



OUTDOOR RECIPE COOKBOOK

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EASY GRILLED TILAPIA

Makes: 4 servings

Serving Size: 6 oz filet

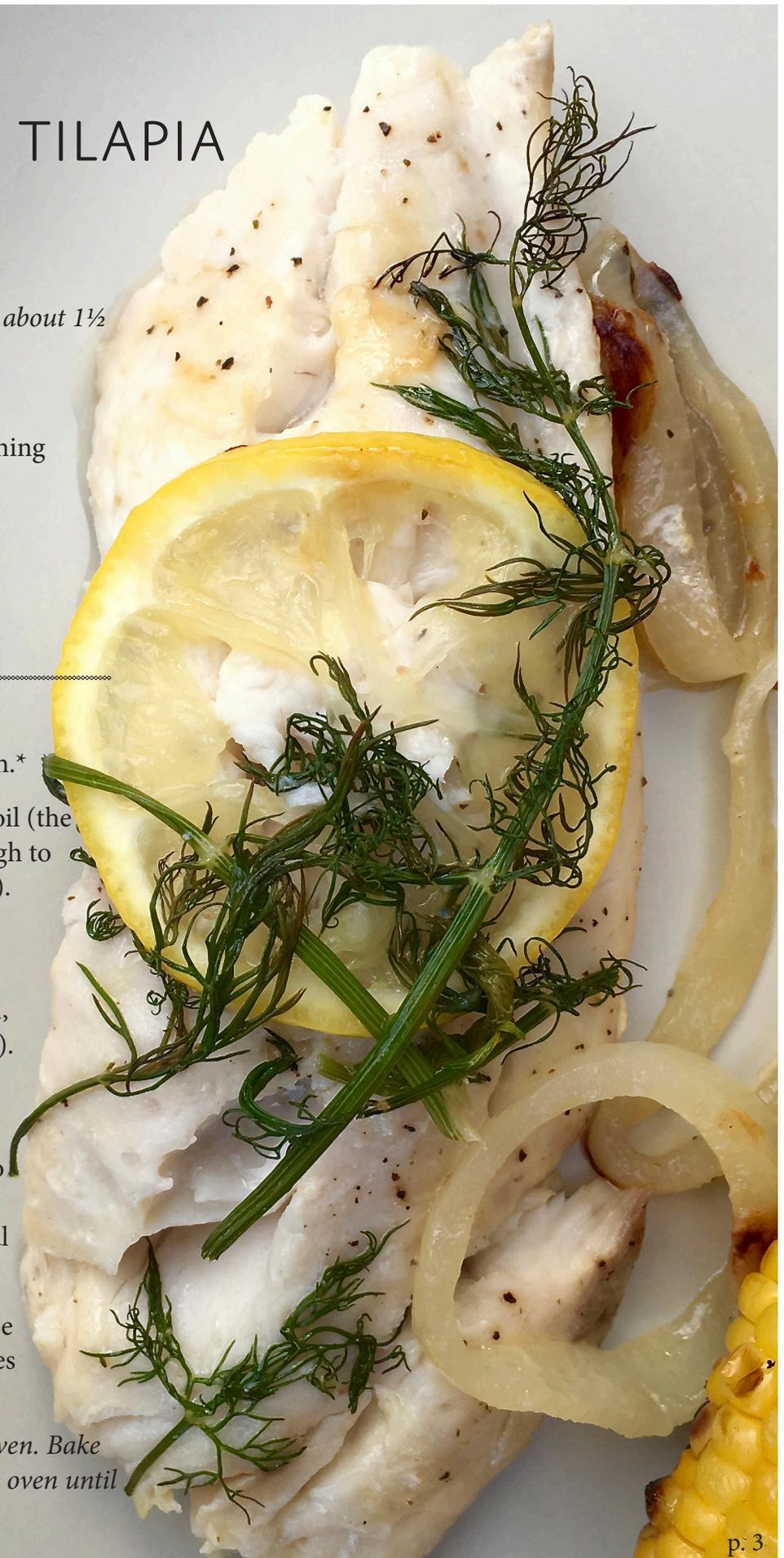
Ingredients

- 4 tilapia filets - or any white fish - *about 1½ pounds total*
- 2 tablespoons olive oil
- 1 tablespoon lemon pepper seasoning
- ½ yellow onion, sliced into rings
- ½ lemon, cut into slices - *optional*
- 4 sprigs fresh dill - *optional*
- salt & pepper - *to taste*

Instructions

1. Heat the grill on medium-high.*
2. Place each filet on a piece of foil (the foil will need to be large enough to create a dome around the fish).
3. Drizzle olive oil on each filet. Sprinkle with lemon pepper seasoning, and top with onion, lemon slices, and dill (if using).
4. Bring the long edges of the aluminum foil together over the fish and make thin folds to form an airtight seal. Fold the short edges in 2-3 times to seal the sides.
5. Place directly on grill and close the lid. Cook for 10-12 minutes until fish is opaque and flaky.

**This can also be made in the oven. Bake for 15-20 minutes in 350 degree oven until fish is opaque and flaky.*



PASTA SALAD WITH MIXED VEGETABLES

Makes: 2 servings

Serving Size: 1 cup

Ingredients

- 1 cup whole wheat pasta - *uncooked*
- ½ cucumber - *chopped*
- ½ tomato - *chopped*
- ¼ red or orange bell pepper - *chopped*
- ½ cup broccoli florets - *chopped*
- ½ cup cauliflower florets - *chopped, optional*
- ½ cup kale - *chopped, optional*
- 2 tablespoons red or green onion - *chopped* *
- ¼ cup vinegar
- ½ teaspoon garlic powder
- 2 tablespoons sugar
- ⅛ teaspoon pepper
- ½ teaspoon salt

Instructions

1. Cook pasta according to package directions but do not add salt to cooking water. Drain, rinse with cool water, and drain again.
2. Make vinaigrette dressing. In a small saucepan, combine vinegar, sugar, salt, garlic powder, and black pepper. Stir and heat over medium heat until sugar is dissolved, but do not boil. Let cool.
3. Combine all ingredients in a large bowl with vinegar dressing. Mix gently.
4. Cover and refrigerate overnight to allow flavors to blend. Serve cold (40°F or below).

**Try adding a protein like meat, eggs or beans to make this meal more hearty*





GARBANZO BEAN SALAD

Makes: 6 servings

Serving Size: $\frac{1}{3}$ cup

Ingredients

- 2 cups garbanzo beans
- $\frac{1}{2}$ cup red onion - *diced*
- $\frac{1}{2}$ cup red bell pepper - *diced*
- $\frac{1}{4}$ cup cilantro - *fresh, chopped*
- 2 tablespoons olive oil
- 2 teaspoons red wine vinegar
- $\frac{1}{4}$ teaspoon oregano - *dried*
- $\frac{1}{2}$ teaspoon pepper
- $\frac{1}{4}$ teaspoon salt

Instructions

1. Drain garbanzo beans.
2. Combine garbanzo beans, red onions, green bell peppers, and cilantro; mix well.
3. Whisk olive oil, red wine vinegar, oregano, and black pepper for dressing until combined (this can be done in a blender or in a bowl with a fork).
4. Toss dressing with bean mixture until well coated. Serve chilled (40°F or below).

TIP:

Add pasta, rice, or quinoa to this salad to make it a meal.

KALE SLAW

Makes: 8 servings

Serving Size: ½ cup

Ingredients

6 cups chopped kale - *big stems removed*

½ head of red cabbage - *chopped*

½ cup crumbled feta cheese

2 tablespoons shelled sunflower seeds

½ cup dried cranberries

For the Dressing

2 tablespoons olive oil

¼ cup lemon juice - *about 1 lemon*

¼ teaspoon salt

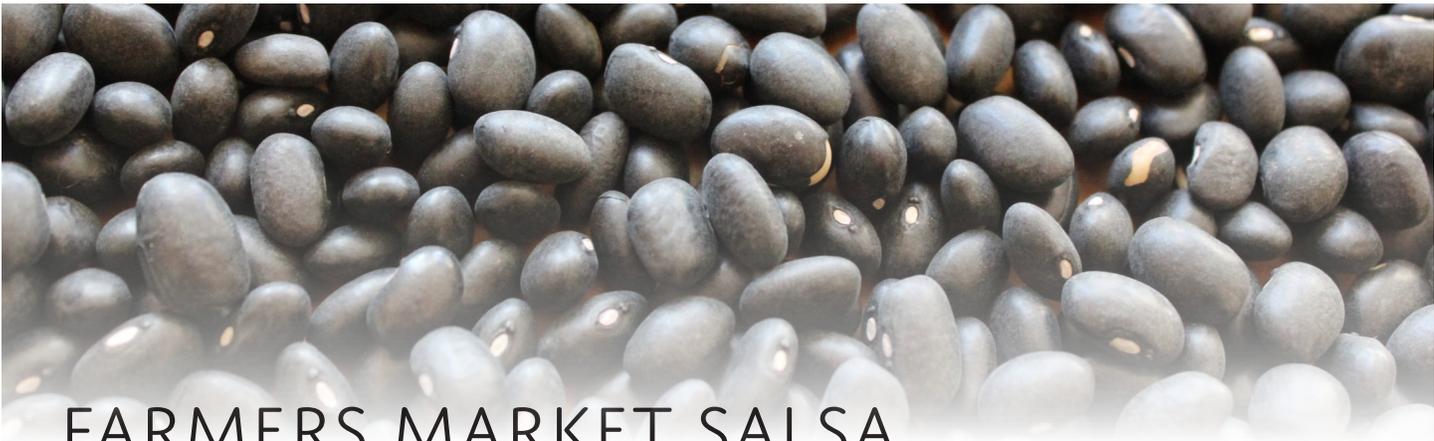
½ teaspoon pepper



Instructions

1. Wash kale and chop into small pieces.
2. Toss kale, cabbage, cranberries, feta cheese, and sunflower seeds.
3. Mix dressing and pour onto slaw.
4. Toss slaw and chill to serve.





FARMERS MARKET SALSA

Makes: 8 servings

Serving Size: ¼ cup

Ingredients

- ¾ cup corn - *fresh cooked or frozen*
- 1 15 oz can black beans - *drained and rinsed*
- 1 cup tomatoes - *fresh, diced*
- ½ red onion - *diced*
- ½ green bell pepper - *diced*
- 2 tablespoons lime juice
- 2 garlic clove - *minced*
- ½ cup picante sauce

Instructions

1. Combine all ingredients in a large bowl. Chill until serving time.
2. Drain before serving.
3. Serve with low-fat baked tortilla chips or fresh vegetables.





GREEK CUCUMBER YOGURT DIP

Makes: 6 servings
Serving Size: ¼ cup

Ingredients

- 1 cup plain nonfat greek yogurt
 - 1 large cucumber - *peeled, seeds removed*
 - 2 tablespoons lemon juice - *about ½ of a lemon*
 - 1 tablespoon fresh dill
 - 1 garlic clove - *finely chopped*
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Instructions

1. Grate cucumber with a cheese grater or box grater. Option: chop into very small pieces instead of grating.
2. Mix yogurt, cucumber, lemon juice, dill, and garlic in a serving bowl. Chill.
3. Serve with raw vegetables for dipping or on a sandwich instead of mayonnaise.

TIP:
*Try this light and fresh
Cucumber Yogurt Dip on
top of our Easy Grilled
Tilapia recipe.*
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STRAWBERRY S'MORES

Makes: 1 serving

Serving Size: 1 S'more

Ingredients

2 strawberries

1 graham cracker - *broken in half*

2 tablespoons yogurt - *low-fat vanilla*

**Try any kind of fruit or low-fat yogurt for yummy flavor variations!*

Instructions

1. Rinse and slice the strawberries.
2. Add the yogurt and strawberries to $\frac{1}{2}$ of graham cracker.
3. Top with the other $\frac{1}{2}$ of graham cracker.



PINEAPPLE ORANGE POPSICLES

Makes: 12 servings

Serving Size: 3 oz popsicle

Ingredients & Supplies

20 ounces crushed pineapple - *in pineapple juice, not syrup*

1½ cups 100% orange juice - *no sugar added*

2 tablespoons water

12 3 oz paper bathroom cups

6 wooden popsicle sticks - *cut in half*

Instructions

1. Mix the pineapple, orange juice, and water in a bowl.
2. Fill the paper cups with the mixture up until about 1 cm from the top.
3. Place the filled cups onto a tray or plate, add the popsicle sticks, and freeze for about 4 hours (or until frozen through).
4. Remove from the freezer, peel off the paper cups.



CUCUMBER MINT WATER

Makes: 8 servings
Serving Size: 1 cup

Ingredients

8 cups of water

1 small cucumber - *washed and thinly sliced*

¼ cup fresh mint leaves - *thoroughly washed*

Instructions

1. Pour 8 cups of water into a large pitcher.
2. Place the thin slices of cucumber and mint leaves in the water.
3. Cover and refrigerate. Enjoy!





FRUIT JUICE FIZZ

Makes: 1 serving

Serving Size: 8 oz (1 cup)

Ingredients

4 oz plain seltzer

4 oz fruit juice - *grape, apple, or cranberry work well*

*Note: 4 oz = ½ cup

Instructions

1. Mix the seltzer water and juice together over ice.

TIP:

Did you know that kids are not supposed to have more than 4 oz of juice per day? Diluting it with water or seltzer allows you to drink more while keeping the calories and sugar low!



NUTRITIONAL INFORMATION

GRILLED TILAPIA

Serving Size: 1 fillet (6 oz)

Calories: 221
Total Fat: 10g
Saturated Fat: 2g
Protein: 32g
Sodium: 69mg
Carbohydrates: 1g
Added Sugars: 0g
Fiber: 0g

GREEK CUCUMBER YOGURT DIP

Serving Size: ¼ cup

Calories: 30
Total Fat: <1g
Saturated Fat: 0g
Protein: 4.5g
Sodium: 16mg
Carbohydrates: 3g
Added Sugars: 0g
Fiber: <1g

PASTA SALAD WITH VEGETABLES

Serving Size: 1 cup

Calories: 120
Total Fat: 0g
Saturated Fat: 0g
Protein: 4g
Sodium: 120mg
Carbohydrates: 24g
Added Sugars: 8g
Fiber: 4g

PINEAPPLE ORANGE POPSICLES

Serving Size: 1 popsicle (3 oz)

Calories: 44
Total Fat: 0g
Saturated Fat: 0g
Protein: 0g
Sodium: 5mg
Carbohydrates: 11g
Added Sugars: 0g
Fiber: 1g

GARBANZO BEAN SALAD

Serving Size: ⅔ cup

Calories: 300
Total Fat: 9g
Saturated Fat: 1g
Protein: 14g
Sodium: 15g
Carbohydrates: 44g
Added Sugars: 0g
Fiber: 9g

STRAWBERRY S'MORES

Serving Size: 1 S'more

Calories: 57
Total Fat: 1g
Saturated Fat: 0g
Protein: 2g
Sodium: 64mg
Carbohydrates: 9g
Added Sugars: 6g
Fiber: 1g

KALE SLAW

Serving Size: ½ cup

Calories: 131
Total Fat: 7g
Saturated Fat: 2g
Protein: 5g
Sodium: 120mg
Carbohydrates: 15g
Added Sugars: 4g
Fiber: 3g

CUCUMBER MINT WATER

Serving Size: 1 cup (8 fl oz)

Calories: 5
Total Fat: 0g
Saturated Fat: 9g
Protein: 0g
Sodium: 10mg
Carbohydrates: 1g
Added Sugars: 0g
Fiber: 0g

FARMERS MARKET SALSA

Serving Size: ¼ cup

Calories: 70
Total Fat: 0g
Saturated Fat: 0g
Protein: 3g
Sodium: 230g
Carbohydrates: 13g
Added Sugars: 0g
Fiber: 3g

FRUIT JUICE FIZZ

Serving Size: 1 cup

Calories: 80
Total Fat: 0g
Saturated Fat: 0g
Protein: 0g
Sodium: 0g
Carbohydrates: 24g
Added Sugars: 0g
Fiber: 0g

This material was funded by the USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider.