Easy Salsa

**Ingredients:**
- 4 large tomatoes, diced
- ½ large onion, minced
- 2–3 cloves garlic, minced
- ⅓ cup chopped fresh cilantro (optional)
- 1 jalapeño pepper, seeded and chopped OR small can green chiles, drained and chopped
- 1 teaspoon vinegar
- Salt (to taste)

**Directions:**
Combine all ingredients in a bowl. When adding the jalapeño pepper, add a little bit at a time and then taste the salsa to make sure that it is not too hot. Jalapeño peppers can vary in heat. Enjoy!
Apple Slice Pancakes

**Ingredients:**
- 1 apple
- 1¼ cups pancake mix
- ½ teaspoon cinnamon
- 1 egg
- 2 teaspoons canola oil
- 1 cup milk

**Directions:**
Lightly coat cooking skillet with cooking spray and heat over medium heat. Peel, core and thinly slice apples into rings. In a large mixing bowl combine ingredients for pancake batter until all ingredients are evenly moist. For each pancake, place apple ring on skillet and pour ¼ cup batter over ring, starting at the center. Cook until bubbles appear, turn and cook other side until lightly brown.

6 servings
Orange Banana Frosty

**Ingredients:**
- 1 banana (frozen)
- ½ cup low-fat yogurt (plain)
- ½ cup orange juice

**Directions:**
Put all ingredients in a blender and mix well. For a thinner frosty, add more liquid.

2 servings
Apple Crisp

Ingredients:
• 4 apples
• ¼ cup oatmeal (quick cooking)
• ¼ cup flour
• ½ cup brown sugar
• 1 tablespoon cinnamon
• ¼ cup margarine

Directions:
Preheat oven to 350 degrees and grease bottom and sides of baking dish. Remove apple cores and slice apples. Spread sliced apples on the bottom of the pan. Cut margarine into small pieces in a small bowl, mix in oatmeal, flour, brown sugar and cinnamon until mix is small crumbs. Sprinkle mixture over top of apples and bake for 20 minutes.

8 servings
Simmered Beans

**Ingredients:**
- 2 cups dried beans, pinto, black or pink
- 8 cups water
- 1 onion (chopped)
- 1 bay leaf
- ¼ teaspoon salt

**Directions:**
Wash beans and place them with onion, water and bay leaf in large pot. Cover and bring to boil over high heat. Reduce heat and simmer for 1½ hours, or until beans are tender. Remove bay leaf, stir in salt and cook for 15 more minutes. Serve beans with ½ cup salsa.

12 servings

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Quick Beef Chili

Ingredients:
• 1½ lbs. lean ground beef
• ½ cup onion (chopped)
• 1 packet chili seasoning
• ½ cup water
• 1 can diced tomatoes (14.5 oz.)
• 1 can kidney beans (15 oz.)

Directions:
In a large skillet, cook ground beef and onions over medium heat until no longer pink. Stir in chili seasoning and add remaining ingredients. Bring to boil. Reduce heat and cover, simmer for 10 minutes. Top with low-fat, grated cheese, and serve with your choice of cornbread or crackers.

6 servings
Ingredients:
- ⅓ cup oatmeal (dry, quick cooking)
- ⅛ teaspoon salt
- ¾ cups water (very hot)
- ½ banana (sliced)
- ½ cup frozen yogurt (non-fat)

Directions:
In a microwave-safe bowl, mix together the oatmeal and salt. Stir in water. Microwave on high for 1 minute. Stir. Microwave on high for one more minute. Stir. Continue process until cereal reaches desired thickness. Top with sliced bananas and frozen yogurt.

1 serving
Apple Tuna Sandwiches

Ingredients:
• 1 can tuna (5 ounce, packed in water, drained)
• 1 apple
• ¼ cup yogurt, low-fat vanilla
• 1 teaspoon mustard
• 1 teaspoon honey
• 6 slices whole wheat bread
• 3 lettuce leaves

Directions:
Wash and peel the apple; chop into small pieces. Drain tuna. Mix tuna, apple, yogurt, mustard and honey in a medium bowl. Spread ½ cup tuna mixture on a slice of bread, top with lettuce leaf and slice of bread.

3 servings
Ingredients:
- 4 large apples
- ½ cup brown sugar
- 1 teaspoon cinnamon
- Raisins (optional)

Directions:
Wash apples and remove core. Cut a thin slice off the bottom of each apple to form a flat surface and place apples in a microwave-safe baking dish. Mix brown sugar, cinnamon and raisins, if desired, in a small dish and spoon the mixture in the center of the apples. Cover with wax paper and microwave on high for 6 to 10 minutes, or until apples are soft.

4 servings
Quick & Cool Summer Pasta Salad

Ingredients:
• 1 package macaroni (14 ounce)
• 1 can tuna (5 ounce, packed in water, drained)
• ½ cup onion (diced)
• 1 cup plain yogurt
• ½ cup light mayonnaise
• Lemon juice, salt and pepper to taste
• 1 can green beans or corn (16 ounce, drained) OR 1 cup frozen or fresh vegetables, lightly steamed

Directions:
Prepare macaroni according to package and drain. Add vegetables, tuna and onions. Mix yogurt, mayonnaise, lemon juice, salt and pepper. Toss mixture with macaroni and chill before serving.

8 servings
Easy Red Beans and Rice

*Ingredients:*

- 1 onion (chopped)
- 1 green bell pepper (chopped)
- 1 teaspoon garlic powder
- 2 cans diced tomatoes (14.5 oz.)
- 1 can kidney beans (15.5 oz.)
- 6 cups cooked brown rice

*Directions:*

Spray skillet with cooking spray. Cook onion and pepper over medium heat for 5 minutes, or until tender. Add garlic powder, tomatoes and kidney beans and bring mixture to a boil. Reduce heat and simmer 5 minutes. Serve over rice.

8 servings
Ingredients:

- 1 can green beans
- ¼ cup brown sugar
- 1 teaspoon cornstarch
- ⅓ cup vinegar
- 1 onion (diced)

Directions:

Drain liquid from beans into small bowl. Pour ½ cup bean liquid into a sauce pan. Add cornstarch to bean liquid and stir well. Add vinegar and brown sugar; put on medium heat and bring to boil. Turn heat to low; add onions and green beans. Heat and serve.

4 servings
Easy Potato Soup

Ingredients:
- 4 large potatoes
- 1 cup celery (chopped)
- 1 cup onion (chopped)
- 1–2 cups milk
- Salt and pepper to taste

Directions:
Peel and cube potatoes. In saucepan, combine potatoes, celery and onions. Add water but do not quite cover the vegetables. Bring to boil, lower heat, cover and simmer for 25 minutes or until vegetables are tender. Coarsely crush potatoes but do not mash them. Add milk to desired thickness and salt and pepper to taste.

4 servings
Sausage and Pasta Primavera

Ingredients:
- 4 Italian sausage links
- ¾ medium green and/or red bell pepper, sliced
- ¼ cup mushrooms, sliced
- 1 onion, thickly sliced
- 1 tomato, sliced in wedges
- 2 tablespoons olive oil
- 1 cup chicken stock
- 4 cups pasta cooked (bow tie works well)

Directions:
Cut sausage in ¼ inch slices. Heat olive oil in large skillet over medium heat. Sauté sausage until brown and cooked through. Add green pepper, mushrooms and onion. Sauté mixture, stirring frequently, until veggies are tender, but not overcooked. Add chicken stock and red bell pepper, bring to boil and add tomato wedges. Reduce heat and simmer. Serve over cooked pasta.

4 servings

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Black Bean Quesadillas

Ingredients:

• 1 can (15 oz.) black beans, rinsed
• ½ cup shredded low-fat cheese (flavor of choice)
• ½ cup salsa
• 4 8-inch tortillas (whole wheat for a healthier option)
• 1 teaspoons canola oil
• 1 avocado, diced

Directions:
Combine beans, cheese and ¼ cup salsa in medium bowl. Place tortillas on work surface and spread ½ cup filling on each tortilla. Fold tortillas in half; press gently to flatten. Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Add quesadillas (two if they fit in the pan) and cook, turn until both sides are golden brown, approximately 2 minutes on each side. Serve with diced avocado and remaining salsa.

4 servings
Italian Chicken and Potatoes

Ingredients:

- 1 lb. boneless, skinless chicken breasts, sliced
- ½ cup zesty light Italian dressing
- 4 cloves minced garlic
- 4 potatoes, cut into 1-inch pieces
- Pepper and Italian seasoning to taste

Directions:

Heat oven to 400 degrees. Combine all ingredients in a 13x9-inch baking dish and cover with aluminum foil. Bake for one hour or until chicken is cooked through and the potatoes are tender. Uncover for the last 30 minutes to let the chicken brown.

4 servings
Vegetarian Stir-Fry

**Ingredients:**

- 1 package long grain and wild rice
- 2 tablespoons olive oil
- 16 oz. package frozen stir-fry blend vegetables or a mixture of fresh broccoli, bell peppers, carrots and onions, cut into small pieces
- 2 tablespoons teriyaki sauce
- 2 eggs, beaten

**Directions:**

Prepare rice according to package instructions; remove from heat and allow to cool. Add oil to large pan over medium heat. Add vegetables and sauté over heat until tender but not overcooked. Add teriyaki sauce and a few cups of rice to the pan until mixed thoroughly. Add eggs and scramble with ingredients until cooked to your preference.

4 servings
Garlic Cauliflower Mashed Potatoes

Ingredients:

• 1 head cauliflower
• 3 cups of water
• 4 cloves garlic
• Milk (if needed)
• 1 tablespoon butter
• Salt and pepper to taste

Directions:

Cut cauliflower into florets and place, with garlic, in a steamer basket over boiling water. Cover and steam until very tender, 12 to 15 minutes. (OR, place florets and garlic in a microwave-safe bowl with ¼ cup water, cover and microwave on high for 3 to 5 minutes.) Remove garlic cloves and drain water. Add butter and let melt. Use potato masher to mash the cauliflower or use a blender to make it creamier. Add milk, 1 tablespoon at a time if needed. Salt and pepper to taste and serve.

4–6 servings
Sliced Carrots with Avocado Dip

Ingredients:
- 1½ cup green peas (fresh or frozen), cooked
- 1 avocado, peeled and mashed
- 1 glove garlic, minced
- 1 tablespoon lime juice
- Hot sauce and seasonings to taste

Directions:
Mix all ingredients with a fork or in a food processor until desired consistency.
6 servings
Fresh Fruit with Peanut Butter Yogurt Dip

Ingredients:

- ½ cup Greek yogurt, fat free and plain
- ¼ cup peanut butter

Directions:
Combine ingredients in small bowl and refrigerate until ready to eat. Serve with your favorite fruit (apples, bananas or strawberries recommended).

6 servings