This cookbook provides a comprehensive resource for students, families and school faculty to cook up new dishes and excite children about making healthy choices.

All of these recipes can be modified depending on allergies, food restrictions and family needs.
Hunger Task Force -
Nutrition Education Program

The Hunger Task Force Nutrition Education program serves to help young students achieve a healthy lifestyle. The goal of the program is to teach complex nutrition concepts in a kid-friendly way, using hands-on experiences, both in select Milwaukee Public Schools and at the Hunger Task Force Farm in Franklin.

Students have the unique opportunity to visit The Farm where they grow, harvest and work with healthy ingredients in our demonstration kitchen. The students participate in stretching and exercise activities to contribute to their overall wellbeing. Plus, all students also receive this cookbook, which features fun and affordable recipes to share with their families.

Over the years, our program has received national attention. Community outreach partners and other food bank operators from across the country often visit to learn more, and our program continues to grow with new partnerships. For one lesson each year, local Milwaukee chefs share their time and talent to inspire kids to get in the kitchen themselves.

All of these efforts align to help students build positive personal relationships with food.
YOU CAN COOK!

ONCE YOU LEARN HOW TO PLAN, WASH, SET UP AND READ RECIPES, YOU CAN EASILY MAKE MANY TASTY FOODS IN THE KITCHEN.

STEP ONE: PLAN

1. Choose the recipes you want to make.
2. Get ingredients from the garden, grocery store or farmers market.
   Or
1. Harvest or buy seasonal and on sale food.
2. Find recipes that include the ingredients you have on hand.

STEP TWO: WASH

<table>
<thead>
<tr>
<th>Type of Produce</th>
<th>When to Wash</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leafy greens</td>
<td>Wash right after harvesting or buying</td>
</tr>
<tr>
<td>All other fruits and vegetables</td>
<td>Wash just before serving</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Type of Produce</th>
<th>How to Wash</th>
</tr>
</thead>
<tbody>
<tr>
<td>Most fruits and vegetables</td>
<td>Wash under running water. Never use soap to wash produce!</td>
</tr>
<tr>
<td>Firm fruits and vegetables (e.g. melon, potatoes or cucumber)</td>
<td>Wash under running water. Scrub with a clean produce brush.</td>
</tr>
<tr>
<td>Leafy greens (e.g. spinach, lettuce, collard greens)</td>
<td>Fill sink with cold water, add leaves and swish in water. Drain water and repeat once more.</td>
</tr>
</tbody>
</table>
Feel free to experiment and make up your own recipes – that way, you can make food just how you like it!

Wash Hands

Wet hands with warm water, rub hands to lather soap for 20 seconds (long enough to sing “Happy Birthday” twice), and rinse well with warm water.

Step Three: Set Up

In the cooking world, this step is just as important as the first two. Take the time to set up the ingredients, dishes, utensils, measuring cups and spoons that you will be using.

Step Four: Enjoy!

Use all of your senses to enjoy your food – see, smell, feel and taste your work. You can always modify a recipe if you think you’d like another way better!

Reading Recipes:

When you first pick a recipe, read through the whole recipe. Next, make sure you have access to all of the ingredients and equipment listed. If you are missing an ingredient or two, get creative with substitutions. Then follow each direction in order.
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*For additional recipes, go to hungertaskforce.org.*
BREAKFAST & BREADS

COOL & CREAMY OVERNIGHT OATS

CHANGE UP YOUR OATMEAL GAME WITH THIS QUICK AND EASY RECIPE YOU CAN PREPARE THE NIGHT BEFORE! START YOUR DAY WITH A QUICK, NUTRITIOUS BREAKFAST STRAIGHT FROM THE FRIDGE. PACKED WITH PROTEIN, FIBER AND VITAMINS, IT WILL KEEP YOU GOING ALL MORNING. ADDING PEANUT BUTTER OR OTHER NUT BUTTERS WILL GIVE YOU A PROTEIN BOOST TOO!

INGREDIENTS:

1/2 cup plain quick oats
1/2 cup 2% milk (or milk of choice)
1/2 medium banana, sliced
1/2 teaspoon vanilla
1/2 teaspoon cinnamon
2 tablespoons peanut butter  OPTIONAL

TOPPINGS:

1/2 cup fresh blueberries, strawberries and/or blackberries
1/2 medium fresh banana
Dash of cinnamon

DIRECTIONS:

1. Mix first 5 ingredients together. Also mix in the peanut butter if using.
2. Place in the fridge over night or for 4-6 hours.
3. Before serving, give a final stir and top with fresh berries, banana slices and a dash of cinnamon.
4. Can be served warmed up or chilled. Enjoy!

NOTE: PEANUT BUTTER NOT INCLUDED IN NUTRITION FACTS.
Nutrition Facts
Serving Size 1 cup
Servings Per Container 1
Calories 320

Amount Per Serving % Daily Value
Total Fat 8g 8%
Saturated Fat 1g 6%
Trans Fat 0g 0%
Cholesterol 5mg 2%
Sodium 55mg 2%
Total Carbohydrate 53g 17%
Dietary Fiber 8g 32%
Sugars 25g 0%
Protein 12g 24%

Vitamin A 8%  10%  15%
Vitamin C 20%  25%  30%
Calcium 50%  55%  60%
Iron 15%  20%  25%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily values may be higher or lower depending on your calorie needs.

TRY AS A REFRESHING SNACK!
TROPICAL GREEN SMOOTHIE

Looking for a refreshing snack fit for vacation? Try this tropical green smoothie packed with Vitamin C, calcium and your daily dose of fresh greens.

INGREDIENTS:

1 cup spinach or other greens
1 cup 2% milk (or milk of choice)
1 3/4 cups frozen pineapple chunks
1 medium banana
1 tablespoon lemon juice

DIRECTIONS:

1. Add all ingredients to blender and blend until smooth.
2. Serve immediately.

NOTE: Not a fan of the green color? Add blueberries or blackberries to make the recipe a Purple Hero Smoothie.
## Nutrition Facts

2 servings per container  
Serving size 8 oz (236mL)  
Calories per serving 160

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<td>170%</td>
<td>Iron 1.008mg</td>
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*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.

**Your friends will be green with envy!**

**PREP TIME**  
10 MINUTES

**NUMBER OF SERVINGS**  
2

**SERVING SIZE**  
1 CUP
ZUCCHINI MONSTER BREAD

This sweet treat is filled with zucchini, but you’ll never know it! Enjoy it warmed up for breakfast or as a healthy dessert while getting in a serving of vegetables – yum!

**Ingredients:**

- 3/4 cups all-purpose flour
- 3/4 cups whole-wheat flour*
- 1/2 tablespoon baking powder
- 1/2 tablespoon plus 1/2 teaspoon ground cinnamon, divided
- 1/4 teaspoon salt
- 1 egg, lightly beaten
- 1/2 cup sugar
- 1 medium zucchini, unpeeled and coarsely shredded (about 1 cup)
- 1/3 cup canola oil or olive oil
- 1/2 cup water
- 1/2 tablespoon vanilla extract
- 1/2 cup chopped walnuts or pecans (optional)
- 1/3 cup raisins or chocolate chips

**Directions:**

1. Preheat oven to 350°F. Grease and flour a loaf pan and set aside.
2. In a large bowl, stir together flour, baking powder, 1/2 tablespoon cinnamon, and salt. Make a well in the center of the flour mixture; set aside.
3. In a medium bowl, combine eggs, sugar, shredded zucchini, oil, water, and vanilla. Add zucchini mixture all at once to the flour mixture. Stir just until moistened (batter should be lumpy). If desired, fold in nuts, raisins and/or chocolate chips. Spoon batter into prepared pan. Sprinkle the remaining 1/2 teaspoon of cinnamon over the top of the loaf.
4. Bake 50 minutes or until a wooden toothpick inserted in the center comes out clean. Cool in pan for 10 minutes. Remove from pan and cool completely on a wire rack. Slice and eat.
PREP TIME: 25 MINUTES
BAKE TIME: 50 MINUTES
NUMBER OF SERVINGS: 1 LOAF
SERVING SIZE: 12 SLICES

GREAT FOR BREAKFAST!

Nutrition Facts
Serving Size 1 slice
Servings Per Container 24
Calories 195

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Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

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<tr>
<td>Less than 300mg</td>
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SUNSHINE MUFFINS

This sweet and savory muffin makes an energized snack or breakfast addition. A great combination of fruits and vegetables loaded with fiber to keep you full and satisfied.

INGREDIENTS:

- 2 cups flour
- ¾ cup sugar
- 2 teaspoons baking soda
- ½ teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 3 eggs
- ½ cup vegetable oil
- 2 teaspoons vanilla extract
- 2 cups grated carrots
- 1 cup apple, peeled and grated
- ½ cup chopped nuts or chocolate chips

DIRECTIONS:

1. Preheat oven to 350°F.
2. Combine the flour, sugar, baking soda, salt, cinnamon, nutmeg, eggs, oil and vanilla in a large mixing bowl. Mix well with wooden spoon.
3. Fold in carrots and apples. Add nuts and chocolate chips if desired.
4. Scoop into 12 regular-sized greased muffin tins.
5. Bake for 18-25 minutes or until toothpick comes out clean.
**Nutrition Facts**

Serving Size: 1 muffin  
Servings Per Container: 12  
Calories: 221

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Nutrient % Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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<tr>
<td>Protein</td>
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<td>Total Carbohydrate</td>
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<td>Fat</td>
<td>11g</td>
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<tr>
<td>Sodium</td>
<td>92mg</td>
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Calories from Fat 20g, Total Fat 8g
FRUITY PARFAIT CUPS

Enjoy a colorfully layered parfait – easy to make and requires no baking! This refreshing snack offers a healthy dose of fiber and fruit. Use Greek yogurt for added protein!

INGREDIENTS:

2 cups whole grain granola (try for no added sugars)
2 cups vanilla yogurt (or yogurt substitute of choice)
1 cup strawberries
1 cup blueberries
1 cup sliced bananas
Additional fruit

DIRECTIONS:

1. Ingredients will be split among 4 dishes.
2. In each dish, add a layer of granola, yogurt and fruit.
3. Repeat until all ingredients are used.
4. Best when served immediately to keep granola crunchy.
Nutrition Facts
Serving Size: 1
Servings Per Container: 4
Calories: 283

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<tr>
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<td>Sugar</td>
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<td>Protein</td>
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Percent Daily Values are based on a 2,000 calorie diet. 
Your daily values may be higher or lower depending on your individual needs.
Collard Greens & Garbanzo Pesto

You’ll never know you’re eating your greens or your beans in this flavorful pesto dip. Loaded with protein, fiber, vitamin A, vitamin C and iron! Spread on a sandwich, top your favorite whole grain pasta, or dip your chips and veggies!

Ingredients:

1 bunch collard greens
2 ripe avocados
1 cup fresh basil leaves, loosely packed
1 can garbanzo beans, drained and rinsed
1/2 tsp salt
1 clove garlic, minced (or 1/2 tsp garlic powder)
2 tablespoon fresh lemon juice

Directions:

1. Bring a pot of water to boil. Remove stems from the collard greens and tear into small pieces. Prepare a bowl of ice water. Add collards to boiling water and cook for 2 and a half minutes. Strain collards and immediately plunge into ice water.
2. Strain collards and then roll them into a clean towel to press out excess water.
3. Using a food processor or blender, blend collards, avocado, basil, garbanzo beans, salt, garlic and lemon juice until creamy.
4. Use as a dip for your favorite veggies or chips. Can also be used as a sandwich spread or a topping for your favorite pasta.
<table>
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<th>Nutrition Facts</th>
<th>Amount/Serving</th>
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<tr>
<td>Protein</td>
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*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Vitamin D: 9mcg  0%  ● Calcium: 350mcg  4%  ● Iron: 2.88mg  15%
Potassium: 376mg  6%  ● Vitamin A: 45%  ● Vitamin C: 25%

4 servings per container
Serving size: 1/4 Cup
Number of Servings: 8
Prep Time: 15 MINUTES
Serving Size: 1/4 Cup
Sweet Summer Salad

Kids will fall in love with asparagus with this perfect summer salad. Juicy strawberries add a healthy dose of sweetness while avocados provide heart healthy fats.

Ingredients:

1 large bunch asparagus (about 12-15 stalks), chopped
10-12 strawberries, chopped
3 avocados, chopped

5 cups 50/50 salad mix (Spinach & Mixed Greens)
Salt & pepper to taste

Optional:

Almonds, walnuts or pine nuts
Mozzarella or goat cheese

Directions:

1. In a boiling water with salt, blanch the asparagus for 2 minutes, then shock them in ice water to cool, pat dry and slice it into bite size pieces.
2. Trim and slice strawberries into bite size pieces.
3. Pit the avocado and then dice into small pieces.
4. Add salt and pepper to taste.
5. In a salad bowl, add the greens and mix in the strawberries and asparagus.
6. Top with avocados and gently fold in a balsamic vinaigrette or sweet poppyseed dressing.
7. Serve chilled.

Note: Nutrition facts do not include any toppings.
## Nutrition Facts

6 servings per container

| Serving size | 2 cups (280g) |

| Calories per serving | 220 |

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**SPINACH SALAD**

This simple salad is a refreshing way to kick-start the summer! It is a good source of iron and an excellent source of vitamin C, helping you to avoid tiredness and boosting your immune system. You can choose to serve it as a side dish or a main dish.

**INGREDIENTS:**

- 4 cups fresh baby spinach (about one pound)
- 1 cup cherry or grape tomatoes, halved
- 1 avocado, peeled and diced
- 1 cup fresh, frozen, or canned corn
- 1 (15-ounce) can black beans, drained and rinsed
- 1/3 cup chopped fresh cilantro or 2 1/2 teaspoons dried cilantro
- Pepper, to taste
- 1/2 cup light lime vinaigrette or preferred light salad dressing

**DIRECTIONS:**

1. Combine spinach, cherry tomatoes, avocado, corn, black beans, cilantro and pepper in a medium bowl; toss gently.
2. Chill in refrigerator until ready to serve. Top with the light lime vinaigrette or oil and vinegar salad dressing for a refreshing kick!
USE AS A DELICIOUS SIDE OR MAIN DISH!

Nutrition Facts
Serving Size 2 Cups
Serving Per Container 4
Calories 225
Calories from Fat 102

Amount Per Serving % Daily Value

Total Fat 11g 17%
Saturated Fat 2g 10%
Trans Fat 0g 0%

Cholesterol 0mg 0%
Sodium 381mg 16%

Total Carbohydrate 23g 8%
Dietary Fiber 8g 10%
Sugar 3g 6%

Protein 7g 14%

Vitamin A 24%  Vitamin C 32%  Calcium 6%  Iron 13%

Servings Per Container: 4
Prep Time: 10 MINUTES
Number of Servings: 4
Serving Size: 2 CUPS
BUFALO-STYLE CAULIFLOWER BITES

These spicy buffalo-style cauliflower bites are a great way to pack a lot of flavor into seasonal produce. This simple recipe serves as a healthy after school snack or as an appetizer while you enjoy watching the game or at your next cookout!

**Ingredients:**

- 1 large head of cauliflower, cut into florets
- 3 eggs
- 1 ¼ cup breadcrumbs
- 1 teaspoon paprika
- 1  teaspoon salt
- 1 teaspoon pepper
- 1 cup buffalo hot sauce (choose spice level)
- ½ cup parmesan cheese (optional)

**Directions:**

1. Preheat oven to 400 °F. Line a large cookie sheet with parchment paper if desired.
2. Beat the eggs in a small bowl. In another small bowl, mix together the breadcrumbs, paprika, salt, pepper and parmesan cheese.
3. Dip each cauliflower floret into the eggs, then cover it with the breadcrumb mixture; be sure to completely cover the floret so that none of the white cauliflower color is showing. Place the floret on the baking sheet. Repeat this process until all of the florets are prepared.
4. Bake the cauliflower bites in the oven for 25 minutes.
5. Once the cauliflower is done baking, gently toss warm cauliflower bites with buffalo sauce to combine until well coated. Then place the bites back onto the baking sheet and return them to the oven for another 5 minutes.
6. Enjoy these spicy treats while hot with yogurt-based Ranch dressing or your favorite dipping sauce!
7. Serve with a side of carrots and celery. Yum!

*Recipe from Half Baked Harvest. Nutrition analysis based on 1 cup of buffalo wing cauliflower bites without dipping sauce.
Nutrition Facts
Serving Size 1 Cup
Calories 280
Calories from Fat 135

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Vitamin A 1%
Vitamin C 11%
Calcium 15%
Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Prep Time
10 minutes

Bake Time
30 minutes

Number of Servings
6

Serving Size
1 Cup
CRUNCHY CREAMY SPINACH DIP

CHANGE UP YOUR SNACKS AND PARTY FOODS BY MAKING THIS CROWD-PLEASING DIP! WITH ALMOST HALF OF THE VITAMIN A YOU NEED IN A DAY AND ONLY 79 CALORIES PER SERVING, THIS DIP IS FULL OF NUTRITION AND LOW IN CALORIES. USING NONFAT GREEK YOGURT ADDS AN EXTRA DOSE OF PROTEIN. IF YOU DO NOT HAVE GREEK YOGURT, FEEL FREE TO USE_plain nonfat yogurt INSTEAD.

INGREDIENTS:

1 (10-ounce) package frozen spinach
1 (16-ounce) container of plain nonfat Greek yogurt
3/4 cup reduced fat mayonnaise
1/2 (8-ounce) can sliced water chestnuts, drained
1 (1.8-ounce) packet dry leek or onion soup mix

"THIS IS EVEN BETTER THAN RANCH!"
–TERRY, STORY ELEMENTARY SCHOOL

DIRECTIONS:

1. Thaw spinach by placing in refrigerator overnight, in cold water for two hours, or on defrost mode in microwave. When thawed, squeeze out extra liquid and set aside.
2. Mix Greek yogurt and mayonnaise together in a medium bowl.
3. Cut water chestnuts in half.
4. Add water chestnuts, spinach, and dry soup mix into yogurt/mayo mixture.
5. Mix ingredients together and refrigerate until ready to serve.
6. Enjoy with raw veggies (carrots, bell pepper strips, cucumber slices, yam sticks, cauliflower, etc) or pretzels!
Nutrition Facts
Serving Size 1/4 Cup
Serving Per Container 16
Calories 78
Calories from Fat 36

Amount Per Serving

% Daily Values*
Total Fat 4g
6% Total Carbohydrate 5g
6% Saturated Fat 0g
0% Dietary Fiber 1g
0% Trans Fat 0g
0% Sugars 0g
0% Cholesterol 0mg
0%
Sodium 30mg
1% Vitamin A 42%
**
Vitamin C 3%

Calories 2,000
2,500
Total Fat 65g
78g
Saturated Fat 20g
25g
Trans Fat 5g
6g
Cholesterol 300mg
375mg
Sodium 2,400mg
2,500mg
Total Carbs 110g
130g
Dietary Fiber 36g
45g

*Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on your caloric needs.
Pico de Gallo

Pico de Gallo, also called “salsa fresco” in Mexico, can be used as a dip for chips, a salad addition, or a fresh topping for poultry and fish. This simple recipe requires only a cutting board, knife, bowl and measuring utensils.

Ingredients:

1 pound ripe tomatoes (about 3-4 medium tomatoes)
1 large onion
1/3 cup fresh cilantro (or 2 tablespoons dried cilantro)
3 hot peppers or one bell pepper
2 tablespoons lime juice (or the juice of 1 lime)
2 cloves garlic, minced
1/4 teaspoon salt

Directions:

1. Chop tomatoes, onion and cilantro. Seed and chop peppers.
2. Combine all ingredients in a medium bowl.
3. Serve immediately or cover and refrigerate for up to three days.
USE ATOP YOUR FAVORITE TACOS!

Number of Servings: 6
Serving Size: 1/2 Cup
Prep Time: 25 Minutes

Nutrition Facts
Serving Size: 1/2 Cup
Serving Per Container: 6
Calories: 25

- Total Fat: 6g (10% DV)
- Cholesterol: 0mg (0% DV)
- Sodium: 165mg (7% DV)
- Total Carbs: 6g (2% DV)
- Fiber: 1g (4% DV)
- Sugars: 3g
- Protein: 1g

Vitamin A: 4% DV
Vitamin C: 32% DV
Calcium: 2%
Iron: 3%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
STRAWBERRY AVOCADO SALSA

This salsa is a summer favorite! Use it in a variety of dishes. Use it as a topping for baked or sautéed fish, roast chicken, or grilled pork— or enjoy it as a snack with multigrain tortilla chips.

INGREDIENTS:

- 2 cups strawberries, diced
- 1/2 avocado, peeled and diced
- 1/4 medium cucumber, diced
- 1/4 cup fresh chopped cilantro (or 1 1/2 tablespoons dried cilantro)
- 1 teaspoon grated lime peel (optional)
- 1/4 cup lime juice (or 2 limes juiced)
- 1/2 jalapeño, seeded and finely chopped or 1/4 teaspoon cayenne pepper
- Chopped onion (optional)
- Salt to taste

DIRECTIONS:

1. Combine all ingredients in a medium bowl; toss gently. Serve immediately.
Prep Time: 15 minutes
Number of Servings: 8
Serving Size: 1/4 cup

Nutrition Facts
Serving Size: 1/4 cup
Servings Per Container: 8
Calories: 14
Total Fat: 0g
Saturated Fat: 0g
Trans Fat: 0g
Cholesterol: 0mg
Sodium: 1mg
Total Carbohydrate: 3g
Dietary Fiber: 1g
Sugars: 3g
Protein: 1g

% Daily Value: 3%
% Daily Value: 0%
% Daily Value: 0%
% Daily Value: 0%
% Daily Value: 0%
% Daily Value: 0%
% Daily Value: 0%
% Daily Value: 0%
% Daily Value: 0%
% Daily Value: 0%
% Daily Value: 0%

Your Daily Values may be higher or lower depending on your calorie needs.
ROASTED VEGGIES WITH TASTY SEEDS

FILL HALF OF YOUR PLATE WITH THIS COLORFUL COMBO OF VITAMIN RICH VEGGIES, TOPPED WITH PROTEIN AND OMEGA-3S. GREAT AS A SIDE DISH OR HEARTY ENOUGH TO BE A MEAL.

INGREDIENTS:

2 carrots, diced  
1 medium sweet potato (or acorn squash) cut into cube size  
6 ounces broccoli (cut into bite size pieces) or Brussels sprouts (sliced)  
1 cauliflower, broken into florets  
1/8 cup olive oil  
1/4 teaspoon pepper  
3/4 teaspoon salt

Seeds Ingredients

1/4 cup sliced almonds  
1/4 cup sunflower seeds  
1 1/2 teaspoon olive oil  
1 teaspoon maple syrup  
1/2 teaspoon sea salt  
1/2 teaspoon cayenne pepper  
Dried cranberries or raisins (optional)

DIRECTIONS:

1. Preheat oven to 300 degrees F and place foil on a rimmed baking sheet.

2. Whisk olive oil, syrup, salt and cayenne in a medium bowl. Add seeds, toss to coat, and spread out onto prepared baking sheet.

3. Bake, tossing once, until mixture is golden brown, about 15-20 minutes. Then, remove from oven and let cool on baking sheet. While the seeds are baking, cut up your veggies and set aside.

4. Turn the heat up on the oven to 425 degrees F. In a large roasting pan, add the cut-up veggies and season with salt and pepper.

5. Drizzle with olive oil and toss to coat.

6. Bake for 35-45 minutes, tossing vegetables halfway through until vegetables begin to char.

7. Remove from oven and add the seeds. Let cool 2 minutes before serving.
### Nutrition Facts

**Serving Size:** 1/2 cup  
**Servings Per Container:** 8  
**Calories:** 144

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<tr>
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<td>0% Protein 2.1g</td>
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<td>Sodium 375mg</td>
<td>16%</td>
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*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

**Calories**  
2,000  
2,500  

**Fat**  
Less than 65g  
22g  

**Carbohydrates**  
Less than 300g  
300g  

**Protein**  
Less than 100g  
30g  

**Sodium**  
Less than 2,400mg  
2,400mg  

**Cholesterol**  
Less than 300mg  
300mg  

**Sugars**  
Less than 100g  
100g  

**Dietary Fiber**  
Less than 25g  
25g  

**Fiber**  
Less than 100g  
100g  

**Vitamin A**  
Less than 10,000IU  
10,000IU  

**Vitamin C**  
Less than 200mg  
200mg  

**Calcium**  
Less than 1,200mg  
1,200mg  

**Iron**  
Less than 20mg  
20mg  

---

**PREP TIME:** 15 MINUTES  
**BAKE TIME:** 1 HOUR  
**NUMBER OF SERVINGS:** 8  
**SERVING SIZE:** 1 CUP
LOADED MASHED CAULIFLOWER

After one bite, you’ll never know you’re missing potatoes in this delicious mash. Cauliflower adds a powerful punch of vitamins and nutrients and is low in carbohydrates. Top with your favorite fixings and enjoy.

INGREDIENTS:

2 heads cauliflower
2 tablespoons butter, unsalted
1/3 cup 2% milk (or milk of choice)
2 teaspoons garlic, minced
1/4 teaspoon salt
Top with cheese, turkey bacon bits, chives, and/or Greek yogurt.

DIRECTIONS:

1. Fill a medium sauce pan half full with water and place on stove top on high heat.
2. Cut the cauliflower into bite-size pieces including the stems.
3. When the water is boiling, place the cauliflower in the pot for approximately 8 minutes, or until tender.
4. Drain the cauliflower and place all ingredients in a blender or food processor. Blend until smooth.
   *Be very careful when blending hot items. It is best to place a damp towel over the top instead of using a lid to allow the heat to escape.
5. Top your mashed cauliflower with whatever you like and enjoy!

Note: Nutrition Facts do not include any toppings.
**PREP TIME**
15 MINUTES

**NUMBER OF SERVINGS**
4

**SERVING SIZE**
3/4 CUP

---

**Nutrition Facts**

**Serving Size:** 3 each
**Calories per serving:** 56

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<tr>
<td>Protein</td>
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*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.*
SWEET POTATO & BLACK BEAN TACOS

A SATISFYING MEAT-FREE TACO ALTERNATIVE LOADED WITH PROTEIN, VITAMINS A, E & C. THEY BRING A COLORFUL, HEALTHY FIESTA TO ANY DINNER TABLE.

INGREDIENTS:
- 10 flour tortillas
- 2 1/2 cups sweet potatoes, diced
- 1 tablespoon extra virgin olive oil
- 1 1/2 teaspoons chili powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon paprika
- 1 cup canned black beans, drained and rinsed

TOPPINGS (OPTIONAL INGREDIENTS)
- Avocado, sliced or chopped
- 1/4 cup cilantro, minced
- 1 lime, juiced
- Cotija or feta cheese
- Salsa
- Chopped tomatoes or jalapeños
- Corn

FLAVORFUL BEANS (OPTIONAL INGREDIENTS TO ADD TO BEANS):
- 2 tablespoons neutral cooking oil (such as grapeseed or canola)
- 1/2 medium yellow onion, diced (about 1/2 cup diced)
- 1/2 teaspoon kosher salt, plus more to taste
- 1 clove garlic, minced
- 1 jalapeño, stemmed, seeded, and minced

DIRECTIONS:
1. Preheat oven to 425°F.
2. Toss the sweet potatoes with the olive oil, chili powder, cumin, and paprika until evenly coated.
3. Bake the sweet potatoes for 20 minutes, or until fork tender.
4. While the sweet potatoes are roasting, add the black beans to a small saucepan over low heat to warm. Flavor with fresh lime juice, salt, pepper and cumin.
5. If choosing to prepare flavorful beans: While the sweet potatoes roast, heat 2 tablespoons oil in a medium saucepan over medium heat. Add the onions and 1/2 teaspoon salt, and sauté until soft and translucent. 5 to 7 minutes. Add the garlic and jalapeño, and sauté 2 minutes more. Fold in beans.
6. To assemble the tacos, place the sweet potato mixture into the tortillas of your choice, layer with beans and top with avocado, fresh lime juice, cilantro, tomatoes, jalapeños and/or Cotija cheese.
7. Add additional toppings, as desired.
PREP TIME
10 MINUTES

BAKE TIME
20 MINUTES

NUMBER OF SERVINGS
5

SERVING SIZE
2 TACOS

Nutrition Facts
Serving Size 2 tacos
Servings Per Container 5
Calories 590

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*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.
Green & Gold Mac 'n Cheese

Celebrate Wisconsin's home team with this unique twist on mac 'n cheese! Feel free to add more hot sauce if you want an extra “punt” of flavor.

Ingredients:
- 8 ounces dry whole wheat macaroni or any other small shaped pasta
- 1 large head of broccoli, trimmed and cut into small florets
- 2 cups shredded cheddar cheese
- \( \frac{2}{3} \) cup 2% milk (or milk of your choice)
- \( \frac{1}{4} \) cup olive oil
- 1 teaspoon garlic powder or garlic salt
- 1 teaspoon low sodium Worcestershire sauce (optional)
- \( \frac{1}{2} \) teaspoon hot pepper sauce
- \( \frac{1}{2} \) cup green peas, spinach or your favorite vegetable
- Salt and pepper to taste

Directions:
1. Bring a large pot of water to a boil for the pasta. Add salt to the water and cook pasta for 5 minutes.
2. Add broccoli to water and finish cooking everything together, another 5 minutes or longer. Pasta should be “al dente” (soft but firm) and broccoli should be bright green and crisp-tender.
3. Drain pasta and broccoli in a colander and return to pot.
4. Add the remaining ingredients, stirring until the cheese melts. Cook over medium heat for 8-10 minutes, or until slightly thickened, stirring frequently.
5. Remove from heat and let stand 5 minutes. Serve immediately.
**Prep Time**: 10 minutes

**Bake Time**: 25 minutes

**Number of Servings**: 5

**Serving Size**: 3/4 cup

"Packed" with flavor

**Nutrition Facts**

- Serving Size: 3/4 cup
- Servings Per Container: 5
- Calories: 332

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<td>Protein</td>
<td>18g</td>
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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

- Less Than 55g
- Less Than 44g
- Less Than 1,400mg
- 2,500: 55g 65g 1,000mg 1,500mg
- 2,000: 44g 55g 1,200mg 1,200mg
- 1,500: 32g 44g 900mg 900mg
- 1,000: 25g 32g 600mg 600mg
- 500: 18g 25g 300mg 300mg

- Vitamin A 185%
- Vitamin C 185%
- Calcium 36%
- Iron 12%
Main Dishes

GARDEN PIZZA

Pizza, America’s favorite food, can be part of a healthy, delicious meal when made with a whole-wheat crust and topped with a balance of veggies and cheese! A side salad or piece of fruit is the perfect complement to this recipe.

INGREDIENTS:

1 whole-wheat pizza crust
2 tablespoons olive or canola oil, divided
1 1/3 cups Easy Pizza Sauce (see page 41)
1 cup shredded part-skim, low-moisture mozzarella cheese
Fresh vegetables on hand (asparagus, onions, spinach, tomatoes, peppers, chives, mushrooms, etc.)

DIRECTIONS:

1. Chop vegetables. Heat a large skillet on medium heat and add 1 tablespoon oil. When heated, add pungent and firm vegetables first (example order: onions, peppers, eggplant, zucchini and spinach). Sauté until tender-crisp, about five minutes.

2. Oven: Preheat oven to 450°F or temperature stated on pizza crust package. Grill: Preheat grill to about 400-500°F.

3. Brush top of crust with remaining oil. Spread pizza sauce on crust. Store any leftover sauce in fridge or freezer and save for another use.

4. Top with sautéed vegetables and tomato slices. Sprinkle cheese over pizza. Top with additional herbs, if desired.

5. Oven: Bake in oven for 8-10 minutes or until crust edges are golden brown. Grill: Place pizza onto aluminum foil or pizza stone and cook on grill, covered, over medium heat for 10-12 minutes. Edges should be slightly crispy when done.

6. Let cool ten minutes before cutting into eight slices and serving!
**Nutrition Facts**

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<td>Vitamin A</td>
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<td>Calcium</td>
<td>21%</td>
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<tr>
<td>Iron</td>
<td>12%</td>
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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.*

**Can be grilled**

**Prep Time**

30 minutes

**Bake Time**

10–12 minutes

**Number of Servings**

4

**Serving Size**

2 slices
EASY PIZZA SAUCE

Herbs add delicious flavor to our foods and are full of nutrients as well. Mix in your favorite herbs to make this pizza sauce fit your taste buds just right!

INGREDIENTS:
1 (6-ounce) can tomato paste, no salt added
1/2 cup water
2 tablespoons olive or canola oil
2 cloves garlic, minced or ¼ teaspoon garlic powder
1/2 cup fresh herbs, chopped or 1 1/2 tablespoons dried herbs (oregano, basil, sage, rosemary, etc.)

DIRECTIONS:
1. Mix together the tomato paste, water, and olive oil.
2. Add garlic, herbs, pepper and salt. Mix well. No cooking is needed. Let stand until ready to assemble pizza.
PREP TIME
5 MINUTES

NUMBER OF SERVINGS
1/3 CUP

SERVING SIZE
6
**POTATO CARROT SOUP**

Spice up your menu with this warming root vegetable dish, filled with vitamin A and potassium. This soup is perfectly cozy in fall or winter... share with your family and you’ll still have enough for leftovers!

**INGREDIENTS:**

- 2-3 tablespoons olive oil
- 3-4 cloves minced or chopped garlic (fresh or dried)
- 1 medium-large white or Spanish onion chopped
- 2 celery stalks chopped
- 2-3 large carrots chopped
- 4-5 potatoes cubed
- 4 cups vegetable broth
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- 1 teaspoon basil
- Season with oregano, garlic powder, salt and pepper to your taste

**DIRECTIONS:**

1. Sauté olive oil, garlic and onion until tender and onion becomes lighter in color.
2. Add all the potatoes and carrots and cook for 3-5 minutes.
3. Add vegetable broth, along with herbs & spices.
4. Bring to boil, reduce heat and simmer for 20-30 minutes or until potatoes are soft.
5. Blend half of the soup to desired consistency and mix back in with remaining soup. (*Optional. You don’t have to blend any of it OR you can blend it all.)
6. Add salt and pepper to taste.
MAKES ENOUGH FOR THE WHOLE FAMILY

### Nutrition Facts

| Serving Size: 3/4 cup | Servings Per Container: 12 | Calories: 165 |

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<td>Calcium 5%</td>
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<td>Iron 5.8%</td>
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*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.
PEACH COBBLER

This sweet dessert is easy to make, delicious, and has three times less fat and two times less sugar than traditional peach cobbler. Talk about a no-brainer!

INGREDIENTS:

4 large peaches, peeled and sliced OR
1 (15 oz.) can sliced peaches, packed in juice
1 egg
1/3 cup sugar
1/2 cup flour (whole wheat pastry flour is best!)
1/2 teaspoon baking powder
1 tablespoon tub margarine or butter

DIRECTIONS:

1. Preheat oven to 375°F.
2. Open the can of peaches. Pour the peaches and their juice into a medium saucepan. Heat them on the stovetop until they bubble.
3. Slightly beat the egg.
4. In a mixing bowl, mix the egg, sugar, flour, baking powder and margarine.
5. Pour bubbling peaches into a casserole dish and drop spoonfuls of this mixture on top of the peaches.
6. Put casserole dish in the oven and bake for about 30-40 minutes. Serve warm.
SMOOTHIE BOWLS

WHO NEEDS ICE CREAM FOR DESSERT? THIS COLD, SWEET TREAT IS SMOOTH, REFRESHING AND PACKED WITH FLAVOR. WITH SWEET FRUIT AND CRUNCHY TOPPINGS, THIS HEALTHY SMOOTHIE BOWL IS SURE TO CUT YOUR CRAVING. STILL MISSING THAT ICE CREAM? TRY COCONUT SHAVINGS FOR A REAL SUMMER TREAT!

INGREDIENTS:

1/2 cup 1% low-fat milk (or milk of your choice)
1 cup frozen blueberries
1 banana

TOPPINGS (OPTIONAL INGREDIENTS)

Fresh berries
Coconut
almond slices
granola

DIRECTIONS:

1. Add milk, frozen blueberries and banana to blender. Blend until smooth.
2. Pour into a bowl and top with desired toppings.
3. Eat with a spoon and enjoy!