

FREE GROCERIES



Northeast Valley Health Corporation
a californiahealth⁺ center

Food Rx Guide



Local Food Pantries

	Pantry	Address	Phone
Near San Fernando, Pacoima, & Sun Valley Health Centers	MEND Center	10641 N. San Fernando Rd., Pacoima	818-470-1480
	Calvary Baptist of Pacoima (Life Center)	12928 Vaughn St., San Fernando	818-894-1176
	Apostolic Worship Center	12541 Van Nuys Blvd., Pacoima	818-896-3840
	Cornerstone Christian Ministry	11449 Sproule Ave., Pacoima	818-993-2988
	Los Angeles Housing Partnership	12381 Osborne St., Pacoima	213-629-9172
	Valley Crossroads SDA Church	11350 Glenoaks Blvd., Pacoima	818-896-4488
	St. Didacus Church	14325 Astoria St., Sylmar	818-367-6181
	Panorama Baptist Church	8767 Woodman Ave., Arleta	818-894-2281
Near Van Nuys and Canoga Park Health Centers	SOVA	16439 Vanowen St., Van Nuys	818-988-7682
	Rock of the Valley	7722 Kester Ave., Van Nuys	818-781-4156
	St. Bridget of Sweden Church	16711 Gault St. Van Nuys	818-782-7180
	West Valley Food Pantry	5700 Rudnick Ave. Woodland Hills	818-346-5554
	Our Redeemer Outreach	20025 Chase St., Winnetka	818-341-1629
Near Valencia, Newhall, and Santa Clarita Health Centers	Santa Clarita Valley Food Pantry	24133 Railroad Ave., Newhall	661-255-9078
	The Church of Hope	17866 Sierra Hwy. #105 Canyon Country	661-298-5946

Nutrition Prescription:

- ☐ Get free food in your neighborhood
- ☐ Learn how to get extra money to purchase food
- ☐ Learn how to stretch your food dollars
- ☐ Delicious, healthy and easy recipes

Patient name: _____

Date: _____

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Resources

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Refrigerator Thermometers: Cold Facts about Food Safety. fda.gov. <https://www.fda.gov/downloads/Food/FoodborneIllnessContaminants/UCM254400.pdf>. Updated January 2017.

Marcason W. Complete List of Cooking Temperatures. eatright.org. <http://www.eatright.org/resource/homefoodsafety/four-steps/cook/complete-list-of-cooking-temperatures>. Published June 23, 2015.

Vegetable Gardening: Handbook for Beginners. UC Cooperative Extension. <http://celosangeles.ucanr.edu/files/274540.pdf>. Published July 2017.

Build a Healthy Plate. choosemyplate.gov. https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet7BuildaHealthBuilda_0.pdf. Revised October 2016.

<https://www.choosemyplate.gov/>

<http://www.snap4ct.org/>

<https://cachampionsforchange.cdph.ca.gov/en/Pages/default.aspx>

For more information on Food Safety:

Call USDA's Meat and Poultry Hotline at 1-888-674-6854.

Food information is also available 24/7 at www.askkaren.gov.

Recipe for a Healthy You

Activities



Attend a garden workshop

☐

Attend a grocery store tour

☐

Join NEVHC's walking group

☐

Take a nutrition/health education class

☐

Instructions

1. To register and for more information on the activities above, call NEVHC's Health Education Line at (818) 270-9508.
2. Bring this booklet to every activity and have the health educator initial each box when you complete the activity.
3. Receive a free gift from your health educator when 3 of the 4 activities have been added to your recipe.

Receive a free “Gift of Health” when you add 3 exciting activities to your recipe!

Introduction

Welcome to “NEVHC’s FOOD R_x GUIDE”!

Your NEVHC provider has prescribed this nutrition guide to help you and your family access healthy, delicious and affordable food. Using **One Degree**, a trained professional will help you find food in your area. For more information, contact our Community Resource Help Line at 818-979-7400, EXT 42062.

One Degree

You can also find additional community resources near you! Search 1degree.org for thousands of social services in your neighborhood. Create a free account to find, save, and review resources for healthcare, food, jobs, housing and more.



Community Resources

WIC offers families checks to buy healthy food, nutrition and health information, breastfeeding support and referrals to health care and other community resources. Apply by visiting www.wicworks.ca.gov or call 1 -818-361-7541 OR 1-800-313-4942 to see if you qualify.



CalFresh offers monthly benefits that can add to your food budget and be used at many markets and food stores to put healthy and nutritious food on the table. Apply by visiting www.dpssbenefits.lacounty.gov online or call 1-818-701-8200 for more information.



Choose Healthy Recipes

The recipes in this booklet are tasty, healthy, and easy to make. Some of the ingredients are available at your local food pantry. In addition, a three-day meal plan with nutritional information is provided.

To speak with a trained professional who can help you find resources, call NEVHC's **Community Resource Help Line** at 818-979-7400, EXT 42062.

Food Pantry 101

What do all these dates mean? Sell-by, Best if Used By & Use By

Most dates are meant for quality, **NOT** for safety reasons. Here is more information on the different types of dates and what they mean.

Sell-By	Best if Used by (or Before)	Use-By	Expiration
<ul style="list-style-type: none"> Tells the store how long to display the product. Buy products before the "sell-by" dates. 	<ul style="list-style-type: none"> Recommended for best flavor or quality. Not a purchase or safety date. 	<ul style="list-style-type: none"> States the final day product will be at optimal freshness, flavor & texture. Food may still be edible. Date is determined by manufacturer. 	<ul style="list-style-type: none"> Specifies the last date the product should be eaten or used.

Is your food past the sell-by date? Remember this is a quality date not a safety date. Use these guidelines to determine proper usage.*

Product	Days it can be used beyond sell by date
Milk	5 to 7 days
Yogurt	7 to 10 days
Eggs	3 to 5 weeks
Meat and Poultry	Use or freeze by sell-by or use by-date.

* If food has an off odor, flavor, or appearance due to spoilage you should not use it.

3 Day Meal Plan

Day 3	
Breakfast	1 Veggie Scramble Wrap* 1 cup Cantaloupe Beverage: 1 cup 1% milk, 1 cup milk alternative, or coffee 
Lunch	Tuna sandwich: 1 cup Tuna Salad with Pears* 2 slices 100% Whole Wheat Bread 1 slice Low Fat Cheese Beverage: Infused Water 
Dinner	1 Roasted Chicken Breast ½ cup Eggplant Stir Fry* 1 cup Grapes Beverage: 1 cup 1% milk or milk alternative 
Snack	¼ cup Fiesta Hummus with Cucumber & Red Bell Pepper* 
*Recipes included on pages 17-20	

Nutritional Information for Day 3:

Calories: 1446 kcal | Carbohydrate: 203 g | Dietary Fiber: 32 g
Protein: 114 g | Total fat: 24 g | Saturated fat: 9 g | Sodium: 1973 mg

3 Day Meal Plan

Day 2	
Breakfast	1 cup Sweet Potato Hash * 2 scrambled egg whites 1 Tbsp. reduced fat cheddar cheese, shredded for garnish 1 cup Strawberries 1 slice 100% Whole Wheat Bread Beverage: 1 cup 1% milk, 1 cup milk alternative, or coffee 
Lunch	1 ½ cup Kale & Quinoa Salad* Beverage: Infused Water 
Dinner	1 Chicken w/ Garlic & Parsley* ¾ cup Brown rice Side Salad w/ Vinaigrette Dressing Ingredients for dressing: 3 tbsp. vegetable oil 1 tbsp. vinegar ¼ tsp. mustard ¼ tsp. sugar (optional: black pepper, dried herbs to taste) Beverage: 1 cup 1% milk or milk alternative 
Snack	¼ Cup Greek Cucumber Yogurt Dip* ½ Whole Wheat Pita (Cut into Pieces) 
*Recipes included on pages 13-16	

Nutritional Information for Day 2:

Calories: 1591 kcal | Carbohydrate: 194 g | Dietary Fiber: 27 g
 Protein: 79 g | Total fat: 60 g | Saturated fat: 9 g | Sodium: 2186 mg

Food Safety

Follow these tips and techniques in order to keep food safe and prevent foodborne illness:

4 Simple Steps to Food Safety

Wash hands and surfaces often:

- Wash hands with warm water and soap for at least **20** seconds.
- Clean lids of canned goods before opening.



Separate raw meats from other foods:

- Separate raw meats in your shopping cart, grocery bags, and refrigerator.
- Use separate cutting boards - one for fresh produce and one for raw meat, poultry and seafood.



Cook to the right temperature:

- Use a food thermometer to ensure meat is fully cooked.
- Below are cooking temperature guidelines:
 - **145°F** - beef, pork, lamb, veal, fish
 - **160°F** - hamburgers and other ground meat
 - **165°F** - poultry



Refrigerate foods promptly:

- Refrigerate product at **40°F** or below within **2 hours** of purchasing and within 1 hour if the temperature outside is above 90°F.
- Never thaw food at room temperature. Defrost food in the refrigerator, in cold water, or in the microwave.



Fruit & Vegetable Storage




KEEP YOUR FOOD SAFE. Follow these simple steps:

- KEEP fruits and vegetables **away** from raw meat, poultry, and seafood.
- WASH fruits and vegetables in **running water**, including those with peels such as melons.
- “READY TO EAT”, “PREWASHED”, and “PACKED PRODUCE” do not need to be rewashed.

Refrigerator Storage	Countertop Storage
✓ Keep fruits and vegetables in perforated plastic bags.	✓ Store away from direct sun light.
✓ Use separate drawers for fruits and vegetables. This will reduce the ethylene (natural gas released upon ripening) exposure from the fruits on the vegetables.	✓ Reduce moisture loss by placing fruits and vegetables in a paper bag, perforated plastic bag, or ventilated plastic bowl.
✓ For best flavor and freshness use within 1-3 days.	✓ Do not store fruits and vegetables in a sealed plastic bag on the counter. This will slow ripening and may increase off odors and decay.



3 Day Meal Plan


	Day 1: Vegetarian	
Breakfast	1 cup Savory Oatmeal* 1 small apple Beverage: 1 cup 1% milk, 1 cup milk alternative, or coffee	
Lunch	4 Black Bean Lettuce Wraps* ½ small orange Beverage: Water or 1 cup of 1% milk or plain unsweetened milk alternative	
Dinner	1 cup One Pot Pasta with Veggies* Beverage: 1 cup 1% milk or plain unsweetened milk alternative	
Snack	½ small banana 1 oz. (handful) almonds	
*Recipes included on pages 10-12		

Nutritional Information for Day 1:

Calories: 1597kcal | Carbohydrate: 203 g | Dietary Fiber: 51 g
 Protein: 87 g | Total fat: 53 g | Saturated fat: 9 g | Sodium: 1392 mg

Fiesta Hummus

 **Makes 6 servings | Serving size: ¼ cup**

 **Prep time and cook time: 15 minutes**

Ingredients

1 can (15.5 oz.) **garbanzo beans**,
drained and rinsed
½ teaspoon cumin
¼ teaspoon **salt**
1 dash cayenne pepper
1 garlic clove, minced
½ cup plain, low-fat **yogurt**

Optional: **lime juice**, sesame oil,
jalapeño, fresh **cilantro** or **parsley**



Preparation

1. Drain and mash garbanzo beans in blender, food processor or with fork.
2. Add remaining ingredients.
3. Blend until smooth. Serve chilled with red peppers, cucumbers, and low salt or unsalted tortilla chips. Promptly refrigerate leftovers.

Nutritional information per serving:

Calories 80, Carbohydrate 12 g, Dietary Fiber 3 g, Protein 5 g, Total Fat 1.5 g, Saturated Fat 0 g, Sodium 320 mg

Storage for Fresh Fruits & Vegetables

Storage Location	Fruits and Melons	Vegetables	
Store in Refrigerator	apples (> 7 days) apricots Asian pears blackberries blueberries cherries cut fruits figs grapes raspberries strawberries	artichokes asparagus beets Belgian endive broccoli Brussels sprouts cabbage carrots cauliflower celery cut vegetables green beans	green onions herbs (not basil) leafy vegetables leeks lettuce lima beans mushrooms peas radishes spinach sprouts summer squashes sweet corn
Ripen on the counter first, then store in refrigerator	avocados kiwifruit nectarines peaches pears plums plumcots		
Store only at room temperature	apples (< 7 days) bananas grapefruit lemons limes mandarins mangoes oranges papayas persimmons pineapple plantain pomegranates watermelons	basil (in water) cucumbers + dry onions* eggplant+ garlic* ginger jicama peppers+ potatoes* pumpkins sweet potatoes* tomatoes winter squashes	

*Store garlic, onions, potatoes, and sweet potatoes in a well ventilated area in the pantry. Protect potatoes from light to avoid greening.

+ Cucumbers, eggplant and peppers can be kept in the refrigerator for 1 to 3 days if they are used soon after removal from the refrigerator.

Tips to Build a Healthy Plate

1. Make half your plate veggies and fruits

Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.

2. Include whole grains

Aim to make at least half your grains whole grains. Look for words “100% whole grain” or “100% whole wheat” on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

3. Don't forget the dairy

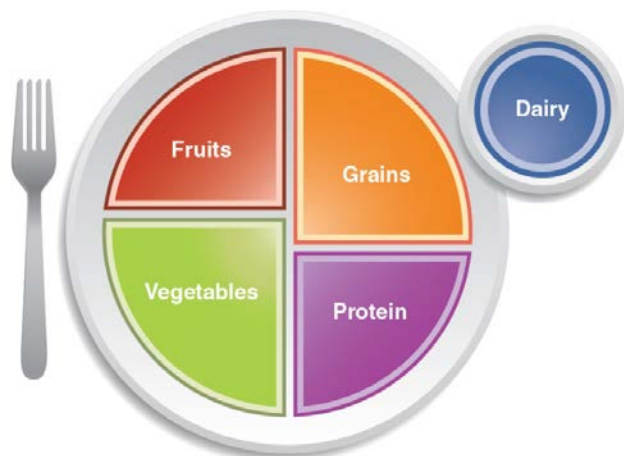
Complete your meal with a cup of fat-free or low-fat milk. You will get the same amount of calcium and other essential nutrients as whole milk but fewer calories. Don't drink milk? Try a soy beverage (soymilk) as your drink or include low-fat yogurt in your meal or snack.

4. Add lean protein

Choose protein foods such as lean beef, pork, chicken, or turkey, and eggs, nuts, beans, or tofu. Twice a week, make seafood the protein on your plate.

5. Avoid extra fat

Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. Try steamed broccoli with a sprinkling of low-fat parmesan cheese or a squeeze of lemon.



ChooseMyPlate.gov

Eggplant Stir Fry

 **Makes 4 servings | Serving size: 1 ½ cups**

 **Prep time and cook time: 5 to 7 minutes**

Ingredients

- 2 **eggplants**, peeled and cubed
- 1 **zucchini**, thinly sliced
- 1 cup **green bell pepper**, cut into strips
- 1 ½ onions, sliced
- 3 tablespoons Italian salad dressing, low fat
- 2 cups **cherry tomatoes**
- 2 cups **brown rice**, cooked



Preparation

1. Place eggplant, zucchini, green bell peppers, onions and salad dressing into a skillet.
2. Stir lightly to combine and cook over low heat until tender.
3. Stir in cherry tomatoes and cook for 3-5 minutes. Serve over cooked brown rice and roasted chicken.

Nutritional information per serving:

Calories 220, Carbohydrate 46 g
Dietary Fiber 10 g, Protein 6 g, Total Fat 2.5 g, Saturated Fat 0 g, Sodium 110 mg



Eggplant is actually a fruit related to tomatoes and hot peppers. It can be purple, green white, or striped. It is a great source of fiber.

Tuna Salad with Pears

 **Makes 2 servings | Serving size: ½ cup**

 **Prep time and cook time: 5 to 7 minutes**

Ingredients

2 tablespoons low-fat **plain yogurt**
 1 tablespoon **lemon** juice
 1 can (3-oz.) **tuna** in water
 1 small **pear**, chopped
 1 stalk of **celery**, finely diced
 1 small **carrot**, grated

Optional: **fresh or dried parsley**,
 chopped **nuts**



Preparation

1. To make the dressing, mix yogurt and lemon juice in a small bowl. For thin dressing, add a tablespoon of water or milk.
2. Drain the liquid from the can and mix tuna with the dry ingredients in a bowl.
3. Toss tuna mixture with dressing. Serve.

***Not feeling pears? Try it with apples it's still a great way to increase your fruit intake.**






Nutritional information per serving:

Calories 130, Carbohydrate 17g,
 Dietary Fiber 4 g, Protein 12 g, Total
 Fat 1.5 g, Saturated Fat 0.5 g
 Sodium 80 mg



Pears are the second most popular fruit in the United States. (Apples are the most popular). There are more than 3,000 varieties of pears worldwide.

What counts as a serving size?

Food Group	Serving Size
 Fruits	1 cup of fruit 1 cup of 100% fruit juice ½ cup dried fruit
 Vegetables	1 cup raw or cooked vegetables or vegetable juice 2 cups of raw leafy greens
 Grains	1 slice of bread 1 cup of cereal ½ cup of cooked rice or cooked pasta
 Protein	1 oz. of meat, poultry, or fish ¼ cup cooked beans 1 egg; 1 tbsp. of peanut butter ½ oz. nuts or seeds
 Dairy	1 cup of milk, yogurt or soy beverage 1 ½ oz. of natural cheese 2 oz. of processed cheese

Hand Guide for Portion Sizes



Fist = 1 cup



Thumb tip = 1 teaspoon



Palm or deck of cards = 3 oz.



Handful = 1 or 2 oz.



Thumb = 1 oz.

Recommended Daily Amounts

Below is the recommended daily amounts children and adults should eat from each food group per day.

CHILDREN

How much should children have of each food group per day?	2 – 3 yrs.	4 – 8 yrs.	9 – 13 yrs.		14 – 18 yrs.	
			Girls	Boys	Girls	Boys
Vegetables (cups)	1	1 ½	2	2 ½	2 ½	3
Fruits (cups)	1	1 to 1 ½	1 ½	1 ½	1 ½	2
Grains (oz.)	3	4	5	6	6	8
Proteins (oz.)	2	4	5	5	5	6 ½
Dairy (cups)	2	2 ½	3	3	3	3

ADULTS

How much should adults have of each food group per day?	19 - 30 yrs.		31 - 50 yrs.		51+ yrs.	
	Women	Men	Women	Men	Women	Men
Vegetables (cups)	2 ½	3	2 ½	3	2	2 ½
Fruits (cups)	2	2	1 ½	2	1 ½	2
Grains (oz.)	6	8	6	7	5	6
Proteins (oz.)	5 ½	6 ½	5	6	5	5 ½
Dairy (cups)	3	3	3	3	3	3

Veggie Scramble Wraps

 **Makes 2 servings | Serving size: 1 wrap**

 **Prep time and cook time: 15 minutes**

Ingredients

Nonstick cooking spray
 ½ cup **onions**, chopped
 ½ cup **broccoli florets**, chopped
 ½ cup **mushrooms**, sliced
 ½ cup **red bell peppers**, chopped
 1 cup egg substitute or **egg whites**
 2 (6-inch) **flour tortillas**
 ¼ cup **low-fat cheddar cheese**, shredded



Preparation

1. Spray a medium skillet with nonstick cooking spray and heat over medium heat.
2. Cook vegetables until tender, about 5 minutes.
3. Add egg substitute or egg whites and stir until thoroughly cooked, about 5 minutes.
4. Warm the tortillas in the microwave for 5 to 10 seconds.
5. Place half of the egg mixture in each tortilla and sprinkle with cheese.
6. Wrap the tortilla around the egg mixture and enjoy.

Nutritional information per serving:

Calories 220, Carbohydrate 25 g, Dietary Fiber 3 g, Protein 22 g, Total Fat 4 g, Saturated Fat 1.5 g, Sodium 590 mg



Take your breakfast on the go. Substitute the egg for tofu to make the dish vegan friendly.

Greek Cucumber Yogurt Dip

 **Makes 6 servings | Serving size: ¼ cup**

 **Prep time and cook time: approx. 15 minutes**

Ingredients

- 1 cup plain nonfat Greek **yogurt**
- 1 large **cucumber**, peeled, seeded, and grated
- 2 tablespoons **lemon** juice, juice from half a lemon
- 1 tablespoon fresh **dill** or 1 teaspoon dried dill
- 1 garlic clove, finely chopped



Preparation

1. Mix yogurt, grated cucumber, lemon juice, dill, and garlic in a serving bowl. Chill for 1 hour.
2. Serve with raw vegetables for dipping, as a spread on sandwiches or on top of fish.

Nutritional information per serving:

Calories 30, Carbohydrate 3g, Dietary Fiber 1g, Protein 4 g, Total Fat 0 g, Saturated Fat 0 g, Sodium 15 mg



Yogurts are great sources of calcium, potassium, protein, and zinc. It also contains probiotic cultures that help keep your gut healthy.

Recipes



*Note: The **green** words within recipe can be found at your local food pantry.*



Look for this icon and learn some fun facts about fruits and vegetables.

Savory Oatmeal

 **Makes 1 serving | Serving size: 1 cup**

 **Prep time and cook time: 20 minutes**

Ingredients

½ cup quick cooking **oats**
½ teaspoon olive oil or canola oil
1 clove garlic, minced
1 cup water
¼ cup **low-fat milk**
½ cup **spinach**, chopped
2 tablespoons Parmesan cheese
1 **egg**
Dash of **salt** and pepper



Preparation

1. Over medium heat, sauté ½ teaspoon oil and garlic.
2. Add half the spinach, stir for 1 minute until cooked.
3. Add oats and water. Turn the heat to high and bring to a gentle boil.
4. Lower the heat, stir in milk, season with salt and pepper to taste. Continue to stir until creamy.
5. Turn off the heat and stir in Parmesan cheese.
6. Cook using your preferred method. Make sure egg and yolk are firm and cooked all the way through. Eggs should not be runny.
7. Add the rest of the spinach to the oatmeal, along with egg, and enjoy.

Nutritional information per serving:

Calories 320, Carbohydrate 33g, Dietary Fiber 4 g, Protein 19 g, Total Fat 13 g, Saturated Fat 3.5 g, Sodium 410 mg



Did you know?
The difference in egg shell color is due to genetics. It does not mean they lack in nutritional value.

Chicken with Garlic & Parsley

 **Makes 4 servings | Serving size: 1 chicken breast**

 **Prep time and cook time: 30-45 minutes**

Ingredients

4 cloves garlic, minced
½ cup fresh **parsley**, chopped
1 teaspoon lemon zest (lemon peel)
4 **chicken breasts**, skin removed
½ cup **low sodium chicken broth**
2 tablespoons fresh **lemon** juice
1 teaspoon ground cumin
1 teaspoon cayenne powder
½ teaspoon **salt**
1 tablespoon olive oil or other oil



Preparation

1. Sprinkle both sides of chicken breasts with salt, cumin and cayenne. Let sit 10-15 minutes.
2. Heat oil in a large nonstick skillet over medium heat.
3. Add chicken breasts to skillet and cook until browned and cooked through about 5-6 minutes per side. Cut chicken is through the thickest part. If juices run clear then it is done. Transfer chicken to plate.
4. Add garlic, parsley, lemon zest, lemon juice, and broth to skillet and cook over medium-high heat until warm, about 1 minute. Spoon topping over chicken and serve.



Parsley is a natural breath freshener. It is a great source of vitamin K.

Nutritional information per serving:

Calories 190, Carbohydrate 3 g, Dietary Fiber 1 g, Protein 28 g, Total Fat 7 g, Saturated Fat 1.5 g, Sodium 370 mg

Kale & Quinoa Salad

 **Makes 6 servings | Serving size: 1 cup**

 **Prep time and cook time: approx. 1 hr. 30**

Salad Ingredients

- $\frac{2}{3}$ cup **dry quinoa** or 2 cups cooked quinoa
- 1 small **butternut squash**, cubed
- 3 large handfuls of **kale**, chopped
- 2 medium **apples**, diced
- 5 **celery stalks**, diced
- $\frac{1}{2}$ cup **walnuts** or any chopped nuts


Salad Dressing Ingredients

- $\frac{1}{4}$ cup olive oil or any vegetable oil
- $\frac{1}{4}$ cup apple cider vinegar
- 1 $\frac{1}{2}$ tablespoon **lemon** juice or $\frac{1}{2}$ of a lemon
- 1 teaspoon cinnamon
- 1 teaspoon **salt**
- $\frac{1}{2}$ teaspoon black pepper



Preparation

- Preheat oven to 425°F. Spread squash out on large baking sheet and drizzle with 2 tablespoons of vegetable oil. Sprinkle with salt and pepper.
- Roast for 35 minutes, toss the squash, and roast for another 15 to 20 minutes, tossing occasionally until squash is softened.
- Cook dry quinoa according to packaging instructions.
- Add to a large mixing bowl with squash, kale, walnuts, apples, and celery.
- Toss with dressing. Serve cold or warm.

 The curly "tail" or seed's germ in quinoa comes out right about the time it is finished cooking.

Nutritional information per serving:

Calories 300, Carbohydrate 35 g
Dietary Fiber 8 g, Protein 8 g, Total Fat 17 g
Saturated Fat 1.5 g, Sodium 440 mg

Black Bean Lettuce Wraps

 **Makes 2 servings | Serving size: 4 small lettuce wraps**

 **Prep time and cook time: 15 minutes**

Ingredients

- 1 $\frac{1}{2}$ cups **black beans**, rinsed and drained
- $\frac{1}{2}$ cup **red bell pepper**, diced
- $\frac{1}{2}$ cup **onion**, diced
- $\frac{1}{2}$ cup **corn**, fresh, frozen, or canned
- 1 tablespoon **cilantro**
- 2 tablespoons **green onions**
- 4 ounces shredded **carrots**, divided (save a few for garnish)
- $\frac{1}{4}$ cup low fat dressing
- 8 leaves of washed **romaine or iceberg lettuce**



Preparation

- Combine black beans, red pepper, onion, corn, cilantro, green onion and carrots. Toss with salad dressing.
- Spoon the black bean salad into lettuce cups. Top with the saved shredded carrots.
- Serve.

Nutritional information per serving:

Calories 320, Carbohydrate 58 g,
Dietary Fiber 15 g, Protein 16 g, Total
Fat 4.5 g, Saturated fat 1 g, Sodium
360mg

One Pot Pasta with Tofu & Veggies

 **Makes 8 servings | Serving size: 1 cup**

 **Prep time: 20 minutes | Cook time: 30 minutes**

Pot Pasta Ingredients

1 package (16 oz.) **whole wheat spaghetti**, halved
1 package (8 oz.) **mushrooms**, sliced
12-16 oz. bag frozen **broccoli**
2 small **zucchini**s cut into quarters
2 cloves garlic, minced
1 teaspoon Italian seasoning
1 teaspoon **salt**
1 teaspoon black pepper
4 cups water
 $\frac{1}{3}$ cup Parmesan cheese, shredded



Tofu Pasta Sauce Ingredients

1 package (8 oz.) of firm or extra firm tofu, drained	1 tablespoon Italian seasoning
2 tablespoons of vegetable oil or olive oil	$\frac{1}{4}$ teaspoon red pepper flakes (optional)
$\frac{1}{2}$ yellow onion, chopped	1 can (14.5-oz.) diced tomatoes
2 cloves garlic, minced	4 ripe or overripe tomatoes (for crushed tomatoes)
$\frac{1}{2}$ teaspoon salt	

Preparation for crushed tomatoes

1. Boil water in medium pot.
2. Cut tomatoes to make an x on bottom. Place in boiling water and let it simmer for about 5- 8 minutes on medium heat.
3. When tomatoes are soft, peel, drain water, and mash them in the pot. Set aside.

Preparation for one pot pasta

4. In a large pot, combine pasta, zucchini, broccoli, mushrooms, garlic, Italian seasoning, salt, pepper, and water.
5. Bring to a boil, then simmer uncovered until pasta is cooked and liquid is reduced (about 8-10 minutes).

Nutritional information per serving:

Calories 340, Carbohydrate 54 g, Dietary Fiber 10 g, Protein 18 g, Total Fat 8 g, Saturated Fat 1.5 g, Sodium 530 mg

Sweet Potato Hash

 **Makes 6 servings | Serving size: 1 cup**

 **Prep time and cook time: 40 minutes**

Ingredients

$\frac{1}{4}$ cup vegetable oil
1 cup **green bell peppers**, onion
1 cup **onion**, chopped
2 pounds **sweet potatoes** (about 2 medium sweet potatoes), peeled, cubed
1 teaspoon cumin
1 teaspoon **salt**
1 teaspoon red pepper flakes



Preparation

1. Heat oil in a large skillet over medium-high heat.
2. Sauté bell peppers and onions until tender, about 5 minutes.
3. Add remaining ingredients and reduce heat to medium.
4. Cook for 20 to 25 minutes, stirring every 2 to 3 minutes. Sweet potatoes may begin to stick to the skillet, but continue to stir gently until they cook through. Serve while hot.

Nutritional information per serving:

Calories 230, Carbohydrate 34 g, Dietary Fiber 6 g, Protein 3 g, Total Fat 9 g, Saturated Fat 0.5 g, Sodium 470 mg



Sweet potatoes are roots that came from South America. They are an excellent source of vitamin A and vitamin C.