



Apple Tips

- Apples should be firm and have a good color for the variety.
- Handle apples gently; bumps and bruises can cause dark spots.
- It is a good idea to eat apples with their skin.
- Skins should be smooth and bruise free - avoid over ripe apples, bruised areas, and soft mealy flesh.
- Store apples in the crisper drawer of the refrigerator or a plastic bag with holes poked in for ventilation.
- Freshly harvested apples will remain fresh from 3-6 months. Apples purchased at the grocery store will remain fresh for up to one month.
- Use the largest apples first as these usually lose quality first.
- While all apples are good eating, the following varieties are best for baking: Golden Delicious, Granny Smith, Johnathan, Liberty, McIntosh, Crispin, Sun Crisp and Winesap.
- Apples are a source of both soluble and insoluble fiber.

Baked Apples and Raisins

Apples are baked to perfection with a mixture of butter, brown sugar, cinnamon, and raisins.

Yield: 4 Servings

Time: 30 Minutes

Ingredients

- 3 medium apples, chopped (3" diameter)
- ½ cup raisins
- 2 teaspoons soft margarine or butter
- 2 teaspoons brown sugar
- ¼ teaspoon cinnamon

Source: <https://foodhero.org/recipes/not-your-everyday-apples>



Instructions

1. Wash hands with soap and water.
2. Preheat oven to 400 degrees F.
3. Mix apples with raisins, margarine, sugar and cinnamon.
4. Place the mixture in a baking dish and cover loosely with foil. Bake for about 20 minutes.
5. Cool slightly and enjoy!
6. Refrigerate leftovers within 2 hours.





Stuffed Green Peppers

These tasty stuffed peppers make a delicious and filling entree. Use brown rice to increase your whole grains.

Yield: 4 Servings

Time: 50 Minutes

Ingredients

- 4 green pepper (large, washed)
- 1 pound turkey, ground, 85% lean
- 1 cup rice, uncooked
- ½ cup onion (peeled and chopped)
- 1 ½ cups tomato sauce, unsalted
- ground black pepper (to taste)

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/stuffed-green-peppers>



Instructions

1. Cut around the stem of the green peppers. Remove the seeds and the pulpy part of the peppers.
2. Wash, and then cook green peppers in boiling water for five minutes. Drain well.
3. In saucepan, brown turkey. Add rice, onion, ½ cup tomato sauce and black pepper.
4. Stuff each pepper with the mixture and place in casserole dish.
5. Pour the remaining tomato sauce over the green peppers.
6. Cover and bake for 30 minutes at 350 degrees.



Baked Bean Medley

Easy side dish with beans combined with salty bacon and sweet molasses.

Yield: 8 Servings

Time: 90 Minutes

Ingredients

- 6 slices bacon
- 1 cup chopped onion
- 1 clove garlic, minced or ¼ teaspoon garlic powder
- 1 can (15 oz.) pinto beans, drained and rinsed
- 1 can (15 oz.) great northern beans, drained and rinsed
- 1 can (15 oz.) kidney beans, drained and rinsed
- 1 can (15 oz.) garbanzo beans, drained and rinsed
- 1 can (15 ounces) pork and beans
- ¾ cup ketchup
- ¼ cup molasses
- ¼ cup packed brown sugar
- 2 Tablespoons worcestershire sauce
- 1 Tablespoon prepared mustard
- ¼ teaspoon pepper

Instructions

1. Wash hands with soap and water.
2. Preheat oven to 375 degrees F.
3. Cut bacon into bite-sized pieces and place in skillet. Cook over medium heat (300 degrees F in an electric skillet) until evenly browned. Remove from pan and set aside in a large mixing bowl.
4. Drain skillet, reserving 1 teaspoon of drippings. Add onion and garlic. Cook until onion is tender. Remove from skillet and add to bacon. Discard remaining drippings.
5. Mix beans with bacon, onion and garlic. Stir in remaining ingredients.
6. Move mixture to a 9x12-inch baking dish or 3-quart casserole dish. Bake for 1 hour.
7. Refrigerate leftovers within 2 hours.



Source: <https://foodhero.org/recipes/baked-bean-medley>

Chicken, Broccoli and Cheese Skillet Meal



Quick and easy pasta with fresh veggies and a creamy, cheesy sauce.

Yield: 7 Servings

Time: 45 Minutes

Ingredients

- 1 pound boneless chicken breast, cut into bite-sized pieces
- 2 teaspoons vegetable oil
- 1 ¼ cups low-sodium broth (chicken or vegetable)
- 1 can (10.5 oz.) condensed cream of chicken soup
- 1 teaspoon pepper
- ½ teaspoon garlic powder or 2 cloves garlic, minced
- 2 cups small shell pasta, uncooked
- 2 ½ cups chopped broccoli (fresh or frozen)
- 1 cup (4 oz.) shredded cheddar cheese

Instructions

1. Wash hands with soap and water.
2. In a medium skillet over medium-high heat (350 degrees F in an electric skillet), sauté chicken in oil until lightly browned, about 2 to 3 minutes.
3. Add broth, soup, pepper and garlic to skillet. Stir until smooth. Add pasta and broccoli.
4. Bring to a boil. Cover and reduce heat to low. Simmer until pasta is tender, about 15 to 20 minutes. Add a small amount of water or broth near the end of the cooking time if needed to prevent sticking.
5. Add cheese during last two minutes of cooking.
6. Refrigerate leftovers within 2 hours.

Source: <https://foodhero.org/recipes/chicken-broccoli-cheese-skillet-meal>

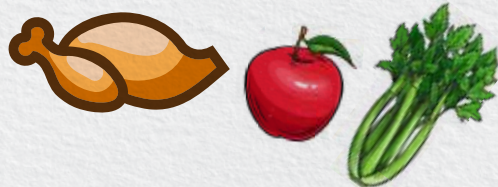


Chicken, Rice, and Fruit Salad

Leftover rice? Use it in this fruit and chicken salad for a new spin on chicken salad. Serve the dish on lettuce leaves.

Yield: 3 Servings

Time: 10 Minutes



Ingredients

- 1 cup brown or white rice, cooked
- 2 teaspoons parsley, dried (or 2 Tablespoons fresh, finely chopped)
- ½ teaspoon black pepper (ground)
- ¼ clove garlic (finely chopped)
- 1 tablespoon ranch dressing, fat-free
- 2 tablespoons mayonnaise, fat-free
- 1 cup apple or cantaloupe (cut into chunks)
- ⅓ cup grape halves (red or purple, cut into chunks)
- ½ cup celery (chopped)
- 1 ¼ cups chicken, cooked (cut into chunks)
- 6 lettuce leaves

Instructions

1. Wash your hands with soap and water.
2. If not using leftover or “planned over” rice, cook rice according to package directions without adding salt. Chill.
3. In a serving bowl, mix parsley, black pepper, garlic, dressing, and mayonnaise together.
4. Add cooled rice, apple, grapes, celery, and chicken. Stir gently.
5. Serve cold on a bed of clean lettuce leaves, if desired.
6. Cover and refrigerate leftovers within 2 hours.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/chicken-rice-and-fruit-salad>



Apple Oatmeal Muffins

Buy apples while they are in season and on sale and make batches of these muffins to put in the freezer for later. You can also substitute whole wheat flour to make your muffins heartier and more nutritious.

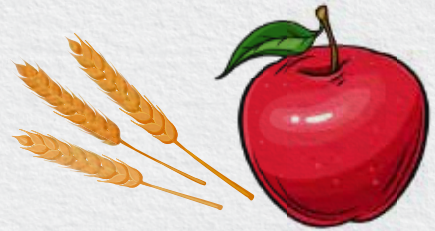
Yield: 6 Servings

Time: 30 Minutes

Ingredients

- ½ cup milk, non-fat
- ⅓ cup applesauce
- ½ cup flour, all-purpose
- ½ cup quick-cooking oats (uncooked)
- 1 cup sugar
- ½ tablespoon baking powder
- ½ teaspoon ground cinnamon
- 1 apple (tart, cored & chopped)

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/apple-oatmeal-muffins>



Instructions

1. Wash hands with soap and water.
2. Preheat oven to 400° F.
3. Place 6 cupcake holders in baking tin.
4. In a mixing bowl, add milk and applesauce. Stir until blended.
5. Stir in flour, oats, sugar, baking powder, and cinnamon. Mix until moistened (do not over mix).
6. Gently stir in the chopped apples.
7. Spoon into cupcake holders.
8. Bake for 15-20 minutes or until an inserted toothpick comes out clean.
9. Cool in pan 5 minutes before serving. Store unused portions in an airtight container.



Applesauce French Toast

Flavorful, low-sugar breakfast option that's perfect with your favorite toppings!

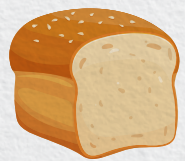
Yield: 6 Servings

Time: 15 Minutes

Ingredients

- 2 eggs
- ½ cup nonfat or 1% milk
- 1 teaspoon cinnamon
- 2 teaspoons sugar
- ½ teaspoon vanilla
- ¼ cup unsweetened applesauce
- 6 slices whole-wheat bread

Source: <https://foodhero.org/recipes/applesauce-french-toast>



Instructions

1. Wash hands with soap and water.
2. In a large mixing bowl, combine eggs, milk, cinnamon, sugar, vanilla and applesauce. Mix well.
3. Soak bread one slice at a time until mixture is slightly absorbed.
4. Lightly grease a skillet or griddle. Cook over medium heat until golden brown on both sides.
5. Serve hot.
6. Refrigerate leftovers within 2 hours.



Cucumber Yogurt Dip

Quick and flavorful dip with Greek yogurt, mint, and garlic. Perfect for snacks and party appetizers!

Yield: 5 Servings

Time: 15 Minutes



Ingredients

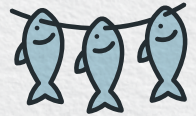
- 1 small cucumber, peeled, seeded and finely diced or grated (about $\frac{1}{2}$ cup)
- 1 cup nonfat or low-fat plain Greek yogurt
- $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon garlic powder or 1 to 2 cloves of garlic, minced
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon dried mint or dill or 1 Tablespoon chopped fresh mint or dill
- $\frac{1}{4}$ teaspoon pepper (optional)
- 1 Tablespoon lemon juice or white vinegar (optional)

Instructions

1. Wash hands with soap and water.
2. In a medium bowl, mix all ingredients together.
3. Chill in the refrigerator until serving. Taste and add more seasoning as desired.
4. Refrigerate leftovers within 2 hours.

Source: <https://foodhero.org/recipes/cucumber-yogurt-dip>





Fish Tacos

Yield: 4 Servings

Time: 20 Minutes

Ingredients

- 1 red onion (chopped)
- ½ cup cilantro (chopped)
- 1 small bag coleslaw mix
- 4 tilapia fillets (or any white fish)
- 8 small corn tortillas
- 1 teaspoon chili powder (more or less to taste)



Source: ONIE Project - Oklahoma Nutrition Information and Education. Simple Healthy Recipes.

Instructions

1. Clean and chop onion, cilantro and cabbage. Mix in a bowl and set aside.
2. Coat the baking sheet with cooking spray. Lightly sprinkle fish fillets with chili powder and place on the baking pan.
3. Place in the oven about 6 inches from the broiler and cook for approximately 3 to 4 minutes, or until fish is fully cooked. You will know the fish is done when it “flakes”.
4. Lightly fry tortillas on an oiled griddle or skillet, or heat tortillas in the microwave oven for just a few seconds until softened and hot.
5. Fill tortilla with fish, cabbage, onion, and cilantro and fold in half. Serve with salsa and citrus slices, if desired. Notes Suggest serving with salsa and lemon or lime slices.

**Eat
Well**



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