



OUTSIDE



THE BOX

Cookbook

A collection of recipes to use with
your supplemental food box

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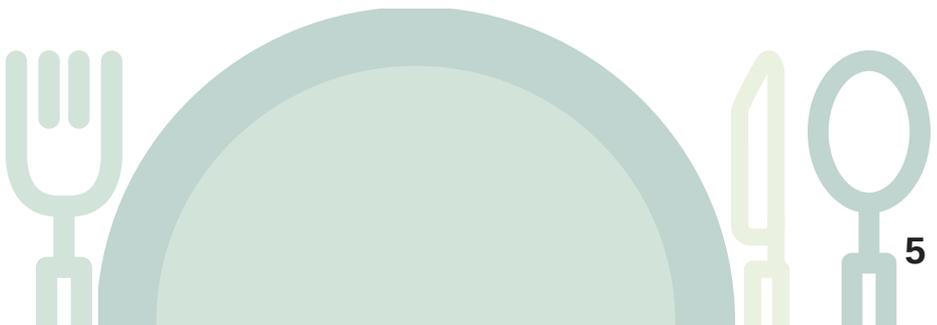
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Introduction

Research suggests that cooking at home has a number of benefits. People who eat home-cooked meals on a regular basis tend to be happier and healthier and consume less sugar and processed foods, which can result in higher energy levels and better mental health.

The recipes found within this cookbook are intended to give recipients of CSFP food boxes new ideas for the USDA commodities they receive each month, encouraging you to think outside the box.

This book was compiled by the Utah CSFP. For more information on Utah CSFP call the Utah Food Bank at 801 887-1224 or visit us on the web at utahfoodbank.org/csf.



Healthy Eating

The Utah Commodity Supplemental Food Program (CSFP) is committed to improving the health of its clients by supplementing their diets with nutritious USDA Foods.

MyPlate is the USDA's food guide for healthy eating. Every food item included in the CSFP monthly food box falls into one of its five recommended food groups.

MyPlate is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future. This means:



- Focus on variety, amount, and nutrition.
- Choose foods and beverages with less saturated fat, sodium, and added sugars.
- Start with small changes to build healthier eating styles.
- Support healthy eating for everyone.



Cooking for One

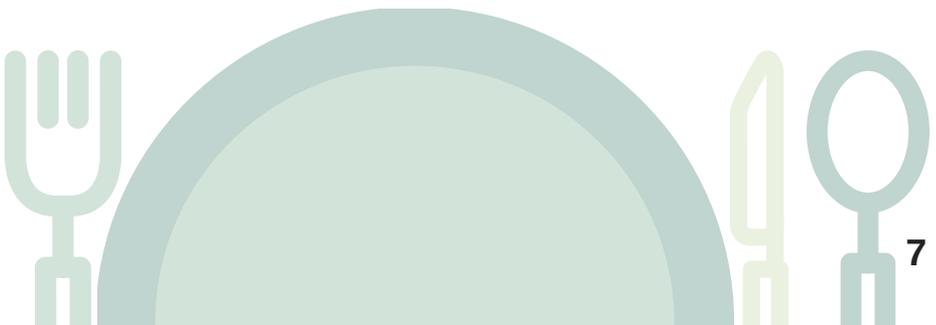
At times cooking only for yourself can seem like a waste of time and energy. But your health is important and cooking for yourself is both empowering and can lead to a healthier lifestyle.

Learn how to make cooking for yourself worth it and empower yourself by taking control of your hobbies and nutrition. Here are some options to get you started.

1. Make cooking a hobby. Collect recipes or make your own.
2. Make a menu for the week and include left-overs.
3. Check out cookbooks from the library geared to smaller portions.
4. Prepare meals when you have the most energy.
5. Use a slow cooker or microwave to save time.

6. Exchange frozen left-overs with friends.
7. Try mini meals and snacks so you won't need to create a full meal.
8. Reduce the portion size of recipes. You don't have to give up on your favorite dishes because they make more food than you can eat.

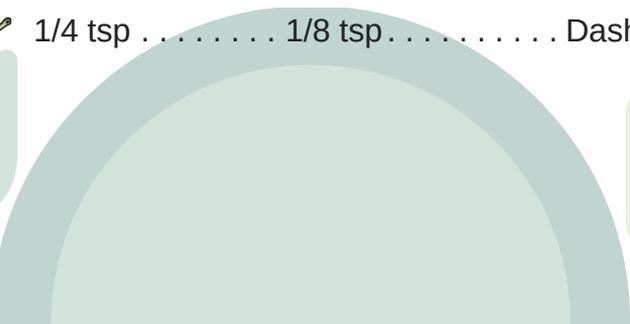
The best part of cooking for one is you don't have to please anyone but yourself.



Cutting a Recipe in Half and Third

Use the following kitchen conversion chart to cut a favorite recipe in half or third.

Recipe Calls for...	Cut in Half	Cut in Third
 1 Cup	1/2 Cup	1/3 Cup
 3/4 Cup	6 Tbsp.	1/4 Cup
 2/3 Cup	1/3 Cup	3 Tbsp, 1 1/2 tsp
 1/2 Cup	1/4 Cup	2 Tbsp, 2 tsp
 1/3 Cup	2 Tbsp, 2 tsp	1 Tbsp, 1 1/4 tsp
 1/4 Cup	2 Tbsp.	1 Tbsp, 1 tsp
 1 Tbsp	1 1/2 tsp	1 tsp
 1 tsp	1/2 tsp	1/4 tsp
 1/2 tsp	1/4 tsp	1/8 tsp
 1/4 tsp	1/8 tsp	Dash



Preparing Dry Beans

CSFP dry beans such as great northern, kidney, and pinto are an excellent source of fiber and protein. Once drained, prepared beans can be stored in the freezer for up to six months. So why not prepare a lot once to use later? Store two cups of cooled beans in a labeled and dated freezer-safe zipper bag in the freezer. When ready to use, thaw in the fridge or a large bowl of warm water.

Overnight Soak Method

Note: Make sure you use a large enough pot since beans expand to double or triple their size when soaked and cooked.

1. Place beans in a pot and cover with water at least 3 inches above the beans.
2. Soak overnight. Drain the soaked beans; rinse with clean water and drain again.
3. Add 3 cups clean water for every 1 cup of dry beans.
4. Bring to a boil, turn the heat down to low, and cook slowly until tender—about 2 hours.
5. Drain the water. The beans are now ready to use in recipes that call for cooked or canned beans.

Tip: For recipes with a long cooking time, like soups or baked beans, you can use the drained beans once they have soaked overnight, then follow directions in the recipe.

Quick Soak Method

1. Place beans in a pot and cover with water at least 3 inches above the beans.
2. Bring to boil and boil for 2 minutes.
3. Turn off the heat, cover, and let the beans soak in the water for an hour.
4. Drain the water. The beans are now ready to use in recipes that call for cooked or canned beans.

Save More at the Store

The smartest shoppers know that saving money is more than luck. When shopping for groceries, it's about having a game plan and making smart decisions about what to put in your cart.

1. **Ask for advice.** Ask friends and family where they shop and find their best bargains!
2. **Eat before you shop.** Grocery shopping hungry can lead to impulse buying and unhealthy food choices.
3. **Read the sales flyer.** Sales flyers are usually released mid-week and can be found at the store's entrance, in the newspaper, or on their website.
4. **Use coupons** – but only for items that you know you'll use. If you don't need an item right away, save the coupon and see if it goes on sale.
5. **Look up and down for savings.** Stores often stock the priciest items at eye level. You can save big by looking at the upper and lower shelves too.
6. **Check for store brands.** Most stores offer their own brand of products that often cost less than name brands.
7. **Grab from the back.** Stores typically stock shelves from back to front, placing the newest items behind the older ones. Reach in the back for the freshest items.
8. **Ask for a rain check.** If a sale item has run out, ask the store for a rain check. This allows you to pay the sale price after the item is restocked.
9. **Join your store's loyalty program.** Most stores offer a free loyalty program. Get special offers and discounts that non-members do not.
10. **Think outside the store.** Farmers markets and farm stands can be great options for picking up fresh produce at a discount.

Herbs and Spices

Salt is a seasoning that we all love to use in our food. It makes our food taste great! However, using too much salt can be harmful for our bodies by causing increased risk of blood pressure which increases the risk of heart disease and heart failure, stroke, and kidney damage. Here are a few ideas on what herbs and spices go well with what foods.

Foods	Seasoning to Use
Pasta	Basil, oregano, parsley, pepper, Italian seasoning blend
Beef	Bay leaves, marjoram, nutmeg, onion, pepper, sage, thyme
Lamb	Curry powder, garlic, rosemary, mint
Pork	Garlic, onion, sage, pepper, oregano
Chicken/Poultry	Ginger, marjoram, oregano, paprika, poultry seasoning, rosemary, sage, tarragon, thyme
Fish	Curry powder, dill, dry mustard, marjoram, paprika, pepper
Carrots	Cinnamon, cloves, dill, ginger, marjoram, nutmeg, rosemary, sage
Corn	Cumin, curry powder, onion, paprika, parsley
Green beans	Dill, curry powder, onion, paprika, parsley
Potatoes	Dill, garlic, onion, paprika, parsley, sage, cayenne pepper
Summer Squash	Cloves, curry powder, marjoram, nutmeg, rosemary, sage
Tomatoes	Basil, bay leaves, dill, marjoram, onion, oregano, parsley, pepper

USDA Foods Index

Each recipe included in this cookbook includes one or more USDA food item included in the monthly CSFP food box. Below is the page number for each recipe including each food item.

Apple Juice

- 18 Fizzy Fruit Juice
- 19 Fruit Punch

Applesauce

- 82 Applesauce Cookies
- 83 Banana Berry Muffins

Apricot Halves

- 87 Peach Smoothie Pops

Beans, Green

- 29 Chicken Rice Soup
- 38 Spring Vegetable Soup
- 46 Green Bean and Tuna Salad
- 50 Vegetable Salad
- 51 Yummy Green Beans
- 62 Pasta Primavera
- 71 Fried Rice
- 73 Italian Style Vegetables
- 78 Vegetable Medley

Beans, Great Northern

- 21 Peanut Butter Hummus
- 33 Great Northern Bean Soup

Beans, Kidney

- 40 Two Bean Chili
- 41 Vegetable-Beef Soup
- 45 Corn and Bean Medley
- 49 Summer Kidney Bean Salad
- 56 Bean and Rice Burritos

Beans, Pinto

- 22 Pinto Bean Hummus
- 76 Spanish Macaroni

Beans, Vegetarian

- 40 Two Bean Chili

Beef

- 34 Hearty Lasagna Soup
- 41 Vegetable-Beef Soup
- 55 Barbecue Sloppy Joes
- 64 South of the Border Beef and Veggies

Beef Chili without Beans

- 57 Cheesy Beef and Macaroni

Beef Stew

- 26 Beef Stew and Rice
- 32 Farina Dumplings and Stew

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Carrots

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- 30 Cream of Carrot Soup
- 38 Spring Vegetable Soup
- 41 Vegetable-Beef Soup
- 50 Vegetable Salad
- 59 Chicken with Vegetables and Rice
- 62 Pasta Primavera
- 71 Fried Rice
- 75 Rainbow Rice
- 78 Vegetable Medley

Cereal, Rice Crisp

- 90 Peanut Butter Rice Treats

Cheese, American

- 34 Hearty Lasagna Soup
- 36 Potato Corn Chowder
- 51 Yummy Green Beans
- 54 Baked Chicken Rice Casserole
- 55 Barbecue Sloppy Joes
- 57 Cheesy Beef and Macaroni
- 60 Easy Chicken Spaghetti
- 61 One-Pot Tuna Mac
- 64 South of the Border Beef and Veggies
- 67 Tuna Bake
- 68 Vegetable Noodles
- 70 California Potato Medley
- 74 Macaroni and Cheese
- 78 Vegetable Medley
- 79 Vegetarian Stuffed Peppers

Chicken, Canned

- 40 Two Bean Chili
- 41 Vegetable-Beef Soup
- 45 Corn and Bean Medley
- 49 Summer Kidney Bean Salad
- 56 Bean and Rice Burittos

Corn, Whole Kernel

- 36 Potato Corn Chowder
- 37 Salmon Chowder
- 41 Vegetable-Beef Soup
- 44 Chicken Pasta Salad
- 45 Corn and Bean Medley
- 47 Picnic Pasta Salad
- 49 Summer Kidney Bean Salad
- 50 Vegetable Salad
- 62 Pasta Primavera
- 64 South of the Border Beef and Veggies
- 66 Spring Chicken
- 70 California Potato Medley
- 73 Italian Style Vegetables
- 75 Rainbow Rice
- 78 Vegetable Medley
- 79 Vegetarian Stuffed Peppers

CranApple Juice

- 18 Fizzy Fruit Juice

Farina

- 32 Farina Dumplings and Stew

Grape Juice

- 18 Fizzy Fruit Juice
- 19 Fruit Punch

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- 30 Cream of Carrot Soup
- 31 Creamy Tomato Soup
- 32 Farina Dumplings and Stew
- 51 Yummy Green Beans
- 57 Cheesy Beef and Macaroni
- 58 Cheesy Chicken, Broccoli, and Rice Bake
- 60 Easy Chicken Spaghetti
- 61 One-Pot Tuna Mac
- 74 Macaroni and Cheese
- 85 No Bake Oatmeal Peanut Butter Cookies

Milk, Instant

- 20 Orange Dream Creamsicle Smoothie
- 38 Spring Vegetable Soup
- 39 Tomato Basil Soup
- 54 Baked Chicken Rice Casserole
- 79 Vegetarian Stuffed Peppers
- 84 Easy Rice Pudding
- 87 Peach Smoothie Pops
- 88 Peanut Butter Balls

Mixed Fruit

- 23 Southwest Fruit Salsa

Oats, Rolled

- 82 Applesauce Cookies
- 83 Banana Berry Muffins
- 85 No Bake Oatmeal Peanut Butter Cookies
- 86 Peach Crisp

Orange Juice

- 18 Fizzy Fruit Juice
- 19 Fruit Punch
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Pasta, Macaroni

- 28 Chicken Noodle Soup
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- 47 Picnic Pasta Salad
- 48 Sea Breeze Salad
- 57 Cheesy Beef and Macaroni
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- 63 Salmon Casserole
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- 67 Tuna Bake
- 74 Macaroni and Cheese
- 76 Spanish Macaroni

Pasta, Rotini

- 28 Chicken Noodle Soup
- 34 Hearty Lasagna Soup

Pasta, Spaghetti

- 60 Easy Chicken Spaghetti
- 65 Spaghetti Bake
- 68 Vegetable Noodles

Peaches

- 86 Peach Crisp
- 87 Peach Smoothie Pops

USDA Foods Index

Peanut Butter

- 21 Peanut Butter Hummus
- 85 No Bake Oatmeal Peanut Butter Cookies
- 88 Peanut Butter Balls
- 89 Peanut Butter Cookies
- 90 Peanut Butter Rice Treats

Pears

- 87 Peach Smoothie Pops

Peas

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- 59 Chicken with Vegetables and Rice
- 61 One-Pot Tuna Mac
- 63 Salmon Casserole
- 64 South of the Border Beef and Veggies
- 71 Fried Rice
- 75 Rainbow Rice
- 78 Vegetable Medley

Plums

- 87 Peach Smoothie Pops

Potatoes, Sliced

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- 36 Potato Corn Chowder
- 37 Salmon Chowder
- 38 Spring Vegetable Soup
- 70 California Potato Medley
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- 26 Beef Stew and Rice
- 29 Chicken Rice Soup
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- 35 Lemon Chicken Soup
- 51 Yummy Green Beans
- 54 Baked Chicken Rice Casserole
- 56 Bean and Rice Burittos
- 58 Cheesy Chicken, Broccoli, and Rice Bake
- 59 Chicken with Vegetables and Rice
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- 71 Fried Rice
- 72 Green Bean and Rice Casserole
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- 77 Spanish-Style Rice
- 79 Vegetarian Stuffed Peppers
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Spinach

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Tomato Juice

- 31 Creamy Tomato Soup
- 40 Two Bean Chili
- 77 Spanish-Style Rice

Tomatoes, Diced

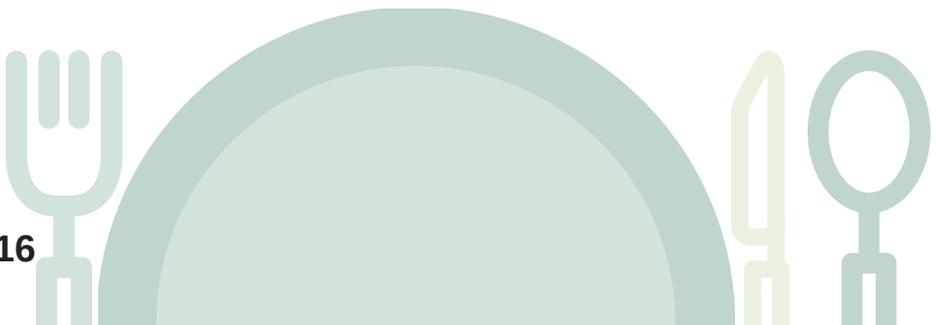
- 27 Chicken and Vegetable Soup
- 33 Great Northern Bean Soup
- 34 Hearty Lasagna Soup
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- 73 Italian Style Vegetables
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- 79 Vegetarian Stuffed Peppers

Tuna, Chunk

- 46 Green Bean and Tuna Salad
- 48 Sea Breeze Salad
- 61 One-Pot Tuna Mac
- 67 Tuna Bake

Vegetables, Mixed

- 27 Chicken and Vegetable Soup
- 67 Tuna Bake
- 68 Vegetable Noodles
- 77 Spanish-Style Rice



Appetizers

From drinks to smoothies to hummus and salsas, appetizers add a little bit of spice to life. Use the appetizers in this section to impress your most discerning guest.



Fizzy Fruit Juice

CSFP Ingredients

- 1/2 cup juice, any flavor

Additional Ingredients

- 1/2 cup seltzer water

Directions

1. Combine juice with seltzer water.
2. Serve and enjoy.

Services 2

Recipe sourced from Utah Food Bank



Fruit Punch

CSFP Ingredients

- 1/2 cup apple juice
- 1/2 cup grape juice
- 1/2 cup orange juice

Additional Ingredients

- 1/2 cup pineapple juice

Directions

1. Combine apple, grape, orange, and pineapple juice.
2. Serve and enjoy.

Services 4

Recipe sourced from Utah Food Bank



Orange Dream Creamsicle Smoothie

CSFP Ingredients

- 6 orange juice ice cubes*
- 2 Tbsp nonfat dry milk

Additional Ingredients

- 1 navel orange, peeled
- 1/4 cup non-fat yogurt, plain
- 1/4 tsp vanilla extract

*pour orange juice into ice cube tray and freeze to use in smoothies.

Directions

1. Combine all ingredients in blender.
2. Blend until smooth.
3. Pour into glass and drink immediately.

Services 1

Recipe sourced from Colorado CSFP



Peanut Butter Hummus

CSFP Ingredients

- 2/3 cup great northern beans, dry
- 1/4 cup peanut butter

Additional Ingredients

- 2 cups water
- 1/4 cup maple syrup
- 1 tsp vanilla
- 1/4 tsp cinnamon

Directions

1. In a medium-size bowl, soak beans in 2 cups water overnight.
2. Drain the water and rinse beans.
3. Combine all ingredients in a food processor or blender. Process until smooth.
4. Serve with apple slices, graham crackers, or as a sandwich spread.

Services 6

Recipe sourced from Utah Food Bank



Pinto Bean Hummus

CSFP Ingredients

- 2/3 cup pinto beans, dry

Additional Ingredients

- 2 cups water
- 2 Tbsp oil
- 2 Tbsp water
- 1 small garlic clove
- 1 tsp Italian seasoning

Directions

1. In a medium-size bowl, soak beans in 2 cups water overnight.
2. Drain the water and rinse beans.
3. Combine all ingredients in a food processor or blender. Process until smooth.
4. Serve with chips or raw vegetables.

Serves 6

Recipe sourced from Utah Food Bank

Southwest Fruit Salsa

CSFP Ingredients

- 1 can mixed fruit, drained

Additional Ingredients

- 1/2 cup onion, chopped
- 2 Tbsp lime juice
- 1/4 cup green pepper, chopped
- 1/8 tsp black pepper

Directions

1. Put all ingredients in a bowl and mix well. Let stand at room temperature at least 15 minutes, or refrigerate up to 6 hours before serving.
2. Serve as an appetizer with tortilla chips or as a topping for grilled chicken, fish, meat, or pork.

Services 6

Recipe sourced from USDA



Spinach Dip

CSFP Ingredients

- 1 can low-sodium spinach, drained and chopped

Additional Ingredients

- 1/2 cup plain low-fat yogurt
- 1/2 cup low-fat cottage cheese
- 1 green onion, sliced
- 1 tsp chili powder
- 1 tsp lemon juice

Directions

1. Combine yogurt and cottage cheese, stir until smooth.
2. Stir in spinach, onion, chili powder, and lemon juice.
3. Place in serving dish, cover, and refrigerate until ready to serve.
4. Serve with crackers, breadsticks, or raw vegetables.

Services 3

Recipe sourced from USDA

Soups

There is nothing quite so comforting as a nice, warm bowl of soup. In this section, find a number of inexpensive, easy to prepare soups, stews, and chowders that can brighten even the darkest day.



Beef Stew and Rice

CSFP Ingredients

- 1 1/2 cups rice, uncooked
- 1 can beef stew

Additional Ingredients

- 3 cups water
- Pepper, to taste

Directions

1. Bring 3 cups water to a boil in a medium pot.
2. Add 1 1/2 cups rice. Bring to a boil again.
3. Reduce the heat to low, cover, and cook 15 minutes or until water is absorbed.
4. Remove rice from heat and set aside.
5. In a sauce pan, heat stew. Add pepper to taste. Spoon 1/2 cup of rice and 1/2 cup of stew into bowls and serve.

Services 6

Recipe sourced from USDA



Chicken and Vegetable Soup

CSFP Ingredients

- 1 can diced tomatoes, undrained
- 1 can low-sodium mixed vegetables, undrained
- 1/2 cup canned chicken, drained

Additional Ingredients

- 1 onion, chopped
- 1 can low-sodium chicken broth
- 1/4 tsp thyme
- 1/8 tsp ground pepper

Directions

1. Place tomatoes and broth into a pan. Cook on medium heat until they boil.
2. Add the onion, turn the heat to low and simmer for 5 minutes.
3. Add ground pepper, mixed vegetables, and chicken. If using thyme, add that in too.
4. Cook for 2 minutes.
5. Serve warm.

Services 4

Recipe sourced from USDA



Chicken Noodle Soup

CSFP Ingredients

- 2 cups sliced potatoes, drained and diced
- 1/2 cup low-sodium carrots, drained and diced
- 1/2 cup canned chicken, drained and chopped
- 1/2 cup shelf-stable 1% milk
- 1/2 cup macaroni or rotini, uncooked

Additional Ingredients

- 1/2 cup celery, diced
- 1 tsp oil
- 3 Tbsp flour
- 1/2 tsp garlic powder
- 3 cups reduced fat chicken broth

Directions

1. In a saucepan over medium heat, sauté celery in oil for 5 minutes. Add in potatoes and carrots.
2. Sprinkle flour and garlic powder over vegetables and stir for 1 minute.
3. Stir in chicken broth, cover, and cook for 5 minutes.
4. Add chicken, milk, water, and noodles. Cover and cook over low heat until noodles are tender. (10-15 minutes).
5. Serve warm.

Services 8

Recipe sourced from Wisconsin CSFP

Chicken Rice Soup

CSFP Ingredients

- 1 cup rice, uncooked
- 1 can chicken, drained
- 1 can low-sodium green beans, drained

Additional Ingredients

- 2 cups water
- 5 celery stalks, chopped
- 1 medium onion, chopped
- 1 1/2 cups carrots, peeled and chopped
- 1 chicken bouillon cube
- 1 tsp black pepper
- 4 cups water

Directions

1. Bring 2 cups water to a boil in a medium pot.
2. Add 1 cup rice. Bring to a boil again.
3. Reduce the heat to low, cover, and cook 15 minutes or until water is absorbed.
4. Remove rice from heat and set aside.
5. In a large pot over medium-high heat, combine the celery, onion, carrots, bouillon, black pepper, and 4 cups of water.
6. Bring to a boil.
7. Reduce heat to medium and cook 30 minutes.
8. Stir cooked rice, chicken, and green beans into soup pot and cook 5 minutes.
9. Serve immediately.

Serves 8

Recipe sourced from USDA/CSFP



Cream of Carrot Soup

CSFP Ingredients

- 2 cans low-sodium sliced carrots, chopped
- 1/2 cup rice
- 2 cups shelf-stable 1% milk

Additional Ingredients

- 2 cups water
- 1/4 cup celery, diced
- 2 medium onions, sliced
- 4 Tbsp butter or margarine
- 2 Tbsp flour
- Salt and pepper, to taste

Directions

1. In a large saucepan, over medium heat, sauté the onion.
2. Add in the flour, salt and pepper, and stir until slightly thick.
3. Add water, rice, carrots, and celery together in a large pot. Heat to boil.
4. Gradually pour onion mixture into celery, carrot, and rice mixture.
5. Cook over medium heat 15 to 20 minutes until rice is tender.
6. Serve warm.

Services 4

Recipe sourced from Utah Food Bank



Creamy Tomato Soup

CSFP Ingredients

- 2 1/2 cups low-sodium tomato juice
- 2 cups shelf-stable 1% milk

Additional Ingredients

- 1 medium onion, diced
- 1/4 cup water
- 2 Tbsp flour

Directions

1. In a large saucepan, over medium heat, sauté the onion in 1/4 cup water until soft, about 5 minutes.
2. Add in the flour and stir until slightly thick.
3. Add tomato juice and milk.
4. Cook over medium heat for 5 minutes stirring constantly.
5. Serve warm.

Services 4

Recipe sourced from Utah Food Bank



Farina Dumplings and Stew

CSFP Ingredients

- 3/4 cup shelf-stable 1% milk
- 1/4 cup farina
- 1 can beef stew

Additional Ingredients

- 1 egg
- 1 Tbsp butter or margarine

Directions

1. In a small saucepan, bring milk to a simmer over medium heat.
2. Remove from heat. Stir in egg, butter or margarine, and farina. Mix well.
3. Place beef stew in a medium-size pot and bring to a boil.
4. Drop farina mixture into the beef stew by the tablespoon to create dumplings. Cook 8 to 10 minutes or until the dumplings have doubled in size.

Services 4

Recipe sourced from USDA/CSFP



Great Northern Bean Soup

CSFP Ingredients

- 2 cups great northern beans, dry
- 1/2 can canned chicken
- 1/2 can low-sodium diced tomatoes

Additional Ingredients

- 3 cups water
- 1/2 cup onion, chopped
- 1/2 cup ham, chopped
- 2 Tbsp vegetable oil
- 8 cups water
- 1 Tbsp distilled white vinegar

Directions

1. In a medium-size bowl, soak beans in 3 cup water overnight.
2. Drain the water and rinse beans.
3. In a large pot, brown onion, chicken, and ham in oil over medium to high heat for about 5 minutes.
4. Add water and beans to pot. Mix well.
5. Bring pot to a boil and cook for 5 minutes.
6. Lower heat and cook for about 1 hour. Stir pot every 15 minutes.
7. Add tomatoes and vinegar to pot. Keep cooking over low heat for about 20 minutes.
8. Serve hot.

Services 6

Recipe sourced from USDA



Hearty Lasagna Soup

CSFP Ingredients

- 1 can beef
- 1 can diced tomatoes
- 1 1/2 cup rotini, dry
- 1/4 cup reduced fat American cheese, cubed

Additional Ingredients

- 4 cups beef broth
- 1 tsp dried onion
- 1/4 tsp garlic powder
- 1/2 tsp Italian seasoning

Directions

1. Heat canned beef in large pot, drained if needed.
2. Add broth, dried chopped onions, seasonings, and tomatoes.
3. Heat to a boil.
4. Stir in pasta and cook over medium heat until pasta is tender.
5. Stir in cheese until melted.
6. Serve hot.

Services 4

Recipe sourced from USDA/CSFP



Lemon Chicken Soup

CSFP Ingredients

- 2 cans chicken, drained
- 1 cup rice

Additional Ingredients

- 3 cups chicken broth
- 1 can cream of chicken soup
- 1/4 cup lemon juice

Directions

1. Combine chicken broth and canned chicken in a pot, bring to a boil.
2. Add rice, simmer until rice is tender, 15 to 20 minutes.
3. Stir in cream of chicken soup and lemon juice.
4. Cook, stirring occasionally, until soup is hot.
5. Serve hot.

Services 4

Recipe sourced from Utah Food Bank



Potato Corn Chowder

CSFP Ingredients

- 1 can low-sodium potatoes, drained and chopped
- 1 can low-sodium corn, drained
- 1/2 cup American cheese, cubed

Additional Ingredients

- 1 Tbsp margarine or butter
- 1 onion, chopped
- 1 tsp black pepper
- 1 can evaporated milk
- 3 Tbsp flour
- 3/4 cup water

Directions

1. In a medium-size pot over medium heat, cook the onion and potatoes until soft.
2. Add the corn, pepper, and milk and stir well.
3. In a separate bowl, mix together the flour and water (mixture will be thick).
4. Pour flour mixture into pot, stirring well. Add the cheese.
5. Cook over low heat for 20 minutes or until thick.
6. Serve warm.

Services 6

Recipe sourced from USDA/CSFP



Salmon Chowder

CSFP Ingredients

- 1 can pink salmon, drained
- 1 can low-sodium potatoes, diced
- 1 can low-sodium corn, drained

Additional Ingredients

- 1 Tbsp vegetable oil
- 1/2 cup onion, chopped
- 3 1/2 cup low sodium chicken broth (or vegetable broth)
- 1/4 tsp black pepper
- 1/2 tsp dried dill (if you like)
- 1 1/2 cups evaporated milk

Directions

1. In a large saucepan over medium heat, cook the onions in vegetable oil until soft, about 5 minutes.
2. Stir in chicken broth, potatoes, corn, and black pepper. Bring to a boil, lower the heat, and cook for 5 minutes.
3. Add the salmon and milk. If using dill, add that too. Cook 5 minutes.
4. Serve warm.

Services 8

Recipe sourced from USDA/CSFP



Spring Vegetable Soup

CSFP Ingredients

- 3/4 cup instant nonfat dry milk
- 1 can low-sodium sliced potatoes, drained
- 1 can low-sodium sliced carrots, drained
- 1 can low-sodium green beans, drained

Additional Ingredients

- 1 Tbsp vegetable oil
- 1 medium onion, diced
- 1 Tbsp garlic powder
- 5 stalks celery, diced
- 2 Tbsp flour
- 2 cans chicken broth
- 4 cups water
- 2 Tbsp parsley
- 1 Tbsp dill
- Salt and pepper to taste

Directions

1. In a large saucepan over medium heat, sauté onion, garlic powder, and celery in oil for 5 minutes.
2. Stir in flour. Add chicken broth, water, and nonfat dry milk. Stir until blended.
3. Add potatoes, carrots, green beans, salt and pepper, parsley, and dill. Reduce heat to low. Simmer 20 minutes, stir occasionally.
4. Serve warm.

Services 5

Recipe sourced from Wisconsin CSFP

Tomato Basil Soup

CSFP Ingredients

- 1 can diced tomatoes, drained and chopped
- 2/3 cup nonfat dry milk

Additional Ingredients

- 2 cups water
- 1 onion, chopped
- 1 Tbsp oil
- 2 garlic cloves, crushed
- 1/8 tsp red pepper, ground
- 1 tsp basil, dry
- Salt and pepper, to taste

Directions

1. Mix dry milk with water. Set aside.
2. In a medium saucepan, cook onion in oil over medium heat, stirring frequently until golden brown, about 4 minutes.
3. Add garlic and cook 1 minute longer. Add chopped tomatoes.
4. Cook uncovered over medium heat for 10 minutes.
5. Spoon 3/4 of mixture into food processor or blender container; puree until smooth. Return to saucepan.
6. Add red pepper, basil, and reconstituted milk to the soup. Heat until hot, but do not boil. Season to taste with salt and pepper (optional).
7. Serve warm.

Services 4

Recipe sourced from USDA



Two Bean Chili

CSFP Ingredients

- 2/3 cup light red kidney beans, dry
- 1/2 can low-sodium vegetarian beans
- 2 1/2 cups low-sodium tomato juice

Additional Ingredients

- 1 cup water
- 1/2 pound ground beef
- 1/2 cup onion, diced
- 1 teaspoon chili powder
- 1/4 teaspoon pepper

Directions

1. In a medium-size bowl, soak beans in 1 cup water overnight.
2. Drain the water and rinse beans.
3. In a medium-sized pot, brown ground beef over medium to high heat for 8 to 10 minutes. Drain off fat.
4. Add all the other ingredients to the pot.
5. Cook over low heat for about 40 minutes.
6. Serve immediately.
7. Can be served with CSFP low-fat American cheese.

Services 4

Recipe sourced from USDA/CSFP



Vegetable-Beef Soup

CSFP Ingredients

- 1/3 cup light red kidney beans, dry
- 1 cup macaroni, dry
- 1 can beef
- 1 can low-sodium carrots, drained
- 1 can low-sodium corn, drained
- 2 cans low-sodium tomatoes, undrained

Additional Ingredients

- 1/2 cup water
- 16 cups water
- 1 Tbsp vegetable oil
- 1 onion, chopped
- 4 cups water (for soup)

Directions

1. In a medium-size bowl, soak beans in 1/2 cup water overnight.
2. Drain the water and rinse beans.
3. Bring 16 cups water to a boil. Add macaroni. Bring to boil again. Stir often.
4. Cook macaroni uncovered approximately 8 to 10 minutes.
5. Remove from heat and drain well.
6. In a large pot over medium heat, cook onion in vegetable oil for about 5 minutes, stirring often, until onion is soft.
7. Add beef to onions and cook for about 1 minute.
8. Add 4 cups water, kidney beans, carrots, corn, tomatoes, and cooked pasta to the beef and onion mixture.
9. Heat on high for 10 minutes.
10. Serve warm.

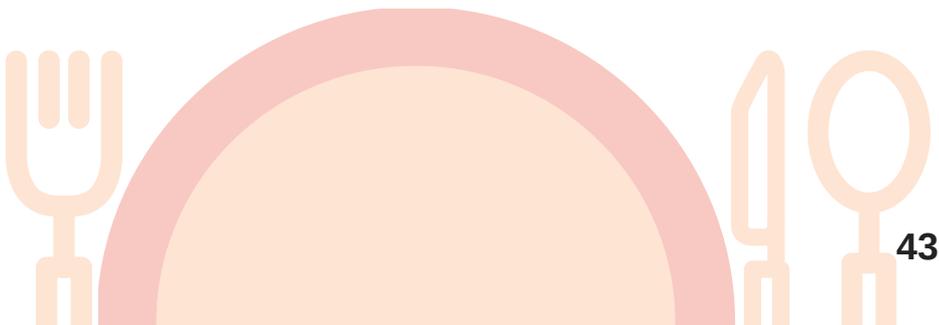
Services 8

Recipe sourced from USDA/CSFP

Salads

According to the USDA's MyPlate food guide, adult males 51 years or older are recommended to have 2 1/2 cups of vegetables a day. For adult women 51 years or older, the recommendation for vegetables is 2 cups a day. That's more than the daily recommended amounts of fruits, grains, or proteins. (But not as much as the 3 cups a day recommendation of dairy.)

Rather than an afterthought, salads should be an important part of your meal.



Chicken Pasta Salad

CSFP Ingredients

- 1 cup macaroni, dry
- 1 1/2 cups canned chicken, drained
- 1/2 cup low-sodium corn, drained
- 1/2 cup low-sodium peas, drained

Additional Ingredients

- 8 cups water
- 1 cup diced bell pepper
- 1/2 cup sliced green onion
- 1 cup shredded yellow squash
- 1 can low-sodium black beans, rinsed and drained
- 1/2 cup reduced fat, low-sodium Italian style dressing

Directions

1. Bring 8 cups water to a boil. Add macaroni. Bring to boil again. Stir often.
2. Cook macaroni uncovered approximately 8 to 10 minutes.
3. Remove from heat and drain well.
4. Combine pasta with all other ingredients *except* dressing in a large bowl.
5. Toss gently with salad dressing.
6. Chill for several hours to blend flavors.

Services 7

Recipe sourced from USDA

Corn and Bean Medley

CSFP Ingredients

- 1/4 cup kidney beans, dry
- 3 Tbsp low-sodium corn liquid
- 1 cup low-sodium corn, drained

Additional Ingredients

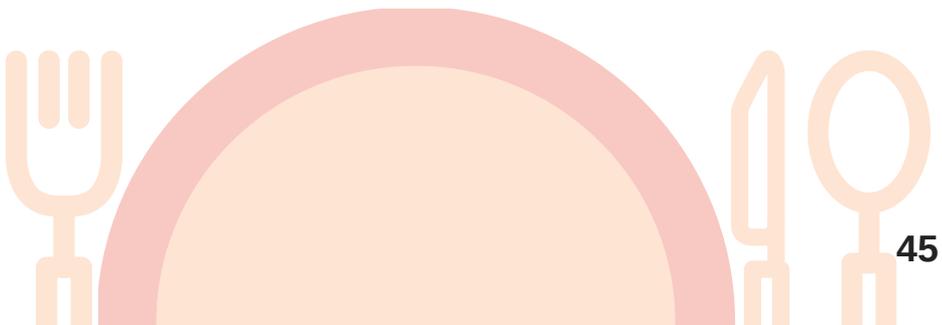
- 3/4 cup water
- 1/4 cup onion, chopped
- 3/4 tsp chili powder
pepper flakes (if you like)

Directions

1. In a medium-size bowl, soak beans in 1 cup water overnight.
2. Drain the water and rinse beans.
3. Heat 3 Tbsp of liquid from canned corn in saucepan.
4. Cook onion in liquid until soft, about 2 minutes.
5. Add corn, kidney beans, chili powder, and hot red pepper flakes to onion mixture.
6. Cook over low heat for about 10 minutes.

Services 4

Recipe sourced from USDA



Green Bean and Tuna Salad

CSFP Ingredients

- 1 1/2 cup macaroni, dry
- 1 can low-sodium green beans, drained
- 1/2 can tuna, drained and flaked with a fork

Additional Ingredients

- 12 cups water
- 1/2 cup sweet pickles, diced (if you like)
- 1/2 cup onions (diced)
- 1 cup plain low-fat yogurt
- 1/2 cup light mayonnaise
- 1 1/2 Tbsp lemon juice
- 1/2 tsp pepper

Directions

1. Bring 12 cups water to a boil. Add macaroni. Bring to boil again. Stir often.
2. Cook macaroni uncovered approximately 8 to 10 minutes.
3. Remove from heat and drain well.
4. Combine pasta with green beans, onions, and tuna. If using sweet pickles, add that too.
5. Mix yogurt, mayonnaise, lemon juice, and pepper together and toss with macaroni mixture.
6. Chill for several hours to blend flavors.

Services 8

Recipe sourced from USDA

Picnic Pasta Salad

CSFP Ingredients

- 2 cup macaroni, dry
- 1 can low-sodium peas, drained
- 1 can low-sodium corn, drained

Additional Ingredients

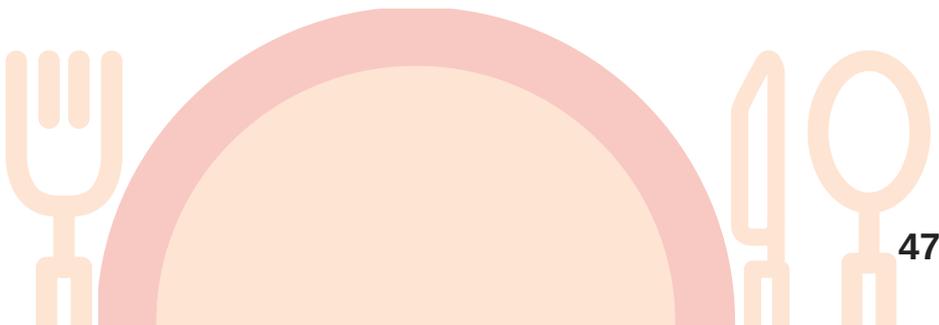
- 8 cups water
- 1 cup red pepper, thinly sliced into strips
- 1/2 cup reduced fat, low-sodium Italian style dressing

Directions

1. Bring 8 cups water to a boil. Add macaroni. Bring to boil again. Stir often.
2. Cook macaroni uncovered approximately 8 to 10 minutes.
3. Remove from heat and drain well.
4. Combine pasta, corn peas, and red peppers in bowl.
5. Toss with dressing.

Services 5

Recipe sourced from DelMonte.com



Sea Breeze Salad

CSFP Ingredients

- 2 cups macaroni, dry
- 1/2 can tuna, drained and flaked with a fork
- 1/2 can diced tomatoes, drained

Additional Ingredients

- 8 cups water
- 1/2 cup olives, sliced
- 1/4 green pepper, diced
- 1/4 onion, cut in rings
- 1/2 cup reduced fat, low-sodium Italian style dressing
- 1 medium cucumber, sliced

Directions

1. Bring 8 cups water to a boil. Add macaroni. Bring to boil again. Stir often.
2. Cook macaroni uncovered approximately 8 to 10 minutes.
3. Remove from heat and drain well.
4. Combine all ingredients and mix well.
5. Refrigerate for 1 hour. Toss before serving.

Services 6

Recipe sourced from Wisconsin CSFP

Summer Kidney Bean Salad

CSFP Ingredients

- 3/4 cup kidney beans, dry
- 1 can corn, drained
- 1 can diced tomatoes

Additional Ingredients

- 2 1/4 cups water
- 1 Tbsp white vinegar
- 1 Tbsp brown sugar
- 1/8 tsp ground cumin
- 1/2 Tbsp dried onion flakes
- Salt and pepper, to taste

Directions

1. In a medium-size bowl, soak beans in 1 cup water overnight.
2. Drain the water and rinse beans.
3. Combine kidney beans, corn, and tomatoes in a salad bowl.
4. Whisk together vinegar, brown sugar, cumin, onion flakes, salt, and pepper in a separate bowl. Spoon liquid from bowl of kidney bean mixture into dressing if needed for extra moisture. Mix until brown sugar has dissolved.
5. Pour dressing over bean mixture and stir to combine.
6. Refrigerate at least 1 hour before serving.

Services 8

Recipe sourced from Utah Food Bank



Vegetable Salad

CSFP Ingredients

- 1 can corn, drained
- 1 can low-sodium carrots, drained
- 1 can low-sodium green beans, drained
- 1 can diced tomatoes, chopped
- 1/3 cup tomato juice from canned tomatoes

Additional Ingredients

- 1 Tbsp onion, chopped
- 1 Tbsp green pepper, chopped
- 1/4 cup vegetable oil
- 1/3 cup vinegar
- 2 Tbsp corn syrup
- 1/8 tsp black pepper

Directions

1. Mix corn, carrots, green beans, tomatoes, onion, and green pepper in a large bowl.
2. Mix together all other ingredients in a separate bowl.
3. Pour over vegetables.
4. Cover and set aside for at least 3 hours in the refrigerator.

Services 12

Recipe sourced from USDA

Yummy Green Beans

CSFP Ingredients

- 1/2 cup rice, uncooked
- 2 cans low-sodium green beans, drained
- 1/2 cup shelf-stable 1% milk
- 1 cup reduced fat American cheese

Additional Ingredients

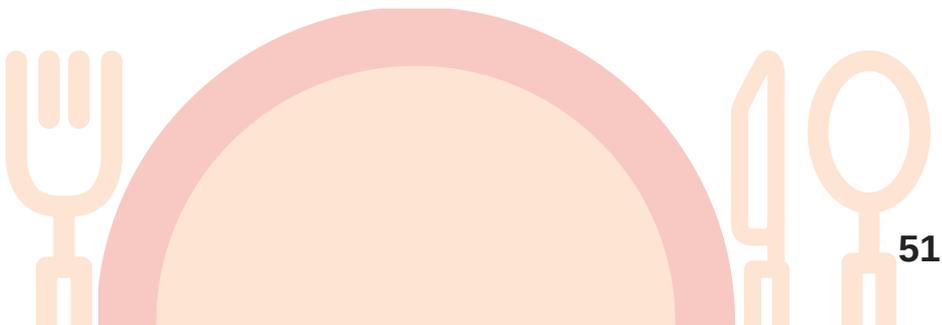
- 1 cup water
- 1 can cream of chicken soup

Directions

1. Preheat oven to 350° F.
2. Bring 1 cup water to a boil in a medium pot.
3. Add 1/2 cup rice. Bring to boil again.
4. Reduce the heat to low, cover, and cook 15 minutes or until water is absorbed.
5. Put green beans into a casserole dish.
6. Mix together other ingredients and pour over beans.
7. Bake for 25-30 minutes.
8. Serve warm.

Services 6

Recipe sourced from Wisconsin CSFP



Main Dishes

With a wide variety of dishes to choose from, this section of the cookbook offers you a number of different choices for your meal. Better still, most of these meals are easy to prepare and all of them are affordable.

So treat yourself to something new.



Baked Chicken Rice Casserole

CSFP Ingredients

- 1/3 cup rice, dry
- 1 can chicken, drained
- 2/3 cups nonfat dry milk
- 1 cup reduced fat American cheese, shredded

Additional Ingredients

- 2/3 cup water
- 1 can cream of mushroom soup
- 1/2 cup chopped onion
- 1 1/2 cups lukewarm water

Directions

1. Preheat oven to 350° F.
2. Bring 2/3 cup water to a boil in a medium pot.
3. Add 1/3 cup rice. Bring to a boil again.
4. Reduce the heat to low, cover, and cook 15 minutes.
5. Mix all ingredients except for cheese into rice and place in a large casserole dish. Cover the casserole and bake at 350° F for 1 1/2 to 2 hours.
6. Ten minutes before casserole is done, take the casserole out of oven and sprinkle the shredded cheese on top.
7. Place the casserole back into the oven uncovered for 10 minutes.
8. Serve warm.

Services 4

Recipe sourced from Utah Food Bank

Barbecue Sloppy Joes

CSFP Ingredients

- 2 cans beef
- 4 slices reduced fat American cheese

Additional Ingredients

- 1 small onion, finely chopped
- 3/4 cup barbecue sauce (any flavor)
- salt and pepper, to taste
- 4 hamburger buns

Directions

1. In a large nonstick skillet, sauté onion a few minutes. Add beef to onions and continue until cooked through.
2. Add salt, pepper, and barbecue sauce, stirring to coat. Let simmer on fairly low heat about 5 to 10 minutes.
3. Spoon hot meat mixture on top of bottom half of each bun, top with a slice of cheese on each, then top with other half of bun.
4. Serve warm.

Services 4

Recipe sourced from Utah Food Bank



Bean and Rice Burittos

CSFP Ingredients

- 2/3 cup light red kidney beans, dry
- 2/3 cup rice

Additional Ingredients

- 2 cups water
- 1 1/3 cups water
- 1 onion, chopped to medium size
- 8 flour tortillas (about 7 to 8 inches each)
- 1/2 cup salsa, either canned or freshly prepared
- 1/2 cup low-fat cheddar cheese, grated

Directions

1. In a medium-size bowl, soak beans in 2 cups water overnight.
2. Drain the water and rinse beans.
3. Bring 1 1/3 cups water to a boil in a medium pot.
4. Add 2/3 cup rice. Bring to boil again.
5. Reduce the heat to low, cover, and cook 15 minutes or until water is absorbed.
6. Preheat oven to 300° F.
7. Mix the rice, onion, and beans in a bowl.
8. Place the tortillas flat on a baking pan.
9. Put about 1/2 cup of the bean and rice mixture in the middle of each tortilla.
10. Fold the sides of the tortilla over to hold the rice and beans.
11. Bake for about 15 minutes.
12. Add about a tablespoon of salsa and a tablespoon of cheese to each burrito.
13. Serve warm.

Servises 8
Recipe sourced from USDA/CSFP

Cheesy Beef and Macaroni

CSFP Ingredients

- 2 cups macaroni, dry
- 1 can chili without beans
- 1 1/2 cups shelf-stable 1% milk
- 1 lb reduced fat American Cheese, cubed

Additional Ingredients

- 8 cups water
- 1 large onion, diced
- 1 Tbsp oil
- 2 Tbsp butter or margarine

Directions

1. Bring 8 cups water to a boil. Add macaroni. Bring to boil again. Stir often.
2. Cook macaroni uncovered approximately 8 to 10 minutes.
3. Remove from heat and drain well before serving.
4. In a large pot, sauté onion in oil for 5 minutes.
5. Add beef and cook for 5 more minutes.
6. Combine macaroni, milk, butter or margarine, and cubed cheese with beef and onion mixture.
7. Heat on low for 10 minutes, stir frequently until cheese is melted.
8. Serve warm.

Services 4

Recipe sourced from Wisconsin CSFP



Cheesy Chicken, Broccoli, and Rice Bake

CSFP Ingredients

- 1 1/4 cup rice, dry
- 1/2 cup shelf-stable 1% milk
- 1 cup chicken, drained and cubed

Additional Ingredients

- 2 1/2 cups water
- 2 Tbsp onion, chopped
- 1/8 tsp black pepper
- 1/2 clove garlic
- 3/4 cup cream of mushroom soup
- 1 cup broccoli, pieces
- 1/3 cup reduced fat cheddar cheese, grated

Directions

1. Preheat oven to 350° F.
In a large saucepan, bring water to boil. Add rice, onion, and garlic. Cook for about 20 minutes or until rice is soft.
2. While rice is cooking combine milk, soup, and pepper. Mix well. When rice is done combine with milk mixture, chicken, and broccoli. Mix well.
3. Grease 9x13 pan and pour mixture into pan. bake in the preheated oven for 18 minutes. Sprinkle with cheese. bake for another 6 minutes or until cheese is melted.
4. Serve immediately.

Services 6

Recipe sourced from USDA

Chicken with Vegetables and Rice

CSFP Ingredients

- 1/3 cup rice, dry
- 1 can low-sodium carrots, drained
- 1/2 can chicken, drained
- 1/2 can low-sodium green peas, drained

Additional Ingredients

- 2/3 cup water
- 1/2 chicken bouillon cube
- 1 tsp basil, dried
- 1/2 cup water

Directions

1. Bring 2/3 cups water to a boil in a medium pot.
2. Add 1/3 cup rice. Bring to boil again.
3. Reduce the heat to low, cover, and cook 15 minutes or until water is absorbed.
4. Combine carrots, chicken, bouillon, and 1/2 cup water in medium-size saucepan. If using basil, add that too. Bring to boil.
5. Stir in rice; then add peas.
6. Remove from heat.
7. Cover and let stand 2 minutes.
8. Stir gently and serve warm.

Services 3

Recipe sourced from DelMonte.com



Easy Chicken Spaghetti

CSFP Ingredients

- 1/2 package spaghetti, dry
- 2 cans chicken, drained
- 1/2 cup reduced fat American cheese, cubed
- 1 can diced tomatoes
- 2 Tbsp shelf-stable 1% milk

Additional Ingredients

- 4 cups water
- 1 can cream of chicken soup
- 1 can mushroom pieces and stems, drained

Directions

1. Preheat oven to 350° F.
2. Bring 4 cups water to a boil. Add spaghetti. Bring to boil again. Stir often.
3. Cook macaroni uncovered approximately 8 to 10 minutes.
4. Remove from heat and drain well.
5. In a large skillet, add chicken, cheese, cream of chicken soup, diced tomatoes, mushroom pieces, and 2 Tbsp milk.
6. Cook and stir 5 minutes or until cheese is completely melted and mixture is well blended.
7. Drain spaghetti, add to chicken mixture, mix lightly.
8. Spoon into 9-inch square pan sprayed with cooking spray.
9. Bake 30 to 35 minutes.
10. Serve warm.

Services 8

Recipe sourced from Utah Food Bank

One-Pot Tuna Mac

CSFP Ingredients

- 2 cups macaroni, dry
- 3/4 lb reduced fat American cheese, cubed
- 1/3 cup shelf-stable 1% milk
- 1 can low-sodium peas, drained
- 1 can canned tuna, drained and flaked

Additional Ingredients

- 8 cups water

Directions

1. Bring 8 cups water to a boil. Add macaroni. Bring to boil again. Stir often.
2. Cook macaroni uncovered approximately 8 to 10 minutes.
3. Remove from heat and drain well, return to pan.
4. Stir in cheese and milk. Cook on low heat until cheese is completely melted and mixture is well blended, stirring frequently.
5. Stir in peas and tuna. Cook on low heat 1 to 2 minutes or until heated through, stir occasionally.
6. Serve warm.

Services 4

Recipe sourced from Utah CSFP



Pasta Primavera

CSFP Ingredients

- 1/2 box macaroni, dry
- 1/2 can low-sodium carrots, drained
- 1/2 can low-sodium corn, drained
- 1/2 can low-sodium green beans, drained
- 2 cans diced tomatoes

Additional Ingredients

- 8 cups water
- 1 Tbsp vegetable oil
- 1 onion, chopped
- 2 cloves garlic, chopped
- 1/2 cup water
- 2 Tbsp dried oregano

Directions

1. Bring 8 cups water to a boil. Add macaroni. Bring to boil again. Stir often.
2. Cook macaroni uncovered approximately 8 to 10 minutes.
3. Remove from heat and drain well before serving.
4. In a large skillet over medium heat, cook onion and garlic in oil until soft.
5. Add 1/2 cup water, carrots, corn, green beans, tomatoes, and oregano. Cook 5 minutes or until hot.
6. Pour vegetables over cooked macaroni.
7. Serve warm.

Services 4

Recipe sourced from USDA/CSFP

Salmon Casserole

CSFP Ingredients

- 1 can pink salmon, drained
- 1 cup macaroni
- 1 cup low-sodium canned peas, drained

Additional Ingredients

- 1 cup water
- 2 Tbsp butter
- 1 small onion, chopped
- 2/3 cup evaporated milk
- 2 Tbsp flour
- 1 cup reduced-fat cheddar cheese, shredded

Directions

1. Mix macaroni, water, and butter in a microwave safe bowl. Cover loosely and microwave for 3 minutes.
2. Stir in milk and flour, cover again and microwave 3 minutes.
3. Add salmon and microwave 2 minutes.
4. Stir in cheese and peas, and microwave 1 minute.
5. Serve warm.

Services 6

Recipe sourced from USDA/CSFP



South of the Border Beef and Veggies

CSFP Ingredients

- 1 cup rice, uncooked
- 1 can beef, drained
- 1 can diced tomatoes, undrained
- 1 can corn, drained
- 1 can low-sodium peas, drained
- 1 cup reduced fat American cheese, shredded

Additional Ingredients

- 2 cups water
- 1 (1.25 oz) package taco seasoning
- 2/3 cup water

Directions

1. In a saucepan over high heat, bring rice and 2 cups water to a boil. Cover and reduce heat to low. Cook 20 minutes or until all water is absorbed into rice.
2. In a separate saucepan over medium heat, cook beef for 5 minutes. Add in taco seasoning and 2/3 cup water. Cook for another 5 minutes.
3. Add tomatoes, corn, peas, and cheese to beef mixture. Stir and heat for 5 minutes. Add in cooked rice.
4. Stir and serve warm.

Services 6

Recipe sourced from Wisconsin CSFP

Spaghetti Bake

CSFP Ingredients

- 1/2 box spaghetti
- 1 1/2 cups canned chicken, drained
- 2 cans low-sodium tomatoes, not drained

Additional Ingredients

- 3 1/2 cups water
- 1 Tbsp vegetable oil
- 2 cloves garlic, chopped
- 1 tsp dried oregano (if you like)
- 1/4 tsp black pepper
- 3/4 cup reduced-fat cheddar cheese, shredded

Directions

1. Preheat oven to 350° F.
2. Bring 3 1/2 cups water to a boil.
3. Add spaghetti. Bring to boil again. Stir often.
4. Cook spaghetti uncovered approximately 8 to 10 minutes.
5. Remove from heat and drain well before serving.
6. Place spaghetti in a 9x9-inch baking dish.
7. In a large skillet over medium heat, combine chicken, garlic, and pepper. If using oregano, add that too. Cook in oil until hot, about 5 minutes.
8. Stir in tomatoes. Lower the heat and cook for 10 minutes.
9. Spoon tomato and chicken mixture over the spaghetti in the baking dish. Sprinkle with cheese.
10. Bake for 30 minutes.
11. Serve warm.

Services 6

Recipe sourced from USDA/CSFP

Spring Chicken

CSFP Ingredients

- 1 cup macaroni, dry
- 1 can chicken, drained
- 1 can low-sodium corn, drained
- 1 can diced tomatoes

Additional Ingredients

- 16 cups water
- 1 Tbsp vegetable oil
- 1 onion, chopped
- 1 zucchini, chopped
- 1/2 cup salsa
- 1/2 cup reduced-fat cheddar cheese, shredded

Directions

1. Bring 16 cups water to a boil. Add macaroni. Bring to boil again. Stir often.
2. Cook macaroni uncovered approximately 8 to 10 minutes.
3. Remove from heat and drain well.
4. In a large pan over medium heat, cook onion and zucchini in the oil until soft.
5. Stir in salsa, chicken, tomatoes, corn, and cooked macaroni. Cook for 10 minutes over medium heat.
6. Remove from heat and stir in cheese until melted.
7. Serve warm.

Services 6

Recipe sourced from USDA/CSFP

Tuna Bake

CSFP Ingredients

- 1 cup macaroni, dry
- 3/4 cup reduced fat American cheese, cubed
- 1 cup low-sodium mixed vegetables, drained
- 1 can tuna, drained

Additional Ingredients

- 4 cups water
- 1 can low-sodium cream of mushroom soup
- 1 can evaporated milk

Directions

1. Preheat oven to 350° F.
2. Bring 4 cups water to a boil. Add macaroni. Bring to boil again. Stir often.
3. Cook macaroni uncovered approximately 8 to 10 minutes.
4. Remove from heat and drain well.
5. Place all ingredients in a 9x13 inch baking dish or casserole dish and stir well.
6. Bake for 45 minutes to 1 hour until bubbling.
7. Serve warm.

Services 6

Recipe sourced from USDA/CSFP



Vegetable Noodles

CSFP Ingredients

- 1 package spaghetti, dry
- 1 can low-sodium mixed vegetables, drained
- 1 cup canned low-sodium spaghetti sauce
- 1/2 cup American cheese, shredded

Additional Ingredients

- 6 cups water

Directions

1. Bring 6 cups water to a boil.
2. Add spaghetti. Bring to boil again. Stir often.
3. Cook spaghetti uncovered approximately 8 to 10 minutes.
4. Remove from heat and drain well.
5. Return cooked, drained noodles back to cooking pot. Add vegetables and spaghetti sauce. Cook over medium heat until the vegetables are hot.
6. Sprinkle with cheese before serving.

Serves 4

Recipe sourced from USDA

Sides

Not only do side dishes enrich any meal, but they can also stand on their own as a light meal in and of themselves. Enjoy the dishes found in this section of the cookbook as you complement a bigger meal or prepare a smaller one.



California Potato Medley

CSFP Ingredients

- 1 can low-sodium sliced potatoes, drained
- 1 cup low-sodium corn, drained
- 1/2 cup low-sodium tomatoes, drained and chopped
- 1/4 cup American cheese, shredded

Additional Ingredients

- Nonstick cooking spray
- 1/2 green pepper, chopped
- 1/2 tsp dried oregano
- Black pepper to taste

Directions

1. Spray a skillet with nonstick cooking spray.
2. Cook green pepper until tender on medium heat.
3. Add potatoes and cook over medium heat for 1 minute.
4. Stir in corn, tomato, and oregano. Heat thoroughly for 2 to 3 minutes.
5. Season with black pepper.
6. Sprinkle each serving with a small amount of cheese.
7. Serve warm.

Services 6

Recipe sourced from USDA/CSFP

Fried Rice

CSFP Ingredients

- 1 cup rice, dry
- 1 can low-sodium carrots, drained and chopped
- 1 can low-sodium peas, drained
- 1 can low-sodium beans, drained

Additional Ingredients

- 2 cups water
- 1 Tbsp oil
- 1 egg
- Soy sauce to taste

Directions

1. In saucepan, combine rice and water. Bring to a boil. Reduce heat, cover, and simmer for 20 minutes.
2. Heat skillet over high heat. Add oil, stir in carrots, green beans, and peas. Crack in egg, stirring quickly to scramble with vegetables. Stir in cooked rice. Shake in soy sauce, and toss rice to coat.
3. Serve warm.

Services 4

Recipe sourced from Utah Food Bank



Green Bean and Rice Casserole

CSFP Ingredients

- 1/2 cup rice, uncooked
- 1 can low-sodium green beans, drained
- 1 can low-sodium diced tomatoes, undrained

Additional Ingredients

- 1/2 cup onion, chopped
- 2 tsp oil
- 1 cup water

Directions

1. In a medium-size pan, cook onions in oil until they start to turn light brown.
2. Add the rice, green beans, tomatoes, and water.
3. Bring to a boil.
4. Cover the pot with a lid and cook over low heat for 10 minutes.
5. Mix and serve warm.

Services 6

Recipe sourced from USDA

Italian Style Vegetables

CSFP Ingredients

- 1 cup diced tomatoes, drained and chopped
- 1 cup low-sodium green beans, drained
- 2 cups low-sodium corn, drained

Additional Ingredients

- 2 Tbsp vegetable oil
- 1 medium onion, sliced
- 2 small zucchinis, sliced
- 1 garlic clove, chopped
- 1/2 tsp dry oregano (if you like)

Directions

1. Heat oil in skillet; cook onion over medium heat until soft.
2. Add zucchinis, green beans, corn, and garlic. If using oregano, add that too.
3. Cook over medium heat for 5 to 7 minutes or until tender.
4. Add tomatoes in the last minute of cooking. Stir occasionally.
5. Serve warm.

Services 8

Recipe sourced from USDA/SNAP



Macaroni and Cheese

CSFP Ingredients

- 2 cups macaroni, dry
- 1 cup shelf-stable 1% milk
- 1 1/2 cup reduced fat American cheese, shredded

Additional Ingredients

- 8 cups water
- 2 Tbsp margarine or butter
- 1/4 cup breadcrumbs*

*make your own breadcrumbs by combining crushed CSFP oat circles cereal with paprika, parsley, oregano, garlic and onion powder, and oil

Directions

1. Preheat oven to 350° F.
2. Bring 8 cups water to a boil. Add macaroni. Bring to boil again. Stir often.
3. Cook macaroni uncovered approximately 8 to 10 minutes.
4. Remove from heat and drain well.
5. In a large pot, combine drained macaroni, milk, margarine or butter, and shredded cheese.
6. Heat on low for 10 minutes, stirring frequently.
7. Place mixture in a casserole dish.
8. Sprinkle top with breadcrumbs.
9. Bake at 350° F for 15 minutes.
10. Serve warm.

Services 6

Recipe sourced from Wisconsin CSFP

Rainbow Rice

CSFP Ingredients

- 1 cup rice, uncooked
- 1 can low-sodium carrots, drained
- 1 can corn, drained
- 1 can low-sodium peas, drained
- 2 cans diced tomatoes, undrained

Additional Ingredients

- 1 large onion, diced
- 1 Tbsp oil
- 2 cups chicken broth
- 1 Tbsp basil
- 1 Tbsp oregano

Directions

1. In a large saucepan over medium heat, sauté onion and uncooked rice in oil for 5 minutes.
2. Add in chicken broth, bring to a boil, cover and reduce heat to low. Cook for 20 minutes.
3. Once rice is cooked, add in remaining ingredients, stir and heat for 5 minutes over medium heat.
4. Serve warm.

Services 8

Recipe sourced from Wisconsin CSFP



Spanish Macaroni

CSFP Ingredients

- 1 cup pinto beans, dry
- 1 can diced tomatoes, undrained
- 1 1/2 cups macaroni

Additional Ingredients

- 3 cups water
- 1/2 cup onion, chopped
- 1/2 green pepper, chopped
- 1 1/2 cups water
- 1 (8 oz) can tomato sauce
- 2 tsp chili powder
- 1 tsp cumin

Directions

1. In a medium-size bowl, soak beans in 3 cup water overnight.
2. Drain the water and rinse beans.
3. In a large skillet, sauté onion in 1 Tbsp water on medium heat until translucent.
4. Add green pepper and cook another 2 minutes.
5. Add remaining ingredients, except macaroni, and cook until vegetables are tender.
6. Stir macaroni into mixture and reduce heat to low.
7. Cover and cook until macaroni is tender, 10-15 minutes.
8. Serve warm.

Services 4

Recipe sourced from USDA/Utah State

Spanish-Style Rice

CSFP Ingredients

- 4 cups low-sodium tomato juice
- 1 cup rice
- 2 cups low sodium mixed vegetables, drained

Additional Ingredients

- 1 Tbsp vegetable oil
- 1 tsp dried basil leaves (if you like)
- 1/4 tsp garlic powder

Directions

1. Heat oil in a 10-inch skillet over medium heat. Add rice and cook for 30 seconds, stirring constantly.
2. Add tomato juice and garlic powder and heat to a boil. If using basil, add that too.
3. Reduce heat to low. Cover and cook for 15 minutes.
4. Add vegetables to the skillet. Cover and cook for 10 minutes or until rice and vegetables are soft and most of the liquid is gone.

Services 4

Recipe sourced from USDA/V8juice.com



Vegetable Medley

CSFP Ingredients

- 1/2 can low-sodium carrots, drained
- 1/2 can corn, drained
- 1/2 can low-sodium green beans, drained
- 1/2 can low-sodium peas, drained
- 1/2 can low-sodium potatoes, drained
- 1/4 cup American Cheese, shredded

Additional Ingredients

- 1 medium onion, diced
- 1 Tbsp margarine or butter
- Salt and pepper, to taste

Directions

1. In a sauce pan, sauté onion in margarine or butter over medium heat until soft. Add carrots, corn, green beans, peas, and potatoes. Stir and cook for 3-5 minutes or until vegetables are hot.
2. Add in shredded cheese, stirring constantly until cheese melts.
3. Season to taste with salt and pepper. If mixture is too thick, add water or milk.

Services 5

Recipe sourced from Wisconsin CSFP

Vegetarian Stuffed Peppers

CSFP Ingredients

- 1/2 cup rice, dry
- 1 cup American cheese, cubed
- 1 cup nonfat dry milk
- 1 can low-sodium corn, drained
- 1 can diced tomatoes, drained

Additional Ingredients

- 1 cup water
- 2 eggs
- 1 onion, chopped
- 1/2 tsp black pepper
- 1 1/2 tsp garlic powder
- 3 medium green peppers, cut in halves, center removed

Directions

1. Preheat oven to 350° F.
2. Bring 1 cup water to a boil in a medium pot.
3. Add 1/2 cup rice. Bring to boil again.
4. Reduce the heat to low, cover, and cook 15 minutes or until water is absorbed.
5. In a large bowl, combine the eggs, nonfat dry milk, rice, cheese, corn, onion, black pepper, and garlic powder.
6. Place green pepper halves in a 9x9-inch baking dish.
7. Spoon mixture into pepper halves until very full. Pour tomatoes over peppers.
8. Bake for 35 to 40 minutes.

Services 6

Recipe sourced from USDA/CSFP



Desserts

Who doesn't love dessert? Especially when the dessert doesn't leave you feeling guilty. The recipes in this section should allow you a little indulgence without a lot of shame.



Applesauce Cookies

CSFP Ingredients

- 2 cups rolled oats
- 1/2 cup applesauce

Additional Ingredients

- 1/2 cup pumpkin
- 1/4 cup sugar
- cinnamon, to taste

Directions

1. Preheat oven to 350° F and lightly grease baking tray.
2. Blend oats in a blender on pulse, do not take them to powder.
3. In a large mixing bowl, combine the oats, pumpkin, applesauce, and sugar. Mix well.
4. Using your hands, form into small balls and place on the baking tray, pressing each ball into a cookie shape.
5. Sprinkle lightly with cinnamon and bake for 12-15 minutes.
6. Remove and allow to cool completely.
7. Serve.

Serves 24

Recipe sourced from Utah Food Bank

Banana Berry Muffins

CSFP Ingredients

- 4 Tbsp applesauce
- 1/4 cup rolled oats

Additional Ingredients

- Nonstick cooking spray
- 1/4 cup sugar
- 1 egg white
- 2 ripe bananas, mashed
- 2 Tbsp water
- 1/2 cup flour
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 cup blueberries or strawberries (fresh or frozen)

Directions

1. Preheat oven to 350° F. Spray a 12-cup muffin pan with nonstick cooking spray.
2. In a medium-size bowl, combine applesauce, sugar, egg, banana, and water. Mix well.
3. In a large bowl mix flour, oats, baking powder, and baking soda.
4. Add the applesauce mixture to the bowl with the dry ingredients; mix just until batter is moist.
5. Gently add berries into the mixture.
6. Fill each muffin cup about 3/4 full of batter.
7. Bake for 25 to 30 minutes until lightly brown.
8. Cool for 10 minutes and remove from pan.

Services 12

Recipe sourced from USDA

Easy Rice Pudding

CSFP Ingredients

- 1/4 cup rice
- 3/4 cup nonfat dry milk

Additional Ingredients

- 2 cups water
- 1/4 cup raisins
- 1/4 cup sugar
- 1 cup water
- 3/4 tsp vanilla
- dash of cinnamon or nutmeg

Directions

1. Bring 2 cups water to a boil in a medium pot.
2. Add 1/4 cup rice. Bring to boil again.
3. Reduce the heat to low, add raisins, cover, and cook 20 minutes.
4. Combine dry milk, sugar, and 1 cup water. Stir until mixed.
5. Add mixed milk and sugar to rice. Mix in vanilla.
6. Simmer at low heat for another 10 minutes.
7. Chill. Sprinkle lightly with cinnamon or nutmeg, if desired.

Services 6

Recipe sourced from Colorado CSFP

No Bake Oatmeal Peanut Butter Cookies

CSFP Ingredients

- 1/4 shelf-stable 1% milk
- 1/4 cup peanut butter
- 2 cups rolled oats

Additional Ingredients

- 1 cup sugar
- 1/4 cup margarine or butter
- 2 Tbsp unsweetened cocoa powder (if you like)
- 1 tsp vanilla extract

Directions

1. Put sugar, milk, and margarine or butter in a saucepan and bring to a boil. If using cocoa powder, add that too.
2. Remove from heat and stir in vanilla and peanut butter until peanut butter is melted.
3. Add oats and stir well.
4. Drop by teaspoonfuls onto a cookie sheet coated with cooking spray or covered with waxed paper. Chill for 1 hour.

Services 18

Recipe sourced from USDA



Peach Crisp

CSFP Ingredients

- 1 can peaches, drained
- 3/4 cup rolled outs

Additional Ingredients

- 2 Tbsp margarine or butter
- 1/2 cup sugar
- 1/4 cup flour
- 2 tsp cinnamon
- 1 tsp lemon juice

Directions

1. Preheat oven to 375° F.
2. Spread sliced peaches on the bottom of a baking pan.
3. Melt the margarine or butter in a saucepan.
4. In a small bowl, mix everything but the peaches. Stir until the mix is well blended.
5. Sprinkle the oat mix on top of the peaches.
6. Bake for 20 minutes.
7. Serve warm.

Services 6

Recipe sourced from USDA

Peach Smoothie Pops

CSFP Ingredients

- 1 1/3 cups instant nonfat dry milk
- 2 cans canned peaches, drained

Additional Ingredients

- 1 cup water
- 1 cup ice cubes
- 3 Tbsp sugar

Directions

1. Place all ingredients into blender, cover, and blend until smooth.
2. Pour into popsicle molds and insert sticks or pour into ice cube trays and place toothpicks in each cube.
3. Freeze until solid.

Tip: You can make this with any kind of fruit you like.

Services 12

Recipe sourced from USDA/CSFP



Peanut Butter Balls

CSFP Ingredients

- 1 cup instant nonfat dry milk
- 1/2 cup peanut butter

Additional Ingredients

- 1/2 cup honey
- 1/2 cup graham cracker crumbs

Directions

1. In a small bowl, mix the milk powder, peanut butter, honey, and graham cracker crumbs until blended.
2. Shape into 1 inch balls and chill.
3. Serve.

Services 12

Recipe sourced from Utah Food Bank

Peanut Butter Cookies

CSFP Ingredients

- 2/3 cup peanut butter

Additional Ingredients

- 2/3 cup sugar
- 1 egg
- 1 tsp vanilla extract

Directions

1. Preheat oven to 350° F.
2. Combine all ingredients together in a large bowl and mix well.
3. Drop by the tablespoon onto a backing sheet. Flatten cookies with a fork.
4. Bake 15 minutes.

Services 12

Recipe sourced from USDA



Peanut Butter Rice Treats

CSFP Ingredients

- 1/3 cup peanut butter
- 6 cups rice crisp cereal

Additional Ingredients

- 2 Tbsp margarine or butter
- 2 cups marshmallows

Directions

1. Spray a 9x9-inch or 13X9-inch baking pan with nonstick cooking spray.
2. In a large pot, melt the margarine or butter and peanut butter on the lowest heat.
3. Add the marshmallows and melt, stirring constantly, until smooth. Stir in the rice crisp.
4. Press into the pan with clean hands or the back of a wooden spoon.
5. Cool in the refrigerator until firm, about an hour. Cut into squares.

Serves 12

Recipe sourced from USDA



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