

Shopping List: 4 Tasty Treats for PB Lovers

Fresh Produce

4 bananas
 ½ apple
 ½ peach
 1 small head of lettuce
 1 medium cucumber
 1 bunch of mint
 1 bunch of cilantro
 1 teaspoon garlic

Dry Goods

1 (8-10 ounce) package of dried rice vermicelli noodles
 12 (8-inch) rice paper wrappers
(can be found in international grocery section)
 1 tablespoon raisins or chopped nuts*
 2 pita pockets
 1 (8 inch) soft whole wheat tortilla

Meats & Seafood

¼ pound medium shrimp, *frozen or fresh*
 8 ounces boneless pork loin or chicken breast

Dairy

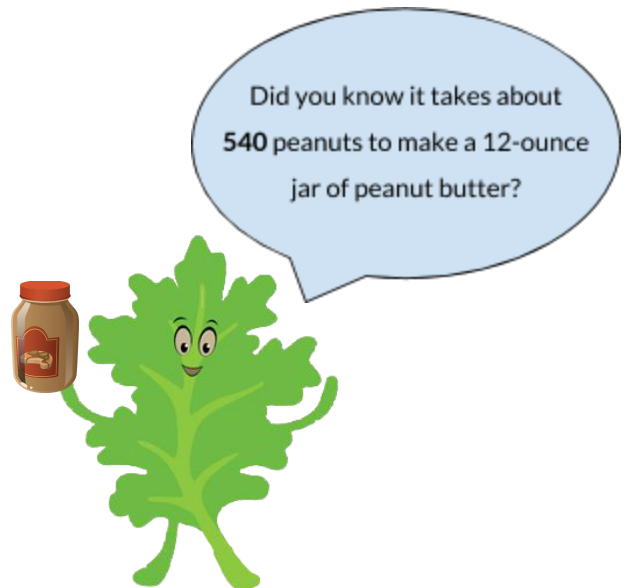
¼ cup 1% low-fat plain yogurt
 ½ cup 1% lowfat milk

Pantry Staples

Cinnamon
 1 teaspoon honey
 1 teaspoon vegetable or canola oil
 1 teaspoon rice vinegar
 ½ teaspoon cornstarch
 ¼ cup hoisin sauce

Peanut Butter

¼ cup reduced fat chunky peanut butter
 3 tablespoons all-natural peanut butter
 1 tablespoon creamy regular unsalted peanut butter



Did you know it takes about 540 peanuts to make a 12-ounce jar of peanut butter?

Peanut butter is a great and inexpensive source of protein and healthy fats! However, shopping for peanut butter can be a bit overwhelming if when you have different options to choose from.

Check the ingredients list. Peanuts should be the first (and only) ingredient. A little salt is okay, too.

Choose “natural.” Many “natural” peanut butters contain only peanuts and salt with no artificial ingredients.

Beware of added sugars. Look out for added sugars or sweeteners in the form of high fructose corn syrup, evaporated cane juice, corn syrup, molasses, honey and more!

Avoid added oils. Hydrogenated oils and palm oils are commonly used in peanut butter to help improve the texture of but can be unhealthy even in small amounts.

Peanut Butter and Banana Smoothie

This quick and delicious way to fuel yourself in the morning, especially if you're on the go!

Makes 2 servings. 1.5 cups (12oz) per serving.

Ready in 5 minutes.

Ingredients

2 bananas, *cut into chunks and frozen*

¼ cup 1% low-fat plain yogurt

½ cup 1% lowfat milk

1 tablespoon creamy regular unsalted peanut butter

1 teaspoon honey* *feel free to use less*

Directions

1. Place all ingredients in a blender container, cover, and blend until smooth.
2. Pour into glasses or smoothie container and serve.

Chef Tips

Peel the bananas and freeze them the day or night before use.

Do not give honey to children under the age of one year

Nutrition information per serving: Calories 210, Total Fat 6g, Saturated Fat 1.5g, Carbohydrate 37g, Dietary Fiber 4g, Protein 7g, Sodium 50mg

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

Peachy Peanut Butter Pita Pockets

A great way to enjoy the creamy taste of peanut butter. Throw in some fresh seasonal fruit for an extra crunch!

Makes 4 servings. ½ of pita pocket
Ready in 10 minutes.

Ingredients

- 2 pita pockets
- ¼ cup reduced fat chunky peanut butter
- ½ apple
- 1 banana
- ½ peach

Directions

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

Chef Tip

Regular chunky peanut butter can work too!

Try these pitas with other fruits that are in season:

Spring: berries, strawberries and dried fruit (e.g. raisins, dates or dried figs)

Summer: grapes, peaches,

Fall: apples, kiwi fruit, pears, persimmons

Winter: grapefruit and oranges

Nutrition information per serving: Calories 228, Total Fat 9.3g, Saturated Fat 1.4g, Carbohydrate 31g, Dietary Fiber 4.7g, Protein 7.5g, Sodium 247mg

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

Pork and Shrimp Spring Rolls

Makes 4 servings. 3 pieces per serving.
Ready in 45 minutes.

Ingredients

- ¼ pound medium shrimp, *frozen or fresh*
- 8 ounces boneless pork loin or chicken breast
- 1 (8-10 oz.) package of dried rice vermicelli noodles, *cooked to package instructions*
- 1 small head of lettuce
- 1 medium cucumber, *cut into thin strips*
- 1 bunch of mint
- 1 bunch of cilantro
- 12 (8-inch) rice paper wrappers (*can be found in Asian markets*)
- 1 teaspoon vegetable or canola oil
- 1 teaspoon garlic, *minced*
- ¼ cup hoisin sauce
- 1 tablespoon peanut butter
- ¼ cup water
- 1 teaspoon rice vinegar
- ½ teaspoon cornstarch *plus 1 tablespoon of water (stir well until dissolved)*

Directions

1. For the hoisin peanut dip: sauté minced garlic with oil in a saucepan until slightly golden. Then, add the hoisin sauce, peanut butter, rice vinegar, and water. Lower heat to medium until boil. Once it reaches a boil, add the cornstarch mixture to thicken the sauce.
2. Cook the dried rice vermicelli noodles to package instructions. Once cooked, strain the noodles and rinse it with cold water.

3. Bring a medium pot of water to boil and add pork or chicken breast. Boil the pork or chicken on medium heat for about 15-25 minutes or until the meat is cooked. Remove from water; allow it to cool and then slice the meat into thin strips.
4. For the shrimp, boil in a different pot for 3-5 minutes. Rinse in cold water using a strainer. Peel off the shells and slice each shrimp lengthwise in half.
5. Gather all of your filling ingredients on plates: noodles, shrimp, pork, lettuce, cucumber, herbs and rice paper wrappers.
6. Add warm water to a large bowl. Lay the rice sheet on a plate. Use clean hands to spread a little bit of water all over the rice paper. It should not be soaked. With time, the paper will soften.
7. Lay your lettuce first on the soft spring roll wrapper, and then add the herbs, cucumber, noodles and pork or chicken.
8. Roll each spring roll like a burrito until you have about $\frac{1}{3}$ of rice paper left, then lay about 2-3 pieces of shrimp, cut side up, in a row and finish rolling. The shrimp will lie on the outside of the spring roll when you are finished rolling.
9. Serve with the hoisin peanut sauce.

Chef Tip

Substitute shrimp and pork with avocado for a vegetarian roll.

Add carrots sliced into small strips and bean sprouts.

Reduce the amount of hoisin sauce to cut back on the sodium.

Nutrition information per serving: Calories 281, Total Fat 6g, Saturated Fat 1g, Carbohydrate 31g, Dietary Fiber 1.6g, Protein 24g, Sodium 702mg

Recipe Source: Leah's Pantry

For more meal plans and recipes, visit <http://eatfresh.org>

Banana Sushi or PB&B

This easy recipe was a favorite of resident recipe tasters from Kelly Cullen Community.

Makes 2 servings. 4 pieces per serving.

Ready in 5 minutes.

Ingredients

- 1 (8 inch) soft whole wheat tortilla
- 2 tablespoons all-natural peanut butter
- Cinnamon
- 1 banana, *peeled*
- 1 tablespoon raisins or chopped nuts *optional*

Directions

1. Spread a layer of peanut butter across the tortilla. Leave a gap at the edge about as wide as your fingertip.
2. Shake cinnamon on top of the peanut butter.
3. Place the peeled banana in the middle of the tortilla.
4. Sprinkle with raisins or nuts, if using.
5. Roll the tortilla tightly.
6. Cut into 8 pieces.

Nutrition information per serving: Calories 187, Total Fat 9g, Saturated Fat 2g, Carbohydrate 23g, Dietary Fiber 3g, Protein 6g, Sodium 178mg

Recipe Source: Leah's Pantry

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