

Corn and Zucchini Soup

Ingredients

- 2 cans (14½ ounces each) chicken broth
- 1 onion, chopped
- 2 garlic cloves, peeled and finely chopped
- 3 zucchini, chopped
- 2 cups corn
- 2 cups chopped tomatoes
- 1 cup low-fat milk**
- Salt and pepper, to taste

Directions

1. In a large pot, heat ¼ cup chicken broth over medium heat.
2. Add onions and garlic. Cook until soft, stirring often.
3. Add zucchini. Cook until soft, stirring often.
4. Stir in corn, tomatoes and the rest of the broth. Turn heat up to high, and bring to a boil.
5. Turn heat down to low, and add milk**. Cook until heated through, stirring constantly.
6. Add Salt and pepper to taste.
7. Refrigerate leftovers.

**If using nonfat dry milk powder (NFDM), mix ⅓ cup NFDM with 1 cup water and add in step 5.

Makes 6 servings

Okra and Tomatoes

Ingredients

- 2 teaspoons vegetable oil
- 1 onion, chopped
- 2 cups sliced okra
- 1 can (14½ ounces) diced tomatoes, undrained
- ¼ teaspoon black pepper

Directions

1. In a large frying pan, heat the oil over medium - high heat. Cook onion until the onion looks clear, stirring often.
2. Add the okra, tomatoes and black pepper. Reduce heat to medium - low and cook for 10 to 15 minutes, stirring often.
3. The okra is done when it is tender.
4. Refrigerate leftovers.

Makes 4 servings

Asparagus Chicken

Ingredients

- 1 cup asparagus, washed and chopped
- 2 tablespoons vinegar
- 2 tablespoons oil
- ½ teaspoon salt (optional)
- ¼ teaspoon pepper (optional)
- 1 cup cubed, cooked chicken

Directions

1. Cook asparagus in a small amount of water 3-4 minutes until tender.
2. Drain and cool.
3. Stir together the next 4 ingredients in a bowl.
4. Add the chicken and asparagus. Toss well.
5. Serve over torn mixed greens if desired.
6. Serve cold!
7. Refrigerate leftovers.

Makes 2 servings

Warm Kale and Potato Salad

Ingredients

- 1 bunch kale (about ¾ pound).
- 1 tablespoon oil
- 1 large onion (about 1 cup chopped onion)
- 3 cloves garlic, minced
- 1 cup chicken stock or water
- 1 pound of potatoes (about 4), washed and sliced
- ¼ teaspoon salt
- 1 tablespoon lemon juice

Directions

1. Wash kale, remove the stems and chop the leaves.
2. In a large sauté pan, heat ½ tablespoon oil and sauté garlic, and onions.
3. Add stock (or water), kale, potatoes and salt. Cover and simmer for about 15 minutes or until cooked.
4. Add ½ tablespoon of oil and lemon juice.
5. Season with pepper (optional)

THE VEGGIE ZONE!

THE FRUIT ZONE!

Avocado & Tomato Salad

Ingredients

4 avocados, pitted, peeled, and diced
4 tomatoes, chopped
1 onion, thinly sliced
1 tablespoon vegetable oil
2 tablespoons vinegar
½ teaspoon garlic powder
¼ teaspoon oregano
Black pepper to taste
1 dash of salt

Directions

1. In a large bowl, toss together avocados, tomato and onion.
2. In a small bowl, stir together the oil, vinegar, garlic powder, oregano, black pepper and salt. Pour over avocado and tomato mixture.
3. Cover and chill for one hour before serving.
4. Refrigerate leftovers.

Makes 8 servings

Pineapple Rice

Ingredients

1 cup uncooked rice
6 slices canned pineapple
2 tablespoons vegetable oil
¼ cup chopped onion
1 clove garlic, chopped (optional)
½ cup pineapple juice

Directions

1. Bring 2 cups water to a boil.
2. Add rice and cook over low heat for 15 minutes. Set aside.
3. In a frying pan, cook the pineapple slices for 2 minutes on each side. Remove and cut into small pieces.
4. Heat the oil in the frying pan and add onion and garlic. Cook until tender.
5. Add the pineapple and juice to the frying pan.
6. Cook until the liquid is almost gone.
7. Stir mixture into the cooked rice. Enjoy!
8. Refrigerate leftovers.

Makes 4 servings

Fruity Banana Smoothie

Ingredients

1 cup vanilla yogurt
2 cups sliced peaches
1 banana, peeled
2 cups frozen strawberries
1 cup non-fat dry milk powder (optional)

Directions

1. Mix all ingredients in a blender.
2. Blend until smooth.
3. Serve and enjoy!
4. Refrigerate leftovers.

Note: This smoothie can also be made by hand. Use fresh strawberries instead of frozen. Mash all of the ingredients together. Stir with a spoon until well-blended. Serve and enjoy!

Makes 4 servings

Apple Raisin Salad

Ingredients

1 apple, washed cored, and chopped
½ cup raisins
2 tablespoons yogurt
cinnamon to taste (optional)

Directions

1. Combine all ingredients and chill.
2. Enjoy!
3. Refrigerate leftovers.

Makes 2 servings

Pear Salad

Ingredients

2 large pears, washed, cored and diced
1 cup canned pineapple or other fruit
¼ cup vanilla yogurt
2 tablespoons raisins (optional)

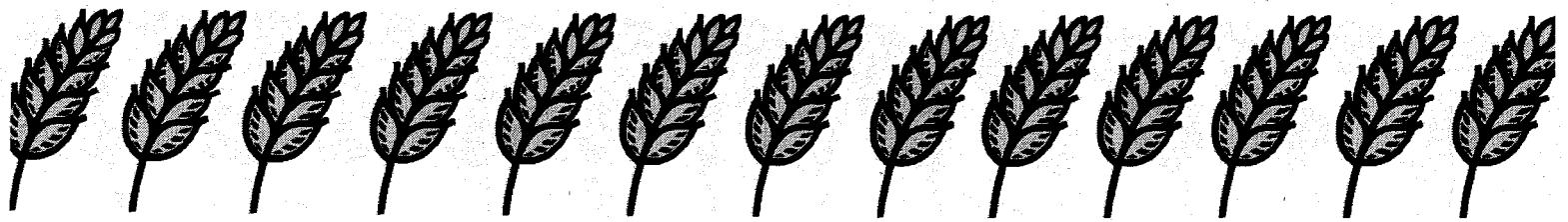
Directions

1. Combine everything in a bowl. Enjoy!
2. Refrigerate leftovers.

Makes 4 servings

Recipes courtesy of www.jsyfruitveggies.org

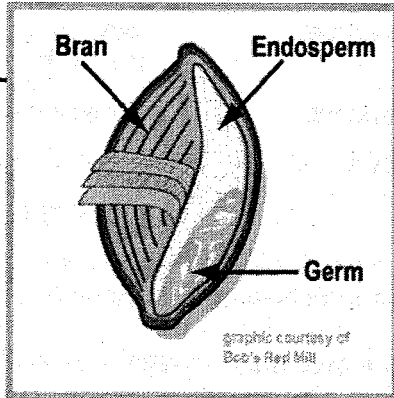
Arranged by: Patricia Lin, Cornell University Dietetic Intern
Tompkins County WIC, Fall 2008



Wholesome Whole Grains!

What is a whole grain?

All grains begin as whole grains. If a grain is milled and the 3 parts of the grain- the endosperm, bran, & germ- are left as is, the grain is kept as a whole grain.



Why are they healthy foods?

They provide:

- Fiber
- B-Vitamins
- Iron
- Antioxidants

What is a serving?

- 1/2 cup brown rice
- 1/2 cup oatmeal
- 1 slice of whole grain bread
- 1 cup of whole grain cereal
- 1 8-inch whole grain tortilla
- 1 small whole grain bagel

Whole Grain WIC Foods:

Whole Grain Bread Products:

- CHAIM'S: Whole Wheat Bread, Whole Wheat Mini Rolls
- PEPPERIDGE FARM: Stone Ground 100% Whole Wheat Bread, Very Thin Sliced Soft 100% Whole Wheat Bread, Whole Grain Seeded Rye Bread, Very Thin Sliced Whole Grain White Bread
- STERN'S: 100% Whole Wheat Bread, Whole Grain Bread
- STOP & SHOP: 100% Whole Wheat Bread (no salt added)
- THOMAS': Thomas' Mini Squares Bagel Bread (100% Whole Wheat)

New for 2009!

Brown Rice:

- "Any Brand": Plain brown rice in boxes

USDA Dietary Recommendations:

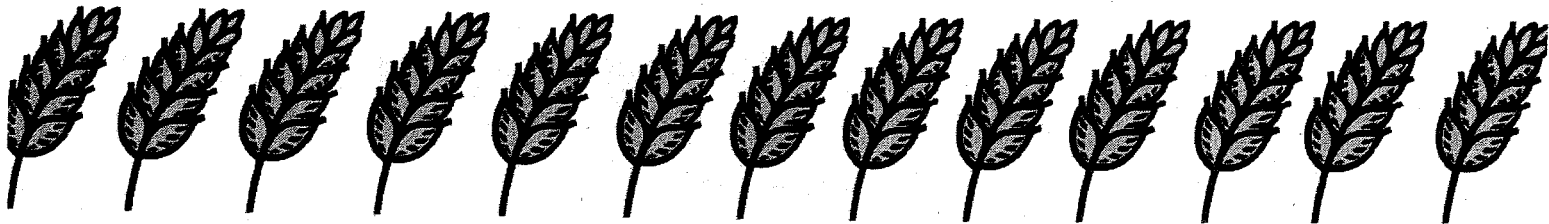
- Make at least 1/2 your grains whole.
- Most people should eat 3 or more servings of whole grains per day.

What to look for on labels:

- The 1st ingredient should read, "Whole Wheat Flour."
- NOT "Enriched Flour," etc.

Prepared by: Patricia Lin, Cornell University
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Recipe:

LENTILS-AND-BROWN RICE PILAF

Courtesy of Cornell Cooperative Extension

Ingredients:

2 ½ cup	Water	1 package (8 oz.)	Mushrooms, quartered
½ cup	Dried lentils	4 cloves	Garlic, minced
½ cup	Uncooked brown rice	½ cup	Fresh parsley, chopped
2 tablespoons	Olive oil	1 ½ tablespoons	Soy sauce, low-sodium
2 cup	Yellow onion, chopped	1 ½ tablespoons	Fresh lime juice
¾ cup	Red bell pepper, chopped	1 tablespoon	Worcestershire sauce
¾ cup	Green bell pepper,		Cooking spray

Directions:

1. Bring water to a boil in a saucepan. Add lentils and rice; return to a boil. Cover, reduce heat, and simmer 25 minutes or until rice is tender and liquid is almost absorbed. Remove from heat, and let stand 5 minutes or until liquid is absorbed.

1. Coat a large nonstick skillet with cooking spray; add oil, and place over medium-high heat. Add onion and peppers; sauté 4 minutes or until tender.

Add vegetables and remaining ingredients to lentils and rice. Let stand 15 minutes for flavors to blend.

Nutritional Information Per Serving (1 cup)

Calories: 120

Calories from fat: 30

Fat: 3.5g

Saturated fat: 0g

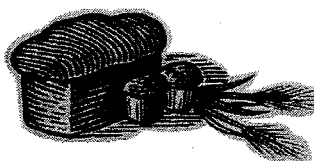
Cholesterol: 0mg

Sodium: 100mg

Carbohydrate: 19g

Dietary Fiber: 5g

Protein: 5g



Did you know?

Corn is a whole grain. In fact, corn has the most antioxidants compared to other grains and vegetables! Whole grain corn products include:*

- Corn on the cob
- Popcorn
- Corn cakes
- Polenta
- Whole wheat tortillas
- Corn muffins

*To ensure the food is whole grain, check the label and make sure it is NOT labeled as "degerminated."

Feeling Adventurous?

Try out these whole grains:

- Amaranth
- Barley
- Buckwheat grouts (kasha)
- Bulgur
- Millet
- Quinoa
- Wild Rice
- Whole Wheat:
 - ⇒ Bread
 - ⇒ Crackers
 - ⇒ Pasta
 - ⇒ Couscous

How to prepare brown rice:

Step 1: Rinse & drain

Rinse and drain 1 cup rice with water.

Step 2: Sauté

Sauté rice in 2 TBS of oil for 1 minute.

Step 3: Add water & boil

Add 2 cups of water in pot. Cover and bring to boil over high heat.

Step 4: Simmer

Simmer over low heat for 35 minutes.

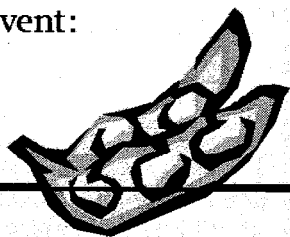
Step 5: Remove from heat

Remove pot from heat and let sit for 5 minutes. Fluff with fork and serve!

Beans: A Super Veggie!

3 Reasons to eat beans:

1. Beans are vegetables rich in:
Protein
Fiber
Vitamins
Minerals
⇒ Including folate, potassium,
iron, & magnesium
2. Beans are healthy foods. They are:
Low in fat
Free from saturated fat & cholesterol
3. Beans help to prevent:
Heart disease
Certain cancers.



Did you know?

You can limit your sodium intake by rinsing and draining canned beans before cooking.

What you can buy through WIC:

“Any Brand” Dry: Any variety of plain, mature dry beans, peas, or lentils

“Any Brand” Canned: Any variety of plain, mature beans, peas or lentils

NOT ALLOWED: Green beans, green peas, snap beans, orange beans, wax beans; baked beans, pork and beans; canned beans containing added sugars, fats, meat, or oils

USDA Recommendation based on the 2005 Dietary Guidelines for Americans:

Eat 3 cups per week.

How to prepare dried beans*

Step 1:

Rinse and pick stems and stones out.

Step 2:

Put beans in big pot. Add about 2-3 cups of water until beans are covered.

Step 3:

Cover the pot and soak beans in refrigerator overnight.

⇒ Or, to save time:

Boil beans for 2 minutes and then soak for 1 hour.

Step 4:

Cook beans according to label.

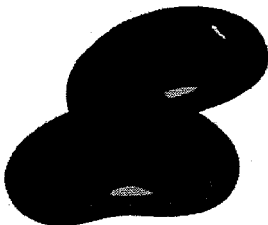
Note:

- 1 cup dry beans = 2 ½ cups cooked beans
- Lentils and peas do not need to be soaked before cooking.

Prepared by: Patricia Lin, Cornell University
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Types of Beans:*

- Black beans
- Black-eyed peas
- Chickpeas (garbanzo beans)
- Kidney beans
- Lentils
- Lima beans
- Navy beans
- Pinto beans
- Soy beans
- Split peas
- Tofu (bean curd made from soy beans)
- White beans



*For a full list of beans, ask your WIC nutritionist for handouts or visit www.mypyramid.gov/pyramid.

Recipe:

BROCCOLI AND BLACK BEAN QUESADILLA

Ingredients:

1 cup	Black beans, rinsed and cooked
¼ cup	Salsa
2 tablespoons	White wine vinegar
4 ounces	Cheddar cheese (1 cup grated)
1 cup	Broccoli, cooked
1 tablespoon	Vegetable oil
4	Flour tortillas, 8-inch
1	Small Serrano chili, seeded and finely chopped (1 tablespoon)

Directions:

1. In large mixing bowl, mash beans.
 2. Drain salsa and add to beans.
 3. Grate cheese and add to beans.
 4. Chop broccoli and add to beans.
 5. Heat oil in frying pan on medium.
 6. Lay tortilla flat on plate. Using 1/4 of bean mixture, fill half of tortilla, folding other half over mixture.
 7. Place folded tortilla in pan and cook 3 to 4 minutes, or until lightly browned. Flip and cook second side.
 8. Remove from pan and cut in half.
- Repeat with remaining tortillas.

Makes: 8 servings

Recipe:

BLACK BEAN SALSA

You can store this salsa tightly covered in the refrigerator up to two weeks. It makes an exciting topping for a baked potato!

Ingredients:

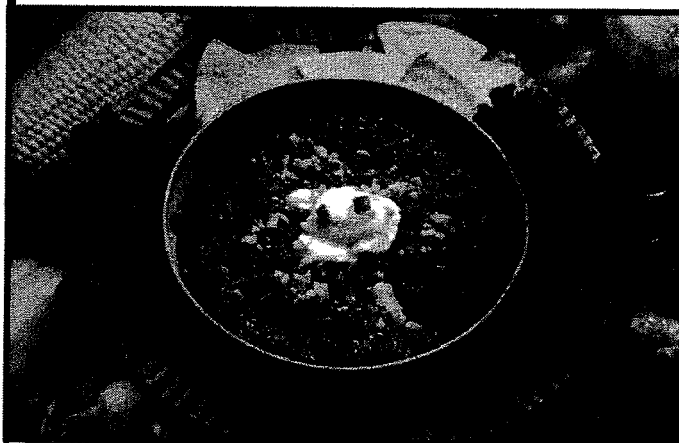
1 can (15 ounce)	Black beans, rinsed
¼ cup	Red onion, finely chopped and drained
2 tablespoons	White wine vinegar
¾ cup	Frozen corn, thawed
1 tablespoon	Vegetable oil
1	Small red bell pepper, chopped (1/2 cup)
¼ teaspoon	Salt
1	Small Serrano chili, seeded and finely chopped (1 tablespoon)

Directions:

1. Mix all ingredients in nonmetal bowl. Cover and refrigerate at least 1 hour to blend flavors. About 2 ½ cups salsa.

Nutritional Information Per Serving (1/4 cup)

Calories: 70	Calories from fat: 20
Fat: 2g	Saturated fat: 1g
Cholesterol: 0mg	Sodium: 150mg
Carbohydrate: 13g	Dietary Fiber: 3g



Recipes courtesy of
Cornell Cooperative Extension.