milk

1 large egg
1 tablespoon light olive oil
1 cup whole wheat flour
1 teaspoon baking powder

Preparation

1. In a medium bowl, mix oats with milk, let stand 5 minutes.
2. Add egg and oil, then mix.
3. Add dry ingredients and mix until just blended.
4. Drop by 1/4 cup measure, flatten and shape a bit, and cook on hot, nonstick skillet until brown.
5. Flip and cook on the other side until golden.
6. Serve with maple syrup, preserves, yogurt, or applesauce.