FREE!

CHOOSE HOMEMADE

2021 NUTRITION CALENDAR



ONIE PROJECT
Making Healthy Easy

ONIE RECIPES

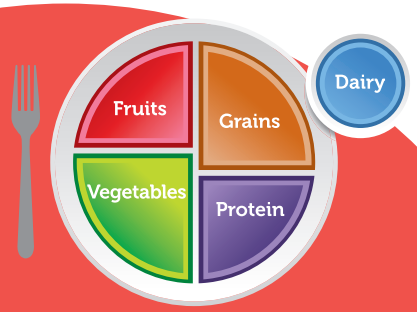
CHOOSE HOME MADE

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





ChooseMyPlate.gov

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

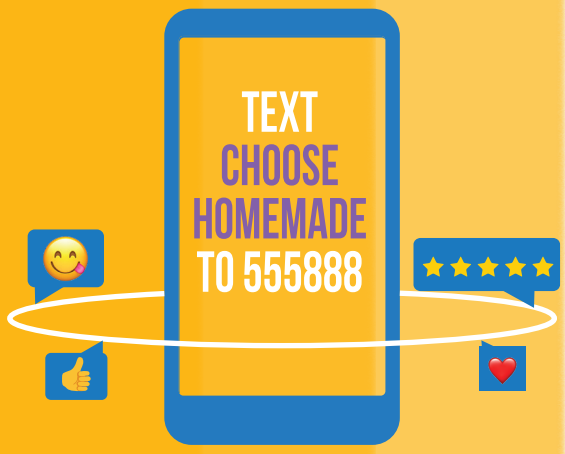
LOOK FOR THESE ICONS THROUGHOUT THE CALENDAR WHEN CHOOSING RECIPES



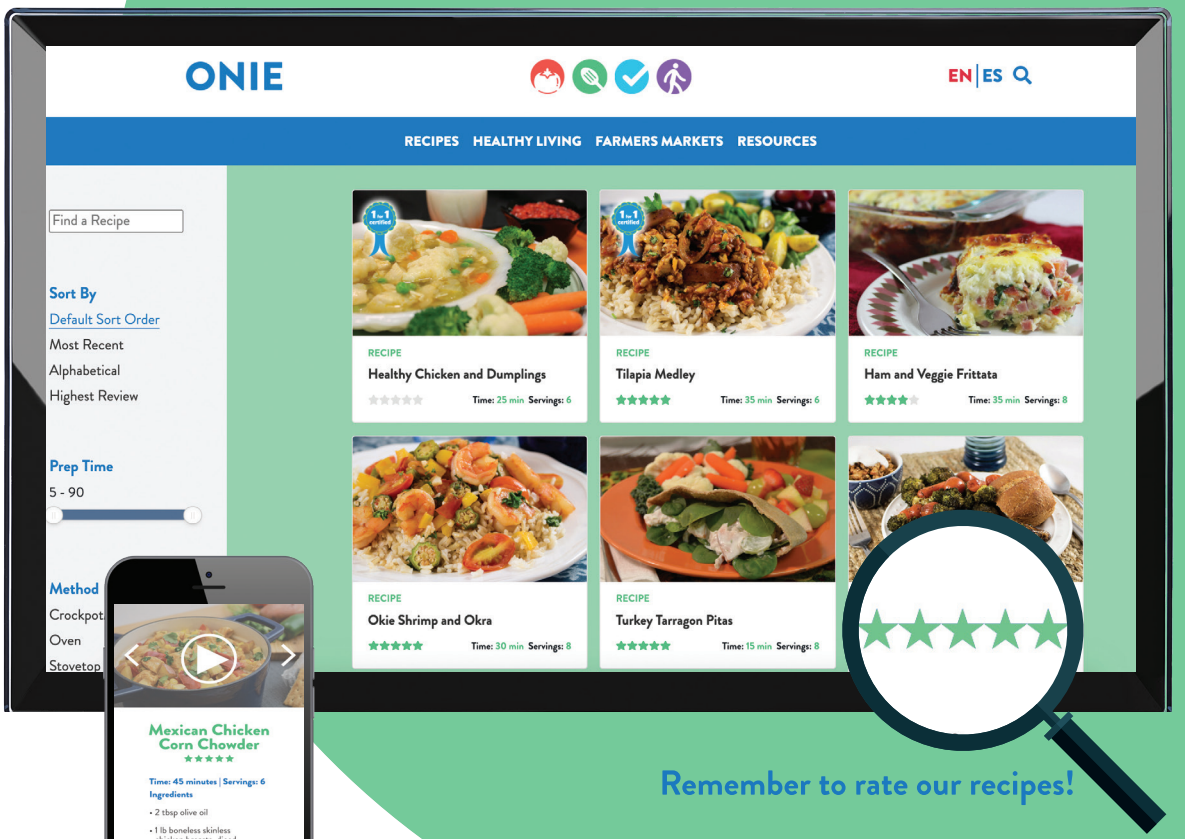
FIND MORE RECIPES AT ONIEPROJECT.ORG

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TEXT "CHOOSE HOMEMADE" TO 555888 TO RECEIVE FREE RECIPES & HEALTHY LIVING TIPS!



Remember to rate our recipes!

LET OUR EASY-TO-USE, MOBILE-FRIENDLY WEBSITE HELP YOU CHOOSE INGREDIENTS AT THE STORE, OR VIEW QUICK VIDEOS FOR RECIPE STEPS & COOKING TIPS.

EL BUSCADOR DIGITAL TAMBIÉN ESTÁ DISPONIBLE EN ESPAÑOL: ONIEPROJECT.ORG/ES

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 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.

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.

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.

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	

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!

Creamy Chicken Enchiladas



Est Time: 40 min **Servings: 10**

RECIPE VIDEO AVAILABLE

Ingredients:

- *Non-stick cooking spray*
- *1 cup plain non-fat Greek yogurt*
- *1/4 cup all-purpose flour*
- *2 tsp cumin*
- *2 tsp garlic powder*
- *3/4 cup 1% low-fat milk*
- *1 (12 oz) package frozen spinach*
- *2 (12.5 oz) cans chunk chicken breasts, drained & shredded*
- *4 green onions, sliced*
- *2 (4 oz) cans diced green chiles, drained*
- *2 cups Monterey Jack cheese, divided*
- *10 (7-inch) whole-wheat tortillas*

Preparation:

1. *Preheat oven to 400°F. Lightly coat a large casserole dish with cooking spray.*
2. *In a small bowl, whisk together yogurt, flour, cumin, garlic powder & milk. Pour half of the sauce in the bottom of dish.*
3. *In a large bowl, add chicken, spinach, onions, 1 can of chilies & 1 cup cheese. Mix well.*
4. *Spoon chicken mixture into the center of the tortilla. Roll it up & place seam-side down in the casserole dish. Repeat for all tortillas.*
5. *Top evenly with remaining sauce, cheese & can of chiles. Bake 25-30 minutes or until heated through.*

Nutrition Facts

10 servings per recipe
Serving size 1 enchilada **(224g)**

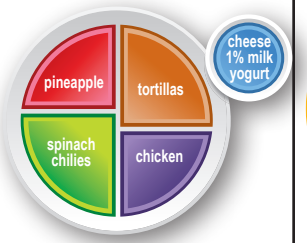
Amount per serving	
Calories	**360**
	% Daily Value*
Total Fat 15g	**19%**
Saturated Fat 7g	**35%**
Trans Fat 0g	
Cholesterol 70mg	**23%**
Sodium 630mg	**27%**
Total Carbohydrate 26g	**9%**
Dietary Fiber 2g	**7%**
Total Sugars 3g	
Includes 0g Added Sugars	**0%**
Protein 30g	
Vitamin D 0mcg	0%
Calcium 381mg	30%
Iron 3mg	15%
Potassium 459mg	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.

PARTY PERFECT RECIPE

QUICK PREP RECIPE

January

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	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		**TIP** Save time & prep enchiladas ahead of time. Add sauce just before baking for an easy dinner!		**1** New Year's Day Kwanzaa Ends	**2**
3	**4**	**5**	**6**	**7**	**8**	**9**
10	**11**	**12**	**13**	**14**	**15**	**16**
17	**18** Martin Luther King Jr. Day	**19**	**20** Inauguration Day	**21**	**22**	**23**
24 / **31**	**25**	**26**	**27**	**28**	**29**	**30**

Slow Cooker Chipotle Meatloaf



Est Time: 15 min prep, 4 hours cook time **Servings:** 6

RECIPE VIDEO AVAILABLE

Ingredients:

- *Non-stick cooking spray*
- *1 large egg*
- *1 cup shredded fiesta blend cheese*
- *1 Tbsp Worcestershire sauce*
- *1 Tbsp chili powder*
- *1 tsp garlic powder*
- *1 Tbsp dried parsley*
- *1/2 tsp chipotle pepper powder*
- *1 1/2 lbs 90/10 lean ground beef*
- *1 large green bell pepper*
- *1/2 cup crushed multigrain saltines*
- *1 cup prepared Sweet & Spicy BBQ sauce**

***Recipe found in back of calendar**

Preparation:

1. *Line a large slow cooker with foil. Lightly coat foil with cooking spray.*
2. *In a large bowl, add all ingredients except BBQ sauce. Mix well & combine completely.*
3. *Shape mixture into loaf & place in the center of the slow cooker. Spread BBQ sauce over loaf.*
4. *Cover & cook on LOW 4 hours or until meatloaf is cooked through (160°F in the center of loaf). Cut meatloaf into slices & serve!*

Nutrition Facts

6 servings per recipe
Serving size (250g)

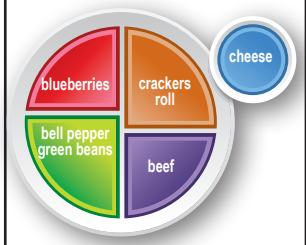
Amount per serving	
Calories	**380**
	% Daily Value*
Total Fat 20g	**26%**
Saturated Fat 8g	**40%**
Trans Fat 0.5g	
Cholesterol 120mg	**40%**
Sodium 400mg	**17%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 2g	**7%**
Total Sugars 9g	
Includes 4g Added Sugars	**8%**
Protein 31g	
Vitamin D 0mcg	0%
Calcium 174mg	15%
Iron 5mg	30%
Potassium 826mg	20%

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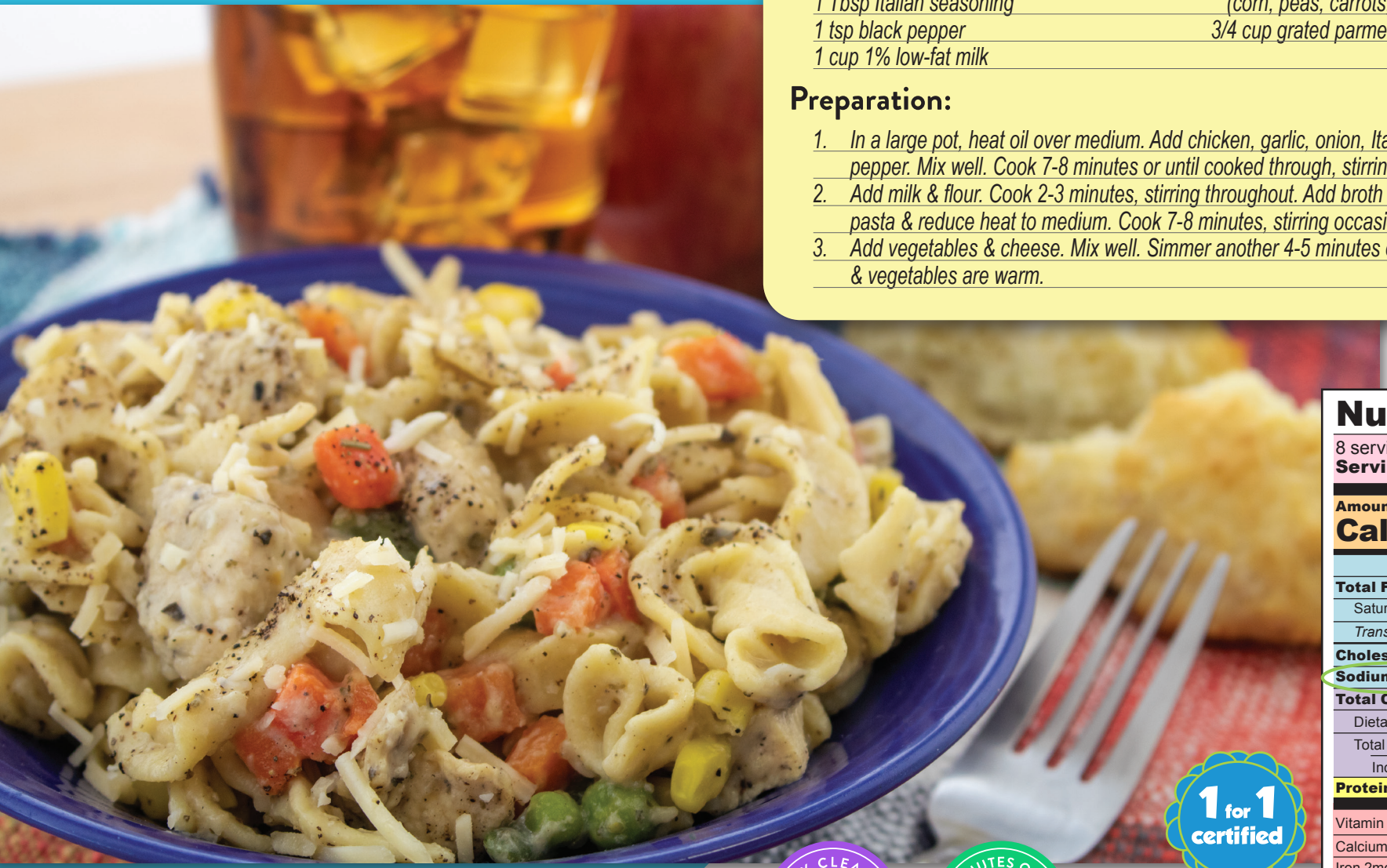
EASY CLEANUP RECIPE

ZESTY RECIPE

February

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	**1** First Day of Black History Month	**2** Groundhog Day	**3**	**4**	**5**	**6**
7	**8**	**9**	**10**	**11**	**12**	**13**
14 Valentine's Day	**15** Presidents' Day	**16** Mardi Gras	**17** Ash Wednesday	**18**	**19**	**20**
21	**22**	**23**	**24**	**25**	**26**	**27**
28				**TIP** *Try our BBQ sauce recipe, found in the back of this calendar!		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

Chicken Pot Pie Pasta



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

RECIPE VIDEO AVAILABLE

Ingredients:

- 2 Tbsp olive oil
- 1 lb boneless, skinless chicken breasts, diced
- 4 cloves garlic, minced
- 1 medium onion, finely diced
- 1 Tbsp Italian seasoning
- 1 tsp black pepper
- 1 cup 1% low-fat milk
- 2 Tbsp all-purpose flour
- 1 (32 oz) carton unsalted chicken broth
- 1 (12 oz) bag egg noodles
- 1 (12 oz) bag frozen mixed vegetables (corn, peas, carrots, green beans)
- 3/4 cup grated parmesan cheese

Preparation:

1. In a large pot, heat oil over medium. Add chicken, garlic, onion, Italian seasoning & pepper. Mix well. Cook 7-8 minutes or until cooked through, stirring occasionally.
2. Add milk & flour. Cook 2-3 minutes, stirring throughout. Add broth & bring to a boil. Add pasta & reduce heat to medium. Cook 7-8 minutes, stirring occasionally.
3. Add vegetables & cheese. Mix well. Simmer another 4-5 minutes or until pasta is tender & vegetables are warm.

Nutrition Facts

8 servings per recipe
Serving size (315g)

Amount per serving
Calories 350

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 250mg	11%
Total Carbohydrate 42g	15%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 153mg	10%
Iron 2mg	10%
Potassium 459mg	10%

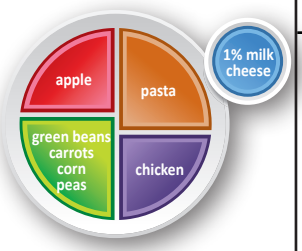
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EASY CLEANUP RECIPE

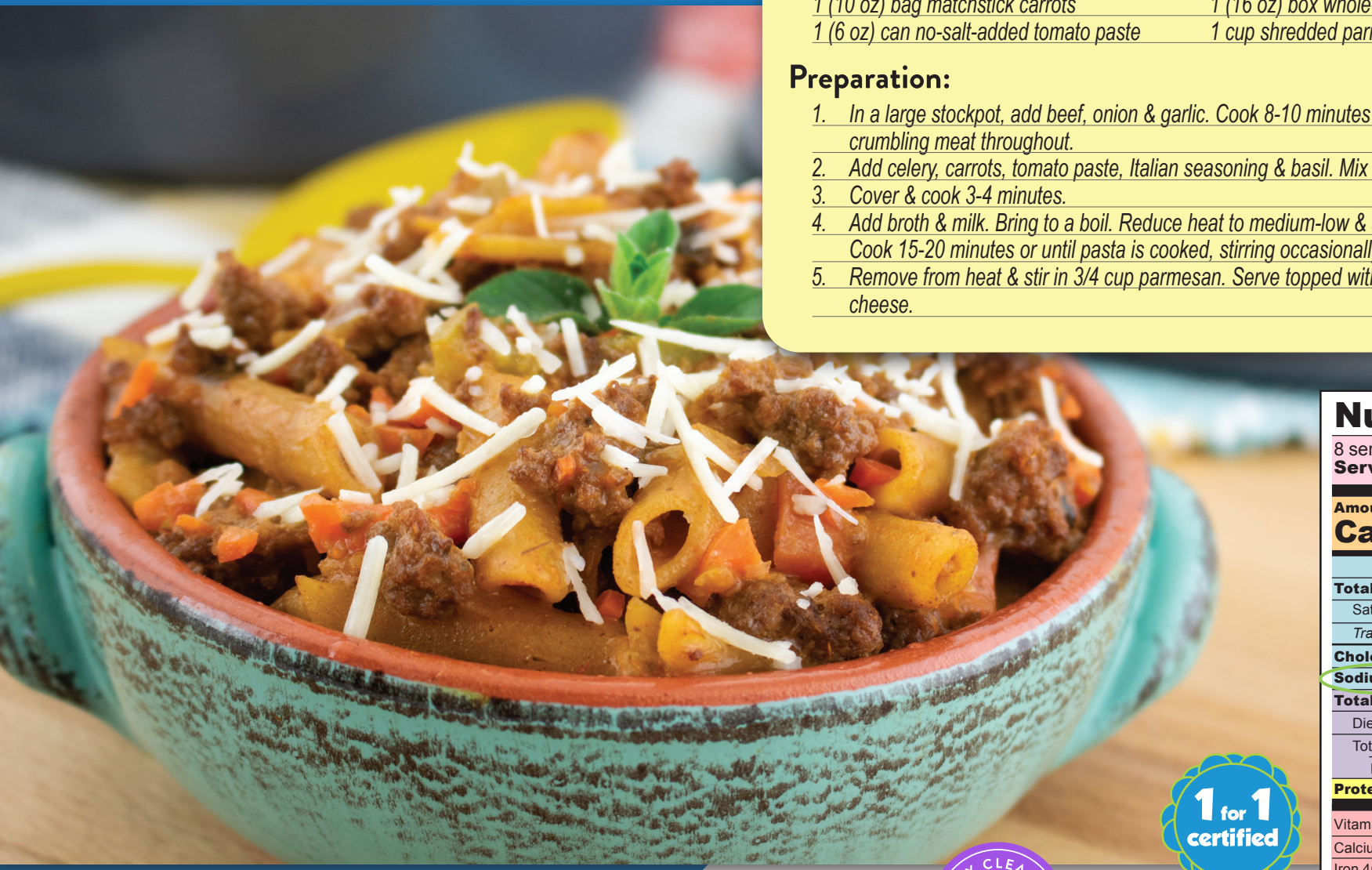
30-MINUTES OR LESS RECIPE

1 for 1 certified

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	**1** First Day of Women's History Month	**2** Read Across America Day	**3**	**4**	**5**	**6**
7	**8**	**9**	**10**	**11**	**12**	**13**
14 Daylight Saving Time Begins	**15**	**16**	**17** St. Patrick's Day	**18**	**19**	**20** First Day of Spring
21	**22**	**23**	**24**	**25**	**26**	**27** Passover Begins at Sunset
28 Palm Sunday	**29**	**30**	**31**	**TIP** Add a side of fruit to make this a complete MyPlate meal!		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

Beef Pasta Bolognese



Est Time: 40 mins **Servings: 8**

RECIPE VIDEO AVAILABLE

Ingredients:

- 1 lb 90/10 lean ground beef
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 celery rib, diced
- 1 (10 oz) bag matchstick carrots
- 1 (6 oz) can no-salt-added tomato paste
- 1 Tbsp Italian seasoning
- 1/4 cup minced fresh basil
- 1 (32 oz) carton unsalted beef broth
- 1 cup 1% low-fat milk
- 1 (16 oz) box whole-wheat penne pasta
- 1 cup shredded parmesan cheese, divided

Preparation:

1. In a large stockpot, add beef, onion & garlic. Cook 8-10 minutes or until cooked through, crumbling meat throughout.
2. Add celery, carrots, tomato paste, Italian seasoning & basil. Mix well.
3. Cover & cook 3-4 minutes.
4. Add broth & milk. Bring to a boil. Reduce heat to medium-low & add pasta. Cook 15-20 minutes or until pasta is cooked, stirring occasionally.
5. Remove from heat & stir in 3/4 cup parmesan. Serve topped with remaining parmesan cheese.

Nutrition Facts

8 servings per recipe
Serving size (346g)

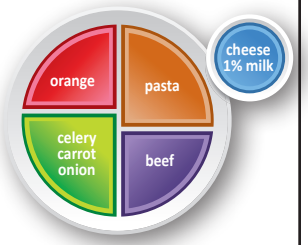
Amount per serving	
Calories	**400**
	% Daily Value*
Total Fat 11g	**14%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 330mg	**14%**
Total Carbohydrate 55g	**20%**
Dietary Fiber 7g	**25%**
Total Sugars 8g	
Includes 0g Added Sugars	**0%**
Protein 26g	
Vitamin D 0mcg	0%
Calcium 176mg	15%
Iron 4mg	20%
Potassium 888mg	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.

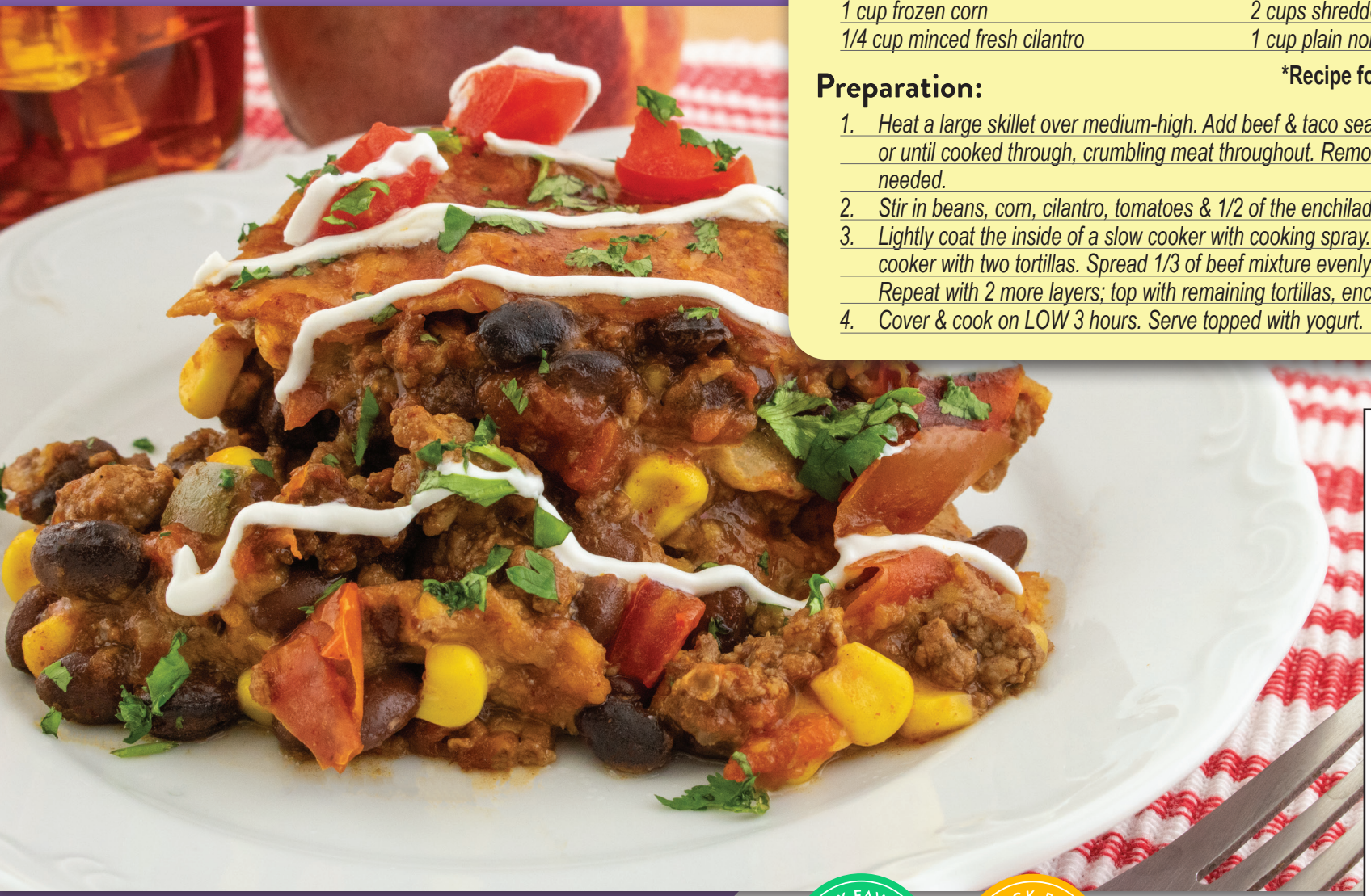
EASY CLEANUP RECIPE

1 for 1 certified

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		**TIP** No beef? No problem! Swap for another lean ground meat like turkey, chicken, or pork.	**1** April Fools' Day	**2** Good Friday	**3**
4 Easter Sunday Passover Ends	**5**	**6**	**7**	**8** Vesak	**9**	**10**
11	**12** Ramadan Begins at Sunset	**13**	**14**	**15** Tax Day	**16**	**17**
18	**19**	**20**	**21**	**22** Earth Day	**23**	**24**
25	**26**	**27**	**28**	**29**	**30** Arbor Day	

Slow Cooker Enchilada Stack



Est Time: 20 min prep, 3 hours cook time **Servings: 8**

RECIPE VIDEO AVAILABLE

Ingredients:

- 1 lb 93/7 lean ground beef
- 1 Tbsp Homemade Taco Seasoning*
- 1 (15 oz) can no-salt-added black beans, drained & rinsed
- 1 cup frozen corn
- 1/4 cup minced fresh cilantro
- 1 (10 oz) can mild diced tomatoes with green chilies, undrained
- 1 (10 oz) can mild enchilada sauce, divided
- 8 (6-inch) corn tortillas
- 2 cups shredded fiesta blend cheese, divided
- 1 cup plain non-fat Greek yogurt

***Recipe found in back of calendar**

Preparation:

1. Heat a large skillet over medium-high. Add beef & taco seasoning. Cook 5-7 minutes or until cooked through, crumbling meat throughout. Remove from heat. Drain grease if needed.
2. Stir in beans, corn, cilantro, tomatoes & 1/2 of the enchilada sauce.
3. Lightly coat the inside of a slow cooker with cooking spray. Cover the bottom of the slow cooker with two tortillas. Spread 1/3 of beef mixture evenly & top with 1/2 cup cheese. Repeat with 2 more layers; top with remaining tortillas, enchilada sauce & cheese.
4. Cover & cook on LOW 3 hours. Serve topped with yogurt.

Nutrition Facts

8 servings per recipe
Serving size (282g)

Amount per serving
Calories **340**

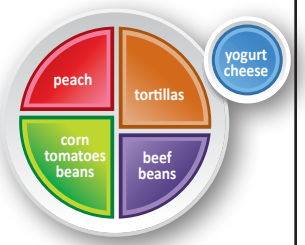
	% Daily Value*
Total Fat 14g	**18%**
Saturated Fat 7g	**35%**
Trans Fat 0g	
Cholesterol 65mg	**22%**
Sodium 480mg	**21%**
Total Carbohydrate 28g	**10%**
Dietary Fiber 5g	**18%**
Total Sugars 3g	
Includes 0g Added Sugars	**0%**
Protein 27g	
Vitamin D 0mcg	0%
Calcium 276mg	20%
Iron 3mg	15%
Potassium 516mg	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.

FAMILY FAVORITE RECIPE

QUICK PREP RECIPE

May

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** *Find this recipe in the back of the calendar!			1 May Day
2	3	4	5 Cinco de Mayo	6	7	8
9 Mother's Day	10	11 Ramadan Ends at Sunset	12 Eid al-Fitr Begins at Sunset	13	14	15 Armed Forces Day
16	17	18	19	20	21	22
23 30	24 31 Memorial Day	25	26	27	28	29

Southwest Grain Salad



Est Time: 20 min **Servings: 8**

Ingredients:

- *1 cup couscous*
- *1 (15.5 oz) can no-salt-added black beans, drained & rinsed*
- *2 cups frozen corn*
- *1 orange bell pepper, diced*
- *1 jalapeño, deseeded & finely diced*
- *1 cup grape tomatoes, de-seeded & halved*
- *3 green onions, sliced*
- *1/2 cup minced fresh cilantro*
- *1/4 cup olive oil*
- *2 limes, juiced*
- *2 tsp garlic powder*
- *1 Tbsp chili powder*
- *2 tsp cumin*

Preparation:

1. *Cook couscous according to package directions. Set aside.*
2. *In a large bowl, add beans, corn, peppers, tomatoes, onions, cilantro & couscous. Mix well.*
3. *In a small bowl, whisk together oil, juice, garlic powder, chili powder & cumin. Pour dressing over salad & toss to combine. Serve immediately. For a more intense flavor, refrigerate 1-2 hours & serve chilled.*

RECIPE VIDEO AVAILABLE

Nutrition Facts

8 servings per recipe
Serving size (244g)

Amount per serving
Calories 330

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 51g	19%
Dietary Fiber 9g	32%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 51mg	4%
Iron 3mg	15%
Potassium 606mg	15%

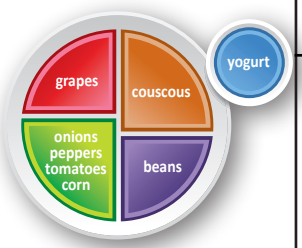
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30-MINUTES OR LESS RECIPE

PARTY PERFECT RECIPE

1 for 1 certified

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	2	3	4	5
6	7	8	9	10	11	12
13 Children's Day	14 Flag Day	15	16	17	18	19 Juneteenth
20 Father's Day First Day of Summer	21	22	23	24	25	26
27	28	29	30	**TIP** Try adding diced avocado or chicken for an extra hearty salad!		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

Beef & Broccoli Ramen



Est Time: 25 min **Servings: 6**

RECIPE VIDEO AVAILABLE

Ingredients:

- *3 packages ramen noodles (seasoning discarded)*
- *2 cups unsalted beef broth*
- *4 Tbsp cornstarch*
- *8 cloves garlic, minced*
- *1 tsp ground ginger*
- *2 Tbsp low-sodium soy sauce*
- *2 Tbsp sriracha sauce*
- *1 Tbsp olive oil*
- *1 lb lean flank steak, thinly sliced*
- *1 (12 oz) bag frozen broccoli*
- *1 (10 oz) bag matchstick carrots*
- *1 (8 oz) carton fresh mushrooms, sliced*
- *3 green onions, sliced*

Preparation:

1. *Cook ramen according to package directions. Drain & set aside.*
2. *In a medium bowl, add broth, cornstarch, garlic, ginger, soy sauce & sriracha. Mix well.*
3. *In a large skillet, heat oil over medium-high. Add beef & cook 4-5 minutes or until browned. Add broccoli, carrots & mushrooms. Cook 4-5 minutes or until broccoli is fork-tender.*
4. *Add sauce & simmer 3-4 minutes or until sauce thickens.*
5. *Add ramen to skillet & toss to coat. Serve topped with green onions.*

Nutrition Facts

6 servings per recipe
Serving size (355g)

Amount per serving
Calories **430**

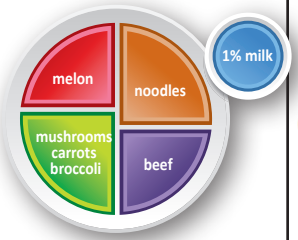
	% Daily Value*
Total Fat 16g	**21%**
Saturated Fat 6g	**30%**
Trans Fat 0g	
Cholesterol 60mg	**20%**
Sodium 560mg	**24%**
Total Carbohydrate 42g	**15%**
Dietary Fiber 5g	**18%**
Total Sugars 6g	
Includes 0g Added Sugars	**0%**
Protein 30g	
Vitamin D 0mcg	0%
Calcium 82mg	6%
Iron 4mg	20%
Potassium 788mg	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.

30-MINUTES OR LESS RECIPE

NEW FLAVORS RECIPE

July

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	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		**TIP** Frozen stir-fry veggies work great in this recipe!	1	2	3
4 Independence Day	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 Eid al-Adha Begins at Sunset	20	21	22	23	24
25 Parents' Day	26	27	28	29	30	31

Baked Stuffed Poblano Peppers

Est Time: 40 min **Servings: 6**

RECIPE VIDEO AVAILABLE

Ingredients:

- *Non-stick cooking spray*
- *2 cups instant brown rice*
- *1 (10 oz) can diced tomatoes with green chilies, drained*
- *1 (15 oz) can no-salt-added black beans, drained & rinsed*
- *1 cup frozen corn*
- *1 Tbsp cumin*
- *1 1/2 cups shredded Monterey Jack cheese, divided*
- *6 large poblano peppers, cut lengthwise & de-seeded*

Preparation:

1. *Preheat oven to 400°F. Lightly coat a large casserole dish with cooking spray. Set aside.*
2. *Prepare rice according to package directions. Set aside.*
3. *In a large bowl, add tomatoes, cooked rice, beans, corn, cumin & 1 cup cheese.*
4. *Fill peppers with rice mixture & top with remaining cheese. Bake 20-25 minutes or until cheese is melted & the filling bubbles.*



PARTY PERFECT RECIPE

1 for 1 certified

Nutrition Facts

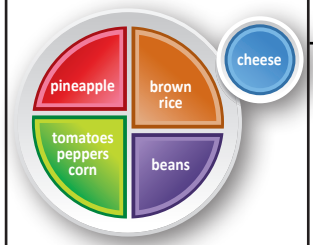
6 servings per recipe
Serving size (270g)

Amount per serving
Calories 340

	% Daily Value*
Total Fat 11g	14%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 190mg	8%
Total Carbohydrate 47g	17%
Dietary Fiber 8g	29%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 258mg	20%
Iron 2mg	10%
Potassium 665mg	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.

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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** Serve half of a pepper as a side, or two halves for a meatless meal.			

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		

Breakfast Taquitos



Est Time: 25 min **Servings: 6**

RECIPE VIDEO AVAILABLE

Ingredients:

- *Non-stick cooking spray*
- *1/2 lb lean turkey breakfast sausage*
- *1 cup chopped frozen spinach*
- *1 large green bell pepper, diced*
- *6 large eggs*
- *1/2 cup shredded cheddar cheese*
- *1/2 cup Chunky Homemade Salsa**
- *12 (6-inch) corn tortillas*

***Recipe found in back of calendar**

Preparation:

1. *Preheat oven to 425°F. Line a baking sheet with foil. Lightly coat with cooking spray & set aside.*
2. *Heat a large skillet over medium. Add sausage & cook 4-5 minutes or until browned. Add spinach & bell pepper. Sauté 3-4 minutes.*
3. *In a large bowl, whisk eggs together. Add eggs to skillet. Stir occasionally until eggs are just barely cooked through. Do not overcook. Remove from heat & stir in cheese & salsa.*
4. *Microwave tortillas 30 seconds or until softened. Divide filling between tortillas. Roll up tightly & place seam-side down on the baking sheet. Spray tops of taquitos lightly with cooking spray.*
5. *Bake 10-12 minutes or until crispy. Serve with extra salsa.*

Nutrition Facts

6 servings per recipe
Serving size 2 taquitos **(220g)**

Amount per serving
Calories **330**

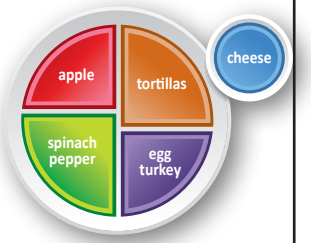
	% Daily Value*
Total Fat 17g	**22%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 255mg	**85%**
Sodium 570mg	**25%**
Total Carbohydrate 27g	**10%**
Dietary Fiber 5g	**18%**
Total Sugars 2g	
Includes 0g Added Sugars	**0%**
Protein 19g	
Vitamin D 1mcg	6%
Calcium 189mg	15%
Iron 3mg	15%
Potassium 448mg	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.

30-MINUTES OR LESS RECIPE

KID FRIENDLY RECIPE

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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			1	2	3	4
5	6 Labor Day Rosh Hashanah Begins at Sunset	7	8 Rosh Hashanah Ends at Sunset	9	10	11 Patriot Day
12 Grandparents' Day	13	14	15 Yom Kippur Begins at Sunset	16	17	18
19	20	21	22 First Day of Autumn	23	24	25
26	27	28	29	30	**TIP** *Find this recipe on the back page of the 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

Sheet Pan Turkey Sausage & Veggies



Est Time: 40 min **Servings: 6**

RECIPE VIDEO AVAILABLE

Ingredients:

- *Non-stick cooking spray*
- *1 1/2 cups instant brown rice*
- *1 lb red potatoes, finely diced*
- *1 (12 oz) bag frozen green beans*
- *1 (12 oz) bag frozen broccoli florets*
- *2 large bell peppers, diced*
- *1 (13 oz) smoked turkey kielbasa sausage, sliced*
- *1/4 cup olive oil*
- *1 tsp paprika*
- *1 tsp garlic powder*
- *2 Tbsp Italian seasoning*
- *1/2 tsp red pepper flakes*

Preparation:

1. *Preheat oven to 400°F. Lightly coat 2 large foil-wrapped sheet pans with cooking spray.*
2. *Prepare rice according to package directions. Set aside.*
3. *Add vegetables & sausage to sheet pans. Drizzle olive oil & spices on top. Toss to coat & spread evenly.*
4. *Bake 15 minutes. Remove from oven & flip veggies. Bake another 15 minutes or until sausage is browned & potatoes are fork-tender.*
5. *Serve sausage & vegetables over rice.*

Nutrition Facts

6 servings per recipe
Serving size (343g)

Amount per serving
Calories **390**

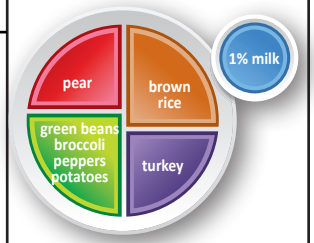
	% Daily Value*
Total Fat 16g	**21%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 50mg	**17%**
Sodium 530mg	**23%**
Total Carbohydrate 51g	**19%**
Dietary Fiber 6g	**21%**
Total Sugars 7g	
Includes 0g Added Sugars	**0%**
Protein 15g	
Vitamin D 0mcg	0%
Calcium 57mg	4%
Iron 2mg	10%
Potassium 658mg	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.

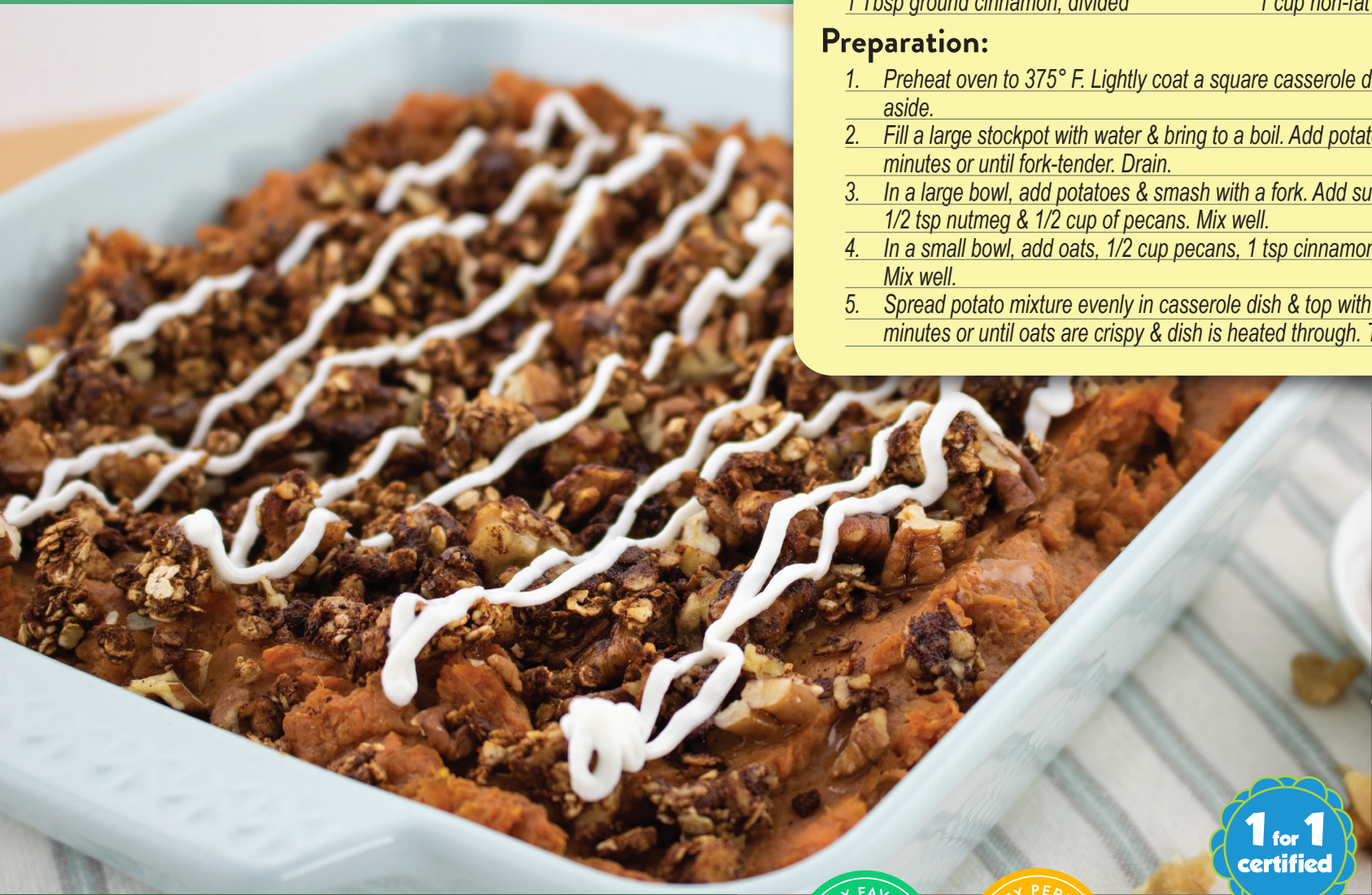
EASY CLEANUP RECIPE

QUICK PREP RECIPE

October

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** This dish tastes great topped with grated parmesan cheese!		1	2
3	4	5	6	7	8	9
10	11 Federal Holiday	12	13	14	15	16
17	18	19	20	21	22	23
24 31 Halloween	25	26	27	28	29	30

Sweet Potato Casserole



Est Time: 40 min **Servings: 16**

RECIPE VIDEO AVAILABLE

Ingredients:

- *Non-stick cooking spray*
- *8 medium sweet potatoes, diced*
- *1/4 cup packed brown sugar*
- *1 tsp vanilla extract*
- *1 Tbsp ground cinnamon, divided*
- *1 tsp nutmeg, divided*
- *1 cup chopped pecans, divided*
- *1/2 cup rolled oats*
- *2 Tbsp honey*
- *1 cup non-fat vanilla Greek yogurt*

Preparation:

1. *Preheat oven to 375° F. Lightly coat a square casserole dish with cooking spray. Set aside.*
2. *Fill a large stockpot with water & bring to a boil. Add potatoes, cover & cook 12-15 minutes or until fork-tender. Drain.*
3. *In a large bowl, add potatoes & smash with a fork. Add sugar, vanilla, 2 tsp cinnamon, 1/2 tsp nutmeg & 1/2 cup of pecans. Mix well.*
4. *In a small bowl, add oats, 1/2 cup pecans, 1 tsp cinnamon, 1/2 tsp nutmeg & honey. Mix well.*
5. *Spread potato mixture evenly in casserole dish & top with oat mixture. Bake 15-20 minutes or until oats are crispy & dish is heated through. Top with yogurt & serve.*

Nutrition Facts

16 servings per recipe
Serving size (96g)

Amount per serving	
Calories	**150**
	% Daily Value*
Total Fat 5g	**6%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 40mg	**2%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 3g	**11%**
Total Sugars 10g	
Includes 6g Added Sugars	**12%**
Protein 3g	
Vitamin D 0mcg	0%
Calcium 48mg	4%
Iron 1mg	6%
Potassium 283mg	6%

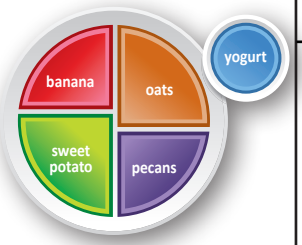
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FAMILY FAVORITE RECIPE

PARTY PERFECT RECIPE

1 for 1 certified

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	**1** All Saints' Day First Day of Native American Heritage Month	**2** Election Day All Soul's Day	**3**	**4** Diwali	**5**	**6**
7 Daylight Saving Time Ends	**8**	**9**	**10**	**11** Veterans Day	**12**	**13**
14	**15**	**16**	**17**	**18**	**19**	**20**
21	**22**	**23**	**24**	**25** Thanksgiving	**26**	**27**
28 Hanukkah Begins at Sunset	**29**	**30**				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

Cheesy Chicken Cauliflower Casserole

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

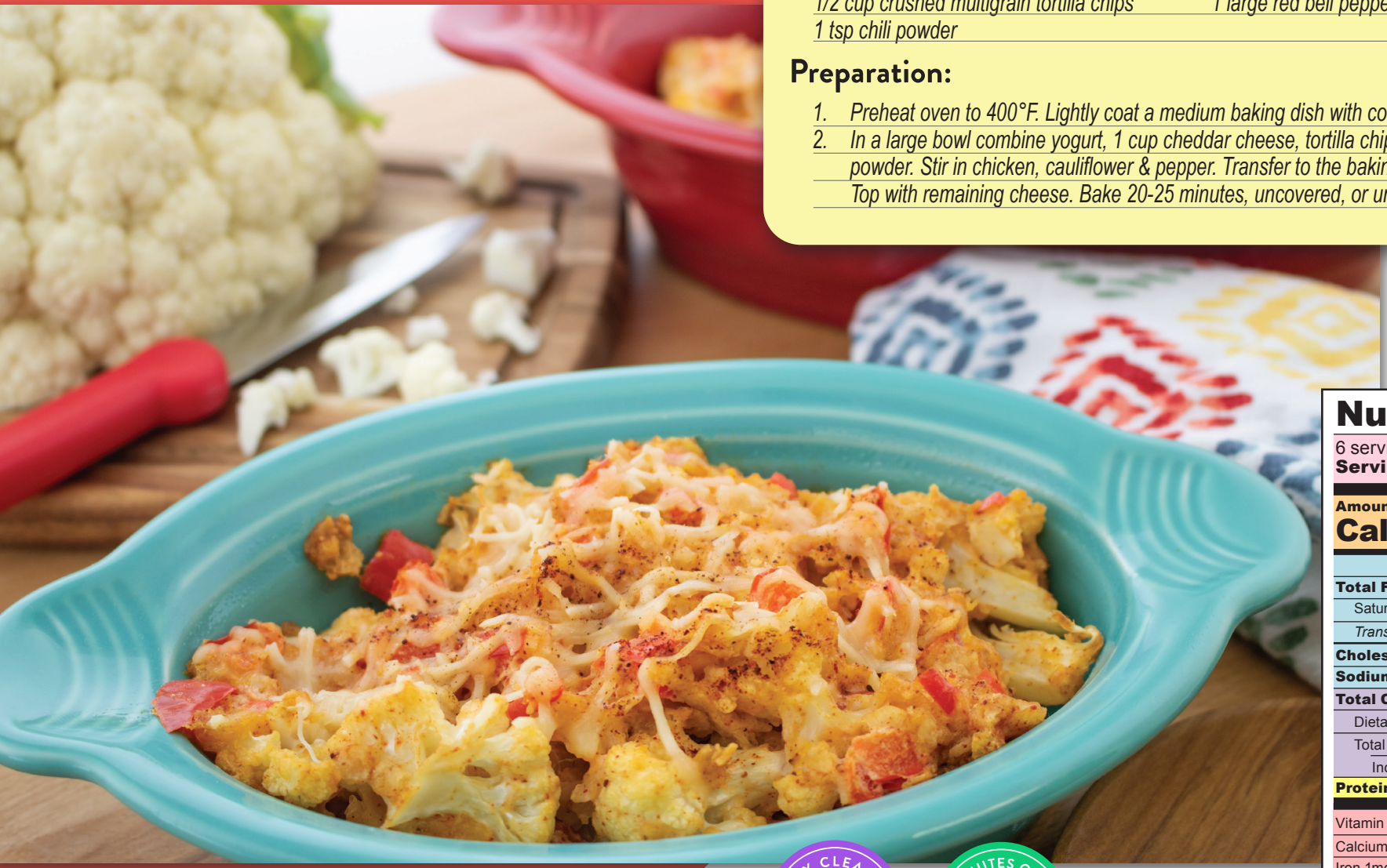
RECIPE VIDEO AVAILABLE

Ingredients:

- *Non-stick cooking spray*
- *1 1/2 cups plain non-fat Greek yogurt*
- *1 1/2 cups shredded cheddar cheese, divided*
- *1/2 cup crushed multigrain tortilla chips*
- *1 tsp chili powder*
- *1 tsp garlic powder*
- *1 (12.5 oz) can chunk chicken breast, drained & shredded*
- *1 large head of cauliflower, chopped*
- *1 large red bell pepper, diced*

Preparation:

1. *Preheat oven to 400°F. Lightly coat a medium baking dish with cooking spray.*
2. *In a large bowl combine yogurt, 1 cup cheddar cheese, tortilla chips, chili powder & garlic powder. Stir in chicken, cauliflower & pepper. Transfer to the baking dish & spread evenly. Top with remaining cheese. Bake 20-25 minutes, uncovered, or until heated through.*



EASY CLEANUP RECIPE

30-MINUTES OR LESS RECIPE

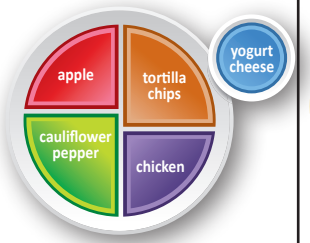
Nutrition Facts

6 servings per recipe
Serving size (279g)

Amount per serving	
Calories	**310**
	% Daily Value*
Total Fat 15g	**19%**
Saturated Fat 7g	**35%**
Trans Fat 0g	
Cholesterol 70mg	**23%**
Sodium 440mg	**19%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 3g	**11%**
Total Sugars 5g	
Includes 0g Added Sugars	**0%**
Protein 28g	
Vitamin D 0mcg	0%
Calcium 300mg	25%
Iron 1mg	6%
Potassium 575mg	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.

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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** Skip the chicken & turn this recipe into a tasty side dish.	1	2	3	4
5	6 Hanukkah Ends at Sunset	7 Pearl Harbor Remembrance Day	8	9	10	11
12	13	14	15	16	17	18
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	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

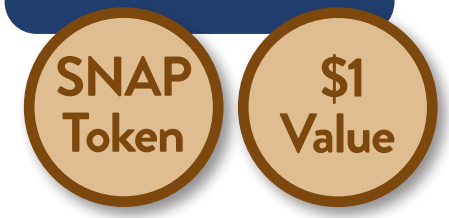
1. Arcadia Farmers Market
2. Ardmore Downtown Farmers Market
3. Bartlesville Farmers Market
4. Dorian's Stand, Marlow*
5. Duncan Farmers Market
6. Farm to Table Gardens & Gifts, Bristow*
7. Fortress of Faith, Temple*
8. Green County Acres, Eufala*
9. Greenwood Farmers Market, Tulsa
10. Harrah Farmers Market
11. Heavens Gate Farm, Henryetta*
12. J5 Farms, Stilwell*
13. Jay Farmers Market
14. Lawton Farmers Market
15. Moore Farmers Market
16. Muskogee Farmers Market
17. NEOKC Farmers Market
18. Norman Farm Market
19. Nowata CAN Garden Market
20. OK Heritage Farm, Ramona*
21. Okmulgee Farmers Market
22. OSU-OKC Farmers Market at Scissortail Park, OKC
23. Ottawa County Farmers Market, Miami
24. Paseo Farmers Market, OKC
25. Pawnee County Farmers Market
26. Pittsburg County Farmers Market, McAlester
27. Poteau Historic Downtown Farmers Market
28. Quapaw Farmers Market, Quapaw
29. R&G Family Grocers, Tulsa
30. Restore OKC
31. Rogers County Farmers Market, Claremore
32. Rustic Acres, Okemah*
33. Sapulpa Main Street Farmers Market
34. Shepherd's Cross, Claremore*
35. Tahlequah Farmers Market
36. Tillman County Farmers Market, Frederick
37. Tulsa Farmers Market
38. Wagoner Farmers Market
39. Wellston Farmers Market
40. Wilburton Farmers Market
41. Wildhorse Gardens & Market, Mustang
42. Woodward Farmers Market

*Market 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. 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.



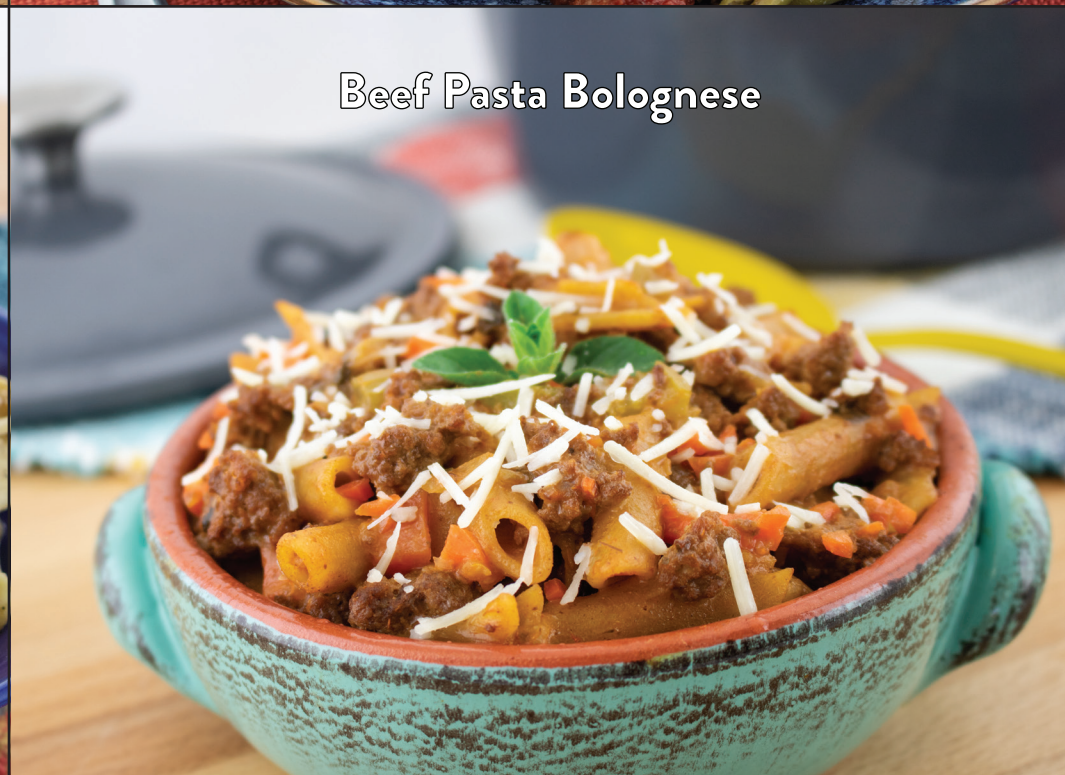
Find income eligibility & other information about SNAP at:

ONIEPROJECT.ORG/SNAP


Creamy Chicken Enchiladas


Slow Cooker Chipotle Meatloaf


Chicken Pot Pie Pasta


Beef Pasta Bolognese

Slow Cooker Chipotle Meatloaf

Est Time: 15 min prep, 4 hours cook time

Servings: 6

Ingredients:

Non-stick cooking spray
1 large egg
1 cup shredded fiesta blend cheese
1 Tbsp Worcestershire sauce
1 Tbsp chili powder
1 tsp garlic powder
1 Tbsp dried parsley
1/2 tsp chipotle pepper powder
1 1/2 lbs 90/10 lean ground beef
1 large green bell pepper, diced
1/2 cup crushed multigrain saltines
1 cup Sweet & Spicy BBQ Sauce*

Preparation:

1. Line a large slow cooker with foil. Lightly coat foil with cooking spray.
2. In a large bowl, add all ingredients except BBQ sauce. Mix well & combine completely.
3. Shape mixture into loaf & place in the center of the slow cooker. Spread BBQ sauce over loaf.
4. Cover & cook on LOW 4 hours or until meatloaf is cooked through (160°F in the center of the loaf). Cut meatloaf into slices & serve!

***Find this recipe on back page of calendar**

Creamy Chicken Enchiladas

Est Time: 40 min

Servings: 10

Ingredients:

Non-stick cooking spray
1 cup plain non-fat Greek yogurt
1/4 cup all-purpose flour
2 tsp cumin
2 tsp garlic powder
3/4 cup 1% low-fat milk
2 (12.5 oz) cans chunk chicken breasts, drained & shredded
1 (12 oz) package frozen spinach
4 green onions, sliced
2 (4 oz) cans diced green chiles, drained
2 cups Monterey Jack cheese, divided
10 (7-inch) whole-wheat tortillas

Preparation:

1. Preheat oven to 400°F. Lightly coat a large casserole dish with cooking spray.
2. In a small bowl, whisk together yogurt, flour, cumin, garlic powder & milk. Pour half of the sauce in the bottom of dish.
3. In a large bowl, add chicken, spinach, onions, 1 can of chilies & 1 cup cheese. Mix well.
4. Spoon chicken mixture into the center of the tortilla. Roll it up & place seam-side down in the casserole dish. Repeat for all tortillas.
5. Top evenly with remaining sauce, cheese & can of chilies. Bake 25-30 minutes or until heated through.

Beef Pasta Bolognese

Est Time: 40 min

Servings: 8

Ingredients:

1 lb 90/10 lean ground beef
1 medium onion, diced
3 cloves garlic, minced
1 celery rib, diced
1 (10 oz) bag matchstick carrots
1 (6 oz) can no-salt-added tomato paste
1 Tbsp Italian seasoning
1/4 cup minced fresh basil
1 (32 oz) carton unsalted beef broth
1 cup 1% low-fat milk
1 (16 oz) box whole-wheat penne pasta
1 cup shredded parmesan cheese, divided

Preparation:

1. In a large stockpot, add beef, onion & garlic. Cook 8-10 minutes or until cooked through, crumbling meat throughout.
2. Add celery, carrots, tomato paste, Italian seasoning & basil. Mix well. Cover & cook 3-4 minutes.
3. Add broth & milk. Bring to a boil. Reduce heat to medium-low & add pasta. Cook 15-20 minutes or until pasta is cooked, stirring occasionally.
4. Remove from heat & stir in 3/4 cup parmesan cheese. Serve topped with remaining parmesan.

Chicken Pot Pie Pasta

Est Time: 30 min

Servings: 8

Ingredients:

2 Tbsp olive oil
1 lb boneless, skinless chicken breasts, diced
4 cloves garlic, minced
1 medium onion, finely diced
1 Tbsp Italian seasoning
1 tsp pepper
1 cup 1% low-fat milk
2 Tbsp all-purpose flour
1 (32 oz) carton unsalted chicken broth
1 (12 oz) bag egg noodles
1 (12 oz) bag frozen mixed vegetables *(corn, peas, carrots, green beans)*
3/4 cup grated parmesan cheese

Preparation:

1. In a large pot heat oil over medium. Add chicken, garlic, onion, Italian seasoning & pepper. Mix well. Cook 7-8 minutes, or until cooked through, stirring occasionally.
2. Add milk & flour. Cook 2-3 minutes stirring throughout. Add broth & bring to a boil. Add pasta & reduce heat to medium. Cook 7-8 minutes, stirring occasionally.
3. Add vegetables & cheese. Mix well. Simmer another 4-5 minutes, or until pasta is tender & vegetables are warm.


Slow Cooker Enchilada Stack


Southwest Grain Salad


Beef & Broccoli Ramen


Baked Stuffed Poblano Peppers

Southwest Grain Salad

Est Time: 20 min

Servings: 8

Ingredients:

1 cup couscous
1 (15.5 oz) can no-salt-added black beans, drained & rinsed
2 cups frozen corn
1 orange bell pepper, diced
1 jalapeño, de-seeded & finely diced
1 cup grape tomatoes, halved
3 green onions, sliced
1/2 cup minced fresh cilantro
1/4 cup olive oil
2 limes, juiced
2 tsp garlic powder
1 Tbsp chili powder
2 tsp cumin

Preparation:

1. Cook couscous according to package directions. Set aside.
2. In a large bowl, add beans, corn, peppers, tomatoes, onions, cilantro & couscous. Mix well.
3. In a small bowl, whisk together oil, juice, garlic powder, chili powder & cumin. Pour dressing over salad & toss to combine. Serve immediately. For more intense flavor, refrigerate 1-2 hours & serve chilled.

Slow Cooker Enchilada Stack

Est Time: 20 min prep, 3 hours cook time

Servings: 8

Ingredients:

1 lb 93/7 lean ground beef
1 Tbsp Homemade Taco Seasoning*
1 (15 oz) can no-salt-added black beans, drained & rinsed
1 cup frozen corn
1/4 cup minced fresh cilantro
1 (10 oz) can mild diced tomatoes with green chilies, undrained
1 (10 oz) can mild enchilada sauce, divided
8 (6-inch) corn tortillas
2 cups shredded fiesta blend cheese, divided
1 cup plain non-fat Greek yogurt

Preparation:

1. Heat a large skillet over medium-high. Add beef & taco seasoning. Cook 5-7 minutes or until cooked through, crumbling meat throughout. Remove from heat. Drain grease if needed.
2. Stir in beans, corn, tomatoes, cilantro & half of the enchilada sauce.
3. Lightly coat the inside of a slow cooker with cooking spray. Cover the bottom of the slow cooker with two tortillas. Spread 1/3 of ground beef mixture evenly & top with 1/2 cup cheese. Repeat with 2 more layers; top with remaining tortillas, enchilada sauce & cheese.
4. Cover & cook on LOW 3 hours. Serve topped with yogurt.

***Find this recipe on back page of calendar**

Baked Stuffed Poblano Peppers

Est Time: 40 min

Servings: 6

Ingredients:

Non-stick cooking spray
2 cups instant brown rice
1 (10 oz) can diced tomatoes with green chilies, drained
1 (15 oz) can no-salt-added black beans, drained & rinsed
1 cup frozen corn
1 Tbsp cumin
1 1/2 cups shredded Monterey Jack cheese, divided
6 large poblano peppers, cut lengthwise & de-seeded

Preparation:

1. Preheat oven to 400°F. Lightly coat a large casserole dish with cooking spray. Set aside.
2. Prepare rice according to package directions. Set aside.
3. In a large bowl, add tomatoes, cooked rice, beans, corn, cumin & 1 cup cheese.
4. Fill peppers with rice mixture & top with remaining cheese. Bake 20-25 minutes or until cheese is melted & the filling bubbles.

Beef & Broccoli Ramen

Est Time: 25 min

Servings: 6

Ingredients:

3 packages ramen noodles (seasoning discarded)
2 cups unsalted beef broth
4 Tbsp cornstarch
8 cloves garlic, minced
1 tsp ground ginger
2 Tbsp low-sodium soy sauce
2 Tbsp sriracha sauce
1 Tbsp olive oil
1 lb lean flank steak, thinly sliced
1 (12 oz) bag frozen broccoli
1 (10 oz) bag matchstick carrots
1 (8 oz) carton fresh mushrooms, sliced
3 green onions, sliced

Preparation:

1. Cook ramen according to package directions. Drain & set aside.
2. In a medium bowl, add broth, cornstarch, garlic, ginger, soy sauce & sriracha. Mix well.
3. In a large skillet, heat oil over medium-high. Add beef & cook 4-5 minutes, or until browned. Add broccoli, carrots & mushrooms. Cook 4-5 minutes or until broccoli is fork-tender.
4. Add sauce & simmer 3-4 minutes or until sauce thickens.
5. Add ramen to skillet & toss to coat. Serve topped with green onions.


Breakfast Taquitos


Sheet Pan Turkey Sausage & Veggies


Sweet Potato Casserole


Cheesy Chicken Cauliflower Casserole

Sheet Pan Turkey Sausage & Veggies

Est Time: 40 min

Servings: 6

Ingredients:

Non-stick cooking spray
1 1/2 cups instant brown rice
1 lb red potatoes, finely diced
1 (12 oz) bag frozen green beans
1 (12 oz) bag frozen broccoli florets
2 large bell peppers, diced
1 (13 oz) smoked turkey kielbasa sausage, sliced
1/4 cup olive oil
1 tsp paprika
1 tsp garlic powder
2 Tbsp Italian seasoning
1/2 tsp red pepper flakes

Preparation:

1. Preheat oven to 400°F. Lightly coat 2 large foil-wrapped sheet pans with cooking spray.
2. Prepare rice according to package directions. Set aside.
3. Add vegetables & sausage to sheet pans. Drizzle olive oil & spices on top. Toss to coat & spread evenly.
4. Bake 15 minutes. Remove from oven & flip veggies. Bake another 15 minutes or until sausage is browned & potatoes are fork-tender.
5. Serve sausage & vegetables over rice.



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Breakfast Taquitos

Est Time: 25 min

Servings: 6

Ingredients:

Non-stick cooking spray
1/2 lb lean turkey breakfast sausage
1 cup chopped frozen spinach
1 large green bell pepper, diced
6 large eggs
1/2 cup shredded cheddar cheese
1/2 cup Chunky Homemade Salsa*
12 (6-inch) corn tortillas

Preparation:

1. Preheat oven to 425°F. Line a baking sheet with foil. Lightly coat with cooking spray & set aside.
2. Heat a large skillet over medium. Add sausage & cook 4-5 minutes, or until browned. Add spinach & bell pepper. Sauté 3-4 minutes.
3. Crack eggs into a bowl & whisk together. Add eggs to skillet. Stir occasionally until eggs are just barely cooked through. Do not overcook. Remove from heat & stir in cheese & salsa.
4. Microwave tortillas 30 seconds or until softened. Divide filling between tortillas. Roll up tightly & place seam-side down, on the baking sheet. Spray tops of taquitos lightly with cooking spray.
5. Bake 10-12 minutes or until crispy. Serve with extra salsa.

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Cheesy Chicken Cauliflower Casserole

Est Time: 30 min

Servings: 6

Ingredients:

Non-stick cooking spray
1 1/2 cups plain non-fat Greek yogurt
1 1/2 cups shredded cheddar cheese, divided
1/2 cup crushed multigrain tortilla chips
1 tsp chili powder
1 tsp garlic powder
1 (12.5 oz) can chunk chicken breast, drained & shredded
1 large head of cauliflower, chopped
1 large red bell pepper, diced

Preparation:

1. Preheat oven to 400°F. Lightly coat a medium baking dish with cooking spray.
2. In a large bowl combine yogurt, 1 cup cheddar cheese, tortilla chips, chili powder & garlic powder. Stir in chicken, cauliflower & pepper. Transfer to the baking dish & spread evenly.Top with remaining cheese. Bake 20-25 minutes, uncovered, or until heated through.



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Sweet Potato Casserole

Est Time: 40 min

Servings: 16

1 for 1 certified

Ingredients:

Non-stick cooking spray
8 medium sweet potatoes, diced
1/4 cup packed brown sugar
1 tsp vanilla extract
1 Tbsp ground cinnamon, divided
1 tsp nutmeg, divided
1 cup chopped pecans, divided
1/2 cup rolled oats
2 Tbsp honey
1 cup non-fat vanilla Greek yogurt

Preparation:

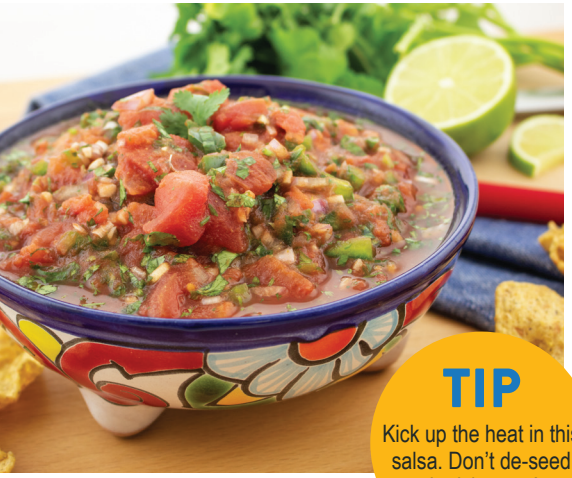
1. Preheat oven to 375° F. Lightly coat a square casserole dish with cooking spray. Set aside.
2. Fill a large stockpot with water & bring to a boil. Add potatoes, cover & cook 12-15 minutes or until fork-tender. Drain.
3. In a large bowl, add potatoes & smash with a fork. Add sugar, vanilla, 2 tsp cinnamon, 1/2 tsp nutmeg & 1/2 cup of pecans. Mix well.
4. In a small bowl, add oats, 1/2 cup pecans, 1 tsp cinnamon, 1/2 tsp nutmeg & honey. Mix well.
5. Spread potato mixture evenly in casserole dish & top with oat mixture. Bake 15-20 minutes or until oats are crispy & dish is heated through. Top with yogurt & serve.



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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 lime juice, cumin & 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 1/2 tsp cornstarch & 1/3 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.

Chunky Guacamole

Est Time: 10 min
Servings: 8



Ingredients:

4 ripe avocados, peeled & diced
2 medium tomatoes, diced
1 small white onion, diced
2 jalapeños, finely diced
2 cloves garlic, minced
1 cup minced fresh cilantro
1 lime, juiced

Preparation:

1. In a large bowl, add avocados. Mash thoroughly with a fork.
2. Add remaining ingredients. Mash together & mix well. Taste & adjust to your preferences.

TIP
Add chipotle pepper powder or red pepper flakes to kick up the heat!

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

onieproject.org

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Oklahoma State University Community Nutrition Ed. Programs
extension.okstate.edu/programs/community-nutrition-education-program.html

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



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