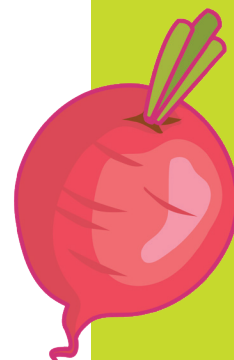




# COOKBOOK

<b>01</b>	<b>What is 5210 SC?</b>
<b>02</b>	<b>Start Simple with MyPlate</b>
<b>03</b>	<b>Making MyPlate Work for You</b>
<b>04</b>	<b>Cooking with Kids</b>
<b>05</b>	<b>How to Read a Nutrition Label</b>
<b>06</b>	<b>Why Fruits and Vegetables</b>
<b>07</b>	<b>Fruit and Vegetable Storage</b>
<b>09</b>	<b>Tips and Substitutions</b>
<b>10</b>	<b>Food Prep and Cooking Terms to Know</b>
<b>10</b>	<b>Portions at Hand</b>
<b>11</b>	<b>Small Appliances for Small Spaces</b>
<b>12</b>	<b>Know Your Knives</b>
<b>13</b>	<b>Recipes</b>
14	Snacks
20	Sides
26	Entrees
49	Beverages
<b>54</b>	<b>Frameworks</b>
<b>58</b>	<b>Resources &amp; Collaborators</b>

# CONTENTS



# What is 5210 SC?



## Pick 5

Eat 5 or more servings of fruit and vegetables a day. Upgrade your plate with colorful fruits and vegetables. From bananas to broccoli, carrots to cantaloupe, adding color and variety to your diet is an easy way to level up your potential. 5210 SC will guide you on how to incorporate more fruits and vegetables into your meals effortlessly.



## Get 1

Enjoy at least 1 hour of active play. Ready, set, go to a stronger you in just 1 hour a day. Physical activity keeps you healthy, helps you get stronger and boosts your mood.



Scan the QR code to visit [5210SC.org](https://www.5210SC.org)



## Take 2

Limit recreational screen time to 2 hours or less per day. Look up at the world and limit your screen time to 2 hours or less a day. Limiting screen time can lead to improved sleep, enhanced focus and increased physical activity.



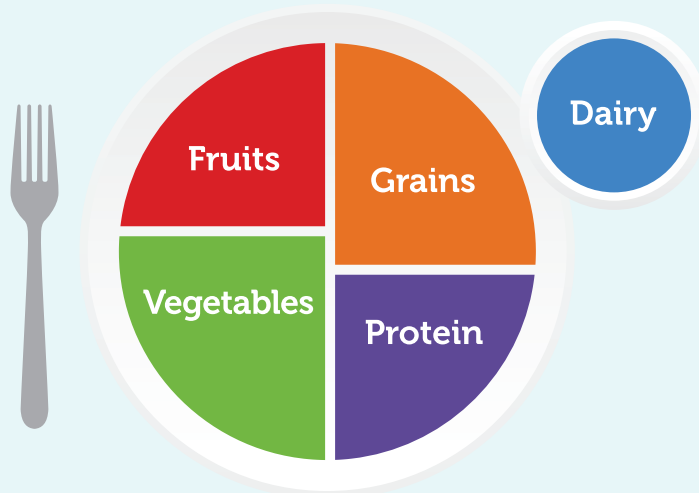
## Drink 0

Drink 0 sugar-sweetened beverages. No cheat code needed, just drink water. Running on non-sweetened drinks is the fuel you need to be the best you. Hydrate yourself and feel refreshed.

USDA is an equal opportunity provider, employer and lender. This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP.

# Start simple with MyPlate

Eating from each food group every day supports a well-balanced, healthy lifestyle! Each group helps your body in a different way through diverse nutrients and minerals found. The benefits of healthy eating add up over time, bite by bite. Small changes matter. *Start Simple with MyPlate.*



## Fruits

The fruit group includes all fruits and 100% fruit juice. Fruits may be fresh, frozen, canned or dried/dehydrated. Fruits can be eaten whole, cut up, puréed (mashed) or cooked. Make half your plate fruits and vegetables. Focus on whole fruits!



## Vegetables

Any vegetable or 100% vegetable juice counts as part of the vegetable group. Vegetables may be raw or cooked and can be fresh, frozen, canned or dried. They can be whole, cut-up or puréed (mashed). Vegetables are organized into five subgroups based on their nutrients:

- Dark green vegetables.
- Red and orange vegetables.
- Beans, peas and lentils.
- Starchy vegetables.
- Other vegetables.

Make half your plate fruits and vegetables. Vary your veggies!



## Grains

Foods made from wheat, rice, oats, cornmeal, barley or another cereal grain are grain products. Make half your grains whole grains!



## Protein

Protein foods include all foods made from seafood, meat, poultry, eggs, beans, peas, lentils, nuts, seeds and soy products. Beans, peas and lentils are also part of the vegetable group. Vary your protein routine!



## Dairy

The dairy group includes milk, yogurt, cheese, lactose-free milk and fortified soy milk and yogurt. The dairy group **does not include** foods made from milk that have little calcium and a high fat content. Examples of this are cream cheese, sour cream, cream and butter. Move to low-fat or fat-free dairy milk and yogurt!

Visit [MyPlate.gov](https://www.MyPlate.gov) for more resources and recipes

# Making MyPlate Work for You

"MyPlate My Way" encourages mixing and matching foods throughout the day to include all five food groups — fruits, vegetables, protein, grains and dairy. Eating from each group daily helps meet your body's nutritional needs. Aim for meals to include at least three food groups, and snacks to include two, always making sure a fruit or vegetable is part of each!

Let's build balanced meals using all five food groups across the day using some recipes in this book!

## EXAMPLE 1: BREAKFAST

### Overnight Oats with Berries

- Fruits:** Mixed berries (e.g., strawberries, blueberries, raspberries or blackberries)
- Protein:** Nuts or seeds such as almonds, walnuts, pecans or chia seeds
- Grains:** Rolled oats
- Dairy:** Milk and/or mix in yogurt

## EXAMPLE 2: LUNCH

### Turkey and Cucumber Sandwich & Fruit Kabob

- Fruits:** Banana, watermelon and clementine kabob
- Vegetables:** Cucumber slices
- Protein:** Lean turkey slices
- Grains:** Whole-grain bread
- Dairy:** Yogurt

## EXAMPLE 3: DINNER

### Chicken Enchilada Casserole

- Fruits:** Black beans, corn, onions and salsa (tomatoes and onions)
- Protein:** Black beans (both a vegetable and protein!)
- Grains:** Whole grain tortillas
- Dairy:** Reduced-fat Monterey Jack cheese

## EXAMPLE 4: SNACK

### Blueberry Carrot Multigrain Muffins

- Fruits:** Blueberries
- Vegetables:** Carrots
- Grains:** Multigrain flour
- Dairy:** A cup of skim or 2% milk

Wash your hands thoroughly before starting to prep and cook food. Wash your fruit, vegetables and cooking space thoroughly before prepping and cooking.



# Cooking with Kids

Getting kids involved in the kitchen can develop food safety skills, build confidence cooking, and create memories together! Age-appropriate tasks ensure kids learn safely. Here are tasks kids might do to cook alongside you.

## Ages 2-5

- Play with safe utensils (whisk, plastic bowls, measuring spoons, stirring spoons, etc.).
- Scrub and wash fresh produce.
- Snap, break or tear whole produce into pieces (lettuce, beans, asparagus, etc.).
- Move pre-measured ingredients from one place to another or pour into a bowl.
- Stir batter and spread soft spreads.
- Remove fruits or leaves from stems.

## Ages 6-8

### TASKS LISTED FOR PREVIOUS AGES, PLUS:

- Practice reading the recipe and writing grocery lists.
- Crack and beat eggs.
- Rinse and scrub produce.
- Practice measuring out ingredients for your recipe.
- Cut soft foods with a plastic or dull table knife.
- Help get out the ingredients and put them away.
- Roll out, knead or shape doughs.
- Push buttons on blenders, processors, with adult supervision.
- Preheat oven (adults should place items in and remove them from a hot oven).

## Ages 9-12

### TASKS LISTED FOR PREVIOUS AGES, PLUS:

- Learn safe knife skills (chopping, dicing, slicing and cutting).
- Use electrical tools like blenders, mixers or microwaves.
- Follow recipes and make simple meals by themselves.
- Plan and prepare simple snacks by themselves.
- Read ingredients and food labels on packaging.
- Clean up (how and what to wash in dishwasher or by hand).
- Drain cooked pasta in a colander.
- Remove trays from the oven, with adult supervision.

## Ages 13+

### TASKS LISTED FOR PREVIOUS AGES, PLUS:

- Use graters or knives, with supervision.
- Create new flavor combinations, shapes or decorations.
- Plan and prepare menus for meals.
- Help younger children learn about food and how to prepare.



**Remember to always wash hands with soap & water before and after handling food.**

# How to Read a Nutrition Label

LOOK FOR IT AND USE IT!

Information you need to make healthy choices throughout your day.



Found on food and beverage packages.



Use it to compare and choose foods!



## Size Up Servings

Check the serving size and servings per container. The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food.

Packages can-and often do- contain more than one serving! If you eat multiple servings, you're getting "multiples" on calories and nutrients too.

**2 SERVINGS = CALORIES + NUTRIENTS X2**

## Consider Calories

Calories from food provides the energy your body needs to function and grow. **Balance the number of calories you eat and drink with the number of calories you burn during physical activity.** Curious about calorie needs? Check out [www.choosemyplate.gov/MyPlatePlan](http://www.choosemyplate.gov/MyPlatePlan).

**TIP:** 100 calories per serving of an individual food is considered a moderate amount and 400 calories or more per serving is considered high in calories.

## Nutrition Facts

4 servings per container  
Serving size 1 1/2 cup (208g)

Amount per serving  
**Calories 240**

	% Daily Value*
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 430mg	<b>19%</b>
<b>Total Carbohydrate</b> 46g	<b>17%</b>
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g added sugars	4%
<b>Protein</b> 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Eat a variety of foods to get the nutrients your body needs, including:**

- Fruits and vegetables
- Seafood
- Beans & peas
- Whole grains
- Soy products
- Dairy products
- Unsalted nuts & seeds
- Lean meats
- Eggs

## Use %DV

% Daily Value (%DV) is the percentage of the Daily Value (reference amount of nutrients to consume or not to exceed each day for adults and children 4 years of age and older) and shows how much a nutrient in a serving of the food contributes to a total daily diet. **Use %DV to see how food's nutrients stack up and choose foods based on this information.**

**TIP:** 5% DV or less per serving is low and 20% DV or more per serving is high.

## Nutrients to get more of:

Compare and choose foods to get 100% DV of these on most days:

- Dietary Fiber
- Iron
- Vitamin D
- Potassium
- Calcium

## Choose Nutrients Wisely

## Nutrients to get less of:

Compare and choose foods to get less than 100% DV of these each day:

- Saturated Fat
- Trans Fat (Note: Trans fat has no %DV, so use grams as a guide)
- Sodium
- Added Sugars

Source: [www.fda.gov/nutritioneducation](http://www.fda.gov/nutritioneducation)

## EAT BRIGHTER WITH THE RAINBOW!

# Why Fruits and Vegetables?

Phytonutrients are natural helpers found in all fruits and vegetables that keep our bodies healthy. They act like little superheroes called antioxidants, which fight off bad guys called free radicals that can hurt our cells. Eating lots of colorful fruits and veggies – especially the really bright and dark green ones – gives us more of these superheroes to help protect us from getting sick.

Look below to see how eating the rainbow helps keep our body and mind strong and healthy!

<b>RED</b>	Strawberries, cranberries, raspberries, tomatoes, cherries, apples, beets, watermelon, red grapes, red peppers, pink grapefruit, apricots, guava and red onions	Vitamin C Lycopene Potassium Fiber
<b>ORANGE &amp; YELLOW</b>	Carrots, sweet potatoes, yellow peppers, oranges, bananas, pineapple, tangerines, mango, pumpkin, apricots, winter squash (butternut, acorn), peaches, cantaloupe and corn	Vitamin C B Vitamins Vitamin A Potassium Fiber
<b>GREEN</b>	Spinach, avocados, asparagus, artichokes, avocado, broccoli, alfalfa sprouts, kale, cabbage, Brussels sprouts, kiwi fruit, collard greens, green tea and green herbs (mint, rosemary, sage, thyme and basil)	Some of these fruits and vegetables are excellent sources of B vitamins Magnesium Calcium Vitamin K Fiber
<b>BLUE &amp; PURPLE</b>	Blueberries, blackberries, elderberries, Concord grapes, raisins, eggplant, plums, figs, prunes, lavender and purple cabbage	Vitamin C B Vitamins Potassium Fiber
<b>WHITE</b>	Cauliflower, onions, garlic, potatoes, parsnips, pears and mushrooms	Fiber Potassium B Vitamins

**Vitamin A:** Plays a role in growth and development, immune function, red blood cell formation, reproduction, skin and bone formation, vision.

**B Vitamins:** Support red blood cell formation.

**Vitamin C:** Supports cellular, skin, wound and immune health.

**Vitamin K:** Supports blood clotting and strong bones.

**Fiber:** Supports digestion, heart health and fullness.

**Potassium:** Plays a role in blood pressure regulation, fluid balance, growth and development, heart function, and muscle contraction.

**Calcium:** Supports blood clotting, bone and teeth formation, constriction and relaxation of blood vessels, hormone release, muscle contraction, nerve function.

**Lycopene:** Supports cellular health (tomatoes).

# Fruit and Vegetable Storage

Sourced and adapted from:  
Don't Waste Food SC  
([Don't Waste Food SC Guide](#))

PRODUCE ITEMS & HOW TO STORE		LOW OR HIGH HUMIDITY	STORAGE		
			ROOM TEMP.	REFRIGERATE ONCE RIPE	REFRIGERATE IMMEDIATELY
APPLES	Store in a breathable bag, separate from other produce.	LOW		★	
ARTICHOKE	Sprinkle cut end with water; seal in a plastic bag				★
ASPARAGUS	Place stem-end down in an inch of water				★
AVOCADOS	Leave on counter to ripen; to speed up ripening, place in paper bag			★	
BANANAS	Once ripe, they can last 5-7 days in the refrigerator; skins will turn black, but fruit will be fine			★	
BASIL	Trim stems and place in glass of water; cover with loose plastic bag		★		
BEETS	Separate greens, store in a breathable bag; can last up to 2 months if properly stored	HIGH			★
BELL PEPPERS	Store in breathable bag	LOW			★
BLACKBERRIES, STRAWBERRIES, RASPBERRIES	Store in the refrigerator and wash just before using			★	
BLUEBERRIES	Store berries in a container lined with a cloth; wash just before using			★	
CABBAGE	Store in a plastic bag	HIGH			★
CANTALOUPE	Store cut melon pieces in a container			★	
CARROTS	Remove green tops; store in breathable bag	HIGH			★
CAULIFLOWER	Loosen the plastic wrap, or place in a breathable bag	HIGH			★
CELERY	Place root end in glass of water or in an open plastic bag	HIGH			★
CHERRIES	Store unwashed and uncovered in the coldest part of the fridge			★	
CITRUS FRUITS	Store loosely or in a mesh bag	LOW		★	
COLLARD GREENS	Place unwashed in a sealed plastic bag	HIGH			★
CORN	Wrap ears tightly in a plastic bag and store in the refrigerator				★
CUCUMBERS	Store in breathable bag with a damp cloth	HIGH			★
EGGPLANT	Store loose or in a breathable bag in a cool, dark place		★		
GARLIC BULB	Store in a breathable bag in the fridge		★		
GRAPES	Store in a breathable bag in the fridge			★	
GREEN BEANS	Store unwashed in a breathable bag	HIGH			★

# Fruit and Vegetable Storage

PRODUCE ITEMS & HOW TO STORE		LOW OR HIGH HUMIDITY	STORAGE		
			ROOM TEMP.	REFRIG. ONCE RIPE	REFRIG. IMMEDIATELY
HERBS, LEAFY	Trim stems and place in glass of water then cover with loose plastic bag; or wrap in damp paper towel and store in breathable bag	HIGH			★
HERBS, WOODY	Wrap in damp paper towel and store in plastic bag	HIGH			★
KALE	Store bagged with a damp cloth	HIGH			★
KIWI	Once ripe, store loose in fridge	LOW		★	
LEEKs	Store wrapped in a damp paper towel in a plastic bag in the refrigerator.				★
LETTUCE	Whole head; put stem in water and keep on counter, out of sunlight; loose: store with a cloth in an airtight container in the refrigerator.	HIGH			★
MANGOS	Store on the counter until ripe, then move to the fridge	LOW		★	
MUSHROOMS	Store in paper bag on lower fridge shelf				★
ONIONS	Store in a cool, dry area: don't store near potatoes		★		
PAPAYAS	Store on the counter until ripe, then move to the fridge	LOW		★	
PEACHES/PLUMS	Store on the counter until ripe.	LOW		★	
PEARS	Firm, unripe pears should be left on the counter to ripen	LOW		★	
PINEAPPLES	Place whole pineapple on the top shelf of the refrigerator			★	
POMEGRANATES	Store in a cool, dry place out of direct sunlight; refrigerated, they can be stored 1-2 months		★		
POTATOES	Store away from onions in cool dark place		★		
RADISHES	Remove green tops; store unwashed radishes in a breathable bag				★
SCALLIONS	Place in a cup of water with one inch of water or a storage container/plastic bag with a damp cloth				★
SQUASH (SUMMER)	Store dry, whole squash in a breathable bag				★
SQUASH (WINTER)	Store in a cool, dark place		★		
SWISS CHARD	Store bagged with a damp cloth	HIGH			★
TOMATOES	Don't refrigerate until fully ripe; bring to room temperature before using	LOW		★	
WATERMELON	Cut-up melon should be wrapped or stored in a container in the refrigerator.				★

# Tips & Substitutions for a Healthier You

Small changes can lead to big results! Here are some ways we can substitute ingredients and change habits to increase the nutritional quality of the foods we eat. Use these tips when selecting or preparing foods to make what you eat work for your health.

## Fats

**Reduce excess fats and substitute saturated fats (meat products, full-fat dairy or fats solid at room temperature) and use unsaturated fats (olive, canola, vegetable oil) instead.**

- Frying → baking, grilling, steaming, sautéing or air frying.
- Conventional pan → Non-stick pan.
- Using oils or butter heavy handedly → Measuring oils and butter.
- Lard, shortening → Olive, canola or vegetable oil.
- Using meats high in saturated fats → Purchase lean meats, trim fat or chicken skin from meat before cooking.

## Sugar

**Reduce added sugars in food and beverages.**

- Sugar → Honey (ages 1+), date syrup, unsweetened applesauce, cinnamon and vanilla extract.
- Sugar sweetened beverages (soda, sports drinks, sweet tea, pre-made lemonade, pre-packed coffee drinks and energy drinks) → Seltzer water, 100% fruit juice, lemon or fruit infused water and fruit sweetened tea.
- Buying without looking at the label → Read the nutrition label to choose foods that are unsweetened or have low added sugars, without high fructose corn syrup.
- Canned fruit in light or heavy syrup → Canned fruit in 100% fruit juice or water.

## Dairy

**Choose options that are lower in fat and added sugars.**

- Butter → Applesauce, avocado or mashed bananas for baking.
- Whole Milk → Fat free or low-fat milk, plain almond, soy, oat, coconut, rice, cashew and hemp milks can be used as a one-to-one substitution.
- Cheese sauce → Nutritional yeast, blended nuts and lemon juice.
- Ice Cream → Banana ice cream (blended frozen bananas and milk alternative) or 100% fruit juice popsicles.
- Sour Cream → Plain Greek yogurt.

## Salt

**Reduce sodium intake.**

- Canned vegetables with added salt → Fresh, frozen or canned vegetables without added sauces or seasonings.
- Canned soups, meats and sauces → Low-sodium, reduced sodium or no-salt-added products.
- Ultra-processed foods with excess sodium, sugar and fats → Whole foods.
- Using salt as the main seasoning → Add herbs, spices, vinegars, or citrus for bolder flavors.
- Eating out → Prepare more meals at home.

## Protein & Meat

**Choose lean protein options to reduce saturated fats and increase nutrients from diverse protein options.**

- Higher fat ground beef 70/30, 80/20, 85/15 → Leaner meats like chicken, turkey, fish, or lean ground beef (93/7 = 93% lean 7% fat).
- Fatty cuts of meat (bacon, pork belly, ribeye steak) → Leaner cuts of beef or pork (tenderloin, sirloin, eye of round, top round and bottom round).
- Meat at every meal → Adding plant-based protein like beans, lentils, tofu, edamame, nuts and seeds as additional protein or meat substitution.
- Egg → One egg in a baking recipe is the equivalent of one tablespoon flaxseed and three tablespoons of water. Let sit 5 minutes. Or use ¼ cup applesauce.

## Portions

**Take the MyPlate quiz to see how much of each food group your body needs to thrive:**  
[www.myplate.gov/form/myplate-quiz](http://www.myplate.gov/form/myplate-quiz)

- Meals without fruits or vegetables → Fill half your plate with fruits or vegetables.
- Eating quickly or distracted → Eat mindfully, focusing on your food without distraction.
- Eating several servings because it is there → Share large meals or save leftovers. Cook once, eat twice.

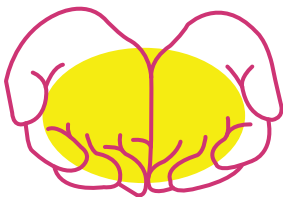
# Food Prep Terms to Know

<b>Chop</b>	To cut food into chunks or medium-sized pieces
<b>Dice</b>	To cut solid food into small cubes of the same size
<b>Grate</b>	To rub food on a grater to make shreds
<b>Julienne</b>	To cut food into thin strips
<b>Knead</b>	To press dough (i.e. for bread) repeatedly with hands
<b>Marinate</b>	To pre-mix food with wet or dry seasonings; helps develop the flavor as well as moisturize it
<b>Mince</b>	To chop into extremely small pieces
<b>Peel</b>	To remove the skin of fruits or vegetables
<b>Purée</b>	To blend until smooth
<b>Whip/Whisk</b>	To beat quickly, in order to add air and volume to food

# Cooking Terms to Know

<b>Bake</b>	To cook with medium heat, usually in an oven
<b>Boil</b>	To heat a liquid until the surface bubbles continuously
<b>Broil</b>	To cook under strong and direct heat
<b>Deep Fry</b>	To cook in a deep layer of very hot oil
<b>Fry</b>	To cook in very hot oil
<b>Grill</b>	To cook over direct heat
<b>Roast</b>	To cook with medium-high heat, usually in an oven
<b>Sauté</b>	To cook/brown food in a small amount of hot oil
<b>Simmer</b>	To cook slowly in liquid over low heat, with bubbles barely forming on the surface
<b>Steam</b>	To cook with steam, usually in a closed container

# Portions at Hand



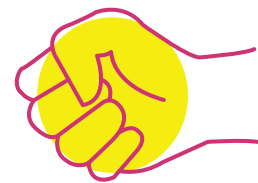
## Two Handfuls

Salad serving (about 2 cups):  
raw veggies and leafy greens



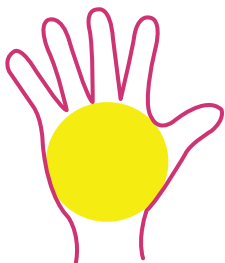
## Cupped Hand

Snack serving (about 1/4 cup):  
nuts or dried fruit



## Fist

Grain, fruit and vegetable serving  
(about 1/2 cup): fruit, cooked  
veggies, beans, rice or cereal



## Palm

Protein serving  
(about 3-4 ounces):  
Meat; double up for  
vegetarian protein



## Fingertip

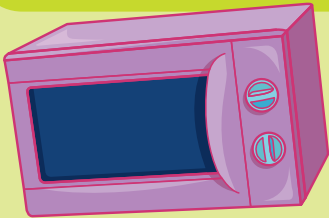
Fat serving (about 1 teaspoon):  
Oils, butter or mayonnaise

## Thumb

Dairy serving (about 2 tablespoons):  
Cheese or peanut butter

# Small Appliances for Small Spaces

## Microwave



### What is a microwave?

Cooks food quickly and is great for small spaces.

### Safety tips:

- Use microwave-safe dishes only.
- Poke holes in wrapped items or food skin to vent steam.

### Great for:

- Thawing frozen foods
- Steamed vegetables
- Ready-to-heat foods

## Coffee Maker

### What is a coffee maker?

This familiar tool is mostly known for brewing your morning coffee. But did you know the coffee maker's basket can be used for steaming vegetables?

### How to Steam:

- Place veggies in the filter basket of the coffee maker. You do not need to place a filter in the basket.
- Turn the coffee maker on and run a brew cycle.
- Repeat as necessary to achieve desired softness.

### How to "Boil" Eggs:

- Put the desired number of eggs into the coffee pot.
- Fill the coffee pot with water until eggs are submerged and close the lid.
- Turn on the coffee pot. Leave eggs and water in the pot for 15-20 minutes.
  - Time may need adjusting for amount of eggs used.
- Turn off the coffee pot and pour out the water.
  - Use caution before handling and peeling hot eggs.



## Crock-pot or Slow cooker



### What is a crock-pot or slow cooker?

A crock-pot or slow cooker is an electric pot that uses very low heat to cook food slowly. (Time 4-10 hours)

### What is good about this appliance?

- Has no exposed heat source and does not get hot enough to burn food.
- Uses less energy than other appliances.
- Inexpensive.
- Can be left alone for hours.

### Great for:

- Soups
- Stews
- Tough Meat
- Dried Beans

### What is an air fryer?

An air fryer is a kitchen tool that "fries" food without oil. Air fryers are small ovens for your counter. They cook and reheat food faster than an oven and use less power.

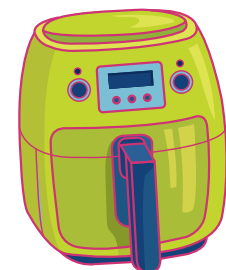
### Safety tips:

Be sure not to overfill the air frying basket to avoid uneven cooking and under cooking. If air frying a large amount, be sure to split it up into batches.





### Great for:

- Baking
- Roasting
- Reheating foods
- "Frying"

## Air Fryer



# Know Your Knives

<b>Chef Knife</b> 8-10" blade	<b>Santoku Knife</b> 5-7" blade	<b>Utility Knife</b> 4-7" blade	<b>Paring Knife</b> 3-4" blade
 <p>Use a chef knife for slicing, dicing, and chopping almost any type of food! This knife is the most widely used tool in many kitchens.</p>	 <p>The grooves on the blade of the santoku knife make it ideal for cutting foods with lots of moisture, like fruits, veggies and boneless meats.</p>	 <p>A utility knife has a lighter, thinner blade than a chef knife or santoku knife. Use it for slicing cheese and cutting small fruits and veggies.</p>	 <p>The paring knife's small size is perfect for delicate tasks like mincing herbs and garlic, peeling fruits, and coring peppers and tomatoes.</p>

## Knife Safety 101



### Choose the Right Knife for the Job

Knives are not one-size-fits-all! Use a knife that is proportionate to the item you are planning to cut. For example, avoid using a small paring knife to cut into a large veggie like an onion. Use a knife with a longer blade to maintain control of the knife.



### Keep Your Knife Sharp

Believe it or not, a sharp knife is a safer knife! A dull knife requires more force to cut through food, making it more likely to slip out of your hand. A sharp blade will cut through food with less effort, which helps you keep your grip on your knife and your food.



### Protect Your Fingers

Use the "claw" grip to keep your fingers safe! Curl the fingers of the hand holding the food inward, using your fingertips or knuckles to hold the food in place. Keeping your hand in this position as you cut will protect your fingers from the blade.



### Make a Non-Slip Workspace

Using a cutting board not only protects your countertop, it keeps you safe, too! Place a wet paper towel under your cutting board to keep it from sliding as you cut. A stable, non-slip workspace helps you keep control of your knife and the food.



# Snacks

Wash your hands thoroughly before starting to prep and cook food. Wash your fruit, vegetables and cooking space thoroughly before prepping and cooking.

## SNACKS

# Apple "Donuts"

### INGREDIENTS

- 1 apple, sliced into thin circles
- 3 teaspoons peanut butter
- 1 tablespoon shredded unsweetened coconut
- 1 tablespoon chocolate chips
- 1 tablespoon raisins or cranberries
- 1 tablespoon granola

### DIRECTIONS

1. Take a spoon and make a small hole in the middle of each apple slice.
2. Lightly dab off excess water from apple slice with paper towel.
3. Spread peanut butter onto each apple slice.
4. Place topping on "donut".

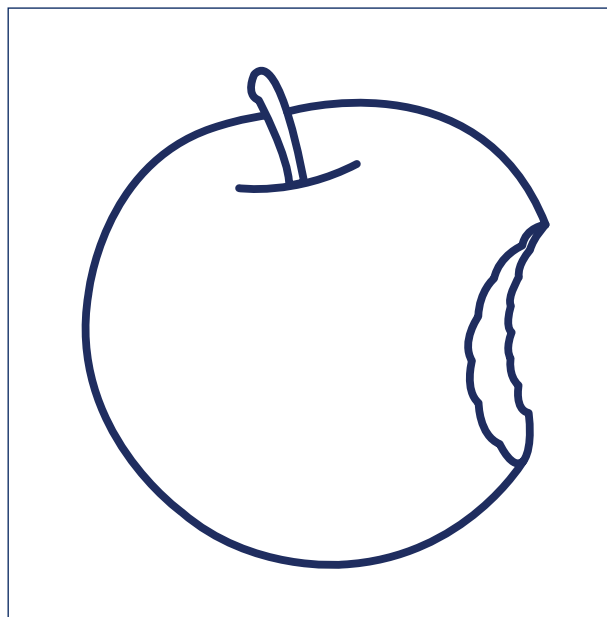
### NOTES

- Substitute peanut butter for cream cheese, almond or sunflower butter, if desired.
- Great creative with your toppings! Try strawberries, blueberries, kiwi, cheerios, nuts, etc.
- The portion size above on ingredient list is for all "donuts." More or less ingredients may be needed.
- If you would like to cut and core apples ahead of time, sprinkle lemon juice on them and place them in the refrigerator. This will keep them from browning.



### 5210 ACTIVITY

#### Color the apple:



### SERVING SIZE

3 total servings, 2 apple slices per serving

### NUTRITION INFORMATION

Per Serving: 112 calories, 2.1 grams Saturated Fat (11% Daily Value), 33 milligrams Sodium (1% Daily Value), 2.5 grams Dietary Fiber (9% Daily Value), 2.7 grams Added Sugar (5% Daily Value)

Recipe Source: CULI SNAP-Ed

## SNACKS

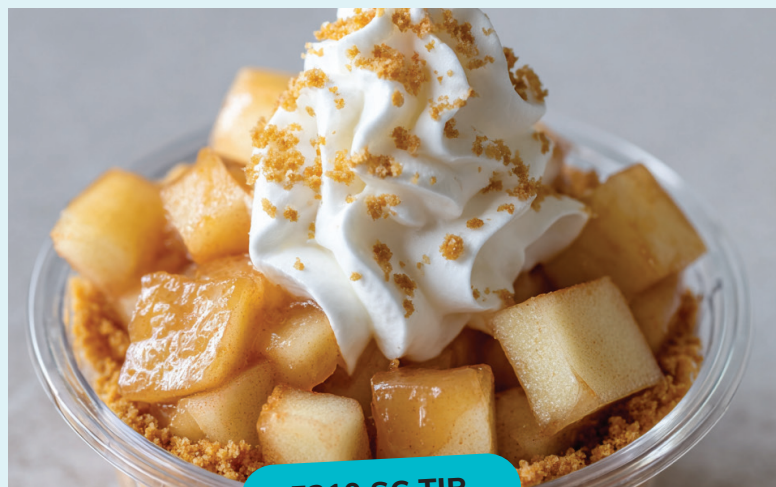
# Apple Pie Snack Cups

### INGREDIENTS

- 1 graham cracker, crushed into crumbs
- 1 small apple, diced
- ½ cup unsweetened cinnamon applesauce
- 1 tablespoon of whipped cream

### DIRECTIONS

1. Place graham cracker crumbs in the bottom of a small cup or bowl.
2. Layer the diced apples on top.
3. Spread the applesauce on top of the apples.
4. Top with a dollop of whipped cream, if desired.



5210 SC TIP

**Drink water when you make and eat this recipe.**

### SERVING SIZE

1 snack cup per serving

### NUTRITION INFORMATION

Per Serving: 196 Calories, .6 grams Saturated Fat (3% Daily Value), 78 milligrams Sodium (3% Daily Value), 5.4 grams Dietary Fiber (19% Daily Value), 3.8 grams Added Sugar (8% Daily Value)

Recipe Source: CULI SNAP-Ed

# Fruit Kabob

### INGREDIENTS

- 1 ripe medium banana (7-8 inches long), sliced into about 10 slices)
- 1 ½ cups watermelon cubes (about 16 cubes)
- 1 cup clementine sections (about 16 sections)

### DIRECTIONS

1. Thread the fruit onto a 6–8-inch wooden skewer, alternating and arranging the pieces however you like.



### SERVING SIZE

Snack can also be served without skewers and made with any fruit of your choice.

### NUTRITION INFORMATION

Per Serving: 120 Calories, .1 grams Saturated Fat (0% Daily Value), 1.7 milligrams Sodium (0% Daily Value), 3 grams Dietary Fiber (11% Daily Value), 0 grams Added Sugar (0% Daily Value)

Recipe Source: MyPlate.gov



### NOTES

- Snack can also be served without skewers and made with any fruit of your choice.

## SNACKS

# Blueberry Carrot Multigrain Muffins

### INGREDIENTS

- ¾ cup all-purpose flour
- ¾ cup whole wheat flour
- ¾ cup sugar
- ½ teaspoon salt
- 2 teaspoons baking powder
- 2 teaspoons cinnamon
- ½ teaspoon nutmeg
- ⅓ cup oil (olive, canola or vegetable)
- ¾ cup grated carrots, prepared in advance
- ¾ cup 1% low-fat milk, unsweetened plain almond milk or unsweetened soymilk
- ½ cup unsweetened applesauce
- 2 cups blueberries, fresh or frozen
- Cooking spray

### DIRECTIONS

1. Preheat oven to 400°F.
2. Lightly coat a 12-cup muffin pan with cooking spray.
3. In a large mixing bowl, mix all dry ingredients (flours, sugar, salt, baking powder, cinnamon and nutmeg).
4. In a separate medium bowl, blend oil, egg, milk and grated carrots until smooth.
5. Combine the liquid ingredients into the large bowl with the dry ingredients.
6. Stir in the blueberries and mix well.
7. Fill each muffin cup about ¾ full, if desired sprinkle additional cinnamon on top of each muffin.
8. Bake muffins for 20 minutes or until the muffin tops are golden brown. To ensure fully baked, insert a toothpick into the center of the muffin. If ready, the toothpick will come out clean.

### NOTES

- To make 100% whole wheat muffins, use a total of 1 ½ cups whole-wheat flour and remove all-purpose flour from ingredients.
- Carrots can either be purchased shredded or grated at home with a hand grater or food processor.
- If using sweetened applesauce, remove 1 ½ teaspoons of sugar from the measured amount in the ingredient list.
- Muffin pan can be lined with muffin liners, if desired. Don't use cooking spray if using liners.



### 5210 ACTIVITY

#### Draw carrots:



### SERVING SIZE

12 total muffins, 1 muffin per serving

### NUTRITION INFORMATION

Per Serving: Calories 180, 1 gram Saturated Fat (5% Daily Value), 190 milligrams Sodium (8% Daily Value), 2 grams Dietary Fiber (8% Daily Value), 12 grams Added Sugar (24% Daily Value)

Recipe Source: Inspired by Food Hero

## SNACKS

# Fruit & Yogurt Parfait

### INGREDIENTS

- 2 cups sliced fruit, fresh or thawed frozen, such as peaches, bananas, strawberries or blueberries
- 2 cups low-fat plain Greek yogurt or low-fat plain yogurt
- 1 cup granola
- 2 tablespoons nuts, such as almonds, walnuts or pecans

### DIRECTIONS

1. For each parfait, place  $\frac{1}{4}$  cup yogurt in a bowl or cup, followed by  $\frac{1}{4}$  cup sliced fruit and 2 Tablespoons of granola. Repeat these steps once more to have two layers of yogurt, fruit and granola.
2. Top each parfait with  $\frac{1}{2}$  tablespoon of nuts.

### NOTES

- Greek yogurt has a thicker texture and a much higher protein content than traditional low-fat yogurt.
- No granola? You can swap granola with a whole-grain cereal.
- Add one tablespoon of unsweetened coconut flakes and fresh mint leaves as additional toppings.



### 5210 SC CONVERSATION STARTER

**Dream a little, finish the sentence as many times as you'd like.**

**If I used screen time less, I would have more time for...**

### SERVING SIZE

Makes 4 total parfaits, 1 parfait per serving

### NUTRITION INFORMATION

Per Serving: 260 Calories, 2 grams Saturated Fat (10% Daily Value), 135 milligrams Sodium (6% Daily Value), 3 grams Dietary Fiber (10% Daily Value), 7 grams Added Sugar (14% Daily Value)

Recipe Source: Cooking Matters

## SNACKS

# Lickety Split Banana Split

### INGREDIENTS

- 1 banana, peeled and cut in half, lengthwise
- ½ cup whole-grain cereal
- ½ cup low-fat plain yogurt
- ¼ cup blueberries
- 1 teaspoon vanilla extract
- ¼ cup raspberries

### DIRECTIONS

1. Place the banana on a plate.
2. In a small bowl, combine yogurt and vanilla extract.
3. Top the banana with yogurt. Sprinkle with cereal and fruit.

### NOTES

- Greek yogurt has a thicker texture and a higher protein content than traditional yogurt.
- To minimize added sugar in yogurt, choose plain, unsweetened Greek, or flavored yogurt with added sugar less than 20% Daily Value (DV).



### 5210 ACTIVITY

#### Draw a banana:



### SERVING SIZE

1 serving

### NUTRITION INFORMATION

Per Serving: 295 Calories, 1.4 grams Saturated Fat (7% Daily Value), 202 milligrams Sodium (9% Daily Value), 6.2 grams Dietary Fiber (8% Daily Value), 2.9 grams Added Sugar (6% Daily Value)

Recipe Source: Adapted from MyPlate.gov

## SNACKS

# Yogurt Pear Pops

### INGREDIENTS

- 2 ripe pears cut from top to bottom into half inch pieces
- 1/4 cup chocolate chips
- 1/2 cup plain low-fat yogurt
- 1/4 cup chopped unsalted nuts

### DIRECTIONS

1. Put pear slices on a skewer and put them on a tray with baking paper.
2. Scoop yogurt and melted chocolate (if you like) over the pears and add your favorite toppings.
3. Put the pears in the freezer for 15-20 minutes or until the toppings harden.

### NOTES

- Try this recipe with other toppings such as shredded coconut, dried fruit, or crushed whole-grain graham crackers.



### 5210 SC TIP

**Transitioning away from recreational screen time can be hard. Here are some strategies to transition away, which ones can you try this week?**

- 1 Give a warning:** Set a timer for how much screen time you would like spend, then set another timer for 5 minutes prior to give a warning that your time is ending soon.
- 2 Make a plan:** Plan something fun for when screen time is over, so you have something else to look forward to.
- 3 Go outside:** When screen time ends, let outside time begin. Get your creativity flowing and body moving by being outside.

### SERVING SIZE

Makes 4 total servings, 1/2 pear per serving

### NUTRITION INFORMATION

Per Serving: 184 Calories, 3.1 grams Saturated Fat (16% Daily Value), 32 milligrams Sodium (1% Daily Value), 4 grams Dietary Fiber (14% Daily Value), 5.5 grams Added Sugar (11% Daily Value)

Recipe Source: Adapted from MyPlate.gov



# Sides

Wash your hands thoroughly before starting to prep and cook food. Wash your fruit, vegetables and cooking space thoroughly before prepping and cooking.

## SIDES

# Fruit & Nut Slaw

### INGREDIENTS

#### Sauce

- 1/3 cup white vinegar
- 2 tablespoons sugar
- 2 teaspoons oil (olive, canola or vegetable)
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper

#### Slaw

- 1/2 cabbage head (red, purple, or green) cored and thinly sliced (about 5 cups shredded cabbage)
- 1 carrot, grated or shredded
- 1/2 cup dried raisins or dried cranberries
- 2 medium apples, thinly sliced
- 1/3 cup chopped pecans, walnuts or slivered almonds

### DIRECTIONS

1. In a large mixing bowl, combine cabbage, shredded carrot, dried fruit, apples and nuts.
2. In a small mixing bowl, whisk vinegar sugar, oil, salt and black pepper. Pour over cabbage mixture and stir.
3. Refrigerate at least one hour prior to serving.

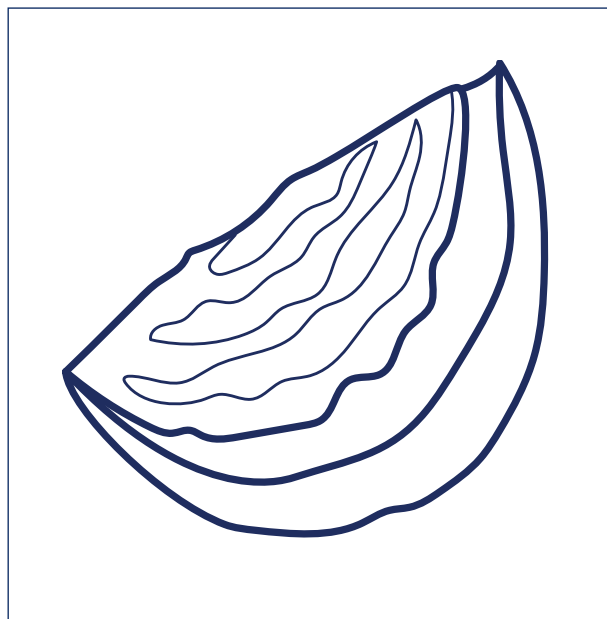
### NOTES

- For a more colorful dish, try a mix of red, purple and green cabbage.



### 5210 ACTIVITY

#### Color the cabbage:



### SERVING SIZE

Makes 8 total servings, 1 cup per serving

### NUTRITION INFORMATION

Per Serving: 127 Calories, .5 grams Saturated Fat (3% Daily Value), 239 milligrams Sodium (10% Daily Value), 3 grams Dietary Fiber (12% Daily Value), 3 grams Added Sugar (6% Daily Value)

Recipe Source: Adapted from Food Hero ([foodhero.org](http://foodhero.org))

## SIDES

# Rainbow Pasta Salad with Honey Balsamic Vinaigrette

### INGREDIENTS

#### Dressing

- ⅓ cup balsamic vinegar
- ½ cup oil (olive, canola, or vegetable)
- 3 tablespoons honey
- ½ teaspoon black pepper
- ¼ teaspoon salt
- 1 tablespoon lemon juice

#### Pasta Salad

- 1 (16 ounce) box whole-grain rotini pasta, cooked per box directions
- 1 ½ cups cauliflower florets, chopped in bite sizes
- 1 ½ cups broccoli florets, chopped in bite sizes
- 1 cup red onion, diced (½ large red onion) in bite sizes
- 1 yellow bell pepper, diced in bite sizes
- 1 orange bell pepper, diced in bite sizes
- 3 carrots, peeled and chopped in bite sizes
- 1-pint grape tomatoes, halved
- 1 (4.25 ounce) can chopped black olives
- 1 cup reduced-fat feta cheese crumbles, optional

### DIRECTIONS

1. In a small bowl, whisk together all dressing ingredients.
2. In a colander, drain and rinse pasta with cold water.
3. After pasta has cooled, combine pasta, vegetables and dressing in a large mixing bowl. Mix well.
4. Store in the refrigerator at least one hour before serving. Stir before serving.

### NOTES

- Honey is not recommended for children under 1 year old.
- If making ahead of time, drizzle dressing over pasta just before serving.



## 5210 SC CONVERSATION STARTER

**What is your favorite way to be physically active as a family?**



### SERVING SIZE

Makes 12 total servings, 1 ½ cup per serving

### NUTRITION INFORMATION

Per Serving: 280 Calories, 1.5 grams Saturated Fat (8% Daily Value), 150 milligrams Sodium (6% Daily Value), 6 grams Dietary Fiber (22% Daily Value), 4 grams Added Sugar (9% Daily Value)

Recipe Source: DPH SNAP-Ed

## SIDES

# Sautéed Greens

### INGREDIENTS

- 1 pound kale, washed and drained, stems removed, torn into smaller pieces
- 4 medium cloves garlic, peeled and minced
- ½ red onion, peeled and diced
- 2 tablespoons oil (olive, canola or vegetable)
- ¼ teaspoon salt
- ¼ teaspoon black pepper

### DIRECTIONS

1. In a large pan, heat oil over medium high heat.
2. Add greens, use caution as oil might splatter when damp greens are placed in hot pan. If greens can't all fit in the pan at once, cook in two batches.
3. Stir greens until wilted, about 1-2 minutes. Add red onion.
4. Reduce heat to medium. Add garlic. Cook until greens are soft and excess water is gone, about 5-7 minutes. If garlic starts to brown or burn, reduce heat to medium low. Add salt and pepper.

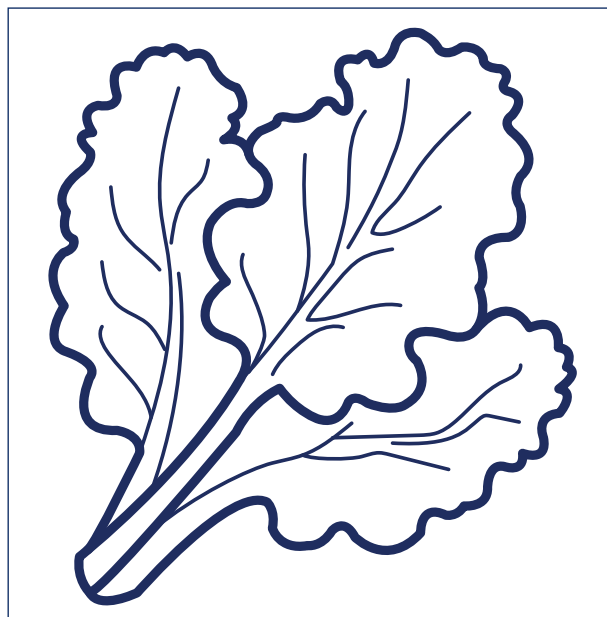
### NOTES

- Try Swiss chard or any other leafy greens instead of kale.
- Try serving over brown rice, cornbread or whole wheat pasta.



### 5210 ACTIVITY

#### Color the greens:



#### SERVING SIZE

Makes 4 total servings, ½ cup per serving

#### NUTRITION INFORMATION

Per Serving: 105 Calories, 1 grams Saturated Fat (5% Daily Value), 169 milligrams Sodium (7% Daily Value), 4.4 grams Dietary Fiber (16% Daily Value), 0 grams Added Sugar (0% Daily Value)

Recipe Source: CULI SNAP-Ed

## SIDES

# Southern Succotash

### INGREDIENTS

- 2 tablespoons cooking oil (olive, canola or vegetable)
- 1 teaspoon salt, optional
- 1 teaspoon black pepper
- 2 cloves garlic, minced or 2 teaspoons garlic powder
- 1 large yellow or white onion, chopped
- 2 cups lima beans, shelled (fresh, frozen or canned with no-salt added)
- 1 bell pepper (any color), seeds removed and chopped
- 2 cups of corn (fresh, frozen or canned with no-salt added)
- 1 ½ pounds of okra- (fresh or frozen)
- 2 fresh medium tomatoes, chopped

### DIRECTIONS

1. In a large pot, heat oil and add onion. Cook and stir about 5 minutes until fragrant.
2. Stir in lima beans. Add 2 cups of water and cook over medium heat for 10 minutes.
3. Add bell pepper, garlic, salt (optional), and pepper.
4. Stir in corn, okra and tomatoes and let simmer for about 10 minutes or until okra is tender.

### NOTES

- Drain and rinse all canned vegetables.



### 5210 SC CONVERSATION STARTER

**One hour of physical activity each day is an important tip to a healthy you!**

**How can you get one hour each day?**



### SERVING SIZE

Makes 7 total servings, 1 cup per serving

### NUTRITION INFORMATION

Per Serving: 156 Calories, .7 grams Saturated Fat (3% Daily Value), 364 milligrams Sodium (16% Daily Value), 5 grams Dietary Fiber (18% Daily Value), 0 grams Added Sugar (0% Daily Value)

Recipe Source: Adapted from Low-Fat Soul by Jonell Nash

## SIDES

# Strawberry Summer Salad

### INGREDIENTS

#### Dressing

- 2 tablespoons honey
- 1/3 cup oil (olive, canola, or vegetable)
- 1/3 cup white wine vinegar
- 2 tablespoons Dijon mustard
- 2 garlic cloves, minced
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

#### Salad

- 16 ounces spring mix or fresh baby spinach, rinsed and dried, torn into bite size pieces
- 1/2 small red onion, sliced
- 16 ounces fresh strawberries, hulled and quartered
- 3/4 cup fresh blueberries
- 1 avocado, cut into bite size pieces
- 1/2 (5 ounce) package feta crumbles
- 1/2 - 1 cup pecan halves

### DIRECTIONS

1. In a pint size mason jar, combine dressing ingredients. Seal and shake until well combined. Set aside on the counter.
2. In a large bowl, combine spinach, onions, strawberries and blueberries. Pour about 1/2 of dressing over salad and toss. Top with avocado, cheese and nuts. Serve remaining dressing on the side.
3. Refrigerate for 15 minutes before serving or serve immediately.
4. Serve with the remaining dressing on the side.

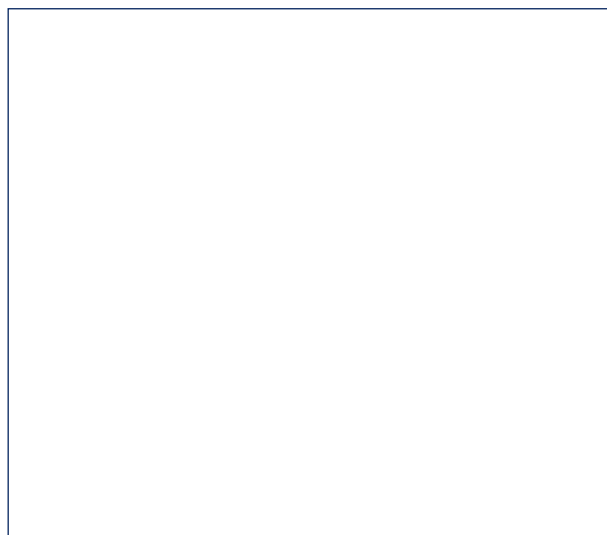
### NOTES

- The dressing may solidify in the refrigerator. It is best to allow the dressing to sit on the counter. Shake well before using.
- If you are making the salad ahead, prep the salad ingredients and refrigerate. Dress the salad about 15 minutes before serving. This will help keep the spinach from wilting.
- Mozzarella, feta or goat cheese are also amazing on this salad.
- Can substitute pecans with almonds or walnuts.
- Lighten it up by eliminating the honey from the dressing.
- Add sliced grilled chicken for a fabulous summer meal!



5210 ACTIVITY

### Draw an avocado:



### SERVING SIZE

Makes 8 total servings

### NUTRITION INFORMATION

Per Serving: Dressing: 99 Calories, 1.2 grams Saturated Fat (6% Daily Value), 237 milligrams Sodium (10% Daily Value), .2 grams Dietary Fiber (1% Daily Value), 4.3 grams Added Sugar (9% Daily Value) Salad: (includes 1/2 cup pecans) 153 Calories, 2 grams Saturated Fat (10%), 154 milligrams Sodium (7%), 4.5 grams Dietary Fiber (16% Daily Value), 0 grams Added Sugar (0% Daily Value)

Recipe Source: CULI SNAP-Ed



# Entrées

Wash your hands thoroughly before starting to prep and cook food. Wash your fruit, vegetables and cooking space thoroughly before prepping and cooking.

## ENTRÉES

# Basic Quiche

### INGREDIENTS

- 1 (9 inch) pie crust, baked
- 1 cup total fresh vegetables (broccoli, zucchini and mushrooms), chopped
- ½ cup low-fat cheese, shredded
- 3 large eggs, beaten
- 1 cup fat-free milk
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon garlic powder

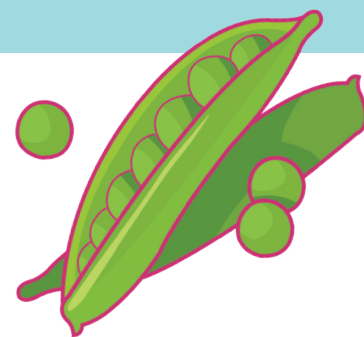
### DIRECTIONS

1. Preheat oven to 375°F.
2. Sauté vegetables in a pan until they are crisp, about 10-15 minutes.
3. Put the cooked vegetables and shredded cheese into a pie shell.
4. Mix the eggs, milk, salt and pepper and garlic powder in a bowl.
5. Pour the egg mix over the cheese and vegetables.
6. Bake for 30-40 minutes, or until a knife inserted near the center comes out clean.
7. Let the quiche cool for 5 minutes before serving.



### 5210 SC TIP

**Double your veggies.  
Can you add an extra spoonful  
with your meal today?**



### SERVING SIZE

Makes 6 total servings, 1/6 of the recipe per serving

### NUTRITION INFORMATION

Per Serving: 218 Calories, 5 grams Saturated Fat (25% Daily Value), 438 milligrams Sodium (19% Daily Value), .9 grams Dietary Fiber (3% Daily Value), 1 gram Added Sugar (1% Daily Value)

Recipe Source: MyPlate.gov

## ENTRÉES

# Berry Sheet Pan Pancakes

### INGREDIENTS

- 2  $\frac{3}{4}$  cups all-purpose flour
- 2 tablespoons baking powder
- $\frac{1}{2}$  teaspoon cinnamon
- $\frac{1}{2}$  teaspoon salt
- 2  $\frac{1}{2}$  cups of low-fat milk
- 2 eggs
- 2 tablespoons honey
- 4 tablespoons melted butter
- 2 teaspoons vanilla extract, or imitation vanilla extract
- 1 cup, berries (fresh or frozen)

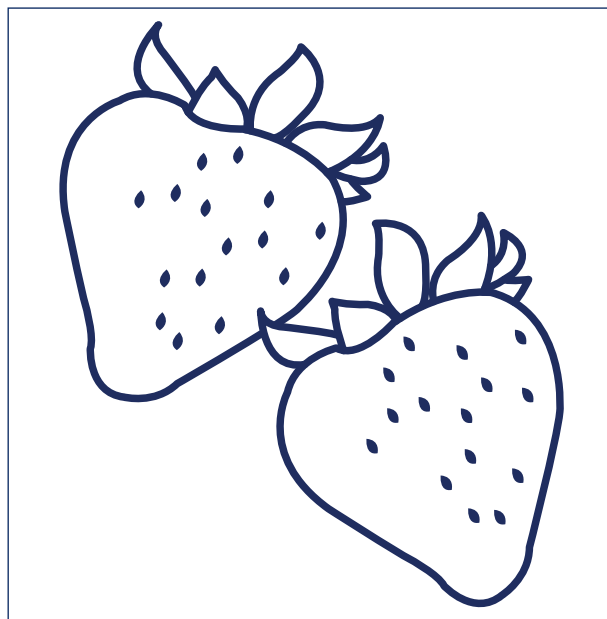
### DIRECTIONS

1. Preheat oven to 425°F. Prepare a 13x18 baking sheet pan with non-stick spray.
2. In a large mixing bowl, mix flour, baking powder cinnamon and salt together.
3. Add in milk, eggs, honey, melted butter and vanilla. Mix until just incorporated.
4. Pour into the sheet pan and use a spatula to smooth. Sprinkle berries evenly on top.
5. Bake for 18-20 minutes until the tops are lightly golden.
6. Cut into squares, serve with butter, honey and favorite toppings.



### 5210 ACTIVITY

Color the strawberries:



### SERVING SIZE

Makes 12 total pancakes, 1/12 dish per serving

### NUTRITION INFORMATION

Per Serving: 195 Calories, 3 grams Saturated Fat (15% Daily Value), 377 milligrams Sodium (16% Daily Value), 1.2 grams Dietary Fiber (4% Daily Value), 2.9 grams Added Sugar (6% Daily Value)

Recipe Source: Oregon Berries

## ENTRÉES

# Breakfast Quesadilla

### INGREDIENTS

- 8 eggs
- ¼ teaspoon salt
- 1 ½ cups canned low-sodium pinto beans or black beans, drained and rinsed
- 3 teaspoons oil (canola, vegetable, or olive)
- 1 ½ cups bell pepper (green, yellow, orange or red), seeded and chopped
- 4 medium (8 inch) whole wheat tortillas
- 1 ½ cups grated cheese
- Salsa, for serving

### DIRECTIONS

1. In a bowl, whisk the eggs with salt until they are well blended. Add the beans and set aside.
2. Pour in the egg mixture in a heated pan with oil and cook, stirring often until the eggs are just set, about 1 to 3 minutes. Transfer the mixture to a bowl to pause the cooking process (the eggs will finish cooking in the quesadilla). Stir in the bell pepper.
3. In a separate large pan, warm the tortilla over medium heat, flipping occasionally. Once the pan and tortilla are warm, sprinkle one-half of the cheese over one-half of the tortilla. Top the cheese with scrambled eggs, then top the scrambled eggs with the remaining cheese.
4. Press the empty tortilla half over the toppings. Let the quesadilla cook until golden and crispy on the bottom, about 1-2 minutes, reducing the heat if necessary to prevent burning the tortilla. Flip and cook until the second side is golden and crispy.
5. Remove from the heat and set aside to cool about 3 minutes and then cut the quesadilla, if desired. Top with salsa and serve.

### NOTES

- Mix up the flavors in this quesadilla by using onions, spinach or mushrooms. The options are endless.



### 5210 SC TIP

**Let's add a fruit or veggie to every meal today - even breakfast!**



### SERVING SIZE

Makes 4 total tortillas, 1 tortilla per serving

### NUTRITION INFORMATION

Per Serving: 240 Calories, 3.6 grams Saturated Fat (18% Daily Value), 454 milligrams Sodium (20% Daily Value), 6 grams Dietary Fiber (21% Daily Value), .3 grams Added Sugar (1% Daily Value)

Recipe Source: Food Share-SC Culinary Medicine Kitchen



## ENTRÉES

# Cheesy Chicken and Broccoli Casserole

### INGREDIENTS

- 1 ½ pound skinless chicken breast, diced into ¼ inch cubes
- 1 tablespoon oil (olive, canola or vegetable)
- 1 yellow onion, chopped
- 1 bell pepper (green, red, yellow, or red), seeded and chopped
- 1 cup low-sodium chicken broth
- 1 (10.5 ounce) can cream of mushroom soup (low-sodium and/or low-fat preferred)
- 1 teaspoon black pepper
- 2 teaspoons garlic powder
- 1 teaspoon salt
- 2 cups brown rice, cooked according to directions (makes 4 cups cooked)
- 2 (4 ounce) canned mushrooms, drained and rinsed
- 2 cups broccoli, chopped (fresh or frozen)
- ¾ cup reduced-fat shredded cheddar cheese
- Cooking spray

### DIRECTIONS

1. Preheat oven to 350°F.
2. Heat oil in a medium pan over medium high heat. Add onion and bell pepper. Sauté until tender.
3. In a large mixing bowl, combine broth, soup and all spices. Mix well.
4. Add cooked rice, sautéed vegetables, mushrooms and broccoli to the bowl. Mix well.
5. Using the same medium pan, cook chicken for about 5-7 minutes or until no longer pink, reaching an internal temperature of 165°F.
6. Combine chicken with vegetable/soup mixture.
7. Coat a casserole dish with cooking spray. Pour mixture into dish and bake uncovered for 18 minutes.
8. Sprinkle with cheese and bake for an additional 6 minutes, until cheese is melted.

### NOTES

- Any cream of mushroom soup will do but reduced sodium and fat are preferred.
- Replace the cream of mushroom soup with cream of broccoli soup, if desired.



### 5210 ACTIVITY

#### Color the broccoli:



### SERVING SIZE

Makes 12 total servings, 1/12 dish per serving

### NUTRITION INFORMATION

Per Serving: 280 Calories, 2.5 grams Saturated Fat (13% Daily Value), 410 milligrams Sodium (18% Daily Value), 3 grams Dietary Fiber (10% Daily Value), 0 grams Added Sugar (0% Daily Value)

Recipe Source: DPH Snap-Ed

## ENTRÉES

# Chicken Fajitas

### INGREDIENTS

- 1 pound boneless, skinless chicken breast or tenderloins, cut into 1-inch strips
- 1 medium bell pepper, sliced (green, yellow, red or orange)
- 1 medium onion, sliced
- ½ teaspoon black pepper
- ½ teaspoon cumin
- 8, 5 ¼ inch flour or corn tortillas
- 1 avocado, sliced
- ½ cup jarred salsa
- ½ cup fat-free sour cream
- Cooking spray

### DIRECTIONS

1. Spray a large pan with cooking spray. Heat to medium high and add chicken, cook for 3 minutes until browned.
2. Reduce heat to medium and add bell pepper, onions, pepper and cumin. Cover and cook for 8-10 minutes, stirring occasionally.
3. Spoon evenly over tortillas and top with sliced avocado, salsa and/or sour cream (optional).

### NOTES

- Any cream of mushroom soup will do but reduced sodium and fat are preferred.
- Replace the cream of mushroom soup with cream of broccoli soup, if desired.



### 5210 SC CONVERSATION STARTER

Let's vote:

**Was tonight's meal a 1, 2 or 3 thumbs up? What would you change next time?**

### SERVING SIZE

Makes 4 total servings, 2 fajitas per serving

### NUTRITION INFORMATION

Per Serving using corn tortillas: 387 Calories, 2.8 grams Saturated Fat (14% Daily Value), 348 milligrams Sodium (15% Daily Value), 7.6 grams Dietary Fiber (27% Daily Value), 0 grams Added Sugar (0% Daily Value)

Recipe Source: CULI SNAP-Ed

## ENTRÉES

# Chicken Sausage, Veggies and Rice

### INGREDIENTS

- 1 cup brown rice, cooked according to directions (makes ~2 cups cooked)
- 2 large fresh bell peppers (green, yellow, red, or orange), cut into 1-inch pieces
- 1 red onion, peeled and cut into 1-inch pieces
- 1 tablespoon oil (olive, canola or vegetable)
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon Italian seasoning
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 (12-ounce) package of chicken sausage (use the Italian option for more robust flavor, if available), sliced

### DIRECTIONS

1. Cook rice according to package directions.
2. Add veggies to a large bowl and drizzle with oil and toss to coat them.
3. In a smaller bowl, mix the spices together with the salt and pepper and add spice blend to the veggies. Toss them in the spices to get them coated.
4. Add the sliced sausages to the bowl with veggies and toss everything together.
5. Preheat the air fryer to 390°F and spray the air fryer basket with cooking spray. Add the veggies and sausage to the basket in an even layer and cook for 10 minutes, flipping them in the basket halfway through the cooking time. You may need to do this in batches depending on the size of your air fryer.
6. Once the chicken sausage and veggies are done cooking, remove them from the air fryer and serve as is or with cooked rice.

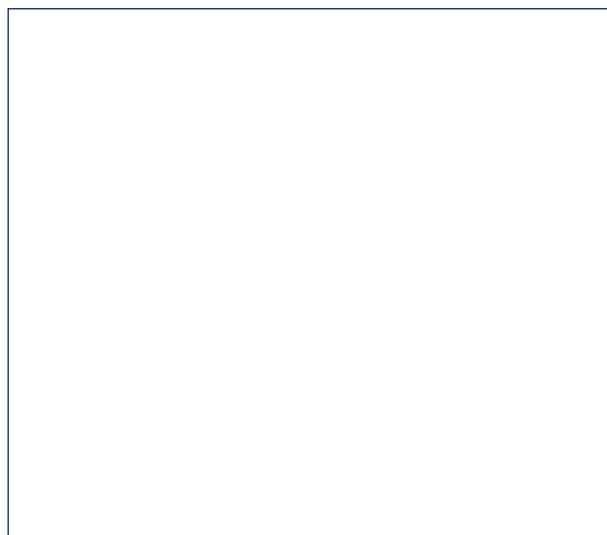
### NOTES

- Sausage, including chicken sausage, can be high in saturated fat. Aim to choose chicken sausage with less than 20% DV per serving.
- Toss everything in the air fryer basket at least once during the cooking time to ensure it gets golden and crispy.
- You can store this chicken sausage and veggies recipe in an airtight container in the refrigerator for up to 3 days.
- No air fryer? That's fine! This meal can be made in a large pan on the stove over or in the oven.
- Add more color to this meal by using two different color bell peppers.



5210 ACTIVITY

**Draw a bell pepper:**



### SERVING SIZE

Makes 5 total servings, 1 cup per serving

### NUTRITION INFORMATION

Per Serving: 265 Calories, 1.1 grams Saturated Fat (6% Daily Value), 600 milligrams Sodium (26% Daily Value), 2.2 grams Dietary Fiber (8% Daily Value), 0 grams Added Sugar (0% Daily Value)

Recipe Source: Adapted from Pinch Me Good



## ENTRÉES

# Chicken Enchilada Casserole

### INGREDIENTS

- 1 tablespoon olive oil
- 1 medium white onion, peeled and diced
- 1 large red bell pepper, cored and diced
- 1 (4-ounce) can diced green chilies
- 2 (15-ounce) cans of black beans, no added salt, rinsed and drained
- 1 (8-ounce) can whole kernel corn, no added salt, drained
- 1 ½ pounds (about 3 cups) shredded or diced chicken breast, cooked
- 2 cups red enchilada sauce, homemade or store-bought, divided
- 12 corn tortillas, halved
- 2 cups shredded reduced-fat Mexican blend cheese
- Cooking spray
- Toppings: chopped fresh cilantro, diced red onion, thinly sliced green onion and/or diced avocado

### DIRECTIONS

1. Preheat oven to 375°F. Coat a 9×13-inch baking dish with cooking spray; set aside.
2. Heat oil in a large sauté pan over medium-high heat. Add onion and bell pepper and sauté for 6–7 minutes, or until softened. Stir in the diced green chilies, beans, corn, chicken and 1 ½ cups of enchilada sauce, and stir to combine. Remove from heat and set aside.
3. Pour about ¼ cup of the remaining enchilada sauce in the baking dish, and spread on the bottom of the dish. Top with a layer of about 6 tortilla halves. Top evenly with 1/3 of the chicken mixture, followed by 1/3 of the cheese. Repeat with another layer of 6 tortilla halves, chicken mixture and cheese. Repeat with a final layer of 6 tortilla halves, chicken mixture and cheese.
4. Cover the pan with aluminum foil, then bake for 20 minutes.
5. Remove pan and remove aluminum foil. Uncover and bake for 10 more minutes, until the cheese is thoroughly melted.
6. Remove from the oven and serve warm, garnished with your desired toppings.



### 5210 SC TIP

**No screen mealtime—set a family goal to make it through meals with zero screens. You can do it!**



### SERVING SIZE

Makes 8 total servings, about 1 ¼ cup per servings

### NUTRITION INFORMATION

Per Serving: 436 Calories, 5 grams Saturated Fat (25% Daily Value), 430 milligrams Sodium (19% Daily Value), 7.6 grams Dietary Fiber (27% Daily Value), 0 grams Added Sugar (0% Daily Value)

Recipe Source: Adapted from Gimme Some Oven



# Foil Packet Salmon and Collards with Wild Rice

### INGREDIENTS

#### Salmon

- 16 ounces (1 pound) of salmon, 4 ounces per serving
- 3 garlic cloves, chopped
- Juice from ½ lemon
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ tablespoon paprika
- 2 tablespoons oil (olive, canola, or vegetable)

#### Collards

- 16 ounces fresh collard greens (washed, rinsed and stems trimmed)
- ½ cup onion (white, yellow or red), chopped
- ¾ cup sweet pepper (red, yellow or orange), chopped
- 2 tablespoons oil (olive, canola or vegetable)
- ½ teaspoon lemon juice
- 2 teaspoons black pepper
- ½ tablespoon paprika
- ½ tablespoon garlic powder
- 1 teaspoon salt
- 1 teaspoon bay leaf, chopped (optional)
- ½ - 1 cup pecan halves

#### Wild Rice

- 1- 6-ounce package of wild rice, cooked per box directions



### DIRECTIONS

#### Collards

1. Preheat oven to 375°F.
2. Place a large sheet of heavy-duty foil on a baking sheet (large enough to fully wrap around collard greens).
3. Place the collard greens in the center of the foil and add chopped onions and sweet peppers.
4. In a small mixing bowl, combine oil, lemon juice, black pepper, salt, garlic powder, paprika and bay leaf (optional). Whisk with a fork.
5. Pour oil and spice mixture onto the collard greens. Toss collard greens to fully coat in oil and spice mixture.
6. Fold foil over the collard greens, making sure to seal the edges tightly.
7. Bake for 30-40 minutes, or until the collards are tender.



# Foil Packet Salmon and Collards with Wild Rice

## Salmon

1. Place a large sheet of heavy-duty foil on a baking sheet (large enough to fully wrap around salmon).
2. Place salmon in the center of the foil and add chopped garlic, salt, black pepper, oil and lemon.
3. Sprinkle paprika on top of salmon and fold the foil over the salmon, making sure to seal edges tightly.
4. Bake for 15-20 minutes, reaching an internal temperature of 145°F (salmon should be matte and will flake easily with a fork).

## Rice

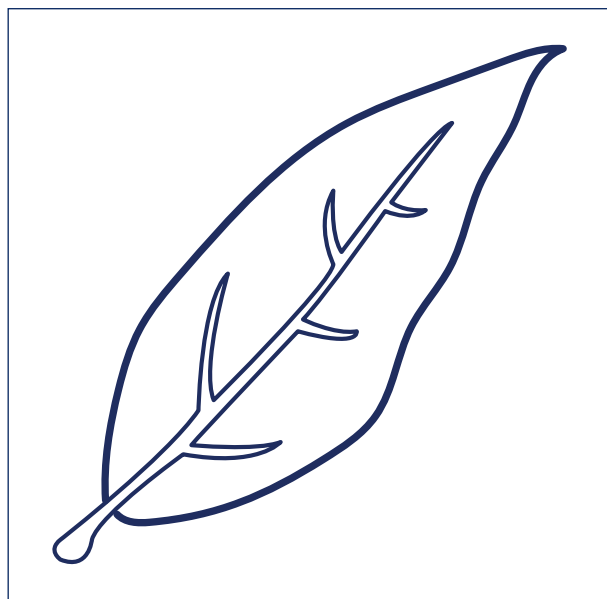
1. Follow package directions to prepare rice.

## NOTES

- The collard greens and salmon can be cooked in the oven at the same time in different foil packages, if desired. Be mindful of the difference in cooking time.

## 5210 ACTIVITY

Color the bay leaf:



## SERVING SIZE

Makes 4 total servings

## NUTRITION INFORMATION

### Salmon

Per Serving: 270 Calories, 2.4 grams Saturated Fat (12% Daily Value), 359 milligrams Sodium (16% Daily Value), 0 grams Dietary Fiber (0% Daily Value), 0 grams Added Sugar (0% Daily Value)

### Collards

Per Serving: 112 Calories, 1 gram Saturated Fat (5% Daily Value), 316 milligrams Sodium (14% Daily Value), 6 grams Dietary Fiber (21% Daily Value), 0 grams Added Sugar (0% Daily Value)

### Wild Rice

Per Serving: 124 Calories, 0 grams Saturated Fat (0% Daily Value), 4 milligrams Sodium (0% Daily Value), 2.2 grams Dietary Fiber (8% Daily Value), 0 grams Added Sugar (0% Daily Value)

Recipe Source: Genine Hodges

## ENTRÉES

# Herb Roasted Chicken with Vegetables

### INGREDIENTS

- 1 pound carrots, peeled and diced into ½ inch pieces
- 1 large onion, diced into ½ inch pieces
- 1 garlic clove, chopped
- 1 pound of root vegetables, such as red potatoes, beets, turnips, rutabagas, or parsnips, peeled and diced into ½ inch pieces (if using potatoes, leave the skin on)
- 1 large lemon, cut in half
- ¼ cup water
- ¼ cup oil (olive, canola or vegetable)
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 3 pounds boneless, skinless chicken pieces (fresh or frozen, thawed)
- 1 teaspoon fresh rosemary or ¼ teaspoon dried rosemary

### DIRECTIONS

1. Preheat oven to 375°F.
2. In a large bowl, squeeze lemon juice. Discard the seeds.
3. Add vegetables, water, oil, oregano, basil, salt and pepper to bowl. If using rosemary, add now. Toss to combine.
4. Use your hands or a slotted spoon to transfer vegetables to a baking sheet. Leave the marinade in the bowl. Place baking sheet in oven. Bake for 10 minutes.
5. While veggies bake, toss chicken in the remaining marinade. Let sit at room temperature about 10 minutes.
6. Remove baking sheet from oven. Add chicken pieces on top of veggies. Return to oven.
7. Continue roasting until chicken is cooked through and is no longer pink (if you have a food thermometer it will read about 165°F) about 40 minutes more. As the chicken roasts, use a mixing spoon to baste chicken and turn vegetables about every 15 minutes. Baste by pouring juices from the baking sheet over the chicken.



### 5210 SC CONVERSATION STARTER

**What's your go to packed lunch? Does it include a fruit or vegetable? If so, which ones? If not, how can you add one?**

### NOTES

- Try serving over brown rice or whole wheat couscous.
- Use the same method and marinade to roast veggies on their own.
- For a fish in place of chicken, top roasted veggies with fillets of seasoned fish in the last 10 minutes of cooking.
- Cook once, eat twice (or more!) perfect for meal prepping for the week or freezing the leftovers to eat another time

### SERVING SIZE

Makes 9 total servings, 3-ounces cooked chicken and ½ cup vegetables per serving

### NUTRITION INFORMATION

Per Serving: 280 Calories, 2 grams Saturated Fat (2% Daily Value), 200 milligrams Sodium (9% Daily Value), 3 grams Dietary Fiber (11% Daily Value), 0 grams Added Sugar (0% Daily Value)

Recipe Source: Cooking Matters

## ENTRÉES

# Hoppin' John

### INGREDIENTS

- 2 medium celery stalks, diced
- ½ large bell pepper (green, yellow, red or orange), diced
- 1 medium onion, peeled and diced
- 2 garlic cloves, minced
- 1 (6 ounce) sliced smoked, lean low-sodium ham, diced
- 1 (15 ounce) can black-eyed peas, drained and rinsed
- 1 tablespoon oil (olive, canola, or vegetable)
- 1 teaspoon dried thyme
- 1 ½ - 3 ½ cups low-sodium chicken broth
- 2 cups instant brown rice (makes 4 cups cooked rice)
- ¼ teaspoon paprika to taste
- ¼ teaspoon salt
- ¼ teaspoon black pepper

### DIRECTIONS

1. In a large pot over medium heat, heat oil. Add celery, bell pepper, onion, garlic and thyme. Cook, stirring occasionally, until vegetables are softened, 5-7 minutes.
2. Add broth to pot. Bring to boil. Add rice. Reduce heat to simmer. Cover and cook for 10 minutes.
3. Stir in ham, black-eyed peas, cayenne pepper, salt and pepper. Simmer uncovered for 5 minutes. Remove from heat. Cover and let stand 5 minutes before serving.

### NOTES

- At the deli counter, ask for 1-2 thick slices of lower-sodium ham for this recipe or look for a thick piece of prepackaged ham in the meat section. In a pinch, use pre-sliced deli ham.
- For a twist, try using quick cooking barley instead of instant brown rice. Adjust the liquid and cooking time according to package directions.



### 5210 ACTIVITY

#### Draw celery:



### SERVING SIZE

Makes 6 total servings, 1 ⅓ cup per serving

### NUTRITION INFORMATION

Per Serving: 270 Calories, 1 grams Saturated Fat (5% Daily Value), 490 milligrams Sodium (21% Daily Value), 5 grams Dietary Fiber (18% Daily Value), 0 grams Added Sugar (0% Daily Value)

Recipe Source: Cooking Matters

## ENTRÉES

# Lemon Basil Chicken Salad

### INGREDIENTS

- 3 cups shredded cooked chicken, approx. 1.5 pounds, use mostly white meat. Chicken can be canned, rotisserie, boiled, etc.
- ½ cup plain non-fat Greek Yogurt
- 2 tablespoons fresh basil leaves, finely chopped or ½ tablespoon dried basil
- 1 ½ tablespoons walnuts, finely chopped (substitute pecans, almonds, sunflower seeds, if desired)
- 2 teaspoons freshly squeezed lemon juice, or more, to taste
- 1 teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons olive oil (optional)
- ½ cup celery, diced (optional)
- 1 cup grapes, quartered or diced apples
- ¼ cup green onions, sliced

### DIRECTIONS

1. In a large bowl, combine all the ingredients except the chicken (Greek yogurt, basil, pecans, lemon juice, salt and pepper). Mix well.
2. Add the cooked chicken and use two forks to mix everything together while shredding the chicken further.
3. For the best flavor, refrigerate for a few hours before serving to allow flavors to mingle.

### NOTES

- Use the chicken salad to make lettuce wraps, sandwiches (open faced), croissants, wraps, spread on whole-grain crackers, spread on veggies like pepper slices and cucumber slices, or put it over salad.
- Non-fat plain Greek yogurt is used in this recipe to lower the fat content and increase the protein density. You may substitute this for mayonnaise, but the calories and fat will be higher. If possible, try ¼ cup mayonnaise, ¼ cup Greek yogurt. If using mayonnaise, omit the 2 tablespoon olive oil.



### 5210 SC CONVERSATION STARTER

**Movement breaks are good for our mind and body. What are some ways you can be active while on a short break (5-10 minutes) throughout the day that you enjoy or would enjoy (ex: walking in place, stairs, stretching, etc.)?**



### SERVING SIZE

Makes 6 total servings, ½ cup per serving

### NUTRITION INFORMATION

Per Serving: 252 Calories, 1.9 grams Saturated Fat (9% Daily Value), 271 grams Sodium (12% Daily Value), .5 grams Dietary Fiber (2% Daily Value), 0 grams Added Sugar (0% Daily Value)

Recipe Source: Adapted from Good in the Simple

# Overnight Oatmeal with Berries

## INGREDIENTS

- ½ cup low-fat milk (or less for thicker oatmeal)
- ¼ cup Greek yogurt, fat-free
- 1 teaspoon honey
- ¼ teaspoon cinnamon
- ¼ teaspoons vanilla extract
- ½ cup uncooked rolled oats
- ¼ cup raspberries, frozen

## DIRECTIONS

1. Combine milk, Greek yogurt, honey, cinnamon and vanilla extract in a container or jar with a lid.
2. Add oats and mix well.
3. Gently add in raspberries.
4. Cover and refrigerate 8 hours to overnight.

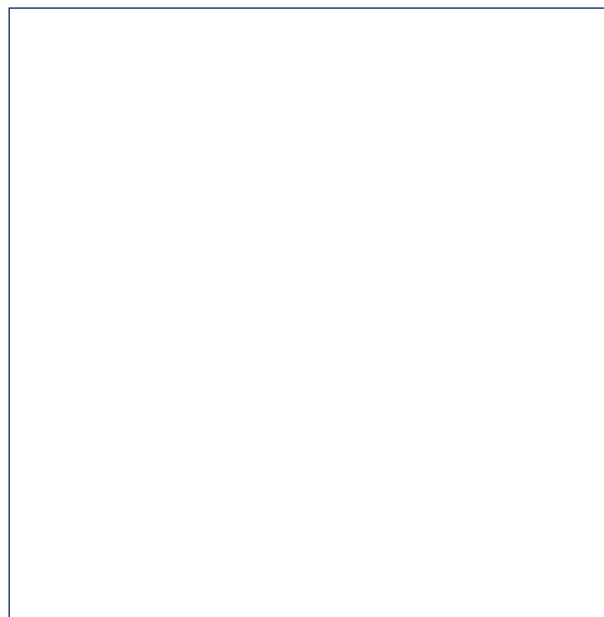
## NOTES

- Frozen blueberries or strawberries may be used in place of raspberries
- Enjoy cold or heat as desired.



## 5210 ACTIVITY

### Draw raspberries:



## SERVING SIZE

Makes 1 serving

## NUTRITION INFORMATION

Per Serving: 284 Calories, 1.2 grams Saturated Fat (6% Daily Value), 72 milligrams Sodium (3% Daily Value), 5.7 grams Dietary Fiber (20% Daily Value), 5.8 grams Added Sugar (12% Daily Value)

Recipe Source: Adapted from MyPlate.gov

## ENTRÉES

# Peanut Butter and Banana Pockets

### INGREDIENTS

- 3 ripe bananas, peeled and sliced about ¼ inch thick
- 3 tablespoons creamy peanut butter
- 1 ½ teaspoons honey
- ¼ teaspoon cinnamon
- 4 (8-inch) whole wheat tortillas
- Cooking spray

### DIRECTIONS

1. In a small bowl, stir together peanut butter, honey and cinnamon.
2. Lay tortillas flat. Spread about 1 tablespoon of peanut butter mixture on half of each tortilla.
3. Divide banana slices among tortillas. Arrange in a single layer over peanut butter mixture. Fold each tortilla in half.
4. Coat a pan with cooking spray. Heat over medium-high heat. Place folded tortillas in the pan. Cook 1-2 minutes on each side or until golden brown.

### NOTES

- Crunchy peanut butter can be used, if desired
- This snack doesn't have to be warmed; you can fold in half and enjoy!



### 5210 SC TIP

Play “water bingo” and ask your family members “Did you drink water at breakfast, lunch and dinner?” The winner of the game is the first to say bingo!



### SERVING SIZE

Makes 4 total servings, 1 tortilla per serving

### NUTRITION INFORMATION

Per Serving: 287 Calories, 2.1 grams Saturated Fat (11% Daily Value), 352 milligrams Sodium (15% Daily Value), 6.3 grams Dietary Fiber (22% Daily Value), 4.2 grams Added Sugar (8% Daily Value)

Recipe Source: Adapted from Cooking Matters

## ENTRÉES

# Pineapple Pork Chops

### INGREDIENTS

- 4 boneless pork chops
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 tablespoon cooking oil
- 1 (4 ounce) can of unsweetened pineapples tidbits (juice and fruit)
- 2 tablespoons honey
- 2 tablespoons soy sauce
- 3 garlic cloves, finely minced
- 1 pound fresh or frozen (thawed) cauliflower
- Minced cilantro, to serve (optional)

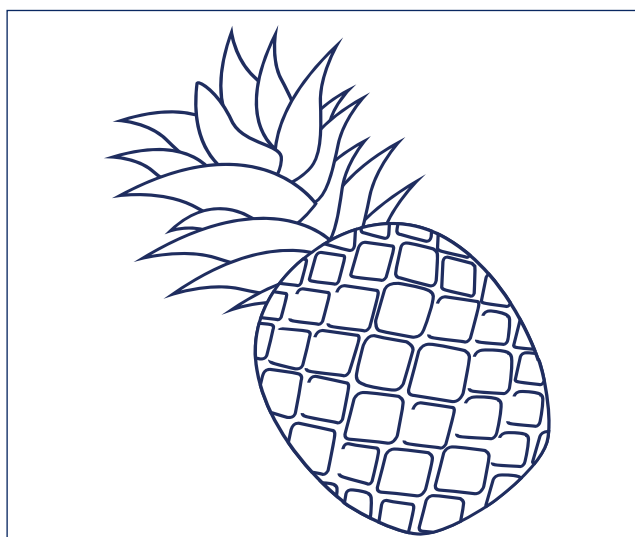
### DIRECTIONS

1. Season the pork chops on both sides with garlic powder, onion powder, salt and pepper. – Remember to wash your hands and cooking utensils after handling uncooked pork chops.
2. Heat the ½ tablespoon oil in a large, non-stick pan over medium high heat. Add the pork chops and sear for 4-5 minutes, or until golden on one side.
3. While the chops are searing, add the pineapple tidbits, honey, soy sauce and garlic to a medium sized bowl.
4. Heat another non-stick pan over medium heat with ½ tablespoon oil. If using fresh, rinse the cauliflower then cut into florets (tops). Add the cauliflower to pan. Sauté until soft, stirring occasionally.
5. Flip the chops over then pour the pineapple sauce into the pan. Continue to cook the pork chops until they are no longer pink (will read an internal temperature of 145°F if checked with a food thermometer) and the pineapple sauce has reduced and thickened a little, about 10 minutes. If the pineapple sauce is getting too thick, add a splash of water.
6. Remove both pork chops and cauliflower from heat, combine cauliflower with porkchops. Serve with cilantro sprinkled on top (optional).



5210 ACTIVITY

Color the pineapple:



### NOTES

- Serve with brown rice.
- Add sautéed bell pepper, broccoli and/or onions with the pineapple.

### SERVING SIZE

Makes 4 total servings, 1 pork chop and 1 cup of vegetable/fruit mix per serving

### NUTRITION INFORMATION

Per Serving: 287 Calories, 2.1 grams Saturated Fat (11% Daily Value), 352 milligrams Sodium (15% Daily Value), 6.3 grams Dietary Fiber (22% Daily Value), 4.2 grams Added Sugar (8% Daily Value)

Recipe Source: The Endless Meal



## ENTRÉES

# Pita Pizza

### INGREDIENTS

- 4 pieces of whole wheat pita bread
- 4 teaspoons oil (olive, canola or vegetable)
- ½ cup tomato sauce, no salt added
- 1 teaspoon garlic powder
- 1 teaspoon Italian seasoning (substitute oregano or basil)
- 1 cup part-skim milk, mozzarella cheese, shredded
- 1 cup of diced vegetables of choice (bell peppers, mushrooms, red onion, tomatoes and/or spinach)

### DIRECTIONS

1. Open tomato sauce and measure ½ cup, add garlic powder and Italian seasoning, mix together.
2. Layout pita bread and spread top sides with 1 teaspoon oil and 2 tablespoons of tomato sauce each.
3. Sprinkle ¼ cup of cheese on each pizza.
4. Place ¼ cup diced vegetables on each pizza.
5. Place pita pizza on microwave safe dish. Heat until cheese is completely melted, around 30-60 seconds.

### NOTES

- No microwave? Just preheat oven to 375°F and put in oven for 5 minutes or until cheese is melted.
- For a different consistency, try sautéing the vegetables for 5 minutes before topping the pizza.



### 5210 SC CONVERSATION STARTER

If you had to choose someone as a physical activity partner, who would it be?



### SERVING SIZE

Makes 4 total servings, 1 pita per serving

### NUTRITION INFORMATION

Per Serving: 366 Calories, 4.2 grams Saturated Fat (21% Daily Value), 551 milligrams Sodium (24% Daily Value), 6.2 grams Dietary Fiber (22% Daily Value), 2.1 grams Added Sugar (4% Daily Value)

Recipe Source: CULI SNAP-Ed

# Sweet Potato Chicken Nuggets

## INGREDIENTS

- 1 pound ground chicken
- 1 cup mashed sweet potato, cooked
- ½ teaspoon salt
- ¼ teaspoon onion powder
- ¼ teaspoon garlic powder
- ¼ teaspoon dried oregano
- ½ cup panko breadcrumbs

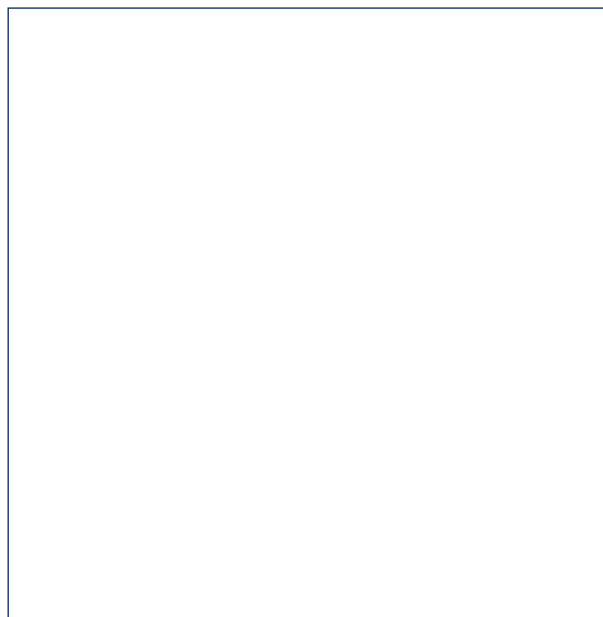
## DIRECTIONS

1. Mash together the chicken, sweet potato, salt, onion powder, garlic powder, dried oregano in a medium bowl with a large fork. Place the breadcrumbs into a separate shallow bowl.
2. Form the chicken mixture into 1 tablespoon-size balls and then roll in breadcrumbs to coat.
3. Flatten slightly (or form into tot-shapes) and place on a parchment-lined baking sheet.  
Optional: Spray or brush lightly with oil (olive, canola, or vegetable).
4. Bake for 22-24 minutes for 375°F or until golden brown on the bottom and 165°F internally. For air fryer, place onto a greased tray or basket and cook for 10-12 minutes at 400°F.



## 5210 ACTIVITY

Draw a sweet potato:



## SERVING SIZE

Makes 6 total servings

## NUTRITION INFORMATION

Per Serving: 366 Calories, 4.2 grams Saturated Fat (21% Daily Value), 551 milligrams Sodium (24% Daily Value), 6.2 grams Dietary Fiber (22% Daily Value), 2.1 grams Added Sugar (4% Daily Value)

Recipe Source: CULI SNAP-Ed

## ENTRÉES

# Turkey & Cucumber Sandwich

### INGREDIENTS

- 8 slices whole wheat bread
- ½ cup plain fat free yogurt
- 2 fresh dill sprigs, chopped or 1 teaspoon dried dill
- ½ cup cucumbers, chopped
- ¼ cup onion, chopped
- ⅛ teaspoon black pepper
- 8 ounces turkey breast, thinly sliced (or you can use fat-free, low-sodium deli turkey)
- Additional cucumber slices, as desired

### DIRECTIONS

1. Mix the yogurt, dill, onion, pepper and chopped cucumbers.
2. Divide the yogurt cucumber mixture on all 8 slices of bread.
3. Top 4 slices of bread with turkey and cucumber slices.
4. Cover with the remaining 4 slices of bread.



### 5210 SC CONVERSATION STARTER

Let's each pick one screen-free hour today. What are you going to do with yours?



### SERVING SIZE

Makes 4 total servings, 1 sandwich per serving

### NUTRITION INFORMATION

Per Serving: 323 Calories, .8 grams Saturated Fat (4% Daily Value), 1029 milligrams Sodium (45% Daily Value), 4.5 grams Dietary Fiber (16% Daily Value), 3grams Added Sugar (6% Daily Value)

Recipe Source: MyPlate.gov

## ENTRÉES

# Turkey Chili with Vegetables

### INGREDIENTS

- 1 tablespoon oil (olive, canola or vegetable)
- 1 pound ground turkey, 93% lean
- 1 medium onion, diced
- 2 medium carrots, diced
- 1 tablespoon minced garlic
- 1 large bell pepper (green, yellow, orange or red), diced
- 6 tablespoons chili powder, divided
- 2 tablespoons cumin, divided
- 1 (15.5 ounce) can red or white kidney beans, no salt added, drained and rinsed
- 2 (14.5 ounce) cans no salt added diced tomatoes
- 1 cup water
- ½ teaspoon salt
- 1 medium lime, rinsed and cut into ½ inch wedges (optional)
- ⅔ cup low-fat plain Greek yogurt (optional)

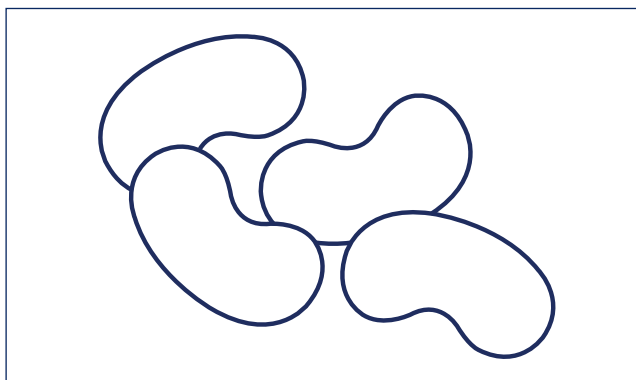
### DIRECTIONS

1. In a large pan, heat oil over medium high-heat. Add turkey and brown.
2. Add onions, carrots, garlic, green pepper, 3 tablespoons chili powder and 1 tablespoon cumin to pan. Cook until onions are soft, and carrots are somewhat tender, about 5 minutes.
3. Add beans, tomatoes, water, salt and remaining chili powder and cumin.
4. Lower heat to medium. Cover and cook until all flavors have blended, about 15 minutes.
5. If using lime and yogurt, squeeze juice from lime wedges on top of chili or serve on the side. Top each serving with 1 tablespoon low-fat plain Greek yogurt.



### 5210 ACTIVITY

#### Color the beans:



### NOTES

- To avoid excess sodium, leave out salt if unable to find no salt added diced tomatoes.
- Save time by purchasing pre-chopped bell pepper and onions but it will cost you more.
- Try black beans or chickpeas in place of kidney beans.
- Chili can be frozen in batches to eat later. Store in an airtight container in the freezer for up to two weeks.

### SERVING SIZE

Makes 8 total servings, 1 cup per serving

### NUTRITION INFORMATION

Per Serving: 235 Calories, 2.1 grams Saturated Fat (10% Daily Value), 223 milligrams Sodium (10% Daily Value), 5.8 grams Dietary Fiber (21% Daily Value), 0 grams Added Sugars (0% Daily Value)

Recipe Source: Adapted from Cooking Matters

## ENTRÉES

# Veggie Omelet

### INGREDIENTS

- 1 tablespoon oil (olive, canola or vegetable)
- ¼ cup red onions, finely chopped
- ¼ cup red peppers, finely chopped
- ¼ cup mushrooms, sliced
- 1 cup fresh baby spinach
- 2-3 eggs
- 1 tablespoon water
- ¼ teaspoon salt
- 2 tablespoons shredded cheddar cheese

### DIRECTIONS

1. Heat oil in an 8 inch or 10-inch non-stick pan over medium heat.
2. Add the red onions, red peppers and mushrooms and cook, about 3-5 minutes. Add the spinach and cook until spinach wilts, about 1 more minute. Transfer vegetables to a small bowl and wipe down pan.
3. Crack and beat eggs with water in a small bowl. Pour egg mixture into the pan. As eggs begin to set around the edge of the pan, use a spatula to gently push cooked portions toward the center of the pan. Tilt and rotate the pan to allow uncooked eggs to flow into empty spaces.
4. When eggs are almost set, add cooked vegetables to half the omelet and add the cheddar cheese on top. Place spatula under the unfilled half and it fold over.
5. Gently slide from pan onto a plate. Top with fresh parsley, if desired.

### NOTES

- Substitute seasonal or on hand vegetables, such as broccoli, carrots, turnips, kale, bell peppers or tomatoes, as desired. May have to adjust cooking times for different vegetables.



**5210 SC  
CONVERSATION STARTER**

**Pretend we are in the  
“olden days” and tablets  
and phones haven’t  
been invited yet.  
What would you do?**

### SERVING SIZE

Makes 1 total serving, 1 omelet per serving

### NUTRITION INFORMATION

Per Serving with two large eggs: 340 Calories, 6 grams Saturated Fat (29% Daily Value), 871mg Sodium (38% Daily Value), 1.9 grams Dietary Fiber (7% Daily Value), 0 grams Added Sugar (0% Daily Value)

Recipe Source: Feel Good Foodie

## ENTRÉES

# Veggie Wrap

### INGREDIENTS

- 1 large whole-wheat tortilla (10 inch in diameter)
- 1 tablespoon low-fat spreadable cream cheese
- ½ cup fresh spinach
- ¼ cup avocado, peeled and sliced
- 2 tablespoons shredded or finely chopped fresh carrots
- 2 tablespoons fresh bell peppers (green, yellow, orange, red), finely chopped

### DIRECTIONS

1. Spread cream cheese over the entire tortilla to within ½ inch of the edge.
2. Arrange all the other ingredients on top of the cream cheese.
3. Roll up the tortilla as tightly as possible to enclose the filling without tearing the tortilla. Cut into thirds crosswise.

### NOTES

- Add shredded cabbage, chopped cucumber, chopped arugula, bean sprouts, alfalfa sprouts, chopped mushrooms and/or fresh basil leaves as alternative veggies for the filling.



### 5210 ACTIVITY

#### Draw a mushroom:



### SERVING SIZE

Makes 1 total serving, 1 wrap per serving

### NUTRITION INFORMATION

Per Serving: 285 Calories, 4 grams Saturated Fat (20% Daily Value), 433 mg Sodium (19% Daily Value), 10 grams Dietary Fiber (36% Daily Value), 1 grams Added Sugar (2% Daily Value)

Recipe Source: CATCH-Coordinated Approach to Child Health Program

## ENTRÉES

# White Fish and Mango Ceviche

### INGREDIENTS

- 4 tilapia fillets, fresh or frozen (thaw completely before chopping), chopped into small pieces
- 1 cup of lime juice
- 1 cup tomatoes, diced
- 1 large red onion, diced
- 1 mango, diced
- 2 cucumbers, peeled, seeded and diced
- ½ bunch finely chopped cilantro
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 bag whole-grain crackers or tortilla chips (serving size 9 chips) (optional)

### DIRECTIONS

1. Place chopped tilapia in a large bowl. Pour in enough lime juice to cover the fish completely with liquid.
2. Mix the tomato, red onion, mango and cucumbers into the bowl with the tilapia. Stir in the cilantro, salt and pepper. Allow the mixture to marinate refrigerated, for at least an hour.
3. Serve with whole-grain crackers or tortilla chips, if desired.

### NOTES

- Ceviche is a traditional South American dish made with small pieces of raw fish marinated with lime juice and veggies. The acid from the lime juice cooks the fish as it marinates.
- Lime juice can be purchased bottled or freshly squeezed (about 10 limes).



### 5210 SC TIP

**Instead of using recreational screen time, think of a person you could have a conversation with either in person or over the phone. Next time you reach for a device, try starting a conversation!**



### SERVING SIZE

Makes 7 total servings

### NUTRITION INFORMATION

Per Serving: 195 Calories, .7 grams Saturated Fat (4% Daily Value), 607 milligrams Sodium (26% Daily Value), 3.6 grams Dietary Fiber (13% Daily Value), 0 grams Added Sugar (0% Daily Value)

Recipe Source: All Recipes



# Beverages

Wash your hands thoroughly before starting to prep and cook food. Wash your fruit, vegetables and cooking space thoroughly before prepping and cooking.

## BEVERAGES

# Flavored Water Three Ways

### INGREDIENTS

#### Cinnamon Apple

- 4 cinnamon sticks
- 1 green apple, sliced in wedges

#### Cucumber Rosemary Lemon

- ½ medium cucumber, sliced
- 2 sprigs of fresh rosemary
- ½ lemon, sliced in rounds

#### Lemon-Berry Rosemary

- ½ cup berries, fresh or frozen
- 2 sprigs of fresh rosemary
- ½ lemon, sliced in rounds

### DIRECTIONS

1. Add the ingredients for your desired flavored water to a 1-quart jar or container.
2. To release more flavor, squeeze the lemon into the container first.
3. Berries can be mashed in the jar with a spoon or poked with a fork. This will let out their color and taste.
4. Once all your ingredients are added, pour in the water, and refrigerate overnight for maximum flavor.

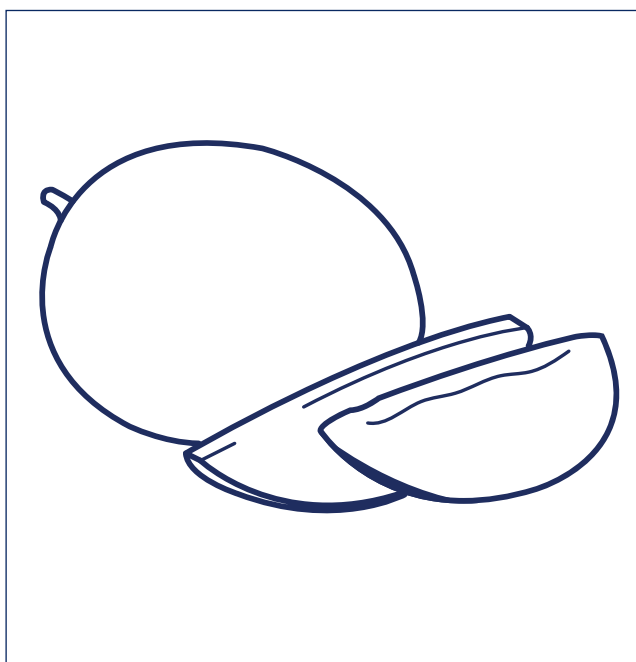
### NOTES

- Mix these drinks up with some other herbs like basil, thyme, or sage.



### 5210 ACTIVITY

#### Color the mango:



### SERVING SIZE

Makes 1 serving, 1 cup per serving

### NUTRITION INFORMATION

Each recipe is less than 25 Calories, 0 grams Saturated Fat (0% Daily Value), 0-10 milligrams Sodium (0% Daily Value), 0 grams Dietary Fiber (0% Daily Value), 0 grams Added Sugar (0% Daily Value)

Recipe Source: Food Heaven Made Easy

# Peach Iced Tea

## INGREDIENTS

- 2 ripe peaches (pitted) or 1 can of peaches (drained and rinsed), cut into chunks and mashed
- ½ cup loosely packed fresh mint leaves, plus more for topping (optional)
- 6 black or green tea bags, caffeinated or decaffeinated
- 6 cups water
- Ice for serving

## DIRECTIONS

1. Boil water then remove pot from heat. Hang 6 tea bags in the water to steep for 20 minutes while water cools. Remove the tea bags. Let cool completely.
2. Add peaches and mint to tea.
3. Strain the tea (to remove peach pulp) using a colander or mesh strainer and transfer to a pitcher.
4. Pour tea into glasses filled generously with ice to serve. Garnish with additional mint and peach slices, if desired.



**5210 SC  
CONVERSATION STARTER**

**List three meals that are made in your family regularly. Choose one substitution from this cookbook per meal that could make your meal more nutrient dense.**

## SERVING SIZE

Makes 10 total servings, 1 cup per serving

## NUTRITION INFORMATION

Per Serving: 10 Calories, 0 grams (Saturated Fat (0% Daily Value), 0 grams Sodium (0% Daily Value), .5 grams Dietary Fiber (2% Daily Value) , 0 grams Added Sugar (0% Daily Value)

Recipe Source: Eating Well

# Raspberry Lime Fizz

## INGREDIENTS

- 1 cup cranberry-raspberry juice
- 4 cups seltzer water
- 1 large lime, cut in half (optional)

## DIRECTIONS

1. In a large pitcher, mix cranberry-raspberry juice with seltzer water.
2. Squeeze juice from each half into the pitcher, discarding seeds.
3. Mix well before serving and pour over ice and garnish with a lime wedge (optional).

## NOTES

- Replace cranberry-raspberry juice with any 100% juice you prefer.
- For more fruit flavor, increase juice or decrease seltzer water.
- Add thin slices of lemon, lime or orange for more flavor.
- If you do not have a large pitcher, prepare in a large bowl. Use a measuring cup or ladle to serve.



## 5210 SC ACTIVITY

### Draw a lime:

A large, empty rectangular box with a thin black border, intended for drawing a lime.

### SERVING SIZE

Makes 5 total servings, 1 cup per serving

### NUTRITION INFORMATION

Per Serving: 16 Calories, 0 grams Saturated Fat (0% Daily Value), 3 mg Sodium (0% Daily Value), 0 grams Dietary Fiber (0% Daily Value), 0 grams Added Sugar (0% Daily Value)

Recipe Source: Cooking Matters

# Strawberry Green Tea

## INGREDIENTS

- 6 green tea bags
- 6 cups of water
- 3 tablespoons honey
- ½ cup of lemon juice, about 3 lemons
- ¾ cup fresh strawberries, slightly mashed
- Ice for serving

## DIRECTIONS

1. Boil water then remove pot from heat. Hang three tea bags in the water to steep for 20 minutes while water cools.
2. Remove the tea bags. Add honey while still warm and stir. Let cool completely. (You can either stick your brewed tea in the fridge for a couple hours or pour tea over lots of ice to cool it immediately.)
3. Transfer cooled tea to a pitcher. Squeeze in the juice of half a lemon and mix in fresh strawberries.
4. Pour tea into glasses filled generously with ice to serve. Garnish with additional lemon and berries, if desired.



5210 SC TIP

Create a MyPlate meal for your family!



## SERVING SIZE

Makes 10 total servings, 1 cup per serving

## NUTRITION INFORMATION

Per Serving: 43 Calories, 0 grams Saturated Fat (0% Daily Value), 12 milligrams Sodium (~0% Daily Value), 1 gram Dietary Fiber (5% Daily Value), 5.2 grams Added Sugar (10% Daily Value)

Recipe Source: Submitted by FoodShare SC, Adapted from the Balanced Nutritionist

## FRAMEWORKS

# Salad Framework

Serve a small salad before dinner. Or, add protein to make a quick and tasty meal. Add ingredients from each column to make a salad for four.

GREENS	VEGGIES	PROTEIN	OPTIONAL ADD-INS	SALAD DRESSING
4 cups total, any combo	1-2 cups total, any combo	2 cups total, any combo	1-2 cups total, any combo	1/4 cups total, pick one
<b>Leaf Lettuce</b>	Raw beets or carrots, peeled and shredded	Canned beans, drained and rinsed	Toasted nuts or seeds, chopped or sliced	Oil and vinegar
<b>Fresh Spinach</b>	Broccoli or cauliflower, chopped	Hard-boiled eggs, chopped	Cheese, shredded or crumbled	Honey mustard
<b>Romaine Lettuce</b>	Cucumber, chopped or sliced	Roasted chicken, turkey, beef or pork, shredded or sliced	Cooked barley, brown rice or whole grain pasta	Citrus dressing
<b>Mixed Salad Greens</b>	Tomatoes, diced (canned or fresh)	Extra-firm tofu, drained and crumbled	Olives, sliced	Balsamic vinaigrette
<b>Kale</b>	Corn kernels or peas (fresh or frozen, thawed)	Frozen peas or edamame (soybeans) thawed and drained	Orange or grapefruit, cut into segments	Low-fat ranch
<b>Swiss Chard</b>	Radishes, sliced		Whole grain croutons	
<b>Arugula</b>	Bell pepper, chopped		Dried fruit	

### Try these combos:

#### Simple Spinach Salad:

Spinach, shredded carrots, hard-boiled eggs and honey mustard dressing

#### Winter Salad:

Mixed salad greens, shredded beets, shredded chicken, grapefruit or orange segments and citrus dressing

#### Southwestern Dinner Salad:

Romaine lettuce, corn, diced tomatoes, diced avocado, black beans, cooked and chilled brown rice, shredded cheddar cheese slices, olives and citrus dressing with 1/4 teaspoon of chili powder

## FRAMEWORKS

# Smoothies

Mix in your favorite seasonal fruits and veggies.

FRUIT OR VEGGIE	LIQUID	PROTEIN	FLAVOR	THICKENER
½ cup total sliced/ chopped, fresh or frozen	½ cup	Optional	Optional	Up to ½ cup
<ul style="list-style-type: none"> <li>Banana*</li> <li>Strawberries</li> <li>Raspberries</li> <li>Blueberries</li> <li>Peach</li> <li>Mango</li> <li>Pineapple</li> <li>Passion Fruit</li> <li>Fresh spinach</li> <li>Kale</li> <li>Cauliflower*</li> <li>Avocado*</li> <li>Cooked sweet potato</li> <li>Cooked beets</li> </ul>	<ul style="list-style-type: none"> <li>Low-fat milk, plain unsweetened soy milk, unsweetened almond milk, unsweetened oat milk</li> <li>Low-fat coconut milk, unsweetened coconut water</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Nut or seed butter (1 tablespoon)</li> <li>Chia seeds</li> <li>Greek yogurt</li> </ul>	<ul style="list-style-type: none"> <li>Cinnamon (up to ½ teaspoon)</li> <li>Vanilla extract (up to ½ teaspoon)</li> <li>Zest from lemon, lime or orange (up to ½ teaspoon)</li> <li>Honey or maple syrup (1 tablespoon)</li> <li>Coconut flakes, unsweetened (1 tablespoon)</li> </ul>	<ul style="list-style-type: none"> <li>Ice</li> <li>Banana*</li> <li>Avocado*</li> <li>Cauliflower*</li> <li>Low-fat yogurt</li> <li>Silken tofu</li> </ul>

\*These fruits and veggies are also thickeners!

## Directions

- 1 Add ingredients from each column to blender based on portions notes.
- 2 Blend until thick and smooth. Makes one serving.

## Chef's Notes

- Use Greek yogurt in place of yogurt for a protein boost!
- Use milk, tofu or yogurt to create a creamier smoothie.
- If adding frozen fruit or vegetables, use less or no ice.
- Freeze slices of fruits that are about to go bad? Use them in smoothies.



Source: Cooking Matters

# Homemade Salad Dressing



Make salad dressing just the way you like it with a few basic items.

Follow this ratio:

- 2 parts olive or canola oil
- 1 part acid, such as vinegar, lemon or lime juice or Dijon mustard
- Salt and pepper

## Chef's Notes

For a thinner ranch dressing use more vinegar. For a thicker ranch, good for cut-up veggies, use less. You can use milk instead of vinegar in the ranch, if you prefer.

SIMPLE SALAD DRESSING	HONEY MUSTARD	CITRUS DRESSING	BALSAMIC VINAIGRETTE	CREAMY LOW-FAT DRESSING
<ul style="list-style-type: none"> <li>• 3 tablespoons oil</li> <li>• 2 tablespoons red wine vinegar</li> <li>• ¼ teaspoon salt</li> <li>• ¼ teaspoon pepper</li> </ul>	<ul style="list-style-type: none"> <li>• 6 tablespoons mustard</li> <li>• ½ tablespoon fresh lemon juice or cider vinegar</li> <li>• 1 ½ tablespoon honey</li> <li>• 1 teaspoon oil</li> <li>• ¼ teaspoon salt</li> <li>• ¼ teaspoon pepper</li> </ul>	<ul style="list-style-type: none"> <li>• 2 tablespoons lime, lemon, or orange juice</li> <li>• 3-4 tablespoons oil</li> <li>• ¼ teaspoon salt</li> <li>• ¼ teaspoon pepper</li> </ul>	<ul style="list-style-type: none"> <li>• 2 tablespoons balsamic vinegar</li> <li>• 1 tablespoon Dijon mustard</li> <li>• 3-4 tablespoon oil</li> <li>• ¼ teaspoon salt</li> <li>• ¼ teaspoon pepper</li> </ul>	<ul style="list-style-type: none"> <li>• 1 (6 ounce) container plain non-fat or low-fat yogurt</li> <li>• ½ cup low-fat mayonnaise</li> <li>• 2 tablespoon white vinegar</li> <li>• 1 tablespoon dried dill</li> <li>• ¼ teaspoon garlic powder</li> <li>• ¼ teaspoon salt</li> </ul>



# 5210 SC Action Steps

Level up your family’s health every day by doing the following:



## Pick 5

Supercharge your life with five or more servings of fruits and vegetables a day. All it takes is adding a few bright colors to your plate at every meal.

- Find tasty dips to eat with your fruits and vegetables.
- Prep your fruit and vegetables at the beginning of the week so that you’re more likely to reach for them when hungry.
- Top your yogurt or cereal with fresh or frozen fruits.
- Use your favorite vegetables as toppings for pizza, sandwiches or in wraps.
- Take all of your favorite veggies and create a colorful salad.



## Take 2

Too much screen time can make you sluggish. Limit it to two hours, sharpen your mind and spend more time together by finding new activities you enjoy that don’t involve screens.

- Play a board game.
- Try a new recipe.
- Cook together with your family.
- Color or draw.



## Get 1

Ready, set, go to a stronger you in just one hour a day with active play! Boost your health, strength and mood with physical activity. Active times that add up to one hour a day can level up your live.

- Go on a walk.
- Have a dance off.
- Walk a pet.
- Go for a jog or run.
- Make an obstacle course.
- Ride a bike, skateboard, scooter or skates.



## Drink 0

Skip the sugary drinks and sweeten your life’s potential. Running on non-sweetened drinks is the fuel you need to be the best you!

- Flavored water infused with fruits or herbs.
- Hot or iced unsweetened herbal teas.
- Try unsweetened coconut water.
- Freeze berries or grapes into ice cubes to add to your water.
- Keep a reusable water bottle with you.
- Start a family hydration challenge.



Want more information? Scan the QR code to visit [5210SC.org](https://5210SC.org)



# Resources

## 5210 SC

Visit [5210sc.org](https://5210sc.org) to find additional 5210 SC resources and tips!

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## FoodShare SC

Visit [foodshare.sc.org](https://foodshare.sc.org) to find fresh, affordable fruits and veggies near you!

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## Find Help

Visit [findhelp.org](https://findhelp.org) to find free or reduced-cost resources like food, housing, financial assistance, health care and more.

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## Farmer Markets & Roadside Markets

Visit [gis.dhec.sc.gov/farmersmarkets](https://gis.dhec.sc.gov/farmersmarkets) to find Farmer Markets & Roadside Markets near you!

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## Don't Waste Food SC

Visit [des.sc.gov/community/recycling-waste-reduction/dont-waste-food-sc](https://des.sc.gov/community/recycling-waste-reduction/dont-waste-food-sc) for more information on how your family can help reduce wasted food in SC!

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## SNAP

For food benefits assistance for income eligible people and their families, call 1-800-616-1309 or visit [dss.sc.gov/assistance-programs/snap](https://dss.sc.gov/assistance-programs/snap)

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## Additional online recipes

**Cooking Matters:** Visit [cookingmatters.org/recipe-finder](https://cookingmatters.org/recipe-finder)

**MyPlate:** Visit [myplate.gov](https://myplate.gov) to find MyPlate resources and tips!

**SNAP-Ed Connection:** Visit [snaped.fns.usda.gov/resources/recipes-and-menus/snap-ed-recipes](https://snaped.fns.usda.gov/resources/recipes-and-menus/snap-ed-recipes) to find additional recipes shared by America's SNAP-Ed partners!

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# Special Thanks

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**FoodShare SC:** Kelly Duane and Lilly Allen



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