



## ▶ MAKE EASY AND HEALTHY FAMILY MEALS!

A few steps can help you make easy, healthy family meals on a budget. Find time to plan and prepare healthier meals each week. Use the time you save to enjoy your family.

### ▶ PLAN

Plan your family meals. Think about meals, snacks, and beverages you will serve throughout the week. Write down a list of foods you need to prepare your meals or keep the list in a wallet, purse, or on a mobile phone. Focus your budget on foods that are healthier for your family such as vegetables, fruits, whole grains, dairy, and protein foods.

- **Use a shopping list to stay on track.** Review coupons and sales to find less expensive foods. Look in newspapers or weekly store flyers to find sales and coupons for foods that you need. 💰
- **Join a store's bonus or reward card program to receive more savings.** Visit the store's customer service desk or website for information about how to sign up. 💰
- **Choose foods that cost less all year long.** Beans and eggs are low-cost healthy protein foods. Frozen vegetables like spinach and green beans are also low-cost options. 💰
- **Stock your kitchen.** Select foods that you can make and serve quickly on busy days, such as:
  - Canned beans and fish
  - Canned low-salt or low-sodium vegetables or soups
  - Whole-grain pasta, brown rice, and quick-cooking oats

- **Store fresh foods right away to keep them fresh longer.** Use fresh fruits, vegetables, and milk quickly to prevent them from spoiling.
- **Buy fruits and vegetables in season.** Some fruits and vegetables, such as peaches or corn, are cheaper when you buy them in season. Look for sales in the grocery store and your local farmers markets for cheaper choices. Many farmers markets accept SNAP benefits. 💰



Keep ingredients such as seasonings, flour, baking powder, herbs, and oils in your pantry to help you quickly prepare healthy meals.

💰 BUDGET-FRIENDLY TIP

HANDOUT:  
MYPLATE FAMILY MEALS

## ► PREPARE

Do some tasks in advance. Make meals on the weekends when you have more time. Prepare extra and freeze some meals to use later in the week. Find ways to save yourself time during the weekdays when everyone is busier.

- **Look for shortcuts.** Grated, chopped, or pre-washed foods cost more but often save time in the kitchen. Compare prices on these items. Look for sales on easy to prepare foods such as frozen veggies or mixed salads. 💰
- **Prepare a meal that kids and adults will enjoy.** Try not to make a separate meal for each person. If your child likes plain vegetables, meat, rice, or noodles, set some aside before you add other ingredients.
- **Serve no-cook meals.** Make simple meals like salads with canned tuna and beans or cold sandwiches with lean meats and sliced vegetables. Find information about meal planning, shopping, and creating healthy meals at [ChooseMyPlate.gov/budget/index.html](http://ChooseMyPlate.gov/budget/index.html).
- **Cook when you have more time.** On the weekends, make soups, stews, or casseroles. Cook larger amounts of lean ground beef or turkey and use some for chili or spaghetti later in the week. Freeze some of your meals for really hectic days.
- **Look for recipes with fewer ingredients.** Choose recipes with only a few ingredients that can be prepared quickly. Visit [WhatsCooking.fns.usda.gov](http://WhatsCooking.fns.usda.gov) for ideas.
- **Involve kids in family meals.** Let children help with simple tasks like washing fruits, choosing the veggies, setting the table, or measuring foods. On busy weekdays, give everyone a task to help you get dinner on the table.



Farmers markets often carry foods grown locally. Find a local market near you by visiting: [search.ams.usda.gov/farmersmarkets](http://search.ams.usda.gov/farmersmarkets)



November 2014  
Food and Nutrition Service  
*USDA is an equal opportunity provider and employer.*

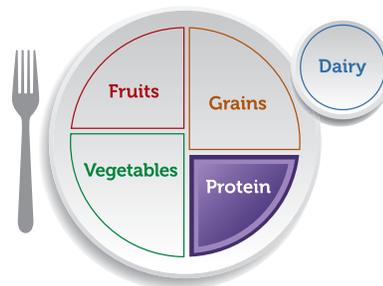
## ▶ LOOK FOR LEAN PROTEIN FOODS

Protein foods include meat, poultry, fish and other seafood, beans, eggs, nuts and seeds. Most of us eat enough protein every day. Eating both animal and plant sources offers variety and can help you stay within your budget. Adults and children who need 2,000 calories daily should eat about 5½ ounces of protein foods each day.

Include protein foods such as:

- **One whole egg** (counts as 1 ounce of protein)

- **½ cup cooked black beans** (counts as 2 ounces of protein)
- **One half of a small chicken breast** (counts as 2 to 3 ounces of protein)



## ▶ TIPS ON CHOOSING LEAN PROTEIN FOODS:

**Trim the extra.** Much of the fat in chicken and turkey is in or under the skin. Remove skin and fat for a leaner meal. Compare prices for lean meats with the fat already trimmed or poultry with the skin removed. 💰

**Add a few nuts to your meal or snack.** Nuts are a good source of protein but can be high in calories. Keep your servings small—1 ounce of almonds is about 20 to 24 nuts. Try peanut butter on apple slices, celery, or 100% whole-grain crackers.

**Fry foods less often.** Bake, broil, or microwave lean beef, pork, chicken, and turkey. You can use a lot less oil by cooking in an oven or microwave. Make protein foods with little or no added fat.

**Try eating seafood at least 2 times per week.** Buy fresh or canned fish, like tuna or salmon, when it's on sale. Canned fish usually costs less. 💰

**Buy choices that fit your budget.** Serve low-cost protein foods like beans, peas, and eggs to save money. Stock up on canned beans and peas when they are on sale. 💰

**Keep your food safe!** Wash your hands, utensils, and cutting boards before and after contact with raw meat, poultry, seafood, and eggs.

---

💰 BUDGET-FRIENDLY TIP

To find the right amount of protein foods for members of your family, visit <http://choosemyplate.gov/supertracker-tools/daily-food-plans.html> or [SuperTracker.usda.gov](http://SuperTracker.usda.gov).



## ▶ MEDITERRANEAN CHICKEN AND WHITE BEAN SALAD

**TOTAL TIME:** 20 minutes

**MAKES:** 4 servings

### INGREDIENTS:

- 1 cup cooked chicken thighs, skinless, diced into ½-inch pieces
- 1 (15.5-ounce) canned white beans, low-sodium, drained
- 1 cucumber, peeled, diced into ½-inch pieces
- ¼ onion, peeled, chopped into ½-inch pieces
- 2 tablespoons vegetable oil
- ¼ cup lemon juice
- 1 tablespoon dried or fresh basil
- ¼ teaspoon salt
- ¼ teaspoon black pepper

### DIRECTIONS:

1. Put everything in the bowl and gently toss.
2. Additional vegetables can be added such as ½ cup of diced bell pepper or ½ cup of celery.
3. Serve right away or cover and refrigerate up to 2 days.



### NUTRIENTS PER SERVING:

Calories 297, Protein 20 g, Dietary Fiber 8 g, Total Fat 11 g, Saturated Fat 2 g, Cholesterol 32 mg, Sodium 546.



For more recipes visit  
[WhatsCooking.fns.usda.gov](http://WhatsCooking.fns.usda.gov).



November 2014  
Food and Nutrition Service  
*USDA is an equal opportunity  
provider and employer.*

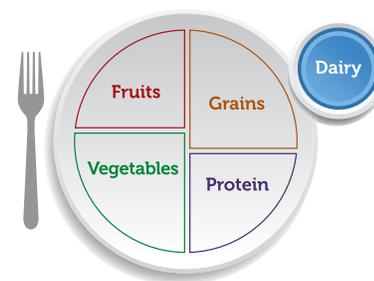
## ▶ GET YOUR DAIRY

Dairy foods offer important nutrition for you and your family. Choose low-fat or fat-free dairy foods to get the calcium and vitamin D your body needs for strong teeth and bones. If you can't drink milk, try calcium-fortified soymilk (soy beverage), low-fat yogurt, cheese, or calcium-enriched foods. Adults and children who need 2,000 calories daily should eat or drink about 3 cups of dairy each day.

Serve different types of dairy such as:

- 1 cup of low-fat milk on cereal (counts as 1 cup of dairy)

- ½ cup of calcium-fortified soymilk with your meal (counts as ½ cup of dairy)
- 1 cup of low-fat plain yogurt (counts as 1 cup of dairy)
- 1 slice (1 ounce) of low-fat cheddar cheese on a sandwich (counts as ½ cup of dairy).



## ▶ TIPS TO GET YOUR DAIRY

**Make the switch to low-fat and fat-free milk.** Some kids and adults may need to make the change from full-fat dairy slowly. First, switch from whole to 2% milk (reduced-fat). Later, change to low-fat (1%) or skim (fat-free) milk.

**Keep dairy food on your shopping list.** Keep a list of dairy foods that your family will eat such as low-fat milk or yogurt. Check online and look at your grocery receipt for coupons to help you save more on dairy foods. 💰

**Use low-fat plain yogurt for toppings and sauces.** Some foods are not part of the dairy food group, like cream, sour cream, cream cheese, and butter. They are high in solid fat and have little or no calcium. Add low-fat or fat-free milk to your coffee

or tea instead of cream. Use low-fat yogurt instead of sour cream for cooking.

**If you have trouble drinking milk, try soymilk (soy beverage).** If you don't or can't drink cow's milk, fortified soymilk is a great choice.

**Add a little cheese to meals and snacks.** Look for lower fat cheeses like part-skim mozzarella, or reduced-fat Swiss or cheddar. Serve low-fat choices with foods like sliced cucumbers, apples, or 100% whole-grain crackers.

**Show kids that dairy is important.** Make a point to eat and drink dairy foods daily. Chocolate milk, flavored yogurt, frozen yogurt, and pudding have calcium but also a lot of added sugar. Serve them on special days and less often.

### 💰 BUDGET-FRIENDLY TIP

To find the right amount of dairy foods for members of your family, visit <http://choosemyplate.gov/supertracker-tools/daily-food-plans.html> or [SuperTracker.usda.gov](http://SuperTracker.usda.gov).



## ▶ **BATIDO SMOOTHIE**

**TOTAL TIME:** 10 minutes

**MAKES:** 4 servings

**INGREDIENTS:**

- 2 cups papaya chunks, fresh or frozen\*
- 2 bananas, overripe and sliced
- 1 cup yogurt, plain low-fat\*\*
- 1 cup ice cubes

**DIRECTIONS:**

1. Put all the ingredients in the blender.
2. Put the lid on tightly. Turn the blender to a medium setting and blend about 1 minute until the ice is chopped and the mixture is smooth.
3. Serve right away, or cover and refrigerate up to 4 hours.

\*Frozen or fresh strawberries, blueberries, or raspberries can be used in addition to or instead of papaya.

\*\*Low-fat milk, soy, rice, almond, or coconut milk can be used instead of yogurt.



**NUTRIENTS PER SERVINGS:**

Calories 118, Protein 4 g, Dietary Fiber 3 g, Total Fat 1 g, Saturated Fat 1 g, Cholesterol 4 mg, Sodium 46 mg.



For more recipes visit  
[WhatsCooking.fns.usda.gov](http://WhatsCooking.fns.usda.gov).



November 2014  
Food and Nutrition Service  
*USDA is an equal opportunity  
provider and employer.*

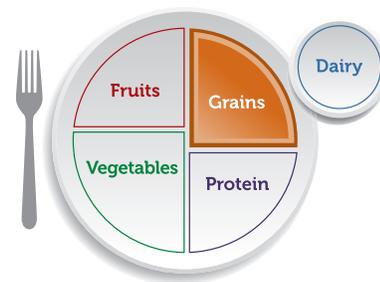
## ▶ MAKE HALF YOUR GRAINS WHOLE GRAINS

The grains group includes breads, cereals, rice, and pasta. All grains are made with some of the grain kernel but whole grains include the entire kernel. When parts of the grain are removed, it is called a refined grain. Enriched grains have nutrients added back in. Both whole grains and enriched grains provide good nutrition. Whole grains often have more fiber, which helps to keep your body regular. Adults and children who need 2,000 calories should eat about 6 ounces of grains each day. Three of those ounces should be whole-grain.

Serve a variety of grains such as:

- **1 cup of 100% whole-wheat flakes** (counts as 1 ounce of whole grains).

- **Two slices of 100% whole-wheat bread in a sandwich** (counts as 2 ounces of whole grains).
- **1 cup of cooked rice** (counts as 2 ounces of grains).
- **One medium corn tortilla** (counts as 1 ounce of grains).



## ▶ TIPS ON EATING WHOLE GRAINS

**Make at least half your grains whole grains.** Use whole-grain bread in sandwiches, mix brown rice with vegetables, and use whole-wheat pasta in dishes like spaghetti.

**Eat whole grains to keep you on track.** Many whole grains provide health benefits, like fiber, which helps to keep the body regular.

**Check the package.** Look on the package and ingredient list for the words “100% whole grain” or “100% whole wheat.” Some grains say “bran” or “100% wheat” and may not contain any whole grain. Brown or dark colors are not a sign that foods are made with whole grains.

**Try whole grains for breakfast!** Choose whole-wheat cereal, oatmeal, or whole-grain waffles.

**What about whole-grain snacks?** Try whole-grain cereals such as shredded wheat or toasted oats. Popcorn is a great snack, when made with little or no butter or salt.

**Give kids whole-grain foods without the extras.** Many grain foods such as cookies, cakes, pies, and donuts have a lot of solid fats and added sugars. Serve these foods less often.

To find the right amount of grains for members of your family, visit <http://choosemyplate.gov/supertracker-tools/daily-food-plans.html> or [SuperTracker.usda.gov](http://SuperTracker.usda.gov).



## ▶ **STIR-FRIED GREEN RICE, EGGS, AND TURKEY HAM**

**COOK TIME:** 1 hour and 20 minutes

**MAKES:** six 1-cup servings

### **INGREDIENTS:**

- 1¾ cups brown rice, long-grain, regular, dry
- ⅓ tsp salt
- ¾ cup frozen chopped spinach, thawed, drained
- 6 large whole eggs, beaten
- 1 tablespoon vegetable oil
- ½ cup extra-lean turkey ham, diced ¼" (2 ounces)
- ¼ cup fresh green onions, diced
- 1 teaspoon sesame or vegetable oil
- 1 teaspoon low-sodium soy sauce

### **DIRECTIONS:**

1. Combine brown rice and 4½ cups water in a large pot and bring to a boil. Turn heat down to low. Cover and cook about 30-40 minutes, until water is absorbed. Fluff with a fork. Add salt to rice. Mix well. Set aside. (A rice cooker may be used with the same quantity of brown rice and water.)
2. Drain water from spinach by squeezing thawed spinach with hands. Set aside.
3. Whisk together eggs and 1 tablespoon of water. Cook half of the eggs in a large nonstick skillet coated with nonstick cooking spray. Remove eggs from skillet to cool. Chop cooled eggs and set aside. Reserve the remaining eggs for step 5.
4. Heat vegetable oil in a wok or a large nonstick skillet over high heat. Add ham and cook for 2 minutes or until ham begins to brown.
5. Reduce heat to medium. Add brown rice and toss to mix. Add remaining eggs. Stir for 5 minutes or until egg is fully cooked. Add green onions, spinach, chopped egg, sesame oil, and soy sauce. Stir well. Cook until thoroughly heated. Serve hot.



### **NUTRIENTS PER SERVING:**

Calories 238, Protein 9 g, Dietary Fiber 3 g, Total Fat 7 g, Saturated Fat 1 g, Cholesterol 74 mg, Sodium 313 mg.

*(Team Nutrition, Recipe for Healthy Kids: Cookbook for Homes)*



For more recipes visit  
[WhatsCooking.fns.usda.gov](http://WhatsCooking.fns.usda.gov).



November 2014  
Food and Nutrition Service  
*USDA is an equal opportunity  
provider and employer.*

## ▶ WATCH YOUR FATS, SUGARS, AND SODIUM

Compare the solid (saturated) fats, added sugars, and sodium (salt) in the foods you eat. Look at the Nutrition Facts label to find foods with lower numbers of each.

### SOLID FATS AND OILS

Some fats are better for you than others. Oils are often better for you than solid fats. Limit solid fats such as butter, lard, stick margarine, and fats on meats and poultry. The key is to eat the right types of fats and oils in the right amounts. Oils that are better for you include:

- Canola oil
- Olive oil
- Safflower oil
- Oils in fish
- Corn oil
- Soybean oil
- Sunflower oil
- Oils in nuts and seeds

### ADDED SUGARS

Sugars add calories and are found in both food and drinks. Foods and drinks with high amounts of added sugars also have a lot of calories but little nutrition.

### SODIUM

Most of us enjoy the taste of salt in our foods. But too much sodium (salt) can lead to health problems like high blood pressure. Look for sodium on packaged foods—many of the packaged foods we eat are high in sodium.

## ▶ TIPS TO LOWER YOUR FATS, SUGARS, AND SODIUM

**Check the Nutrition Facts label.** Look for lower numbers in the items you buy. Pay attention to the amount of fats, sugars, and sodium.

**Cook at home so you know what goes into your food.** Prepare foods with little oil, cut back on solid fats, and choose spices instead of salt. Preparing meals at home can also cost less than eating out. 💰

**Keep an eye on the sugar.** Most of the added sugars we eat come from sodas, sports drinks, cakes, cookies, ice cream, candy, and other sweets. Focus your food dollars on vegetables, fruits, whole-grain foods, low-fat or fat-free dairy, and lean protein foods. 💰

**Add sweetness with fruit.** Top whole-grain cereal with sliced bananas, peaches, raisins, or your favorite fruit.

**Add flavor with spices, herbs, vinegars, or lemon juice.** Cut back on salt in your meals by adding no-salt seasonings, garlic, basil, apple cider vinegar, or lemon juice to your salads, meats, and side dishes. Rinse canned foods like beans or corn to lower the sodium.

**Think twice about some of your favorite foods.** Eat sweets and treats less often. They add extra calories and offer little nutrition.

---

💰 BUDGET-FRIENDLY TIP

**HANDOUT:**  
*HOW MUCH FOOD AND PHYSICAL ACTIVITY?*



## ▶ PAN ROASTED TILAPIA WITH TOMATILLO SALSA

**COOK TIME:** 40 minutes

**MAKES:** four 3- to 4-ounce servings

### INGREDIENTS:

- 1 pound tomatillos
- ½ cup yellow or red onion, finely chopped
- 2 Serrano or other chilies, finely chopped
- 3 garlic cloves, minced
- 3 teaspoons vegetable oil
- ¼ teaspoon salt
- 1 tablespoon fresh lime juice (about ½ lime)
- ¼ chopped fresh cilantro leaves
- 4 tilapia fillets, patted dry with a paper towel (any inexpensive white fish can be used)

### DIRECTIONS:

1. Preheat the oven to 450 °F.

*To make the tomatillo salsa:*

2. To prepare the tomatillos, peel back the husk from the smooth green tomatillo skin. Rinse the tomatillos with warm water and cut into quarters.
3. Place the husked tomatillos, onion, chilies, garlic, and 1 teaspoon oil in the baking pan, stir well and transfer to the oven. Roast about 20 minutes until the tomatillos are soft and dark green. Set aside to cool.
4. Transfer the mixture to the blender; add the salt, lime juice, and cilantro and puree.

*To cook the tilapia:*

5. Place a skillet on the stove over high heat and when it is hot, carefully add 2 teaspoons of oil. Put the tilapia fillets in the pan. Cook about 2–3 minutes on each side, until golden brown on both sides.
6. Transfer the tilapia to the serving plate and top with generous amounts of salsa. Serve right away.



### NUTRIENTS PER SERVING:

Calories 171, Protein 23 g, Dietary Fiber 2 g, Total Fat 6 g, Saturated Fat 1 g, Cholesterol 48 mg, Sodium 195 mg.



For more recipes visit  
[WhatsCooking.fns.usda.gov](http://WhatsCooking.fns.usda.gov).



November 2014  
Food and Nutrition Service  
*USDA is an equal opportunity  
provider and employer.*

## ► FIND AND MAKE HEALTHY FOODS IN A SNAP

Finding low-cost, healthy foods is important for many families. Use your SNAP benefits to stretch your food dollars and create tasty, healthy meals for your family. When you are shopping at the grocery store, use the information on food labels to help you make choices. Make meals at home, where you can control what is in your foods.

### USE FOOD LABELS

- **Read the Nutrition Facts label.** The Nutrition Facts label has a lot of useful information and can help you get the right amount of calories. The Nutrition Facts label includes nutrition information for a 2,000-calorie diet. Some adults and older children need about 2,000 calories a day. Toddlers and young children need to eat less. Inactive adults and older adults may also need fewer calories.
- **The serving size and number of servings are important.** Calories, fat, sugar, and sodium are shown. Look for low amounts of fat, sodium, and sugar, and high amounts of vitamins, minerals, and fiber. If you eat more than the amount on the label, you get more calories, fat, sodium, and other nutrients, too.
- **Look at the ingredients, too.** The first three ingredients usually make up most of the food item. Choose items with sugar, fat, and oils listed at the end of the ingredient list.
- **Check the sodium.** Foods that don't taste salty can be very high in sodium. Watch out for high amounts of sodium in deli meats, pizza, cheese, soups, breads, hot dogs, spaghetti sauce, canned foods, chips, and crackers. Choose low-sodium, no-salt or salt-free soy sauce, salsa, and seasonings as ingredients.

## ► TIPS TO MAKE MEALS AT HOME

**Make a recipe.** Prepare food at home so that you can control what goes into the meal. To find recipes that you can make at home use the What's Cooking? USDA Mixing Bowl at [WhatsCooking.fns.usda.gov](http://WhatsCooking.fns.usda.gov).

**Include foods from each of the five food groups.** Look for recipes that have more than one food group. Adding fruits, vegetables, grains, dairy, and protein foods can help you build a healthy plate. Limit foods with high amounts of solid fats, sugars, and sodium.

**Know the amount.** Use a measuring cup or spoon to measure ingredients in the recipe or the amount of food on your plate. Use recipes that list calories, sodium, and fats.

**Bake, broil, roast, or grill your foods.** Bake meats, roast vegetables, broil fish, and grill poultry instead of frying foods. You can add a lot of flavor by seasoning your foods with your favorite spices and herbs.

If you have questions about SNAP benefits or making healthy meals, ask your nutrition educator, call 1-800-221-5689, or visit the SNAP website <http://www.fns.usda.gov/snap/nutrition-education>.

**HANDOUT:**  
*HOW MUCH FOOD AND PHYSICAL ACTIVITY?*



## ▶ SPANISH FRITTATA

**COOK TIME:** 30 minutes

**MAKES:** four 4-ounce servings

**INGREDIENTS:**

- 1½ pounds (about 2) russet potatoes, scrubbed
- 6 large eggs
- 2 teaspoons vegetable oil
- 1 medium yellow onion, peeled and chopped
- ½ teaspoon salt
- ¼ teaspoon black pepper

**DIRECTIONS:**

1. Preheat the oven to 400 °F.
2. Put the potatoes in a non-stick skillet on the stove and cover with cold water. Turn the heat to medium-high and cook until the potatoes are easily pierced with a knife, about 15 minutes.
3. Drain the potatoes well, remove from the skillet, and set aside to cool. Then peel and cut into 1-inch cubes.
4. Put the eggs, salt, and pepper in a bowl and mix well with a whisk.
5. Return the skillet on the stove and turn the heat to medium-high. Add the oil. Add onion and cook about 5 minutes until soft. Add the cubed potatoes.
6. Pour the egg mixture over the potatoes and onions. Press down with a spatula to make an even layer and shake gently to prevent sticking. Lower to medium heat and cook about 7 minutes.
7. Transfer the skillet to the oven and cook until the frittata is completely set, about 5 minutes.
8. Gently loosen frittata from the pan. Place a serving plate over the skillet and carefully flip the frittata onto the plate.
9. Slice into 4 wedges. Serve warm.



**NUTRIENTS PER SERVING:**

Calories 281, Protein 13 g, Dietary Fiber 5 g, Total Fat 10 g, Saturated Fat 3 g, Cholesterol 317 mg, Sodium 408 mg.



For more recipes visit  
[WhatsCooking.fns.usda.gov](http://WhatsCooking.fns.usda.gov).



November 2014  
Food and Nutrition Service  
*USDA is an equal opportunity  
provider and employer.*

## ▶ FOOD AND PHYSICAL ACTIVITY CHECKLIST



- ❑ Eat foods from each food group each day.
- ❑ Use measuring cups to learn what 1 cup and ½ cup look like.
- ❑ Cut raw vegetables like broccoli and carrots into small sizes. Keep them in clear containers in the refrigerator for quick snacks.
- ❑ Broil, grill, roast, or microwave meat, poultry, or fish instead of frying.
- ❑ Visit a local farmers market to buy fruits and vegetables in season.
- ❑ Pick low-fat or fat-free milk or yogurt (Recommended for persons over 2 years of age).
- ❑ Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and low-fat popcorn more often.
- ❑ Use the Nutrition Facts label to find healthier foods at the grocery store.

- ❑ Play active games like tag or jump rope with children.
- ❑ Walk with the kids to school each day.
- ❑ Take the stairs, not the elevator.
- ❑ Be physically active for at least 2½ hours per week. Take a walk or jog at lunchtime or in the evening.
- ❑ Help kids be physically active at least 60 minutes every day, or most days. They can walk, dance, bike, play ball—it all counts.

Write other ideas here:

---

---

---



## ▶ BRAISED CHICKEN THIGHS WITH SPINACH

**COOK TIME:** 1 hour and 10 minutes

**MAKES:** four 4-ounce servings

### INGREDIENTS:

- 4 (6-ounce) chicken thighs, bone-in, skin removed
- 1 teaspoon oil
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 small onion, peeled, chopped
- 3 garlic cloves, peeled, minced
- ½ teaspoon dried thyme
- ½ teaspoon dried rosemary
- 1 cup water
- 1 10-ounce package frozen or 1 bunch fresh spinach

### DIRECTIONS:

1. Heat skillet over medium-high heat. Add 1 teaspoon oil. Add chicken, top side down. Cook about 8 minutes on each side, or until deeply browned. Remove the chicken to a dinner plate and set aside.
2. Reheat skillet over medium heat. Add the onion, garlic, thyme, and rosemary. Cook about 5 minutes, until the onion is soft and golden. Return the chicken to the pan.
3. Add the water, and cover. Continue cooking for about 30 minutes.
4. Add frozen spinach and cook for about 10 minutes. Or, add the fresh spinach and cook about 2 minutes, until it wilts. Serve right away.



### NUTRIENTS PER SERVING:

Calories 185, Protein 22 g, Dietary Fiber 2 g, Total Fat 8 g, Saturated Fat 2 g, Cholesterol 112 mg, Sodium 423 mg.



For more recipes visit  
[WhatsCooking.fns.usda.gov](http://WhatsCooking.fns.usda.gov).



November 2014  
Food and Nutrition Service  
*USDA is an equal opportunity  
provider and employer.*



## ▶ WHAT COUNTS AS 1 CUP?

Each food shown below counts as 1 cup of fruit or vegetables.

### ▶ FRUITS

Many people need to eat 2 cups from the fruits group each day.\*



1 cup of chopped fruit like fruit cocktail counts as 1 cup



½ cup of dried fruit like raisins counts as 1 cup



1 large banana counts as 1 cup



32 red seedless grapes count as 1 cup



1 cup (8 ounces) of 100% fruit juice counts as 1 cup

### ▶ VEGETABLES

Many people need to eat 2½ cups from the vegetables group each day.\*



2 cups of leafy greens like raw spinach counts as 1 cup



1 large sweet potato counts as 1 cup



12 baby carrots count as 1 cup



1 cup of cooked black beans counts as 1 cup



1 cup of cooked vegetables like green beans counts as 1 cup

\*The amounts are for a person on a 2,000-calorie daily food plan. The amount of fruits and vegetables may vary depending on the age, gender, and physical activity level of each person.

To find the right amount of fruits and vegetables for members of your family, visit <http://choosemyplate.gov/supertracker-tools/daily-food-plans.html> or [SuperTracker.usda.gov](http://SuperTracker.usda.gov).

## ▶ CUBAN SALAD

**TOTAL TIME:** 20 minutes

**MAKES:** four 1-cup servings

### INGREDIENTS:

*For the dressing:*

- 3 tablespoons vegetable oil
- ¼ cup fresh lime juice (1 large or 2 small limes)
- 1 teaspoon of garlic, peeled and minced
- ¼ teaspoon salt
- ¼ teaspoon black pepper

*For the salad:*

- 1 head romaine lettuce, washed, patted dry with paper towels, and torn into bite-size pieces
- 2 large tomatoes, diced
- 1 red onion, finely diced
- 6–8 radishes, thinly sliced

### DIRECTIONS:

*To make the dressing:*

1. Put the oil, lime juice, garlic, salt, and pepper in the small bowl and mix well. Lemon juice can be used instead of lime juice.

*To make the salad:*

2. Put the lettuce, tomatoes, onion, and radishes in the mixing bowl and toss to combine. White onion can be used instead of red onion.
3. Pour the dressing over the lettuce mixture and toss. Serve right away.
4. For protein, add low-sodium canned tuna, sardines, or salmon on top of the salad.



### NUTRIENTS PER SERVING:

Calories 154, Protein 3 g, Dietary Fiber 7 g, Total Fat 11 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 194 mg.



For more recipes visit  
[WhatsCooking.fns.usda.gov](http://WhatsCooking.fns.usda.gov).



November 2014  
Food and Nutrition Service  
*USDA is an equal opportunity  
provider and employer.*

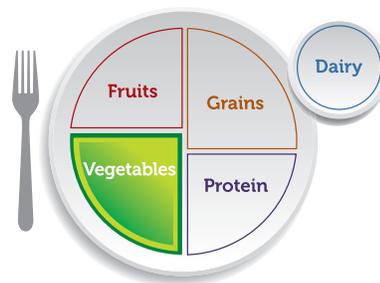
## ► CHOOSE YOUR VEGGIES

Everyone can benefit from eating more vegetables. Vegetables are full of vitamins and minerals. Find ways to add vegetables to most meals and snacks to help your family get the nutrition they need. Serve different types of vegetables like:

- Dark green—broccoli, spinach, and dark-green leafy lettuces
- Red and orange—red peppers and tomatoes; carrots and sweet potatoes
- Others—beans, peas, green beans, cauliflower, zucchini, squash, corn, and green peas

Adults and children who need 2,000 calories daily should eat about 2½ cups of vegetables each day. For 1 day, 2½ cups of vegetables might include:

- **1 cup of cooked green beans** (counts as 1 cup)
- **1 cup of raw spinach** (counts as ½ cup)
- **One medium, baked sweet potato** (counts as 1 cup)



## ► TIPS TO CHOOSE VEGGIES EVERY DAY

**Buy vegetables that can help you save money and time.** Frozen and low-sodium canned vegetables often cost less than fresh and can save time in the kitchen—no washing, slicing, or chopping. 💰

**Choose fresh vegetables when they are in season or grow your own.** When you purchase in season, vegetables are at the peak of flavor and usually cost less. You can also grow your own vegetables such as tomatoes, peas, and squash. If you receive SNAP, you can use your benefits to purchase seeds. 💰

**Set an example for your kids.** Make half your plate vegetables and fruits at meal time. Serve veggies as part of your child's meal. Offer carrot sticks or cucumber slices as a snack.

**Spice up your vegetables with herbs and seasoning.** Cook vegetables like sliced zucchini, carrots, and onions with your favorite herbs or add a store brand seasoning for flavor. Store brand herbs and spices may cost less than name brand choices. 💰

**Serve vegetables in ways that your family will enjoy.** Try a baked sweet potato or roasted squash. Mix broccoli and carrots with brown rice for a side dish. Place slices of tomato and lettuce in sandwiches. Add frozen vegetables to low-sodium soups.

**Keep sliced vegetables in the fridge.** Place sliced bell peppers, cauliflower, carrots, and celery in air-tight containers and store them in your refrigerator. For a quick meal, mix whole-wheat pasta with sliced and steamed bell peppers, carrots, and chickpeas.

💰 BUDGET-FRIENDLY TIP

To find the right amount of vegetables for members of your family, visit <http://choosemyplate.gov/supertracker-tools/daily-food-plans.html> or [SuperTracker.usda.gov](http://SuperTracker.usda.gov).



## ► FISH WITH SPINACH

**COOK TIME:** 30 minutes

**MAKES:** 4 servings

**INGREDIENTS:**

- 3 teaspoons vegetable oil
- 1 pound skinless cod fillets\*
- 1 yellow onion, peeled, chopped
- 2 garlic cloves, peeled, minced
- 2 cups canned tomatoes\*\*, diced, low-sodium
- ½ cup water
- 2 cups spinach, frozen, coarsely chopped
- ¼ cup black olives, pitted, chopped

**DIRECTIONS:**

1. Put the skillet on the stove over high heat. When it is hot, add 1½ teaspoons oil.
2. Add fish. Cook about 5 minutes per side, until deeply browned. Remove the fish to the plate and cover.
3. Reheat the skillet to medium heat. Add the remaining 1½ teaspoons oil, onion, and garlic. Cook about 7 minutes. Add tomatoes and water. Cook about 10 minutes, until the mixture thickens and turns from bright red to an orange color.
4. Return fish to skillet with the tomato mixture. Cover with spinach and sprinkle with olives. Cover skillet. Cook about 2 minutes over low heat until the spinach is steamed. Serve right away.

\*Try this recipe with another white fish, such as tilapia, haddock, or catfish.

\*\*Fresh tomatoes can be used instead of canned.



**NUTRIENTS PER SERVING:**

Calories 196, Protein 25 g, Dietary Fiber 6 g, Total Fat 6 g, Saturated Fat 1 g, Cholesterol 47 mg, Sodium 255 mg



For more recipes visit  
[WhatsCooking.fns.usda.gov](http://WhatsCooking.fns.usda.gov).



November 2014  
Food and Nutrition Service  
*USDA is an equal opportunity  
provider and employer.*

## ▶ KEEP FRUITS HANDY

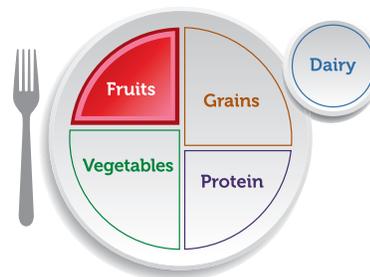
Eat a variety of fruits every day to add vitamins, minerals, and fiber to your meals and snacks. Most fruits are low in fat, sodium, and calories.

Serve different types of fruits like:

- Apples
- Bananas
- Oranges
- Canned peaches or pears packed in 100% juice
- Dried fruits such as raisins, cranberries, or prunes
- 100% orange or grapefruit juice

Adults and children who need 2,000 calories daily should eat about 2 cups of fruit each day. For 1 day, you could eat:

- **½ cup of canned peaches** (counts as ½ cup of fruit).
- **A large banana** (counts as 1 cup of fruit).
- **A small orange** (counts as ½ cup of fruit).



## ▶ TIPS TO KEEP FRUITS HANDY

### **Put different types of fruits on your shopping list.**

Look for fresh, frozen, canned, and dried fruits at the store. Purchasing canned or frozen store brand fruits can save you more. 💰

**Focus on fruit at meal time.** Slice bananas on top of 100% whole-wheat breakfast cereal, place apple slices in a peanut butter sandwich for lunch, or add canned peaches or raisins to a salad at dinner. Younger children can help you pick the fruits for family meals or snacks.

**Buy fruits in season.** While most fruits are in the grocery store all year long, some cost less when they are purchased in season. Use your SNAP benefits to buy fruits at a local farmers market. 💰

**Make fruit easy to see and eat.** Keep a bowl of fruit like apples, oranges, and bananas on the kitchen counter for quick snacks. Fill half your plate with fruits and vegetables during meals.

**Serve 100% juice.** Look at the label to check if a drink is 100% fruit juice. Offer no more than 1 cup per day to children. If kids are still thirsty, serve water or milk. Look for canned fruit packed in 100% juice such as peaches and mandarin oranges.

**Give your kids new fruits to try.** Buy cantaloupes, strawberries, watermelons, grapes, and blueberries when they are on sale. Let your child see you enjoying different kinds of fruits during meals and snacks. 💰

### 💰 BUDGET-FRIENDLY TIP

To find the right amount of fruits for members of your family, visit <http://choosemyplate.gov/supertracker-tools/daily-food-plans.html> or [www.supertracker.usda.gov](http://www.supertracker.usda.gov).



## ▶ FRUIT SALAD WITH YOGURT

**TOTAL TIME:** 25 minutes

**MAKES:** four 1 cup servings

### INGREDIENTS:

- 2 cups sliced strawberries
- 1 cup blueberries, rinsed
- 1 cup pineapple chunks, canned or fresh
- 3 tablespoons of pineapple juice\*
- 2 cups of plain, low-fat yogurt
- 2 tablespoons of sliced or slivered almonds

### DIRECTIONS:

1. Place fruit in a large bowl and mix with pineapple juice. Let stand for 15 minutes at room temperature.
2. Place 1 cup of fruit salad in a small bowl and top with  $\frac{1}{2}$  cup of yogurt.
3. Sprinkle almonds on top of each fruit salad. Serve immediately.

\*Any 100% fruit juice can be used instead of pineapple juice.



### NUTRIENTS PER SERVING:

Calories 172, Protein 8 g, Dietary Fiber 3 g, Total Fat 4 g,  
Saturated Fat 1 g, Cholesterol 7 mg, Sodium 88 mg.



For more recipes visit  
[WhatsCooking.fns.usda.gov](http://WhatsCooking.fns.usda.gov).



November 2014  
Food and Nutrition Service  
*USDA is an equal opportunity  
provider and employer.*

## ▶ BE ACTIVE TODAY

Eating healthier foods is important, but we also need to be physically active. Adults should try to be active most days of the week. Children should try to be active every day. Think about activities you enjoy and find ways to move throughout the day. Some physical activity is better than none at all.

- Adults need to be physically active for at least 2½ hours during the week.
- Kids need at least 60 minutes of physical activity every day.
- Children 2 to 5 years old should play actively throughout the day.

Find ways to be active your way. Adults should do some type of moderate-intensity activity throughout the week. You may need more physical activity to lose or maintain a healthy weight. See below for ideas:

- Walking briskly
- Jogging
- Dancing
- Bicycling
- Gardening

## ▶ TIPS FOR BEING PHYSICALLY ACTIVE

**Start slow.** If you are just getting started, you can start slowly by doing 10 minutes of activity at a time. Add more time and intensity as you get stronger. A local library may offer free videos or you can find videos online to get you started. 💰

**Walking works.** Walk in an area that is comfortable for you like in your neighborhood, at a park, or in the mall. If your child's school is nearby, walk with him or her to school.

**Look for activities in your community.** Check a local community center or place of worship for free or low-cost exercise programs, fitness classes, and activities for you or your kids. Join a group that focuses on being active such as a walking club. 💰

**Move throughout the day.** Take the stairs instead of the elevator. Walk the dog instead of letting the dog outside. Do push-ups and sit-ups as you listen to your favorite song. Park farther away from the store, so you can add steps to your day.

**Build stronger muscles.** Yoga and lifting light weights are good ways to build your muscles. Try doing strength-building activities at least 2 days each week.

**Be active at any age.** Everyone benefits from physical activity. You can play with your toddler in the yard or walk with a grandparent to the bus. Play sports like soccer with other adults in your community or enjoy a game of tag with your kids.

---

### 💰 BUDGET-FRIENDLY TIP

Even if your family is busy, there are many ways to be active. Being more physically active can help you feel better about yourself and give you more energy. Look for friends, family, or members in your community who will support your efforts to move more.

**HANDOUT:**  
*FAMILY TIME—ACTIVE AND FUN!*



## ▶ CHIC' PENNE

**COOK TIME:** 40 minutes

**MAKES:** six 1½-cup servings

### INGREDIENTS:

- 3 cups penne pasta, whole-wheat, dry (12 ounces)
- 1 teaspoon granulated garlic
- 2 cups fresh broccoli florets
- 1 cup cooked diced chicken, ½-inch pieces (4 ounces)
- 1½ cups fat-free half-and-half
- 1 tablespoon enriched all-purpose flour
- ⅛ cup low-sodium chicken broth
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 1 cup reduced-fat cheddar cheese, shredded (2 ounces)

### DIRECTIONS:

1. Preheat oven to 350 °F.
2. In a large pot, bring 2 quarts of water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered for 8-10 minutes or until tender. Do not overcook. Drain well. Toss pasta with ½ teaspoon garlic.
3. Fill a medium pot with water and bring to a boil. Add broccoli florets and cook for 5 minutes. Drain well. Sprinkle with remaining garlic.
4. Transfer pasta and broccoli to a medium casserole dish (about 8" x 11") coated with nonstick cooking spray. Add chicken. Mix well.
5. In a small mixing bowl, mix ½ cup half-and-half with flour. Whisk to remove lumps.
6. In a medium skillet, heat chicken broth, salt, pepper, and remaining half-and-half. Stir constantly. Stir in half-and-half/flour mixture. Stir constantly and bring to a boil.
7. Reduce heat to low. Stir frequently for 5 minutes. Sauce will thicken. Add cheese and stir until cheese melts. Remove from heat. Pour sauce over broccoli/pasta mixture.
8. Cover casserole dish with lid or with foil. Bake at 350 °F for 8 minutes. Remove from oven. Serve hot.



### NUTRIENTS PER SERVING:

Calories 300, Protein 19 g, Dietary Fiber 6 g, Total Fat 6 g, Saturated Fat 2 g, Cholesterol 26 mg, Sodium 418 mg

*(Team Nutrition, Recipe for Healthy Kids: Cookbook for Homes)*



For more recipes visit  
[WhatsCooking.fns.usda.gov](http://WhatsCooking.fns.usda.gov).



November 2014  
Food and Nutrition Service  
*USDA is an equal opportunity  
provider and employer.*