



# Fan Favorite Recipes



**SNAP4CT** ORG  
Eat well. Spend Less. 

## 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.

# 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*
- ¼ 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.

## 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.

# 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*
- ½ 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.



# OATMEAL FOUR WAYS

Each Recipe Makes: 1 serving  
Serving Size: approximately 1 cup

## Step 1 for all variations:

In a microwave safe bowl, mix together  $\frac{1}{2}$  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

- $\frac{3}{4}$  cup mixed berries - *frozen*
- $\frac{1}{4}$  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.



## APPLE CINNAMON OATMEAL



### Ingredients

- 1 small apple - *cored and chopped*
- $\frac{1}{2}$  tsp cinnamon
- 1 tsp honey or maple syrup - *optional*

### Instructions

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

## SAVORY OATMEAL



### Ingredients

- $\frac{1}{2}$  cup chopped spinach - *fresh or frozen*
- 1 clove garlic
- 2 Tbsp Parmesan cheese
- 1 egg
- Salt and Pepper

### Instructions

- Sauté spinach and garlic over medium heat for 1-2 minutes.
- Cook egg to your liking making sure that both the yolk and the white are firm.
- 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.



# SPANISH RICE

Makes: 6 servings  
Serving Size: 1/3 cup



## Ingredients

- 2 Tbsp olive oil
- 1/2 cup green bell pepper - *chopped*
- 1/2 cup onion - *chopped*
- 1 tsp garlic powder
- 1 tsp chili powder
- 1 tsp ground red pepper
- 1/2 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.

# ROASTED ROOT VEGETABLES

Makes: 4 servings  
Serving Size: 1/4 of the recipe



## Ingredients

- 4 root vegetables
- 2 large carrots
- 1 onion
- 1/4 cup vegetable oil of your choice
- 3 Tbsp Parmesan cheese
- 1/2 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.

## 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.



# 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.



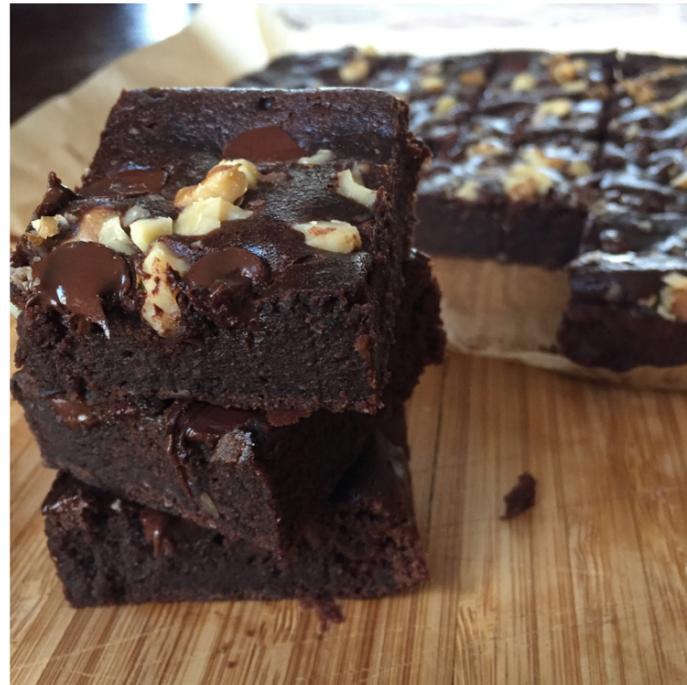
# DARK CHOCOLATE BLACK BEAN BROWNIES

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

## ONE PAN PESTO CHICKEN AND VEGGIES

Serving Size: 3oz piece of chicken and ½ cup vegetables

Calories: 394	Sodium: 300mg
Total Fat: 11g	Carbohydrates: 27g
Saturated Fat: 3g	Added Sugar: 0g
Protein: 31g	Fiber: 5g

## SOUTHWEST BAKED POTATOES

Serving Size: 1 potato

Calories: 360	Sodium: 760mg
Total Fat: 5g	Carbohydrates: 64g
Saturated Fat: 1g	Added Sugar: 0g
Protein: 15g	Fiber: 19g

## CROCKPOT STEAK AND PEPPERS

Serving Size: ½ cup

Calories: 185	Sodium: 300mg
Total Fat: 4g	Carbohydrates: 11g
Saturated Fat: 2g	Added Sugar: 0g
Protein: 26g	Fiber: 2g

## HEALTHY VEGETABLE FRIED QUINOA

Serving Size: 1 cup

Calories: 264	Sodium: 451mg
Total Fat: 9g	Carbohydrates: 36g
Saturated Fat: 2g	Added Sugar: 0g
Protein: 12g	Fiber: 6g

## PEANUT BUTTER BANANA OATMEAL

Serving Size: 1 cup

Calories: 350	Sodium: 140mg
Total Fat: 11g	Carbohydrates: 58g
Saturated Fat: 2g	Added Sugar: 0g
Protein: 10g	Fiber: 4g

## BERRY OATMEAL

Serving Size: 1 cup

Calories: 300	Sodium: 90mg
Total Fat: 11g	Carbohydrates: 47g
Saturated Fat: 1.5g	Added Sugar: 0g
Protein: 8g	Fiber: 7g

## APPLE CINNAMON OATMEAL

Serving Size: 1 cup

Calories: 260	Sodium: 0mg
Total Fat: 3g	Carbohydrates: 48g
Saturated Fat: 0g	Added Sugar: 0g
Protein: 6g	Fiber: 8g

## SAVORY OATMEAL

Serving Size: 1 cup

Calories: 320	Sodium: 290mg
Total Fat: 11g	Carbohydrates: 37g
Saturated Fat: 4.5g	Added Sugar: 0g
Protein: 19g	Fiber: 5g

## SPANISH RICE

Serving Size: ⅓ cup

Calories: 180	Sodium: 370mg
Total Fat: 6g	Carbohydrates: 30g
Saturated Fat: 1g	Added Sugar: 0g
Protein: 3g	Fiber: 3g

## ROASTED ROOT VEGETABLES

Serving Size: ¼ of the recipe

Calories: 82	Sodium: 341mg
Total Fat: 4g	Carbohydrates: 10g
Saturated Fat: 1g	Added Sugar: 0g
Protein: 4g	Fiber: 4g



# NUTRITION INFORMATION (CONTINUED)

**BANANA PINEAPPLE STRAWBERRY SMOOTHIE**  
Serving Size: ½ of the recipe

Calories: 152	Sodium: 32mg
Total Fat: 1g	Carbohydrates: 31g
Saturated Fat: 0g	Added Sugar: 0g
Protein: 8g	Fiber: 3g

**RED MONSTER SMOOTHIE**  
Serving Size: 2 cups

Calories: 207	Sodium: 20mg
Total Fat: 1g	Carbohydrates: 51g
Saturated Fat: 0g	Added Sugar: 0g
Protein: 4g	Fiber: 8g

**SPANISH CHICKPEA STEW**  
Serving Size: 1½ cups

Calories: 250	Sodium: 490mg
Total Fat: 9g	Carbohydrates: 36g
Saturated Fat: 1g	Added Sugar: 0g
Protein: 7g	Fiber: 7g

**DARK CHOCOLATE BLACK BEAN BROWNIES**  
Serving Size: 1 brownie

Calories: 150	Sodium: 80mg
Total Fat: 7g	Carbohydrates: 19g
Saturated Fat: 2g	Added Sugar: 8g
Protein: 4g	Fiber: 3g

## RECIPE ICON KEY



Kid Friendly



No Added Sugar



Vegetarian



Heart Healthy



5 Ingredients or Less



Quick and Easy



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