



## MANGO OR PEACH BANANA SMOOTHIE

### INGREDIENTS

- \* 2 cups frozen mango or drained can of peaches
- \* 1 cup milk
- \* 1 cup vanilla yogurt
- \* 1 frozen banana

### DIRECTIONS

1. Place the mango or drained canned peaches, frozen banana, milk, and yogurt in a blender.
2. Blend until smooth. Enjoy!

Recipe adapted from: [www.eatsmart.umd.edu/resources/curricula/feeding-healthy-eating](http://www.eatsmart.umd.edu/resources/curricula/feeding-healthy-eating)  
 Photo credit: <https://www.tasteofhome.com/recipes/peach-smoothie/>



## ALMOND STIR FRY

### INGREDIENTS

- \* 3 Tablespoons olive or coconut oil
- \* 1/4 cup almonds
- \* 1 chicken breast
- \* 1 bag coleslaw mix or shredded cabbage
- \* Seasonings as desired

### DIRECTIONS

1. In a frying pan cook the chicken until done (no pink remains)
2. In a large wok or another skillet melt your coconut oil on medium heat, to coat the pan (or use olive oil). Add any seasonings you wish to use along with the almonds.
3. Add in your bag of coleslaw mix or shredded cabbage, and stir to coat it well in with the bacon fat. Stir-fry until the coleslaw is softened and slightly translucent, add cooked chicken. Options: Add cooked beef or shrimp instead of chicken.

Recipe adapted from: <http://therealfoodguide.com>  
 Photo credit: <https://www.lovebakesgoodcakes.com/southern-bacon-fried-cabbage/>



## BEAN DIP TORTILLA ROLL UP

### INGREDIENTS

- \* 1 can refried beans
- \* 1 jar salsa
- \* Shredded cheese
- \* Greens like lettuce or spinach
- \* Whole wheat tortillas

### DIRECTIONS

1. Mix refried beans with salsa and shredded cheese.
2. Spread onto a whole wheat tortilla. This can be served warm by microwaving for one minute.
3. Add lettuce and other taco fixings. Serves 8 to 12 people.

Recipe from: <https://spendsmart.extension.iastate.edu/recipe/easy-bean-dip/>  
 Photo credit: <https://www.bettycrocker.com>



## EGGPLANT PIZZA

### INGREDIENTS

- \* 1 eggplant (medium)
- \* 1 cup pizza sauce or spaghetti sauce)
- \* Olive oil
- \* Italian seasoning
- \* Shredded cheese
- \* Your favorite pizza toppings like pepperoni, cooked sausage, peppers, mushrooms, onions, etc.

### DIRECTIONS

1. Preheat oven to 350° F
2. Wash and remove the stem end of the eggplant and slice into 1/2 inch slices.
3. Coat a baking pan with a thin layer of olive oil and lay the eggplant in the pan in a single layer. Spoon pizza or spaghetti sauce on each slice of eggplant.
4. Bake for 30 minutes in the preheated oven.
5. Add pizza toppings and back for an additional 5-8 minutes or until cheese is melted.

Recipe adapted from: [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov)  
 Photo credit: [Wheat Belly Blog](http://WheatBellyBlog)

## Recipes compiled by UW-Extension FoodWise for Feed My People Food Bank Training



*FoodWise is supported by the USDA Food Stamp Program, UW-Extension, FoodShare Wisconsin, and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, call 1/800-362-3002. An EEO/Affirmative Action employer, UW-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements.*

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## BEAN SALSA

### INGREDIENTS

- \* 1 can kidney beans, drained (15 ounces)
- \* 1 can black beans, drained (15 ounces)
- \* 1 can garbanzo or chickpeas, drained (15 ounces)
- \* 1 can corn, drained (15 ounces)
- \* 1 can crushed tomatoes or a small jar of salsa

### DIRECTIONS

1. Mix kidney beans, black beans, corn and tomatoes in a large bowl. Stir.
2. Serve as a salad or with whole grain crackers or on whole wheat tortillas

Recipe from: <http://www.whatscooking.fns.usda.gov/recipes>  
Photo Credit: [www.bettycrocker.com](http://www.bettycrocker.com)



## CHUNKY CUCUMBER SALSA

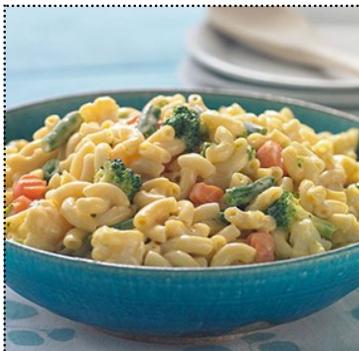
### INGREDIENTS

- \* 3 medium cucumbers, chopped
- \* 1 cup mango, fresh or frozen OR drained canned pineapple OR peaches, cut into chunks
- \* 1 cup corn; fresh, canned or frozen
- \* 1 pepper, chopped
- \* 1 small red onion, chopped
- \* 2 garlic cloves, minced OR 1 1/2 tsp. garlic powder
- \* 2 Tablespoons vinegar
- \* 1 Tablespoon chopped fresh cilantro OR 1 1/2 tsp. dried OR 1 1/2 tsp. dried parsley

### DIRECTIONS

1. In a large bowl, combine all the ingredients. Cover and refrigerate for 2 - 3 hours.
2. Serve with whole grain crackers or eat as a salad.

Recipe from: [www.eauclaire.uwex.edu](http://www.eauclaire.uwex.edu)  
Photo credit: [www.cookingmatters.org/recipes](http://www.cookingmatters.org/recipes)



## PASTA WITH VEGETABLES

### INGREDIENTS

- \* Box of Macaroni and Cheese OR Hamburger Helper
- \* Ingredients needed from the box directions
- \* Bag of frozen mixed veggies (broccoli, carrots and cauliflower for example)

### DIRECTIONS

1. Make Macaroni and Cheese OR Hamburger Helper as directed on the box.
2. During the last five minutes of the pasta boiling add the mixed veggies.

Recipe and photo from: [www.kraft.com](http://www.kraft.com)



## SPRING VEGETABLES AND RICE

### INGREDIENTS

- \* 3 Tablespoons butter
- \* 1 small zucchini, cubed
- \* 1 small summer squash cubed
- \* 1 (4.9-ounce) package RICE-A-RONI®

### DIRECTIONS

1. Melt butter in a skillet for 3 minutes. Add zucchini and yellow squash, and sauté 3 minutes. Remove from skillet; set aside.
2. In same skillet prepare RICE-A-RONI as package directs.
3. Add cooked zucchini and summer squash.

Recipe and photo from: [www.ricearoni.com](http://www.ricearoni.com)

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## EGGPLANT AND ZUCCHINI “SPAGHETTI”



### INGREDIENTS

- \* 1 eggplant
  - \* 1 zucchini
  - \* 2 Tbsp. olive oil
  - \* Pepper, Parsley, basil or garlic powder as desired for taste
  - \* 1 jar spaghetti sauce
  - \* 1/2 – 3/4 cup mozzarella cheese
- Optional: add ground beef or diced chicken for the meatier version!

### DIRECTIONS

1. Slice eggplant and zucchini into 1/2 inch cubes or slightly smaller.
2. Add olive oil to a skillet. Heat on medium heat and place diced eggplant and zucchini in pan. Add herbs and spices as desired. Cook for about 4-5 minutes, stirring often.
3. Add spaghetti sauce and stir. Add shredded mozzarella cheese. Toss and let simmer over low heat for 3-5 minutes, or until cheese melts.

Recipe adapted and photo from: [www.5dollardinner.com](http://www.5dollardinner.com)

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**FOOD BANK**

[www.fmpfoodbank.org](http://www.fmpfoodbank.org)

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