



## Broccoli Tips

- Select large, firm and brightly colored heads of broccoli with tight florets that are dark green, purplish, or bluish green. Avoid discolored and damaged heads of broccoli.
- Store unwashed broccoli heads in a plastic bag in the refrigerator for 3-5 days. Whole heads of broccoli can be stored, or can be cut into florets for quick use.

### Broccoli has:

- Calcium for Bone Health
- Vitamin A for Cell Growth and Vision
- Iron for Blood cells and Oxygen transport
- Folate for a Healthy Pregnancy

## Broccoli and Cauliflower Salad

Yield: 8 Servings

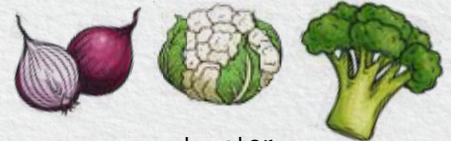
Time: 15 Minutes

### Ingredients

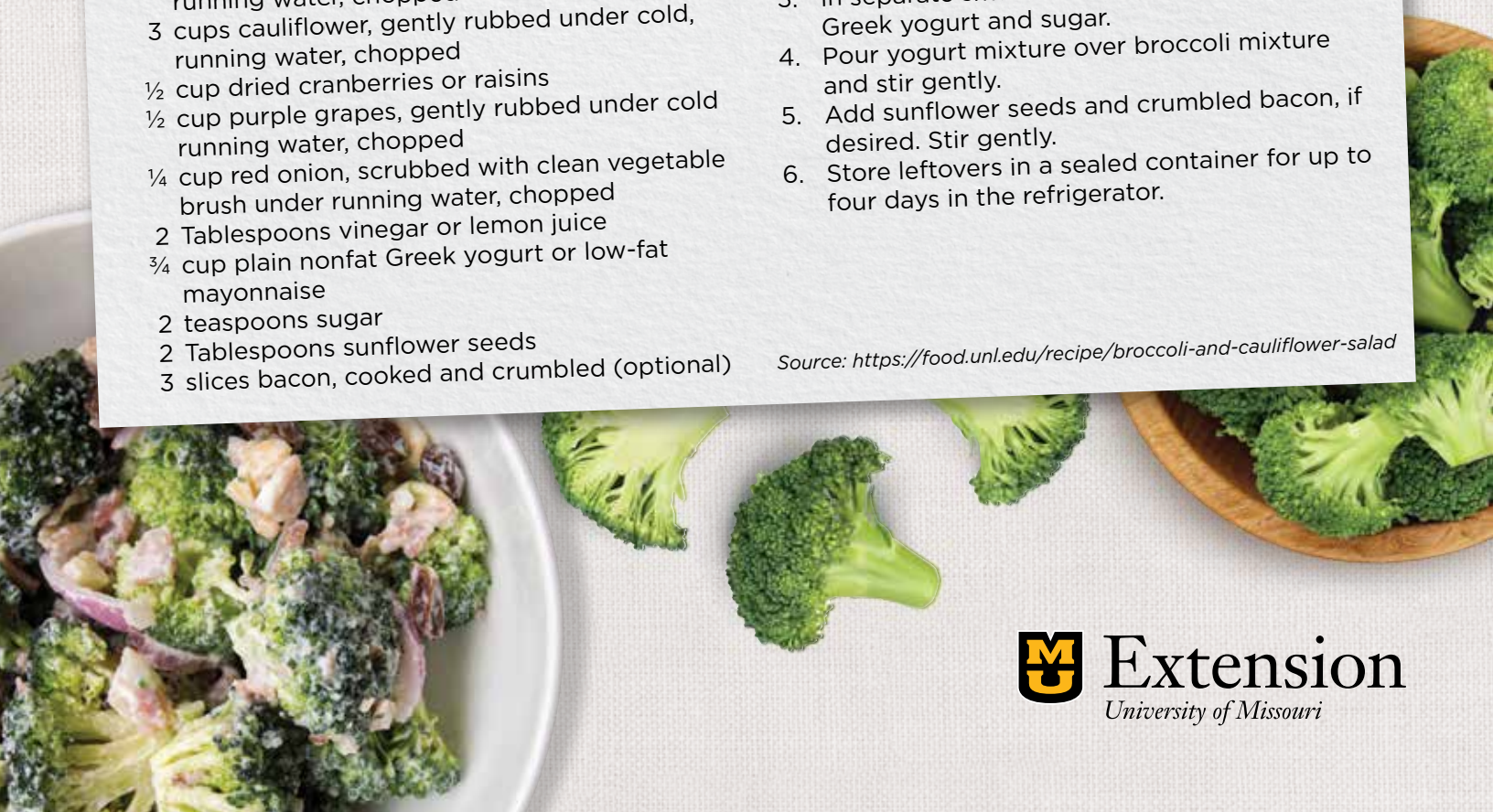
- 3 cups broccoli, gently rubbed under cold, running water, chopped
- 3 cups cauliflower, gently rubbed under cold, running water, chopped
- ½ cup dried cranberries or raisins
- ½ cup purple grapes, gently rubbed under cold running water, chopped
- ¼ cup red onion, scrubbed with clean vegetable brush under running water, chopped
- 2 Tablespoons vinegar or lemon juice
- ¾ cup plain nonfat Greek yogurt or low-fat mayonnaise
- 2 teaspoons sugar
- 2 Tablespoons sunflower seeds
- 3 slices bacon, cooked and crumbled (optional)

### Instructions

1. Wash hands with soap and water.
2. In a large bowl, combine broccoli, cauliflower, dried cranberries, grapes and red onion.
3. In separate small bowl, stir together vinegar, Greek yogurt and sugar.
4. Pour yogurt mixture over broccoli mixture and stir gently.
5. Add sunflower seeds and crumbled bacon, if desired. Stir gently.
6. Store leftovers in a sealed container for up to four days in the refrigerator.



Source: <https://food.unl.edu/recipe/broccoli-and-cauliflower-salad>







## Broccoli Slaw with Cranberries

Eat a rainbow of fruits and vegetables to get the nutrients your body needs. This salad is a great start!

**Yield:** 11 Servings

**Time:** 15 Minutes

### Ingredients

- 1 (12 ounce) package broccoli slaw
- ½ cup green onions, gently rubbed under cold running water, chopped
- ¼ cup almonds, slivered
- ¾ cup dried cranberries
- 2 Tablespoons vegetable oil
- ¼ cup vinegar
- ½ Tablespoon soy sauce, low sodium
- 2 Tablespoons honey
- 1 teaspoon ginger, ground
- 1 teaspoon garlic powder
- 1 teaspoon pepper
- Salt to taste



### Instructions

1. Wash hands with soap and water.
2. In a large bowl, combine broccoli slaw, onions, almonds and dried cranberries.
3. In a separate bowl, mix oil, vinegar, soy sauce, honey, ginger, garlic powder, pepper and salt (optional).
4. Toss dressing with salad.
5. Cover and refrigerate for at least 1 hour before serving.
6. Store leftovers in a sealed container in the refrigerator for up to 4 days.

Source: <https://food.unl.edu/recipe/broccoli-slaw-cranberries>





## Zesty Asian Chicken Salad

A colorful salad packed with a variety of healthy foods.

**Yield:** 4 Servings

**Time:** 20 Minutes

### Ingredients

- 3 Chicken Breasts boneless, skinless, cooked and chilled
- 3 stalks Green Onions sliced
- 1 ½ cups Broccoli cut into florets
- 2 Carrots Medium
- 1 Red Bell Pepper cut into strips
- 2 cups Cabbage shredded
- ½ cup Asian Salad Dressing fat-free or Sesame Salad Dressing
- ¼ cup Orange Juice
- ¼ cup Cilantro fresh, chopped



### Instructions

1. Cut chicken breasts into small strips and place in a medium bowl with onions, broccoli, carrots, bell peppers, and cabbage.
2. In a small bowl, stir together dressing and juice. Pour over salad and toss well to coat. Stir in cilantro. Serve at room temperature.

Source: <https://eatfresh.org/recipe/salads/zesty-asian-chicken-salad/>





## Soul-Healthy Cornbread



Serve this sweet cornbread with your favorite savory entrée.

**Yield:** 12 Servings

**Time:** 35 Minutes

### Ingredients

- 1 cup cornmeal
- 1 cup flour (all purpose)
- ½ cup sugar
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 cup low-fat buttermilk
- ½ cup applesauce, unsweetened
- 4 egg whites (½ cup)
- 2 tablespoons vegetable oil

### Instructions

1. Wash hands with soap and water.
2. Preheat oven to 400 degrees. Lightly spray and 8 inch square pan with vegetable oil cooking spray.
3. Mix dry ingredients in an medium-sized mixing bowl.
4. Add the rest of the ingredients and mix well by hand.
5. Pour the batter into the sprayed pan and shake to make it level.
6. Bake until a toothpick inserted in the center comes out clean, about 25 minutes.
7. Allow to cool, then cut into 12 squares.

Source: <https://snaped.fns.usda.gov/resources/nutrition-education-materials/healthy-thrifty-holiday-menus/christmas#recipe-1888>





## Potato Cakes

Enjoy these potato cakes with fat-free sour cream or fat-free yogurt and chives.

**Yield:** 7 Servings

**Time:** 20 Minutes

### Ingredients

- 2 cups potatoes (cold, mashed, made from instant potato flakes)
- ½ cup flour (all-purpose, unsifted)
- 2 tablespoons onion (finely chopped)
- 2 tablespoons vegetable oil

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/potato-cakes>

### Instructions

1. Put mashed potatoes into a bowl.
2. Add flour and onion. Mix well.
3. Pat potato mixture on a lightly floured board until ½ inch thick.
4. Cut with a 3-inch-round cutter.
5. Place on a baking sheet, cover and refrigerate until just before cooking.
6. Heat oil in a frying pan or griddle.
7. Fry cakes over medium heat, turning to brown on both sides. Serve immediately.



## Deep Dish Apple Cranberry Pie

Cranberries and apples are the perfect combination for this delicious homemade dessert.

**Yield:** 10 Servings

**Time:** 75 Minutes

### Ingredients

- 4 apples (large, peeled, cored, and sliced)
- 2 ½ cups cranberries (fresh or frozen)
- ¾ cup sugar
- ¼ cup flour (all purpose)
- 1 teaspoon apple pie spice
- 1 pie crust (prepared)

### Instructions

1. Wash hands with soap and water.
2. Stir all ingredients (except for the pie crust) together in a medium sized mixing bowl and place in a 10-inch deep dish pie pan.
3. Place one pie crust on top of the fruits. Cut 3 or 4 slits to allow the steam to escape.
4. Bake at 375 degrees for about an hour. Serve warm. Refrigerate any leftovers.



Source: <https://snaped.fns.usda.gov/resources/nutrition-education-materials/healthy-thrifty-holiday-menus/christmas#recipe-1889>



## Sweet Potato and Apple Bake

Enjoy the taste of fall with the combination of sweet potatoes and apples in this delicious side dish. Serve with roasted chicken or turkey, and a large green salad.

**Yield:** 6 Servings

**Time:** 40 Minutes

### Ingredients

- 3 ½ cups sweet potatoes, drained (2 - 15 ounce cans; save 2 Tablespoons of the liquid)
- 2 cups apples (peeled, cored and cut into bite-sized pieces)
- 6 teaspoons brown sugar (2 Tablespoons, packed)
- ⅓ cup chopped nuts (pecans, walnuts or any other type)
- 2 tablespoons flour
- 2 tablespoons butter, melted (unsalted)

### Instructions

1. Preheat oven to 350°F.
2. Put sweet potatoes in baking dish.
3. Add apples.
4. Pour 2 Tablespoons of the sweet potato liquid over the mixture.
5. Mix brown sugar, nuts, flour, and melted butter together in a small bowl.
6. Sprinkle over the top of the sweet potato/apple mix.
7. Bake for 20-30 minutes, until the top is golden brown and bubbly.



Source: <https://snaped.fns.usda.gov/resources/nutrition-education-materials/recipes/fall-recipes#recipe-2538>

*Rinse fresh fruits  
and vegetables under  
warm running water,  
no soap needed.*

**Eat  
Well**



## Beets, Beans, and Greens

This salad is full of protein and nutrients thanks to its bright beets and cooked beans.

**Yield:** 6 Servings

**Time:** 15 Minutes

### Ingredients

- ¼ cup lemon juice (or vinegar)
- 1 garlic clove, finely chopped
- 2 teaspoons mustard
- salt and pepper (to taste, optional)
- 2 tablespoons vegetable oil
- 2 cups sliced cooked beets (fresh or low-sodium canned)
- 1 head of lettuce (washed and torn into pieces)
- 2 cups cooked beans, rinsed (any kind)

### Instructions

1. Wash hands with soap and water.
2. To make dressing, combine lemon juice, garlic, mustard, oil, salt and pepper (optional) in a large bowl.
3. Place the sliced beets in a small bowl. Toss 1 tablespoon of the dressing with the beets to coat.
4. Toss the greens and beans with the remaining dressing in the large bowl.
5. Place onto plates and top with beets.



Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/beets-beans-and-greens>





## Maple Sweet Potatoes

Sweet potatoes, maple syrup, orange juice, and yogurt are a winning combination in this easy dish that can be made in the microwave.

**Yield:** 2 Servings

**Time:** 10 Minutes



### Ingredients

- 2 sweet potatoes (large)
- 2 tablespoons yogurt, non-fat
- 1 tablespoon maple syrup
- 1 tablespoon orange juice

### Instructions

1. Wash hands with soap and water.
2. Prick potato skins with a fork. Microwave on high for 3 to 4 minute until soft and easily pierced with a knife.
3. Scoop out the pulp into a medium bowl. Mash the pulp and stir in the yogurt, maple syrup, and orange juice. Transfer to a microwave safe serving bowl and microwave for 1 to 2 minutes to heat through.

Source: <https://snaped.fns.usda.gov/resources/nutrition-education-materials/healthy-thrifty-holiday-menus/christmas#recipe-1886>





# Spinach and Mushroom Enchilada Casserole

Banana peppers add a kick to these delicious enchiladas and are in season the same time as bell peppers.

**Yield:** 8 Servings

**Time:** 60 Minutes



## Ingredients

- 2 teaspoons olive oil
- 1 onion (medium, chopped)
- 2 garlic cloves (minced)
- 3 yellow banana chile peppers (seeded, deveined and minced)
- 3 pounds mushrooms (sliced)
- 1 cup enchilada sauce (14 ounce can, preferably green)
- 8 corn tortillas (6 inch, cut in half)
- ¼ teaspoon salt
- ½ teaspoon oregano leaves (dried)
- 2 packages frozen chopped spinach (10 ounce, thawed)
- 6 ½ ounces reduced fat Monterey jack cheese (grated)

## Instructions

1. Heat oil in a very large non-stick skillet. Add onion, garlic and peppers and stir. Add mushrooms and cook about 15 to 20 minutes, until liquid evaporates.
2. Pour half of the enchilada sauce into a 13x9-inch baking dish.
3. Arrange 8 tortilla halves over the sauce in the baking dish. Preheat the oven to 350 degrees. When mushrooms are cooked, stir in the salt and crumble in the oregano leaves. Drain the spinach, squeeze it dry and mix it thoroughly with the mushroom mixture. Spoon half the mushroom mixture into the baking dish, carefully covering tortillas.
4. Set aside ¼ cup of grated cheese. Sprinkle the rest of the cheese on top of the mushroom mixture. Layer with the remaining 8 tortilla halves, then the remaining mushroom mixture and enchilada sauce. Sprinkle top of casserole with the remaining ¼ cup cheese. Cover baking dish with foil and bake for 30 minutes, or until casserole is steaming hot in the center.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/spinach-and-mushroom-enchilada-casserole>



Funded in part by USDA SNAP. For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016. Need help stretching your food dollars? Contact your local resource center or go online to [mydss.mo.gov/food-assistance](http://mydss.mo.gov/food-assistance)