

Hidden Vegetable Tomato Sauce

Ingredients:

- 2 tablespoons olive oil
- 2 onions, peeled and chopped
- 4 cloves garlic, minced
- 1 – 28 ounce can whole tomatoes, pureed
- Salt and pepper to taste
- 1 teaspoon dried oregano
- 2 carrots, peeled and shredded
- A few handfuls of baby spinach



Directions:

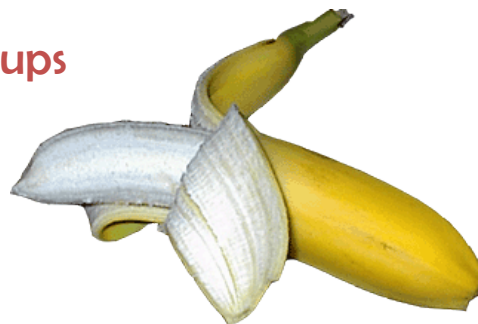
Heat the oil in a small saucepan with the onions. Sauté until they soften and start to turn golden. Add the garlic and stir for a few minutes more. Add the tomato puree, seasonings and carrots. Simmer for 20 minutes. Stir in the spinach and continue to simmer until it wilts and heats through. Puree with an immersion blender. Serve with your favorite pasta.

Source: <http://www.foodnetwork.ca/recipes/Herbs/recipe.html?dishid=8632>

Frozen Fruit Cups

Ingredients:

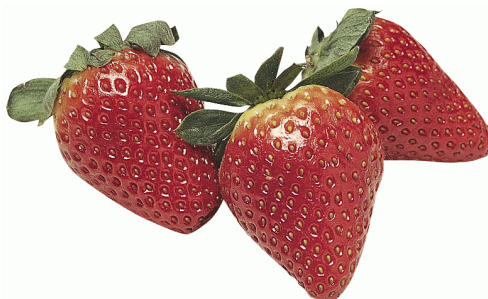
- 3 bananas, mashed
- 24 ounces non-fat strawberry yogurt
- 10 oz strawberries, frozen, thawed, undrained
- 1 – 8 ounce can crushed pineapple, undrained



Directions:

Line muffin tin cups with paper baking cups (18 total). In large mixing bowl, add mashed bananas, yogurt, strawberries, and crushed pineapple and mix well. Spoon mixture into muffin tins and freeze at least 3 hours or until firm. Remove frozen cups and store in a plastic bag in the freezer.

Source: <http://www.choosemyplate.gov/downloads/MyPlate/Recipes.pdf>



Whole Grain Blueberry Oatmeal Muffins

Ingredients:

- 1 1/3 cups whole wheat flour
- 2/3 cup whole grain oatmeal
- 1 Tablespoon baking powder
- 2 Tablespoons splenda
- 1 large egg
- 1 cup 2% milk
- 1/4 cup unsalted butter, melted
- 1 cup fresh blueberries



Directions:

Mix dry ingredients in mixing bowl – reserve 1/4 cup of flour and mix with blueberries to add last. Mix together egg, milk, melted butter. Pour over dry ingredient mixture and mix gently. Beat until flour is wet. Add blueberry mixture. Spoon into muffin cups and bake at 400°F for about 15 minutes. Makes 12 muffins.

Source: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=502928>

Lean and Spicy Taco Meat

Ingredients:

- 8 ounces 93%-lean ground beef
- 8 ounces 99%-lean ground turkey breast
- 1/2 cup chopped onions
- 1 – 10 ounce can diced tomatoes with green chiles
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground chipotle chile or 1 teaspoon chili powder
- 1/2 teaspoon dried oregano

Directions:

Place beef, turkey, and onion in a large nonstick skillet over medium heat. Cook, breaking up the meat with a wooden spoon, until cooked through, about 10 minutes. Transfer to a colander to drain off fat. Wipe out the pan. Return the meat to the pan and add tomatoes, cumin, ground chipotle (or chili powder) and oregano. Cook over medium heat, stirring occasionally, until most of the liquid has evaporated, 3 to 6 minutes. Serve on whole wheat tortilla or taco shells.

Source: <http://family.go.com/food/recipe-ew-523743-lean---spicy-taco-meat-t/>



Apple Pie Low Fat Shake

Ingredients:

- 1 cup low fat vanilla frozen yogurt
- ½ cup unsweetened applesauce
- 1 teaspoon fresh lemon juice
- ¼ teaspoon ground cinnamon
- Dash of ground nutmeg
- 2 ice cubes



Directions:

In a blender, place all ingredients and blend until smooth and creamy. To serve, pour into two tall glasses.

Source: <http://www.favediets.com/class/Drink-Recipes/Apple-Pie-Low-Fat-Shake#>

MyPlate is the current nutrition guide published by the USDA Center for Nutrition Policy and Promotion, a food circle (i.e. a pie chart) depicting a place setting with a plate and glass divided into five food groups. It replaced the USDA's MyPyramid guide on June 2, 2011, ending 19 years of USDA food pyramid diagrams.

MyPlate

- ✓ **Make half your plate fruits and vegetables!**
- ✓ **Make half your grains whole grains!**
- ✓ **Choose lean meats and plant proteins!**
- ✓ **Choose fat-free or low-fat milk!**

“This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact <http://www.dhs.wisconsin.gov/foodshare/>.”

Mercie Gordon

GLITC SNAP-Ed Nutrition Educator
mercie.gordon@redcliff-nsn.go

715-779-3740