WHAT’S ON THE MENU?

MAIN DISHES
One Pan Pesto Chicken with Veggies
Southwest Baked Potatoes
Crock Pot Steak and Peppers
Healthy Vegetable Fried Quinoa

BREAKFAST
Oatmeal Four Ways

SIDES
Spanish Rice
Roasted Root Vegetables

DRINKS
Banana Pineapple Strawberry Smoothie
Red Monster Smoothie

SOUP
Spanish Chickpea Stew

DESSERT
Dark Chocolate Black Bean Brownies

NUTRITION
Recipe Nutrition Information
**ONE PAN PESTO CHICKEN WITH VEGGIES**

**Makes:** 4 servings  
**Serving Size:** 3 oz of chicken and ½ cup of veggies

**Ingredients**  
1. pound chicken breasts- boneless and skinless  
2. medium sweet potatoes - peeled and chopped (roughly 2 cups)  
12 oz brussels sprouts - ends chopped off, sliced  
¼ cup basil pesto  
2 tsp garlic powder  
2 Tbsp olive oil  
salt and pepper to taste

**Instructions**  
1. Preheat oven to 350°F.  
2. Place peeled and chopped sweet potatoes and sliced brussels sprouts on opposite sides of a large baking sheet.  
3. Pour 1 Tbsp olive oil and 1 tsp garlic powder over each set of veggies. Season with salt and pepper if using. Toss to coat evenly.  
4. Place chicken in the center of your baking sheet, and coat both sides with basil pesto.  
5. Place sheet in the oven and cook for 30-40 minutes, or until the juice of the thickest chicken breast runs clear.

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**SOUTHWEST BAKED POTATOES**

**Makes:** 2 servings  
**Serving Size:** 1 potato

**Ingredients**  
2. medium sweet potatoes - or white potatoes  
1 can (15 oz) black beans - drained and rinsed  
1 medium tomato - diced or a small can of low-sodium diced tomatoes  
½ tsp ground cumin  
½ tsp chili powder  
2 tsp olive oil - or vegetable oil of your choice  
¼ tsp salt  
Optional ingredients: sour cream or plain yogurt, scallions, cilantro

**Instructions**  
1. Pierce potatoes in several places with a fork.  
2. Microwave potatoes on high for 12-15 min, or until tender.  
3. In a microwave-safe bowl, combine beans, diced tomatoes, oil, cumin, chili powder, and salt. Microwave on high for 2-3 minutes.  
4. Slice each potato down the middle. Press open, making a well in the center.  
5. Spoon the bean mixture into the middle of each potato.  
6. If desired, top with sour cream/yogurt, scallions and cilantro.
CROCK POT STEAK AND PEPPERS

Makes: 4 servings
Serving Size: ½ cup

Ingredients
1 pound sirloin steak - or any lean steak on sale
1 can (14.5 oz) stewed tomatoes - low sodium
2 bell peppers - sliced
or one 12 oz bag of frozen sliced peppers
3 Tbsp soy sauce - low sodium
¾ cup beef broth
2 tsp garlic powder

Instructions
1. Place the steak in the Crock Pot. Pour the stewed tomatoes, soy sauce, beef broth, and garlic powder on top. Cook for 3-4 hours on high or 6-8 hours on low.
2. The steak should be falling apart and the sauce slightly thickened. Add peppers and cook for 15 minutes or until they begin to soften.

HEALTHY VEGETABLE FRIED QUINOA

Makes: 4 servings
Serving Size: 1 cup

Ingredients
1 cup uncooked quinoa - or 3 cups of plain leftover cooked quinoa
1 Tbsp oil
1 Tbsp fresh ginger - grated
1 Tbsp garlic - minced, or 1 tsp garlic powder
1 cup carrots - diced
¼ cup snow peas
1 cup bok choy or broccoli
2 cups kale - stems removed, torn into pieces
¼ cup fresh chives - chopped
2 large eggs
2 Tbsp soy sauce - reduced sodium

Instructions
1. In a medium saucepan, cook the quinoa according to package instructions.
2. In a large sauté pan or wok, heat the oil over medium-high heat. Add the ginger and garlic and sauté, stirring for one minute.
3. Add the carrots, snow peas, bok choy or broccoli, kale and chives, and cook, stirring occasionally for about 5 minutes.
4. Add the quinoa and stir. Add eggs and stir until they are scrambled, about 3 minutes.
5. Add soy sauce and mix well, cooking for about 1 minute.

NOTES:
Cooking meat at a low temperature over a long period of time, like in a Crock Pot, is a great way to make tougher, less expensive meats more tender.

Try this delicious mixture over rice, quinoa or pasta for a healthy complete meal.
OATMEAL FOUR WAYS

Step 1 for all variations:
In a microwave safe bowl, mix together ½ cup of quick cooking oats with 1 cup of water. Microwave on high for 1 minute and 30 seconds.

PEANUT BUTTER BANANA OATMEAL

Ingredients
1 Tbsp natural peanut butter
1 banana - cut into slices
1 tsp honey - optional

Instructions
Mix peanut butter and honey (if using) into cooked oatmeal and top with banana slices.

BERRY OATMEAL

Ingredients
¾ cup mixed berries - frozen
¾ tsp almond extract - optional
2 Tbsp walnuts or sliced almonds

Instructions
When there is 30 seconds remaining for microwaving your oatmeal, add in the frozen berries so that they melt. Add in almond extract and top with nuts.

SAVORY OATMEAL

Ingredients
½ cup chopped spinach - fresh or frozen
1 clove garlic
2 Tbsp Parmesan cheese
1 egg
Salt and Pepper

Instructions
1. Sauté spinach and garlic over medium heat for 1-2 minutes.
2. Cook egg to your liking making sure that both the yolk and the white are firm.
3. Add the garlic spinach and parmesan cheese to your cooked oatmeal and top with egg. Sprinkle with salt and pepper.

NOTE:
Did you know you can cook an egg in the microwave? Crack an egg into a mug and add a dash of milk. Stir and microwave on high for 1-2 min or until cooked.

APPLE CINNAMON OATMEAL

Ingredients
1 small apple - cored and chopped
½ tsp cinnamon
1 tsp honey or maple syrup - optional

Instructions
Mix apple slices, cinnamon, and honey or maple syrup (if using) into cooked oatmeal.
**SPANISH RICE**

Makes: 6 servings  
Serving Size: ⅓ cup

**Ingredients**
- 2 Tbsp olive oil
- ½ cup green bell pepper - chopped
- ½ cup onion - chopped
- 1 tsp garlic powder
- 1 tsp chili powder
- 1 tsp ground red pepper
- ½ tsp salt
- dash of black pepper
- 1 cup brown rice - uncooked
- 1 can (15 oz) low sodium tomatoes - undrained
- 2 cups water

**Instructions**
1. Cook green bell pepper and onion in olive oil over medium heat, stirring occasionally, for about 5 minutes.
2. Stir in the spices, rice, tomatoes with juice, and water.
3. Bring to a boil.
4. Cover and cook over low heat for 20 minutes, or until rice is done.

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**ROASTED ROOT VEGETABLES**

Makes: 4 servings  
Serving Size: ¼ of the recipe

**Ingredients**
- 4 root vegetables
- 2 large carrots
- 1 onion
- ¼ cup vegetable oil of your choice
- 3 Tbsp Parmesan cheese
- ½ tsp salt and pepper

**Optional seasonings:**  
thyme, rosemary, sage, garlic, oregano, parsley

**Instructions**
1. Preheat oven to 400°F.
2. Peel and cut vegetables into large chunks and place in a medium bowl with oil, seasonings, and Parmesan cheese.
3. Spread in an even layer on a baking sheet.
4. Bake for 30 minutes or until tender.

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**OPTIONS FOR ROOT VEGETABLES**

- Sweet Potato
- Parsnip
- Turnip
- Beet
- Rutabaga
- Potato
- Golden Beet
- Carrot

Root vegetables are great, because they last for a long time. Try mixing a new kind with ones you know you like.
BANANA PINEAPPLE STRAWBERRY SMOOTHIE

Makes: 2 servings
Serving Size: ½ the recipe

Ingredients
1 banana - medium, very ripe, peeled
¾ cup pineapple juice
½ cup Greek yogurt - plain
½ cup strawberries - rinse and remove stems

Instructions
1. Combine all ingredients in a blender until smooth.
2. Divide mixture between 2 glasses and serve.

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RED MONSTER SMOOTHIE

Makes: 2 servings
Serving Size: ½ the recipe

Ingredients
1 cup kale
1½ cups mixed berries - frozen
1 banana
1 cup pineapple - canned, fresh or frozen
½ cup carrots - optional
1 cup of ice
1 cup of water

Instructions
1. Blend all ingredients in a blender until smooth.
2. Divide between 2 glasses and serve.

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SPANISH CHICKPEA STEW

Makes: 6 servings
Serving Size: 1½ cups

Ingredients
3 Tbsp olive oil - or vegetable oil of your choice
2 tsp fresh garlic - minced
2 cups onions - peeled and diced
2 tsp sweet paprika
½ tsp ground cumin
1 packaged frozen spinach - 10 oz
1 can garbanzo beans (chick peas) - 15 oz, drained and rinsed
1 can diced tomatoes - 15 oz, low sodium
¾ cup golden raisins
1 cup vegetable broth - low sodium
1 Tbsp red wine vinegar
¼ tsp salt
¼ tsp black pepper

Instructions
1. In a large pot, heat olive oil over medium heat.
2. Add onions and cook for 2-3 minutes or until translucent. Add garlic and cook for about 1 minute. Mix in paprika and cumin.
3. Add spinach and cook for 5-10 minutes.
4. Add garbanzo beans, raisins, tomatoes, and vegetable broth. Bring to a boil.
5. Reduce heat to low and simmer uncovered for 7-10 minutes or until raisins are plump.
6. Add vinegar, salt, and pepper. Mix well.
**Dark Chocolate Black Bean Brownies**

Makes: 12 servings  
Serving Size: 1 brownie

**Ingredients**
- 1 can black beans - 15.5 oz drained and rinsed
- ½ cup sugar
- ½ tsp baking powder
- ¼ cup dark cocoa powder
- 3 eggs
- 3 Tbsp canola oil
- 1 tsp vanilla
- 1 tsp instant coffee granules
- ¼ cup chopped walnuts - optional
- ⅓ cup dark chocolate chips

**Instructions**
1. Preheat the oven to 350°F and place parchment paper in the bottom of an 8x8 inch baking pan. Lightly spray parchment paper with cooking spray.
2. In a food processor or blender, combine all ingredients except walnuts and chocolate chips.
3. Pour batter into baking pan. Top with nuts and chocolate chips.
4. Bake for 30-35 minutes. Let cool, then cut into squares.

**Nutrition Information**

**Peanut Butter Banana Oatmeal**
- Serving Size: 1 cup
- Calories: 350
- Total Fat: 11g
- Saturated Fat: 2g
- Protein: 10g

**Savory Oatmeal**
- Serving Size: 1 cup
- Calories: 320
- Total Fat: 6g
- Saturated Fat: 1g
- Protein: 6g

**Spanish Rice**
- Serving Size: ⅛ of the recipe
- Calories: 82
- Total Fat: 4g
- Saturated Fat: 1g
- Protein: 4g
### NUTRITION INFORMATION (CONTINUED)

#### BANANA PINEAPPLE STRAWBERRY SMOOTHIE
- **Serving Size:** ¼ of the recipe
- **Calories:** 152
- **Total Fat:** 1g
- **Saturated Fat:** 0g
- **Protein:** 8g
- **Sodium:** 32mg
- **Carbohydrates:** 33g
- **Added Sugar:** 6g
- **Fiber:** 3g

#### RED MONSTER SMOOTHIE
- **Serving Size:** 2 cups
- **Calories:** 207
- **Total Fat:** 1g
- **Saturated Fat:** 0g
- **Protein:** 4g
- **Sodium:** 20mg
- **Carbohydrates:** 51g
- **Added Sugar:** 0g
- **Fiber:** 3g

#### SPANISH CHICKPEA STEW
- **Serving Size:** 1½ cups
- **Calories:** 250
- **Total Fat:** 9g
- **Saturated Fat:** 1g
- **Protein:** 7g
- **Sodium:** 490mg
- **Carbohydrates:** 36g
- **Added Sugar:** 9g
- **Fiber:** 7g

#### DARK CHOCOLATE BLACK BEAN BROWNIES
- **Serving Size:** 1 brownie
- **Calories:** 150
- **Total Fat:** 7g
- **Saturated Fat:** 2g
- **Protein:** 4g
- **Sodium:** 80mg
- **Carbohydrates:** 19g
- **Added Sugar:** 8g
- **Fiber:** 3g

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**RECIPE ICON KEY**

- Kid Friendly
- No Added Sugar
- Vegetarian
- Heart Healthy
- 5 Ingredients or Less
- Quick and Easy

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