FREE!

ONIE PROJECT
Making Healthy Easy

CHOOSE HOMEMADE

2022 NUTRITION CALENDAR







ONIE RECIPES

SCAN ME WITH YOUR SMART PHONE TO COMPLETE A SHORT SURVEY

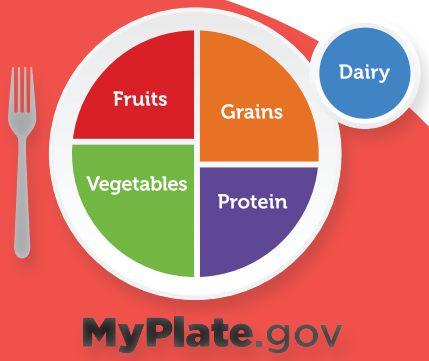
HELP US IMPROVE THIS CALENDAR. TAKE THIS SURVEY & LET US KNOW WHAT YOU THINK!

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

Our promise is that ONIE recipes are:

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





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

LOOK FOR THESE ICONS THROUGHOUT THE CALENDAR WHEN CHOOSING RECIPES

SCAN QR CODE TO LEARN MORE

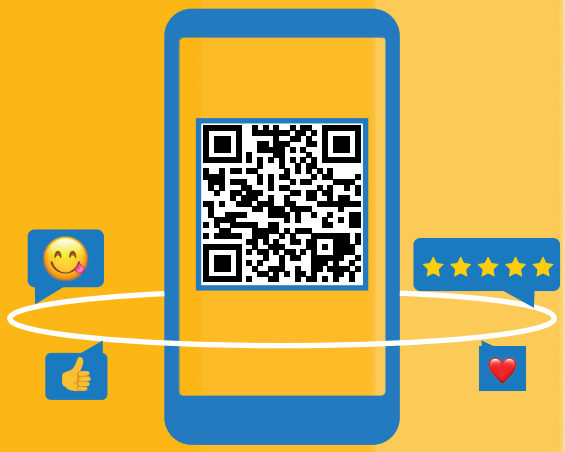




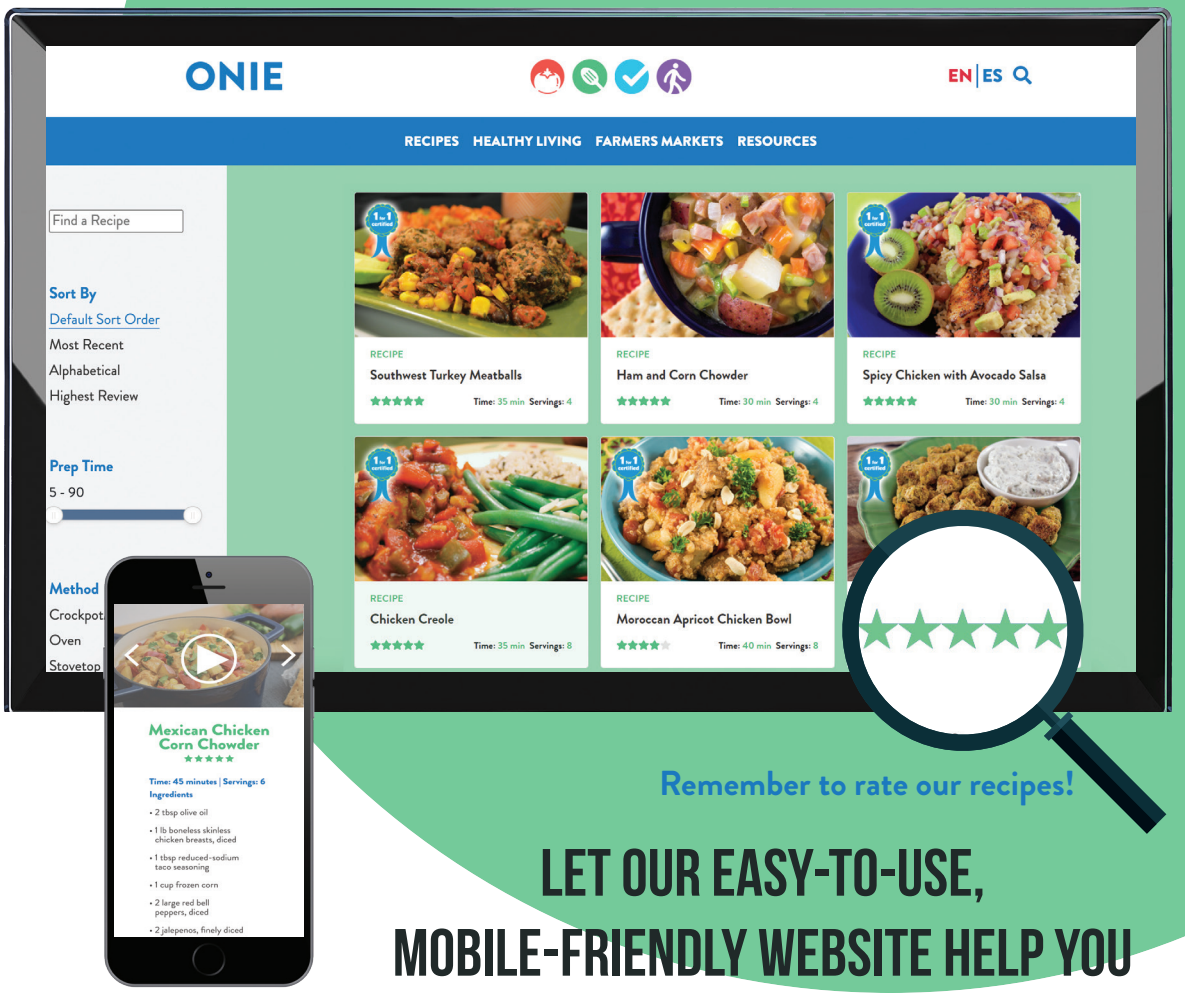
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SCAN QR CODE TO SIGN UP!



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: PROYECTOONIE.ORG

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.

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

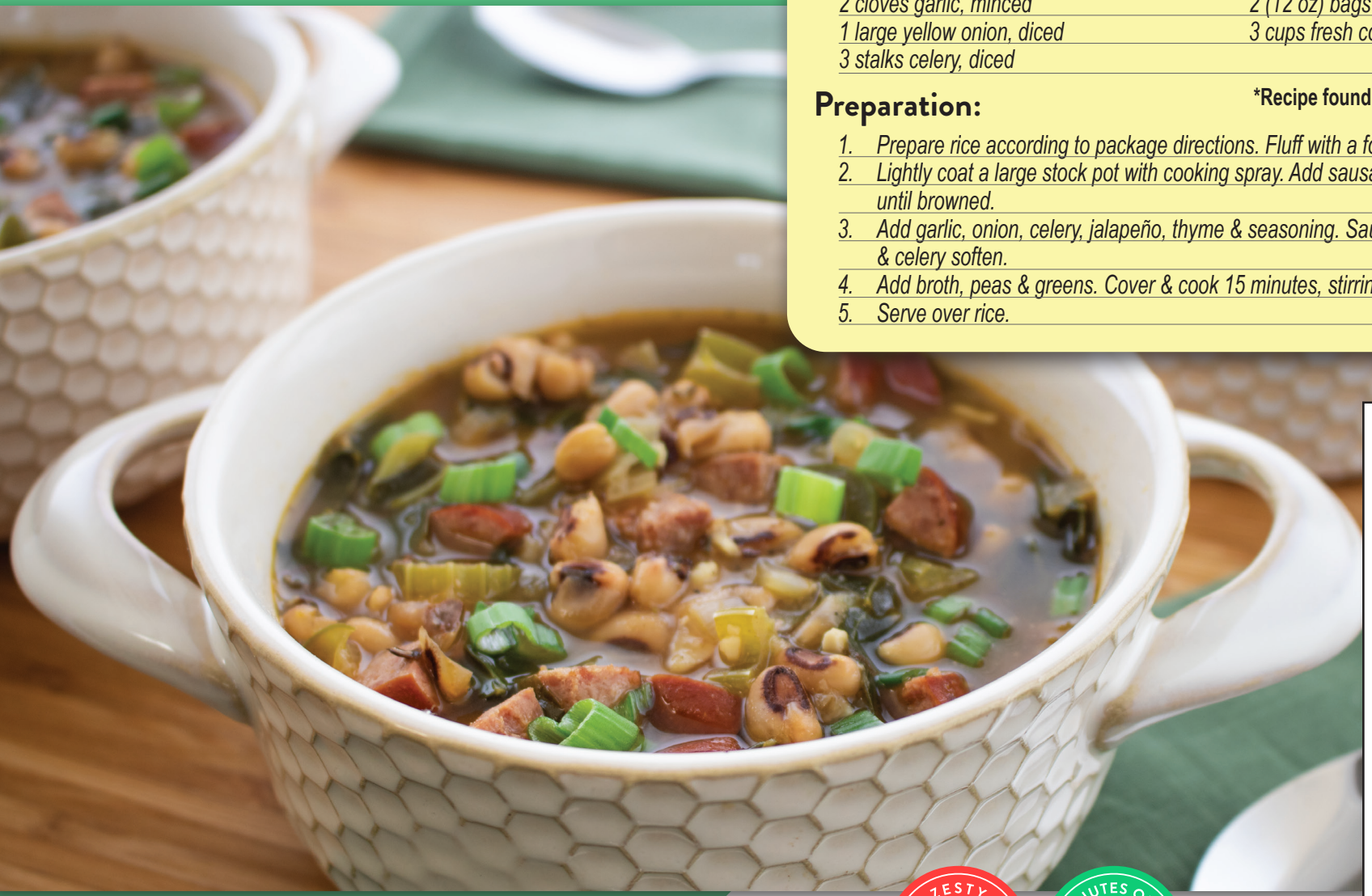
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 8mg	3%
Sodium 270mg	12%
Total Carbohydrate 37g	13%

Daily Goal:

Strive for
less than
2300mg
of sodium
per day

Look for 1 for 1 certified recipes!

Southern Black-Eyed Peas & Collard Greens



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

RECIPE VIDEO AVAILABLE

Ingredients:

- *1 1/2 cups instant brown rice*
- *Non-stick cooking spray*
- *1 (12 oz) package smoked turkey kielbasa sausage, diced*
- *2 cloves garlic, minced*
- *1 large yellow onion, diced*
- *3 stalks celery, diced*
- *1 jalapeño, sliced*
- *1 Tbsp minced fresh thyme*
- *1 Tbsp Cajun Seasoning**
- *1 (32 oz) carton unsalted chicken broth*
- *2 (12 oz) bags frozen black-eyed peas*
- *3 cups fresh collard greens, chopped*

***Recipe found in back of calendar**

Preparation:

1. *Prepare rice according to package directions. Fluff with a fork & set aside.*
2. *Lightly coat a large stock pot with cooking spray. Add sausage & sauté 2-3 minutes, or until browned.*
3. *Add garlic, onion, celery, jalapeño, thyme & seasoning. Sauté 4-5 minutes, or until onion & celery soften.*
4. *Add broth, peas & greens. Cover & cook 15 minutes, stirring occasionally.*
5. *Serve over rice.*

Nutrition Facts

6 servings per recipe
Serving size (415g)

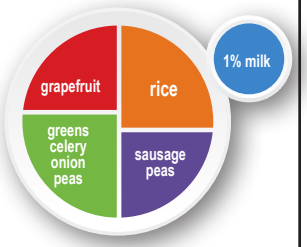
Amount per serving	
Calories	**390**
	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 540mg	**23%**
Total Carbohydrate 60g	**22%**
Dietary Fiber 9g	**32%**
Total Sugars 3g	
Includes 0g Added Sugars	**0%**
Protein 24g	
Vitamin D 0mcg	0%
Calcium 105mg	8%
Iron 5mg	30%
Potassium 828mg	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.

ZESTY RECIPE

30-MINUTES OR LESS 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** Top with chopped green onions for extra flavor!			**1** New Year's Day Kwanzaa Ends
2	**3**	**4**	**5**	**6**	**7**	**8**
9	**10**	**11**	**12**	**13**	**14**	**15**
16	**17** Martin Luther King Jr. Day	**18**	**19**	**20**	**21**	**22**
23 **30**	**24** **31**	**25**	**26**	**27**	**28**	**29**

Slow Cooker Parmesan Chicken & Orzo



Est Time: 10 min prep,
4 1/2 hours cook time **Servings: 6**

RECIPE VIDEO AVAILABLE

Ingredients:

- *2 Tbsp olive oil*
- *1 lb boneless, skinless chicken breasts*
- *1 Tbsp Zesty Italian Seasoning**
- *1 (8 oz) carton sliced fresh mushrooms*
- *1 medium yellow onion, diced*
- *3 cloves garlic, minced*
- *1 (32 oz) carton unsalted chicken broth*
- *1 (16 oz) box orzo pasta*
- *1/2 cup shredded parmesan cheese*
- *1 tomato, diced*
- *1 Tbsp fresh thyme*

***Recipe found in back of calendar**

Preparation:

1. *In a large slow cooker, add oil, chicken, Italian seasoning, mushrooms, onion, garlic & broth.*
2. *Cover & cook on LOW 3-4 hours.*
3. *Stir in orzo, cover & cook another 30 minutes on HIGH.*
4. *Shred chicken on top of orzo mixture. Sprinkle cheese over chicken. Cover & cook 5-10 minutes, or until cheese is melted.*
5. *Serve topped with tomatoes & thyme!*

Nutrition Facts

6 servings per recipe
Serving size (373g)

Amount per serving
Calories **460**

	% Daily Value*
Total Fat 10g	**13%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 60mg	**20%**
Sodium 230mg	**10%**
Total Carbohydrate 62g	**23%**
Dietary Fiber 3g	**11%**
Total Sugars 4g	
Includes 0g Added Sugars	**0%**
Protein 31g	
Vitamin D 0mcg	0%
Calcium 119mg	10%
Iron 5mg	30%
Potassium 624mg	15%

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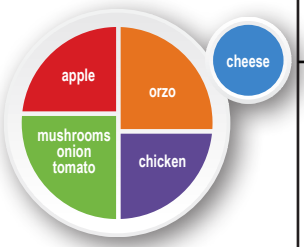
KID FRIENDLY RECIPE

QUICK PREP RECIPE

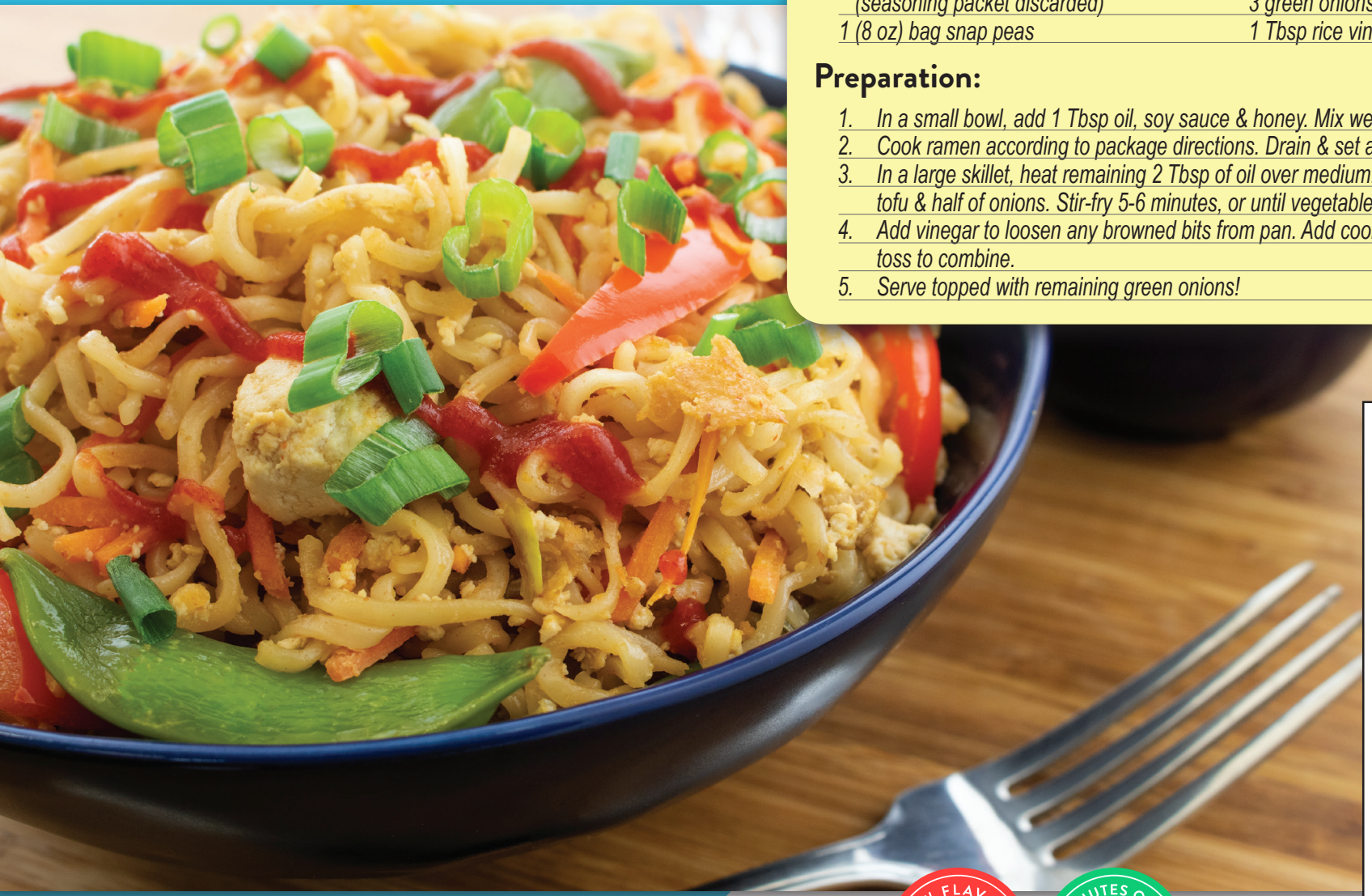
FAMILY FAVORITE RECIPE

1 for 1 certified

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 Chinese New Year	2 Groundhog Day	3	4	5
6	7	8	9	10	11	12
13	14 Valentine's Day	15	16	17	18	19
20	21 Presidents' Day	22	23	24	25	26
27	28			TIP Use chicken tenderloins to reduce the cooking time!		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

Quick Ramen Lo Mein



Est Time: 20 min **Servings: 4**

Ingredients:

- *3 Tbsp sesame oil, divided*
- *3 Tbsp low-sodium soy sauce*
- *1 Tbsp honey*
- *2 packages uncooked ramen noodles (seasoning packet discarded)*
- *1 (8 oz) bag snap peas*
- *1 cup shredded carrots*
- *1 large red bell pepper, sliced*
- *1 (14 oz) package extra firm tofu, pressed & cubed*
- *3 green onions, sliced, divided*
- *1 Tbsp rice vinegar*

Preparation:

1. *In a small bowl, add 1 Tbsp oil, soy sauce & honey. Mix well & set aside.*
2. *Cook ramen according to package directions. Drain & set aside.*
3. *In a large skillet, heat remaining 2 Tbsp of oil over medium. Add peas, carrots, peppers, tofu & half of onions. Stir-fry 5-6 minutes, or until vegetables are fork-tender.*
4. *Add vinegar to loosen any browned bits from pan. Add cooked ramen & sauce. Gently toss to combine.*
5. *Serve topped with remaining green onions!*

RECIPE VIDEO AVAILABLE

Nutrition Facts

4 servings per recipe
Serving size (289g)

Amount per serving
Calories 440

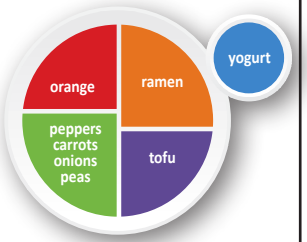
	% Daily Value*
Total Fat 23g	**29%**
Saturated Fat 6g	**30%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 550mg	**24%**
Total Carbohydrate 42g	**15%**
Dietary Fiber 4g	**14%**
Total Sugars 10g	
Includes 4g Added Sugars	**8%**
Protein 17g	
Vitamin D 0mcg	0%
Calcium 125mg	10%
Iron 5mg	30%
Potassium 219mg	4%

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NEW FLAVORS RECIPE

30-MINUTES OR LESS RECIPE

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 Mardi Gras	2 Read Across America Day Ash Wednesday	3	4	5
6	7	8	9	10	11	12
13 Daylight Saving Time Begins	14	15	16	17 St. Patrick's Day	18	19
20 First Day of Spring	21	22	23	24	25	26
27	28	29	30	31	**TIP** Save time by using frozen stir-fry veggie mix in place of fresh vegetables!	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

Chipotle Honey Chicken Skewers



Est Time: 30 min **Servings: 4** (2 skewers each)

Ingredients:

- 1 cup instant brown rice
- 1/4 cup honey
- 1 Tbsp tomato paste
- 2 Tbsp apple cider vinegar
- 1 tsp chipotle pepper powder
- 2 cloves garlic, minced
- Non-stick cooking spray
- 1 lb boneless, skinless chicken breasts, cubed
- 1 large red bell pepper, cubed
- 2 cups fresh pineapple chunks

Preparation:

1. Prepare rice according to package directions. Fluff with a fork & set aside.
2. Preheat oven to 400°F. Soak skewers in water to prevent wood from burning.
3. In a small bowl, stir together honey, tomato paste, vinegar, chipotle powder & garlic. Set aside.
4. Lightly coat a large baking sheet with cooking spray. On a wooden skewer, add 4 pieces each of chicken, bell pepper & pineapple. Place on baking sheet & repeat for remaining skewers.
5. Spoon sauce evenly over skewers. Bake 16-18 minutes, or until chicken is fully cooked.
6. Serve over rice.

RECIPE VIDEO AVAILABLE

Nutrition Facts

4 servings per recipe
Serving size (302g)

Amount per serving	
Calories	**360**
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 60mg	3%
Total Carbohydrate 53g	19%
Dietary Fiber 4g	14%
Total Sugars 28g	
Includes 17g Added Sugars	34%
Protein 29g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 1mg	6%
Potassium 678mg	15%

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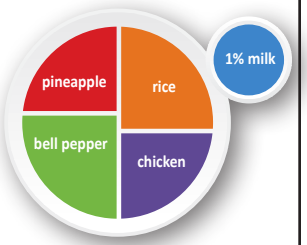
30-MINUTES OR LESS RECIPE

ZESTY RECIPE

PARTY PERFECT 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** To grill skewers, baste with sauce & turn every 2-3 minutes to cook evenly.		1 April Fools' Day Ramadan Begins at Sundown	2
3	4	5	6	7	8	9
10 Palm Sunday	11	12	13	14	15 Passover Begins at Sundown Tax Day Good Friday	16
17 Easter Sunday	18	19	20	21	22 Earth Day Passover Ends at Sundown	23
24	25	26	27	28	29 Arbor Day	30 Ramadan Ends at Sundown

Strawberry Tart



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

Ingredients:

- *Non-stick cooking spray*
- *1 prepared pie crust*
- *1/2 cup part-skim ricotta cheese*
- *1 tsp ground cinnamon*
- *3 Tbsp honey, divided*
- *1 (16 oz) container of strawberries, sliced*
- *Juice of 1/2 lemon*
- *1 egg, beaten*
- *2 tsp balsamic vinegar*

Preparation:

1. *Preheat oven to 450°F.*
2. *Lightly coat a pie dish with cooking spray. Place pie crust in pie dish.*
3. *In a small bowl, mix ricotta cheese, cinnamon & 1 Tbsp honey. Spread evenly on pie crust, leaving space around the edges.*
4. *In a medium bowl, toss strawberries in lemon juice. Add strawberries on top of cheese mixture & fold pie crust over strawberries to make a crust. Brush crust edge with egg.*
5. *Bake 12-15 minutes, or until crust is golden brown.*
6. *Meanwhile, in a small bowl, mix balsamic vinegar with 2 Tbsp honey. Drizzle over tart & serve.*

RECIPE VIDEO AVAILABLE

Nutrition Facts

8 servings per recipe
Serving size (116g)

Amount per serving
Calories 180

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 160mg	7%
Total Carbohydrate 24g	9%
Dietary Fiber 1g	4%
Total Sugars 10g	
Includes 6g Added Sugars	12%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 59mg	4%
Iron 1mg	6%
Potassium 125mg	2%

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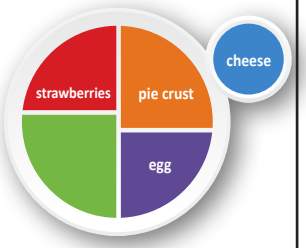
30-MINUTES OR LESS RECIPE

PARTY PERFECT RECIPE

FAMILY FAVORITE RECIPE

1 for 1 certified

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 May Day	2 Eid al-Fitr Begins at Sundown	3 Eid al-Fitr Ends at Sundown	4	5 Cinco de Mayo	6 Vesak	7
8 Mother's Day	9	10	11	12	13	14
15	16	17	18	19	20	21 Armed Forces Day
22	23	24	25	26	27	28
29	30 Memorial Day	31			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

Cheeseburger Salad Bowl



Est Time: 20 min **Servings: 4**

RECIPE VIDEO AVAILABLE

Ingredients:

- *Non-stick cooking spray*
- *1 lb 93/7 lean ground beef*
- *1/2 tsp black pepper*
- *1/2 tsp onion powder*
- *1/2 tsp garlic powder*
- *6 cups green leaf lettuce, chopped*
- *6 Tbsp Chipotle Garlic Salad Dressing**
- *2 Tbsp bacon bits*
- *1/2 cup sliced dill pickles*
- *1 small red onion, thinly sliced*
- *1 pint cherry tomatoes, halved*
- *1/2 cup shredded cheddar cheese*

***Recipe found in back of calendar**

Preparation:

1. *Lightly coat a large skillet with cooking spray & heat over medium-high. Add beef, pepper, onion powder & garlic powder. Cook 8-10 minutes or until meat is cooked through, crumbling throughout. Remove from heat & set aside to cool.*
2. *In a large bowl, toss lettuce with 2 Tbsp of dressing. Divide evenly in bowls & top with beef, bacon, pickles, onion, tomatoes, cheese & 1 Tbsp dressing. Serve immediately!*

EASY CLEANUP RECIPE

30-MINUTES OR LESS RECIPE

Nutrition Facts

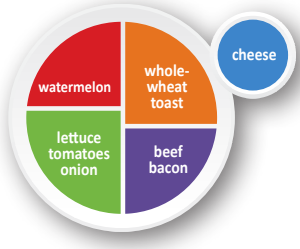
4 servings per recipe
Serving size (317g)

Amount per serving
Calories **330**

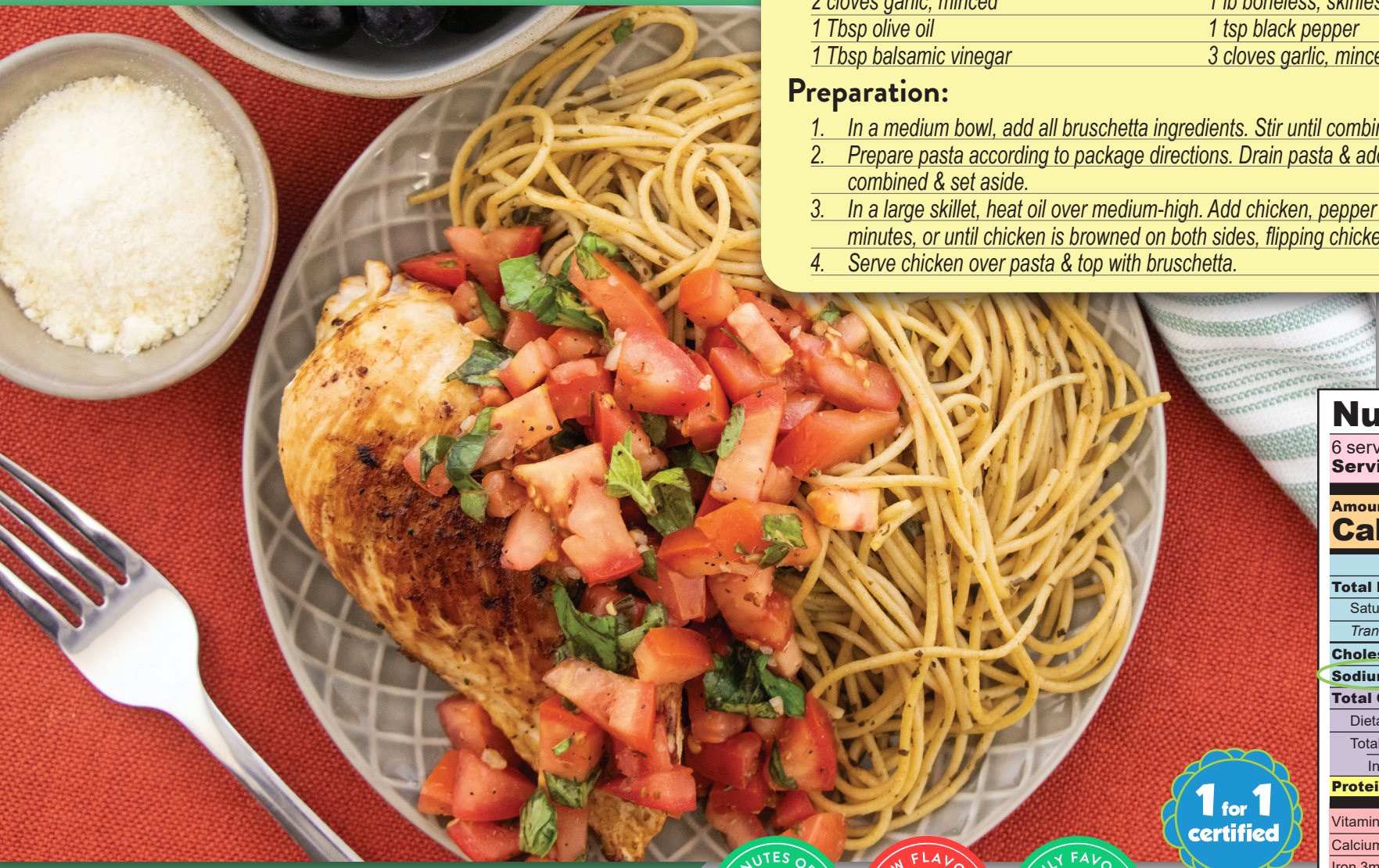
	% Daily Value*
Total Fat 20g	**26%**
Saturated Fat 7g	**35%**
Trans Fat 0.5g	
Cholesterol 95mg	**32%**
Sodium 520mg	**23%**
Total Carbohydrate 10g	**4%**
Dietary Fiber 2g	**7%**
Total Sugars 4g	
Includes 0g Added Sugars	**0%**
Protein 30g	
Vitamin D 0mcg	0%
Calcium 153mg	10%
Iron 3mg	15%
Potassium 724mg	15%

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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	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		1	2	3	4
5	6	7	8	9	10	11
12 Children's Day	13	14 Flag Day	15	16	17	18
19 Father's Day Juneteenth	20	21 First Day of Summer	22	23	24	25
26	27	28	29	30	**TIP** Try spinach, kale or arugula to customize your salad!	

Italian Chicken Bruschetta



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

Ingredients:

Bruschetta:	*Chicken:*
3 Roma tomatoes, diced	*1 (16 oz) box whole-wheat spaghetti*
1/4 cup minced fresh basil	*1/3 cup pesto*
1 Tbsp minced fresh oregano	*2 Tbsp olive oil*
2 cloves garlic, minced	*1 lb boneless, skinless chicken breasts*
1 Tbsp olive oil	*1 tsp black pepper*
1 Tbsp balsamic vinegar	*3 cloves garlic, minced*

Preparation:

1. *In a medium bowl, add all bruschetta ingredients. Stir until combined & set aside.*
2. *Prepare pasta according to package directions. Drain pasta & add pesto. Toss until combined & set aside.*
3. *In a large skillet, heat oil over medium-high. Add chicken, pepper & garlic. Cook 7-8 minutes, or until chicken is browned on both sides, flipping chicken halfway through.*
4. *Serve chicken over pasta & top with bruschetta.*

RECIPE VIDEO AVAILABLE

Nutrition Facts

6 servings per recipe
Serving size (210g)

Amount per serving
Calories 490

	% Daily Value*
Total Fat 17g	**22%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 55mg	**18%**
Sodium 180mg	**8%**
Total Carbohydrate 59g	**21%**
Dietary Fiber 8g	**29%**
Total Sugars 4g	
Includes 0g Added Sugars	**0%**
Protein 29g	
Vitamin D 0mcg	0%
Calcium 66mg	6%
Iron 3mg	15%
Potassium 709mg	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.

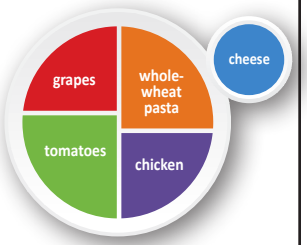
30-MINUTES OR LESS RECIPE

NEW FLAVORS RECIPE

FAMILY FAVORITE RECIPE

1 for 1 certified

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** Serve bruschetta on toast for a tasty appetizer!		1	2
3	4 Independence Day	5	6	7	8	9 Eid al-Adha Begins at Sundown
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 Parents' Day 31	25	26	27	28	29	30

Summer Greek Salad

Est Time: 20 min **Servings: 4**

RECIPE VIDEO AVAILABLE

Ingredients:

Red Wine Vinaigrette:	*Salad:*
1/4 cup olive oil	*1 cucumber, cut lengthwise & sliced*
3 Tbsp red wine vinegar	*1 large green bell pepper, diced*
1 clove garlic, minced	*2 cups grape tomatoes, halved*
1/2 tsp dried oregano	*1 cup feta cheese crumbles*
1/2 tsp dijon mustard	*1 small red onion, thinly sliced*
1/2 tsp black pepper	*1 (6 oz) can black olives, drained*
	1/2 cup fresh basil leaves, chopped

Preparation:

1. *In a small bowl, whisk together oil, vinegar, garlic, oregano, mustard & pepper. Set aside.*
2. *In a large bowl, add cucumber, pepper, tomatoes, feta, onion, olives & basil. Add dressing & toss to combine.*



30-MINUTES OR LESS RECIPE

EASY CLEANUP RECIPE

PARTY PERFECT RECIPE

Nutrition Facts

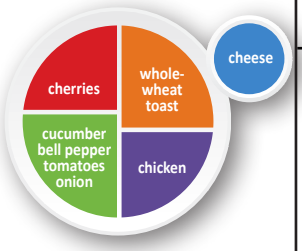
4 servings per recipe
Serving size (213g)

Amount per serving
Calories **210**

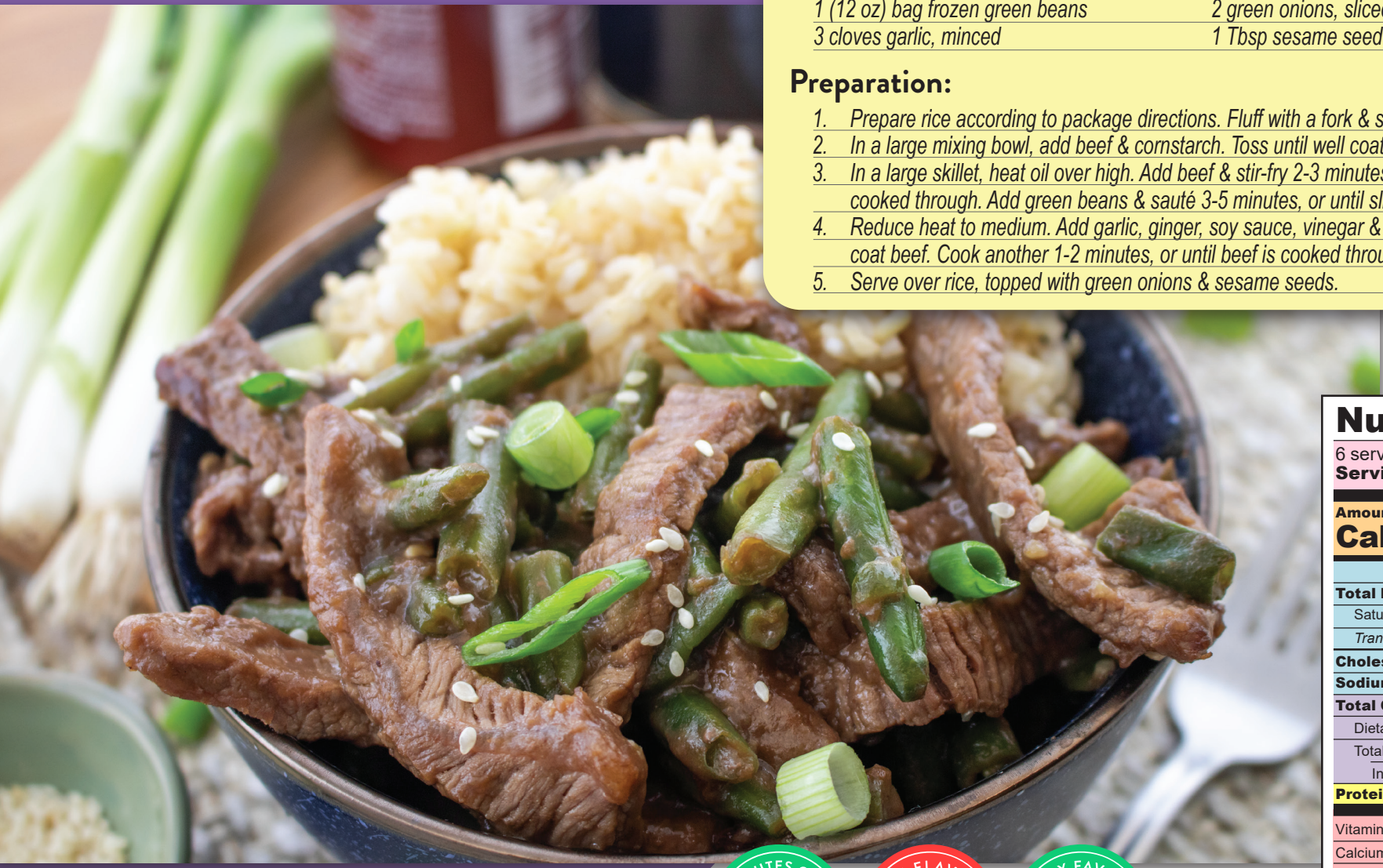
	% Daily Value*
Total Fat 18g	**23%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 450mg	**20%**
Total Carbohydrate 9g	**3%**
Dietary Fiber 3g	**11%**
Total Sugars 4g	
Includes 0g Added Sugars	**0%**
Protein 5g	
Vitamin D 0mcg	0%
Calcium 176mg	15%
Iron 2mg	10%
Potassium 293mg	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.

August

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	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 with chicken & whole-wheat toast for a complete meal!		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

Sesame Ginger Beef



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

Ingredients:

- 1 cup instant brown rice
- 1 lb beef skirt steak, thinly sliced
- 3 Tbsp cornstarch
- 2 Tbsp sesame oil
- 1 (12 oz) bag frozen green beans
- 3 cloves garlic, minced
- 2 tsp ground ginger
- 1/4 cup low-sodium soy sauce
- 1 Tbsp white vinegar
- 3 Tbsp honey
- 2 green onions, sliced
- 1 Tbsp sesame seeds

Preparation:

1. Prepare rice according to package directions. Fluff with a fork & set aside.
2. In a large mixing bowl, add beef & cornstarch. Toss until well coated & set aside.
3. In a large skillet, heat oil over high. Add beef & stir-fry 2-3 minutes, until beef is almost cooked through. Add green beans & sauté 3-5 minutes, or until slightly tender.
4. Reduce heat to medium. Add garlic, ginger, soy sauce, vinegar & honey. Stir quickly to coat beef. Cook another 1-2 minutes, or until beef is cooked through & sauce thickens.
5. Serve over rice, topped with green onions & sesame seeds.

RECIPE VIDEO AVAILABLE

Nutrition Facts

6 servings per recipe
Serving size (205g)

Amount per serving
Calories **410**

	% Daily Value*
Total Fat 15g	**19%**
Saturated Fat 4.5g	**23%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 450mg	**20%**
Total Carbohydrate 43g	**16%**
Dietary Fiber 3g	**11%**
Total Sugars 10g	
Includes 9g Added Sugars	**18%**
Protein 25g	
Vitamin D 0mcg	0%
Calcium 68mg	6%
Iron 4mg	20%
Potassium 488mg	10%

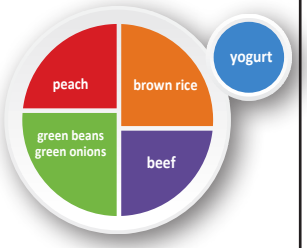
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30-MINUTES OR LESS RECIPE

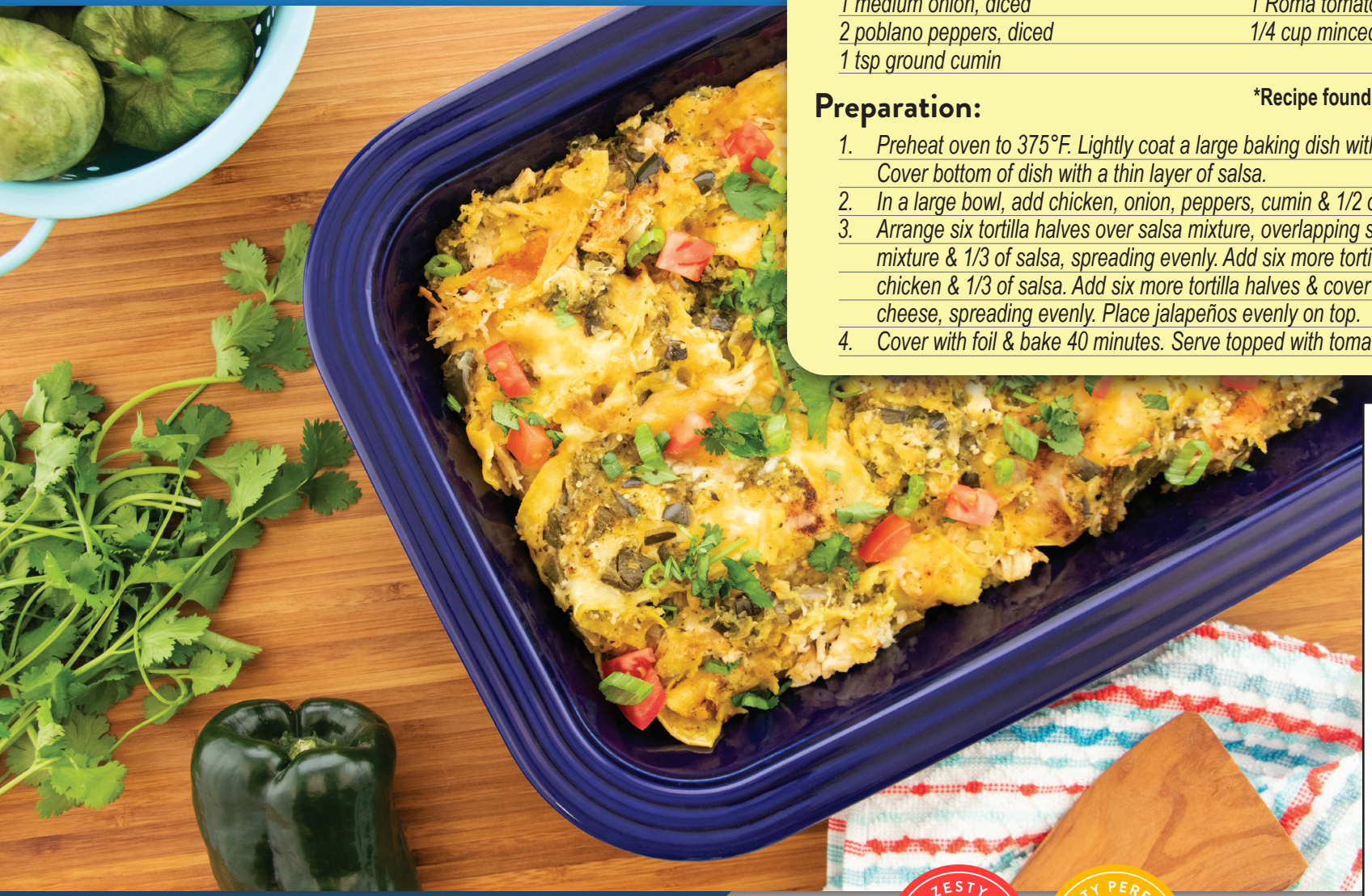
NEW FLAVORS RECIPE

FAMILY FAVORITE 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		**TIP** Serve over noodles instead of rice for a delicious dinner swap!		1	2	3
4	5 Labor Day	6	7	8	9	10
11 Patriot Day Grandparents' Day	12	13	14	15	16	17
18	19	20	21	22 First Day of Autumn	23	24
25 Rosh Hashanah Begins at Sundown	26	27 Rosh Hashanah Ends at Sundown	28	29	30	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

Green Chile Chicken Tortilla Casserole



Est Time: 45 min **Servings: 6**

Ingredients:

- *Non-stick cooking spray*
- *3 cups Tomatillo Salsa Verde**
- *2 (12.5 oz) cans cooked chicken breast, drained & shredded*
- *1 medium onion, diced*
- *2 poblano peppers, diced*
- *1 tsp ground cumin*
- *1 1/2 cups shredded fiesta blend cheese, divided*
- *9 (6 inch) corn tortillas, halved*
- *1 jalapeño, sliced*
- *1 Roma tomato, diced*
- *1/4 cup minced fresh cilantro*

***Recipe found in back of calendar**

Preparation:

1. *Preheat oven to 375°F. Lightly coat a large baking dish with cooking spray. Cover bottom of dish with a thin layer of salsa.*
2. *In a large bowl, add chicken, onion, peppers, cumin & 1/2 of the cheese. Mix well.*
3. *Arrange six tortilla halves over salsa mixture, overlapping slightly. Top with 1/2 of chicken mixture & 1/3 of salsa, spreading evenly. Add six more tortilla halves & top with remaining chicken & 1/3 of salsa. Add six more tortilla halves & cover with remaining salsa & cheese, spreading evenly. Place jalapeños evenly on top.*
4. *Cover with foil & bake 40 minutes. Serve topped with tomato & cilantro.*

RECIPE VIDEO AVAILABLE

Nutrition Facts

6 servings per recipe
Serving size (366g)

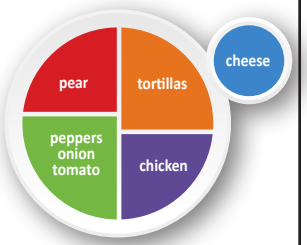
Amount per serving	
Calories	**340**
	% Daily Value*
Total Fat 13g	**17%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 100mg	**33%**
Sodium 550mg	**24%**
Total Carbohydrate 29g	**11%**
Dietary Fiber 6g	**21%**
Total Sugars 8g	
Includes 0g Added Sugars	**0%**
Protein 29g	
Vitamin D 0mcg	0%
Calcium 237mg	20%
Iron 2mg	10%
Potassium 572mg	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.

ZESTY RECIPE

PARTY PERFECT 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** Add a dollop of non-fat plain Greek yogurt for a tangy topping!			**1**
2	**3**	**4** Yom Kippur Begins at Sundown	**5**	**6**	**7**	**8**
9	**10** Federal Holiday	**11**	**12**	**13**	**14**	**15**
16	**17**	**18**	**19**	**20**	**21**	**22**
23 / **30**	**24** Diwali / **31** Halloween	**25**	**26**	**27**	**28**	**29**

Homestyle Chicken Noodle Soup



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

Ingredients:

- 3 cups low-sodium tomato juice
- 1 (32 oz) carton unsalted chicken broth
- 2 tsp Zesty Italian Seasoning*
- 2 cloves garlic, minced
- 1 (12 oz) bag frozen vegetable blend (carrots, peas, green beans)
- 1 1/2 cups whole-wheat elbow pasta
- 2 (5 oz) cans chunk chicken breast, drained & shredded
- 1/2 cup shredded parmesan cheese

***Recipe found in back of calendar**

Preparation:

1. In a large stockpot, add tomato juice, broth, Italian seasoning & garlic. Bring to a boil.
2. Add frozen vegetables & pasta. Reduce heat to medium & simmer 12-15 minutes, or until pasta is cooked & soup has thickened slightly. Add chicken in last 5 minutes of cooking.
3. Top with cheese & serve.

RECIPE VIDEO AVAILABLE

Nutrition Facts

6 servings per recipe
Serving size (434g)

Amount per serving
Calories **290**

	% Daily Value*
Total Fat 6g	**8%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 430mg	**19%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 3g	**11%**
Total Sugars 8g	
Includes 0g Added Sugars	**0%**
Protein 23g	
Vitamin D 0mcg	0%
Calcium 140mg	10%
Iron 2mg	10%
Potassium 703mg	15%

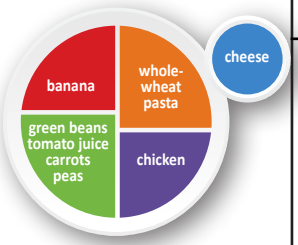
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

30-MINUTES OR LESS RECIPE

EASY CLEANUP RECIPE

FAMILY FAVORITE RECIPE

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** All Souls' Day	**3**	**4**	**5**
6 Daylight Saving Time Ends	**7**	**8** Election Day	**9**	**10**	**11** Veterans Day	**12**
13	**14**	**15**	**16**	**17**	**18**	**19**
20	**21**	**22**	**23**	**24** Thanksgiving	**25**	**26**
27	**28**	**29**	**30**	**TIP** Use vegetable broth & swap out chicken for extra veggies to make an easy vegetarian meal!		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

Easy Pork Paella



Est Time: 45 min **Servings: 6**

RECIPE VIDEO AVAILABLE

Ingredients:

- 2 Tbsp olive oil
- 1 lb boneless pork loin, cubed
- 1 Tbsp paprika
- 1 Tbsp dried oregano
- 1 small white onion, diced
- 1 large red bell pepper, sliced
- 4 cloves garlic, minced
- 1 (15 oz) can crushed tomatoes
- 1 cup white rice, uncooked
- 3 cups unsalted chicken broth, divided
- 1 cup frozen peas, thawed
- 1/4 cup minced fresh parsley

Preparation:

1. In a large skillet, heat oil over medium-high. Add pork, paprika & oregano. Cook 3-5 minutes, or until browned. Transfer pork to a plate & set aside.
2. Return skillet to medium heat. Add onion & bell pepper. Sauté 2-3 minutes, or until soft. Add garlic & tomatoes. Simmer 4-5 minutes, or until slightly thickened.
3. Stir in rice & mix well. Add 1/2 of broth, cover & cook 12-15 minutes, stirring occasionally.
4. Add pork back into skillet & stir in remaining broth. Cover & simmer until rice is tender, about 15 minutes. Stir in peas & cook 2 minutes.
5. Serve topped with fresh parsley.

Nutrition Facts

6 servings per recipe
Serving size (433g)

Amount per serving
Calories 320

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 270mg	12%
Total Carbohydrate 40g	15%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 68mg	6%
Iron 4mg	20%
Potassium 672mg	15%

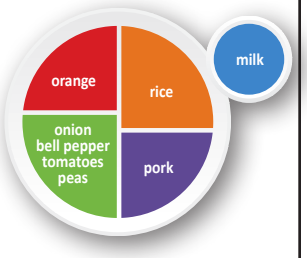
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

EASY CLEANUP RECIPE

NEW FLAVORS RECIPE

1 for 1 certified

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	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		**TIP** Add shrimp for a seafood-inspired paella!	1	2	3
4	5	6	7 Pearl Harbor Remembrance Day	8	9	10
11	12	13	14	15	16	17
18 Hanukkah Begins at Sundown	19	20	21 First Day of Winter	22	23	24 Christmas Eve
25 Christmas Day	26 Kwanzaa Begins Hanukkah Ends at Sundown	27	28	29	30	31 New Year's Eve

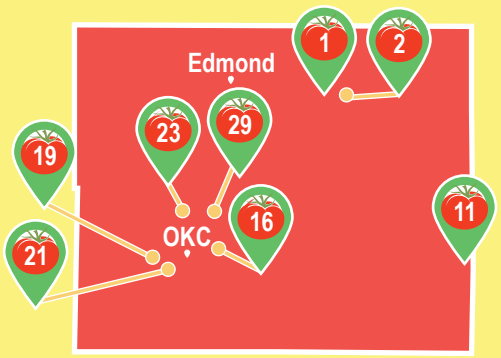
OK FARMERS MARKETS

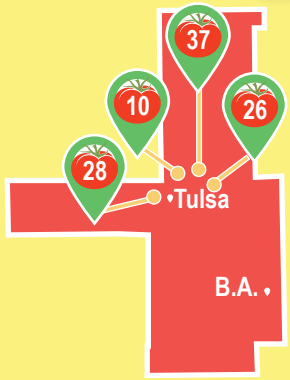
Accepting SNAP Benefits



SCAN QR CODE FOR MORE

OKLAHOMA COUNTY





TULSA COUNTY

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

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

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

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



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

SNAP Token

$1 Value

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




Southern Black-Eyed Peas & Collard Greens


Slow Cooker Parmesan Chicken & Orzo


Quick Ramen Lo Mein


Chipotle Honey Chicken Skewers

Slow Cooker Parmesan Chicken & Orzo

Est Time: 10 min prep, 4 1/2 hours cook time

Servings: 6

Ingredients:

2 Tbsp olive oil
1 lb boneless, skinless chicken breasts
1 Tbsp Zesty Italian Seasoning*
1 (8 oz) carton sliced fresh mushrooms
1 medium yellow onion, diced
3 cloves garlic, minced
1 (32 oz) carton unsalted chicken broth
1 (16 oz) box orzo pasta
1/2 cup shredded parmesan cheese
1 tomato, diced
1 Tbsp fresh thyme

Preparation:

1. In a large slow cooker, add oil, chicken, Italian seasoning, mushrooms, onion, garlic & broth.
2. Cover & cook on LOW 3-4 hours.
3. Stir in orzo, cover & cook another 30 minutes on HIGH.
4. Shred chicken on top of orzo mixture. Sprinkle cheese over chicken. Cover & cook 5-10 minutes, or until cheese is melted.
5. Serve topped with tomatoes & thyme!

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

Southern Black-Eyed Peas & Collard Greens

Est Time: 30 min

Servings: 6

Ingredients:

1 1/2 cups instant brown rice
Non-stick cooking spray
1 (12 oz) package smoked turkey kielbasa sausage, diced
2 cloves garlic, minced
1 large yellow onion, diced
3 stalks celery, diced
1 jalapeño, sliced
1 Tbsp minced fresh thyme
1 Tbsp Cajun Seasoning*
1 (32 oz) carton unsalted chicken broth
2 (12 oz) bags frozen black-eyed peas
3 cups fresh collard greens, chopped

Preparation:

1. Prepare rice according to package directions. Fluff with a fork & set aside.
2. Lightly coat a large stock pot with cooking spray. Add sausage & sauté 2-3 minutes, or until browned.
3. Add garlic, onion, celery, jalapeño, thyme & seasoning. Sauté 4-5 minutes, or until onion & celery soften.
4. Add broth, peas & greens. Cover & cook 15 minutes, stirring occasionally.
5. Serve over rice.

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

Chipotle Honey Chicken Skewers

Est Time: 30 min

Servings: 4

Ingredients:

1 cup instant brown rice
1/4 cup honey
1 Tbsp tomato paste
2 Tbsp apple cider vinegar
1 tsp chipotle pepper powder
2 cloves garlic, minced
Non-stick cooking spray
1 lb boneless, skinless chicken breasts, cubed
1 large red bell pepper, cubed
2 cups fresh pineapple chunks

Preparation:

1. Prepare rice according to package directions. Fluff with a fork & set aside.
2. Preheat oven to 400°F. Soak skewers in water to prevent wood from burning.
3. In a small bowl, stir together honey, tomato paste, vinegar, chipotle powder & garlic. Set aside.
4. Lightly coat a large baking sheet with cooking spray. On a wooden skewer, add 4 pieces each of chicken, bell pepper & pineapple. Place on baking sheet & repeat for remaining skewers.
5. Spoon sauce evenly over the skewers. Bake 16-18 minutes, or until chicken is fully cooked.
6. Serve over rice.

Quick Ramen Lo Mein

Est Time: 20 min

Servings: 4

Ingredients:

3 Tbsp sesame oil, divided
3 Tbsp low-sodium soy sauce
1 Tbsp honey
2 packages uncooked ramen noodles *(seasoning packet discarded)*
1 (8 oz) bag snap peas
1 cup shredded carrots
1 large red bell pepper, sliced
1 (14 oz) package extra firm tofu, pressed & cubed
3 green onions, sliced, divided
1 Tbsp rice vinegar

Preparation:

1. In a small bowl, add 1 Tbsp oil, soy sauce & honey. Mix well & set aside.
2. Cook ramen according to package directions. Drain & set aside.
3. In a large skillet, heat remaining 2 Tbsp of oil over medium. Add peas, carrots, peppers, tofu & half of onions. Stir-fry 5-6 minutes, or until vegetables are fork-tender.
4. Add vinegar to loosen any browned bits from the pan. Add cooked ramen & sauce. Gently toss to combine.
5. Serve topped with remaining green onions!


Strawberry Tart


Cheeseburger Salad Bowl


Italian Chicken Bruschetta


Summer Greek Salad

Cheeseburger Salad Bowl

Est Time: 20 min

Servings: 4

Ingredients:

Non-stick cooking spray
1 lb 93/7 lean ground beef
1/2 tsp black pepper
1/2 tsp onion powder
1/2 tsp garlic powder
6 cups green leaf lettuce, chopped
6 Tbsp Chipotle Garlic Salad Dressing*
2 Tbsp bacon bits
1/2 cup sliced dill pickles
1 small red onion, thinly sliced
1 pint cherry tomatoes, halved
1/2 cup shredded cheddar cheese

Preparation:

1. Lightly coat a large skillet with cooking spray & heat over medium-high. Add beef, pepper, onion powder & garlic powder. Cook 8-10 minutes or until meat is cooked through, crumbling throughout. Remove from heat & set aside to cool.
2. In a large bowl, toss lettuce with 2 Tbsp of dressing. Divide evenly in bowls & top with beef, bacon, pickles, onion, tomatoes, cheese & 1 Tbsp dressing. Serve immediately!

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



CHOOSE HOME MADE
ONIEproject.org

Strawberry Tart

Est Time: 30 min

Servings: 8

1 for 1 certified

Ingredients:

Non-stick cooking spray
1 prepared pie crust
1/2 cup part-skim ricotta cheese
1 tsp ground cinnamon
3 Tbsp honey, divided
1 (16 oz) container of strawberries, sliced
Juice of 1/2 lemon
1 egg, beaten
2 tsp balsamic vinegar

Preparation:

1. Preheat oven to 450°F.
2. Lightly coat a pie dish with cooking spray. Place pie crust in pie dish.
3. In a small bowl, mix ricotta cheese, cinnamon & 1 Tbsp honey. Spread evenly on pie crust, leaving space around the edges.
4. In a medium bowl, toss strawberries in lemon juice. Add strawberries on top of cheese mixture & fold pie crust over strawberries to make a crust. Brush crust edge with egg.
5. Bake 12-15 minutes, or until crust is golden brown.
6. Meanwhile, in a small bowl, mix balsamic vinegar with 2 Tbsp honey. Drizzle over tart & serve.



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Summer Greek Salad

Est Time: 20 min

Servings: 4

Ingredients:

Red Wine Vinaigrette
1/4 cup olive oil
3 Tbsp red wine vinegar
1 clove garlic, minced
1/2 tsp dried oregano
1/2 tsp dijon mustard
1/2 tsp black pepper

Salad
1 cucumber, cut lengthwise & sliced
1 large green bell pepper, diced
2 cups grape tomatoes, halved
1 cup feta cheese crumbles
1 small red onion, thinly sliced
1 (6 oz) can black olives, drained
1/2 cup fresh basil leaves, chopped

Preparation:

1. In a small bowl, whisk together oil, vinegar, garlic, oregano, mustard & pepper. Set aside.
2. In a large bowl, add cucumber, pepper, tomatoes, feta, onion, olives & basil. Add dressing & toss to combine.



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Italian Chicken Bruschetta

Est Time: 30 min

Servings: 6

1 for 1 certified

Ingredients:

Bruschetta
3 Roma tomatoes, diced
1/4 cup minced fresh basil
1 Tbsp minced fresh oregano
2 cloves garlic, minced
1 Tbsp olive oil
1 Tbsp balsamic vinegar

Chicken
1 (16 oz) box whole-wheat spaghetti
1/3 cup pesto
2 Tbsp olive oil
1 lb boneless, skinless chicken breasts
1 tsp black pepper
3 cloves garlic, minced

Preparation:

1. In a medium bowl, add all bruschetta ingredients. Stir until combined & set aside.
2. Prepare pasta according to package directions. Drain pasta & add pesto. Toss until combined & set aside.
3. In a large skillet, heat oil over medium-high. Add chicken, pepper & garlic. Cook 7-8 minutes, or until chicken is browned on both sides, flipping chicken halfway through.
4. Serve chicken over pasta & top with bruschetta.



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Sesame Ginger Beef


Green Chile Chicken Tortilla Casserole


Homestyle Chicken Noodle Soup


Easy Pork Paella

Green Chile Chicken Tortilla Casserole

Est Time: 45 min

Servings: 6

Ingredients:

Non-stick cooking spray
3 cups Tomatillo Salsa Verde*
2 (12.5 oz) cans cooked chicken breast, drained & shredded
1 medium onion, diced
2 poblano peppers, diced
1 tsp ground cumin
1 1/2 cups shredded fiesta blend cheese, divided
9 (6 inch) corn tortillas, halved
1 jalapeño, sliced
1 Roma tomato, diced
1/4 cup minced fresh cilantro

Preparation:

1. Preheat oven to 375°F. Lightly coat a large baking dish with cooking spray. Cover the bottom of the dish with a thin layer of salsa.
2. In a large bowl, add chicken, onion, peppers, cumin & 1/2 of cheese. Mix well.
3. Arrange six tortilla halves over salsa mixture, overlapping slightly. Top with 1/2 of chicken mixture & 1/3 of salsa, spreading evenly. Add six more tortilla halves & top with remaining chicken & 1/3 of salsa. Add six more tortilla halves & cover with remaining salsa & cheese, spreading evenly. Place jalapeños evenly on top.
4. Cover with foil & bake 40 minutes. Serve topped with tomato & cilantro.





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

Sesame Ginger Beef

Est Time: 30 min

Servings: 6

Ingredients:

1 cup instant brown rice
1 lb beef skirt steak, thinly sliced
3 Tbsp cornstarch
2 Tbsp sesame oil
1 (12 oz) bag frozen green beans
3 cloves garlic, minced
2 tsp ground ginger
1/4 cup low-sodium soy sauce
1 Tbsp white vinegar
3 Tbsp honey
2 green onions, sliced
1 Tbsp sesame seeds

Preparation:

1. Prepare rice according to package directions. Fluff with a fork & set aside.
2. In a large mixing bowl, add beef & cornstarch. Toss until well coated & set aside.
3. In a large skillet, heat oil over high. Add beef & stir-fry 2-3 minutes, until beef is almost cooked through. Add green beans & sauté 3-5 minutes, or until slightly tender.
4. Reduce heat to medium. Add garlic, ginger, soy sauce, vinegar & honey. Stir quickly to coat the beef. Cook another 1-2 minutes, or until beef is cooked through & sauce thickens.
5. Serve over rice, topped with green onions & sesame seeds.





Easy Pork Paella

Est Time: 45 min

Servings: 6



Ingredients:

1 lb boneless pork loin, cubed
1 Tbsp paprika
1 Tbsp dried oregano
2 Tbsp olive oil
1 small white onion, diced
1 large red bell pepper, sliced
4 cloves garlic, minced
1 (15 oz) can crushed tomatoes
1 cup white rice, uncooked
3 cups unsalted chicken broth, divided
1 cup frozen peas, thawed
1/4 cup minced fresh parsley

Preparation:

1. In a large skillet, heat oil over medium-high. Add pork, paprika & oregano. Cook 3-5 minutes, or until browned. Transfer pork to a plate & set aside.
2. Return skillet to medium heat. Add onion & bell pepper. Sauté 2-3 minutes, or until soft. Add garlic & tomatoes. Simmer 4-5 minutes, or until slightly thickened.
3. Stir in rice & mix well. Add 1/2 of broth, cover & cook 12-15 minutes, stirring occasionally.
4. Add pork back into skillet & stir in remaining broth. Cover & simmer until rice is tender, about 15 minutes. Stir in peas & cook 2 minutes.
5. Serve topped with fresh parsley.





Homestyle Chicken Noodle Soup

Est Time: 25 min

Servings: 6

Ingredients:

3 cups low-sodium tomato juice
1 (32 oz) carton unsalted chicken broth
2 tsp Zesty Italian Seasoning*
2 cloves garlic, minced
1 (12 oz) bag frozen vegetable blend
(carrots, peas, green beans)
1 1/2 cups whole-wheat elbow pasta
2 (5 oz) cans chunk chicken breast, drained & shredded
1/2 cup shredded parmesan cheese

Preparation:

1. In a large stockpot, add tomato juice, broth, Italian seasoning & garlic. Bring to a boil.
2. Add frozen vegetables & pasta. Reduce heat to medium & simmer 12-15 minutes, or until pasta is cooked & soup has thickened slightly. Add chicken in the last 5 minutes of cooking.
3. Top with cheese & serve.

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





Chipotle Garlic Salad Dressing

Est Time: 5 min
Servings: 8



TIP
Serve over your favorite salad or use as a dip for fresh veggies.

Ingredients:
1/2 cup olive oil mayo
3 Tbsp 1% low-fat milk
1/2 tsp chipotle chile powder
1/2 tsp garlic powder
1/2 lime, juiced

Preparation:
1. In a small bowl, add all ingredients. Mix well until completely combined.
2. Use immediately or refrigerate in an airtight container up to one week.

Nutrition Facts	
8 servings per recipe	
Serving size	(22g)
Amount per serving	
Calories	**50**
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 115mg	5%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 0mg	0%
Potassium 14mg	0%

* 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.

Cajun Seasoning

Est Time: 5 min
Servings: 8



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

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

TIP
Use to spice up your favorite seafood or chicken recipe!

Tomatillo Salsa Verde

Est Time: 25 min
Servings: 3 cups (approx 8 servings)



TIP
Serve with multigrain tortilla chips or add to your favorite recipe!

Ingredients:
Non-stick cooking spray
1 1/2 lbs fresh tomatillos
2 jalapeño peppers, stems removed
2 cloves garlic
1 lime, juiced
1 small white onion, chopped
1/2 cup fresh cilantro

Preparation:
1. Preheat oven broiler. Remove papery husks from tomatillos & rinse well.
2. Lightly coat a foil-lined baking sheet with cooking spray. Cut tomatillos in half & place cut side down on baking sheet. Add jalapeños & garlic cloves. Broil 5-7 minutes to lightly brown the skins of the tomatillos.
3. Place cooked tomatillos, jalapeños, garlic, lime juice, onion & cilantro in a blender. Pulse until all ingredients are finely chopped & serve!

Nutrition Facts	
8 servings per recipe	
Serving size	(105g)
Amount per serving	
Calories	**35**
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 1mg	6%
Potassium 264mg	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.

Zesty Italian Seasoning

Est Time: 5 min
Servings: 8



Ingredients:
2 Tbsp dried basil
2 Tbsp dried oregano
1 Tbsp dried rosemary
2 Tbsp dried parsley
1 Tbsp dried thyme
1 tsp crushed red pepper flakes
1 tsp garlic powder

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

TIP
Use to give your recipes an Italian twist!

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

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

Chickasaw Nation Impa Kilimpi'
www.getfreshcooking.com

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

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

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MAY



JUNE



JULY



AUGUST



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NOVEMBER



DECEMBER



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