The Emergency Food Assistance Program Recipe Book

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A note from The Emergency Food Assistance Program

This cookbook began with a simple goal: to help individuals, families, and households make the most of the nutritious foods made available to New Yorkers in need through The Emergency Food Assistance Program (TEFAP) with recipes that offer practical and creative ways to enjoy meals together.

TEFAP is made possible by the dedication of New York's food banks, food pantries, and community organizations and by the actions of the many staff and volunteers across New York. Their commitment helps ensure that nutritious food reaches communities safely and to neighbors in need with care, respect, and dignity.

NYS Office of General Services Food Distribution is proud to support their important work and grateful to everyone who has helped bring this cookbook together. We hope it brings inspiration, nourishment, and enjoyment to individuals and families throughout New York State.

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Mexican Scrambled Egg and Vegetables

TEFAP Issue 1

Ingredients:

2 tablespoons unsalted butter
2 tablespoons green pepper, chopped
½ cup diced no salt added canned tomatoes
2 cup reduced fat American cheese, grated
1 ½ cups canned corn, low-sodium, drained
1 egg, beaten
½ cup breadcrumbs
¼ teaspoon chili powder

Directions:

- Wash hands with soap and water
- In a large pot, melt butter. Add green pepper and cook until tender.
- Add tomatoes and cheese and stir until cheese is melted.
- Mix egg with corn and add to large pot.
- Add bread crumbs and chili powder.
- Cook over medium heat until hot, being careful not to burn it.
- Serve immediately over toast or biscuits.



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Apple Spice Baked Oatmeal

TEFAP Issue 2

Ingredients:

1 egg, beaten
1/2 cup applesauce
1½ cups skim or 1% milk
1 teaspoon vanilla
2 tablespoons oil
1 apple, chopped
2 cups old fashioned rolled oats
1 teaspoon baking powder
1 teaspoon cinnamon
2 tablespoons brown sugar
2 tablespoons chopped nuts (optional)

Directions:

- Wash hands with soap and water
- Preheat oven to 375 degrees. Lightly oil or spray an 8 ” x 8 ” baking dish.
- Combine the egg, applesauce, milk, vanilla, and oil in a bowl. Mix in the apple.
- In a separate bowl, mix the rolled oats, baking powder, salt, and cinnamon. Add to the liquid ingredients and mix well.
- Pour mixture into baking dish and bake for 25 minutes.
- Remove from oven and sprinkle with brown sugar and (optional) nuts.
- Return to oven and broil for 3 to 4 minutes until top is browned and the sugar bubbles. Serve warm. Refrigerate leftovers within 2 hours.



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Grilled Cheese and Fruit Sandwich

TEFAP Issue 3

Ingredients:

8 slices whole wheat bread

2 tablespoons soft margarine spread

4 slices reduced fat American cheese

2 small apples or pears, thinly sliced

Directions:

- Wash hands with soap and water
- Spread margarine on one side of each bread slice.
- Place four slices of bread on a griddle or skillet (margarine side down). Top each with one cheese slice.
- Arrange fruit slices over the cheese. Top with remaining bread slices (margarine side up).
- Place griddle or skillet over medium heat. Cook 2-3 minutes. Flip the sandwich over and cook for another 2-3 minutes or until bread is golden brown and cheese is melted.



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Hearty Pea Salad

TEFAP Issue 4

Ingredients:

1 cup frozen peas or 1 can (15 oz) peas, drained
1 cup American cheese, cubed
½ cup celery, chopped
½ cup onion, chopped
½ cup light mayonnaise or salad dressing
2 tablespoons pickle, chopped (optional)
Salt and pepper to taste (optional)

Directions:

- In a medium bowl, combine all ingredients.
- Sprinkle with salt and pepper to taste.
- Mix well and chill in the refrigerator for at least 1 hour.



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Easy Chicken and Cheese Taco Dip

TEFAP Issue 5

Ingredients:
1 can (12 ½ oz) chicken, drained
2 teaspoons reduced-sodium taco seasoning or 1 teaspoon chili powder
1 cup American cheese, shredded or chopped
6 servings (about 4.5-6 cups) of low-fat, unsalted tortilla chips

Directions:

- Wash hands with soap and water
- Place chicken and seasoning in medium skillet.
- Cook over medium heat for 3-4 minutes, stirring often.
- Put chicken mixture in a bowl.
- Sprinkle cheese on top of warm chicken mixture.
- Serve hot with tortilla chips.
- Tip: Chopped vegetables like onions, green or red peppers, or mushrooms can also be added to the mixture while heating.



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Chili Tomato Macaroni

TEFAP Issue 6

Ingredients:
¾ pound (12 oz) ground, shredded, or cubed beef
1 ½ cups water
1 cup macaroni or rotini noodles, uncooked
1 can (15.5 oz) diced tomatoes, no salt added
½ cup cheddar cheese chunks, roughly chopped
2 teaspoons chili powder, mild
½ teaspoon garlic powder
Salt and pepper to taste (optional)
Optional: Try adding diced onion, bell peppers, mushrooms, or zucchini when available.

Directions

- Wash hands with soap and water
- Brown beef in a large skillet, drain the fat.
- Add water, noodles, tomatoes, chili powder, and seasoning mix. Stir.
- Bring to a boil, reduce heat to low, and sim-mer covered on low heat for 20 minutes or until macaroni is tender.
- Taste and add a small amount of salt and pep-per if desired.
- Top with cheddar cheese. Put the lid back on for 1 minute until the cheese is melted.
- Note: Canned or pouched beef does not need to be cooked prior to adding to the skillet.



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Quick and Easy Baked Potato Salad

TEFAP Issue 7

Ingredients:

1½ pounds red potatoes
1 cup non-fat plain yogurt
⅓ cup minced onion
½ cup cheddar cheese chunks
3 tablespoons bacon bits or pieces
¼ teaspoon salt
Ground black pepper to taste
Optional: Add chopped fresh parsley or dried or fresh minced chives.

Directions:

- Wash hands with soap and water
- Place whole potatoes (do not poke holes) into microwave-safe dish.
- Cover dish. (If covering dish with plastic wrap, poke small holes in plastic.)
- Microwave on high for 10 to 12 minutes depending on strength of microwave.
- Use oven mitts or a towel to remove dish from microwave. Carefully remove cover from dish due to steam build up and let cool.
- Cut potatoes into bite-sized pieces and place in a large bowl with remaining ingredients. Stir and mix well.
- Note: This salad may be served right away, but it is best if refrigerated for at least one hour for flavors to blend.



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Creamy Broccoli and Cheese Soup

TEFAP Issue 8

Ingredients:

3 tablespoons vegetable oil
3 medium potatoes
1/2 small onion, chopped
3 cups fresh broccoli florets, chopped (or frozen)
3 cups 1% or skim milk
2 cups low-sodium broth (any type)
1/4 teaspoon nutmeg
3/4 cup reduced fat cheddar cheese, shredded
Salt and pepper to taste

Directions:

- Wash hands with soap and water.
- Preheat oven to 375°. Place chopped potatoes on baking sheet and drizzle 2 tablespoons oil over top. Sprinkle with salt and pepper and roast for 30 minutes or until soft.
- Heat 1 tablespoon oil in a saucepan over medium heat. Sauté onion 5 minutes or until golden brown. Set aside.
- Steam broccoli florets in a steamer or microwave safe dish.
- Heat milk and vegetable broth in a saucepan over low heat. Add cheese and nutmeg and stir until melted.
- Put all ingredients and half of broccoli in a blender and blend for 30 to 40 seconds. Stir in remaining broccoli. Ladle into serving bowls and top with additional cheese if desired.



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Au Gratin Potatoes

TEFAP Issue 9

Ingredients:

6 medium potatoes, peeled and sliced into ¼ inch slices
1 cup onion, chopped
1½ cups cheddar cheese, shredded
2 tablespoons butter or margarine
4 tablespoons flour
1 teaspoon salt
black pepper
2 cups 1% UHT milk

Instructions:

- Wash hands with soap and water.
- Lightly coat a large casserole baking pan with oil or cooking oil spray.
- Place a layer of potatoes in pan, using approximately ¼ of potatoes.
- Sprinkle layer with ¼ cup chopped raw onion, ¼ of the cheese, ½ tablespoon margarine or margarine, 1 tablespoon flour, ¼ teaspoon salt, and a sprinkling of black pepper.
- Repeat steps 2 and 3, making a total of 4 layers.
- Heat milk over low heat for 2-3 minutes.
- Pour warm milk over all ingredients in casserole dish.
- Bake at 350 degrees F for 1 hour.



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Breakfast Burritos

TEFAP Issue 10

Ingredients:

4 eggs

¼ cup 1% UHT milk

salt, pepper, and chili powder to taste

1 teaspoon oil

4 (10-inch) flour tortillas

1 cup fat-free refried beans

½ cup cheddar cheese, shredded

1 tomato, chopped

Directions:

- Wash hands with soap and water.
- Mix eggs, milk, and seasonings in a bowl.
- Heat oil in skillet over medium-high heat.
- Stir in the eggs and cook until firm.
- Warm the tortillas on a griddle or wrap in foil and heat in the oven.
- Warm the refried beans in a separate pan.
- On each tortilla, layer ¼ of refried beans, eggs, cheese, and tomato.
- Roll the burrito, cut in half, and enjoy!



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Apple Salad with Sweet & Tangy Yogurt Dressing

TEFAP Issue 11

Ingredients:

1 cup diced apple
1 teaspoon lemon juice
½ cup diced celery
½ cup grated carrots
½ cup raisins
½ cup non-fat or low-fat vanilla yogurt

Instructions

- Wash hands with soap and water.
- Wash apples, celery, and carrots before dicing and grating.
- Toss apples with lemon juice.
- Add celery, carrots, and raisins to the apples.
- Fold yogurt into apple mixture.
- Cover. Chill for at least 1 hour before serving.
- Refrigerate leftovers.



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Overnight Oatmeal with Berries

TEFAP Issue 12

Ingredients:

½ cup low-fat milk
¼ cup non-fat or low-fat yogurt, any flavor
2 teaspoons honey
¼ teaspoon cinnamon (optional)
¼ teaspoon vanilla extract (optional)
½ cup uncooked rolled oats
¼ cup blueberries or strawberries, frozen

Instructions

- Wash hands with soap and water.
- In a container or jar with a lid, combine milk, yogurt, honey, cinnamon, and vanilla extract, if using.
- Add oats and mix well.
- Gently fold in frozen fruit.
- Store in the refrigerator overnight to allow the oats to soften.
- Enjoy cold or heat as desired.



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Spiced Apple Oatmeal

TEFAP Issue 13

Ingredients:

1 apple

2 cups apple juice or water

1 cup quick cooking or old fashioned rolled oats

⅛ teaspoon salt

⅛ teaspoon cinnamon

1 tablespoon brown sugar

⅛ teaspoon nutmeg (optional)

Directions

- Wash hands with soap and water.
- Rinse the apple, remove the core, and cut into small chunks.
- In a saucepan, bring the apple juice or water to a boil.
- Add the oatmeal, salt, and apple chunks.
- Cook over medium heat for 1 minutes if using quick cooking oats or 7 to 10 minutes if using old fashioned rolled oats. Use a spoon to stir the oatmeal while cooking.
- Remove from heat. Stir in cinnamon, brown sugar, and nutmeg, if desired.



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Hearty Sweet Potatoes with Apples

TEFAP Issue 14

Ingredients:
4 large sweet potatoes, scrubbed, unpeeled
¼ cup brown sugar, packed
¼ cup apple juice
2 teaspoons orange rind, grated (optional)
½ teaspoon cinnamon
2 large cooking apples such as Golden Delicious or Granny Smiths, peeled, sliced

Directions

- Wash hands with soap and water.
- Steam or boil sweet potatoes just until tender. A fork should be able to go through the sweet potato, but it should not fall apart. Cool potatoes for 10—15 minutes.
- 2. Peel the sweet potatoes, cut into ½” slices.
- 3. Combine brown sugar, apple juice, orange rind (if using) and cinnamon in a small bowl and mix well.
- 4. Heat oven to 350 degrees. Spray a large baking dish with nonstick cooking spray.
- 5. Place ⅓ of the sweet potatoes across the bottom of the baking dish. Then top with ⅓ of the apples, and ⅓ of the brown sugar mix. Repeat layering two more times.
- 6. Cover and bake for 30 min or until apples are tender.



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Baked Apple Chips

TEFAP Issue 15

Ingredients:
2 tablespoons sugar
1 tablespoon ground cinnamon
4 apples, cored and sliced into very thin rounds/slices

Directions

- Wash hands with soap and water.
- Preheat oven to 250 degrees F.
- Line two baking sheets with parchment paper.
- Whisk sugar and cinnamon together in a large bowl. Add apple slices and toss to coat.
- Arrange in a single layer on prepared baking sheets.
- Bake until browned and crisped – about 2 hours.
- Cool completely. The longer they cool, the crisper they will be.



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Apple Tuna Salad Sandwiches

TEFAP Issue 16

Ingredients:

2 cans (6-ounce) tuna, drained
2 tablespoons red onion, finely chopped
1 medium apple, cored and chopped
¼ cup celery, chopped
¼ cup raisins
3 tablespoons Italian dressing, fat free
2 cups salad greens
4 whole wheat tortillas or slices of bread

Directions

- Wash hands with soap and water.
- In a small bowl, stir together tuna, onion, apple, celery, raisins, and 2 tablespoons of dressing.
- In another medium bowl, toss together salad greens with remaining dressing.
- If using whole grain tortillas, put ½ cup of salad greens in the middle of the tortilla. Add ½ cup of the tuna salad mixture on top and roll the tortilla into a wrap.
- If using whole wheat bread, cut slices in half. Put ½ cup of salad greens on one piece of bread. Add ½ cup of the tuna salad mixture and spread across the greens. Top the tuna salad mixture with a second piece of bread.
- Serve immediately.



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Apple Spice Baked Oatmeal

TEFAP Issue 17

Ingredients:
1 egg, beaten
½ cup applesauce, unsweetened
1 ½ cups nonfat or 1% milk
1 teaspoon vanilla
2 tablespoons oil
1 apple, chopped (about 1 ½ cups)
2 cups old fashioned rolled oats
1 teaspoon baking powder
¼ teaspoon salt
1 teaspoon cinnamon
Topping:
2 tablespoons nuts, chopped (optional)

Directions

- Wash hands with soap and water.
- Preheat oven to 375 degrees F. Lightly oil or spray an 8” x 8” baking dish.
- Combine the egg, applesauce, milk, vanilla, and oil in a bowl. Mix in the chopped apple.
- In a separate bowl, mix the rolled oats, baking powder, salt, and cinnamon. Add to the liquid ingredients and mix well.
- Pour mixture into baking dish and bake for 25 minutes.
- Remove from oven and sprinkle with nuts (optional).
- Return to oven and broil for 3 - 4 minutes until top is browned and the sugar bubbles.
- Serve warm.



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Applesauce Cookies

TEFAP Issue 18

Ingredients:
1 cup sugar
½ cup margarine (or butter or shortening)
1 egg
2 teaspoons baking soda
2½ cups all-purpose flour
½ teaspoon salt
1 teaspoon cinnamon
1½ cups of applesauce, unsweetened
1 cup raisins
1 cup nuts (optional)

Directions

- Wash hands with soap and water.
- Preheat oven to 350 degrees F. Prepare pan or cookie sheet (see below).
- In a medium bowl, mix sugar, margarine, and egg.
- In a separate bowl, combine baking soda, flour, salt, and cinnamon.
- Stir flour mixture into shortening mixture just until moist.
- Add applesauce, raisins, and nuts (if using).
- For Cookies: Drop dough by heaping teaspoon several inches apart on a greased baking sheet. Bake at 350 degrees F for 10 - 12 minutes.
- For Cake: Bake at 350 degrees F in an 8” x 8” pan for 40 minutes.



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Apple Pancakes

TEFAP Issue 19

Ingredients:

non-stick cooking oil spray, as needed
12 frozen apple slices, thawed
1¼ cup pancake mix (any type)
½ teaspoon cinnamon
1 large egg
2 teaspoons canola oil
1 cup low-fat milk

Directions

- Wash hands with soap and water.
- Lightly coat a griddle or skillet with cooking spray and heat over medium heat.
- In a large mixing bowl, combine pancake mix, cinnamon, egg, canola oil, and milk for pancake batter. Stir until ingredients are evenly moist. (Small lumps are ok! Over-mixing makes pancakes tough.)
- For each pancake, place two apple slices next to each other on the griddle and pour about 1/4 cup of the batter over the apples, starting in the center until it is covered.
- Cook until bubbles appear. Turn and cook other side until lightly brown.



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Apple Crisp

TEFAP Issue 20

Ingredients:

non-stick cooking oil spray, as needed
4 cups frozen apple slices, thawed
¼ cup quick cooking oats
¼ cup flour
½ cup brown sugar
1 tablespoon cinnamon
¼ cup margarine or butter, cut into small pieces

Directions

- Wash hands with soap and water.
- Preheat oven to 350 ºF.
- Grease the bottom and sides of a square pan with nonstick spray or a small amount of butter.
- Spread the apple slices on the bottom of the pan.
- Combine oats, flour, brown sugar, and cinnamon in a medium-sized bowl.
- Using two knives, cut the margarine into the mixture until it looks like small crumbs. Sprinkle the mixture over the top of the apples.
- Bake in the oven for about 20 minutes or until golden brown.



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Hearty Winter Stew

TEFAP Issue 21

Ingredients:

1 cup winter squash, diced, or ½ can (about 8 ounces) low-sodium sweet potatoes, drained
1 cup turnips, diced, or ½ can (about 8 ounces) low-sodium sliced potatoes
½ cup onion, diced
2 ½ cups low-sodium tomato juice
¼ teaspoon black pepper
1 tablespoon paprika (optional)
2 cans (about 24 ounces) canned beef
¼ cup (about 2 ounces) canned apricots, drained and diced

Directions

- Wash hands with soap and water.
- In a large pot, combine squash, turnips, onions, tomato juice, and pepper. If using paprika, add that too. Mix well.
- Cook over medium to high heat and bring the pot to a boil for 5 minutes.
- Lower heat and cook over low to medium heat for 30 minutes. Stir the pot every 15 minutes.
- Add beef and apricots to the pot and mix well.
- Cook over low heat for 10 minutes.



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Fresh Kale Salad

TEFAP Issue 22

Ingredients:

8 cups kale, chopped

1 can (15 ounces) apricots in 100% juice, drained but reserve juice

½ cup 100% fruit juice, reserved from canned apricots

1 tablespoon vegetable oil

¼ teaspoon salt

¼ teaspoon pepper

¼ cup unsalted sunflower seeds (optional)

Instructions

- Wash hands with soap and water.
- 1. Wash kale and pat dry. Remove rib from the middle of each leaf. Chop or tear leaves into bite sized pieces and place in a large bowl.
- 2. Open canned apricots and drain. Chop apricot into small pieces if it is too large. Add to kale.
- 3. In a small bowl, combine fruit juice, vegetable oil, salt, pepper, and sunflower seeds (optional). Mix well.
- 4. Add dressing to the kale and fruit and stir to combine. Cover and refrigerate for at least 1 hour before serving..
- Serve ½ cup using a No. 8 scoop.



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Fruit Cooler

TEFAP Issue 23

Ingredients:

3 cups fruit (apples, oranges, blueberries, apricots, peaches, pears, or mixed fruit)

3 cups cherry apple juice

1 tablespoon lime juice (optional)

Directions

- Wash hands with soap and water.
- Cut fruit into bite-sized pieces and place in a blender.
- Add remaining ingredients. Blend until smooth.
- Notes: Using frozen fruit such as frozen blueberries will make your fruit cooler thick and icy!



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Slow Cooked Pork Chops over Brown Rice

TEFAP Issue 24

Ingredients:

4-8 pork chops

3 cups baby carrots

1 large onion, sliced

1 ½ teaspoon dried thyme leaves

½ teaspoon coarse ground black pepper

¼ teaspoon salt

1 clove garlic, minced

1 ½ cup brand and wheat flakes ready-to-eat cereal (crushed to ¾ cup)

¾ cup cherry apple juice

4 cups cooked brown rice

Directions

- Wash hands with soap and water.
- In a large pot, layer carrots, onion, thyme, pepper, salt, and garlic. Sprinkle with cereal.
- Top with pork and pour cherry apple juice over content in the pot.
- Cover and bring to a boil. Reduce heat to low-medium.
- Cook for 2 hours on the stove top.
- Prepare the brown rice according to package directions.
- Stir pork mixture and serve over ½ cup brown rice.



Makes 8 Servings

Recipe adapted from US Department of Agriculture, Center For Nutrition Policy and Promotion

Kale and Cranberry Stir-Fry

TEFAP Issue 25

Ingredients:

1 teaspoon canola oil
¼ cup chopped onion
¼ cup dried cranberries
1 clove garlic, minced or ¼ teaspoon garlic powder
6 cups chopped kale (leaf portion, no stems)
Juice from ½ orange (about ¼ cup)

Directions

- Wash hands with soap and water.
- Add oil and onion to large skillet. Stir and cook over medium-high heat until onion is clear.
- Add cranberries and garlic and cook for 2-3 minutes.
- Add kale and orange juice. Continue to cook for about 5 minutes until kale becomes tender and wilts.
- Serve immediately.



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Rice with Dried Fruits and Nuts

TEFAP Issue 26

Ingredients:

1 cup brown rice

4 cups vegetable or chicken broth

1 cup roughly chopped dried cranberries

½ cup chopped almonds, walnuts, or pecans

2 tablespoons of parsley (optional)

Salt and pepper, to taste

Directions

- Wash hands with soap and water.
- In a large pot, cook rice in broth according to package directions. If package lists a different amount of rice and broth or water, follow package directions.
- When rice is cooked, remove from heat.
- Mix in the dried cranberries, nuts, and parsley (optional). Season with salt and pepper to taste and serve immediately.



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Peach Blueberry Crisp

TEFAP Issue 27

Ingredients:

Topping

½ cup packed brown sugar

½ cup flour

½ cup old fashioned rolled oats

¼ cup melted margarine or butter

Fruit Filling

3 cups chopped peaches

3 cups blueberries

2 tablespoons cornstarch

¼ teaspoon salt

½ cup sugar

1 cup cranberry apple juice

1 teaspoon vanilla

Instructions

- Wash hands with soap and water.
- Mix the brown sugar, flour, and oats in a bowl. Stir in the margarine. Set aside.
- Spread the peaches and blueberries in an 8-inch baking dish.
- In a 2–3-quart saucepan, mix cornstarch, salt, and sugar and stir in the juice. Cook over medium heat until thickened, stirring constantly.
- Add the vanilla and pour mixture over the peaches and blueberries.
- Crumble the oat mixture on top of the fruit.
- Bake at 350 degrees for 45 minutes.
- Serve warm or cold. Refrigerate leftovers within 2 hours.



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Mixed Berry Smoothie

TEFAP Issue 28

Ingredients:

¾ cup cranberry apple juice

¾ cup frozen berries (strawberries, raspberries, blackberries, blueberries)

1, 6-ounce container of low-fat yogurt

½ banana, cut into slices

Instructions

- Wash hands with soap and water.
- Combine all ingredients in a blender.
- Blend for a few seconds on high speed or until ingredients are thoroughly combined.
- Pour into a large glass and enjoy!



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Sunshine Morning Granola

TEFAP Issue 29

Ingredients:

2 cups rolled oats

⅓ cup honey

2 tablespoons vegetable oil

2 teaspoons grated orange peel (optional)

1 teaspoon vanilla

¼ teaspoon ground cinnamon

⅛ teaspoon salt

1 cup fruit and nut mix, coarsely chopped

Directions

- Wash hands with soap and water.
- Heat oven to 350°F.
- Combine all ingredients, except fruit and nut mix, in large bowl. Mix well. Spread evenly in 15 x 10 inch pan.
- Bake 20—25 minutes or until golden brown, stirring once after 10 minutes. Cool completely in pan.
- Stir in fruit and nut mix. Store tightly covered up to 5 days.



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Chopped Chicken Salad

TEFAP Issue 30

Ingredients:
2 cups cooked chicken, cubed and chilled
¾ cup apple, chopped
¾ cup celery, chopped
1 cup fruit and nut mix, chopped
¼ cup mayonnaise
½ cup plain, non-fat yogurt
2 teaspoons honey
1 teaspoon lemon juice
Salt and pepper to taste

Instructions

- Wash hands with soap and water.
- In a medium-sized bowl, combine chicken, apple, celery, and dried fruit and nut mix.
- In a separate, smaller bowl, combine mayonnaise, yogurt, honey, lemon juice, salt and pepper to taste.
- Pour yogurt sauce over chicken mixture and stir until evenly coated.
- Refrigerate for at least one hour before serving.



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Heartwarming Oatmeal with Fruits and Nuts

TEFAP Issue 31

Ingredients:

¾ cup grapefruit juice

¾ cup water

¼ teaspoon ground cinnamon

⅛ teaspoon salt

⅔ cup old fashioned oats

1 tablespoon brown sugar, firmly packed

2 oranges sectioned, chopped

4 dates (2 tablespoons), chopped

1 tablespoon almonds, slivered

Directions

- Wash hands with soap and water.
- In a medium saucepan, combine grapefruit juice, water, cinnamon, and salt. Bring mixture to a boil over high heat.
- Stir in the oats and reduce the heat to medium-low. Cook for 5 minutes, stirring occasionally and remove from heat.
- Cover the oatmeal and let stand for 8 minutes, or until desired consistency is reached (it will continue to thicken as it stands). Stir in brown sugar.
- Spoon the oatmeal into bowls and top with oranges, dates, and almonds.



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Grapefruit Sorbet

TEFAP Issue 32

Ingredients:

2 cups grapefruit juice

2 tablespoons sugar

2 teaspoons lime juice

Directions

- Wash hands with soap and water.
- Combine all ingredients in a non-metal container. Freeze just until firm, about 2 hours.
- Break up into pieces and put in a food processor or blender. Process until smooth.
- Return grapefruit mixture to container and freeze until firm.
- Remove from freezer about 10 minutes before serving. Spoon into serving dishes.



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Glazed Carrots

TEFAP Issue 33

Ingredients:
1 ½ cups grape juice (or use apple if a lighter color is desired)
1 tablespoon plus 1 teaspoon cornstarch
8 medium carrots, peeled, cut diagonally
into ¼-inch thick slices
Salt, to taste
2 tablespoons brown sugar
2 tablespoons balsamic vinegar
¼ cup unsalted nuts, chopped (optional)

Directions

- In a small cup, stir together 2 tablespoons of the grape juice and the cornstarch.
- Bring one quart of water to a boil in a medium saucepan. Add the carrots and salt to the water. Cook for 5 minutes or until the carrots are tender. Drain well and reserve.
- In the same saucepan, heat the remaining grape juice, sugar, and balsamic vinegar until boiling. Stir in the cornstarch mixture. Stirring constantly, simmer for 1 to 2 minutes or until the sauce thickens.
- Add the carrots and stir until coated. Pour into a serving bowl. Sprinkle with nuts, if using, and serve immediately.



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Grape and Walnut Stuffing

TEFAP Issue 34

Ingredients:

1 ½ cup grape juice

4 tablespoons butter, divided

½ cup celery, diced

½ cup onion, diced

4 cups herb stuffing mix (see note)

½ cup dried cranberries

¼ cup walnuts, chopped

1 cup grapes, halved

Directions

- Wash hands with soap and water.
- In a covered medium saucepan, bring juice and 2 tablespoons butter to boil over high heat.
- Meanwhile in a separate pan, cook celery and onions in remaining 2 tablespoons butter for 5 minutes.
- Once juice mixture is boiling, remove from heat and stir in stuffing mix, cranberries, cooked celery and onion. Cover and let stand 5 minutes. Stir in walnuts and grapes.
- Serve immediately.

Note: In place of herb stuffing mix, you can use toasted bread, cut into cubes and seasoned with Italian seasoning, garlic, and onion powder.



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Easy Fruit Salad

TEFAP Issue 35

Ingredients:

1 can mixed fruit, unsweetened

1 can pineapple chunks, canned in juice

1 red apple

1 orange

1 container (8 ounces) vanilla yogurt, low-fat

1 tablespoon honey

Directions

- Wash hands with soap and water.
- Open the cans of mixed fruit and pineapple with the can opener. Pour both cans into the colander over a bowl to drain.
- Using a knife, cut the apple into 4 sections and remove the core and seeds.
- Wash and peel the orange and separate the orange segments. Cut each segment in half and remove all the seeds.
- Put the yogurt and honey in the mixing bowl. Stir with the spoon until mixed. Add the drained fruit, pineapple, apple, and or-ange. Stir with the spoon until mixed.
- Serve cold.



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Slow Cooker Sweet and Sour Pork

TEFAP Issue 36

Ingredients:
2 pounds boneless pork shoulder roast, trimmed and cut into 1-inch pieces
2 red or green bell pepper, chopped
1 large onion, chopped
1 can mixed fruit
⅓ cup cider vinegar
¼ cup soy sauce
3 tablespoons ketchup
3 cloves garlic, minced
brown rice (optional)
Toasted sesame seeds (optional)

Directions

- Wash hands with soap and water.
- Coat a large skillet with non-stick cooking spray. Heat skillet over medium-high heat. Brown meat in a hot skillet and transfer it to a 4-quart slow cooker. Top meat with bell peppers and onion.
- Drain mixed fruit, reserving syrup. Cover fruit and refrigerate until needed. Combine reserved syrup, vinegar, soy sauce, ketchup, and garlic in a small bowl. Pour over meat and vegetables in slow cooker.
- Cover and cook 8 - 10 hours on LOW or 4 - 4 ½ hours on HIGH. Stir in fruit cocktail. Serve pork over hot cooked brown rice and sprinkle with sesame seeds, if desired.



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Orange Vinaigrette Dressing/Marinade

TEFAP Issue 37

Ingredients:

3 tablespoons olive oil

¼ cup orange juice

¼ cup apple cider vinegar or white vinegar

Salt and pepper, to taste

1 tablespoon chili or cumin powder

Instructions

- Wash hands with soap and water.
- Put all ingredients in a jar with a lid. Close tightly.
- Shake well.

Note: This can be used as a dressing for a salad or as a marinade for chicken, fish, or pork.



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Honey Chicken

TEFAP Issue 38

Ingredients:
1 cup dried breadcrumbs
1 tablespoon orange rind, grated
1 teaspoon salt
¼ teaspoon pepper
2 to 2 ½ pounds chicken (breasts, thighs, or legs)
1 cup orange juice
⅓ cup honey

Directions

- Wash hands with soap and water.
- Combine breadcrumbs, orange rind, salt, and pepper.
- Remove skin and any visible fat from the chicken and pat dry.
- Dip chicken in ⅓ cup orange juice and roll in breadcrumbs.
- Spray a shallow pan with nonstick cooking oil spray, put chicken in pan. Bake at 350 degrees for 30 minutes.
- Combine remaining ⅔ cup orange juice and honey in a saucepan over low- medium heat until it begins to boil. Pour orange juice mixture over chicken and continue baking 30 minutes longer. Approximately every 10 minutes, use a spoon to re-glaze the chicken while it cooks.
- Serve warm over brown rice.



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Orange Chicken Stir-Fry

TEFAP Issue 39

Ingredients:

non-stick cooking spray
1 pound boneless, skinless chicken breasts, cut into bite-size chunks
¼ cup pineapple juice
3 tablespoons low-sodium soy sauce
¼ teaspoon ground ginger
1 red bell pepper, cut into bite-size strips
2 oranges, peeled and separated into segments, segments cut in half
¼ cup toasted almonds, chopped or slivered
pepper, to taste
2 cups cooked brown rice

Directions

- Wash hands with soap and water.
- Spray a large wok or skillet with non-stick cooking spray.
- Cook chicken over medium-high heat until cooked through, about 10 minutes.
- In a small bowl, stir together pineapple juice, soy sauce, and ginger. Add sauce and bell pepper to the skillet.
- Cook and stir for about 5 minutes until peppers are tender.
- Add the oranges and almonds to the wok or skillet and cook until hot. Season with ground black pepper to taste.
- Serve each cup of stir-fry over ½ cup of brown rice.



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Rise and Shine Cobbler

TEFAP Issue 40

Ingredients:

1 cup peaches, canned, drained, and sliced

1 cup pear halves, canned, drained, and sliced

6 prunes pitted, each cut in half

¼ teaspoon vanilla extract

1 orange

1 cup granola, low-fat

Directions

- Wash hands with soap and water.
- In a large microwave-safe bowl, mix peaches, pears, prunes, and vanilla extract.
- Rub an orange against a grater to remove 1 teaspoon of the orange peel. Then, cut the orange in half and squeeze 1/4 cup orange juice. Add orange peel and juice to fruit mixture. Stir.
- Top with granola.
- Microwave on high for 5 minutes. Let stand for 2 minutes.
- Spoon into 4 bowls and serve warm.



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Peach Quesadilla

TEFAP Issue 41

Ingredients:
2 whole grain tortillas, 8-9 inch
1 can (15 ounces) sliced peaches, drained
¼ cup canned green chilies, chopped
¼ cup grated cheddar cheese blend
1 tablespoon oil

Instructions

- Wash hands with soap and water.
- On a large flat plate or upside-down cookie sheet lay out the bottom tortilla.
- Arrange sliced peaches, cheese, and chilies on top evenly. Top with remaining tortilla.
- Heat a 9-inch or larger sauté pan over medium heat and add the oil. When the oil is hot, slide the quesadilla into the pan and cook until the cheese begins to melt and the edges of the tortilla turn brown. Flip with a large spatula being careful not to toss out the filling. Toast until the cheese is fully melted and the peaches are heated through, about 3 minutes.
- Remove the quesadilla from the heat and cut into wedges. Serve warm with salsa.



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Peach Parfait

TEFAP Issue 42

Ingredients:

2 cups canned peaches, chopped or sliced, drained

¼ teaspoon ground cinnamon

3 cups (24 ounces) low-fat yogurt (try peach, vanilla or raspberry)

Instructions

- Wash hands with soap and water.
- In a medium bowl, mix peaches and cinnamon.
- Spoon yogurt into five individual bowls.
- Top with peaches.
- Refrigerate leftovers within 2 hours.



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Chicken Salad and Peach Sandwich

TEFAP Issue 43

Ingredients:

4 slices whole grain bread 1/2 cup cooked or canned chicken, diced 1/2 cups thawed peach slices 1 small celery stalk 1/2 cup apples, chopped (any kind) 1 small onion 1 1/2 tablespoon low-fat mayonnaise 1 tablespoon chopped walnuts (optional)

Instructions

- Wash hands with soap and water.
- Mix together the chicken, apples, peaches, celery, onion, walnuts, and mayonnaise in a small bowl.
- Spoon mixture onto 2 slices of the bread.



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Peach Apple Crisp

TEFAP Issue 44

Ingredients:
12 frozen peach slices, thawed
2 medium apples, tart, peeled, sliced
1/2 teaspoon vanilla
1/4 teaspoon ground cinnamon
3/4 cup whole wheat flour
1/4 cup packed brown sugar
3 tablespoon margarine (chilled)

Instructions

- Wash hands with soap and water.
- Preheat oven to 350°. Lightly grease 9x9x2casserole dish.
- Combine peaches, apples, vanilla, and cinnamon in a bowl. Toss well and spreadevenly in the greased casserole dish.
- Combine flour and sugar in a small bowl. Addsmall chunks of the margarine to the bowl andcombine until the margarine is evenly distributed.
- Sprinkle flour mixture evenly over fruit.
- Bake until lightly brown and bubbly, about 20minutes.



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Pear Quesadillas

TEFAP Issue 45

Ingredients:
1 cup grated cheese (cheddar or pepper jack)
1 cup pear slices, fresh or canned, drained
½ cup green or red peppers, finely chopped
2 tablespoons onion, minced
4 medium tortillas, whole wheat

Instructions

- Wash hands with soap and water.
- Divide cheese, pears, peppers, and onions between the tortillas, covering about half of each tortilla. Fold each tortilla in half over the filling.
- Heat a skillet or griddle to medium (300 degrees F in an electric skillet). Place one or two folded tortillas on a dry skillet and heat until cheese melts and the tortilla browns slightly, about 2-4 minutes.
- With large spatula, gently turn quesadillas over and cook the other side until a little brown, 2-4 minutes.
- Put browned quesadilla on a plate and repeat until all tortillas are heated. Cut each cooked quesadilla in half and serve.



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Cinnamon Baked Pears

TEFAP Issue 46

Ingredients:

2 ripe pears

3 tablespoons nuts, chopped

2 teaspoons honey or brown sugar

¼ teaspoon cinnamon

1 tablespoon dried cranberries

Instructions

- Wash hands with soap and water.
- Heat oven to 350 degrees F.
- Cut the pears in half lengthwise. Remove the core and seeds with a spoon or melon baller.
- Place pears in a baking dish. Fill the cored-out centers with chopped nuts and drizzle about half a teaspoon of honey or brown sugar over each pear half.
- Sprinkle each half with cinnamon and cranberries.
- Bake 25 to 35 minutes or until pears are soft when poked with a fork. Serve warm.



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Chicken and Pear Salad

TEFAP Issue 47

Ingredients:

2 cups canned pears, drained, diced
¼ cup celery, chopped
½ cup onion, chopped
¼ cup raisins
1 cup cooked chicken, diced (or canned chicken)
4 tablespoons plain yogurt, low-fat
⅛ teaspoon salt
Dash of pepper, to taste
1 tablespoon lemon juice

Directions

- Wash hands with soap and water.
- In a large bowl, combine all ingredients. Mix well. Serve now or chill.
- Mix well and serve immediately or chilled.



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Pacific Northwest Wrap

TEFAP Issue 48

Ingredients:

12 whole grain tortillas
12 large leaves of lettuce
12 slices ham, thinly sliced
1 ½ cups canned pears, slices, drained
12 slices (about ¾ pounds) cheddar cheese
¾ cups ranch dressing, low-fat

Directions

- Wash hands with soap and water.
- For each serving, lay a whole grain tortilla flat and line each one with a lettuce leaf.
- Layer on the whole grain tortilla 1 slice of ham, ¼ cup pear slices and 1 slice of cheese, and drizzle with 1 tablespoon dressing just before serving.
- Fold the tortilla into a wrap and serve.



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Oatmeal Prune Bars

TEFAP Issue 49

Ingredients:
1½ cups minced dried prunes
1 tablespoon lemon juice
½ cup applesauce
1 cup oats
⅔ cup flour
½ cup packed brown sugar
¼ teaspoon baking soda
¼ teaspoon salt
¼ teaspoon cinnamon (optional)
3 tablespoons vegetable oil

Directions

- Wash hands with soap and water.
- In medium pot, add prunes, lemon juice, ¼ cup of applesauce and ½ cup of water. Cook on medium heat for 5 minutes or until thick. Stir often and set aside.
- In a medium bowl, add oats, flour, brown sugar, baking soda, salt, and cinnamon. Mix well. Stir in the oil and the rest of the applesauce until mixture is crumbly.
- Put ¾ of the crumb mixture in a baking dish. Push down to make a firm layer and put the remaining crumb mixture aside.
- Pour prune mixture on top of the crumb mixture in the baking dish.
- Sprinkle the rest of the crumb mixture on top of the prunes.
- Bake at 350° F for 45 minutes or until golden brown. Serve hot as a cobbler or let cool and cut into equal pieces to serve as bars.



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Sweet Potato and Prune Casserole

TEFAP Issue 50

Ingredients:

4 sweet potatoes

3 tablespoons honey

1 teaspoon cinnamon

1 tablespoon lemon juice

1 tablespoon apple juice

¼ cup vegetable oil

2 cups pitted, dried, plums

Directions

- Wash hands with soap and water.
- Use a fork to poke holes in each sweet potato and place on a baking sheet. Bake in a preheated oven at 425° F for 1 hour or until tender. Let the sweet potatoes cool. Peel and cut into cubes.
- In a small bowl, mix honey, cinnamon, lemon juice, apple juice, and oil.
- Cut prunes in half. In baking dish, add one layer of sweet potato cubes. Spoon some honey mixture over the sweet potatoes and add a thin layer of prunes. Repeat this until all ingredients have been used.
- Bake at 350° F for 45 minutes and serve immediately.



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Cuban Baked Bananas

TEFAP Issue 51

Ingredients:

non-stick cooking oil spray, as needed
6 bananas sliced lengthwise
6 tablespoons brown sugar
4 tablespoons margarine, cut into small pieces
½ cup raisins, or other dried chopped fruit
⅓ cup pecans, chopped (optional)

Directions

- Wash hands with soap and water.
- Lightly spray or oil a 9x13-inch pan.
- Arrange the split bananas in the pan.
- Top evenly with brown sugar, small pieces of margarine, raisins, and pecans (optional).
- Bake at 350º F for 30 minutes and serve immediately.



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Broccoli Salad

TEFAP Issue 52

Ingredients:

½ cup low-fat mayonnaise
⅓ cup vinegar (rice or cider)
3 tablespoons sugar
4 cups chopped broccoli
¼ cup chopped onion
¾ cup raisins
¾ cup sunflower seeds (or any nut or seed of your choice)

Directions

- Wash hands with soap and water.
- Mix mayonnaise, vinegar, and sugar in a large bowl.
- Add broccoli, onion, raisins, and sunflower seeds and mix well.
- Refrigerate for at least 1 hour before serving.



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Strawberry Pepper Salsa

TEFAP Issue 53

Ingredients:
2 cups frozen strawberries, thawed and chopped
½ red onion, thinly sliced
1 jalapeno pepper, diced (optional)
½ red bell pepper, chopped
½ green bell pepper, chopped
½ orange bell pepper, chopped
2 tablespoons lemon juice
1 tablespoon vegetable oil
½ teaspoon salt and pepper (optional)
1 teaspoon fresh cilantro (optional)

Directions

- Wash hands with soap and water.
- Combine all ingredients in a bowl and mix well.
- Refrigerate for at least one hour before serving.



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Fruit and Yogurt Parfait

TEFAP Issue 54

Ingredients:
1 cup low-fat or nonfat vanilla yogurt
¼ cup frozen strawberries, thawed and chopped
¼ cup granola or cereal)

Directions

- Wash hands with soap and water.
- Put a large spoonful of yogurt in the bottom of a large clear glass.
- Put half of the fruit on top of the yogurt and add another spoonful of yogurt.
- Add half of the granola or cereal and then add a spoonful of yogurt.
- Add the other half of the fruit, remaining yogurt, and rest of granola or cereal.



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Whole Wheat Pizza Dough

TEFAP Issue 55

Ingredients:

¾ cup warm water

1 ½ teaspoons yeast

1 teaspoon sugar

1 teaspoon vegetable oil

¼ teaspoon salt

1 cup whole wheat flour

1 cup all-purpose flour)

Directions

- Wash hands with soap and water.
- Preheat oven to 400 degrees F.
- In a large mixing bowl, combine water, yeast, and sugar. Let stand for 5 minutes.
- Add sugar, oil, salt, whole wheat and all-purpose flours, and mix to combine.
- Knead dough for 5-10 minutes or until smooth and elastic.
- Cover bowl with a damp towel and let dough rest for 5 minutes (or up to 1 hour if time allows).
- Roll or press dough into desired shape and thickness.
- Add your favorite sauce and toppings. Bake in the oven until toppings are cooked. Serve warm.



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Simple White Sauce

TEFAP Issue 56

Ingredients:
¼ cup of butter
⅓ cup all-purpose flour
3-4 cups of milk

Directions

- Wash hands with soap and water.
- Melt butter in saucepan on medium heat.
- Add flour and stir until a smooth paste forms.
- Slowly add milk a little at a time and continue to stir frequently until sauce thickens.
- Continue to stir to remove lumps. Serve warm over whole wheat pasta, brown rice, or warm vegetables.

- Note: Use this simple sauce as a base for many dishes.

- Vanilla sauce: add 2 teaspoons of vanilla extract and 2 tablespoons of sugar (powdered works best in this case).

- Cheese sauce: add salt and pepper to taste and 1-2 cups of your favorite shredded cheese. Cook and stir until cheese is melted and sauce is smooth.



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Biscuits

TEFAP Issue 57

Ingredients:
2 cups low-fat bakery mix
½ cup water
⅓ cup raisins (optional)

Directions

- Wash hands with soap and water.
- Preheat oven to 400 degrees F.
- In a medium bowl add bakery mix, water, and raisins (if using). Stir about 20 times.
- Take dough out of bowl and put it on a lightly floured board or table top.
- Use your hands to knead the dough 2-5 times. Roll dough out and pat to a ¾-inch thickness. Cut dough with a biscuit cutter or cut into squares with a knife.
- Bake on ungreased pan for 12-15 minutes.
- To vary, add cheese or crumbled bacon to the dry mix.



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Zucchini Bread

TEFAP Issue 58

Ingredients:
2 eggs
⅔ cup brown sugar
½ teaspoon baking soda
1¼ teaspoons cinnamon
1 teaspoon vanilla extract
1½ cups zucchini, shredded
¼ cup water
2½ cups low-fat bakery mix
¼ cup raisins (optional)
¼ cup nuts, chopped (optional))

Directions

- Wash hands with soap and water.
- Beat eggs and sugar together in a bowl until well blended.
- Mix in baking soda, cinnamon, vanilla, zucchini, and water.
- Add bakery mix and stir until dry ingredients are coated.
- Gently stir in raisins and nuts, if desired.
- Pour batter into a greased 9x5 inch loaf pan. Bake at 350 degrees F for 45-55 minutes or until brown.



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Grits and Greens

TEFAP Issue 59

Ingredients:
½ serving grits, cooked according to package
½ tablespoon butter
salt and pepper, to taste
1 egg
½ cup any leafy green vegetable, chopped (spinach, kale, or collard greens)
2 tablespoons water
hot sauce (optional)

Directions

- Pour cooked grits in serving bowl and season with butter, salt and pepper (optional).
- In a small skillet, cook the egg to how you like it.
- In a microwave-safe bowl, add greens and water. Cover tightly and microwave for 2 minutes. Drain water.
- Spoon the cooked greens over the grits, then top with the egg. Add hot sauce, if desired.



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Country Ham & Broccoli Grits

TEFAP Issue 60

Ingredients:
non-stick cooking spray
1 tablespoon vegetable oil
6 cups broccoli, chopped
½ cup onion, minced
2 cloves garlic, minced
¾ teaspoon crushed red pepper flakes
4 cups low-fat milk
1 cup grits
1 cup low-fat cheddar cheese, shredded
6 ounces ham, cut into ½ inch pieces
1 egg, beaten
salt and pepper, to taste

Directions

- Wash hands with soap and water.
- Preheat oven to 375 degrees F. Coat 13x9-inch baking dish with cooking spray. Heat vegetable oil in a frying pan. Sauté broccoli, onion, garlic and red pepper flakes until vegetables are tender, about 5 minutes. Set aside.
- Heat milk to a boil in a large saucepan. Slowly, whisk in grits. Reduce heat and stir continuously until thickened.
- Remove grits from heat. Stir in ham, broccoli mixture, most of the cheese (reserve about 2 tablespoons), egg, salt, and pepper. Mix until well blended. Pour into prepared baking dish.
- Sprinkle with reserved cheese. Bake uncovered for 30 minutes, or until top is set and lightly puffed.



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Crispy Baked Chicken Strips

TEFAP Issue 61

Ingredients:

2 chicken breasts, boneless
1½ cups cracker crumbs, crushed from crackers
¾ teaspoon garlic powder
¼ teaspoon salt and ¼ teaspoon pepper
¼ teaspoon chili powder or Italian seasoning
1 egg, beaten
non-stick cooking spray

Directions

- Wash hands with soap and water.
- Cut chicken into thin strips, about 1 inch wide.
- Mix cracker crumbs and seasonings in a bowl.
- In a separate bowl, beat egg. Dip chicken pieces into egg mixture, then dredge in crumb mixture.
- Place chicken pieces on baking sheet sprayed with cooking spray or lined with aluminum foil.
- Bake for 10 - 12 minutes, until crispy and lightly browned.
- Dip into your favorite sauce and enjoy!



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Salmon Patties

TEFAP Issue 62

Ingredients:
1 can (15 ounce) salmon, canned in water, drained
1 cup crackers, crushed
2 large eggs, lightly beaten
½ cup milk
¼ teaspoon black pepper
1 tablespoon vegetable oil

Directions

- Wash hands with soap and water.
- Use a fork to flake salmon until very fine.
- Add cracker crumbs, eggs, milk, and pepper to salmon. Mix thoroughly.
- Shape into four patties.
- Heat oil in a skillet.
- Over medium heat, carefully brown both sides until patty is thoroughly cooked.



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Beef Stroganoff

TEFAP Issue 63

Ingredients:
1 pound beef sirloin or round, sliced thinly
2 tablespoons flour, divided
¼ teaspoon salt
¼ teaspoon pepper
2 tablespoons butter, divided
16 ounces sliced mushrooms, fresh
1 medium onion, thinly sliced
1 teaspoon garlic powder
1½ cups beef broth
¾ cup light sour cream
6 ounces egg noodles, cooked according to package directions

Directions

- Wash hands with soap and water.
- Add beef, 1 tablespoon of flour, salt, and pepper to a gallon-sized plastic bag. Seal the plastic bag and shake to evenly coat the beef.
- Melt ½ tablespoon of butter in a large skillet over medium-high heat. Add beef to skillet and brown for 2-4 minutes. Remove from pan.
- Add ½ tablespoon of butter, mushrooms, sliced onion, and garlic powder to the skillet. Cook until vegetables are soft, scraping brown bits off the bottom. Remove from pan.
- Reduce heat to medium-low. Add 1 tablespoon of butter and 1 tablespoon of flour. Stir to form a paste, then slowly whisk in beef broth. Raise heat to medium-high and continue whisking broth until it begins to thicken.
- Add beef, mushroom, and onions back to the skil-let. Simmer for 20-30 minutes, or until sauce has thickened and meat is tender. Just before serving, stir in sour cream. Serve over cooked egg noodles.



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Savory Meatloaf

TEFAP Issue 64

Ingredients:

1-pound lean ground beef or turkey ½ onion, chopped
1 cup carrots, grated (about 2 carrots) ¼ cup wheat farina cereal
¼ cup milk, low-fat
1 egg
½ teaspoon grated black pepper
¼ teaspoon salt
½ cup ketchup, divided
2 tablespoons brown sugar

Directions

- Wash hands with soap and water.
- Preheat oven to 350 degrees F.
- Mix together the ground beef or turkey, onion, carrots, farina, milk, egg, pepper, salt, and half of the ketchup.
- Form the mixture into a loaf and place on broiler pan. Bake for 50 minutes.
- Stir the remaining ¼ cup ketchup and brown sugar in a small bowl.
- Remove meatloaf from oven and spread sauce over the top and sides of meatloaf.
- Bake 10 minutes or until a meat thermometer reads 160 degrees F.



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Chicken Noodle Soup

TEFAP Issue 65

Ingredients:
1 whole chicken or 1-2 pounds of boneless,
skinless chicken breasts
1 teaspoon salt
Water, to cover
1 onion, chopped
3 large carrots, sliced
1 cup celery, sliced
3/4 cup egg noodles, uncooked
salt and pepper, to taste

Directions

- Wash hands with soap and water.
- In a large saucepan, place whole chicken (or chicken breasts), and salt. Add enough water so the chicken is covered. Heat to boiling. Cover, reduce heat and simmer about 45 minutes or until chicken is tender.
- Remove chicken from broth and wait until cool enough to handle. For whole chicken: remove skin and bones and chop the meat. For chicken breasts: chop the meat into bite sized pieces.
- Skim fat from broth. Add additional water, if needed, to make 6 cups. Bring to a boil.
- Add chicken, onion, carrots, celery, and noodles to the broth. Cover, reduce heat, and simmer for 20 minutes.



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Farina Muffins

TEFAP Issue 66

Ingredients:

1¼ cups flour

¾ cup farina

½ cup sugar

¾ cup low-fat milk

¼ cup vegetable oil

1 egg

1 tablespoon baking powder ½ teaspoon salt

1 teaspoon vanilla

Directions

- Wash hands with soap and water.
- In a large mixing bowl, combine all ingredients.
- Stir together until all ingredients are moistened.
- Spoon batter into greased or paper-lined muffin tins, filling cups ¾ full.
- Bake 18-20 minutes.



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Mac 'n Cheese with Broccoli

TEFAP Issue 67

Ingredients:

10 ounces fresh or frozen broccoli, chopped

1 box of macaroni and cheese pasta (*Need milk

Directions

- Wash hands with soap and water.
- Cook macaroni noodles according to package directions.
- Add broccoli to cooking noodles 5 minutes before the noodles are done. Drain water from noodles and broccoli.
- Add cheese sauce, margarine, and milk according to package directions. Stir well.



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Tuna-Mac Surprise

TEFAP Issue 68

Ingredients:
1 box macaroni and cheese dinner (*Need milk
and margarine to make the macaroni and cheese per instructions on the box)
½ cup low-fat milk
1 can (about 12 ounces) tuna, in water, drained 1 can (about 10¾ ounces) cream of mushroom soup

Directions

- In a medium saucepan, prepare macaroni and cheese as directed on the package.
- Add the milk, tuna, and soup. Mix well and continue to cook until heated throughout.
-

Note: For added nutrition, add 1 cup thawed frozen chopped broccoli, peas, carrots, or other fresh or frozen vegetables.



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Chili Mac

TEFAP Issue 69

Ingredients:
½ pound ground beef
1 small onion, chopped
½ medium green bell pepper, chopped 6 ounces elbow macaroni, cooked
1 (8 ounce) can tomato sauce
2 cups water
1 teaspoon chili powder
½ teaspoon salt
1 (15 ounce) can pinto beans
½ cup cheddar cheese

Directions

- Wash hands with soap and water.
- In large skillet, brown the meat.
- Drain off any remaining fat.
- Add the onions and green peppers to the meat.
- Cook for 5 minutes on medium to low heat.
- Add remaining ingredients, except cheese.
- Cover and cook on low heat for 15 minutes, stirring occasionally.
- Add cheese and heat until melted.



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Quick Minestrone Soup

TEFAP Issue 70

Ingredients:

1 package (16 ounces) frozen mixed vegetables 2 (14 ½ ounce) cans stewed tomatoes
2 (14 ½ ounce) cans beef, chicken, or vegetable
broth, reduced sodium
1 (15 ½ ounce) can great northern beans,
drained and rinsed*
2 ounces macaroni pasta, uncooked
1 teaspoon dry Italian seasoning
Parmesan cheese (optional)

Directions

- Wash hands with soap and water.
- In a large saucepan, combine all ingredients and bring to a boil.
- Reduce heat, cover, and allow to simmer for 6-8 minutes until pasta is thoroughly cooked and vegetables are tender.
- Sprinkle with Parmesan cheese, if desired.

*Note: Dry beans may be used in place of canned beans. Beans should be cooked before adding them to the soup.



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Cilantro Chicken Pasta

TEFAP Issue 71

Ingredients:
8 ounces spaghetti pasta
1 lime, juiced
non-stick cooking spray
1-pound boneless, skinless chicken breast, diced 4 cloves garlic, minced
2 jalapeños, finely diced (optional)
2 medium zucchinis, sliced and cut in half
1 ½ cups corn, frozen
¼ cup water
½ cup fresh cilantro, chopped
½ cup Monterey Jack cheese, shredded

Directions

- Wash hands with soap and water.
- Prepare pasta according to package directions and drain. Toss pasta with lime juice. Set aside.
- Lightly coat a large skillet with cooking spray and heat at medium temperature. Add chicken and garlic. Cook 5-7 minutes.
- Add jalapenos (optional), zucchini, corn, and water. Cook 5-7 minutes or until heated through, stirring occasionally. Add pasta to skillet and toss with cilantro.
- Top with cheese and serve!



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Pasta with Broccoli and Chicken

TEFAP Issue 72

Ingredients:
8 ounces spaghetti pasta
2 tablespoons sugar
3 tablespoons low-sodium soy sauce
2 tablespoons rice vinegar
¼ cup vegetable oil
3 cloves minced garlic or ¾ teaspoon garlic powder
1 ½ cups fresh or frozen broccoli
1 ½ cups cooked chicken breast, diced
1 tablespoon sesame seeds (optional)

Directions

- Wash hands with soap and water.
- Cook pasta according to package directions. Set aside.
- While pasta is cooking, toast sesame seeds in a 1-quart saucepan over medium heat. Stir constantly and cook until light brown.
- Mix together sugar, soy sauce, and vinegar in small bowl. Set aside.
- Heat oil in large skillet over medium heat. Add garlic and broccoli and cook on medium until soft.
- Add chicken and cook until heated through.
- Add drained pasta and soy sauce mixture and mix well. Sprinkle sesame seeds on top, if using.



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Pasta Salad with Greens and Beans

TEFAP Issue 73

Ingredients:
8 ounces spaghetti pasta
2 tablespoons sugar
3 tablespoons low-sodium soy sauce
2 tablespoons rice vinegar
¼ cup vegetable oil
3 cloves minced garlic or ¾ teaspoon garlic powder
1 ½ cups fresh or frozen broccoli
1 ½ cups cooked chicken breast, diced
1 tablespoon sesame seeds (optional)

Directions

- Wash hands with soap and water.
- Cook pasta according to package directions. Set aside.
- While pasta is cooking, toast sesame seeds in a 1-quart saucepan over medium heat. Stir constantly and cook until light brown.
- Mix together sugar, soy sauce, and vinegar in small bowl. Set aside.
- Heat oil in large skillet over medium heat. Add garlic and broccoli and cook on medium until soft.
- Add chicken and cook until heated through.
- Add drained pasta and soy sauce mixture and mix well. Sprinkle sesame seeds on top, if using.



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Spinach Pasta Bake

TEFAP Issue 74

Ingredients:
8 ounces spaghetti pasta
2 tablespoons sugar
3 tablespoons low-sodium soy sauce
2 tablespoons rice vinegar
¼ cup vegetable oil
3 cloves minced garlic or ¾ teaspoon garlic powder
1 ½ cups fresh or frozen broccoli
1 ½ cups cooked chicken breast, diced
1 tablespoon sesame seeds (optional)

Directions

- Wash hands with soap and water.
- Cook pasta according to package directions. Set aside.
- While pasta is cooking, toast sesame seeds in a 1-quart saucepan over medium heat. Stir constantly and cook until light brown.
- Mix together sugar, soy sauce, and vinegar in small bowl. Set aside.
- Heat oil in large skillet over medium heat. Add garlic and broccoli and cook on medium until soft.
- Add chicken and cook until heated through.
- Add drained pasta and soy sauce mixture and mix well. Sprinkle sesame seeds on top, if using.



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Asian Salad Dressing

TEFAP Issue 75

Ingredients:
2 tablespoons vegetable oil
3 tablespoons red vinegar
2 tablespoons water
2 teaspoons lite sodium soy sauce
2 tablespoons brown sugar (or regular sugar) 2 tablespoons lemon juice
½ teaspoon garlic powder

Directions

- Wash hands with soap and water.
- Put all the ingredients in a jar or bottle with a lid.
- Close lid tightly and shake well.
- Chill in the refrigerator for at least 1 hour before serving. Serve on salad or cut-up fresh vegetables.
- Refrigerate any leftover dressing.



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Black Beans

TEFAP Issue 76

Ingredients:
3 cups cooked black beans
2 tablespoons vegetable oil
½ medium onion, chopped
2 garlic cloves, chopped
½ teaspoon ground cumin (if you like) ½ teaspoon salt
¼ teaspoon fresh or dried oregano

Directions

- Wash hands with soap and water.
- Pour 2 cups beans into a bowl. Use a potato masher or fork to mash the beans until they are no longer whole. Set the mashed beans to the side.
- In a medium-size saucepan, heat the oil over medium high heat. Add the onions and cook for 1 to 2 minutes. Stir in the garlic and cook for 30 seconds more. If using cumin, add that too.
- Stir in the mashed black beans and the remaining black beans. When the beans begin to boil, reduce the heat to low, stir in the salt and oregano and cook for 10 minutes, uncovered.



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Fish Tacos

TEFAP Issue 77

Ingredients:
½ cup light ranch dressing
2 tablespoons lime juice
1 teaspoon chili powder
¼ teaspoon ground black pepper
1 jalapeño pepper, seeded and finely chopped (optional)
4 cups coleslaw mix or broccoli slaw
10 (6-inch) corn or flour tortillas
3 tablespoons vegetable oil
2 tablespoons cornmeal
1 pound frozen Alaska pollock fillets, cut in 1" pieces or in 10 strips, thawed
1 tomato, chopped

Directions

- Wash hands with soap and water.
- Stir together the dressing, lime juice, chili powder, pepper, and jalapeño (optional). Pour over coleslaw mix and stir to mix well. Cover and place in refrigerator until serving time.
- Warm the tortillas according to directions on the package.
- Heat the oil in a small non-stick skillet over medium heat until hot, but not smoking. Spread the cornmeal on a plate while the oil heats. Pat the fish pieces in the cornmeal to coat on all sides. Fry the fish in hot oil until the cornmeal is lightly browned, 1-2 minutes per side.
- Remove and drain on paper towels. Top each tortilla with some of the fish and some of the coleslaw mix. Fold in half and serve with the chopped tomato.



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Spicy Baked Fish

TEFAP Issue 78

Ingredients:

1 pound frozen Alaska pollock fillets, thawed
¼ teaspoon paprika
¼ teaspoon onion powder
¼ teaspoon garlic powder
⅛ teaspoon black pepper
⅛ teaspoon dried oregano
⅛ teaspoon dried thyme
1 tablespoon lemon juice
1½ tablespoons margarine, melted

Directions

- Preheat oven to 350 degrees F.
- Separate (or cut) fish into 4 pieces. Place fish in a 9x13 inch baking pan.
- Combine paprika, onion and garlic powder, pepper, oregano, and thyme in a small bowl.
- Sprinkle herb mixture and lemon juice evenly over the fish. Then drizzle melted margarine on top.
- Bake until fish flakes easily with a fork, about 20- 25 minutes.



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Crunchy Fish Flatbread Pizza

TEFAP Issue 79

Ingredients:
12 whole grain breaded fish sticks 6 whole grain tortillas
½ cup cheddar cheese, shredded ½ onion, diced
2 tomatoes, diced

Directions

- Wash hands with soap and water.
- Cook fish sticks according to directions on the package.
- Sprinkle 6 tortillas with cheese, onion, and tomato.
- After fish is cooked, slice it into chunks and add about 6-7 pieces to each prepared tortilla.
- Toast for 6-8 minutes at 350 degrees F until cheese is melted and tortilla is slightly toasted. Serve open-faced as individual pizzas.



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Fish Stick Sandwiches with Healthy Tartar Sauce

TEFAP Issue 80

Ingredients:
6 whole grain breaded fish sticks
2 tablespoons reduced fat mayonnaise
2 tablespoons plain yogurt, nonfat
½ tablespoon relish, dill or sweet
4 slices of whole wheat bread or 2 whole grain burger buns
½ shredded cabbage
½ tomato, sliced (optional)

Directions

- Wash hands with soap and water.
- Bake fish sticks according to directions on the package.
- While the fish bakes, for the tartar sauce, mix mayonnaise, yogurt, and relish together in a small bowl. Refrigerate until ready to serve.
- Let fish sticks cool slightly after baking.
- Spread 1 tablespoon of tartar sauce on 2 slices of bread.
- Place 3 fish sticks on each slice of bread with tartar sauce on it.
- For each sandwich, top with ¼ of shredded cabbage and sliced tomato (optional), 1 tablespoon of tartar sauce, and top slice of bread.



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Stuffed Peppers

TEFAP Issue 81

Ingredients:
½ pound canned/pouch beef
1 onion, chopped
1 teaspoon dried oregano
1 (15-ounce) can spaghetti sauce
3 cups cooked brown rice
1 cup low-fat mozzarella cheese, shredded, divided
4 green or red peppers

Directions

- Wash hands with soap and water.
- Preheat oven to 350 degrees F.
- Cook beef and onion in a large skillet over medium heat until browned. Pour off any fat.
- Stir in oregano, spaghetti sauce, rice, and ½ cup cheese.
- Wash peppers, cut in half lengthwise, and remove seeds. Arrange in a 9x13 inch baking dish.
- Spoon all the beef mixture evenly into the pepper halves. Gently press mixture into the peppers so that it sticks together.
- Cover with foil. Bake for 30 minutes. Remove the foil and sprinkle remaining ½ cup cheese on top. Continue to cook another 10 minutes.



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Corn Bread Burger Bake

TEFAP Issue 82

Ingredients:
non-stick cooking spray
24 ounces canned/pouch beef
½ cup onion, chopped
¼ cup green pepper, chopped
1 teaspoon chili powder
1 cup cornmeal
2 eggs
2 teaspoons baking soda
¼ cup instant nonfat dry milk powder
1 cup water
1 (15.5 ounce) can cream style corn
2 cups low-fat cheddar cheese, shredded

Directions

- Wash hands with soap and water.
- Preheat oven to 375 degrees F.
- Spray large casserole dish (9x13 inch) with non-stick cooking spray.
- In large skillet, warm canned beef and drain fat.
- In the same skillet, add onion, green pepper, and chili powder.
- Cook until onion and green pepper are softened.
- Remove from heat and set aside.
- In medium mixing bowl, combine cornmeal, eggs, baking soda, instant nonfat dry milk powder, water, and cream style corn.
- Spread half the cornmeal mixture evenly into casserole dish. Spoon ground beef mixture over cornmeal layer. Sprinkle cheese over beef layer. Pour the remaining cornmeal mixture over the top.
- Bake for 35 minutes or until topping is golden brown.



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Easy Meatballs

TEFAP Issue 83

Ingredients:
non-stick cooking spray
1 pound lean ground beef
½ cup brown or white rice, uncooked
⅔ cup nonfat or 1% milk
1 egg, slightly beaten
½ cup onion, chopped
½ cup carrot, shredded
½ teaspoon salt
¼ teaspoon pepper
Sauce:
1 can (10.5 ounces) condensed soup (tomato, cream of mushroom, or other flavors)
¾ cup nonfat or 1% milk

Directions

- Wash hands with soap and water.
- Preheat oven to 350 degrees F. Lightly spray or oil a shallow baking dish (9x13 inch) with cooking spray.
- Combine beef, rice, milk, egg, onion, carrot, salt, and pepper. Use a spoon to form 24 meatballs and place in baking dish.
- In a separate bowl, combine soup and milk to make the sauce. Mix well. Pour sauce over meatballs.
- Cover pan tightly with foil. Bake for 1 hour.



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Quick Skillet Lasagna

TEFAP Issue 84

Ingredients:
1 pound lean ground beef
1 large onion, chopped
1 clove garlic, minced, or ¼ teaspoon garlic powder
2 cups spaghetti sauce
4 tablespoons fresh parsley, or 4 teaspoons dried
1 teaspoon oregano
1 teaspoon basil
2 cups low-fat cottage cheese
⅔ cup low-fat mozzarella cheese, shredded 6 lasagna noodles, uncooked
⅓ cup grated parmesan cheese

Directions

- Wash hands with soap and water.
- In a 12-inch skillet, cook ground beef over medium-high heat until it is no longer pink.
- Drain fat. Add the onion and cook until it is soft.
- Add garlic, 1 cup of the spaghetti sauce, parsley, oregano, and basil. Stir. Spread evenly in the skillet.
- Reduce heat to low. Spread cottage cheese over mixture, and top with half of the mozzarella cheese. Top with noodles.
- Pour remaining spaghetti sauce evenly over the top of noodles. Gently press noodles down to moisten.
- Cover and simmer 15-20 minutes until noodles are tender. Top with remaining cheeses, cover, and simmer for two more minutes or until cheeses are melted.
- Let stand, covered, 5-10 minutes before serving.



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Southern Style Butter Beans

TEFAP Issue 85

Ingredients:
2 cups dry lima beans
3 tablespoons butter
1 bunch green onions (about 8), cleaned and chopped
3½ ounces smoked sausage, cut into ¼-inch slices
¼ cup milk
Salt and pepper, to taste

Directions

- Wash hands with soap and water.
- Rinse the beans and pick out any shriveled or broken beans, small rocks, or dirt.
- Place beans in pot with water to cover.
- Cook on medium heat until water starts to boil, then reduce heat to simmer. Cook until the beans are almost soft. Add more water if needed.
- Add the rest of the ingredients to the saucepan. Bring to a boil. Reduce heat to simmer and cook for approximately 4 hours or until beans soften and sauce thickens.



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Marinated 3-Bean Salad

TEFAP Issue 86

Ingredients:

1 cup lima beans, cooked, drained, and cooled 1 cup red kidney beans, cooked, drained, and cooled

1 cup green beans, cooked, drained, and cooled 1 medium onion, thinly sliced and separated into rings

½ cup green bell pepper, chopped

8 oz fat-free Italian salad dressing

Directions

- Wash hands with soap and water.
- Cook and cool all of the beans. Slice green beans into 1-inch pieces.
- Peel and slice the onion, and then separate into rings.
- Remove the stem from the green pepper, and chop into small, bite-size pieces.
- In a large bowl, combine the lima beans, kidney beans, green beans, sliced onion rings, and green pepper.
- Pour the Italian dressing over the vegetables and toss lightly.
- Cover the bowl and marinate in the refrigerator for at least one hour. You can leave the salad in the refrigerator overnight.
- Drain before serving.



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Easy Shepherd's Pie

TEFAP Issue 87

Ingredients:
non-stick cooking spray
1 (24 ounce) can beef stew
2 cups prepared mashed potatoes 1 cup frozen peas, thawed (optional) ⅛ teaspoon paprika (optional)

Directions

- Wash hands with soap and water.
- 1. Preheat oven to broil. Spray a 2 quart casserole dish with non-stick cooking spray. Set aside.
- 2. In a medium saucepan, heat beef stew over medium heat.
- 3. Prepare instant mashed potatoes according to the directions on the package.
- 4. Add thawed peas, if using, to the heated beef stew.
- 5. Pour beef stew into prepared 2 quart casserole dish.
- 6. Top with mashed potatoes. Sprinkle with paprika, if desired.
- 7. Place casserole dish on the top rack of the oven. Broil for 2-3 minutes or until golden brown.



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Beef Pot Pie

TEFAP Issue 88

Ingredients:
1 (24 ounce) can beef stew
1 can of biscuits (5 count)

Directions

- Wash hands with soap and water.
- Place the contents of the canned beef stew in a small casserole dish.
- Top the beef stew with the uncooked biscuits.
- Bake at 350 degrees F about 25-30 minutes until the biscuits are lightly browned and the stew is bubbling.



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Black Bean Soup

TEFAP Issue 89

Ingredients:
1 cup onion, chopped
¾ cup celery, chopped
2 teaspoons garlic, chopped
1½ cups chicken or vegetable broth
2 cans (15 ounce each) low-sodium black beans,
rinsed and drained
½ cup salsa
1 ½ teaspoons cumin
½ teaspoon onion powder
¼ teaspoon oregano, dried

Directions

- Wash hands with soap and water.
- Combine all ingredients in a saucepan.
- Cover and simmer for 20-25 minutes or until vegetables are tender.



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Black Bean Brownies

TEFAP Issue 90

Ingredients:
Non-stick cooking spray
1 can (15 ounce) low-sodium black beans
3 large eggs
3 tablespoons canola oil
1 teaspoon vanilla extract
½ cup brown sugar, packed
⅓ cup cocoa powder
½ cup chocolate, peanut butter, or butterscotch
chips or chopped nuts (optional)

Directions

- Wash hands with soap and water.
- Preheat oven to 350°F. Coat a 9-inch baking pan with nonstick cooking spray.
- In a colander, drain and rinse beans.
- In a large bowl, whisk eggs, oil, and vanilla with a fork. Add beans and mash with a fork until beans are barely visible (this can take 5 or more minutes of mashing). Stir in brown sugar and cocoa powder and blend with a rubber spatula until mixed. Stir in chips or nuts if using.
- Pour the batter into the baking pan. Bake for 25 to 30 minutes or until a knife inserted in the center of the brownies comes out clean. Let cool completely before cutting into 16 squares.



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Black-Eyed Pea Casserole

TEFAP Issue 91

Ingredients:
1 cup long grain and wild rice mix
1 pound ground beef
1 medium onion, chopped
1 small green pepper, chopped
2 cans (15 ½ ounces each) low-sodium black-eyed peas, rinsed and drained
1 can (10 ¾ ounces) condensed cream of mushroom soup, undiluted
½ cup shredded cheddar cheese

Directions

- In a large saucepan, cook the rice according to package directions. Meanwhile, in a large skillet, cook the beef, onions and green peppers over medium heat until the meat is no longer pink and drain.
- In a large bowl, combine the black-eyed peas, soup, rice, and beef mixture. Transfer to a greased 2 ½ quart baking dish.
- Cover and bake at 350° for 20-25 minutes or until heated through. Uncover and sprinkle with cheese. Bake 5 minutes longer or until cheese is melted.



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Hoppin' John

TEFAP Issue 92

Ingredients:
2 cups water
1 cup rice, uncooked
½ cup onion, chopped
2 cloves garlic, chopped
1 cup low-sodium canned black-eyed peas 8 ounces turkey ham, thawed and cut into cubes or regular cooked ham
Ground pepper, to taste

Directions

- Wash hands with soap and water.
- Place water in a saucepan and add rice, onion, and garlic.
- Bring rice and water to boil and cover. Turn heat to low and cook in covered pot for 20 minutes.
- Add black-eyed peas, turkey ham, and pepper. Continue cooking on low heat until rice is tender.



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Black-eyed Pea Salad

TEFAP Issue 93

Ingredients:
1 cucumber
1 red onion, chopped
2 tomatoes, chopped
1 fresh serrano or jalapeno pepper, minced (optional)
3 ½ cups black-eyed peas, cooked and cooled ¼ cup fresh cilantro, chopped
1 teaspoon salt
½ teaspoon pepper
3 tablespoons lemon juice

Directions

- Wash hands with soap and water.
- Peel cucumber and cut in half lengthwise. Scrape out the seeds with a spoon and discard. Chop cucumber into small pieces (about ¼ inch) and put into a large bowl.
- Add onion, tomatoes, pepper (optional), black-eyed peas, chopped cilantro, salt, and pepper to the cucumber.
- Mix well and add lemon juice 30 minutes before serving.



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Black-eyed Peas and Collards

TEFAP Issue 94

Ingredients:
1 cup dry black-eyed peas
1 tablespoon butter
1 large onion, finely chopped
3 cloves garlic, finely chopped
1 bay leaf
1 large bunch of collard greens, stems removed, thoroughly wash and chopped into bite-sized pieces
salt and pepper, to taste

Directions

- Wash hands with soap and water.
- Soak the black-eyed peas overnight in 4 cups of water.
- Melt the butter in a large pot on medium heat.
- Add the onion, garlic, and bay leaf. Cover the pan and leave it for 2 minutes. Remove cover and continue cooking and stirring occasionally until the chopped onion is translucent.
- Drain the peas and pour into the pot. Add enough water to cover the peas. Cook on medium-low heat until the peas are tender (about 30 minutes—2 hours). Check them every 30 minutes, adding water if necessary to keep the peas covered.
- Once the peas are tender, add the collard greens to the pot. Add salt and pepper to taste. Cover with the lid and cook on low for about 10-15 minutes.
- Serve as is or over brown rice, whole grain toast, or your favorite whole grain.



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Easy Chicken Pot Pie

TEFAP Issue 95

Ingredients:

1 2/3 cup frozen mixed vegetables

1 cup cooked chicken

1 cup baking mix

1/2 cup milk

1 cup cream of chicken soup

1 egg

Directions

- Wash hands with soap and water.
- Pre-heat oven to 400°F.
- Mix vegetables, chicken and soup in ungreased, 9-inch pie plate
- Stir remaining ingredients in a mixing bowl with fork until blended. Pour over vegetables and chicken in pie plate.
- Bake 30 minutes or until golden brown.
- Let cool for 5 minutes and serve.



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Cheesy Chicken, Broccoli, and Rice Bake

TEFAP Issue 96

Ingredients:
5 cups water
2 ½ cups rice
¼ cup onion chopped
¼ teaspoon black pepper
1 garlic clove
1 cup milk
1 can cream of mushroom soup
¼ teaspoon salt
2 cups chicken shredded, cooked
2 cups broccoli pieces
¾ cup reduced fat cheddar cheese, grated

Directions

- Wash hands with soap and water.
- Preheat oven to 350° F. In large saucepan bring water to boil. Add rice, onion, and garlic. Cook for about 20 minutes or until rice is soft.
- While rice is cooking combine milk, soup, salt, and pepper, mix well. When rice is done combine with milk mixture, chicken and broccoli, mix well.
- Grease 9 x 13 pan and pour mixture into pan. Bake in the preheated oven for 18 minutes. Sprinkle with cheese. Bake for another 6 minutes or until cheese is melted. Serve immediately.



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Quick Tuna Casserole

TEFAP Issue 97

Ingredients:

4 cups of water

5 oz egg noodles

10 oz cream of mushroom soup

1/3 cup skim milk

1 can of tuna

1 cup green peas (frozen)

1 cup breadcrumbs

Directions

- Wash hands with soap and water.
- Preheat oven to 350 degrees.
- Bring 1 quart of water to a boil in a large pot and cook the egg noodles in the water for 2 minutes.
- Then, cover the pot, remove from heat and let stand for 10 minutes.
- In the meantime, mix the soup and milk together in a bowl.
- Combine tuna and peas with the mixture and pour into a 1-quart casserole dish.
- Drain the noodles well and combine with the tuna mixture.
- Sprinkle the top with bread crumbs.
- Bake for 30 minutes



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Classic Vegetable Soup Meatloaf

TEFAP Issue 98

Ingredients:

1½-2 pounds lean ground beef or turkey
1 can (10.5 ounces) condensed, low-sodium vegetable soup
1 egg, beaten
½ cup fine breadcrumbs, or 2 or 3 slices of bread, shredded
½ cup onion, chopped
¼ - ½ cup green bell pepper, chopped (optional)
1 tablespoon prepared mustard (optional)
1 teaspoon salt (optional)
¼ teaspoon black pepper

Directions

- Wash hands with soap and water.
- Preheat oven to 325 degrees F.
- In a large bowl, gently mix all ingredients together. Shape into a loaf.
- Place loaf in a shallow baking dish and bake for 1 hour to 1 hour and 15 minutes or until done.



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Chickpea Salad

TEFAP Issue 99

Ingredients:
1 can (10.5 ounces) condensed, low-sodium vegetable soup
2¼ cups cucumber, diced, partially peeled
1 cup tomato, diced, seeded
¼ cup red onion, diced
2 tablespoons lemon juice
¼ cup fresh parsley, minced
1 tablespoon vegetable oil
½ teaspoon salt
½ teaspoon pepper
2 cans (15.5 ounces each) chickpeas (garbanzo beans), rinsed and drained

Directions

- Wash hands with soap and water.
- In a large bowl, combine vegetable soup with cucumbers, tomato, red onion, and chickpeas.
- For the dressing, mix together two tablespoons lemon juice, minced fresh parsley, oil, salt, and pepper.
- Mix veggies and dressing together and toss until all veggies are covered with the dressing.
- Chill in the refrigerator for at least 2 hours before serving.



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Chicken Broccoli & Cheese Skillet Meal

TEFAP Issue 100

Ingredients:

1 pound boneless, skinless chicken breasts (2-3 halves)
2 teaspoons oil
¼ cup water
1 cup chicken broth or stock (low-sodium)
1 can (10.5 ounces) condensed cream of chicken soup
2 cups small shell pasta, uncooked
2½ cups broccoli, fresh or frozen, chopped
1 cup low-fat cheddar cheese, shredded

Directions

- Wash hands with soap and water.
- Cut chicken breast into bite sized pieces. Cook pieces in vegetable oil in a medium skillet over medium-high heat until lightly browned, 2 to 3 minutes.
- Add water, chicken broth or stock, soup, pepper, and garlic to skillet. Stir until smooth. Add pasta and broccoli.
- Bring to a boil. Cover and reduce heat to low. Simmer until pasta is tender, 15 - 20 minutes. Add a small amount of water near end of cooking if needed to prevent sticking. Add cheese during last two minutes of cooking.



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West African Peanut Soup

TEFAP Issue 101

Ingredients:

⅔ cup onion, diced
1 clove garlic, minced or ¼ teaspoon garlic powder
1 cup cooked boneless, skinless chicken breast, diced
1½ teaspoons curry powder
½ teaspoon pepper
½ teaspoon crushed red pepper flakes
3 cups low-sodium chicken broth
1 can (6 ounces) tomato paste
2 cans (14.5 ounces) stewed tomatoes, unsalted
6 tablespoons peanut butter

Directions

- Wash hands with soap and water.
- In a large pot, cook onion in vegetable oil until translucent. Add garlic and cooked chicken and stir to heat through.
- Add seasonings and cook 1 minute longer.
- Add broth, tomato paste, tomatoes, and peanut butter. Stir until well combined.
- Heat over medium heat until hot but not boiling. Serve immediately.



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Louisiana Catfish

TEFAP Issue 102

Ingredients:
2 cups frozen okra, chopped
1 ¾ cups frozen corn
1 medium onion, diced
2 tablespoons vegetable oil, divided
2 teaspoons creole seasoning, divided
non-stick cooking spray
4 (4 ounce) catfish fillets

Directions

- Wash hands with soap and water.
- Preheat oven to 450 degrees F.
- 2. In a large bowl, mix okra, corn, onion, 1 tablespoon oil, and 1 teaspoon seasoning. Lightly coat a large glass baking dish with cooking spray. Spread vegetables evenly in dish and roast 10 minutes.
- 3. Meanwhile, add remaining oil and seasoning to the bowl. Whisk together. Add fish and marinate in the oil mixture.
- 4. Remove dish from oven and stir vegetables. Place fish over vegetables and cover with foil. Bake another 10-15 minutes or until fish flakes easily with a fork.
- 5. Serve fish over vegetables.



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Crispy Parmesan Baked Fish

TEFAP Issue 103

Ingredients:

¾ cup breadcrumbs
¼ cup Parmesan cheese, grated
¼ teaspoon ground thyme
¼ teaspoon onion powder
⅛ teaspoon paprika
¾ cup nonfat or 1% milk
2 pounds catfish fillets (or any white fish)

Directions

- Wash hands with soap and water.
- Preheat oven to 500 degrees F. Lightly spray a baking sheet with cooking spray.
- In a small bowl, mix together breadcrumbs, Parmesan cheese, thyme, onion powder, and paprika.
- Place crumbs on a flat plate or sheet of wax paper.
- Dip the fish fillets in milk then press into the crumb mixture to coat all sides. Discard leftover breadcrumbs and milk.
- Place fish on the baking sheet in a single layer. Bake until the fish is opaque and flakes easily in the thickest part, about 15 minutes depending on thickness of fish.



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Hearty Chicken Salad

TEFAP Issue 104

Ingredients:

1 can (12 ounce) chicken, drained
½ cup onion, diced OR 1 tablespoon onion powder
½ cup apple, diced
¼ cup celery, diced (optional)
¼ cup grapes, sliced into small pieces (optional)
¼ cup pecans OR walnuts, chopped (optional)
2 tablespoons mayonnaise (optional)
½ teaspoon black pepper (optional)

Directions

- Wash hands with soap and water.
- Combine chicken, onion, apples, celery, grapes, nuts, mayonnaise, and black pepper.
- Serve with lettuce leaves to make lettuce wraps or on whole grain bread or crackers.
- NOTE: You can use the same recipe for tuna salad, just take out the fruit and add 1-2 diced boiled eggs.



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Chicken & Dumplings Casserole

TEFAP Issue 105

Ingredients:
3 tablespoons vegetable oil
1 cup onions, chopped
1 cup carrots, chopped
1 cup celery, chopped
3 cups low sodium chicken broth
3 tablespoons flour
2 cups canned chicken, drained
1 cup frozen peas
salt and pepper
Dumplings:
1 cup flour
2 teaspoons baking powder
¼ teaspoon salt
1 egg
⅓ cup nonfat or 1% milk

Directions

- Wash hands with soap and water.
- Heat vegetable oil in a large skillet over medium-high heat and cook onions, carrots, and celery until soft.
- Add a small amount of broth to the flour and stir until smooth. Slowly mix in remaining broth and add to skillet. Stir over medium heat as the mixture thickens.
- Add the chicken, peas, salt, and pepper. Heat on low while making dumplings.
- For the Dumplings: Sift the flour, baking powder and salt together into a mixing bowl.
- Add the egg to the milk and beat until well blended. Stir into the flour until well combined.
- Pour the chicken mixture into a lightly oiled or sprayed casserole dish. Drop dumpling dough by the spoonful onto chicken mixture (makes about 8 dumplings).
- Bake uncovered at 400 degrees for 15 minutes or until the dumplings are golden brown.



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Whole Roasted Chicken

TEFAP Issue 106

Ingredients:

Whole roasting chicken, about 5 pounds, thawed in refrigerator 24-48 hours before cooking (check the product package for thawing instructions).

Directions

- Wash hands with soap and water.
- Preheat oven to 375 degrees F.
- Remove chicken from packaging. Do not rinse raw poultry. Remove necks and giblets from both chicken cavities.
- In a roasting pan, that has 2” tall sides, place chicken breast side up.
- Roast for 1½ hours or until meat thermometer inserted into the chicken breast reaches the internal temperature indicated on the product packaging. The time will vary based on the size of the chicken and the oven. The drumstick meat will feel very soft when pressed between fingers. If chicken is browning too quickly, cover loosely with aluminum foil.
- Let the chicken sit for 15 minutes after removing from the oven before carving.



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Baked Chicken with Roasted Vegetables

TEFAP Issue 107

Ingredients:

4 potatoes, sliced
1 to 4 cloves garlic (to taste), peeled and cut in half
6 carrots, sliced
1 large onion, quartered
1 whole chicken, cleaned and cut into pieces, skin removed
½ cup water
1 teaspoon thyme
¼ teaspoon pepper

Directions

- Wash hands with soap and water.
- Preheat to 400 degrees F. Spray roasting pan with cooking spray or grease with vegetable oil.
- Place potatoes, garlic, carrots, and onions in a large roasting pan.
- Put chicken pieces on top of the vegetables.
- Mix water, thyme and pepper. Pour over chicken and vegetables. Bake until browned and tender, about one hour. Spoon juices over chicken once or twice during cooking. If you've got a meat thermometer, the chicken should register 165 degrees in its thickest part.



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References for recipes:

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