

Shopping List: Back to School

Fresh Produce

2 stalks green onions
1 green bell pepper
1 small bunch parsley
1 clove garlic
1 medium yellow onion
1 cup mushrooms

Pantry Staples

½ teaspoon salt
½ teaspoon pepper
nonstick cooking spray
2 teaspoons vegetable oil
¼ teaspoon dried oregano
¼ teaspoon dried thyme

Bread

12 corn tortillas
6 whole wheat buns or rolls

Dry Goods

3 cups corn flakes cereal
⅓ cup whole wheat flour
½ cup corn (no salt added)
¾ cup breadcrumbs
one 16-oz. can low-sodium
crushed tomatoes
one 16-oz. can low-sodium
tomato sauce
1 cup Barbeque sauce (low sugar
and low sodium if possible)
2 cups Pico de Gallo

Dairy

3 eggs
¼ cup milk or non-dairy alternative
½ cup cheddar cheese, monterey jack,
or queso fresco (reduced-fat)

Meat or Substitutes

2 ¼ lbs boneless chicken pieces
1 ¾ lb ground beef (90% lean) or
turkey

Crispy Taquitos

Great to keep in the freezer. You can heat and eat for a quick snack or side dish! Serve with guacamole for added flavor.

Makes 4 servings. 3 pieces per serving.
Ready in 30 minutes.

Ingredients

2 cups Pico de Gallo, *divided*
½ cup Chicken cooked, *finely chopped*
½ cup Corn no salt added *canned or frozen, thawed*
¼ cup Green onion *chopped*
¼ cup Green bell pepper *chopped*
½ cup Cheddar cheese, Monterey Jack cheese, or queso fresco, *shredded reduced fat*
12 Corn tortillas
2 teaspoons Vegetable oil

Directions

1. Heat oven to 425°F. In a medium bowl, combine 1 cup Pico de Gallo, chicken, corn, green onion, bell pepper, and cheese.
2. Soften tortillas on the stovetop or in the microwave oven, and spoon a heaping tablespoon of filling onto the center of each tortilla. Roll up tightly and secure each with a toothpick.
3. Place rolled tortillas seam side down on a baking sheet and brush each lightly with oil. Bake for 10 to 15 minutes or until crisp and lightly browned.
4. Place 3 taquitos on each plate and serve with remaining Pico de Gallo.

Nutrition information per serving: Total calories: 286 Total fat: 8 g Saturated fat: 3 g
Carbohydrates: 41 g Protein: 14g Fiber: 6 g Sodium: 565 mg

Recipe Source: Nutrition Education and Obesity Prevention Branch (California Department of Public Health)

Baked Flaked Chicken

If you like fried chicken, you'll love this healthier version.

Makes 8 servings. 4 ounces per serving.

Ready in 40 minutes.

Ingredients

2 pounds Boneless chicken pieces

3 cups Corn Flakes cereal

½ cup Whole wheat flour

½ teaspoon Salt

¼ teaspoon Ground black pepper

2 Large Eggs

¼ cup Milk and Non-Dairy Alternatives (*nonfat*)

Non-stick cooking spray

Directions

1. Preheat oven to 375°F.
2. Remove skin, if any, from chicken pieces. If working with large chicken breasts, cut in half lengthwise for faster cooking time. Trim any excess fat.
3. In a medium bowl, crush cornflakes.
4. In a second medium bowl, mix flour, salt, and black pepper.
5. In a third medium bowl, add eggs and milk. Beat with a fork.
6. Dip each chicken piece into flour, then egg mixture, then cornflakes. Each piece should be fully coated with flakes.
7. Coat baking sheet with non-stick cooking spray. Place chicken pieces on sheet, evenly spaced. Spray pieces lightly with cooking spray.
8. Bake for 20–25 minutes, or until internal temperature reaches 165°F.

Nutrition information per serving: 250 Total fat: 10 g Saturated fat: 3 g Carbohydrates: 15g Protein: 24g Fiber: 1 g Sodium: 310 mg

Recipe Source: Share Our Strength's Cooking Matters

Slow Cooker Meatballs

Try ground turkey for these meatballs instead of ground beef to cut back on saturated fat. They are just as tasty and satisfying.

Makes 2 servings. 4 pieces per serving.
Ready in 8 hours 15 minutes.

Ingredients

$\frac{3}{4}$ pound Ground meat (*turkey or beef*)

$\frac{3}{4}$ cup Breadcrumbs

$\frac{1}{8}$ cup Fresh parsley *chopped*

1 Clove of garlic

$\frac{1}{2}$ Medium onion *chopped*

1 Egg *beaten*

1 16-oz. can low-sodium crushed tomatoes

1 16-oz. can low-sodium tomato sauce or 2 cups of Slow Cooker Tomato Sauce

Directions

1. Mix first 6 ingredients in a bowl until combined. Form into 8 meatballs.
2. Pour tomatoes and tomato sauce into slow cooker and place meatballs into the mixture. Cook on LOW for 6 to 8 hours.

Nutrition information per serving: 493 Total fat: 6.7 g Saturated fat: 1.7 g Fiber: 18.2 g Sodium: 872 mg

Recipe Source: Leah's Pantry

Sloppy Janes

Try this tasty version of the traditional Sloppy Joe sandwich.

Makes 6 servings. ½ cup per serving.
Ready in 20 minutes.

Ingredients

½ cup Yellow onion *chopped*

½ cup Green bell pepper *chopped*

1 cup Mushrooms *chopped*

1 pound Ground beef *90% lean*

1 cup Barbeque sauce *low sugar and low sodium if possible*

⅛ teaspoon Black pepper

¼ teaspoon Dried oregano

¼ teaspoon Dried thyme

6 whole wheat buns or rolls

Directions

1. Heat a large nonstick skillet over medium heat.
2. Add onion, bell pepper, mushrooms, and beef.
3. Cook, stirring to break up beef, until vegetables are soft and beef is browned.
4. Stir in barbecue sauce and remaining ingredients.
5. Reduce heat to medium-low, cover, and cook until heated throughout, about 15 minutes.
6. Spoon ½ cup of the beef mixture on each roll. Eat open-faced or as a sandwich.

Nutrition information per serving: 332 Total fat: 7.7 g Saturated fat: 3.6 g Carbohydrates: 45 g Protein: 22 g Fiber: 3 g Sodium: 733 mg

Recipe Source: Lisa Barnes' *Petit Appetit*