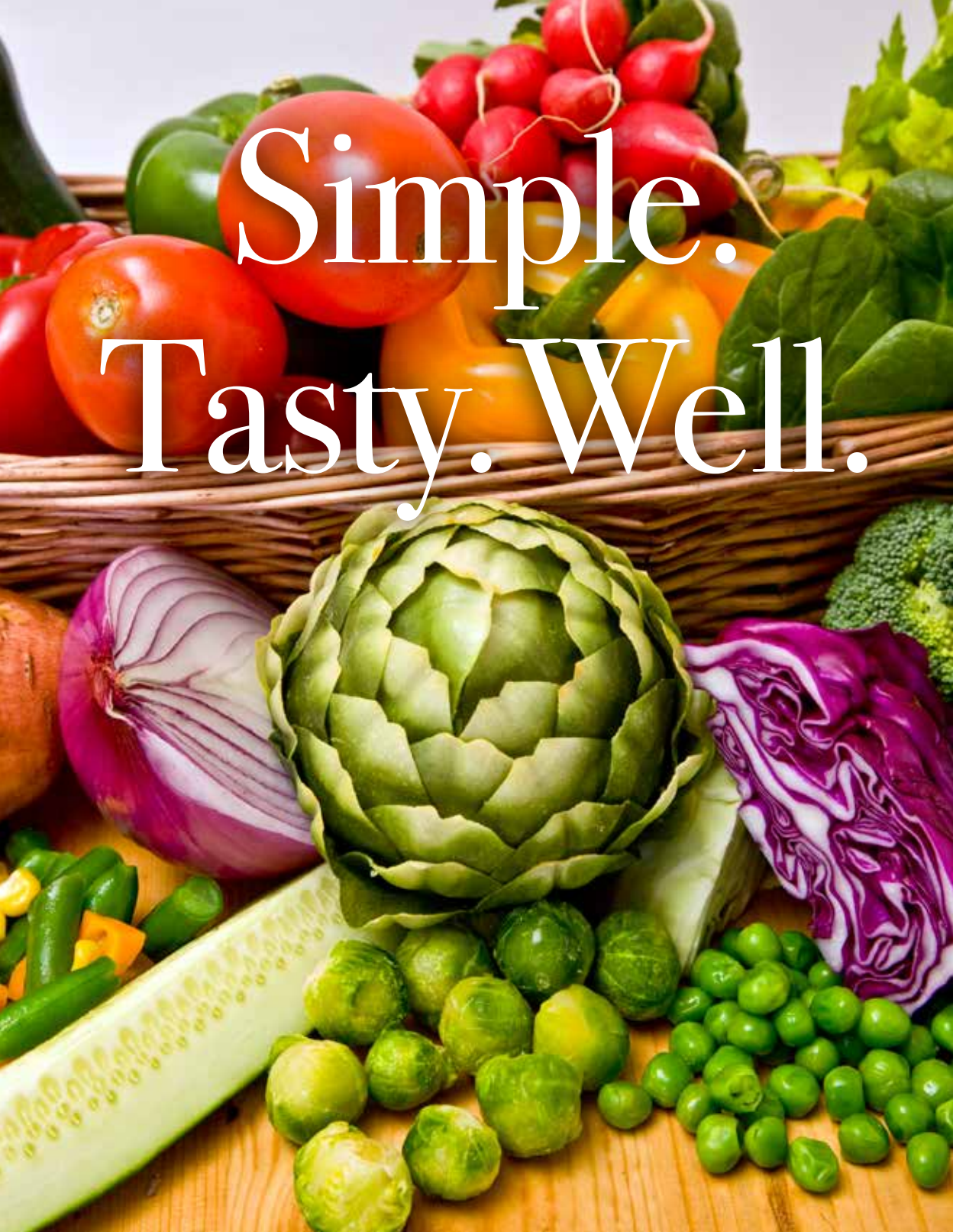

Simple.
Tasty. Well.

Introduction

Welcome to ***Simple. Tasty. Well.*** This cookbook features flavorful, low-cost, and easy-to-prepare recipes that make eating healthy a fun and enjoyable part of your quitting journey.

The recipes celebrate many textures and rich flavors of cultures around the world. While remaining authentic, some of the recipes are healthy twists on traditional dishes while others are brand new recipes to try.

As your tastebuds and sense of smell bounce back after quitting smoking, gather your colorful and delicious ingredients and experience the goodness of ***Simple. Tasty. Well.***



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Side Dishes

"Learn how to cook –
try new recipes, learn from
your mistakes, be fearless
and above all, have fun."

– Julia Child



PICO DE GALLO

Makes 6 servings. ½ cup per serving. | **Prep time:** 20 minutes

INGREDIENTS

- 1 pound ripe tomatoes (about 2 medium tomatoes), chopped
- 1½ cups chopped onion
- ⅓ cup chopped fresh cilantro
- 3 jalapeño peppers, seeds removed and chopped
- 2 tablespoons lime juice
- 2 cloves garlic, finely chopped
- ¼ teaspoon salt

PREPARATION

1. Combine all ingredients in a medium bowl.
2. Serve or cover and refrigerate for up to 3 days.

Nutrition information per serving: Calories 34, Carbohydrate 8 g, Dietary Fiber 2 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 105 mg

Recipe courtesy of *Healthy Latino Recipes Made with Love* from the Network for a Healthy California—Champions for Change.



TOMATILLO SALSA

Makes 4 servings. ½ cup per serving. | **Prep time:** 20 minutes

INGREDIENTS

- 18 medium-size tomatillos (about 2 cups), husks removed, washed, and finely chopped
- ½ cup chopped onion
- ½ cup chopped fresh cilantro
- 1 tablespoon fresh lime juice
- ¼ teaspoon salt
- ¼ teaspoon sugar
- 2 serrano chilies, seeds removed and finely chopped

PREPARATION

1. Combine all ingredients in a medium bowl.
2. Serve or cover and refrigerate for up to 3 days.

Nutrition information per serving: Calories 64, Carbohydrate 13 g, Dietary Fiber 4 g, Protein 2 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 152 mg

Recipe courtesy of *Healthy Latino Recipes Made with Love* from the Network for a Healthy California—Champions for Change.



PEAR MANGO SALSA

Makes 6 servings. ¼ cup per serving. | **Prep time:** 30 minutes

INGREDIENTS

- 2 medium pears, peeled, cored, and cut into small chunks
- ½ mango, peeled, seeded, and cut into small chunks
- ⅓ cup finely chopped yellow bell pepper
- ⅓ cup finely chopped red bell pepper
- ¼ cup finely chopped red onion
- 1 small jalapeño pepper, seeded and finely chopped
- 3 tablespoons finely chopped fresh cilantro
- 2 teaspoons vegetable oil
- lime juice to taste
- salt to taste

PREPARATION

1. Mix all ingredients in a bowl and refrigerate in a covered container for at least 30 minutes or up to 3 hours before serving.
2. Serve with tortilla chips, quesadillas, or grilled or roasted meats or fish.

Nutrition information per serving: Calories 65, Carbohydrate 13 g, Dietary Fiber 3 g, Protein 1 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 100 mg

Recipe courtesy of the California Pear Advisory Board.

CHICKPEA DIP WITH FRESH VEGETABLES



Makes 4 servings. 2 tablespoons per serving.
Prep time: 15 minutes

INGREDIENTS

- 1 (15-ounce) can chickpeas (known as garbanzo beans), drained and rinsed
- 3 cloves garlic
- ¼ cup plain lowfat yogurt
- 1 tablespoon lemon juice
- 1 teaspoon olive oil
- ¼ teaspoon salt
- ¼ teaspoon paprika
- ⅛ teaspoon ground black pepper
- 1 medium carrot, sliced
- 2 medium celery stalks, sliced
- ½ cup snap peas

PREPARATION

1. Put the first eight ingredients into a food processor and blend until smooth. Serve with vegetable slices and snap peas.

Nutrition information per serving: Calories 211, Carbohydrate 34 g, Dietary Fiber 8 g, Protein 11 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 336 mg

Recipe courtesy of *Everyday Healthy Meals* from the Network for a Healthy California—Champions for Change.

SUPER SALAD TOPPERS

Makes 4 servings. 2 cups per serving.
Prep time: 10 minutes

INGREDIENTS

5 cups chopped salad greens (romaine, red or green leaf lettuce, spinach, spring mix, or a combination)

Citrus Splash Mix-In

1 large orange, peeled and cut into sections

1 medium pink or red grapefruit, peeled and cut into sections

½ cup chopped red onion

1 cup thinly sliced radishes

¼ cup sliced almonds

2 tablespoons light sesame dressing

2 tablespoons 100% orange juice

Nutrition information per serving: Calories 136, Carbohydrate 21 g, Dietary Fiber 5 g, Protein 4 g, Total Fat 6 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 112 mg

Savory & Satisfying Mix-In

1 cup canned black beans, drained and rinsed

½ red bell pepper, chopped

1 tomato, chopped

1 cup sweet corn

4 tablespoons lowfat Ranch dressing

Nutrition information per serving: Calories 151, Carbohydrate 27 g, Dietary Fiber 8 g, Protein 6 g, Total Fat 3 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 331 mg



Sweet Sensation Mix-In

1 cup sliced strawberries

1 cup shredded carrots

1 cup sliced apples

½ cup raisins

4 tablespoons lowfat balsamic vinaigrette

Nutrition information per serving: Calories 130, Carbohydrate 28 g, Dietary Fiber 4 g, Protein 2 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 252 mg

PREPARATION

1. Place salad greens in a large bowl.
2. Choose one of the Mix-Ins and combine with the salad greens.
3. Toss all ingredients together and serve immediately.

Recipe courtesy of *Soulful Recipes: Building Healthy Traditions* from the Network for a Healthy California—Champions for Change.



CORN AND GREEN CHILI SALAD

Makes 4 servings. ¾ cup per serving. | **Prep time:** 10 minutes

INGREDIENTS

- 2 cups frozen corn, thawed
- 1 (10-ounce) can diced tomatoes with green chilies, drained
- ½ tablespoon vegetable oil
- 1 tablespoon lime juice
- ⅓ cup sliced green onions
- 2 tablespoons chopped fresh cilantro

PREPARATION

1. Combine all ingredients in a medium bowl; mix well. Serve.

Nutrition information per serving: Calories 94, Carbohydrate 19 g, Dietary Fiber 3 g, Protein 3 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 94 mg

Recipe courtesy of *Healthy Latino Recipes Made with Love* from the Network for a Healthy California—Champions for Change.



APPLE CRANBERRY SALAD TOSS

Makes 8 servings. 1¾ cups per serving. | **Prep time:** 10 minutes

INGREDIENTS

- 1 head of lettuce, chopped, about 10 cups
- 2 medium apples, sliced
- ½ cup chopped walnuts
- 1 cup dried cranberries
- ½ cup sliced green onions
- ¾ cup vinaigrette dressing
- ⅓ cup crumbled goat cheese (optional)

PREPARATION

1. Toss lettuce, apples, walnuts, cranberries, and green onions in a large bowl.
2. Add dressing; toss to coat. Serve immediately.

Nutrition information per serving: Calories 174, Carbohydrate 22 g, Dietary Fiber 3 g, Protein 2 g, Total Fat 10 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 227 mg

Recipe adapted from the United States Department of Agriculture, Food and Nutrition Service, Food Distribution Service.

ZESTY ASIAN CHICKEN SALAD



Makes 4 servings. 1 cup per serving.
Prep time: 20 minutes

INGREDIENTS

- 3 boneless, skinless chicken breasts, cooked and chilled
- 3 green onions, sliced
- 1½ cups small broccoli florets
- 2 medium carrots, peeled and cut into strips
- 1 red bell pepper, cut into strips
- 2 cups shredded cabbage
- ½ cup fat free Asian or sesame salad dressing
- ¼ cup 100% orange juice
- ¼ cup chopped fresh cilantro

PREPARATION

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

Nutrition information per serving: Calories 184, Carbohydrate 13 g, Dietary Fiber 4 g, Protein 22 g, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 55 mg, Sodium 456 mg

Recipe courtesy of *Everyday Healthy Meals* from the Network for a Healthy California—Champions for Change.

SAVORY GREENS

Makes 6 servings. 1 cup per serving.
Prep time: 10 minutes
Cook time: 30 minutes



INGREDIENTS

- 3 cups water
- ¼ pound skinless, smoked turkey breast
- ¼ cup chopped onion
- 1 tablespoon chopped and seeded jalapeño pepper (optional)
- 2 cloves garlic, crushed
- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground cloves
- ½ teaspoon dried thyme
- 1 green onion, chopped
- 1 teaspoon ground ginger
- 2 pounds greens (mixture of mustard greens, collard greens, kale, and turnip greens)

PREPARATION

1. Place all ingredients except greens into a large pot and bring to a boil.
2. Prepare greens by washing thoroughly and removing stems.
3. Tear or slice greens into bite-size pieces.
4. Add greens to turkey stock. Cook 20 to 30 minutes until tender. Serve while hot.

Nutrition information per serving: Calories 69, Carbohydrate 10 g, Dietary Fiber 4 g, Protein 7 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 9 mg, Sodium 267 mg

Recipe adapted from the National Heart, Lung, and Blood Institute.



ZUCCHINI SAUTÉ

Makes 5 servings. 1 cup per serving. | **Prep time:** 10 minutes | **Cook time:** 5 minutes

INGREDIENTS

- 1¼ pounds zucchini (about 3 medium zucchini)
- ½ teaspoon olive oil
- 1 tablespoon dried oregano
- 2 cloves garlic, finely chopped
- 1 teaspoon grated lemon peel
- 1 tablespoon grated Parmesan cheese
- ¼ teaspoon ground black pepper

PREPARATION

1. Cut zucchini in half crosswise, then cut each half into 4 lengthwise sticks.
2. Heat oil in a heavy nonstick skillet over medium-high heat.
3. Add oregano and garlic, and sauté for about 2 minutes.
4. Add zucchini and lemon peel, and sauté for about 3 minutes until zucchini is lightly browned.
5. Mix in Parmesan cheese and pepper. Serve warm.

Nutrition information per serving: Calories 32, Carbohydrate 5 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 31 mg

Recipe courtesy of *Everyday Healthy Meals* from the Network for a Healthy California—Champions for Change.



SWEET POTATO HASH

Makes 6 servings. 1 cup per serving. | **Prep time:** 10 minutes | **Cook time:** 30 minutes

INGREDIENTS

¼ cup vegetable oil

2 cups frozen or fresh chopped bell peppers and onions

2 pounds sweet potatoes (about 2 medium sweet potatoes), peeled and cut into small cubes

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.

Nutrition information per serving: Calories 244, Carbohydrate 38 g, Dietary Fiber 4 g, Protein 3 g, Total Fat 9 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 407 mg

Recipe courtesy of *Soulful Recipes: Building Healthy Traditions* from the Network for a Healthy California—Champions for Change.



OVEN WEDGE FRIES

Makes 4 servings. 1 cup per serving. | **Prep time:** 10 minute | **Cook time:** 15 minutes

INGREDIENTS

nonstick cooking spray

2 large russet potatoes, cut into wedges

SEASONING MIX

2 cloves garlic, finely chopped

1 teaspoon Italian herb seasoning mix

1 teaspoon chili powder and/or paprika

PREPARATION

1. Preheat oven to 400°F.
2. Spray a cookie sheet with nonstick cooking spray. Place potato wedges on the cookie sheet.
3. In a small bowl, combine garlic with seasonings and sprinkle ½ of the mixture over the top of the potato wedges.
4. Bake wedges for about 7 minutes or until they start to brown. Flip wedges over. Sprinkle with the remaining mixture, and bake for another 7 minutes or until the wedges are browned and cooked through. Serve while hot.

Nutrition information per serving: Calories 146, Carbohydrate 33 g, Dietary Fiber 4 g, Protein 4 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 22 mg

Recipe courtesy of *Everyday Healthy Meals* from the Network for a Healthy California—Champions for Change.



KALE CHIPS

Makes 6 servings. | **Prep time:** 10 minutes | **Cook time:** 15 minutes

INGREDIENTS

4 cups bunch kale (or chard, spinach, or collard)

1½ tablespoons olive oil

PREPARATION

1. Preheat oven to 300°F.
2. Line a cookie sheet with parchment paper (optional).
3. Wash and dry kale. With a knife or kitchen scissors, carefully remove the leaves from the thick stems. Tear into bite-size pieces.
4. Place kale pieces on cookie sheet.
5. Drizzle olive oil over kale and then sprinkle with seasonings of choice.
6. Bake 10 to 15 minutes or until kale is crisp and edges are brown but not burned.

Nutrition information per serving: Calories 43, Carbohydrate 1 g, Dietary Fiber 1 g, Protein 0 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 8 mg

Recipe adapted from the California Department of Public Health, CalFresh Healthy Living.

Entrees

"If you really want to make a friend, go to someone's house and eat with him…the people who give you their food give you their heart."

— Cesar Chavez



VEGGIE BEAN WRAP

Makes 4 servings. 1 wrap per serving. | **Prep time:** 15 minutes | **Cook time:** 10 minutes

INGREDIENTS

- 2 green or red bell peppers, seeded and chopped
- 1 onion, peeled and sliced
- 1 (15-ounce) can low-sodium black beans, drained and rinsed
- 2 mangos, chopped
- juice of 1 lime
- ½ cup chopped fresh cilantro
- 1 avocado, peeled and diced
- 4 10-inch, fat-free flour tortillas

PREPARATION

1. In a nonstick pan, sauté bell peppers and onion for 5 minutes over medium heat. Add beans and stir well. Reduce heat to low and simmer about 5 minutes.
2. In a small bowl, combine mangos, lime juice, cilantro, and avocado. Reserve ½ mixture for topping.
3. Fill warmed tortillas with ¼ bean mixture and ¼ mango mixture.
4. Fold ends of the tortillas over. Roll up to make wraps. Top veggie bean wraps with remaining mango mixture. Serve.

Nutrition information per serving: Calories 451, Carbohydrate 82 g, Dietary Fiber 22 g, Protein 16 g, Total Fat 10 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 302 mg

Recipe courtesy of *Healthy Latino Recipes Made with Love* from the Network for a Healthy California—Champions for Change.



HUMMUS & VEGGIE PITA SANDWICH

Makes 2 servings. 1 pita pocket per serving. | **Prep time:** 5 minutes

INGREDIENTS

- ¼ cup hummus
- 1 avocado, peeled, seeded, and chopped
- ½ cucumber, peeled and chopped
- 1 small tomato, chopped
- 2 tablespoons canned, sliced black olives
- 1 whole wheat pita bread

PREPARATION

1. Cut pita bread in half, making two pita pockets.
2. Open one pita pocket and spread 2 tablespoons of hummus inside.
3. Put avocado, cucumber, tomato, and olives inside pita pocket.
4. Repeat with the other pita pocket. Enjoy with a friend!

Nutrition information per serving: Calories 200, Carbohydrate 24 g, Dietary Fiber 8 g, Protein 6 g, Total Fat 14 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 190 mg

Recipe adapted from *Kids...Get Cookin'! Fast and Fun Recipes* from the Network for a Healthy California—Children's Power Play! Campaign.



AVOCADO, LETTUCE, TOMATO, & TURKEY WRAP

Makes 2 servings. ½ wrap per serving. | **Prep time:** 5 minutes

INGREDIENTS

1 cup chopped lettuce, such as romaine
½ cup chopped tomato (1 small tomato)
1 tablespoon light Ranch dressing
½ cup chopped avocado (1 small avocado)
4 slices turkey lunch meat, chopped
1 large (10" burrito size) flour tortilla

PREPARATION

1. Put lettuce, tomatoes, and Ranch dressing in a medium bowl. Stir to combine.
2. Add avocado and turkey. Stir gently.
3. Pour onto tortilla. Wrap like a burrito.
4. Cut wrap in half and share with a friend.

Nutrition information per serving: Calories 220, Carbohydrate 25 g, Dietary Fiber 4 g, Protein 8 g, Total Fat 11 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 10 mg, Sodium 530 mg

Recipe adapted from *Kids...Get Cookin'! Fast and Fun Recipes* from the Network for a Healthy California—Children's Power Play! Campaign.



BLACK BEAN AND CORN PITAS

Makes 4 servings. ½ pita per serving. | **Prep time:** 15 minutes

INGREDIENTS

- 1 (15-ounce) can low-sodium black beans
- 1 cup frozen corn, thawed
- 1 cup fresh or no salt added canned tomatoes
- 1 avocado, chopped
- 1 clove garlic, finely chopped
- 1 teaspoon chopped fresh parsley
- ⅛ teaspoon cayenne pepper or more to taste
- 2 teaspoons lemon juice
- ½ teaspoon chili powder
- 2 medium whole wheat pita pockets
- ⅓ cup shredded part-skim mozzarella cheese

PREPARATION

1. Drain and rinse beans. In a medium bowl, combine beans, corn, tomatoes, avocado, and garlic. Add parsley, cayenne pepper, lemon juice, and chili powder.
2. Cut pita bread in half to form 4 pockets, and spoon equal amounts of filling into each half. Top with cheese and serve.

Nutrition information per serving: Calories 352, Carbohydrate 54 g, Dietary Fiber 17 g, Protein 16 g, Total Fat 10 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 5 mg, Sodium 176 mg

Recipe courtesy of *Everyday Healthy Meals* from the Network for a Healthy California—Champions for Change.



SIMPLE FISH TACOS

Makes 6 servings. 2 tacos per serving. | **Prep time:** 20 minutes | **Cook time:** 5 minutes

INGREDIENTS

- 1 pound cod or white fish fillets, cut into 1-inch pieces
- 1 tablespoon olive oil
- 2 tablespoons lemon juice
- ½ package taco seasoning
- 12 (6-inch) warmed corn tortillas
- 1 cup shredded red cabbage
- 1 cup shredded green cabbage
- 2 cups chopped tomatoes
- ½ cup nonfat sour cream
- taco sauce to taste
- lime wedges for serving (optional)

PREPARATION

1. In a medium bowl, combine fish, olive oil, lemon juice, and seasoning mix; pour into a large skillet.
2. Cook, stirring constantly, over medium-high heat for 4 to 5 minutes or until fish flakes easily when tested with a fork.
3. Fill tortillas with fish mixture.
4. Top with cabbage, tomato, sour cream, and taco sauce. Serve with lime wedge, if desired.

Nutrition information per serving: Calories 239, Carbohydrate 32 g, Dietary Fiber 4 g, Protein 19 g, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 42 mg, Sodium 247 mg

Recipe courtesy of the *Produce for Better Health Foundation*.

TURKEY APPLE SAUSAGE BREAKFAST SANDWICHES

Makes 6 servings. 1 patty per serving.
Prep time: 5 minutes
Cook time: 25 minutes



INGREDIENTS

Turkey Apple Sausage

1 pound ground turkey

1 red delicious apple, peeled, cored, and chopped

2 large cloves garlic, finely chopped and divided into 2 portions

½ teaspoon dried thyme

¼ teaspoon red pepper flakes

1 teaspoon dried sage

¼ teaspoon ground black pepper

⅛ teaspoon ground coriander

nonstick cooking spray

Breakfast Sandwich

2½ cups chopped mushrooms

1½ cups chopped onions

6 whole wheat English muffins

6 slices tomato

PREPARATION

1. In a large bowl, combine turkey, apple, one garlic clove, thyme, red pepper flakes, sage, ground black pepper, and coriander; mix well.
2. Form the turkey mixture into 6 patties.
3. Spray a large skillet with nonstick cooking spray and heat over medium heat.
4. Cook patties until they are cooked through, about 5 to 7 minutes per side. Set aside.
5. Spray the skillet with nonstick cooking spray and sauté the remaining garlic for 3 minutes.
6. Add mushrooms and onions. Sauté until the mushrooms are tender and onions begin to brown, about 5 minutes.
7. Cut each English muffin in half. Place a Turkey Apple Sausage patty, ⅓ cup of mushroom-onion mixture, and a slice of tomato on 6 English muffin halves.
8. Cover each sandwich with the other English muffin half and enjoy!

Nutrition information per serving: Calories 256, Carbohydrate 35 g, Dietary Fiber 6 g, Protein 19 g, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 38 mg, Sodium 459 mg

Recipe courtesy of *the BOND of Color.*

3-CAN CHILI

Makes 4 servings. 1½ cups per serving.
Prep time: 3 minutes
Cook time: 5 minutes



INGREDIENTS

1 (15 ounce) can pinto, kidney, red, or black beans, not drained

1 (15 ounce) can whole kernel corn, drained OR 1 ½ cups frozen corn

1 (15 ounce) can crushed tomatoes, not drained

Chili powder to taste

Hot sauce (optional)

PREPARATION

Collect all the ingredients.

1. Pour the beans with liquid, drained corn, and tomatoes with liquid into a large pot over medium heat. Add a small amount of chili powder, and stir to mix.
2. Continue to stir over medium heat until it reaches a simmer and is thoroughly heated.
3. Taste to determine if you want to add more chili powder.
4. Serve hot (with hot sauce if desired).
5. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.
6. Be creative! Try adding garlic powder; chopped, cooked meat; chopped onion; and/or chopped green or red bell pepper in step #3 of the recipe.

Nutrition information per serving: Calories 180, Carbohydrate 35 g, Dietary Fiber 6 g, Protein 6 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 960 mg

Recipe courtesy of the United States Department of Agriculture, Food and Nutrition Service.

POZOLE

Makes 4 servings. 1½ cups per serving.
Prep time: 15 minutes
Cook time: 2 hours



INGREDIENTS

nonstick cooking spray

1 pound lean pork, cut into small cubes

1½ cups chopped onion

2 cups canned reduced sodium chicken broth, divided

2 (8-ounce) cans no salt added tomato sauce

4 dried ancho chiles, stemmed, seeded, and torn into strips

2 cloves garlic

1 teaspoon ground cumin

1 teaspoon dried oregano

1½ cups canned hominy, drained

Optional Toppings:

shredded cabbage

sliced radishes

chopped onion

dried oregano

PREPARATION

1. Spray a large pot with nonstick cooking spray and place over medium-high heat. Add pork, turning to brown all sides.
2. Add onion and cook for 5 more minutes to brown onion.
3. Put 1 cup broth, tomato sauce, chiles, and garlic in a blender container and cover with a tight fitting lid. Blend until mixture is smooth. Add mixture and remaining cup of broth, cumin, oregano, and hominy to the pot.
4. Bring to a boil; reduce heat and simmer, covered, for 1½ hours or until meat is very tender.
5. Serve hot with cabbage, radishes, onion, and dried oregano, if you like.

Nutrition information per serving: Calories 320, Carbohydrate 37 g, Dietary Fiber 9 g, Protein 30 g, Total Fat 7 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 50 mg, Sodium 550 mg

Recipe courtesy of *Flavors of My Kitchen* from the Network for a Healthy California—Champions for Change.



BAKED CHICKEN

Makes 5 servings. 2.5 ounces per serving. | **Prep time:** 10 minutes | **Cook time:** 1 hour

INGREDIENTS

- 1 pound boneless, skinless chicken
- 1 teaspoon garlic powder
- 1 teaspoon pepper
- 1 teaspoon chopped fresh rosemary
- 1 teaspoon lemon juice
- salt (optional)

PREPARATION

1. Preheat the oven to 350°F.
2. Put the chicken in a baking pan or casserole dish.
3. Sprinkle with garlic powder, pepper, rosemary, and lemon juice.
4. Bake for 1 hour.

Nutrition information per serving: Calories 112, Carbohydrate 1 g, Dietary Fiber 0 g, Protein 21 g, Total Fat 2 g, Saturated Fat 1 g, Cholesterol 56 mg, Sodium 49 mg

Recipe adapted from the United States Department of Agriculture: *What's Cooking?* USDA Mixing Bowl Web site.

OVEN FRIED CHICKEN WITH SUMMER SQUASH

Makes 6 servings. 1 piece of chicken and 1 cup squash per serving.
Prep time: 10 minutes
Cook time: 45 minutes



INGREDIENTS

- 1 cup finely crushed cornflakes
- ¼ teaspoon salt
- ½ teaspoon ground black pepper
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- ½ cup evaporated skim milk
- 1 pound chicken breasts, skin removed and cut into 6 pieces
- nonstick cooking spray
- ½ tablespoon vegetable oil
- 1 clove garlic, finely chopped
- 2 medium zucchinis, cut into short strips
- 3 medium yellow squash, cut into short strips
- 1 teaspoon dried oregano

PREPARATION

1. Place an oven rack in the middle of the oven. Preheat oven to 350˚F.
2. In a small bowl, combine cornflakes, salt, ground black pepper, onion powder, and garlic powder.
3. Place evaporated milk in a separate bowl. Dip chicken pieces in milk and roll in crushed cornflake mixture, lightly coating both sides.
4. Spray a roasting pan with nonstick cooking spray and arrange chicken pieces on the pan in a single layer. Bake for 30 minutes.
5. While the chicken is baking, heat oil in a medium skillet over medium-high heat.
6. Sauté garlic in oil for about 3 minutes. Add zucchini, yellow squash, and oregano; continue to cook until tender, about 5 to 7 minutes.
7. Serve each piece of chicken with 1 cup of zucchini and yellow squash mixture.

Nutrition information per serving: Calories 185, Carbohydrate 17 g, Dietary Fiber 3 g, Protein 21 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 46 mg, Sodium 202 mg

Recipe courtesy of *Soulful Recipes: Building Healthy Traditions* from the Network for a Healthy California—Champions for Change.



TASTY TOSTADAS

Makes 4 servings. 1 tostada per serving. | **Prep time:** 15 minutes

INGREDIENTS

- 2 cups shredded romaine lettuce
- 4 tostada shells
- 2 cups chopped cooked chicken breast
- 1 cup prepared salsa
- ½ cup drained, no salt added canned corn
- ½ cup drained, low sodium canned black beans
- ¼ cup shredded reduced fat Cheddar or Monterey Jack cheese

PREPARATION

1. Place ½ cup shredded romaine lettuce on each tostada shell.
2. Put chicken and salsa in a small bowl and stir.
3. Spoon about ½ cup chicken mixture onto each tostada.
4. Top each tostada with 2 tablespoons corn, 2 tablespoons black beans, and 1 tablespoon cheese. Serve.

Nutrition information per serving: Calories 298, Carbohydrate 25 g, Dietary Fiber 6 g, Protein 28 g, Total Fat 10 g, Saturated Fat 3 g, Trans Fat 0 g, Cholesterol 62 mg, Sodium 514 mg

Recipe adapted from *Kids...Get Cookin'! Fast and Fun Recipes* from the Network for a Healthy California—Children's Power Play! Campaign.

SESAME CHICKEN WITH PEPPERS AND SNOW PEAS

Makes 4 servings. 1¼ cups per serving.
Prep time: 10 minutes
Cook time: 20 minutes



INGREDIENTS

1 tablespoon sesame seeds

nonstick cooking spray

1 pound boneless, skinless chicken breasts, cut into strips

2 cups snow peas, trimmed

1 medium red bell pepper, chopped

1 medium green bell pepper, chopped

3 tablespoons low-sodium soy sauce

2 tablespoons water

1½ teaspoons packed brown sugar

¼ teaspoon ground ginger

2 green onions, sliced

2 cups cooked brown rice

PREPARATION

1. Place sesame seeds in a large nonstick skillet; cook for 2 minutes over medium-high heat until lightly browned. Remove from skillet and set aside.
2. Spray same skillet with nonstick cooking spray. Add chicken; cook and stir for about 10 minutes or until chicken is fully cooked. Add snow peas and bell peppers; stir fry for 3 to 4 minutes more until vegetables are crisp-tender.
3. In a small bowl, combine soy sauce, water, brown sugar, and ginger; add to skillet. Cook for 5 minutes over medium-high heat.
4. Sprinkle with sesame seeds and green onions. Serve ¾ cups of chicken mixture over ½ cup of brown rice.

Nutrition information per serving: Calories 293, Carbohydrate 28 g, Dietary Fiber 5 g, Protein 30 g, Total Fat 6 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 68 mg, Sodium 470 mg

Recipe courtesy of *Everyday Healthy Meals* from the Network for a Healthy California—Champions for Change.

MANGO CHICKEN STIR-FRY

Makes 4 servings. 1½ cups per serving.
Prep time: 15 minutes
Cook time: 15 minutes



INGREDIENTS

- nonstick cooking spray
- 1 pound boneless, skinless chicken breasts, cut into bite-size chunks
- ¼ cup pineapple juice
- 3 tablespoons low-sodium soy sauce
- ¼ teaspoon ground ginger
- 1 red bell pepper, cut into bite-size strips
- 2 mangos, pitted and cut into bite-size strips
- ¼ cup toasted, slivered almonds
- ground black pepper to taste
- 2 cups cooked brown rice

PREPARATION

1. Spray a large wok or skillet with nonstick cooking spray.
2. Sauté chicken over medium-high heat until cooked through, about 10 minutes.
3. In a small bowl, stir together pineapple juice, soy sauce, and ginger. Add sauce and bell pepper to the skillet.
4. Cook and stir for about 5 minutes until peppers are crisp-tender.
5. Add the mango and almonds to the wok or skillet and cook until hot. Season with ground black pepper to taste.
6. Serve each cup of stir-fry over ½ cup of brown rice.

Nutrition information per serving: Calories 387, Carbohydrate 47 g, Dietary Fiber 7 g, Protein 31 g, Total Fat 9 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 68 mg, Sodium 496 mg

Recipe courtesy of *Everyday Healthy Meals* from the Network for a Healthy California—Champions for Change.

ONE POT VEGETARIAN STEW

Makes 8 servings. 1½ cups per serving.
Prep time: 10 minutes
Cook time: 20 minutes



INGREDIENTS

- 2 teaspoons vegetable oil
- 1 medium onion, chopped
- 1 medium green bell pepper, chopped
- 3 cloves garlic, finely chopped
- 1 (14½-ounce) can diced tomatoes
- 2 cups fresh or frozen corn
- 1 (14½-ounce) can low-sodium vegetable broth
- 2 teaspoons chili powder
- 2 teaspoons dried oregano
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (15-ounce) can red beans, drained and rinsed
- 8 tablespoons fat free sour cream (optional)

PREPARATION

1. In a large pot, heat oil over medium heat.
2. Sauté onion, bell pepper, and garlic until tender, about 5 minutes.
3. Add tomatoes, corn, vegetable broth, chili powder, oregano, and beans. Stir well.
4. Cover and simmer until thoroughly heated, about 15 minutes.
5. Spoon into 8 bowls. If desired, top each bowl with one tablespoon of fat free sour cream and serve with whole grain rolls.

Nutrition information per serving: Calories 220, Carbohydrate 42 g, Dietary Fiber 11 g, Protein 11 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 482 mg

Recipe courtesy of *BOND of Color*.

CHICKEN NOODLE SOUP

Makes 6 servings. 2 cups per serving.
Prep time: 20 minutes
Cook time: 2-3 hours



INGREDIENTS

- 3 pounds chicken pieces, skin removed
- 12 cups water (or low sodium chicken broth, optional)
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 onion, chopped
- 1 cup chopped celery
- 3 large carrots, thinly sliced
- ½ cup frozen peas (optional)
- 4 cups wide egg noodles
- ½ teaspoon dried thyme
- ½ teaspoon dried marjoram
- ¼ cup finely chopped fresh parsley

PREPARATION

1. Thaw frozen chicken in refrigerator (about 24 hours), or thaw in microwave just before cooking soup.
2. Place chicken pieces in large kettle. Cover completely with water (or with low sodium chicken broth). Cover, bring to boil, reduce heat, and simmer 2-3 hours.
3. Wash your hands with soap and water. Sanitize counter surfaces. Using hot water and dish detergent, wash any kitchen tools or equipment that contacted raw chicken.
4. Remove cooked chicken pieces from broth with tongs or slotted spoon. Cool 10-15 minutes before separating bones from meat. Break meat into bite-size pieces. Remove any bones from broth.
5. Remove fat from broth by skimming surface with a spoon.
6. Put chicken meat, seasonings, and vegetables into stock.
7. Bring broth to a boil, cover, reduce heat and cook about 15-20 minutes on medium heat until sliced carrots are crispy-tender.
8. Add noodles and boil uncovered for about 6-7 minutes, stirring occasionally to break up any noodles that might stick together.
9. Ladle into soup bowls.
10. Refrigerate or freeze leftovers within 2 hours of cooking. If refrigerated, use within 2 days. When reheating, bring to a boil.

Nutrition information per serving: Calories 276, Carbohydrate 24 g, Dietary Fiber 2 g, Protein 32 g, Total Fat 5 g, Saturated Fat 1 g, Cholesterol 109 mg, Sodium 338 mg

Recipe adapted from *Simply Good Eating Recipe Cards.*

EASY TURKEY SKILLET DINNER

Makes 4 servings. 1 cup per serving.
Prep time: 5 minutes
Cook time: 25 minutes



INGREDIENTS

- nonstick cooking spray
- ¾ pound lean ground turkey
- 1 medium onion, peeled and chopped
- 3 tomatoes, chopped
- 3 tablespoons tomato paste
- 1 teaspoon each dried basil, oregano, and garlic powder
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 medium zucchini, sliced

PREPARATION

1. Spray nonstick cooking spray in a large skillet.
2. Brown turkey and onion over medium heat until turkey is cooked through and onion is soft, about 10 minutes.
3. Add tomatoes, tomato paste, and seasonings. Simmer over medium heat for 10 minutes.
4. Add zucchini and cook for 5 minutes more. Serve while hot.

Nutrition information per serving: Calories 181, Carbohydrate 13 g, Dietary Fiber 4 g, Protein 21 g, Total Fat 6 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 57 mg, Sodium 462 mg

Recipe courtesy of *Everyday Healthy Meals* from the Network for a Healthy California—Champions for Change.

TURKEY CHILI

Makes 12 servings. 1 cup per serving.
Prep time: 10 minutes
Cook time: 30 minutes



INGREDIENTS

- nonstick cooking spray
- 1 pound lean ground turkey
- 1 medium onion, chopped
- 1 green bell pepper, chopped
- 1 (28-ounce) can whole tomatoes
- 2 (14½-ounce) cans kidney or pinto beans, drained and rinsed
- 1 (8-ounce) can tomato sauce
- 1 package chili seasoning
- 1 teaspoon ground black pepper

PREPARATION

1. Spray a large skillet with nonstick cooking spray and heat over medium-high heat.
2. Brown ground turkey until no longer pink; drain excess fat.
3. Add onion and bell pepper and cook for 5 minutes.
4. Add remaining ingredients. Cover and cook for 20 minutes over low to medium heat. Serve while hot.

Nutrition information per serving: Calories 176, Carbohydrate 23 g, Dietary Fiber 6 g, Protein 15 g, Total Fat 3 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 25 mg, Sodium 503 mg

Recipe adapted from the American Cancer Society.

Sweet Treats

"All you need is love.
But a little chocolate now
and then doesn't hurt."

— Charles M. Schulz



FRUIT DIP

Makes 4 servings. ¼ recipe per serving. | **Prep time:** 15 minutes

INGREDIENTS

- 1 (8-ounce) container lowfat vanilla yogurt
- 2 tablespoons 100% orange juice
- 1 tablespoon lime juice
- ½ tablespoon brown sugar
- 2 medium red apples, cored and sliced
- 1 medium pear, cored and sliced
- 1 medium plum, sliced
- 8 large strawberries

PREPARATION

1. In a small bowl, combine yogurt, orange juice, lime juice, and brown sugar; mix well.
2. Serve dip in a bowl on a large plate and surround with fruit.

Nutrition information per serving: Calories 140, Carbohydrate 32 g, Dietary Fiber 4 g, Protein 4 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 40 mg

Recipe courtesy of *Everyday Healthy Meals* from the Network for a Healthy California—Champions for Change.



BERRY GOOD BANANA SPLIT

Makes 1 serving. | **Prep time:** 5 minutes

INGREDIENTS

- 1 small banana, peeled
- ½ cup lowfat vanilla yogurt
- 1 tablespoon lowfat granola
- ½ cup fresh blueberries or other fresh berries

PREPARATION

1. Cut the banana in half lengthwise.
2. Spoon yogurt into a bowl.
3. Place the banana halves on both sides of the yogurt.
4. Top yogurt with granola and berries. Serve.

Nutrition information per serving: Calories 259, Carbohydrate 55 g, Dietary Fiber 5 g, Protein 8 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 6 mg, Sodium 98 mg

Recipe courtesy of *Kids...Get Cookin'! Fast and Fun Recipes* from the Network for a Healthy California—Children's Power Play! Campaign.



FUDGY FRUIT

Makes 4 servings. ½ banana, 2 strawberries per serving. | **Prep time:** 15 minutes
Cook time: 30 seconds

INGREDIENTS

- 2 tablespoons semi-sweet chocolate chips
- 2 large bananas, peeled and cut into quarters
- 8 large strawberries
- ¼ cup chopped unsalted peanuts

PREPARATION

1. Place chocolate chips in a small microwave safe bowl. Heat on high for 10 seconds and stir. Repeat until chocolate is melted, about 30 seconds.
2. Place fruit on a small tray covered with a piece of waxed paper. Use a spoon to drizzle the melted chocolate on top of the fruit.
3. Sprinkle the fruit with chopped nuts.
4. Cover the fruit and place in the refrigerator for 10 minutes or until the chocolate hardens. Serve chilled.

Nutrition information per serving: Calories 151, Carbohydrate 24 g, Dietary Fiber 4 g, Protein 3 g, Total Fat 6 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 2 mg

Recipe courtesy of *Everyday Healthy Meals* from the Network for a Healthy California—Champions for Change.



PEACHY PEANUT BUTTER PITA POCKETS

Makes 4 servings. ½ pita pocket per serving. | **Prep time:** 10 minutes | **Cook time:** 10 seconds

INGREDIENTS

2 medium whole wheat pita pockets
¼ cup reduced fat chunky peanut butter
½ apple, cored and thinly sliced
½ banana, thinly sliced
½ fresh peach, thinly sliced

PREPARATION

1. Cut pitas in half to make 4 pockets and warm in the microwave for about 10 seconds to make them more flexible.
2. Carefully open each pocket and spread a thin layer of peanut butter on the inside walls.
3. Fill with a combination of apple, banana, and peach slices. Serve.

Nutrition information per serving: Calories 180, Carbohydrate 26 g, Dietary Fiber 4 g, Protein 7 g, Total Fat 7 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 217 mg

Recipe courtesy of *Everyday Healthy Meals* from the Network for a Healthy California—Champions for Change.



OVEN FRIED PLANTAINS

Makes 8 servings. 8 slices per serving. | **Prep time:** 5 minutes | **Cook time:** 45 minutes

INGREDIENTS

- nonstick cooking spray
- 4 very ripe medium plantains
- ⅛ teaspoon ground nutmeg
- 4 tablespoons brown sugar

PREPARATION

1. Place an oven rack in the middle of the oven. Preheat oven to 425˚F.
2. Spray cookie sheet well with nonstick cooking spray.
3. Peel and slice each plantain into 16 thin diagonal slices.
4. Sprinkle plantains with nutmeg and brown sugar.
5. Bake until crisp, about 45 minutes. Serve while warm.

Nutrition information per serving: Calories 158, Carbohydrate 42 g, Dietary Fiber 3 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 8 mg

Recipe courtesy of *Soulful Recipes: Building Healthy Traditions* from the Network for a Healthy California—Champions for Change.



PEACH CRUMBLE

Makes 12 servings. ½ cup per serving. | **Prep time:** 5 minutes | **Cook time:** 25 minutes

INGREDIENTS

- nonstick cooking spray
- 4 (15-ounce) cans juice packed peach slices, drained*
- 2 tablespoons cornstarch
- 1 teaspoon vanilla extract
- 1¼ teaspoons ground cinnamon
- ⅔ cup old fashioned oats
- ¼ cup brown sugar
- ⅓ cup flour
- 2½ tablespoons butter

*Canned fruit packed in 100% fruit juice.

PREPARATION

1. Preheat oven to 400°F.
2. Spray a 9-inch deep dish pie pan with nonstick cooking spray and pour peaches in the pan.
3. In a small bowl, stir in cornstarch, vanilla extract, and 1 teaspoon cinnamon; pour the mixture over peaches.
4. In a large bowl, mix the remaining cinnamon, oats, brown sugar, flour, and butter with a fork until crumbly; sprinkle over peaches.
5. Bake for 20 to 25 minutes or until juices are thickened and bubbly, and topping is lightly browned. Serve while hot.

Nutrition information per serving: Calories 139, Carbohydrate 28 g, Dietary Fiber 3 g, Protein 2 g, Total Fat 3 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 6 mg, Sodium 25 mg

Recipe courtesy of *Everyday Healthy Meals* from the Network for a Healthy California—Champions for Change.



NO-BAKE ENERGY BITES

Makes 15 servings. 1 ball per serving. | **Prep time:** 15 minutes

INGREDIENTS

- ¾ cup quick oats
- ¼ cup wheat bran
- ⅓ cup honey
- ¼ cup nut butter (peanut, soy, almond, etc.)
- 1 teaspoon vanilla extract
- 2 tablespoons dried fruit (raisins, dried cranberries, etc.)
- 1 tablespoon slivered almonds (optional)
- 2 tablespoons mini chocolate chips (optional)

PREPARATION

1. Wash hands with soap and water.
2. In a small bowl, mix together oats and wheat bran.
3. In a medium bowl, combine honey, nut butter, and vanilla extract. Stir until mixed well.
4. Add oat mixture to honey mixture.
5. Stir in dried fruit, almonds and chocolate chips, if desired.
6. Spray cooking spray on one hand. Rub hands together.
7. Using a spoon to portion out a small amount, roll mixture into 15 balls and serve.
8. Store leftovers in a sealed container in the refrigerator or freezer.

Nutrition Information per serving: Calories 70, Carbohydrate 11 g, Dietary Fiber 1 g, Protein 2 g, Total Fat 3 g, Saturated Fat 0 g, Sodium 20 mg

Recipe courtesy of *WeCook: Fun with Food and Fitness* (2018). No-Bake Energy Bites.

Drinks

"Happiness is a
tall glass of lemonade
on a hot day."

— unknown



SPARKLING STRAWBERRY LIME MINT WATER

Makes 6 servings. 1 cup per serving. | **Prep time:** 10 minutes

INGREDIENTS

1 liter sparkling water

1 pint strawberries, sliced

2 limes, juiced

¼ cup mint leaves

PREPARATION

1. Put sliced strawberries and mint leaves in a pitcher and crush them until the fruit is broken up and the leaves are bruised. Add the juice of two limes.
2. Add ice to pitcher.
3. Pour sparkling water over ice.
4. Garnish glasses with a lime slice and a strawberry (optional).
5. Chill overnight in the refrigerator for the most flavor, and store in the refrigerator until ready to drink. The fruit will stay fresh in the water for up to 48 hours after being prepared.

Nutrition information per serving: Calories 40, Carbohydrate 11 g, Dietary Fiber 3 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat: 0 g, Cholesterol 0 mg, Sodium 1 mg

Recipe courtesy of the California Department of Public Health, CalFresh Healthy Living.



WATERMELON BASIL WATER

Makes 8 servings. 1 cup per serving. | **Prep time:** 10 minutes

INGREDIENTS

1 cup watermelon, cut into small pieces (1-2 inches)

5 basil leaves

PREPARATION

1. Wash all produce.
2. Collect, slice, and measure all ingredients before starting to prepare the recipe.
3. Add all ingredients plus enough cold water to fill a 2-quart pitcher. Chill overnight in the refrigerator for the most flavor, and store in the refrigerator until ready to drink. The fruit will stay fresh in the water for up to 48 hours after being prepared.
4. After you drink the water, you can eat the fruit or blend it into a smoothie.

Nutrition information per serving: Calories 2, Carbohydrate 1 g, Dietary Fiber 0 g, Protein 0 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg

Recipe courtesy of the California Department of Public Health, CalFresh Healthy Living.



CRANBERRY LIME FIZZ

Makes 5 servings. 1 cup per serving. | **Prep time:** 10 minutes

INGREDIENTS

1 cup 100% cranberry juice

4 cups seltzer water

1 lime

PREPARATION

1. In a large pitcher, mix cranberry juice with seltzer water.
2. Rinse lime and cut in half. Squeeze juice from each half into the pitcher, discarding seeds.
3. Mix well before serving.

Nutrition information per serving: Calories 26, Carbohydrate 7 g, Dietary Fiber 0 g, Protein 0 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 3 mg

Recipe courtesy of the California Department of Public Health, CalFresh Healthy Living.



BANANA BERRY SMOOTHIE

Makes 2 servings. 1⅓ cups per serving. | **Prep time:** 5 minutes

INGREDIENTS

- ½ banana, peeled and sliced
- 1 cup unsweetened frozen berries (strawberries, blueberries, and/or blackberries)
- ½ cup 1% lowfat or fat free milk or soft tofu
- ½ cup 100% orange juice

PREPARATION

1. Place all ingredients in a blender container. Put lid on tightly.
2. Blend until smooth. If mixture is too thick, add ½ cup cold water and blend.
3. Pour into 2 glasses and serve.

Nutrition information per serving: Calories 112, Carbohydrate 26 g, Dietary Fiber 3 g, Protein 3 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 29 mg

Recipe adapted from *BOND of Color.*



MANGO SMOOTHIE

Makes 4 servings. 1 cup per serving. | **Prep time:** 10 minutes

INGREDIENTS

- 1 cup 100% orange juice
- 1 small banana, peeled and sliced
- 2 fresh mangos, peeled and chopped or 2½ cups frozen mango chunks, thawed
- 5 ice cubes

PREPARATION

1. Combine orange juice, banana, and half the mango into a blender container. Blend until smooth.
2. Add remaining mango and ice cubes. Blend until smooth. Serve immediately.

Nutrition information per serving: Calories 120, Carbohydrate 30 g, Dietary Fiber 3 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 4 mg

Recipe adapted from *BOND of Color.*



JICAMA PIÑA BREEZE

Makes 3 servings. 1 cup per serving. | **Prep time:** 10 minutes

INGREDIENTS

- ½ cup canned pineapple chunks, packed in 100% juice, undrained
- ½ cup fresh jicama, peeled and cut into small pieces
- ½ cup fresh, peeled orange slices
- 2 cups 100% orange juice
- ice cubes

PREPARATION

1. Place all ingredients in a blender container.
2. Blend until smooth. Pour into glasses and serve.

Nutrition information per serving: Calories 117, Carbohydrate 28 g, Dietary Fiber 3 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 5 mg

Recipe adapted from *Healthy Latino Recipes Made with Love* from the Network for a Healthy California—Champions for Change.





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