

Shopping List: 5 Yummy Snacks

Fresh Produce

- 1 banana
- 1 cup blueberries
- 1 lime
- 1 lemon
- 2 large cucumbers
- 2 green onions
- 2 cups fresh or frozen fruit (at least two different kinds)
- 1 cup thinly sliced red cabbage
- 2 cups thinly sliced green cabbage
- 1 yellow or red bell pepper
- 2 carrots (1/2 cup shredded)
- 1 small red onion

Dry Goods

- 1/2 cup unsweetened coconut milk (or any milk you prefer)
- Wheat germ or flax seed oil (*optional*)
- 1 (6-oz) can low-sodium tuna
- 1 (15.5-oz) can white beans
- 1/2 cup popcorn
- 1 jar of 100% fruit spread
- 1 cup granola or dry cereal
- 1 jar fat-free mayonnaise

Dairy

- 1 cup plain yogurt
- 1/2 cup lowfat cheddar cheese

Pantry Staples

Add items to list if you don't already have them

- Celery seed (*optional*)
- Honey
- Almond extract
- Canola oil
- Dijon or country mustard
- Salt
- Ground black pepper
- Olive oil

Red wine vinegar

Optional for popcorn toppings:

- Soy sauce
- Balsamic vinegar
- Paprika
- Cayenne pepper
- Red pepper flakes
- Nutritional yeast

Banana-Blueberry Smoothie

This nutrient-packed smoothie is perfect for an on-the-go snack.

Makes 1 serving. 1 smoothie per serving.

Ready in 5 minutes.

Ingredients

1 banana

1 cup blueberries

½ cup unsweetened coconut milk (or any type of milk you prefer)

1 Tablespoon honey

1 Tablespoon lime juice

¼ teaspoon almond extract

1 cup ice

Directions

1. Add banana, blueberries, coconut milk (or any type of milk you prefer), honey, lime juice, almond extract, and ice to blender and blend.
2. Enjoy!

Nutrition information per serving: Calories 131, Total Fat 0.9g, Saturated Fat 0.5g, Carbohydrate 31g, Dietary Fiber 2.7g, Protein 3g, Sodium 30mg

Recipe Source: Jewish Family Service

Tuna Boats

Using cucumbers instead of bread or crackers makes this meal refreshing and a great choice for warmer months.

Makes 4 servings. ½ cucumber and 6 oz. filling per serving.
Ready in 15 minutes.

Ingredients

- 2 large cucumbers
- 1 lemon
- 2 green onions
- 1 (6-ounce) can low-sodium tuna, packed in water
- 1 (15 ½-ounce) can white beans
- 1 Tablespoon canola oil
- 1 Tablespoon Dijon or country mustard
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

Directions

1. Rinse cucumbers. Peel off skin every ¼ inch, all the way around. Cut lengthwise. Scoop out the seeds with a small spoon.
2. Rinse lemon. Zest using the small holes of a box grater. Cut in half. In a small bowl, squeeze juice. Discard seeds.
3. Rinse and chop green onions.
4. Drain tuna. In a colander, drain and rinse beans.
5. In a medium bowl, mash beans lightly with a fork.
6. Add green onions, tuna, oil, mustard, salt, pepper, lemon zest, and 2 Tablespoons of the lemon juice to beans. Mix with a fork.
7. Fill each cucumber half with ¼ tuna mixture. Serve.

Nutrition information per serving: Calories 230, Total Fat 5g, Saturated Fat 0g, Carbohydrate 28g, Dietary Fiber 7g, Protein 20g, Sodium 410mg

Recipe Source: Share Our Strength's Cooking Matters

Popcorn with Toppings

Did you know that popcorn is a whole grain? It's also easy to make on the stove! Sprinkle your favorite seasoning on top for a nutritious snack.

Makes 2 servings. 3 cups per serving.

Ready in 15 minutes.

Ingredients

½ cup unpopped popcorn

2 Tablespoons oil

Assorted toppings, such as soy sauce, balsamic vinegar, paprika, cayenne pepper, red pepper flakes, or nutritional yeast

Directions

1. Add vegetable oil to a large saucepan with a lid.
2. Add popcorn kernels, cover, and heat on medium. You will hear the kernels begin to pop after a few minutes.
3. Shake the pan frequently, holding the lid in place, to make sure all the kernels cook evenly without burning.
4. When you hear the popping slow down, remove from heat. Carefully open the lid.

Nutrition information per serving: Calories 131, Total Fat 3.5g, Saturated Fat 0.5g, Dietary Fiber 3.8g, Sodium 2.1mg

Recipe Source: Leah's Pantry

Yogurt Parfaits

Serve these parfaits in clear glasses for an attractive breakfast, snack, or dessert.

Makes 4 servings. 1 cup per serving.

Ready in 15 minutes.

Ingredients

2 cups fresh or frozen fruit (at least two different kinds)

1 cup plain yogurt

4 Tablespoons 100% fruit spread

1 cup granola or dry cereal

Wheat germ or flax seed oil (*optional*)

Directions

1. Wash and cut fruit into small pieces.
2. In a bowl, mix the yogurt and fruit spread together.
3. Layer each of the four parfaits as follows:
 - a. fruit
 - b. yogurt
 - c. granola (repeat)

Nutrition information per serving: Calories 294, Total Fat 6.4g, Saturated Fat 1.4g, Dietary Fiber 4.6g, Sodium 96mg

Recipe Source: Leah's Pantry

Rainbow Coleslaw

Pack with Oven Fried Chicken for a tasty picnic lunch.

Makes 12 servings. ½ cup per serving.
Ready in 15 minutes.

Ingredients

2 cups thinly sliced red cabbage
2 cups thinly sliced green cabbage
½ cup chopped yellow or red bell pepper
½ cup shredded carrots
1/3 cup chopped red onion
½ cup fat free mayonnaise
1 tablespoon red wine vinegar
¼ teaspoon celery seed (*optional*)
½ cup lowfat cheddar cheese, cut into bite-size cubes

Directions

1. In a large bowl, combine all the vegetables.
2. In a small bowl, mix mayonnaise, vinegar, and celery seed (if desired) to make a dressing.
3. Pour the dressing over the vegetable mixture and toss until well coated.
4. Toss salad with cheese and serve chilled.

Nutrition information per serving: Calories 30, Total Fat 1g, Saturated Fat 0g, Carbohydrates 4g, Protein 2g, Dietary Fiber 1g, Sodium 145mg

Recipe Source: Nutrition Education and Obesity Prevention Branch (NEOPB)