



# Healthy Food Demo

## Recipe Booklet

Healthy, Simple, and Tasty Recipes  
for your entire family.



Including nutrition facts and cost.

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## Simple Healthy Recipes for your Family: Lentil Sloppy Joes



### **Ingredients:**

1 cup uncooked green lentils  
4 cups water  
1 tablespoon olive oil  
1 medium yellow onion, diced small  
1 green pepper, diced small  
2 cloves garlic, minced (or garlic powder 2 t)  
3 Tablespoons chili powder  
2 teaspoons oregano  
1 teaspoon salt  
8 oz can tomato sauce  
1/4 cup tomato paste  
2 tablespoons brown sugar or maple syrup  
1 tablespoon yellow mustard  
Whole Grain Bread for Serving  
(serves 4-6)

### **Substitutions:**

Add jalapenos or chiles for more spice, and substitute for whichever vegetables you have on hand!  
You can also make extra and freeze it for an easy meal later.



## Simple Healthy Recipes for your Family: Peach Yogurt Parfait



### **Ingredients:**

16oz tub of low fat vanilla/strawberry yogurt  
1 8oz bottle of strawberry jam or honey  
2 cups of assorted fruits (peaches, mango, strawberries, banana, blueberries, your favorites!)  
2 cups of granola (or other high fiber cereal)  
(serves 4)

### **Instructions:**

Build parfait in layers

1. Place granola on the bottom of cup
2. Then spoon on yogurt to cover, 1 Tablespoon jam/honey, a layer of fruit,
3. Repeat, add a layer of granola and repeat again.
4. Top with more fruit! Such as fresh berries.

I tried it! —>





## Simple Healthy Recipes for your Family: Berry Good Smoothies



### Ingredients:

- ¼ cup frozen blueberries
  - ¼ cup frozen strawberries
  - 1 ¼ cup orange juice (substitute Milk or soy milk)
  - drizzle of honey
- (serves 1)

### Instructions:

1. Pour the milk or orange juice and all the berries into a blender.
2. Mix for 30 seconds, blend until smooth.
3. Pour into a glass and serve immediately.

### Substitutions:

Try this with any fruits you like fresh or frozen! Also you can add a banana, or fresh spinach or greens for more nutrition!

(you won't taste the spinach)

I tried it! —>



## Simple Healthy Recipes for your Family: Lentil Sloppy Joes

### Instructions:

1. Cook the Lentils: Put the lentils in a small sauce pot and pour in 4 cups water. Cover and bring to a boil. Once boiling, lower heat and simmer for about 20 minutes, until lentils are soft. Drain and set aside.
2. About 10 minutes before the lentils are done boiling, preheat a medium soup pot over medium heat. Saute the onion and pepper in the oil for about 7 minutes, until softened. Add the garlic and saute a minute more. Add the cooked lentils, the chili powder, oregano and salt and mix. Add the tomato sauce and tomato paste. Cook for about 10 minutes.
3. Add the brown sugar and mustard and heat through. Turn the heat off and let sit for about 10 minutes, so that the flavors can mix, or go ahead and eat immediately if you can't wait :)

### Nutrition Information:

(recipe in 5 servings,  
lentil mixture not includ-  
ing bread)

**Calories:** 135

**Total Fat:** 5g

**Cholesterol:** 0g

**Total Carbs:** 23g

Dietary Fiber: 4.5g

**Protein:** 4g

**Sodium:** 530mg

**Average Cost for a  
Family of 5:**

\$6.00

= about \$1.15 per  
serving!

I tried it! —>





## Simple Healthy Recipes for your Family: Grilled Veggie Skewers



### Ingredients:

- 1 Zucchini (small)
  - 1 Summer Squash
  - 1/2 lb mushrooms
  - 1/2 red onion
  - 1/2 lb cherry tomatoes
  - 1/4c olive oil
  - 2 tsp. Pepper
  - Salt to taste
  - 2 tsp. Oregano (optional)
  - 1 tsp. Paprika (optional)
  - Wooden Skewers
- (serves 5-6 depending on size of skewers)

### Substitutions:

Add more vegetables you like, take out ones you don't.  
Such as adding tomatoes, chilies, small spring onions, eggplant, etc.  
Or use a favorite oil and vinegar/Italian salad dressing to marinate the vegetables.



## Simple Healthy Recipes for your Family: Chilaquilles Casserole

### Instructions:

1. Preheat oven to 400°F. Lightly coat a 9-by-13-inch baking pan with cooking spray.
2. Heat oil in a large nonstick skillet over medium-high heat. Add onion and cook, stirring often, until starting to brown, about 5 minutes. Stir in zucchini, beans, tomatoes, corn, cumin and salt and cook, stirring occasionally, until the vegetables are heated through, about 3 minutes.
3. Scatter half the tortilla pieces in the pan. Top with half the vegetable mixture, half the enchilada sauce and half the cheese. Repeat with one more layer of tortillas, vegetables, sauce and cheese. Cover with foil.
4. Bake the casserole for 15 minutes. Remove the foil and continue baking until the casserole is bubbling around the edges and the cheese is melted, about 10 minutes more. Enjoy!

<b>Nutrition Information:</b> (recipe in 10 servings)	<b>Total Carbs:</b> 22g	<b>Average Cost for a Family of 5:</b> \$10.50 = about \$1.05 per serving!
	<b>Dietary Fiber:</b> 9.1g	
	<b>Calories:</b> 177	
	<b>Protein:</b> 5.5g	
<b>Total Fat:</b> 5g	<b>Sodium:</b> 512 mg	
<b>Cholesterol:</b> 0g		

I tried it! —>





## Simple Healthy Recipes for your Family: Chilaquilles Casserole



### Ingredients:

1 tablespoon canola oil  
 1 medium onion, diced  
 1 medium zucchini, grated  
 1 19-ounce can black beans, rinsed  
 1 14-ounce can diced tomatoes, drained  
 1 1/2 cups corn, frozen (thawed) or fresh  
 1 teaspoon ground cumin  
 1/2 teaspoon salt  
 12 corn tortillas, quartered  
 1 19-ounce can mild red or green enchilada sauce  
 1 1/4 cups shredded reduced-fat Cheddar cheese  
 (Serves 10 people)

### Substitutions:

Add jalapenos or chiles for more spice, and substitute for whichever vegetables you have on hand!  
 You can also make extra and freeze it for an easy meal later.



## Simple Healthy Recipes for your Family: Grilled Veggie Skewers

### Instructions:

1. Soak the wooden skewers in water while preparing the vegetables, to prevent them from burning on the grill.
2. Chop the vegetables into bite size pieces, large enough to go onto the skewers.
3. Toss the vegetables with the olive oil, pepper and spices, then put onto the skewers.
4. Grill the vegetable skewers a couple minutes and turn, until vegetables are lightly browned and softened. Enjoy :)

\*Excellent accompaniment to a lean protein dish or large salad, perfect for summer!

### Nutrition Information:

(recipe in 5 servings)

**Calories:** 154.3

**Total Fat:** 10.91g

**Cholesterol:** 0g

**Total Carbs:** 7g

Dietary Fiber: 1.1 g

**Protein:** 1.83g

**Sodium:** 3.15mg  
(without salt added)

**Average Cost for a Family of 5:**

\$5.90

= about \$0.98 per serving!

I tried it! —>





## Simple Healthy Recipes for your Family: Tuna Pasta Salad



### Ingredients:

- 2 ½ cups pasta (short shapes: bowtie, elbow, etc.)
- ½ cup chopped celery\*
- ¼ cup chopped sweet pickle
- 1 tsp. Dijon Mustard
- ¼ cup olive oil
- 2 Tbs. vinegar
- 1/3 cup red onion
- 1 tsp. hot sauce— optional
- 1 tsp. black pepper
- 1/2 tsp. salt

About 2 5oz cans of white tuna in water (more or less to taste)

\*Add any other vegetables too!

- ½ cup chopped carrots
- ½ cup frozen, thawed green peas
- ½ cup chopped peppers

(Serves 8)



## Simple Healthy Recipes for your Family: Tuna Pasta Salad

### Instructions:

1. Cook the pasta in boiling water following package directions, drain.
2. Chop the celery, pickles, and any other vegetables, thaw if using frozen peas or corn.
3. Drain water from the tuna.
4. Make the vinegarette by mixing the mustard, olive oil, vinegar, onion, and hotsauce.
5. Mix all of the ingredients together, enjoy chilled!

### Nutrition Information:

(recipe in 8 servings)

\*more fiber if using whole wheat noodles and more vegetables!

**Total Carbs:** 17g  
Dietary Fiber: 1g

**Protein:** 13.3g  
**Sodium:** 226.7mg

**Calories:** 192.5  
**Total Fat:** 7.7g

**Average Cost for a Family of 5:**  
\$4.75  
= about \$0.59 per serving!

I tried it! —>

