



Give Them More
— of the —
Good Stuff!

Freezing Vegetables

Freezing is a good way to store vegetables.

Prepare Vegetables

- ❖ Wash hands with soap and water.
- ❖ Gather cooking tools and freezer containers.
- ❖ Rinse vegetables under running water.
- ❖ Trim, peel or cut vegetables as desired. Aim for pieces that are about the same size.
- ❖ The next step depends on the type of vegetable.

Package for Freezing

- ❖ Use containers that are airtight and freezer-safe. Label them with the vegetable name and date.
- ❖ Put vegetables into the container directly or place on a flat pan and freeze until firm, then put into the container.
- ❖ Leave as little air as possible in the container before closing and then put into the freezer.



Preparing Vegetables for Freezing

Celery, onions, peppers, tomatoes	Package right after preparing.
Beets, potatoes, sweet potatoes, tomatoes, winter squash	Cook until done. Cut, mash or blend, if desired, then cool and package.
All others	Blanch using the picture directions below, then package.

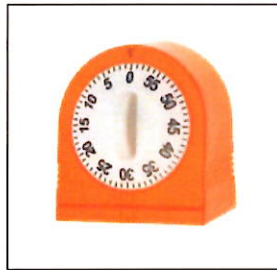
How to Blanch for Freezing



1. Bring 1 gallon (16 cups) of water to boil in a large pot.



2. Lower 2 to 3 cups of vegetables into the boiling water.



3. Return the water to a boil and begin timing (see minutes below).



4. Move vegetables to a bowl of ice-cold water; cool completely.



5. Drain the vegetables and pat them dry, then package.

Blanching Vegetables This short heat treatment protects the flavor and color of vegetables

2 minutes	carrots, parsnips, peas (snap or snow), spinach and other leafy greens (except collards), turnips
3 minutes	asparagus, beans (green or wax), broccoli, cauliflower, celery, collards, okra, summer squash (including zucchini)
4 minutes	corn cob (after blanching, slice off kernels to package), eggplant



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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Enjoy Frozen Vegetables

Food and Amount	Freezer List Date	How Many
Corn, 16 ounces	8/10	11XX
Green beans, 2 cups	9/25	111X
Broccoli, 12 ounces	9/25	111
Ground beef, 1 lb	9/30	1
Whole chicken	10/5	1X
Chicken broth, 2 cups	10/20	11

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Freezer List Reduces Waste

1. Make a list of foods already in your freezer on a piece of paper or dry erase board. Keep the list in a convenient place.
2. Label a food added to the freezer with the date it goes in and then add that food name and date to the freezer list.
3. Cross off or erase the food name from the list when it comes out of the freezer.
4. Use the oldest packages first to reduce the chance for waste. Frozen foods lose flavor and texture over time; use within 8 to 12 months.

Use Frozen Veggies Safely

- Never thaw at room temperature or in warm water.
- Thaw all the way or partway in the refrigerator or microwave just before using.
- Add frozen or partway thawed to recipes, such as soups and smoothies.

Save the Flavor of Garden Tomatoes

- Freeze tomatoes many ways: unpeeled or peeled, whole or cut, uncooked or cooked.
- Cook tomatoes first (any way you choose) to use the least amount of freezer space.
- Use frozen tomatoes in sauces or soups because their texture is soft after thawing.

Roasted Tomatoes

Ingredients:

- 1 Tablespoon **vegetable oil**
- ½ teaspoon **salt**
- ¼ teaspoon **pepper**
- 2 cloves **garlic**, whole or chopped (optional)
- 2 Tablespoons fresh **herbs** or 2 teaspoons dried herbs (optional)
- 2 pounds **tomatoes**, stems removed

Directions:

1. Preheat oven to 350 to 400 degrees F.
2. Drizzle oil on the bottom of a 9 x 13-inch baking dish. Sprinkle salt and pepper into the dish along with garlic and herbs if desired.
3. Cut tomatoes in half and put in baking dish with cut side down.
4. Bake tomatoes until soft and the peels start to brown, about 30 to 45 minutes. Cook longer if you want to remove more liquid.
5. Remove dish from the oven and let tomatoes cool. If desired, lift off and discard tomato peels.
6. Add to recipes in place of canned tomatoes, or chop and serve as a chunky sauce or blend to a smooth sauce.
7. Refrigerate leftovers within 2 hours or freeze for 8 to 12 months.

Makes 2 ½ to 3 cups sauce

Prep time: 10 minutes

Cooking time: 30 to 45 minutes



Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- **rinse vegetables under running water.**
- **keep track of blanching time.**
- **put vegetables on a flat pan for freezing.**

Corn 8-10-20



Give Them More
of the
Good Stuff!

Freezing Fruit

Prepare Fruit

- ✿ Wash hands with soap and water.
- ✿ Gather cooking tools and freezer containers.
- ✿ Rinse fruit gently under running water.
- ✿ Spread on a clean towel and pat dry to remove water.
- ✿ Peel, trim, pit and cut as desired. Aim for pieces that are about the same size.

Keep Fruit from Browning

- ✿ Cover apples, bananas, peaches and pears with water as you peel and cut.
- ✿ Adding 1 Tablespoon of fresh or bottled lemon juice for each cup of water may help.
- ✿ Drain water before packaging.



Freezing is a good way to store fruit
without added sugar.



Package for Freezing

- ✿ Use containers that are air tight and freezer-safe. Label them with the fruit name and date.
- ✿ Put fruit right into the container or spread in one layer on a baking sheet and freeze until firm. Then put into the container.
- ✿ Remove as much air as possible from the package. Squeeze air from freezer bags or cover the top edge of food in a freezer container with a piece of plastic wrap before closing.
- ✿ Close the container and freeze right away. For best quality, use within 8 to 12 months.

Freezing fruit
before packaging
makes it easier
to remove just
the amount
you want.

Freezer Burn Basics

- ✿ Freezer burn describes the white ice crystals that form on frozen foods.
- ✿ Freezer burned food is safe to eat, but the color, flavor and texture will be different. Use in a smoothie, sauce or soup.
- ✿ To reduce freezer burn, keep freezer at 0 degrees F and use air-tight freezer containers or 2 layers of packaging, such as wrapping then bagging or using 2 bags.

Freezing Fruit Whole or Cut

Whole	Bananas, berries (blackberry, blueberry, cranberry, gooseberry, raspberry, strawberry) cherries, currants, figs, grapes
Cut (chop, mash or slice)	Apples, apricots, bananas, grapefruit, kiwis, mangos, melons, nectarines, oranges, peaches, pears, plums, rhubarb



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Enjoy Frozen Fruit

Rhubarb Blueberry Crisp

Rhubarb is a vegetable that is enjoyed as a fruit.

Ingredients:

Topping

- 1/4 cup packed **brown sugar**
- 1/2 cup **flour** (any type)
- 1/2 cup **old fashioned rolled oats**
- 1/4 cup **margarine** or **butter**, melted

Fruit Filling

- 3 cups chopped **rhubarb** (fresh or frozen)
- 3 cups **blueberries** (fresh or frozen)
- 2 Tablespoons **cornstarch**
- 1/2 cup **sugar**
- 1 cup **100% fruit juice**, (any type)
- 1 teaspoon **vanilla** (optional)

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees F.
3. In a medium bowl, stir together brown sugar, flour and oats. Mix in margarine or butter and set aside.
4. Spread fruit in an 8x8-inch baking dish and set aside.
5. In a medium saucepan, mix cornstarch and sugar and stir in juice. Cook over medium heat, stirring all the time, until the mixture has thickened. Turn off heat.
6. Stir in vanilla, if desired. Pour mixture over fruit.
7. Crumble oat mixture on top of fruit.
8. Bake for 45 minutes or until topping is browned and fruit is bubbling at edges. Serve warm or cold.
9. Refrigerate leftovers within 2 hours.

Notes:

- ❖ Try strawberries instead of blueberries.
- ❖ Adding vanilla brings out sweet flavors of the fruit.

Makes 5 cups

Prep time: 15 minutes

Cook time: 45 minutes



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Tropical Smoothie

Ingredients:

- 1 cup nonfat or 1% **milk**
- 2 cups **pineapple** chunks (fresh, frozen or canned and drained)
- 1 **banana** (fresh or frozen)
- 1 cup cold **water**

Directions:

1. Wash hands with soap and water.
2. Put all ingredients in a blender. Put lid on tightly.
3. Blend until smooth. Serve chilled.
4. Refrigerate or freeze leftovers within 2 hours.

Note: For a thicker smoothie, use frozen fruit.

Makes 5 cups

Prep time: 5 minutes



**Kids
Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:

- ❖ **rinse fruit gently under running water.**
- ❖ **spread fruit on a flat pan for freezing.**
- ❖ **measure ingredients for smoothie.**



Recipe Collection

Assembled by Jennifer
Eggleton
fayette.osu.edu



Find more tasty, healthy recipes and
videos at www.CelebrateYourPlate.org



What's on the Menu

Breakfast

- Make Ahead Breakfast Burritos
- Vegetable Frittata
- Overnight Oats

Lunch

- Cranberry Chicken Salad
- Rice and Bean Salad
- Vegetable Quesadillas

Dinner

- Skillet Spaghetti
- Teriyaki Rice Bowl
- Three Can Chili

Snacks and Drinks

- Carver Dip
- Cowboy Caviar
- Chocolate Cake
- Strawberry S'mores
- Raspberry Lime Fizz
- Fruit Infused Water

Casseroles: An Easy, Make-Ahead Meal

Use the guide below to choose your ingredients. To cook, season with salt and pepper or other spices, to taste. Bake at 350°F for 40-60 minutes or until top is brown and bubbly.

Protein 1 cup, fully cooked	+	Vegetables 1 1/2-2 cups, chopped	+	Sauce (choose one) Low-fat or nonfat cream soup, such as mushroom, celery, or tomato (10 ounce can) + 1/4 cup nonfat milk	+	Whole Grains 1 1/2 cups, cooked	+	Toppings 1/2 cup
Beef (lean cuts), cubed or ground		Greens (kale, spinach, chard)		Low-fat or nonfat cream soup, such as mushroom, celery, or tomato (10 ounce can) + 1/4 cup nonfat milk		Brown rice		Grated low-fat cheese
Chicken or turkey (boneless; skin removed), cubed or ground		Mixed vegetables (such as carrots, peas and corn)		reduced-fat sour cream (optional)		Whole wheat pasta		Bread crumbs
Ham, diced		Zucchini		Diced tomatoes (14.5oz can, drained — approx. 1 cup) + 1/2 cup		Barley		Crushed corn flakes
Beans or lentils		Mushrooms				Quinoa		Crushed tortilla chips
Canned tuna or salmon		Broccoli				Cubed whole wheat bread (1 cup)		

Casserole Ideas:

- **Chicken, Rice & Broccoli:** 1 cup diced, cooked chicken + 1 1/2 cups chopped, blanched broccoli + 1 1/2 cups cooked brown rice + 1 can cream of mushroom soup + 1/4 cup nonfat milk + 1/2 cup shredded low-fat cheese on top.
- **Smoked Turkey & Spinach:** 1 cup diced, smoked turkey + 1 1/2 cups chopped spinach + 1/2 cup chopped mushrooms + 1 1/2 cups cooked barley + 1 can cream of celery soup + 1/4 cup nonfat milk + 1/2 cup shredded low-fat cheese on top.
- **Mexican Black Beans & Rice:** 1 cup black beans + 1 1/2 cups chopped spinach + 1/2 cup corn + 1 1/2 cups cooked brown rice + 1 cup diced tomatoes + 1/2 cup low-fat sour cream + 1/2 teaspoon ground cumin + 1/4 teaspoon cayenne pepper + 1/2 cup shredded low-fat cheese on top.

Chef's Tips:

- **Vegetables:** Cook firmer veggies like carrots or broccoli, and heartier greens like kale or collards, for 3-4 minutes in boiling water. Drain well before adding to casserole. If using canned or thawed frozen vegetables, drain them well. You don't need to cook them before adding.
- **Whole Grains:** Cook grains according to package instructions ahead of time. Refrigerate and add to casseroles you make that week.
- **Toppings:** Toppings like bread crumbs, corn flakes, or tortilla chips may brown quickly. Cover the casserole loosely with foil while cooking. Remove the foil for the last 5-10 minutes.

Make Ahead Breakfast Burritos

Servings: 8 | Total Time: 35 minutes
Adapted from Spend Smart Eat Smart Iowa State
University Extension

Ingredients

- 1 cup diced potatoes (1 medium potato)
- 1/2 cup diced onions (1/2 cup medium onion)
- 1 cup diced bell peppers (1 medium pepper)
- 8 beaten eggs
- 1/8 teaspoon garlic powder
- 1/4 teaspoon pepper
- 1 cup shredded 2% reduced fat cheddar
- cheese
- 8 flour tortillas (8 inch)

Instructions

1. Spray a large skillet with nonstick cooking spray.
2. Cook the potatoes for 6 to 10 minutes over medium heat.
3. Add onions and peppers to the potatoes. Cook for 3 to 4 minutes until the potatoes are browned.
4. Add beaten eggs to the vegetable mixture. Cook for 4-5 minutes over medium heat. Stir off and on until there is no liquid.
5. Stir in the garlic powder and pepper.
6. Use 2 tablespoons of cheese and 1/2 cup of the egg mixture for each burrito. Roll into burrito. Serve or freeze.

You can freeze burritos. Wrap each burrito tightly in plastic wrap. Freeze in a single layer on a cookie sheet. Seal wrapped burritos in a freezer bag when they are frozen. To reheat the frozen burritos: Remove the plastic wrap. Wrap burrito in a damp paper towel. Set microwave on medium power. Heat burrito for 3-4 minutes.

Three Can Chili

Servings: 4 | Total Time: 15 minutes
Adapted from Spend Smart Eat Smart Iowa
University Extension

Ingredients

- 1 can (15 ounces) reduced sodium black beans or 2 cups cooked beans (Can substitute regular black beans)
- 1 can (15.5 ounces) corn
- 1 can (14.5 ounces) tomatoes (chopped or broken into pieces)
- Chili powder to taste

Instructions

1. Before you begin wash your hands, surfaces and utensils.
2. Place contents of all three cans (undrained) into a large saucepan.
3. Sprinkle with chili powder to taste.
4. Stir and heat thoroughly.
5. Serve immediately.

Tip:

Other ingredients that may be added include cooked meat, chopped cooked onions or green peppers.

Vegetable Frittata

Servings: 9 | Total Time: 45-55 minutes

Ingredients

- Non-stick spray
- 8 large eggs
- ¼ teaspoon pepper
- ¼ teaspoon garlic powder
- 2 cups Frittata friendly vegetables cut into ½ inch pieces: (Corn, chopped broccoli, cauliflower, zucchini, mushrooms, baby spinach or shredded kale)
- 1/2 cup shredded cheddar cheese
- 1/4 cup chopped fresh herbs (basil, parsley, cilantro) or 1 teaspoon dried basil or oregano

Instructions

1. Before you begin wash your hands, surfaces, utensils, and vegetables.
2. Preheat the oven to 350 degrees. Lightly spray the baking pan with non-stick spray.
3. Crack the eggs in the bowl, add pepper and garlic powder and use a fork or whisk to beat the eggs until they are pale yellow.
4. Add the vegetables, cheese, and herbs and mix.
5. Pour the mixture into the baking pan and put the pan in the oven.
6. Bake for 35 to 45 minutes until the top is golden and the eggs are set and no longer jiggling.

Cowboy Caviar (Bean Salsa)

Servings: 10 | Total Time: 10 minutes
Adapted from ChooseMyPlate.gov

Ingredients

- 1 can kidney beans, drained (15 ounces)
- 1 can black beans, drained (15 ounces)
- 1 can corn, drained (15 ounces)
- 1 can crushed tomatoes (15 ounces)
- 1 can chopped green chilies, drained (4 ounces)
- 1/4 cup finely chopped onion
- 1 tablespoon oil
- 3 limes, juiced (optional)
- salt (to taste, optional)
- pepper (to taste, optional)

Instructions

1. Mix kidney beans, black beans, corn, tomatoes, chilies, and onion in a large bowl.
2. Add lime juice, oil, salt, and pepper; toss gently to combine.
3. Serve by itself or with corn chips.

Overnight Oats

Servings: 8 | Total Time: 45 minutes
Adapted from Oregon State University FoodHero

Ingredients

- 1 cup uncooked old fashioned rolled oats
- 1 cup vanilla low-fat yogurt
- 1/2 cup nonfat or 1% milk
- 1/2 cup berries, fresh or frozen, any variety
- 1/2 cup chopped apple (about 1/3 a medium apple)

Instructions

1. In a medium bowl, mix oats, yogurt and milk.
2. Add the fruit now or add just before eating.
3. Cover and refrigerate oatmeal mixture for 6-12 hours. For grab-and-go breakfasts, place scoops of mixture in small dishes or spoon into small containers with lids.
4. Refrigerate leftovers within 2 hours.

Use any fresh, frozen, or canned fruits on hand.

Carver Dip

Servings: 8 | Total Time: 10 minutes
Adapted from Spend Smart Eat Smart Iowa
State University Extension

Ingredients

- 1 can (15 ounces) sweet potatoes or yams
- 1/2 cup unsweetened applesauce
- 1/4 teaspoon cinnamon
- 1 teaspoon sugar

Instructions

1. Drain the liquid off the sweet potatoes.
2. Combine all ingredients in a microwave safe bowl.
3. Cook in microwave for 1 1/2 minutes or until heated through.
4. Stir until smooth.

Tips:

This dish can be served hot or cold.
Serve as a spread or dip for fresh fruit or graham crackers.

Cranberry Chicken Salad

Servings: 6 | Total Time: 15 minutes
Adapted from ChooseMyPlate.gov

Ingredients

- 16 ounce canned chicken breast, drained
- 1 large celery stalk, sliced thin
- 2 green onions (scallions) sliced thin
- 3/4 cup dried cranberries
- 1/4 cup light mayonnaise
- 1/4 cup plain Greek yogurt
- 2 teaspoons yellow or Dijon mustard
- Salt and Pepper to taste

Instructions

1. Add the chicken to a medium mixing bowl. Separate chicken with edge of spoon.
2. Add sliced celery and onion to the mixing bowl.
3. Toss in the cranberries.
4. Add the mayonnaise, Greek yogurt, and mustard.
5. Using a spoon mix all the ingredients together until blended.
6. Add salt and pepper if desired.

Serve with whole grain bread or crackers, or on a bed of lettuce.

Chocolate Cake

Servings: 16 | Total Time: 45 minutes
Adapted from Cooking Matters

Ingredients

- 1 1/2 cups all-purpose flour
- 3/4 cup dark brown sugar
- 1/3 cup unsweetened cocoa powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 cup unsweetened applesauce
- 1/4 cup canola oil
- 1 Tablespoon vinegar (white or cider vinegar work well)
- 1 teaspoon vanilla extract
- 1 cup cold water
- Non-stick cooking spray

Instructions

1. Preheat oven to 350°F. In a large bowl, mix flour, brown sugar, cocoa powder, baking soda, and salt.
2. In a medium bowl, mix applesauce, oil, vinegar, vanilla, and water.
3. Add wet ingredients to dry ingredients. Mix until just combined. Do not overmix. Batter will be thin.
4. Coat a 9-inch square pan with non-stick cooking spray. Pour batter into greased pan. (Does not work well in a 9x13 pan, can also use a muffin pan to make muffins)
5. Bake on middle rack of oven until center is firm and a toothpick inserted in the middle comes out clean. This will be about 30–40 minutes.

Dress up the cake by dusting with powdered sugar, vanilla yogurt, or berries.

This is a great cake recipe that does not use milk or eggs!

Rice and Bean Salad

Servings: 6 | Total Time: 20 minutes

Ingredients

- 1 cup cooked, cooled brown rice
- 1 cup tomatoes, chopped (about 1 medium)
- 2 medium carrots, chopped or grated
- 2 tablespoons onion, finely chopped
- 1 cup corn, frozen
- 1 cup green bell pepper, diced
- 1 can (15 ounces) black beans, drained and rinsed
- ¼ cup lime juice
- ¼ cup oil, vegetable or canola
- ½ teaspoon salt
- ½ teaspoon ground black pepper

Instructions

1. Cut up the carrots, bell pepper, onion and tomato. Put the vegetables in large bowl.
2. Add frozen corn, drained and rinsed black beans, and rice to the bowl.
3. Using a fork or whisk, whisk together the lime juice, oil, salt, and pepper in a small bowl. Pour over rice and veggie mixture and stir gently to combine.
4. Refrigerate at least 30 minutes before serving to let flavors blend.

Strawberry S'mores

Servings: 1 | Total Time: 5 minutes
Adapted from ChooseMyPlate.gov

Ingredients

- 2 strawberries
- 1 graham cracker (broken in half)
- 2 cup yogurt, low-fat vanilla (2 Tablespoons)

Instructions

1. Rinse the strawberries in water.
2. Slice the strawberries.
3. Add the yogurt and strawberries to 1/2 of graham cracker.
4. Top with the other 1/2 of graham cracker.
5. Enjoy immediately.

Substitute any desired low-fat yogurt flavor.
Try other fruits like blueberries, bananas, etc.

Vegetable Quesadillas

Servings: 4 | Total Time: 25 minutes

Ingredients

- 2 teaspoons oil, vegetable or canola
- 2 cups chopped vegetables: choose any vegetables that are in season or use whatever you have on hand. Try zucchini, broccoli, bell pepper, onion, yellow squash, or spinach.
- Cooking spray
- 4 8" whole-wheat tortillas
- 1 cup canned black beans, rinsed and drained
- 1 cup reduced-fat shredded cheddar cheese
- 1/2 cup salsa, for serving

Instructions

1. Add oil to a 10-inch non-stick skillet and heat over medium
2. Add vegetables to pan and cook for 4-6 minutes, stirring occasionally, until tender. Remove from pan and set aside.
3. To prepare quesadillas, place tortillas on a clean surface. Cover half of each tortilla with 2 tablespoons of cheese, 1/4 cup black beans and 1/4 of the cooked vegetables. Sprinkle with an additional 2 tablespoons of cheese. Fold the empty halves of the tortillas over the fillings to create a half-moon.
4. Lightly coat the same pan with cooking spray. Place 2 quesadillas back to back in the center of the pan, with the folded sides touching. Cook on medium for 2-3 minutes, or until the bottoms of the tortillas begin to brown.
5. Carefully flip each quesadilla. Cook for an additional 2-3 minutes, or until cheese is melted and bottom tortillas are browned.
6. Repeat steps 4 and 5 to cook the remaining 2 quesadillas.
7. Cut each quesadilla into four triangles. Serve warm with salsa.

Raspberry Lime Fizz

Servings: 5 | Total Time: 5 minutes
Adapted from Cooking Matters

Ingredients

- 1 cup cranberry-raspberry juice
- 4 cups seltzer water
- 1 large lime

Instructions

1. In a large pitcher, mix cranberry-raspberry juice with seltzer water.
2. Rinse lime and cut in half. Squeeze juice from each half into the pitcher, discarding seeds.
3. Mix well before serving.

Tips:

Pour over ice and garnish with a lime wedge.
Replace cranberry-raspberry juice with any 100% juice you prefer.

For more fruit flavor, increase juice or decrease seltzer water.

Add thin slices of lemon, lime, or orange for more flavor.
If you do not have a large pitcher, prepare in a large bowl.
Use a measuring cup or ladle to serve.

Skillet Spaghetti

Servings: 8 | Total Time: 45 minutes
Adapted from EatMoreSave Illinois Extension

Ingredients

- 1 jar (28 oz) spaghetti sauce
- 1 1/2 cup water
- 2 cups (8 oz) spaghetti pasta, uncooked broken in half
- 2 cups cooked ground meat (beef or turkey)
- 1/2 cup Parmesan cheese, shredded or grated
- 8 ounces package white mushrooms (can substitute canned mushrooms)

Instructions

1. Before you begin wash your hands, surfaces, utensils, and mushrooms.
2. In large skillet, combine spaghetti sauce and water.
3. Stir to combine and bring to a boil.
4. Cover and reduce heat to simmer for 20-25 minutes Stir frequently and add more water if needed.
5. Add cooked meat to skillet and simmer 5-10 minutes, until meat is heated through and internal temperature is 160 degrees F.
6. Top with cheese and serve.

Notes

Add chopped onion for more flavor.
Try whole-wheat pasta to increase fiber.
Use cheddar cheese in place of Parmesan.

Fruit Infused Water

Servings: 4 | Total Time: 5 minutes

Ingredients

- Water
- Any Fruits or Herbs available on hand. Try these combos or have fun making your own flavor creations!

Watermelon, lime, and mint leaves
Strawberries and lemons (sliced with peel cut off)
Frozen mixed berries
Lemons and cucumbers
Strawberries and basil leaves
Oranges (peel removed) and raspberries

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. Add chopped fruit and lemon or lime juice to a large pitcher. Fill pitcher with water and cover with plastic wrap.
3. Store overnight in refrigerator.

Tips: Use any fresh or frozen fruits.
Allow fruit and water to infuse overnight for a stronger flavor.

Teriyaki Rice Bowl

Servings: 6 | Total Time: 30 minutes

Adapted from Spend Smart Eat Smart Iowa
State University Extension

Ingredients

- 2 teaspoons oil (canola or vegetable)
- 3/4-pound boneless chicken, beef or pork (cut into strips)
- 2 cloves garlic, minced or 1/4 teaspoon garlic powder
- 2 cups water
- 1/2 cup low sodium teriyaki or soy sauce
- 2 cups instant brown rice, uncooked (substitute white rice or another grain)
- 1 package (14-16 ounces) frozen stir fry vegetables or any frozen, fresh, or canned vegetables on hand

Instructions

1. Heat oil in large nonstick skillet on high heat. Add meat and garlic. Cook and stir 5 minutes.
2. Add water and teriyaki or soy sauce and stir. Bring to a boil.
3. Stir in the rice. Return to a boil. Reduce heat to low and cover. Simmer 5 minutes.
4. Stir in frozen vegetables. Heat until vegetables are hot (about 5 minutes)
5. Let stand 5 minutes. Fluff with a fork

Tips:

Freeze individual portions for lunch if a microwave is available for reheating.

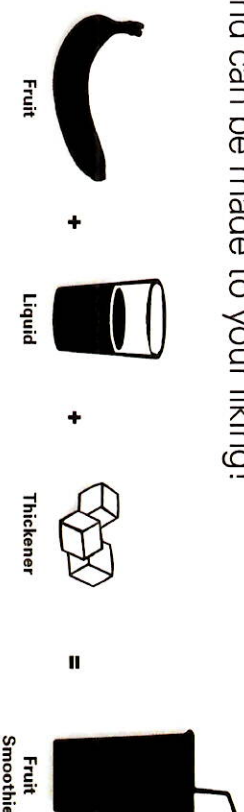
Use leftover (or planned-over) cooked meat if desired.

Smoothie Framework



Make Your Own Fruit Smoothies

Smoothies are easy, healthy, and can be made to your liking!



Add ingredients from each column to blender. Blend until thick and smooth.

Fruit ($\frac{1}{2}$ -1 cup sliced or chopped per smoothie — fresh or frozen)	Liquid ($\frac{1}{2}$ to 1 cup per smoothie)	Optional Flavorings (up to $\frac{1}{2}$ tsp per smoothie)	Thickener (up to $\frac{1}{2}$ cup per smoothie)
Bananas	Apple juice, 100% juice	Ground cinnamon	Ice
Strawberries	Orange juice, 100% juice	Vanilla extract or flavor	Low-fat or nonfat yogurt (plain or frozen)
Raspberries, whole	Cranberry juice, 100% juice	Zest from lemon, lime, or orange	Frozen low-fat or nonfat yogurt
Blueberries, whole	Low-fat or nonfat milk, plain or flavored	Coconut flakes, unsweetened	Silken tofu
Peach	Soy milk, plain or flavored	Honey or maple syrup	
Mango			
Pineapple	Almond milk		

Try these combos!

Very Berry: $\frac{1}{2}$ -cup mixture of strawberry, blueberry, and raspberry + $\frac{1}{2}$ cup apple juice + $\frac{1}{4}$ cup plain yogurt + 1 tsp honey + $\frac{1}{4}$ cup ice

Banana-Honey: $\frac{1}{2}$ cup sliced, frozen banana + $\frac{1}{4}$ cup apple juice + $\frac{1}{4}$ cup nonfat milk + $\frac{1}{4}$ cup plain yogurt + 1 tsp honey

Triple-C Blast: $\frac{1}{2}$ -cup mixture of mango and papaya + $\frac{1}{2}$ cup orange juice + $\frac{1}{4}$ cup nonfat vanilla yogurt + 1 tsp honey + $\frac{1}{4}$ cup ice

Tropical Sunrise: $\frac{1}{2}$ -cup mixture of banana and mango + $\frac{1}{2}$ cup low-fat milk + $\frac{1}{2}$ tsp coconut flakes + $\frac{1}{4}$ cup nonfat yogurt + $\frac{1}{4}$ cup ice

Chef's Tips:

- Use milk, tofu, or yogurt to create a creamier smoothie.
- If adding frozen fruit, use less or no ice.
- Freeze slices of fruits that are about to go bad. Use them in smoothies.

CFAES

EST. 1870

THE PRIORITY IS LIFE

Let's Do Lunch

Presented by
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O THE OHIO STATE UNIVERSITY
College of Food, Agricultural, and Environmental Sciences

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Learning Objectives

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- Deciding what to cook
- Tips for money saving on your grocery bill
- Identifying seasonal produce
- Get tips on meal prep.


2

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What's for Lunch?

3

MyPlate plan



Start simple with MyPlate

- Buy in season
- Look for Whole Grains
- Different protein options
- Look for low-or fat-free options

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4

Tips to save time



PLANNING



PURCHASE



PREPARE

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Menu Planning

Plan by proteins

Plan by meal

Favorite Recipes

Favorite Recipes


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Save money on Meal Prep!

- Use What you have on hand.
- Bring your own condiments in small containers
- Look for Sales
- Make it a family affair
- Make time to meal prep.



Education License Standard Usage

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Planning and prepping

- Make time, you will thank yourself later!





Cook large batch of protein for the week



Hard boil eggs in a larger batch



Large batches of rice

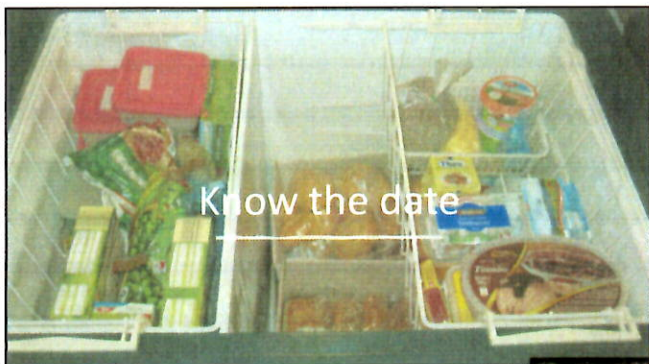


Large batches of pasta



Creative ways for fresh fruit and vegetables

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Know the date

9

Freezer Organization Tips


Know what you have before you plan, purchase, and prepare.



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Having the right materials

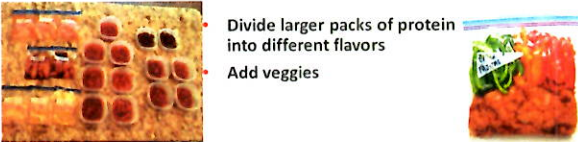
- Bags of different sizes
- Containers
- Marker
- Labels
- Recipe & directions



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Mix and Match Options

- Divide larger packs of protein into different flavors
- Add veggies



<https://www.thebudgethousewife.com/recipe/cookie-for-2-21-1000-1-1-100/>

12

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Mix and match Stir-Fry



<https://recipes.blender.com/recipe-the-5x-5/>


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Repurpose this summer

- Buy/cook once, use many times!
- Unlimited ideas
- Get creative

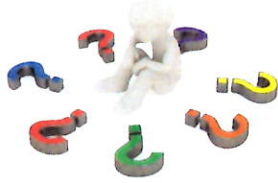
14



Don't forget the fruit!

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What's for Lunch?



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Breakfast for lunch



Have fun with Lunch

- Start Small.
- Make use of your freezer
- Use ingredients that you and your family enjoy!

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Rise and Shine Breakfast Burrito




Simple Ingredients

- Make ahead and freeze
- Lunch or Dinner
- Make it your own!

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Peach Salsa



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Resources

<https://www.myplate.gov/>

<https://livehealthysu.com/2022/01/06/are-you-stuck-in-a-cooking-rut/>

https://www.ksre.k-state.edu/humannutrition/nutrition-topics/eatingwell-budget/makeaheadmeals-documents/cook_once_eat_twice_3-1.pdf

<https://feedingourflamingos.com/freezer-stir-fry-kits/>

<https://www.onecrazyhouse.com/freezer-meal-recipes/>

<https://www.thelittlefrugalhouse.com/freezer-cooking-for-2-21-meals-in-1-hour/>

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Resources

<https://www.nm.org/healthbeat/healthy-tips/nutrition/5-tips-for-healthy-meal-planning>

<https://www.myplate.gov/>

<https://celebrateyourplate.org/recipes?>

<https://livehealthysu.com/2022/08/16/tips-for-packing-a-reduced-waste-lunch/>

<https://www.cheatsheet.com/culture/meal-prep-hacks-save-time-money.html/>

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HOW LONG WILL IT LAST IN THE freezer?

dairy + misc

FOOD	FREEZER	FOOD	FREEZER	FOOD	FREEZER
Butter	6-9 months	Cheese	6 months	Cakes, pastries, doughnuts	3 months
Cream/Half & Half	4 months	Bread	1 month	Pancakes/waffles	3 months
Ice Cream	1-2 months	Eggs- raw	1 year	Frozen casseroles	3-4 months
Milk	3 months	Nuts	6 months	TV dinners	3-4 months
Yogurt	1-2 months	Cookie or bread dough	1 month	Pizza	1-2 months

meat

FOOD	FREEZER	FOOD	FREEZER	FOOD	FREEZER
Ground beef	3-4 months	Fresh chicken/turkey whole	1 year	Hot dogs	1-2 months
Steaks	6-12 months	Fresh chicken/turkey pieces	9 months	Lunch meats	1-2 months
Chops	4-6 months	Bacon	1 month	Chicken nuggets	1-3 months
Roasts	4-12 months	Sausage	1-2 months	Cooked meat/meat dishes	2-3 months
Ham	1-2 months	Breakfast links/patties	1-2 months		

soups + fish

FOOD	FREEZER	FOOD	FREEZER	FOOD	FREEZER
Vegetable soup	2-3 months	Lean fish	6-8 months		
Soup with meat	2-3 months	Fatty fish	2-3 months		
		Cooked fish	4-6 months		
		Smoked fish	2 months		
		Fresh shrimp	3-6 months		

fruits + vegetables

FOOD	FREEZER	FOOD	FREEZER	FOOD	FREEZER
Asparagus	8-12 months	Onions	10-12 months	Apples	8-12 months
Broccoli	10-12 months	Potatoes	10-12 months	Berries	8-12 months
Carrots	10-12 months	Tomatoes	2 months	Citrus Fruits	4-6 months
Corn	8-12 months			Melons	8-12 months
Green beans	8-12 months			Juices	8-12 months



Rise and Shine Breakfast Burrito

Servings 4 | Prep time 10 mins. | Total time 20 mins.

Equipment:

Medium bowl
Frying pan
Medium saucepan or medium-sized microwave-safe bowl

Utensils:

Whisk or fork
Knife
Spatula
Measuring cups and spoons

Ingredients

1 to 4 eggs
1/4 cup low-fat milk
Season to taste: salt, pepper, chili powder
1 teaspoon olive oil OR vegetable oil
4 large whole wheat tortillas, warmed
1 cup fat-free refried beans OR [Celebrate Your Plate Five-Minute Refried Beans](#)
1 cup cheddar cheese, shredded
1 medium tomato, chopped

Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans (if using canned refried beans), and produce.
2. Mix eggs, milk, salt, black pepper, and chili powder in a medium bowl.
3. Heat oil in frying pan over medium-high heat, or 250 degrees on an electric skillet.
4. Pour egg mixture into frying pan. Stir frequently with spatula, cooking until firm.
5. Warm the refried beans in a medium saucepan--or microwave in a microwave-safe bowl--until warmed through.
6. On each tortilla, layer 1/4 of refried beans, eggs, cheese, and tomato.
7. Roll the burrito and cut in half.

Nutritional Information:

Calories 470
Total Fat 18g
Sodium 920mg
Total Carbs 56g
Protein 24g



Peach Salsa



Ingredients

- 1 cup chopped **peaches** (canned and drained or fresh)
- 1 large **tomato**, chopped
- 1 **bell pepper**, chopped (see **Note**)
- ½ cup chopped **onion**
- ½ cup chopped **cilantro**
- 1 Tablespoon **lime juice**
- ¼ teaspoon *each* **salt** and **pepper**

Makes: 2 cups

Prep time: 15 minutes

Directions

1. Wash hands with soap and water.
2. Combine peaches, tomato, bell pepper, onion and cilantro in a large bowl. Add lime juice, salt and pepper. Stir gently to mix.
3. Cover and refrigerate until ready to serve.
4. Refrigerate leftovers within 2 hours.

Notes

- For extra flavor, add cayenne pepper or diced jalapeno peppers.
- Serve with fresh vegetables, crackers or [Food Hero Baked Tortilla Chips](#).
- Try with tacos, tostadas, fish, chicken, and more.
- Freeze extra lime juice for later.



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Nutrition Facts

8 servings per container	
Serving size	1/4 cup (75g)
Amount per Serving	
Calories	20
% Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 75mg	3 %
Total Carbohydrate 5g	2 %
Dietary Fiber 1g	4 %
Total Sugars 3g	
Includes 0g Added Sugars	0 %
Protein 1g	
Vitamin D 0mcg	0 %
Calcium 9mg	0 %
Iron 0mg	0 %
Potassium 149mg	4 %
Vitamin A 20mcg	2 %
Vitamin C 18mg	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.

