FREE







Choose Homemade

2020 Nutrition Calendar

ONIE PROJECT

ONIEPROJECT.ORG

ONIE Recipes

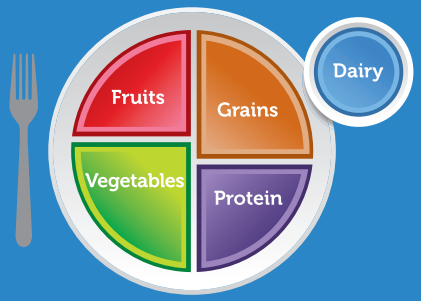
We keep busy families in mind every step of the way when creating our unique recipes.

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 our ONIE registered dietitian
- Developed using the MyPlate food groups







ChooseMyPlate.gov

Look for the MyPlate symbol to see how each recipe meets this standard!

CALENDAR KEY

Look for these icons throughout the calendar when choosing recipes

= Spicy Recipe

= Lower Sodium Recipe

= Online Video at onieproject.org/videos

ONIE Recipes Make It Easy To

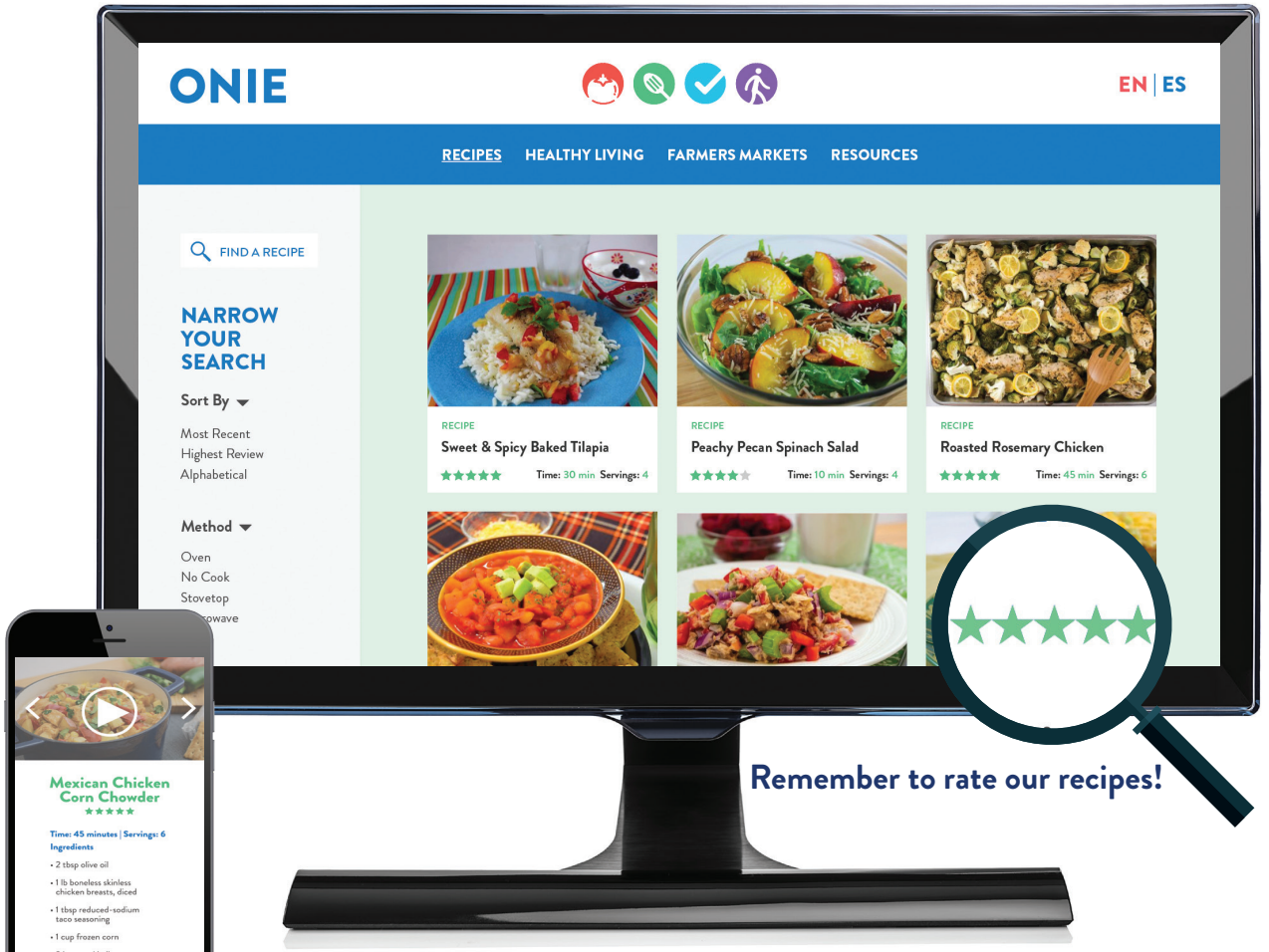
CHOOSE HOME MADE

ONIEproject.org

Find More Quick, Tasty & Healthy Recipes Online

Let our easy-to-use, mobile-friendly website help you choose ingredients at the store, or view quick videos for recipe steps & cooking tips.





Follow Us!



Share pictures of your favorite ONIE recipes!

#onierecipe
@onieproject

onieproject.org/recipes

El buscador digital también está disponible en español:

onieproject.org/es/recetas

MAKING SENSE OF NUTRITION LABELS

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%**
Trans 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.

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 occuring sugar. Chocolate milk has added sugars from the chocolate syrup beyond the naturally occuring lactose.

Vitamins & Minerals

- Aim for 100% of all nutrients, 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.

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 300mg of **Cholesterol** 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:	Nutrients to get less of:
Dietary Fiber: ≥28g	Saturated Fat: ≤20g
Vitamin D: ≥20mcg	*Trans* Fat: 0g
Calcium: ≥1300mg	Sodium: ≤2300mg
Iron: ≥18mg	Added Sugars: ≤50g
Potassium: ≥4700mg	

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

Expiration Date: Always check the expiration date before purchasing.

Salt Check

match 1 mg sodium for 1 calorie

GOOD!

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%

BAD!

Nutrition Facts

12 servings per container
Serving size (55g)

Amount per serving
Calories 90

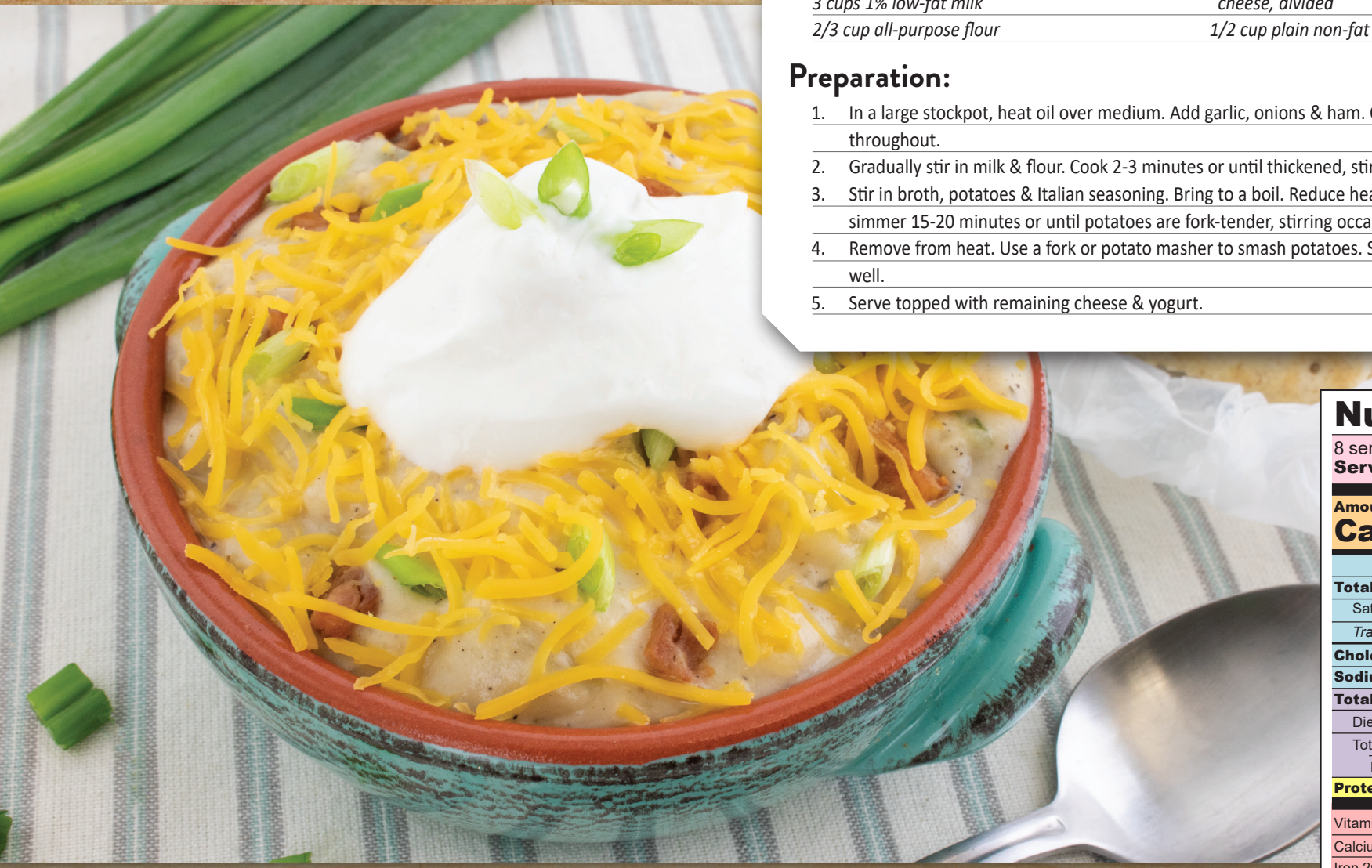
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 8mg	3%
Sodium 270mg	12%
Total Carbohydrate 37g	13%

Daily Goal:

Strive for
less than
2300mg
of sodium
per day

Look for 1 for 1 certified recipes @ onieproject.org/recipes

Loaded Baked Potato Soup



Est Time: 30 min **Servings: 8**

Ingredients:

- *2 Tbsp olive oil*
- *5 cloves garlic, minced*
- *4 green onions, sliced*
- *1/2 lb cooked lean ham, diced*
- *3 cups 1% low-fat milk*
- *2/3 cup all-purpose flour*
- *3 cups unsalted chicken broth*
- *2 lbs unpeeled potatoes, finely diced*
- *1 Tbsp Italian seasoning*
- *1 1/2 cups reduced-fat shredded cheddar cheese, divided*
- *1/2 cup plain non-fat Greek yogurt*

Preparation:

1. In a large stockpot, heat oil over medium. Add garlic, onions & ham. Cook 2-3 minutes, stirring throughout.
2. Gradually stir in milk & flour. Cook 2-3 minutes or until thickened, stirring constantly.
3. Stir in broth, potatoes & Italian seasoning. Bring to a boil. Reduce heat to medium-low. Cover & simmer 15-20 minutes or until potatoes are fork-tender, stirring occasionally.
4. Remove from heat. Use a fork or potato masher to smash potatoes. Stir in 1 cup cheese. Mix well.
5. Serve topped with remaining cheese & yogurt.

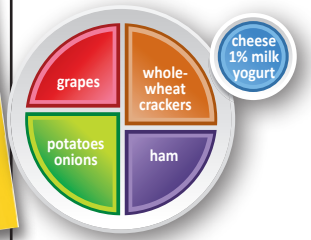
Nutrition Facts

8 servings per recipe
Serving size (378g)

Amount per serving
Calories **300**

	% Daily Value*
Total Fat 10g	**13%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 540mg	**23%**
Total Carbohydrate 35g	**13%**
Dietary Fiber 3g	**11%**
Total Sugars 7g	
Includes 0g Added Sugars	**0%**
Protein 20g	
Vitamin D 1mcg	6%
Calcium 341mg	25%
Iron 2mg	10%
Potassium 813mg	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
DECEMBER 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	**TIP** Use leftover mashed potatoes to cut down on cook time!		1 New Year's Day Kwanzaa Ends	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Martin Luther King Jr. Day	21	22	23	24	25 Chinese New Year
26	27	28	29	30	31	FEBRUARY 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

Taco Stuffed Peppers

Est Time: 45 min **Servings: 8**

Ingredients:

- *Non-stick cooking spray*
- *8 large bell peppers, cut in half & de-seeded*
- *1 lb 93/7 lean ground beef*
- *1 small red onion, diced*
- *3 Tbsp Homemade Taco Seasoning**
- *2 cups frozen corn*
- *1 (15 oz) can no-salt-added black beans, drained & rinsed*
- *1 cup Chunky Homemade Salsa**
- *1 cup shredded fiesta blend cheese*
- *1/2 cup minced fresh cilantro*
- *1 cup plain non-fat Greek yogurt*

Preparation:

1. Preheat oven to 400°F. Lightly coat two baking sheets with cooking spray. Place peppers on baking sheets. Set aside.
2. Heat a large skillet over medium-high. Add beef, onion & taco seasoning. Cook 4-5 minutes or until beef is no longer pink.
3. Add corn, beans & salsa. Stir to combine. Continue to heat over medium-high heat until the filling comes to a simmer. Remove from heat.
4. Fill peppers with beef mixture & top with cheese. Bake 20-25 minutes or until cheese is melted & filling bubbles.
5. Remove from oven & cool 5-7 minutes. Serve topped with cilantro & yogurt.



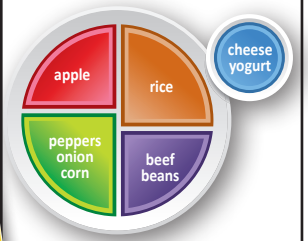
Nutrition Facts

8 servings per recipe
Serving size (420g)

Amount per serving
Calories 300

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 250mg	11%
Total Carbohydrate 27g	10%
Dietary Fiber 8g	29%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 187mg	15%
Iron 4mg	20%
Potassium 899mg	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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JANUARY 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	MARCH 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			**TIP** *Find these recipes in the back of this calendar!		1
2 Groundhog Day	3	4	5	6	7	8
9	10	11	12	13	14 Valentine's Day	15
16	17 Presidents' Day	18	19	20	21	22
23	24	25 Mardi Gras	26 Ash Wednesday	27	28	29

Crispy Baked Fish Sticks

Est Time: 30 min **Servings: 4**

Ingredients:

- *Non-stick cooking spray*
- *2 large eggs*
- *1 Tbsp Dijon mustard*
- *1/2 lemon, juiced*
- *1 cup crushed whole-wheat saltine crackers (about 28 crackers)*
- *1 tsp garlic powder*
- *1/2 tsp cayenne pepper*
- *2 tsp dried parsley*
- *1 lb cod fillets, cut into 2 inch strips*

Preparation:

1. Preheat oven to 450°F. Cover a large baking sheet with foil & lightly coat with cooking spray.
2. In a medium bowl, add eggs, mustard & lemon juice. Whisk together.
3. In another medium bowl, add crackers, garlic powder, cayenne pepper & parsley. Mix well.
4. Pat fish dry with paper towels, dip into egg mixture & coat with cracker mixture. Place coated fish on baking sheet & lightly coat tops with cooking spray. Bake 10-12 minutes or until crumbs are golden brown & the fish is cooked through.



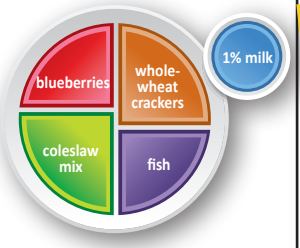
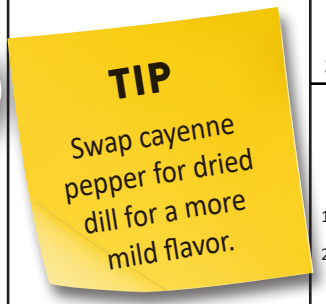
Nutrition Facts

4 servings per recipe
Serving size (182g)

Amount per serving
Calories 270

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 140mg	**47%**
Sodium 390mg	**17%**
Total Carbohydrate 24g	**9%**
Dietary Fiber 0g	**0%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 27g	
Vitamin D 2mcg	10%
Calcium 53mg	4%
Iron 2mg	10%
Potassium 641mg	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
1	2 Read Across America Day	3	4	5	6	7
8 Daylight Savings Time Begins	9	10	11	12	13	14
15	16	17 St. Patrick's Day	18	19 First Day of Spring	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY

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

APRIL

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		

BBQ Steak & Potatoes

Est Time: 30 min **Servings: 6**

Ingredients:

- *1 lb unpeeled potatoes, diced*
- *2 Tbsp olive oil*
- *1 1/2 lbs lean round steak, cut into strips*
- *1 cup frozen corn*
- *2 large bell peppers, diced*
- *1 cup Sweet & Spicy BBQ sauce**

Preparation:

1. Fill a stockpot with water, add potatoes & bring to a boil. Reduce heat to medium & simmer until potatoes are fork-tender. Drain & set aside.
2. Meanwhile, in a large deep skillet, heat oil over medium. Add steak & cook 5-7 minutes or until steak is browned on all sides, stirring occasionally.
3. Add corn & peppers. Cook 4-5 minutes or until peppers are crisp-tender.
4. Add potatoes & sauce to skillet. Mix well. Cook 2-3 minutes or until heated through. Remove from heat & serve.



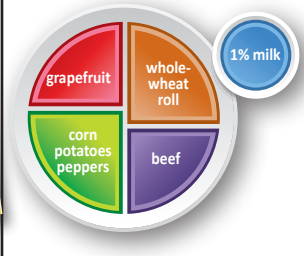
Nutrition Facts

6 servings per container
Serving size (313g)

Amount per serving	
Calories	**300**
	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 70mg	**23%**
Sodium 115mg	**5%**
Total Carbohydrate 28g	**10%**
Dietary Fiber 4g	**14%**
Total Sugars 9g	
Includes 2g Added Sugars	**4%**
Protein 30g	
Vitamin D 0mcg	0%
Calcium 38mg	2%
Iron 4mg	20%
Potassium 1068mg	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.

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MARCH 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	MAY 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		**1** April Fools' Day	**2**	**3**	**4**
5 Palm Sunday	**6**	**7**	**8** Passover Begins at Sundown	**9**	**10** Good Friday	**11**
12 Easter Sunday	**13**	**14**	**15** Tax Day	**16** Passover Ends	**17**	**18**
19	**20**	**21**	**22** Earth Day	**23** Ramadan Begins at Sundown	**24** Arbor Day	**25**
26	**27**	**28**	**29**	**30**	**TIP** *Try our BBQ sauce recipe in the back of this calendar!	

Green Chile Migas

Est Time: 15 min **Servings: 6**

Ingredients:

- *1 Tbsp olive oil*
- *3 green onions, sliced*
- *6 large eggs*
- *1/4 cup 1% low-fat milk*
- *1 (15 oz) can no-salt-added black beans, drained & rinsed*
- *1 (4 oz) can diced green chiles, drained*
- *1 cup Chunky Homemade Salsa**
- *1/2 cup crumbled whole-grain tortilla chips*
- *1 cup reduced-fat shredded cheddar cheese*
- *2 Tbsp minced fresh cilantro*

Preparation:

1. In a large skillet, heat oil over medium. Add onions & cook 2-3 minutes or until tender.
2. In a medium bowl, whisk together eggs & milk. Add to skillet & cook 3-4 minutes without stirring. Once edges are cooked, gently scramble eggs so that all uncooked eggs are evenly mixed in the skillet. Add beans & chiles. Cook another 2-3 minutes or until eggs are cooked through. Remove from heat.
3. Add salsa & tortilla chips to skillet. Gently stir to combine. Do not over-mix.
4. Serve topped with cheese & cilantro.



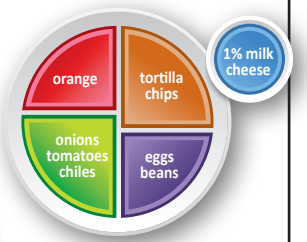
Nutrition Facts

6 servings per recipe
Serving size (223g)

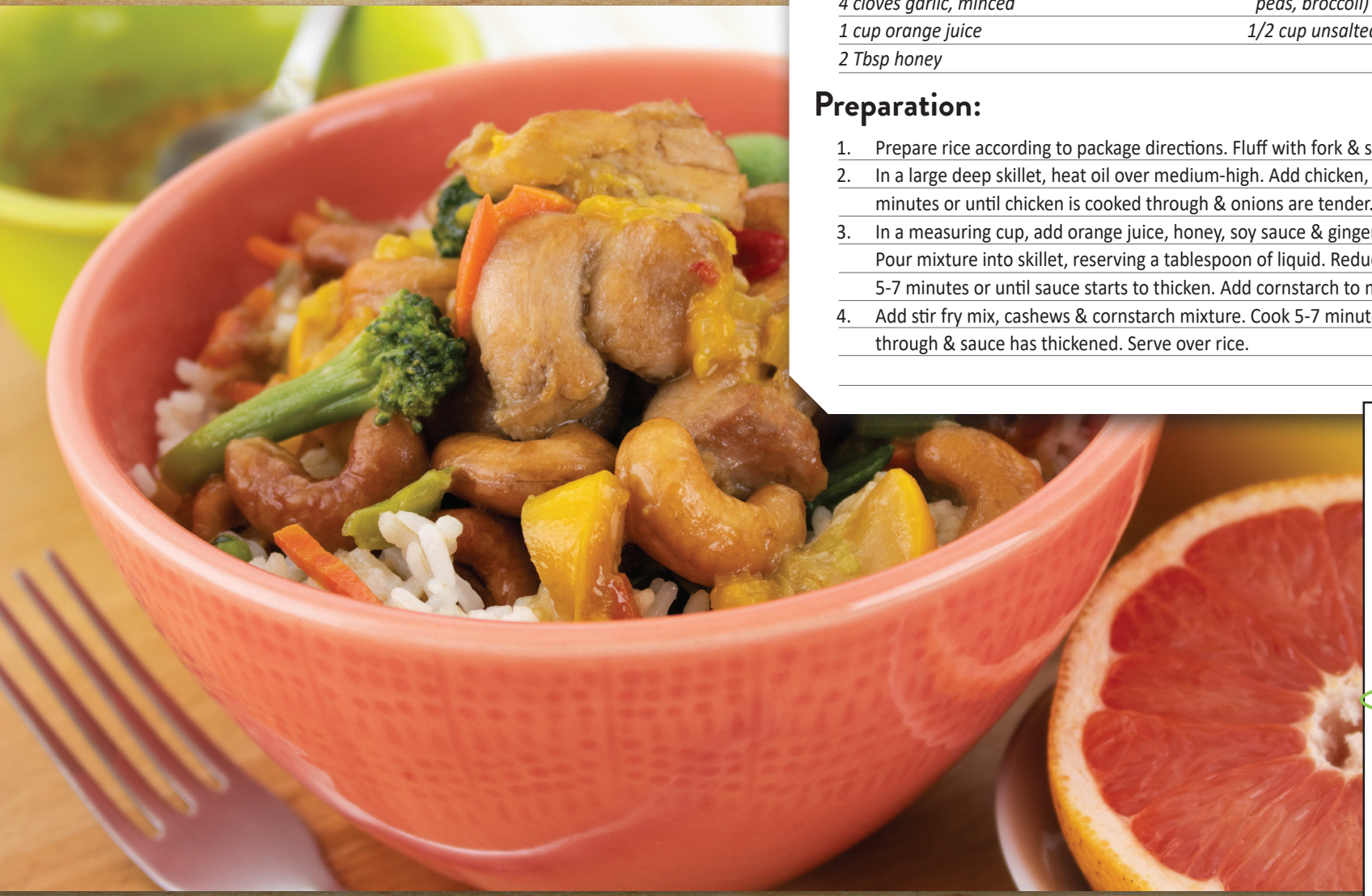
Amount per serving
Calories **290**

	% Daily Value*
Total Fat 15g	**19%**
Saturated Fat 4.5g	**23%**
Trans Fat 0g	
Cholesterol 195mg	**65%**
Sodium 360mg	**16%**
Total Carbohydrate 22g	**8%**
Dietary Fiber 5g	**18%**
Total Sugars 2g	
Includes 0g Added Sugars	**0%**
Protein 17g	
Vitamin D 1mcg	6%
Calcium 274mg	20%
Iron 2mg	10%
Potassium 387mg	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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
APRIL 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	JUNE 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	**TIP** *Try our Chunky Homemade Salsa recipe in the back of this calendar!			**1** May Day	**2**
3	**4**	**5** Cinco de Mayo	**6**	**7** Vesak	**8**	**9**
10 Mother's Day	**11**	**12**	**13**	**14**	**15**	**16** Armed Forces Day
17	**18**	**19**	**20**	**21**	**22**	**23** Ramadan Ends at Sundown
24 Eid-al-Fitr **31**	**25** Memorial Day	**26**	**27**	**28**	**29**	**30**

Orange Cashew Chicken



Est Time: 30 min **Servings: 6**

Ingredients:

- *2 cups white rice*
- *2 Tbsp canola oil*
- *1 lb boneless, skinless chicken breasts, diced*
- *1 small yellow onion, finely diced*
- *4 cloves garlic, minced*
- *1 cup orange juice*
- *2 Tbsp honey*
- *2 Tbsp low-sodium soy sauce*
- *1 tsp ground ginger*
- *2 tsp cornstarch*
- *1 (20 oz) bag frozen stir fry mix (carrots, snap peas, broccoli)*
- *1/2 cup unsalted cashews*

Preparation:

1. Prepare rice according to package directions. Fluff with fork & set aside.
2. In a large deep skillet, heat oil over medium-high. Add chicken, onion & garlic. Sauté 5-7 minutes or until chicken is cooked through & onions are tender.
3. In a measuring cup, add orange juice, honey, soy sauce & ginger. Stir until combined completely. Pour mixture into skillet, reserving a tablespoon of liquid. Reduce heat to medium & simmer 5-7 minutes or until sauce starts to thicken. Add cornstarch to measuring cup & set aside.
4. Add stir fry mix, cashews & cornstarch mixture. Cook 5-7 minutes or until vegetables are cooked through & sauce has thickened. Serve over rice.

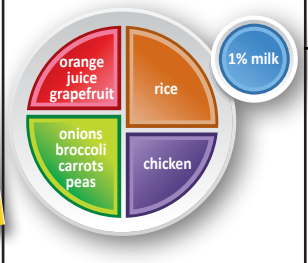
Nutrition Facts

6 servings per recipe
Serving size (308g)

Amount per serving
Calories **340**

	% Daily Value*
Total Fat 12g	**15%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 55mg	**18%**
Sodium 250mg	**11%**
Total Carbohydrate 36g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 13g	
Includes 6g Added Sugars	**12%**
Protein 22g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 2mg	10%
Potassium 569mg	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
	1	2	3	4	5	6
7	8	9	10	11	12	13
14 Flag Day Children's Day	15	16	17	18	19 Juneteenth	20 First Day of Summer
21 Father's Day	22	23	24	25	26	27
28	29	30	**TIP** Use brown rice in this recipe to increase the fiber.			

MAY

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						

JULY

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	

Slow Cooker BBQ Chicken Sliders



Prep Time: 10 min **Servings: 6**

Ingredients:

- *1 (15 oz) can no-salt-added tomato sauce*
- *1 (6 oz) can no-salt-added tomato paste*
- *1/4 cup Worcestershire sauce*
- *1/4 cup apple cider vinegar*
- *3 Tbsp honey*
- *3 cloves garlic, minced*
- *1/2 tsp chipotle pepper powder*
- *1 tsp black pepper*
- *1 1/2 lbs boneless, skinless chicken breasts*
- *12 whole-wheat dinner rolls*
- *1 (16 oz) bag tri-color coleslaw mix*

Preparation:

1. In a large slow cooker, add tomato sauce, tomato paste, worcestershire sauce, vinegar, honey, garlic, chipotle pepper & black pepper. Stir until combined. Add chicken breasts & cover with sauce. Cover & cook on low 6-7 hours or until chicken is cooked through.
2. Using two forks, finely shred chicken.
3. Serve rolls filled with chicken, coleslaw mix & extra sauce.

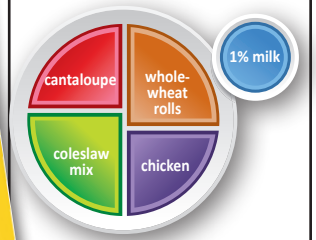
Nutrition Facts

6 servings per recipe
Serving size (378g)

Amount per serving
Calories **400**

	% Daily Value*
Total Fat 6g	**8%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 85mg	**28%**
Sodium 500mg	**22%**
Total Carbohydrate 55g	**20%**
Dietary Fiber 9g	**32%**
Total Sugars 23g	
Includes 9g Added Sugars	**18%**
Protein 33g	
Vitamin D 0mcg	0%
Calcium 128mg	10%
Iron 5mg	30%
Potassium 1322mg	30%

* 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
JUNE 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	**TIP** Find a stovetop version of our BBQ sauce in the back of this calendar!		1	2	3	4 Independence Day
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26 Parents' Day	27	28	29	30	31	AUGUST 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

Pineapple Pork Chops

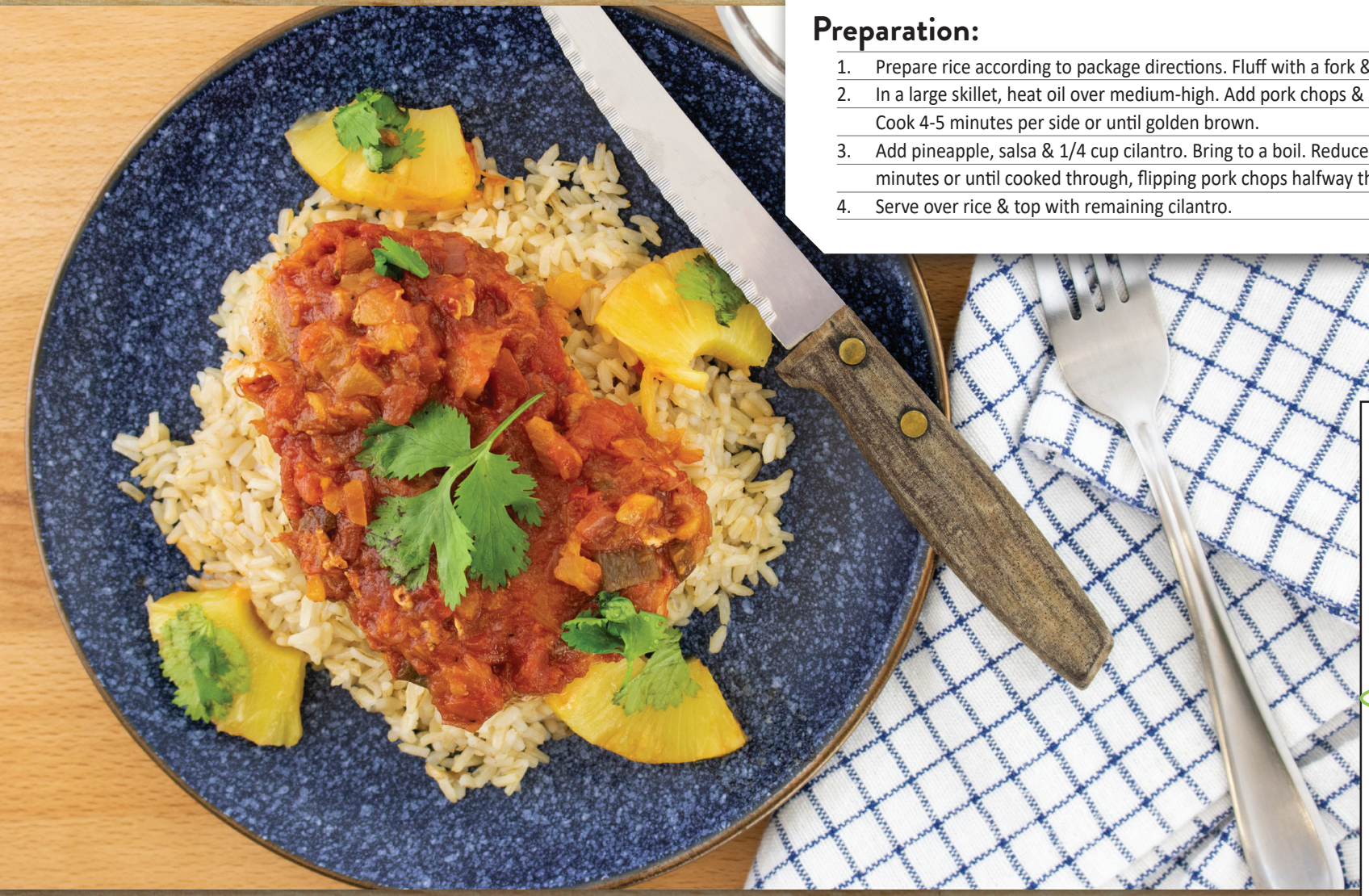
Est Time: 30 min **Servings: 4**

Ingredients:

- *1 1/2 cups instant brown rice*
- *2 Tbsp canola oil*
- *1 lb boneless pork chops, fat trimmed*
- *1 tsp garlic powder*
- *1 tsp black pepper*
- *1 (8 oz) can pineapple chunks in juice, undrained*
- *1 cup Chunky Homemade Salsa**
- *1/2 cup minced fresh cilantro, divided*

Preparation:

1. Prepare rice according to package directions. Fluff with a fork & set aside.
2. In a large skillet, heat oil over medium-high. Add pork chops & sprinkle with garlic & pepper. Cook 4-5 minutes per side or until golden brown.
3. Add pineapple, salsa & 1/4 cup cilantro. Bring to a boil. Reduce heat, cover & simmer 12-15 minutes or until cooked through, flipping pork chops halfway through.
4. Serve over rice & top with remaining cilantro.



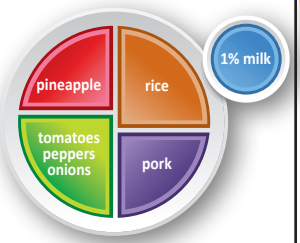
Nutrition Facts

4 servings per recipe
Serving size (275g)

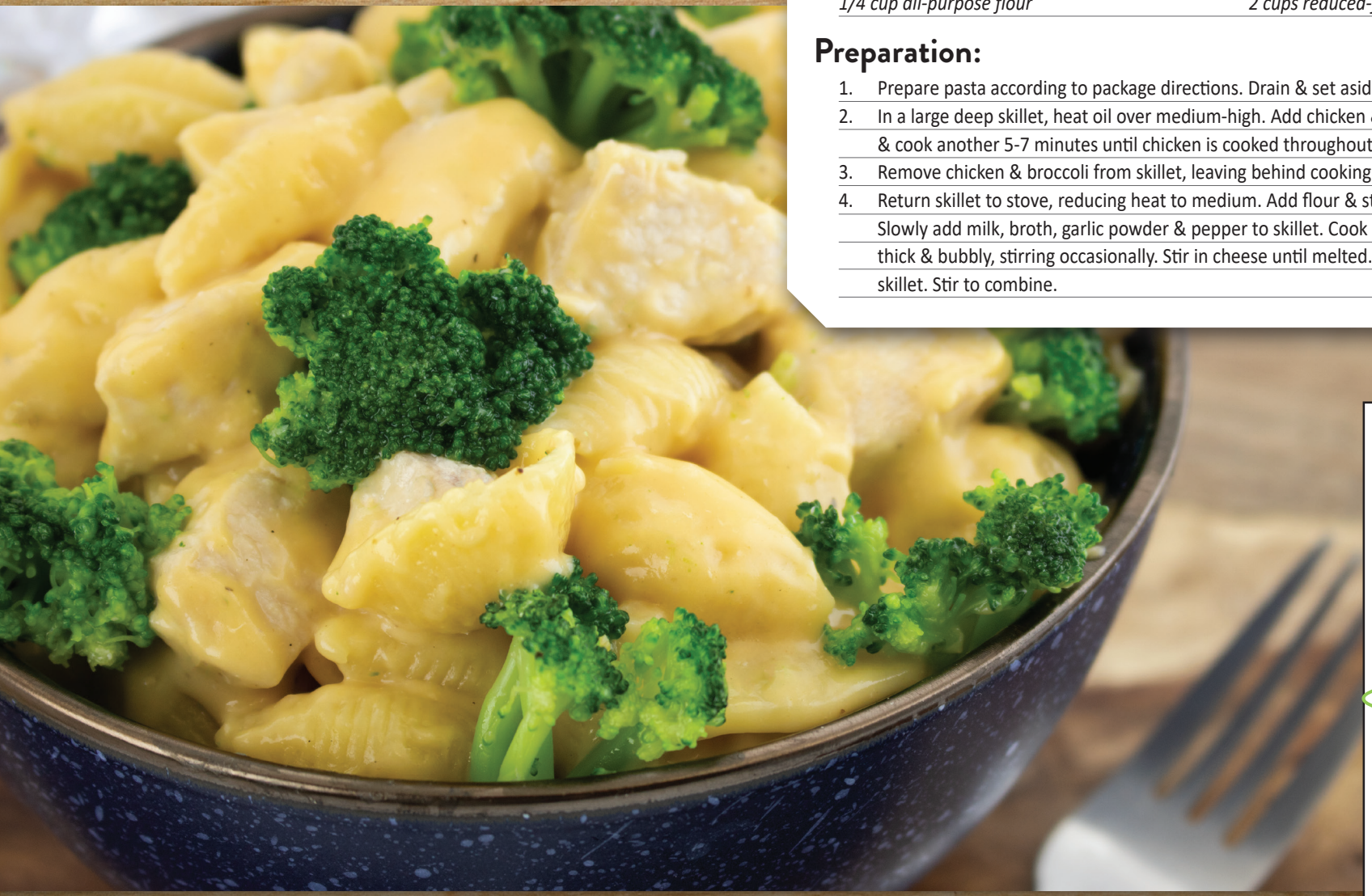
Amount per serving
Calories **390**

	% Daily Value*
Total Fat 11g	**14%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 70mg	**23%**
Sodium 80mg	**3%**
Total Carbohydrate 42g	**15%**
Dietary Fiber 3g	**11%**
Total Sugars 10g	
Includes 0g Added Sugars	**0%**
Protein 30g	
Vitamin D 0mcg	0%
Calcium 42mg	4%
Iron 1mg	6%
Potassium 664mg	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
JULY 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	SEPTEMBER 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		**TIP** *Try our Chunky Homemade Salsa recipe in the back of this calendar!			1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 30	24 31	25	26	27	28	29

Chicken Broccoli Shells & Cheese



Est Time: 30 min **Servings: 8**

Ingredients:

- *8 oz pasta shells (3 cups dried)*
- *2 Tbsp canola oil*
- *1 lb boneless, skinless chicken breasts, diced*
- *1 (16 oz) bag frozen broccoli florets*
- *1/4 cup all-purpose flour*
- *1 cup 1% low-fat milk*
- *1 cup unsalted chicken broth*
- *1 tsp garlic powder*
- *1 tsp black pepper*
- *2 cups reduced-fat shredded cheddar cheese*

Preparation:

1. Prepare pasta according to package directions. Drain & set aside.
2. In a large deep skillet, heat oil over medium-high. Add chicken & cook 5-7 minutes. Add broccoli & cook another 5-7 minutes until chicken is cooked throughout & broccoli is warm.
3. Remove chicken & broccoli from skillet, leaving behind cooking liquid. Set aside.
4. Return skillet to stove, reducing heat to medium. Add flour & stir continuously for 1 minute. Slowly add milk, broth, garlic powder & pepper to skillet. Cook 8-10 minutes or until sauce is thick & bubbly, stirring occasionally. Stir in cheese until melted. Add pasta, chicken & broccoli to skillet. Stir to combine.

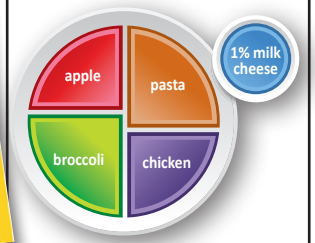
Nutrition Facts

8 servings per recipe
Serving size (279g)

Amount per serving
Calories **340**

	% Daily Value*
Total Fat 11g	**14%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Cholesterol 60mg	**20%**
Sodium 280mg	**12%**
Total Carbohydrate 31g	**11%**
Dietary Fiber 3g	**11%**
Total Sugars 3g	
Includes 0g Added Sugars	**0%**
Protein 28g	
Vitamin D 0mcg	0%
Calcium 330mg	25%
Iron 2mg	10%
Potassium 501mg	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
TIP Swap broccoli with a different family favorite vegetable!		1	2	3	4	5
6	7 Labor Day	8	9	10	11 Patriot Day	12
13 Grandparents' Day	14	15	16	17	18 Rosh Hashanah Begins at Sundown	19
20 Rosh Hashanah Ends at Sundown	21	22 First Day of Autumn	23	24	25	26
27	28 Yom Kippur	29	30			

AUGUST

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					

OCTOBER

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

Catfish Po-Boys

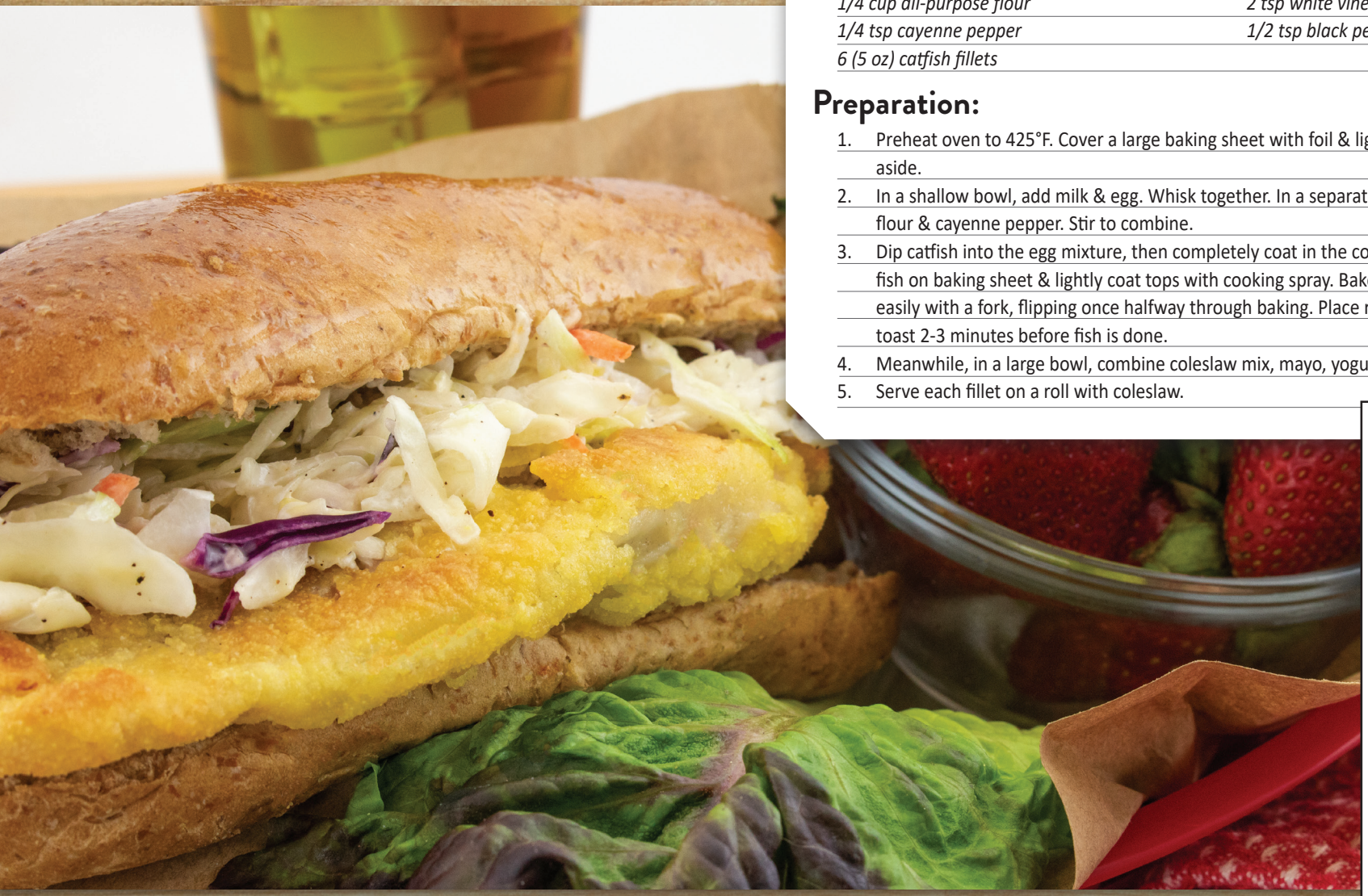
Est Time: 35 min **Servings: 6**

Ingredients:

- *Non-stick cooking spray*
- *3/4 cup 1% low-fat milk*
- *1 large egg*
- *1/2 cup cornmeal*
- *1/4 cup all-purpose flour*
- *1/4 tsp cayenne pepper*
- *6 (5 oz) catfish fillets*
- *6 whole-wheat sub rolls*
- *2 cups tri-color coleslaw mix*
- *2 Tbsp olive oil mayonnaise*
- *1/4 cup plain non-fat Greek yogurt*
- *2 tsp white vinegar*
- *1/2 tsp black pepper*

Preparation:

1. Preheat oven to 425°F. Cover a large baking sheet with foil & lightly coat with cooking spray. Set aside.
2. In a shallow bowl, add milk & egg. Whisk together. In a separate shallow bowl, add cornmeal, flour & cayenne pepper. Stir to combine.
3. Dip catfish into the egg mixture, then completely coat in the cornmeal mixture. Place coated fish on baking sheet & lightly coat tops with cooking spray. Bake 20 minutes, or until fish flakes easily with a fork, flipping once halfway through baking. Place rolls directly on oven racks & toast 2-3 minutes before fish is done.
4. Meanwhile, in a large bowl, combine coleslaw mix, mayo, yogurt, vinegar & pepper. Mix well.
5. Serve each fillet on a roll with coleslaw.



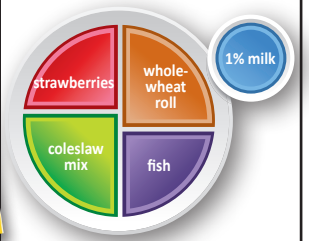
Nutrition Facts

6 servings per recipe
Serving size (294g)

Amount per serving
Calories **460**

	% Daily Value*
Total Fat 15g	**19%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 115mg	**38%**
Sodium 550mg	**24%**
Total Carbohydrate 51g	**19%**
Dietary Fiber 5g	**18%**
Total Sugars 8g	
Includes 0g Added Sugars	**0%**
Protein 32g	
Vitamin D 1mcg	6%
Calcium 142mg	10%
Iron 3mg	15%
Potassium 740mg	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
SEPTEMBER 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	NOVEMBER 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	**TIP** Add chipotle powder to your mayo to give this sandwich a kick!		1	2	3
4	5	6	7	8	9	10
11	12 Federal Holiday	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31 Halloween

Chipotle Turkey Chili

Est Time: 45 min **Servings: 4**

Ingredients:

- *1 lb 93/7 lean ground turkey*
- *1 medium yellow onion, diced*
- *3 cloves garlic, minced*
- *1 (6 oz) can no-salt-added tomato paste*
- *2 Tbsp Chipotle Chili Seasoning**
- *1 medium unpeeled sweet potato, diced*
- *1 (15 oz) can no-salt-added diced tomatoes, undrained*
- *3 cups unsalted chicken broth*
- *1/2 cup plain non-fat Greek yogurt*

Preparation:

1. Heat a large stockpot over medium-high. Add turkey, onion & garlic. Cook 5-7 minutes or until cooked through, crumbling meat throughout. Drain excess liquid if needed.
2. Stir in tomato paste & chili seasoning. Cook 1-2 minutes or until paste is warm.
3. Add potatoes, tomatoes & broth. Bring to a boil. Reduce heat to medium & cook 20-25 minutes or until sweet potatoes are fork-tender & chili has thickened, stirring occasionally.
4. Serve topped with yogurt.



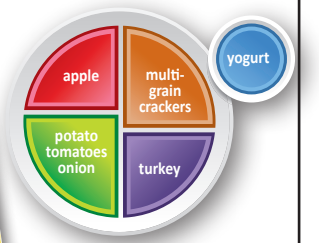
Nutrition Facts

4 servings per recipe
Serving size (536g)

Amount per serving
Calories **320**

	% Daily Value*
Total Fat 10g	**13%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 85mg	**28%**
Sodium 300mg	**13%**
Total Carbohydrate 28g	**10%**
Dietary Fiber 6g	**21%**
Total Sugars 12g	
Includes 0g Added Sugars	**0%**
Protein 30g	
Vitamin D 0mcg	0%
Calcium 140mg	10%
Iron 4mg	20%
Potassium 1252mg	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
1 All Saints' Day Daylight Savings Time Ends	2 All Souls' Day	3 Election Day	4	5	6	7
8	9	10	11 Veterans Day	12	13	14 Diwali
15	16	17	18	19	20	21
22	23	24	25	26 Thanksgiving	27	28
29	30	**TIP** *Try our Chipotle Chili Seasoning in the back of this calendar!				

OCTOBER

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

DECEMBER

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		

Banana Chocolate Chip Cookies



Est Time: 30 min **Servings: 12**

Ingredients:

2 Tbsp canola oil	*1 cup quick oats*
1 large egg	*1 tsp baking powder*
1/4 cup brown sugar	*1/4 tsp salt*
2 medium ripe bananas, mashed	*1/4 tsp baking soda*
1 tsp vanilla extract	*1/2 cup semisweet chocolate chips*
1 cup all-purpose flour	*Non-stick cooking spray*

Preparation:

1. Preheat oven to 350°F.
2. In a large bowl, add oil, egg, brown sugar, bananas & vanilla. Whisk together. In a separate bowl, add flour, oats, baking powder, salt & baking soda. Mix well. Gradually add dry ingredients to wet ingredients & mix well. Stir in chocolate chips.
3. Lightly coat two baking sheets with cooking spray. Use a tablespoon to drop dough on baking sheets.
4. Bake 12-15 minutes or until golden brown.

Nutrition Facts

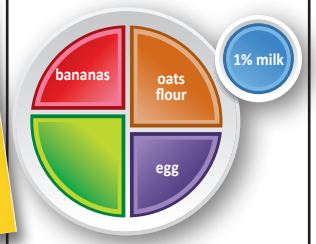
12 servings per recipe
Serving size (56g)

Amount per serving
Calories 160

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 85mg	4%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	7%
Total Sugars 11g	
Includes 8g Added Sugars	16%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 64mg	4%
Iron 1mg	6%
Potassium 145mg	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.

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TIP Try adding chopped walnuts!		1	2	3	4	5
6	7 Pearl Harbor Remembrance Day	8	9	10 Hanukkah Begins at Sundown	11	12
13	14	15	16	17	18 Hanukkah Ends at Sundown	19
20	21 First Day of Winter	22	23	24 Christmas Eve	25 Christmas Day	26 Kwanzaa Begins
27	28	29	30	31 New Year's Eve		

NOVEMBER

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					

JANUARY

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						

OK FARMERS MARKETS

Accepting SNAP Benefits



For more information visit:

onieproject.org/farmersmarkets

1. Ardmore Downtown Farmers Market
2. Bartlesville Farmers Market
3. Brookside Farmers Market, Tulsa
4. Cherry Street Farmers Market, Tulsa
5. Chuckwagon Market, Purcell*
6. Claremore Farmers Market
7. Community Health Center of Spencer Farmers Market
8. Dark Water Ranch, Chickasha*
9. Dorian's Stand, Marlow*
10. Double Diamond, Marlow*
11. Duncan Farmers Market
12. Heavens Gate Farm, Henryetta*
13. J5 Farms, Stilwell*
14. Jay Farmers Market
15. Johnston County Farmers Market, Tishomingo
16. Lawton Farmers Market
17. Moore Farmers Market
18. Muskogee Farmers Market
19. NEOKC Farmers Market
20. Norman Farm Market
21. Nowata CAN Garden Market
22. OK Heritage Farm, Ramona*
23. Okmulgee Farmers Market
24. OSU-OKC Farmers Market
25. Ottawa County Farmers Market, Miami
26. Paseo Farmers Market, OKC
27. Pauls Valley Farmers Market
28. Pawnee Farmers Market
29. Pittsburg County Farmers Market, McAlester
30. Pyphian Market, Tulsa
31. R&G Family Grocers, Tulsa
32. Sapulpa Main Street Farmers Market
33. Shepherd's Cross, Claremore*
34. Stilwell Farmers Market
35. Tahlequah Farmers Market
36. Tillman County Farmers Market, Frederick
37. Tulsa Farmers Market The Farm Stand
38. Wilburton Farmers Market
39. Wildhorse Gardens & Market, Mustang

*Market located on farm

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.



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. Create an online account at www.okdhslive.org.
- The Request for Services application form can also be downloaded from www.okdhs.org or can be found at your local DHS office.
- To find the county DHS office nearest to you, go to www.okdhs.org/countyoffices.
- Mail, fax, or take your completed application to any DHS office.
- A list of the necessary materials needed for an interview is listed in the Request for Services application.
- 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 OUT IF YOU ARE ELIGIBLE FOR SNAP BENEFITS:

ONIEPROJECT.ORG/SNAP


Loaded Baked Potato Soup


Taco Stuffed Peppers


Crispy Baked Fish Sticks


BBQ Steak & Potatoes

Taco Stuffed Peppers

Est Time: 45 min

Servings: 8

Ingredients:

Non-stick cooking spray
8 large bell peppers, cut in half & de-seeded
1 lb 93/7 lean ground beef
1 small red onion, diced
3 Tbsp Homemade Taco Seasoning*
2 cups frozen corn
1 (15 oz) can no-salt-added black beans, drained & rinsed
1 cup Chunky Homemade Salsa*
1 cup shredded fiesta blend cheese
1/2 cup chopped fresh cilantro
1 cup plain non-fat Greek yogurt

Preparation:

1. Preheat oven to 400°F. Lightly coat two baking sheets with cooking spray. Place peppers on baking sheets. Set aside.
2. Heat a large skillet over medium-high. Add beef, onion & taco seasoning. Cook 4-5 minutes or until beef is no longer pink.
3. Add corn, beans & salsa. Stir to combine. Continue to heat over medium-high heat until the filling comes to a simmer. Remove from heat.
4. Fill peppers with beef mixture & top with cheese. Bake 20-25 minutes or until cheese is melted & filling bubbles.
5. Remove from oven & cool 5-7 minutes. Serve topped with cilantro & yogurt.

***Find this recipe at onieproject.org/recipes**



CHOOSE HOME MADE
ONIEproject.org

Loaded Baked Potato Soup

Est Time: 30 min

Servings: 8

Ingredients:

2 Tbsp olive oil
5 cloves garlic, minced
4 green onions, sliced
1/2 lb cooked lean ham, diced
3 cups 1% low-fat milk
2/3 cup all-purpose flour
3 cups unsalted chicken broth
2 lbs unpeeled potatoes, finely diced
1 Tbsp Italian seasoning
1 1/2 cups reduced-fat shredded cheddar cheese, divided
1/2 cup plain non-fat Greek yogurt

Preparation:

1. In a large stockpot heat oil over medium. Add garlic, onions & ham. Cook 2-3 minutes, stirring throughout.
2. Gradually stir in milk & flour. Cook 2-3 minutes or until thickened, stirring constantly.
3. Stir in broth, potatoes & Italian seasoning. Bring to a boil. Reduce heat to medium-low. Cover & simmer 15-20 minutes or until potatoes are fork-tender, stirring occasionally.
4. Remove from heat. Use a fork or potato masher to smash potatoes. Stir in 1 cup cheese. Mix well.
5. Serve topped with remaining cheese & yogurt.



CHOOSE HOME MADE
ONIEproject.org

BBQ Steak & Potatoes

Est Time: 30 min

Servings: 6

Ingredients:

1 lb unpeeled potatoes, diced
2 Tbsp olive oil
1 1/2 lbs lean round steak, cut into strips
1 cup frozen corn
2 large bell peppers, diced
1 cup prepared Sweet & Spicy BBQ sauce*

Preparation:

1. Fill a stockpot with water, add potatoes & bring to a boil. Reduce heat to medium & simmer until potatoes are fork-tender. Drain & set aside.
2. Meanwhile, in a large deep skillet, heat oil over medium. Add steak & cook 5-7 minutes or until steak is browned on all sides, stirring occasionally.
3. Add corn & peppers. Cook 4-5 minutes or until peppers are crisp-tender.
4. Add potatoes & sauce to skillet. Mix well. Cook 2-3 minutes or until heated through. Remove from heat & serve.

***Find this recipe at onieproject.org/recipes**



CHOOSE HOME MADE
ONIEproject.org

Crispy Baked Fish Sticks

Est Time: 30 min

Servings: 4

Ingredients:

Non-stick cooking spray
2 large eggs
1 Tbsp Dijon mustard
1/2 lemon, juiced
1 cup crushed whole-wheat saltine crackers (about 28 crackers)
1 tsp garlic powder
1/2 tsp cayenne pepper
2 tsp dried parsley
1 lb cod fillet, cut into 2 inch strips

Preparation:

1. Preheat oven to 450°F. Cover a large baking sheet with foil & lightly coat with cooking spray.
2. In a medium bowl, add eggs, mustard & lemon juice. Whisk together.
3. In another medium bowl add crackers, garlic powder, cayenne pepper & parsley. Mix well.
4. Pat fish dry with paper towels, dip into egg mixture & coat with cracker mixture. Place coated fish on baking sheet & lightly coat tops with cooking spray. Bake 10-12 minutes or until the crumbs are golden & the fish is cooked through.



CHOOSE HOME MADE
ONIEproject.org


Green Chile Migas


Orange Cashew Chicken


Slow Cooker BBQ Chicken Sliders


Pineapple Pork Chops

Orange Cashew Chicken

Est Time: 30 min

Servings: 6

Ingredients:

2 cups white rice
2 Tbsp canola oil
1 lb boneless, skinless chicken breasts, diced
1 small yellow onion, finely diced
4 cloves garlic, minced
1 cup orange juice
2 Tbsp honey
2 Tbsp low-sodium soy sauce
1 tsp ground ginger
2 tsp cornstarch
1 (20 oz) bag frozen stir fry mix (carrots, snap peas, broccoli)
1/2 cup unsalted cashews

Preparation:

1. Prepare rice according to package directions. Fluff with fork & set aside.
2. In a large deep skillet, heat oil over medium-high. Add chicken, onion & garlic. Sauté 5-7 minutes or until chicken is cooked through & onions are tender.
3. In a measuring cup, add orange juice, honey, soy sauce & ginger. Stir until combined completely. Pour mixture into skillet, reserving a tablespoon of liquid. Reduce heat to medium & simmer 5-7 minutes or until sauce starts to thicken. Add cornstarch to measuring cup & set aside.
4. Add stir fry mix, cashews & cornstarch mixture. Cook 5-7 minutes or until vegetables are cooked through & sauce has thickened. Serve over rice.



CHOOSE HOME MADE
ONIEproject.org

Green Chile Migas

Est Time: 15 min

Servings: 6

Ingredients:

1 Tbsp olive oil
3 green onions, sliced
6 large eggs
1/4 cup 1% low-fat milk
1 (15 oz) can no-salt-added black beans, drained & rinsed
1 (4 oz) can diced green chiles, drained
1 cup Chunky Homemade Salsa*
1/2 cup crumbled whole-grain tortilla chips
1 cup reduced-fat shredded cheddar cheese
2 Tbsp minced fresh cilantro

Preparation:

1. In a large skillet, heat oil over medium. Add onions & cook 2-3 minutes or until tender.
2. In a medium bowl, whisk together eggs & milk. Add to skillet & cook 3-4 minutes without stirring. Once edges are cooked, gently scramble eggs so that all uncooked eggs are evenly mixed in the skillet. Add beans & chiles. Cook another 2-3 minutes or until eggs are cooked through. Remove from heat.
3. Add salsa & tortilla chips to skillet. Gently stir to combine. Do not over-mix.
4. Top with cheese & cilantro before serving.

***Find this recipe at onieproject.org/recipes**



CHOOSE HOME MADE
ONIEproject.org

Pineapple Pork Chops

Est Time: 30 min

Servings: 4

Ingredients:

1 1/2 cups instant brown rice
2 Tbsp canola oil
1 lb boneless pork chops, fat trimmed
1 tsp garlic powder
1 tsp black pepper
1 (8 oz) can pineapple chunks in juice, undrained
1 cup Chunky Homemade Salsa*
1/2 cup minced fresh cilantro, divided

Preparation:

1. Prepare rice according to package directions. Fluff with a fork & set aside.
2. In a large skillet, heat oil over medium-high. Add pork chops & sprinkle with garlic & pepper. Cook 4-5 minutes per side or until golden brown.
3. Add pineapple, salsa & 1/4 cup cilantro. Bring to a boil. Reduce heat, cover & simmer 12-15 minutes or until cooked through, flipping pork chops halfway through.
4. Serve over rice & top with remaining cilantro.

***Find this recipe at onieproject.org/recipes**



CHOOSE HOME MADE
ONIEproject.org

Slow Cooker BBQ Chicken Sliders

Prep Time: 10 min

Servings: 6

Ingredients:

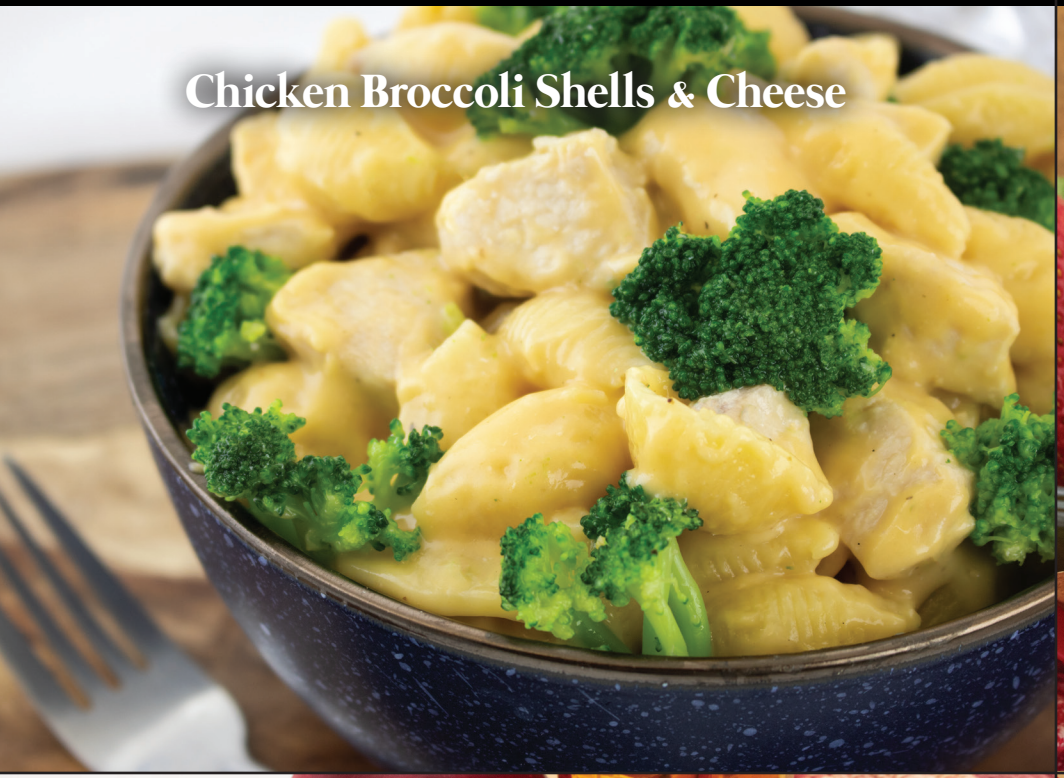
1 (15 oz) can no-salt-added tomato sauce
1 (6 oz) can no-salt-added tomato paste
1/4 cup Worcestershire sauce
1/4 cup apple cider vinegar
3 Tbsp honey
3 cloves garlic, minced
1/2 tsp chipotle pepper powder
1 tsp black pepper
1 1/2 lbs boneless, skinless chicken breasts
12 whole-wheat dinner rolls
1 (16 oz) bag tri-color coleslaw mix

Preparation:

1. In a large slow cooker, add tomato sauce, tomato paste, worcestershire sauce, vinegar, honey, garlic, chipotle pepper & black pepper. Stir until combined. Add chicken breasts & cover with sauce. Cover & cook on low 6-7 hours or until chicken is cooked through.
2. Using two forks, finely shred chicken.
3. Serve rolls filled with chicken, coleslaw mix & extra sauce.



CHOOSE HOME MADE
ONIEproject.org


Chicken Broccoli Shells & Cheese


Catfish Po-Boys


Chipotle Turkey Chili


Banana Chocolate Chip Cookies

Catfish Po-Boys

Est Time: 35 min

Servings: 6

Ingredients:

Non-stick cooking spray
3/4 cup 1% low-fat milk
1 large egg
1/2 cup cornmeal
1/4 cup all-purpose flour
1/4 tsp cayenne pepper
6 (5 oz) catfish fillets
6 whole-wheat sub rolls
2 cups tri-color coleslaw mix
2 Tbsp olive oil mayonnaise
1/4 cup plain non-fat Greek yogurt
2 tsp white vinegar
1/2 tsp black pepper

Preparation:

1. Preheat oven to 425°F. Cover a large baking sheet with foil & lightly coat with cooking spray. Set aside.
2. In a shallow bowl, add milk & egg. Whisk together. In a separate shallow bowl, add cornmeal, flour & cayenne pepper. Stir to combine.
3. Dip catfish into the egg mixture, then completely coat in the cornmeal mixture. Place coated fish on baking sheet & lightly coat tops with cooking spray. Bake 20 minutes, or until fish flakes easily with a fork, flipping once halfway through baking. Place rolls directly on oven racks & toast 2-3 minutes before fish is done.
4. Meanwhile, in a large bowl, combine coleslaw mix, mayo, yogurt, vinegar & pepper. Mix well.
5. Serve each fillet on a roll with coleslaw.



CHOOSE HOME MADE
ONIEproject.org

Chicken Broccoli Shells & Cheese

Est Time: 30 min

Servings: 8

Ingredients:

8 oz pasta shells (3 cups dried)
2 Tbsp canola oil
1 lb boneless, skinless chicken breasts, diced
1 (16 oz) bag frozen broccoli florets
1/4 cup all-purpose flour
1 cup 1% low-fat milk
1 cup unsalted chicken broth
1 tsp garlic powder
1 tsp black pepper
2 cups reduced-fat shredded cheddar cheese

Preparation:

1. Prepare pasta according to package directions. Drain & set aside.
2. In a large deep skillet, heat oil over medium-high. Add chicken & cook 5-7 minutes. Add broccoli & cook another 5-7 minutes until chicken is cooked throughout & broccoli is warm.
3. Remove chicken & broccoli from skillet, leaving behind cooking liquid. Set aside.
4. Return skillet to stove, reducing heat to medium. Add flour & stir continuously for 1 minute. Slowly add milk, broth, garlic powder & pepper to skillet. Cook 8-10 minutes or until sauce is thick & bubbly, stirring occasionally. Stir in cheese until melted. Add pasta, chicken & broccoli to skillet. Stir to combine.



CHOOSE HOME MADE
ONIEproject.org

Banana Chocolate Chip Cookies

Est Time: 30 min

Servings: 12

Ingredients:

2 Tbsp canola oil
1 large egg
1/4 cup brown sugar
2 medium ripe bananas, mashed
1 tsp vanilla extract
1 cup all-purpose flour
1 cup quick oats
1 tsp baking powder
1/4 tsp salt
1/4 tsp baking soda
1/2 cup semisweet chocolate chips
Non-stick cooking spray

Preparation:

1. Preheat oven to 350°F.
2. In a large bowl, add oil, egg, brown sugar, bananas & vanilla. Whisk together. In a separate bowl, add flour, oats, baking powder, salt & baking soda. Mix well. Gradually add dry ingredients to wet ingredients & mix well. Stir in chocolate chips.
3. Lightly coat two baking sheets with cooking spray. Use a tablespoon to drop dough on baking sheets.
4. Bake 12-15 minutes or until golden brown.



CHOOSE HOME MADE
ONIEproject.org

Chipotle Turkey Chili

Est Time: 45 min

Servings: 4

Ingredients:

1 lb 93/7 lean ground turkey
1 medium yellow onion, diced
3 cloves garlic, minced
1 (6 oz) can no-salt-added tomato paste
2 Tbsp Chipotle Chili Seasoning*
1 medium unpeeled sweet potato, diced
1 (15 oz) can no-salt-added diced tomatoes, undrained
3 cups unsalted chicken broth
1/2 cup plain non-fat Greek yogurt

Preparation:

1. Heat a large stockpot over medium-high. Add turkey, onion & garlic. Cook 5-7 minutes or until cooked through, crumbling meat throughout. Drain excess liquid if needed.
2. Stir in tomato paste & chili seasoning. Cook 1-2 minutes or until paste is warm.
3. Add potatoes, tomatoes & broth. Bring to a boil. Reduce heat to medium & cook 20-25 minutes or until sweet potatoes are fork-tender & chili has thickened, stirring occasionally.
4. Serve topped with yogurt.

***Find this recipe at onieproject.org/recipes**



CHOOSE HOME MADE
ONIEproject.org

Chunky Homemade Salsa

Est Time: 10 min

Servings: 6



TIP
Kick up the heat in this salsa. Don't de-seed the jalapeños!

Ingredients:

2 (15 oz) cans no-salt-added diced tomatoes, undrained
1 small yellow onion, diced
2 jalapeños, de-seeded & finely diced
2 cloves garlic, minced
1/2 cup minced fresh cilantro
1 lime, juiced
1 tsp cumin

Preparation:

1. In a large bowl, add tomatoes, onions, jalapeños, garlic & cilantro. Mix well. Stir in cumin, lime juice & serve!

Nutrition Facts

6 servings per recipe
Serving size (168g)

Amount per serving
Calories 45

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 10g	4%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 57mg	4%
Iron 0mg	0%
Potassium 336mg	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.

Homemade Taco Seasoning

Est Time: 5 min



Ingredients:

1 Tbsp chili powder
1/2 tsp chipotle pepper powder
1 tsp cumin
1 tsp garlic powder
1 tsp onion powder
1/2 tsp dried cilantro
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.

TIP
Add ½ tsp cornstarch & ⅓ cup water to create a delicious sauce for meat or beans.

Sweet & Spicy BBQ Sauce

Est Time: 15 min

Servings: 8



TIP
Try this tangy BBQ sauce as a dip or marinade.

Ingredients:

1 (15 oz) can no-salt-added tomato sauce
1 (6 oz) can no-salt-added tomato paste
1/4 cup Worcestershire sauce
1/4 cup apple cider vinegar
3 Tbsp honey
3 cloves garlic, minced
1/2 tsp chipotle pepper powder
1 tsp black pepper

Preparation:

1. Heat a large saucepan over medium. Add all ingredients. Mix thoroughly until completely combined. Simmer 10-12 minutes, or until sauce is heated through.
2. Use immediately, or refrigerate in an airtight container up to 5 days.

Nutrition Facts

8 servings per recipe
Serving size (100g)

Amount per serving
Calories 60

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 16g	6%
Dietary Fiber 2g	7%
Total Sugars 12g	
Includes 6g Added Sugars	12%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 28mg	2%
Iron 2mg	10%
Potassium 456mg	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.

Chipotle Chili Seasoning

Est Time: 5 min



Ingredients:

1 Tbsp chili powder
1 tsp ground cumin
1/4 tsp cayenne pepper
1/2 tsp chipotle pepper powder
1/4 tsp garlic powder
1/2 tsp onion powder
1/2 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.

TIP
Try this salt-free seasoning in any recipe.

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

onieproject.org

ONIE PROJECT
Making Healthy Easy

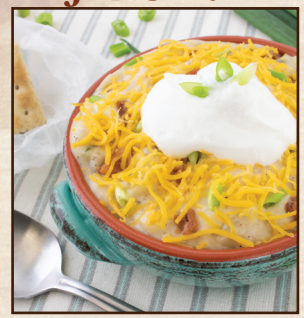
Oklahoma State University Community Nutrition Ed. Program
www.fcs.okstate.edu/cnep

Chickasaw Nation Get Fresh!
www.getfreshcooking.com

Oklahoma Tribal Engagement Partners (OKTEP)
www.oktep.com

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

JANUARY



FEBRUARY



MARCH



APRIL



MAY



JUNE



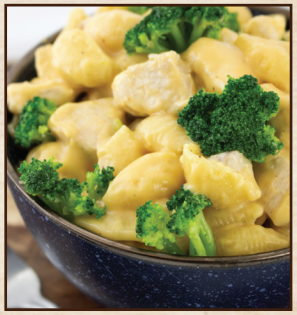
JULY



AUGUST



SEPTEMBER



OCTOBER



NOVEMBER



DECEMBER



Calendar Credits: This material was funded by USDA Supplemental Nutrition Assistance Program (SNAP) Education Grant to the ONIE Project. In accordance with Federal law & U.S. Department of Agriculture's policy, these institutions are prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs, or disability. To file a complaint of discrimination, USDA, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (866) 632-9992 (voice & TDD). This institution is an equal opportunity provider.