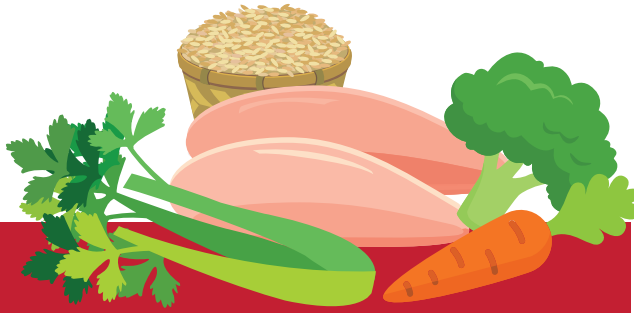


Serves 4
(1½ cups per serving)

Prep time: 25 minutes
Cook time: 25 minutes

Chinese Chicken and Veggies



Ingredients

1 cup brown rice
½ pound broccoli
2 medium celery stalks
1 medium carrot
1 small jalapeño pepper or other chile pepper
1 clove garlic
6 ounces boneless chicken pieces or firm tofu
¼ cup low-sodium soy sauce
1 tablespoon brown sugar
1 tablespoon cornstarch
2 tablespoons canola oil
½ teaspoon ground ginger

Nutrition Facts (per serving):

Calories — 330
Calories from fat — 80
Total Fat — 9 g (14% daily value)
Saturated fat — 1 g (5% daily value)
Trans fat — 0 g
Cholesterol — 20 mg (7% daily value)
Sodium — 490 mg (20% daily value)
Total carbohydrate — 50 g (17% daily value)
Dietary fiber — 4g (16% daily value)
Sugars — 7 g
Protein — 13 g
Vitamin A — 60%
Vitamin C — 100%
Calcium — 6%
Iron — 10%

Instructions

1. Cook rice following package directions. Set aside. Cover to keep warm. While rice is cooking, make veggie mixture.
2. Rinse and chop broccoli and celery. Peel, rinse, and chop carrots. Cut all veggies into equal-sized pieces. Rinse and mince jalapeño. Peel and finely chop garlic.
3. If using chicken, remove any skin. Cut chicken into small pieces.
4. In a small bowl, stir together soy sauce, brown sugar, and cornstarch. Add 1 teaspoon of the minced jalapeño. Stir.
5. In a medium skillet over medium-high heat, heat oil. Add ground ginger and stir. Add chicken or tofu. Cook, stirring occasionally, until slightly browned and starting to cook through, about 2 minutes.
6. Add chopped veggies. Stir frequently. Cook until veggies are tender and chicken is completely cooked but not dry, about 5 — 7 minutes.
7. Add soy sauce mixture. Bring to a boil. Reduce heat. Simmer until sauce is slightly thickened, about 2 minutes.
8. Serve over warm brown rice.

Note: You can use your choice of frozen veggies instead of fresh veggies.



Confetti Bean Salsa

Serves 8

Prep time: 10 minutes

Ingredients

1½ cups fresh or frozen corn
1 can reduced-sodium red or black beans
1 large tomato
1 large sweet onion
1 teaspoon ground cumin
2 tablespoons olive oil
1 tablespoon lime juice (fresh or bottle)

Instructions

1. Drain and rinse beans.
2. Chop tomato and onion.
3. Combine corn, beans, tomato, onion, cumin, olive oil, and lime juice in bowl.
4. Mix well.
5. Serve with tacos or tortilla chips.

Nutrition Facts (per serving):

Calories — 138
Carbohydrate — 22 g
Fat — 4 g
Protein — 6 g
Sodium — 131 mg
Fiber 5 g

Yogurt Berry Parfait



Serves 4

Prep time:
5 minutes

Ingredients

2 cups yogurt (low-fat or fat-free; plain or vanilla*)
1 cup banana (sliced)
½ cup blueberries (fresh)
½ cup strawberries (fresh, sliced)
1 cup granola
(Other fruit options: raspberries, peaches, pineapple, or mangoes*)

Instructions

1. Line up 4 parfait or other tall glasses.
2. Spoon about ¼ cup of yogurt into each glass.
3. Top with about ¼ cup of fruit.
4. Sprinkle each with 2 tablespoons of granola.
5. Repeat the process to add another layer.

*Low-fat vanilla yogurt used for nutrient analysis. Other fruit options are not included in the nutrient analysis.

Nutrition Facts (per serving):

Calories — 304
Total fat — 9 g
Saturated fat — 2 g
Cholesterol — 6 mg
Sodium — 89 mg
Total carbohydrate — 46 g
Dietary fiber — 5 g
Total sugars — 30 g
Added sugars included — 11 g
Protein — 11 g
Vitamin D — 1 mcg
Calcium — 240 mg
Iron — 2 mg
Potassium — 613 mg



Bugs on a Log

Serves 1

Prep time: about 15 minutes

Ingredients

“Logs” (choose 1):

- 1 celery stalk, cut into 3 pieces
- Apple slices
- Carrot, raw, sliced into 3-inch pieces

Spread (choose 1, about 1 tablespoon):

- Cream cheese, low-fat
- Peanut butter
- Sunflower butter

“Bugs” (choose 1, about 1 tablespoon):

- Raisins (regular or golden)
- Unsweetened whole-grain cereal
- Peanuts, chopped

Instructions

Choose 1 “log” option, top with 1 spread option, and sprinkle with a “bug” option.

Nutrition Facts (per serving):

(Based on celery, low-fat cream cheese, and raisins.)

Calories — 60
 Total fat — 2 g
 Saturated fat — 1 g
 Cholesterol — 8 mg
 Sodium — 68 mg
 Total carbohydrates — 9
 Dietary fiber — 1 g
 Total sugars — 7 g
 Added sugars included — 0 g
 Protein — 2 g
 Vitamin D — 0 mcg
 Calcium — 34 mg
 Iron — 0 mg
 Potassium — 149 mg

Peanut Butter Banana Oatmeal Smoothie

Serves 4

Prep time: 5 minutes

Ingredients

- 2 bananas
- 1 cup skim milk
- 1 cup nonfat vanilla Greek yogurt
- 1 cup oats
- ¼ cup peanut butter
- 1 teaspoon cinnamon
- 2 – 3 large scoops ice or more



Instructions

Place all ingredients in a high-speed blender and puree until smooth.

Note: For a thicker smoothie, add more ice.

Nutrition Facts (per serving):

Calories — 294
 Carbohydrates — 42.2 g
 Protein — 10.9 g
 Fat — 10.2 g
 Saturated fat — 2.4 g
 Polyunsaturated fat — 7.8 g
 Cholesterol — 3 mg
 Sodium — 141 mg
 Fiber — 5.6 g

Colorful Quesadillas

Serves 8

Prep time: 15 minutes

Ingredients

- 8 ounces fat-free cream cheese
- ¼ teaspoon garlic powder
- 8 small whole-wheat tortillas
- 1 cup chopped red or green pepper
- 1 cup chopped onion
- 1 cup shredded low-fat cheese
- 2 cups fresh spinach leaves or 9 ounces frozen, thaw and remove extra water



Instructions

1. In a small bowl, mix the cream cheese and garlic powder.
2. Spread about 2 tablespoons of the cream cheese mixture on each tortilla.
3. Sprinkle about 2 tablespoons of pepper, onion, and shredded cheese on 1 half of each tortilla.
4. Add spinach: ¼ cup if using fresh or 2 tablespoons if frozen. Fold tortillas in half.
5. Heat a large skillet over medium heat until hot. Put 2 folded tortillas in skillet and heat for 1 to 2 minutes on each side, or until golden brown.
6. Remove quesadillas from skillet; place on platter, and cover with foil to keep warm while cooking remaining quesadillas.
7. Cut each quesadilla into 4 wedges. Serve warm. Garnish with salsa and/or low-fat sour cream on the side.

Nutrition Facts (per serving):

Calories — 160 Fat — 3.5 g
 Carbohydrate — 21 g Protein — 20 g
 Sodium — 420 mg

You can watch cooking demos of all these recipes on the First Choice by Select Health YouTube channel!

Follow First Choice by Select Health

on    YouTube

FirstChoice
 by Select Health of South Carolina
 Your Hometown Health Plan

Healthy Connections 

www.selecthealthofsc.com

Source: Brooke A. Brittain, MS, RD, LD, CHES, CLC. SNAP-Ed Program Coordinator, South Carolina Department of Health and Environmental Control (DHEC).

These recipes are to help you learn about healthy cooking and eating. If you have a health condition with specific dietary needs, talk to your health care provider before cooking or eating anything featured in this information.