

FREE!



CHOOSE HOMEMADE

2023 NUTRITION CALENDAR

ONIERECIPES



HELP US IMPROVE THIS
CALENDAR. TAKE THIS
SURVEY & LET US KNOW
WHAT YOU THINK!

We keep busy families in mind every step of the way when creating our unique recipes.

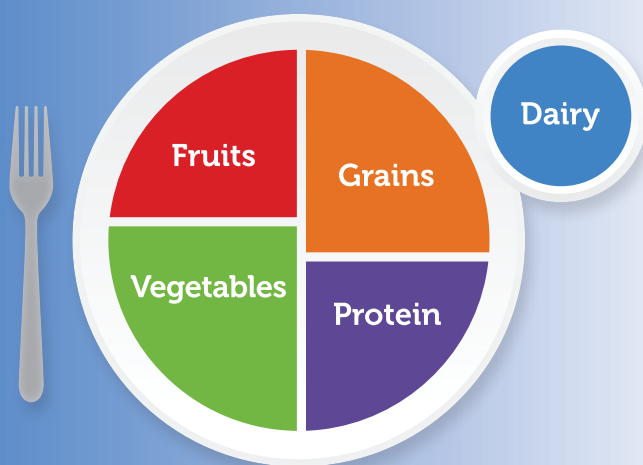
Our promise is that **ONIE** recipes are:

- Quick, tasty & healthy
- Easy to prepare & require minimal cleanup
- Made using common ingredients
- Taste-tested & chosen by Oklahoma families
- Certified healthy by **ONIE** registered dietitians
- Developed using the **MyPlate** food groups



LOOK FOR THESE ICONS THROUGHOUT THE
CALENDAR WHEN CHOOSING RECIPES

... SCAN QR CODE TO LEARN MORE



MyPlate.gov

FIND MORE RECIPES AT ONIEPROJECT.ORG

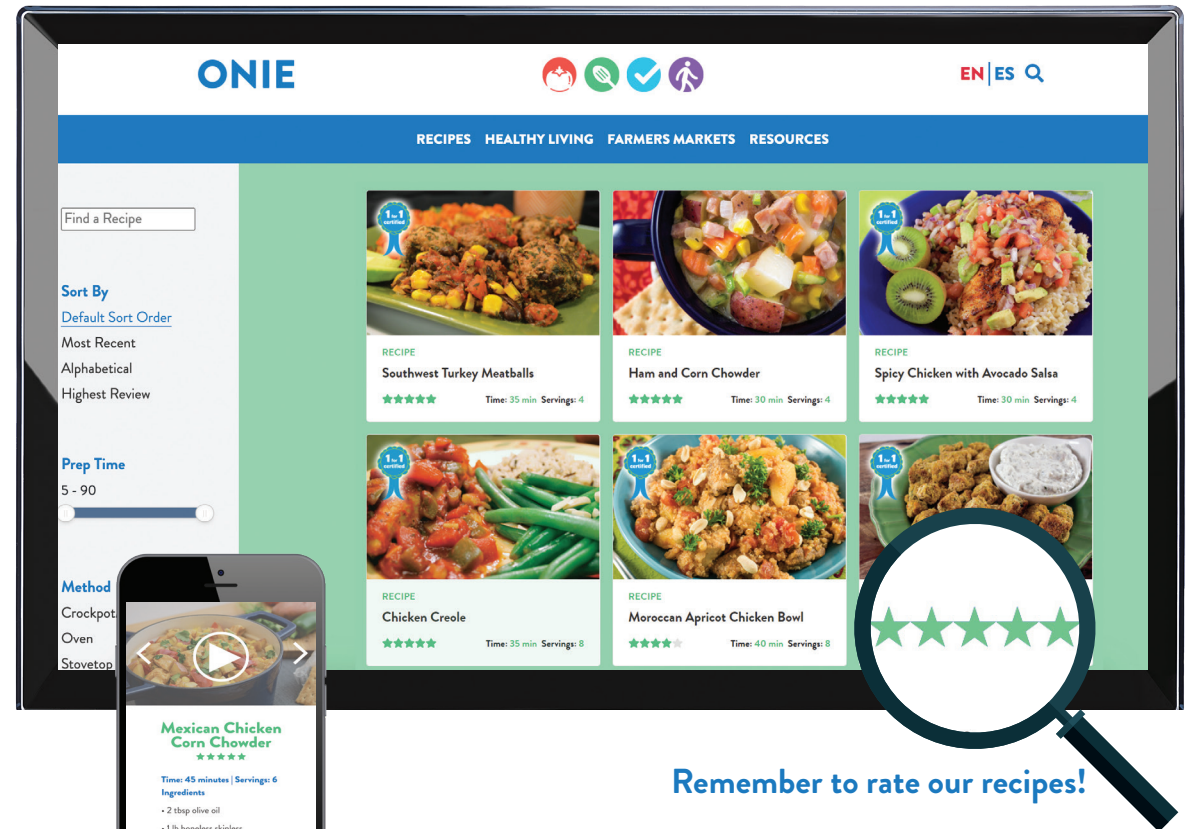
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MOBILE-FRIENDLY WEBSITE HELP YOU
CHOOSE INGREDIENTS AT THE STORE,
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STEPS & COOKING TIPS.

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MAKING SENSE OF NUTRITION LABELS

Serving Size

- All numbers on the label are based on 1 **Serving Size**. Each label shows how many servings per container.
- Example:** If you eat 2 servings, multiply all label numbers by 2. If you eat 1/2 serving, cut all numbers in half.

Carbohydrates

- Aim for 300g **Total Carbohydrates** a day.
- Aim for at least 28g of **Fiber** a day.
- Fiber helps digest food & makes you feel full longer.
- Added Sugars** are sugars added in processing & do not occur naturally in the product.
- Example:** Milk has lactose, a naturally occurring sugar. Chocolate milk has added sugars from the chocolate syrup beyond the naturally occurring lactose.

Vitamins & Minerals

- Aim for 100% of all vitamins & minerals a day.
- The item is a good source of a vitamin or mineral if the %DV is 10% or more; a great source is 20% or more.
- Vitamin D** helps absorb calcium & improves bone health.
- Potassium** helps regulate blood pressure.

Nutrition Facts

16 servings per container
Serving size 1 cup (240mL)

Amount per serving
Calories 140

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 15mg	4%
Sodium 180mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes 7g Added Sugars	13%
Protein 8g	
Vitamin D 2.5mcg	10%
Calcium 298mg	25%
Iron 0mg	0%
Potassium 420mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories

- Calories** are the energy supplied by food. If it is not burned, it will be stored in the body as fat.

Fat & Sodium

- Aim for less than 78g of **Total Fat** a day.
- Aim for less than 20g of **Saturated Fat** a day.
- Aim for less than 2,300mg of **Sodium** a day.
- Drain & rinse canned foods to reduce sodium up to 41%.
- Choose *no-salt-added* or *low-sodium* foods.

Protein

- Aim for 20g of **Protein** a meal, 50-60g a day.
- Eat small servings of lean meat, fish & poultry.
- Look for protein sources other than meat, such as beans. These usually have less saturated fat & more fiber.

Nutrients to get more of:

Dietary Fiber: ≥28g
Vitamin D: ≥20mcg
Calcium: ≥1300mg
Iron: ≥18mg
Potassium: ≥4700mg

Nutrients to get less of:

Saturated Fat: ≤20g
Trans Fat: 0g
Sodium: ≤2300mg
Added Sugars: ≤50g

Ingredient List: Ingredients are listed in descending order by weight of the ingredient from most to least.

Salt Check MATCH

1

for

1

mg sodium

calorie

DAILY GOAL:

Strive for
less than
2300mg
of sodium
per day

GOOD!

BAD!

Nutrition Facts

12 servings per container

Serving size (55g)

Amount per serving

Calories **90**

% Daily Value*

Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 8mg	3%
Sodium 90mg	4%
Total Carbohydrate 37g	13%

Nutrition Facts

12 servings per container

Serving size (55g)

Amount per serving

Calories **90**

% Daily Value*

Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 8mg	3%
Sodium 270mg	12%
Total Carbohydrate 37g	13%

Look for  recipes!

JANUARY

ZESTY CHICKEN TORTILLA SOUP

SERVINGS

6

EST TIME

30 min

Ingredients:

2 Tbsp olive oil
1 medium yellow onion, diced
1 green bell pepper, diced
3 cloves garlic, minced
1 tsp cumin
1 tsp chipotle powder
1 (10 oz) can no-salt-added diced tomatoes & green chiles, undrained
1 cup frozen corn
1 medium zucchini, sliced
1 (32 oz) carton unsalted chicken broth
1 (12.5 oz) can chunk chicken breast, drained
1 large avocado, diced
1/2 cup shredded fiesta blend cheese
1/2 cup crushed multigrain tortilla chips

Preparation:

1. In a large stockpot, heat oil over medium-high. Add onion & bell pepper. Cook 3-4 minutes, or until tender. Add garlic & cook 1 additional minute.
2. Add cumin, chipotle powder & tomatoes. Mix well & cook 2-3 minutes. Stir in corn, zucchini & broth. Bring to a boil. Reduce heat & simmer 10-12 minutes.
3. Add chicken & simmer 5 minutes, until heated through. Remove from heat & add avocado. Divide into bowls. Top with cheese & chips as desired.

Nutrition Facts

6 servings per recipe
Serving size (415g)

Amount per serving
Calories **270**

% Daily Value*

Total Fat 13g 17%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 430mg 19%

Total Carbohydrate 19g 7%

Dietary Fiber 4g 14%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 20g

Vitamin D 0mcg 0%

Calcium 111mg 8%

Iron 1mg 6%

Potassium 469mg 10%

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22 Chinese New Year	23	24	25	26	27	28																																																																																									
29	30	31		<div>TIP</div> <div>Try minced cilantro, fresh jalapeños, or a dollop of Greek yogurt for additional toppings!</div>	<div>DECEMBER</div> <table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr><tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr><tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr><tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr><tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr><tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr></table>	S	M	T	W	T	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	<div>FEBRUARY</div> <table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr><tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr><tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td></td></tr><tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td></td></tr><tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td></td></tr><tr><td>26</td><td>27</td><td>28</td><td></td><td></td><td></td><td></td><td></td></tr></table>	S	M	T	W	T	F	S					1	2	3	4	5	6	7	8	9	10	11		12	13	14	15	16	17	18		19	20	21	22	23	24	25		26	27	28					
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FEBRUARY

QUICK CHICKEN PARMESAN

SERVINGS

EST TIME

4

30 min

Ingredients:

1 lb boneless, skinless chicken breasts
1 cup all-purpose flour
1 large egg
1/2 cup breadcrumbs
1/2 cup grated parmesan cheese
1 Tbsp chopped fresh oregano
2 Tbsp olive oil
1 (8 oz) can no-salt-added tomato sauce
1/2 cup shredded part-skim mozzarella cheese

Preparation:

1. Place chicken on a sheet of plastic wrap. Cover with another sheet & lightly pound with the bottom of a jar to about 1/3-inch thickness. Pat dry with paper towel.
2. In a small bowl, add flour. In another small bowl, lightly beat egg. In a medium bowl, combine breadcrumbs, parmesan, & oregano.
3. Coat chicken in flour & shake off excess. Dip chicken in egg, then in breadcrumb mixture.
4. In a large skillet, heat oil over medium-high. Add chicken & cook 3-4 minutes per side, until golden brown.
5. In a small saucepan, heat tomato sauce 2-3 minutes, or until warm. Before removing from skillet, top chicken with sauce & cheese. Serve when cheese is melted.

Nutrition Facts

4 servings per recipe
Serving size (236g)

Amount per serving

Calories **390**

% Daily Value*

Total Fat 17g 22%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 145mg 48%

Sodium 370mg 16%

Total Carbohydrate 22g 8%

Dietary Fiber 1g 4%

Total Sugars 3g

Includes 1g Added Sugars 2%

Protein 36g

Vitamin D 1mcg 6%

Calcium 209mg 15%

Iron 2mg 10%

Potassium 610mg 15%

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MARCH

CILANTRO LIME SHRIMP BOWL

SERVINGS

6

EST TIME

30 min

Ingredients:

2 Tbsp olive oil
1 red bell pepper, diced
1 jalapeño, finely diced
1 lb raw shrimp, peeled & deveined
4 cloves garlic, minced
1 tsp cumin
1/2 tsp red pepper flakes
2 cups unsalted chicken broth
2 cups instant brown rice, uncooked
1 (15 oz) can no-salt-added black beans, drained & rinsed
2 limes, juiced
1/2 cup chopped fresh cilantro

Preparation:

1. In a large skillet, heat oil over medium. Sauté bell pepper & jalapeño 2-3 minutes or until tender.
2. Add shrimp & garlic to skillet. Sprinkle cumin & pepper flakes over shrimp. Cook 3-4 minutes, or until shrimp are pink, stirring occasionally. Transfer to a plate & set aside.
3. In the same skillet, add broth & rice. Bring to a boil. Stir & reduce heat to simmer 15-20 minutes, covered, until rice is cooked through.
4. Add beans & shrimp into the cooked rice & mix gently until combined. Remove from heat & mix in lime juice & cilantro.

Nutrition Facts

6 servings per recipe
Serving size (312g)

Amount per serving
Calories **290**

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 95mg **32%**

Sodium 480mg **21%**

Total Carbohydrate 41g **15%**

Dietary Fiber 5g **18%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 17g

Vitamin D 0mcg **0%**

Calcium 74mg **6%**

Iron 2mg **10%**

Potassium 498mg **10%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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<div>FEBRUARY</div> <div> <div>S</div> <div>M</div> <div>T</div> <div>W</div> <div>T</div> <div>F</div> <div>S</div> </div> <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> <div>6</div> <div>7</div> <div>8</div> <div>9</div> <div>10</div> <div>11</div> <div>12</div> <div>13</div> <div>14</div> <div>15</div> <div>16</div> <div>17</div> <div>18</div> <div>19</div> <div>20</div> <div>21</div> <div>22</div> <div>23</div> <div>24</div> <div>25</div> <div>26</div> <div>27</div> <div>28</div> </div>	<div>TIP</div> <div>Top with your favorite hot sauce or queso fresco!</div>	<div> <div>SCAN ME WITH YOUR SMART PHONE</div> <div>  </div> <div>FOR MORE SHRIMP RECIPES</div> </div>	<div>1</div> <div>First Day of Women’s History Month</div>	<div>2</div> <div>Read Across America Day</div>	<div>3</div>	<div>4</div>
<div>5</div>	<div>6</div>	<div>7</div>	<div>8</div> <div>International Women’s Day</div>	<div>9</div>	<div>10</div>	<div>11</div>
<div>12</div> <div>Daylight Saving Time Begins</div>	<div>13</div>	<div>14</div>	<div>15</div>	<div>16</div>	<div>17</div> <div>St. Patrick’s Day</div>	<div>18</div>
<div>19</div>	<div>20</div> <div>First Day of Spring</div>	<div>21</div>	<div>22</div> <div>Ramadan Begins at Sundown</div>	<div>23</div>	<div>24</div>	<div>25</div>
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APRIL

CRUNCHY WALNUT ASPARAGUS SALAD

SERVINGS

6

EST TIME

15 min

Ingredients:

1/3 cup breadcrumbs
1/2 cup grated parmesan cheese
1/2 cup chopped toasted walnuts
1 lemon, zested & juiced
1/4 cup minced fresh parsley
1/2 tsp black pepper
1 lb asparagus, trimmed & thinly sliced
1 (15 oz) can no-salt-added black beans, drained & rinsed
2 Tbsp olive oil

Preparation:

1. In a medium bowl, add breadcrumbs, parmesan, walnuts, lemon zest, parsley & pepper. Mix well.
2. In a large bowl, add asparagus, beans, lemon juice & oil. Toss to combine.
3. Just before serving, add breadcrumb mixture to the large bowl & mix well. Add additional oil or lemon juice for flavor as desired.

Nutrition Facts

6 servings per recipe
Serving size (185g)

Amount per serving
Calories **230**

% Daily Value*

Total Fat 13g 17%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 140mg 6%

Total Carbohydrate 20g 7%

Dietary Fiber 6g 21%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 9g

Vitamin D 0mcg 0%

Calcium 112mg 8%

Iron 3mg 15%

Potassium 500mg 10%

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<div>MARCH</div> <div> <div>SMTWTFSS</div> <div> <div>1234</div> <div>567891011</div> <div>12131415161718</div> <div>19202122232425</div> <div>262728293031</div> </div> </div>	<div>MAY</div> <div> <div>SMTWTFSS</div> <div> <div>123456</div> <div>78910111213</div> <div>14151617181920</div> <div>21222324252627</div> <div>28293031</div> </div> </div>	<div>TIP</div> <div>Add chopped fresh broccoli for extra crunch!</div>	<div> <div>SCAN ME WITH YOUR SMART PHONE</div> <div> </div> <div>FOR MORE SALAD RECIPES</div> </div>			<div>1</div> <div>April Fools' Day</div>
<div>2</div> <div>Palm Sunday</div>	<div>3</div>	<div>4</div>	<div>5</div> <div>Passover Begins at Sundown</div>	<div>6</div>	<div>7</div> <div>Good Friday</div>	<div>8</div>
<div>9</div> <div>Easter Sunday</div>	<div>10</div>	<div>11</div>	<div>12</div>	<div>13</div> <div>Passover Ends at Sundown</div>	<div>14</div>	<div>15</div>
<div>16</div>	<div>17</div>	<div>18</div> <div>Tax Day</div>	<div>19</div>	<div>20</div>	<div>21</div> <div>Ramadan Ends at Sundown Eid al-Fitr Begins at Sundown</div>	<div>22</div> <div>Earth Day Eid al-Fitr Ends at Sundown</div>
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MAY

TURKEY LETTUCE WRAPS

SERVINGS

4

EST TIME

35 min

Ingredients:

8 oz rice noodles
Non-stick cooking spray
1 lb 93/7 lean ground turkey
1/3 cup panko breadcrumbs
1 small yellow onion, finely diced
1/4 cup chopped fresh cilantro
1 egg, beaten
1/4 tsp black pepper
1 head butter lettuce, washed & leaves separated
1/2 cup ONIE Peanut Sauce*
1/2 cup shredded carrots
1 cucumber, thinly sliced

**Recipe found in back of calendar*

Preparation:

1. Preheat oven to 375°F. Cook rice noodles according to package directions. Set aside to cool.
2. Lightly coat a foil-lined baking sheet with cooking spray.
3. In a large bowl, add turkey, breadcrumbs, onion, cilantro, egg & pepper. Mix well. Shape into 16-20 medium-sized meatballs & place on baking sheet. Bake 20-25 minutes or until browned.
4. Add cooked meatballs to lettuce leaves to make a wrap. Drizzle with peanut sauce & top with carrot & cucumber. Serve with noodles.

Nutrition Facts

4 servings per recipe
Serving size (345g)

Amount per serving

Calories **470**

% Daily Value*

Total Fat 12g 15%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 50mg 17%

Sodium 240mg 10%

Total Carbohydrate 66g 24%

Dietary Fiber 2g 7%

Total Sugars 5g

Includes 2g Added Sugars 4%

Protein 29g

Vitamin D 0mcg 0%

Calcium 53mg 4%

Iron 3mg 15%

Potassium 539mg 10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>APRIL</div> <div> <div>SMTWTFSS</div> <div> <div>1</div> <div>2345678</div> <div>9101112131415</div> <div>16171819202122</div> <div>23242526272829</div> <div>30</div> </div> </div>	<div>1</div> <div>May Day</div>	<div>2</div>	<div>3</div>	<div>4</div>	<div>5</div> <div>Vesak</div> <div>Cinco de Mayo</div>	<div>6</div>
<div>7</div>	<div>8</div>	<div>9</div>	<div>10</div>	<div>11</div>	<div>12</div>	<div>13</div>
<div>14</div> <div>Mother's Day</div>	<div>15</div>	<div>16</div>	<div>17</div>	<div>18</div>	<div>19</div>	<div>20</div> <div>Armed Forces Day</div>
<div>21</div>	<div>22</div>	<div>23</div>	<div>24</div>	<div>25</div>	<div>26</div>	<div>27</div>
<div>28</div>	<div>29</div> <div>Memorial Day</div>	<div>30</div>	<div>31</div>	<div> <div> <div>SCAN ME WITH YOUR SMART PHONE</div> <div>  </div> <div>FOR MORE TURKEY RECIPES</div> </div> </div>	<div>TIP</div> <div>Add sliced fresh jalapeños for a spicy topping!</div>	<div>JUNE</div> <div> <div>SMTWTFSS</div> <div> <div>123</div> <div>45678910</div> <div>11121314151617</div> <div>18192021222324</div> <div>252627282930</div> </div> </div>

JUNE

GARLIC HERB BEEF SKEWERS

SERVINGS

4

EST TIME

30 min

Ingredients:

2 cups instant brown rice
8 wooden skewers
1 lb beef sirloin, cut into 1 inch cubes
2 large bell peppers, cut into chunks
1 (8 oz) package whole mushrooms

Garlic Herb Marinade

1/2 cup olive oil
6 Tbsp red wine vinegar
6 cloves garlic, minced
2 Tbsp dried oregano
2 Tbsp dried thyme
2 Tbsp paprika

Preparation:

1. Prepare rice according to package instructions. Set aside. Soak skewers in water to prevent burning.
2. In a large bowl, whisk together marinade ingredients. Add beef, peppers & mushrooms to bowl. Toss to coat. Thread pieces of beef, bell pepper & mushroom on skewers. Discard remaining marinade.
3. **GRILL INSTRUCTIONS:** Preheat grill to medium (350-375°F). Grill skewers, covered, 8-11 minutes, turning occasionally. Use a meat thermometer to reach desired doneness. Serve skewers over rice. **OR**
OVEN INSTRUCTIONS: Preheat oven broiler to HIGH. Lightly coat a foil-lined baking sheet with cooking spray. Add skewers to baking sheet. Broil on HIGH, 3-4 inches from broiler 3-5 minutes. Flip skewers & broil 3-4 more minutes. Serve skewers over rice.

Nutrition Facts

4 servings per recipe
Serving size (332g)

Amount per serving

Calories **540**

% Daily Value*

Total Fat 22g 28%

Saturated Fat 4g 20%

Trans Fat 0g

Cholesterol 90mg 30%

Sodium 75mg 3%

Total Carbohydrate 48g 17%

Dietary Fiber 5g 18%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 41g

Vitamin D 0mcg 0%

Calcium 51mg 4%

Iron 6mg 35%

Potassium 980mg 20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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4	5	6	7	8	9	10
11	12	13	14	15	16	17
<div>Children's Day</div>			<div>Flag Day</div>			
18	19	20	21	22	23	24
<div>Father's Day</div>	<div>Juneteenth</div>		<div>First Day of Summer</div>			
25	26	27	28	29	30	
			<div>Eid al-Adha Begins at Sundown</div>	<div>Eid al-Adha Ends at Sundown</div>		

JULY

FROZEN YOGURT BARK

SERVINGS

6

EST TIME

10 min prep
2 hour chill

Ingredients:

Wax Paper

2 cups non-fat vanilla Greek yogurt

1 cup sliced strawberries

1/2 cup blueberries

1/2 cup granola

Preparation:

1. Line a baking sheet with wax paper. Spread yogurt on baking sheet in an even, thick layer.
2. Top yogurt with strawberries, blueberries & granola.
3. Freeze 2-3 hours or until firm.
4. Cut into pieces & serve. Store leftovers in the freezer to enjoy later!

Nutrition Facts

6 servings per recipe

Serving size (134g)

Amount per serving

Calories **120**

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 30mg 1%

Total Carbohydrate 20g 7%

Dietary Fiber 2g 7%

Total Sugars 13g

Includes 2g Added Sugars 4%

Protein 9g

Vitamin D 1mcg 6%


Calcium 93mg 8%

Iron 1mg 6%

Potassium 185mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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<div>JUNE</div> <div> <div>S</div> <div>M</div> <div>T</div> <div>W</div> <div>T</div> <div>F</div> <div>S</div> </div> <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> <div>6</div> <div>7</div> <div>8</div> <div>9</div> <div>10</div> <div>11</div> <div>12</div> <div>13</div> <div>14</div> <div>15</div> <div>16</div> <div>17</div> <div>18</div> <div>19</div> <div>20</div> <div>21</div> <div>22</div> <div>23</div> <div>24</div> <div>25</div> <div>26</div> <div>27</div> <div>28</div> <div>29</div> <div>30</div> </div>	<div>AUGUST</div> <div> <div>S</div> <div>M</div> <div>T</div> <div>W</div> <div>T</div> <div>F</div> <div>S</div> </div> <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> <div>6</div> <div>7</div> <div>8</div> <div>9</div> <div>10</div> <div>11</div> <div>12</div> <div>13</div> <div>14</div> <div>15</div> <div>16</div> <div>17</div> <div>18</div> <div>19</div> <div>20</div> <div>21</div> <div>22</div> <div>23</div> <div>24</div> <div>25</div> <div>26</div> <div>27</div> <div>28</div> <div>29</div> <div>30</div> <div>31</div> </div>	<div>TIP</div> <div>Switch it up with your favorite fruits!</div>	<div> <div> <div>SCAN ME WITH YOUR SMART PHONE</div> <div>  </div> <div>FOR MORE DESSERT RECIPES</div> </div> </div>			1
2	3	<div>4</div> <div>Independence Day</div>	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
<div>23</div> <div>Parents' Day</div> <div>30</div>	<div>24</div> <div>31</div>	25	26	27	28	29

AUGUST

CHICKEN TABOULI SALAD

SERVINGS

6

EST TIME

45 min

Ingredients:

Chicken

- 1/2 cup plain non-fat Greek yogurt
- 2 cloves garlic, minced
- 1/2 lemon, juiced
- 2 tsp ONIE Greek Seasoning*
- 1 1/2 lbs boneless, skinless chicken breasts, halved

Tabouli

- 1 cup instant brown rice
- 1/2 lemon, zested & juiced
- 1/2 cup olive oil
- 1/4 tsp black pepper
- 1 cucumber, diced
- 4 green onions, sliced
- 1 medium tomato, diced
- 1 cup chopped fresh parsley

*Recipe found in back of calendar

Preparation:

1. In a zip-close bag, combine yogurt, garlic, lemon juice & Greek seasoning. Add chicken & toss until well-coated. Refrigerate 30 minutes.
2. Meanwhile, prepare rice according to package instructions. Set aside to cool.
3. In a small bowl, combine lemon juice, zest, oil & pepper for dressing.
4. In a large bowl, add cucumber, onions, tomato, parsley & rice. Stir in dressing & mix thoroughly. Refrigerate until ready to serve.
5. Heat a large skillet over medium. Add chicken & cook 5-7 minutes per side or until cooked through. Remove chicken & slice. Serve chicken over tabouli salad.

Nutrition Facts

6 servings per recipe
Serving size (261g)

Amount per serving

Calories

390

% Daily Value*

Total Fat 22g 28%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 85mg 28%

Sodium 65mg 3%

Total Carbohydrate 19g 7%

Dietary Fiber 2g 7%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 30g

Vitamin D 0mcg 0%


Calcium 61mg 4%

Iron 2mg 10%

Potassium 633mg 15%

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>JULY</div> <div> <div>SMTWTFSS</div> <div> <div>1</div> <div>2345678</div> <div>9101112131415</div> <div>16171819202122</div> <div>23242526272829</div> <div>3031</div> </div> </div>	<div>TIP</div> <div>Add chopped fresh mint to the tabouli for a refreshing twist!</div>	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	<div> <div>SCAN ME WITH YOUR SMART PHONE</div> <div>  </div> <div>FOR MORE SALAD RECIPES</div> </div>	<div>SEPTEMBER</div> <div> <div>SMTWTFSS</div> <div> <div>12</div> <div>3456789</div> <div>10111213141516</div> <div>17181920212223</div> <div>24252627282930</div> </div> </div>

SEPTEMBER



GREEK MEATBALLS

SERVINGS

EST TIME

5

30 min

Ingredients:

Non-stick cooking spray
1 lb 90/10 lean ground beef
1 small red onion, 1/2 sliced, 1/2 minced
4 cloves garlic, minced
1 cup panko breadcrumbs
1/2 cup crumbled feta cheese
1 egg
1/2 cup chopped fresh parsley
6 large mint leaves, chopped
1 Tbsp olive oil
1/2 tsp black pepper
1 cup ONIE Tzatziki Sauce*
1 cucumber, sliced
2 roma tomatoes, sliced
5 whole-wheat pitas

*Recipe found in back of calendar

Preparation:

1. Preheat oven to 350°F. Lightly coat a baking sheet with non-stick spray.
2. In a large bowl, add beef, minced onion, garlic, breadcrumbs, feta, egg, parsley, mint, oil & pepper. Mix with hands until well-combined. Shape into 20-24 meatballs.
3. Spread meatballs evenly on baking sheet & coat with non-stick spray. Bake 20-25 minutes or until browned.
4. Serve meatballs with tzatziki sauce, cucumber, tomato, sliced onion & pita bread to make a Greek-style platter.

Nutrition Facts

5 servings per recipe
Serving size (354g)

Amount per serving

Calories **450**

% Daily Value*

Total Fat 18g 23%

Saturated Fat 7g 35%

Trans Fat 0g

Cholesterol 110mg 37%

Sodium 430mg 19%

Total Carbohydrate 41g 15%

Dietary Fiber 1g 4%

Total Sugars 6g

Includes 1g Added Sugars 2%

Protein 32g

Vitamin D 0mcg 0%

Calcium 177mg 15%

Iron 4mg 20%

Potassium 688mg 15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>AUGUST</div> <div> <div>S</div> <div>M</div> <div>T</div> <div>W</div> <div>T</div> <div>F</div> <div>S</div> </div> <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> <div>6</div> <div>7</div> </div> <div> <div>8</div> <div>9</div> <div>10</div> <div>11</div> <div>12</div> <div>13</div> <div>14</div> </div> <div> <div>15</div> <div>16</div> <div>17</div> <div>18</div> <div>19</div> <div>20</div> <div>21</div> </div> <div> <div>22</div> <div>23</div> <div>24</div> <div>25</div> <div>26</div> <div>27</div> <div>28</div> </div> <div> <div>29</div> <div>30</div> <div>31</div> </div>	<div>OCTOBER</div> <div> <div>S</div> <div>M</div> <div>T</div> <div>W</div> <div>T</div> <div>F</div> <div>S</div> </div> <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> <div>6</div> <div>7</div> </div> <div> <div>8</div> <div>9</div> <div>10</div> <div>11</div> <div>12</div> <div>13</div> <div>14</div> </div> <div> <div>15</div> <div>16</div> <div>17</div> <div>18</div> <div>19</div> <div>20</div> <div>21</div> </div> <div> <div>22</div> <div>23</div> <div>24</div> <div>25</div> <div>26</div> <div>27</div> <div>28</div> </div> <div> <div>29</div> <div>30</div> <div>31</div> </div>	<div>TIP</div> <div>Add your favorite leafy greens for extra veggies!</div>	<div> <div>SCAN ME WITH YOUR SMART PHONE</div> <div> </div> <div>FOR MORE BEEF RECIPES</div> </div>		1	2
3	4	5	6	7	8	9
	Labor Day					
10	11	12	13	14	15	16
Grandparents' Day	Patriot Day				Rosh Hashanah Begins at Sundown	
17	18	19	20	21	22	23
Rosh Hashanah Ends at Sundown						First Day of Autumn
24	25	26	27	28	29	30
Yom Kippur Begins at Sundown	Yom Kippur Ends at Sundown					

OCTOBER

SHEET PAN SHRIMP FAJITAS

SERVINGS

5 (2 tacos each)

EST TIME

20 min

Ingredients:

Non-stick cooking spray
1 1/2 lbs raw shrimp, peeled & deveined
2 bell peppers (any color), sliced
1 small red onion, sliced
2 Tbsp olive oil
1 tsp black pepper
2 tsp chili powder
1 tsp garlic powder
1/2 tsp onion powder
1/2 tsp cumin
1/2 tsp paprika
10 corn tortillas
1 lime, juiced
1/2 cup chopped fresh cilantro

Preparation:

1. Preheat oven to 450°F. Lightly coat a large baking sheet with cooking spray.
2. In a large bowl, combine shrimp, peppers, onion, oil & spices. Mix well. Spread shrimp, peppers & onions evenly on baking sheet.
3. Bake 8-10 minutes. Turn oven to broil & cook another 1-2 minutes. Watch carefully so veggies don't burn.
4. Warm tortillas in microwave 30 seconds or wrapped in foil in oven 3-5 minutes.
5. Squeeze lime over fajita mixture while hot & top with cilantro. Serve in warm tortillas.

Nutrition Facts

5 servings per recipe
Serving size (287g)


Amount per serving
Calories **310**

% Daily Value*

Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 220mg	73%
Sodium 220mg	10%
Total Carbohydrate 30g	11%
Dietary Fiber 5g	18%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 31g	
Vitamin D 0mcg	0%
Calcium 147mg	10%
Iron 2mg	10%
Potassium 678mg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
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29	30	31 Halloween		<div>TIP</div> <div>Add queso fresco or your favorite shredded cheese!</div>	<div>SEPTEMBER</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> </table>	S	M	T	W	T	F	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	<div>NOVEMBER</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
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NOVEMBER

CAJUN MAC & CHEESE

SERVINGS

6

EST TIME

30 min

Ingredients:

2 cups whole-wheat rotini pasta
1 Tbsp olive oil
2 bell peppers (any color), diced
1 (13 oz) smoked turkey kielbasa sausage, sliced
2 Tbsp ONIE Cajun Seasoning*
1/4 cup all-purpose flour
2 cups 1% milk
1 cup shredded sharp cheddar cheese
1 cup shredded pepper jack cheese

*Recipe found in back of calendar

Preparation:

1. Prepare pasta according to package directions. Drain & set aside.
2. In a large skillet, heat oil over medium-high. Add peppers, sausage & Cajun seasoning. Sauté 4-5 minutes, or until peppers are soft & sausage is browned. Remove from skillet & set aside.
3. Return skillet to stove, reducing heat to medium. Add flour & stir continuously 1 minute. Slowly add milk to skillet. Cook 3-4 minutes until slightly thickened. Stir in cheeses until melted. Add in peppers, sausage & pasta. Mix well & serve.

Nutrition Facts

6 servings per recipe
Serving size (249g)

Amount per serving
Calories **370**

% Daily Value*

Total Fat 20g **26%**

Saturated Fat 9g **45%**

Trans Fat 0g

Cholesterol 85mg **28%**

Sodium 780mg **34%**

Total Carbohydrate 27g **10%**

Dietary Fiber 2g **7%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

Protein 22g

Vitamin D 1mcg **6%**


Calcium 378mg **30%**

Iron 2mg **10%**

Potassium 238mg **6%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>OCTOBER</div> <div> <div>S</div> <div>M</div> <div>T</div> <div>W</div> <div>T</div> <div>F</div> <div>S</div> </div> <div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> <div>6</div> <div>7</div> </div> <div> <div>8</div> <div>9</div> <div>10</div> <div>11</div> <div>12</div> <div>13</div> <div>14</div> </div> <div> <div>15</div> <div>16</div> <div>17</div> <div>18</div> <div>19</div> <div>20</div> <div>21</div> </div> <div> <div>22</div> <div>23</div> <div>24</div> <div>25</div> <div>26</div> <div>27</div> <div>28</div> </div> <div> <div>29</div> <div>30</div> <div>31</div> </div>	<div>TIP</div> <div>Add diced green onions, paprika, or breadcrumbs for additional toppings!</div>	<div> <div> <div>SCAN ME WITH YOUR SMART PHONE</div> <div>  </div> <div>FOR MORE CAJUN RECIPES</div> </div> </div>	<div>1</div> <div>All Saints' Day</div>	<div>2</div> <div>All Souls' Day</div>	<div>3</div>	<div>4</div>
<div>5</div> <div>Daylight Saving Time Ends</div>	<div>6</div>	<div>7</div> <div>Election Day</div>	<div>8</div>	<div>9</div>	<div>10</div>	<div>11</div> <div>Veterans Day</div>
<div>12</div> <div>Diwali</div>	<div>13</div>	<div>14</div>	<div>15</div>	<div>16</div>	<div>17</div>	<div>18</div>
<div>19</div>	<div>20</div>	<div>21</div>	<div>22</div>	<div>23</div> <div>Thanksgiving</div>	<div>24</div>	<div>25</div>
<div>26</div>	<div>27</div>	<div>28</div>	<div>29</div>	<div>30</div>	<div>DECEMBER</div> <div> <div>S</div> <div>M</div> <div>T</div> <div>W</div> <div>T</div> <div>F</div> <div>S</div> </div> <div> <div>1</div> <div>2</div> </div> <div> <div>3</div> <div>4</div> <div>5</div> <div>6</div> <div>7</div> <div>8</div> <div>9</div> </div> <div> <div>10</div> <div>11</div> <div>12</div> <div>13</div> <div>14</div> <div>15</div> <div>16</div> </div> <div> <div>17</div> <div>18</div> <div>19</div> <div>20</div> <div>21</div> <div>22</div> <div>23</div> </div> <div> <div>24</div> <div>25</div> <div>26</div> <div>27</div> <div>28</div> <div>29</div> <div>30</div> </div> <div> <div>31</div> </div>	

DECEMBER

ITALIAN SAUSAGE & ORZO SOUP

SERVINGS

6

EST TIME

30 min

Ingredients:

3 Tbsp olive oil
1 medium yellow onion, diced
5 ribs celery, diced
4 cloves garlic, minced
1/2 cup chopped fresh parsley
4 Tbsp ONIE Italian Sausage Seasoning*
1 lb 93/7 lean ground turkey
1 (32 oz) container unsalted chicken broth
2 cups water
1 (28 oz) can no-salt-added crushed tomatoes, undrained
1 cup orzo pasta
1 (16 oz) carton sliced mushrooms
3 cups spinach
1/2 cup 1% milk
1/3 cup shredded parmesan

**Recipe found in back of calendar*

Preparation:

1. In a large stockpot, heat oil over medium. Add onion, celery, garlic, parsley & Italian seasoning. Sauté 3-4 minutes, or until onion is tender.
2. Add turkey & cook 5-7 minutes, crumbling meat throughout, until cooked through.
3. Add broth, water & crushed tomatoes. Bring to a boil. Add orzo & mushrooms. Simmer 8-10 minutes, stirring occasionally.
4. Remove from heat & stir in spinach. Let cool 3-5 minutes & stir in milk. Serve topped with parmesan!

Nutrition Facts

6 servings per recipe
Serving size (651g)

Amount per serving

Calories **400**

% Daily Value*

Total Fat 16g 21%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 60mg 20%

Sodium 520mg 23%

Total Carbohydrate 45g 16%

Dietary Fiber 7g 25%

Total Sugars 10g

Includes 0g Added Sugars 0%

Protein 26g

Vitamin D 1mcg 6%

Calcium 191mg 15%

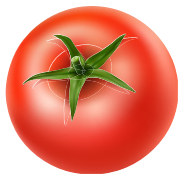
Iron 5mg 30%

Potassium 1182mg 25%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

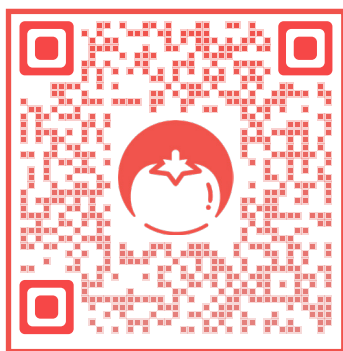


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>NOVEMBER</div> <div> <div>SMTWTFSS</div> <div> <div>1234</div> <div>567891011</div> <div>12131415161718</div> <div>19202122232425</div> <div>2627282930</div> </div> </div>	<div>JANUARY</div> <div> <div>SMTWTFSS</div> <div> <div>123456</div> <div>78910111213</div> <div>14151617181920</div> <div>21222324252627</div> <div>28293031</div> </div> </div>	<div>TIP</div> <div>Serve with Italian-style bread for dipping!</div>	<div> <div>SCAN ME WITH YOUR SMART PHONE</div> <div>  </div> <div>FOR MORE SOUP RECIPES</div> </div>		1	2
3	4	5	6	<div>7</div> <div> <div>Hanukkah Begins at Sundown</div> <div>Pearl Harbor Remembrance Day</div> </div>	8	9
10	11	12	13	14	<div>15</div> <div> <div>Hanukkah Ends at Sundown</div> </div>	16
17	18	19	20	<div>21</div> <div> <div>First Day of Winter</div> </div>	22	23
<div>24</div> <div> <div>Christmas Eve</div> <div> <div>New Year's Eve</div> <div>31</div> </div> </div>	<div>25</div> <div> <div>Christmas Day</div> </div>	<div>26</div> <div> <div>Kwanzaa Begins</div> </div>	27	28	29	30



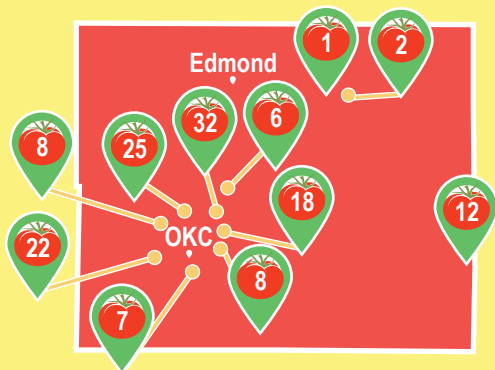
FARMERS MARKETS

Accepting SNAP Benefits

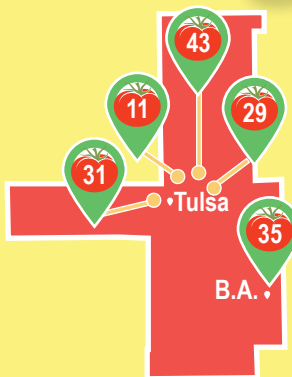


SCAN QR CODE
FOR MORE


OKLAHOMA COUNTY



TULSA COUNTY



FOR THE MOST UP-TO-DATE
MARKET INFORMATION VISIT:
ONIEPROJECT.ORG/FARMERSMARKETS

1. Arcadia Farmers Market	25. Paseo Farmers Market 
2. Arcadia Farmers Market General Store	26. Perry Farms
3. Bartlesville Farmers Market 	27. Pittsburg County Farmers Market 
4. Dorian's Stand	28. Poteau Historic Downtown Farmers Market
5. Duncan Farmers Market 	29. Pythian Market 
6. Eastside Fresh Market	30. Quapaw Farmers Market
7. Farmers Market at Scissortail Park 	31. R&G Family Grocers
8. Flora Bodega	32. Restore Farms Northeast OKC
9. Fortress of Faith	33. Rogers County Farmers Market 
10. Fragrant Forest Farms	34. Rogers County Farmers Market - Blue Whale 
11. Greenwood Farmers Market	35. Rose District Farmers Market
12. Harrah Farmers Market	36. Sapulpa Main Street Route 66 Farmers Market 
13. Heaven's Gate Farm	37. Shepherd's Cross
14. Hobart Farmers Market	38. Shortline Elderberry Farm
15. Lawton Farmers Market 	39. Spring Forest Farm
16. Moore Farmers Market at Central Park	40. Stardust Market Garden
17. Muskogee Farmers Market 	41. Tahlequah Farmers Market 
18. NEOKC Farmers Market	42. Tillman County Farmers Market 
19. Norman Farm Market 	43. Tulsa Farmers Market 
20. Nowata CAN Garden Market 	44. Wagoner Farmers Market
21. Oilton Flea and Farmers Market	45. Wellston Farmers Market
22. OKC Farmers Public Market	46. Wilburton Farmers Market
23. Okmulgee Farmers Market 	47. Wildhorse Gardens & Market 
24. Ottawa County Farmers Market 	48. Woodward Farmers Market

Find location & open times on each market's Facebook page

1.

Bring your Oklahoma SNAP Access Card to the SNAP/EBT table.

2.

Use your EBT card to redeem as many \$1 tokens as you want.



3.

Shop with your tokens for SNAP eligible foods & plants.



**MARKETS WITH
THIS ICON
PARTICIPATE IN
DOUBLE UP OKLAHOMA**

**Match up to \$20 of your SNAP
benefits for fresh produce per day!**

Truth about SNAP

MYTH

An adult must have legal custody of a child in order to receive SNAP benefits for that child.

TRUTH

Even without legal custody, as long as the child lives in your home, the child can be included in your household. Your caseworker will discuss who can be included in your food benefits household during your interview.

MYTH

I cannot own a car & receive SNAP benefits.

TRUTH

You can own a car & receive SNAP benefits. Specific rules can be discussed with your caseworker.

MYTH

If I receive Medicaid, I should automatically qualify for SNAP benefits.

TRUTH

Your DHS caseworker will check to see if you are eligible for other assistance programs. Each assistance program has different eligibility guidelines. Therefore, it is possible for you to receive benefits from one program but not another.

MYTH

Everybody receives the same amount of SNAP benefits each month.

TRUTH

Nearly every household is different when it comes to the amount of SNAP benefits received. The amount of SNAP benefits can vary depending on household size, income, living costs, medical costs & other factors.

HOW TO APPLY FOR SNAP BENEFITS (Formerly the Food Stamp Program)

- The easiest way to apply for SNAP benefits is online. Click "Apply for Benefits" at www.okdhslive.org.
- If you need to schedule an in-person appointment, please call (405) 522-5050.
- To find income guidelines & what materials you need to apply, visit onieproject.org/SNAP.
- Initial & renewal applications can take up to 30 days to process. Emergency benefits may be available.
- Benefits for SNAP & Child Care programs are placed electronically on the Oklahoma Access Card.
- In the same month, one cannot participate in both FDPIR (Tribal Commodity) & SNAP.

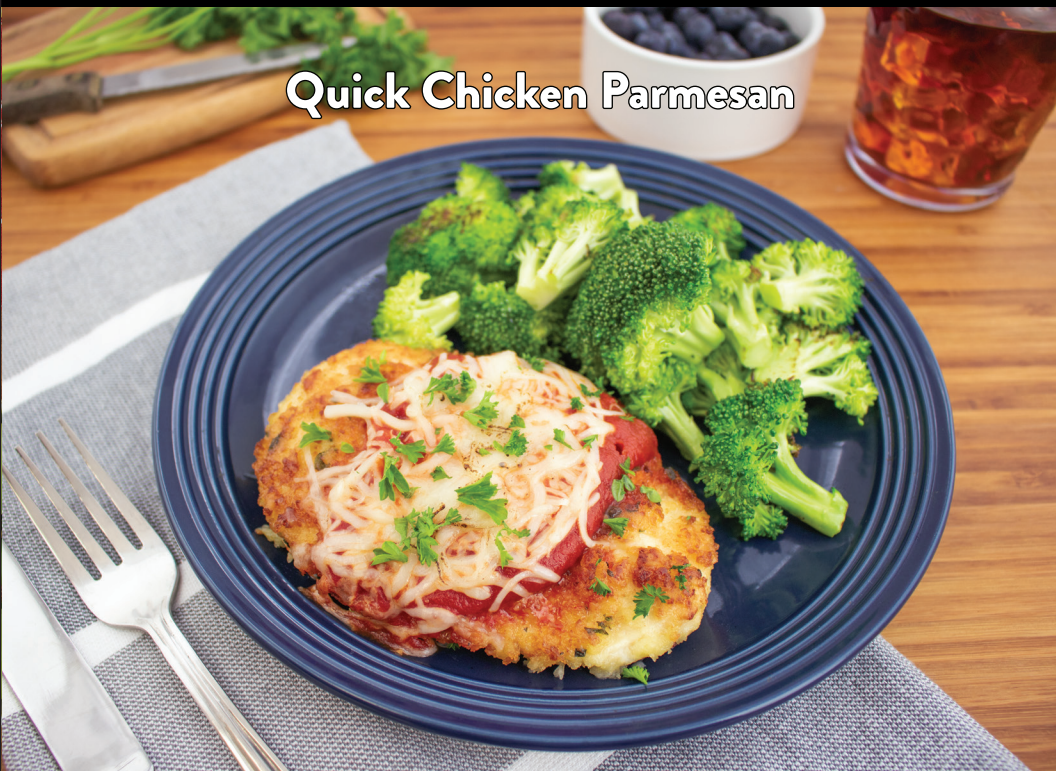
Find income eligibility & other
information about SNAP at:

ONIEPROJECT.ORG/SNAP

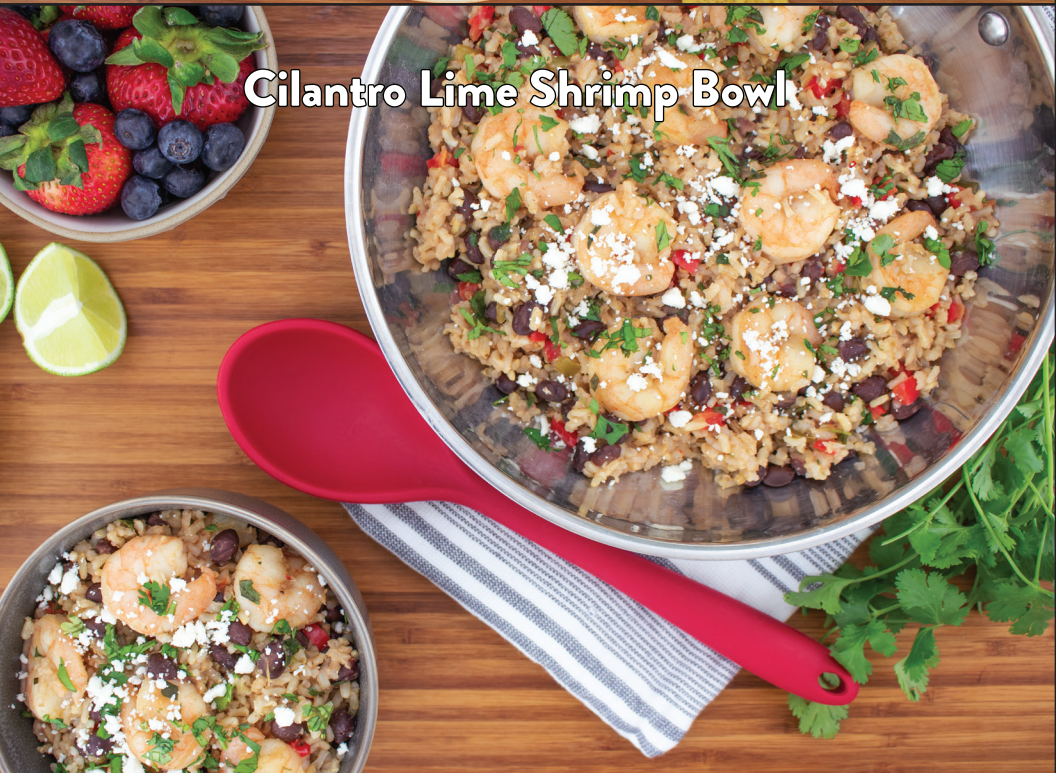




Zesty Chicken Tortilla Soup



Quick Chicken Parmesan



Cilantro Lime Shrimp Bowl



Crunchy Walnut Asparagus Salad

Quick Chicken Parmesan

Ingredients:

- 1 lb boneless, skinless chicken breasts
- 1 cup all-purpose flour
- 1 large egg
- 1/2 cup breadcrumbs

Preparation:

1. Place chicken on a sheet of plastic wrap. Cover with another sheet & lightly pound with the bottom of a jar to about 1/3-inch thickness. Pat dry with paper towel.
 2. In a small bowl, add flour. In another small bowl, lightly beat egg. In a medium bowl, combine breadcrumbs, parmesan, & oregano.
 3. Coat chicken in flour & shake off excess. Dip chicken in egg, then in breadcrumb mixture.
 4. In a large skillet, heat oil over medium-high. Add chicken & cook 3-4 minutes per side, until golden brown.
 5. In a small saucepan, heat tomato sauce 2-3 minutes, or until warm.
- Before removing from skillet, top chicken with sauce & cheese.
- Serve when cheese is melted.

Est Time: 30 min
Servings: 4



Zesty Chicken Tortilla Soup

Ingredients:

- 2 Tbsp olive oil
- 1 medium yellow onion, diced
- 1 green bell pepper, diced
- 3 cloves garlic, minced
- 1 tsp cumin
- 1 tsp chipotle powder
- 1 cup frozen corn
- 1/2 cup shredded fiesta blend cheese
- 1/2 cup crushed multigrain tortilla chips

Preparation:

1. In a large stockpot, heat oil over medium-high. Add onion & bell pepper. Cook 3-4 minutes, or until tender. Add garlic & cook 1 additional minute.
2. Add cumin, chipotle powder & tomatoes. Mix well & cook 2-3 minutes. Stir in corn, zucchini & broth.
3. Bring to a boil. Reduce heat & simmer 10-12 minutes.
4. Add chicken & simmer 5 minutes, until heated through. Remove from heat & add avocado. Divide into bowls. Top with cheese & chips as desired.

Est Time: 30 min
Servings: 6



Crunchy Walnut Asparagus Salad

Ingredients:

- 1/3 cup breadcrumbs
- 1/2 cup grated parmesan cheese
- 1/2 cup chopped toasted walnuts
- 1 lemon, zested & juiced
- 1/4 cup minced fresh parsley

Preparation:

1. In a medium bowl, add breadcrumbs, parmesan, walnuts, lemon zest, parsley & pepper. Mix well.
2. In a large bowl, add asparagus, beans, lemon juice & oil. Toss to combine.
3. Just before serving, add breadcrumb mixture to the large bowl & mix well. Add additional oil or lemon juice for flavor as desired.

Est Time: 15 min
Servings: 6



Cilantro Lime Shrimp Bowl

Ingredients:

- 2 Tbsp olive oil
- 1 red bell pepper, diced
- 1 jalapeño, finely diced
- 1 lb raw shrimp, peeled & deveined
- 4 cloves garlic, minced
- 1 tsp cumin
- 2 limes, juiced
- 1/2 cup chopped fresh cilantro

Preparation:

1. In a large skillet, heat oil over medium. Sauté bell pepper & jalapeño 2-3 minutes or until tender.
2. Add shrimp & garlic to skillet. Sprinkle cumin & pepper flakes over shrimp. Cook 3-4 minutes, or until shrimp are pink, stirring occasionally. Transfer to a plate & set aside.
3. In the same skillet, add broth & rice. Bring to a boil. Stir & reduce heat to simmer 15-20 minutes, covered, until rice is cooked through.
4. Add beans & shrimp into the cooked rice & mix gently until combined. Remove from heat & mix in lime juice & cilantro.

Est Time: 30 min
Servings: 6





Turkey Lettuce Wraps



Garlic Herb Beef Skewers



Frozen Yogurt Bark



Chicken Tabouli Salad

Garlic Herb Beef Skewers

Ingredients:

2 cups instant brown rice
8 wooden skewers
1 lb beef sirloin, cut into 1 inch cubes
2 large bell peppers, cut into chunks
1 (8 oz) package whole mushrooms

Preparation:

1. Prepare rice according to package instructions. Set aside. Soak skewers in water to prevent burning.
2. In a large bowl, whisk together marinade ingredients. Add beef, peppers & mushrooms to bowl. Toss to coat. Thread pieces of beef, bell pepper & mushroom on skewers. Discard remaining marinade.
3. GRILL INSTRUCTIONS: Preheat grill to medium (350-375°F). Grill skewers, covered, 8-11 minutes, turning occasionally. Use a meat thermometer to reach desired doneness. Serve skewers over rice.
OR OVEN INSTRUCTIONS: Preheat oven broiler to HIGH, 3-4 inches from broiler
cooking spray. Add skewers to baking sheet. Broil on HIGH, 3-4 more minutes. Serve skewers over rice.
3-5 minutes. Flip skewers & broil 3-4 more minutes. Serve skewers over rice.

Garlic Herb Marinade

1/2 cup olive oil
6 Tbsp red wine vinegar
6 cloves garlic, minced
2 Tbsp dried oregano
2 Tbsp dried thyme
2 Tbsp paprika

Est Time: 30 min
Servings: 4



Ingredients:

Chicken
1/2 cup plain non-fat Greek yogurt
2 cloves garlic, minced
1/2 lemon, juiced
2 tsp ONIE Greek Seasoning*
1 1/2 lbs boneless, skinless chicken breasts, halved
*Find this recipe on back page of calendar

Preparation:

1. In a zip-close bag, combine yogurt, garlic, lemon juice & Greek seasoning.
Add chicken & toss until well-coated. Refrigerate 30 minutes.
2. Meanwhile, prepare rice according to package instructions. Set aside to cool.
3. In a small bowl, combine lemon juice, zest, oil & pepper for dressing.
4. In a large bowl, add cucumber, onions, tomato, parsley & rice. Stir in dressing & mix thoroughly.
Refrigerate until ready to serve.
5. Heat a large skillet over medium. Add chicken & cook 5-7 minutes per side or until cooked through. Remove chicken & slice. Serve chicken over tabouli salad.

Chicken Tabouli Salad

Est Time: 45 min
Servings: 6



Ingredients:

8 oz rice noodles
1 lb 93/7 lean ground turkey
1/3 cup panko breadcrumbs
1 small yellow onion, finely diced
1/4 cup chopped fresh cilantro
1 egg, beaten
1/4 tsp black pepper
1 head butter lettuce, washed & leaves separated
1/2 cup ONIE Peanut Sauce*
1/2 cup shredded carrots
1 cucumber, thinly sliced
*Find this recipe on back page of calendar

Preparation:

1. Preheat oven to 375°F. Cook rice noodles according to package directions.
Set aside to cool.
2. Lightly coat a foil-lined baking sheet with cooking spray.
3. In a large bowl, add turkey, breadcrumbs, onion, cilantro, egg & pepper. Mix well. Shape into 16-20 medium-sized meatballs & place on baking sheet.
4. Bake 20-25 minutes or until browned.
Add cooked meatballs to lettuce leaves to make a wrap. Drizzle with peanut sauce & top with carrot & cucumber. Serve with noodles.

Turkey Lettuce Wraps

Est Time: 35 min
Servings: 4



Ingredients:

Wax Paper
2 cups non-fat vanilla Greek yogurt
1 cup sliced strawberries
1/2 cup blueberries
1/2 cup granola

Preparation:

1. Line a baking sheet with wax paper. Spread yogurt on baking sheet in an even, thick layer.
2. Top yogurt with strawberries, blueberries & granola.
3. Freeze 2-3 hours or until firm.
4. Cut into pieces & serve. Store leftovers in the freezer to enjoy later!

Frozen Yogurt Bark

Est Time: 10 min prep, 2 hour chill
Servings: 6





Greek Meatballs



Sheet Pan Shrimp Fajitas



Cajun Mac & Cheese



Italian Sausage & Orzo Soup

Sheet Pan Shrimp Fajitas



Est Time: 20 min

Servings: 5 (2 tacos each)

Ingredients:

Non-stick cooking spray
1 1/2 lbs raw shrimp, peeled & deveined
2 bell peppers (any color), sliced
1 small red onion, sliced
2 Tbsp olive oil
1 tsp black pepper
2 tsp chili powder
1 tsp garlic powder
1/2 tsp onion powder
1/2 tsp cumin
1/2 tsp paprika
10 corn tortillas
1 lime, juiced
1/2 cup chopped fresh cilantro

Preparation:

1. Preheat oven to 450°F. Lightly coat a large baking sheet with cooking spray.
2. In a large bowl, combine shrimp, peppers, onion, oil & spices. Mix well. Spread shrimp, peppers & onions evenly on baking sheet.
3. Bake 8-10 minutes. Turn oven to broil & cook another 1-2 minutes.
4. Watch carefully so veggies don't burn.
5. Warm tortillas in microwave 30 seconds or wrapped in foil in oven 3-5 minutes.
6. Squeeze lime over fajita mixture while hot & top with cilantro.
7. Serve in warm tortillas.



Greek Meatballs

Est Time: 30 min

Servings: 5

Ingredients:

Non-stick cooking spray
1 lb 90/10 lean ground beef
1 small red onion, 1/2 minced, 1/2 sliced
4 cloves garlic, minced
1 cup panko breadcrumbs
1/2 cup crumbled feta cheese
1 egg
2 roma tomatoes, sliced
5 whole-wheat pitas

Preparation:

1. Preheat oven to 350°F. Lightly coat a baking sheet with non-stick spray.
2. In a large bowl, add beef, bread crumbs, feta, egg, parsley, mint, oil & pepper. Mix with hands until well-combined. Shape into 20-24 meatballs.
3. Spread meatballs evenly on baking sheet & coat with non-stick spray. Bake 20-25 minutes or until browned.
4. Serve meatballs with tzatziki sauce, cucumber, tomato, sliced onion & pita bread to make a Greek-style platter.



Italian Sausage & Orzo Soup

Est Time: 30 min

Servings: 6

Ingredients:

2 cups olive oil
1 medium yellow onion, diced
5 ribs celery, diced
4 cloves garlic, minced
1/2 cup chopped fresh parsley
4 Tbsp ONIE Italian Sausage Seasoning*
1 lb 93/7 lean ground turkey
1 (32 oz) container unsalted chicken broth
2 cups water
1 (28 oz) can no-salt-added crushed tomatoes, undrained
1 cup orzo pasta
1 (16 oz) carton sliced mushrooms
3 cups spinach
1/2 cup 1% milk
1/3 cup shredded parmesan

Preparation:

1. In a large stockpot, heat oil over medium. Add onion, celery, garlic, parsley & Italian seasoning. Sauté 3-4 minutes, or until onion is tender.
2. Add turkey & cook 5-7 minutes, crumbling meat throughout, until cooked through.
3. Add broth, water & crushed tomatoes. Bring to a boil. Add orzo & mushrooms. Simmer 8-10 minutes, stirring occasionally.
4. Remove from heat & stir in spinach. Let cool 3-5 minutes & stir in milk. Serve topped with parmesan!



Cajun Mac & Cheese

Est Time: 30 min

Servings: 6

Ingredients:

2 cups whole-wheat rotini pasta
1 Tbsp olive oil
2 bell peppers (any color), diced
1 (13 oz) smoked turkey kielbasa sausage, sliced
2 cups shredded sharp cheddar cheese
1 cup shredded pepper jack cheese
2 Tbsp ONIE Cajun Seasoning*
1/4 cup all-purpose flour
2 cups 1% milk

Preparation:

1. Prepare pasta according to package directions. Drain & set aside.
2. In a large skillet, heat oil over medium-high. Add peppers, sausage & Cajun seasoning. Sauté 4-5 minutes, or until peppers are soft & sausage is browned. Remove from skillet & set aside.
3. Return skillet to stove, reducing heat to medium. Add flour & stir continuously 1 minute. Slowly add milk to skillet. Cook 3-4 minutes until slightly thickened. Stir in cheeses until melted. Add in peppers, sausage & pasta. Mix well & serve.



Italian Sausage Seasoning

Est Time: 5 min

Servings: 4

Ingredients:

- 1 Tbsp onion powder
- 1 Tbsp garlic powder
- 1 Tbsp dried parsley
- 1 tsp crushed red pepper flakes
- 2 tsp Italian seasoning
- 1 tsp fennel seeds
- 1 tsp black pepper

Preparation:

1. In a small bowl, add all spices. Mix thoroughly until completely combined.
2. Use immediately or store in an airtight container until ready to use.



Cajun Seasoning

Est Time: 5 min

Servings: 8

Ingredients:

- 1/2 tsp chipotle powder
- 1 tsp oregano
- 1 tsp thyme
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/4 tsp cayenne pepper
- 1 tsp black pepper
- 1/2 tsp paprika

Preparation:

1. In a small bowl, add all spices. Mix thoroughly until completely combined.
2. Use immediately or store in an airtight container until ready to use.



Greek Seasoning

Est Time: 5 min

Servings: 20

Ingredients:

- 3 Tbsp dried oregano
- 2 Tbsp dried basil
- 2 Tbsp garlic powder
- 2 Tbsp onion powder
- 1 Tbsp dill weed
- 1 Tbsp black pepper
- 1 Tbsp ground thyme
- 1/2 tsp ground nutmeg

Preparation:

1. In a small bowl, add all spices. Mix thoroughly until completely combined.
2. Use immediately or store in an airtight container until ready to use.



Peanut Sauce

Est Time: 5 min

Servings: 6

Ingredients:

- 1/4 cup peanut butter
- 1 lime, juiced
- 2 garlic cloves, minced
- 2 tsp ground ginger
- 2 Tbsp low-sodium soy sauce
- 1 Tbsp sesame oil
- 1 Tbsp honey

Preparation:

1. In a small bowl, add all ingredients. Whisk together until smooth & creamy.
2. Use immediately or refrigerate in an airtight container up to one week.
3. Add into noodles, rice bowls, grilled chicken, sautéed tofu or use as a salad dressing or dipping sauce.



Tzatziki Sauce

Est Time: 15 min

Servings: 8

Ingredients:

- 1 medium cucumber
- 1 1/2 cups plain non-fat Greek yogurt
- 2 Tbsp chopped fresh dill
- 2 cloves garlic, minced
- 1/2 lemon, juiced

Preparation:

1. Carefully grate the cucumber using the large holes on a box grater. Remove extra moisture by pressing down with a paper towel or clean dish towel.
2. In a large bowl, add cucumber & remaining ingredients. Mix well.
3. Refrigerate 15 minutes or until chilled.
4. Serve immediately or store in the refrigerator up to 4 days.



**For more recipes, nutrition information
& resources, please visit these websites:**

OSU – Community Nutrition Education Programs (CNEP)
cnep.okstate.edu

Chickasaw Nation Impa' Kilimpi'
www.getfreshcooking.com

Oklahoma Tribal Engagement Partners (OKTEP)
www.NotOurDestiny.com and www.EagleAdventure.com

USDA Supplemental Nutrition Assistance Program (SNAP)
www.fns.usda.gov/snap



**HELP US IMPROVE THIS CALENDAR.
TAKE THIS SURVEY & LET US KNOW
WHAT YOU THINK!**



ONIEPROJECT.ORG

JANUARY



FEBRUARY



MARCH



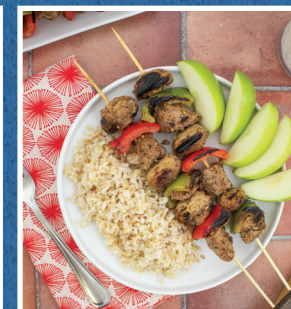
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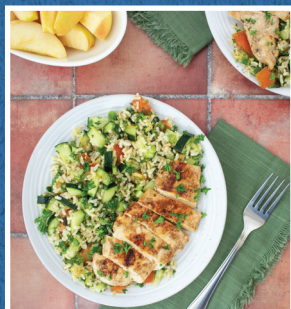
JUNE



JULY



AUGUST



SEPTEMBER



OCTOBER



NOVEMBER



DECEMBER



Calendar credits: This material was funded by the U.S. Department of Agriculture (USDA) Supplemental Nutrition Assistance Program (SNAP) Education Grant to the ONIE Project. In accordance with Federal law & USDA policy, these institutions are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or retaliation for prior civil rights activity in any USDA program. To file a complaint of discrimination, complete form (AD-3027) online at: http://www.ascr.usda.gov/complaint_filing_cust.html. To request a copy of the form, call (866) 632-9992. Submit form by mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410 or email: program.intake@usda.gov. This institution is an equal opportunity provider.

