



EASY TURKEY SKILLET DINNER

This flavorful dish is tasty over brown rice (page 18).

Makes 4 servings. 1 cup per serving.

Prep time: 5 minutes + **Cook time:** 25 minutes

Preparation

1. Spray a large frying pan with nonstick cooking spray or lightly brush it with oil.
2. Brown turkey and onion over medium heat until turkey is cooked through and onion is soft, about 10 minutes.
3. Add tomatoes, tomato paste, and seasonings. Simmer (heat just below boiling point, bubbles form slowly and burst before reaching the surface) over medium heat for 10 minutes.
4. Add zucchini and cook for 5 more minutes. Serve while hot.
5. Add ground black pepper to kick up the spice!

Ingredients

- nonstick cooking spray or $\frac{1}{2}$ Tbsp vegetable oil
- $\frac{3}{4}$ pound lean ground turkey
- 1 medium onion, peeled and chopped
- 3 **tomatoes**, chopped
- 3 Tbsp tomato paste
- 1 tsp each dried basil, oregano, and garlic powder
- $\frac{1}{4}$ tsp black pepper
- $\frac{1}{2}$ tsp salt
- 2 medium **zucchini**, sliced



For a vegetarian option, replace turkey with firm tofu.

Photo courtesy of and recipe adapted from the *Network for a Healthy California*.

BROWN RICE

Choosing brown rice is a great way to include more whole grains in your meals.

Makes 6 servings. $\frac{1}{2}$ cup per serving.

Prep time: 5 minutes + **Cook time:** 30-45 minutes



Ingredients

2 cups water

1 cup brown rice, uncooked*

*When shopping, look for brown rice on the shelves with the white rice.

Preparation

1. Bring water to a boil in a heavy saucepan. Add rice.
2. Return to a boil, reduce heat and simmer covered for 35-40 minutes.
3. Check to make sure all the water has been absorbed by gently moving the rice with a small spoon to see if water is left on the bottom of the pan.
4. Do not stir the rice. Remove lid and let sit for 5 minutes.



Fitness Tip: Enjoy the outdoors! The California State Parks website helps you find public spaces for outdoor fun by simply entering in your zip code: www.findrecreation.parks.ca.gov/openspaces/.

Photo courtesy of and recipe adapted from the California WIC Program.

CRISPY OVEN-FRIED CHICKEN OR FISH

Serve with vegetables! This dish goes well with Zucchini Parmesan (page 37).

Makes 6 servings. 1 piece of chicken per serving.

Prep time: 5 minutes + **Cook time:** 30 minutes



Preparation

1. Place the oven rack in middle of the oven. Preheat oven to 350°F for chicken or 375°F for fish.
2. In a small bowl, combine cornflakes, salt, ground black pepper, onion powder, and garlic powder.
3. Place evaporated milk in a separate bowl. Dip chicken or fish pieces in milk and roll in crushed cornflake mixture, lightly coating both sides.
4. Spray the roasting pan with nonstick cooking spray or lightly brush with oil and arrange chicken or fish pieces on the pan in a single layer.
5. Bake chicken for 30 minutes. Bake fish for 10-20 minutes or until the fish falls apart when you poke it with a fork. Squeeze lemon juice on top of fish for extra flavor.

Ingredients

- 1 cup finely crushed cornflakes
- $\frac{1}{4}$ tsp salt
- $\frac{1}{2}$ tsp ground black pepper
- 1 tsp onion powder
- 1 tsp garlic powder
- $\frac{1}{2}$ cup evaporated skim (non-fat) milk
- 1 pound chicken breasts or fish fillets, skin removed and cut into 6 pieces
- nonstick cooking spray or $\frac{1}{2}$ Tbsp vegetable oil
- lemon juice (optional)



For a vegetarian option, use your favorite vegetables. Try eggplant and/or **zucchini**.

Photo courtesy of and recipe adapted from the *Network for a Healthy California*.

FAST FISH TACOS

Make your own restaurant style tacos at home for a light and healthy meal.

Makes 6 servings. 2 tacos per serving.

Prep time: 20 minutes + **Cook time:** 5 minutes

Preparation

1. In a medium bowl, combine fish, olive oil, lemon juice and seasoning mix; pour into a large frying pan.
2. Cook, stirring constantly, over medium-high heat for 4 to 5 minutes or until fish flakes easily when tested with a fork.
3. Fill tortillas with fish mixture.
4. Top with cabbage, tomato and sour cream. You may add taco sauce or lime juice for extra flavor!

Ingredients

- 1 pound cod or white fish fillets, cut into 1-inch pieces
- 1 Tbsp olive oil
- 2 Tbsp lemon juice
- $\frac{1}{2}$ package taco seasoning
- 12 (6-inch) warmed corn tortillas
- 1 cup shredded red cabbage
- 1 cup shredded green cabbage
- 2 cups chopped **tomatoes**
- $\frac{1}{2}$ cup nonfat sour cream or nonfat plain yogurt



For a vegetarian option, replace the prepared fish with cooked beans (page 34).



Fitness Tip: Keep track of your nutrition and physical activity each day! Find a food and physical activity tracker and other useful tools at www.choosemyplate.gov/tools.html.

YAM AND BEAN BURRITO

This burrito is healthy and full of flavor.

Makes 8 servings. 1 burrito per serving.

Prep time: 10 minutes + **Cook time:** 20 minutes



Photo courtesy of and recipe adapted from the California WIC Program.

Ingredients

- 2 large **yams**, peeled and cut into chunks
- 1 Tbsp plus 1 tsp vegetable oil, divided
- $\frac{1}{2}$ onion, diced
- 1 (15-ounce) can black beans, rinsed and drained, or 2 cups cooked black beans
- $\frac{1}{2}$ tsp cumin
- 8 whole wheat tortillas
- salt and pepper to taste

Preparation

1. Preheat oven to 375°F.
2. In a large mixing bowl, toss yam chunks with 1 tablespoon oil.
3. Spread coated yams on a baking sheet and roast in the oven for 20 minutes or until yams are tender.
4. In a large skillet, heat 1 teaspoon oil over medium-high heat. Add diced onion and sauté until tender.
5. Add beans, cumin, salt, and pepper to taste. Remove from heat and mix in cooked yam chunks, stirring gently.
6. Spoon mixture into the center of each tortilla. Roll up the tortilla and serve.



Fitness Tip: Dancing to music is fun and great for your body. Become healthier & more fit, just by having the time of your life!

CRISPY TAQUITOS

Great to keep in the freezer. You can heat and eat for a quick snack or side dish! Serve with sliced avocado for added flavor.

Makes 4 servings. 3 taquitos per serving.

Prep time: 15 minutes + **Cook time:** 10-15 minutes



Photo courtesy of and recipe adapted from the *Network for a Healthy California*.

Ingredients

- 2 cups Pico de Gallo, divided (page 41)
- $\frac{1}{2}$ cup cooked, finely chopped chicken
- $\frac{1}{2}$ cup fresh, frozen, or canned (no salt added) **corn**, thawed
- $\frac{1}{4}$ cup chopped green onion
- $\frac{1}{2}$ cup shredded reduced fat Cheddar cheese or Monterey Jack cheese
- 12 corn tortillas
- 2 tsp vegetable oil



To make vegetarian taquitos, replace cooked chicken with cooked beans (page 34).

Preparation

1. Heat oven to 425°F. In a medium bowl, combine 1 cup Pico de Gallo, chicken, corn, green onion, and cheese.
2. Soften tortillas on the stovetop or in the microwave oven, and spoon a heaping tablespoon of filling onto the center of each tortilla. Roll up tightly and secure each with a toothpick.
3. Place rolled tortillas seam-side down on a baking sheet and brush each lightly with oil. Bake for 10 to 15 minutes or until crisp and lightly browned.
4. Place 3 taquitos on each plate and serve with remaining Pico de Gallo.

SPANISH BROWN RICE

Serve this tasty dish with cilantro or a sprinkle of cheese.

Makes 6 servings. $\frac{1}{6}$ of recipe per serving.

Prep time: 10 minutes + **Cook time:** 40-50 minutes



Ingredients

- 1 Tbsp olive oil
- 2 cloves garlic, minced
- $\frac{1}{2}$ red onion, diced
- $\frac{1}{2}$ bell pepper, diced
- 1 large **tomato**, diced
- 1 jalapeno, seeds removed, minced
- 2 green onions, chopped
- 1 tsp chili powder
- 1 tsp salt
- 3 cups cooked brown rice (page 18)

Preparation

1. In a skillet over medium-high heat, sauté garlic, red onions, and green bell peppers in olive oil until tender.
2. Add tomatoes, jalapeno, green onions, chili powder, and salt. Cook until softened.
3. Stir in cooked brown rice. Cook over high heat for a few minutes, allowing any liquid in the pan to evaporate.



Fitness Tip: Walking is an easy way to be active! Get off the bus one or two stops early, or park your car at the far end of the parking lot. For more small steps that you can take, visit: http://www.smallstep.gov/take_small_steps_today.html.

Photo courtesy of and recipe adapted from the California WIC Program.

BLACK BEAN & CORN PITAS

A protein-packed mixture of seasoned vegetables, black beans and cheese.

Makes 4 servings. 1/2 pita per serving.

Prep time: 15 minutes

Ingredients

- 1 (15-ounce) can low-sodium black beans
- 1 cup fresh, frozen, or canned **corn**, thawed
- 1 cup fresh **tomatoes**
- 1 avocado, chopped
- 1 tsp chopped, fresh cilantro
- 1/2 tsp chili powder
- 2 medium whole wheat pita pockets
- 1/3 cup shredded part-skim Mozzarella cheese
- Garlic, lemon juice, and/or cayenne pepper (optional)

Preparation

1. Drain and rinse beans. In a medium bowl, combine beans, corn, tomatoes, avocado, and garlic. Add cilantro, cayenne pepper, lemon juice, and chili powder.
2. Cut pita bread in half to form 4 pockets, and spoon equal amounts of filling into each half. Top with cheese and serve. You may add garlic, lemon juice, and/or cayenne pepper for extra flavor!

Photo courtesy of and recipe adapted from the *Network for a Healthy California*.

TUNA BURGER

A mouth-watering sandwich, great for family meals.

Makes 4 servings. 1 burger per serving.

Prep time: 10 minutes + **Cook time:** 6 minutes



Ingredients

- 3 $\frac{1}{2}$ Tbsp nonfat mayonnaise, plus $\frac{1}{4}$ cup
- $\frac{1}{2}$ tablespoon mustard
- 1 egg white
- 2 (5-ounce) cans tuna in water with no added salt, drained and flaked, shredded
- $\frac{1}{2}$ cup dry breadcrumbs, divided
- $\frac{1}{4}$ cup green onions, chopped
- nonstick cooking spray or $\frac{1}{2}$ Tbsp vegetable oil
- 4 whole wheat hamburger buns, split lettuce, tomatoes, onion



For a vegetarian option, replace tuna with cooked garbanzo beans (chickpeas), lightly mashed.

Preparation

1. In a medium bowl, combine mayonnaise, mustard, and egg white. Add tuna, $\frac{1}{4}$ cup breadcrumbs, and green onions. Mix well.
2. Divide mixture into 4 equal portions, shaping each into a 4-inch patty. Press remaining $\frac{1}{4}$ cup breadcrumbs evenly onto both sides of patties.
3. Coat a large skillet with cooking spray or lightly brush with oil. Place over medium heat, add patties, cover, and cook 3 minutes on both sides until golden brown.
4. Spread $\frac{1}{4}$ cup mayonnaise evenly on split sides of buns. Assemble burgers.

Photo courtesy of and recipe adapted from the California WIC Program.

SPUD STUFFERS

No ordinary potatoes here. Pick your topping from the list on the next page.

Makes 4 servings. 1 potato per serving.

Prep time: 15 minutes + **Cook time:** 16 to 60 minutes



Photo courtesy of and recipe adapted from the *Network for a Healthy California*.

Ingredients

- 4 medium baking potatoes
- 4 tablespoons light sour cream or plain lowfat yogurt

Preparation

1. Wash potatoes and pierce 3 times with a fork.
2. Microwave potatoes on high for about 6 minutes. Turn potatoes over and cook on high for 10 minutes more. Or, bake in the oven at 400°F for 45-60 minutes.
3. When cooked, carefully cut potatoes open on the top.
4. Place 1 tablespoon sour cream or yogurt on top of each potato. Top each potato with one of the toppings listed on the next page and serve hot. The ingredient amounts listed are for one potato.



Fitness Tip: Do hamstring kicks to work your outer thigh muscles: Hold the kitchen counter to balance yourself. Shift your weight to the left leg. Grab the right foot and bring the heel toward your behind. Hold for one minute. Return the right leg to the starting position. Repeat with left leg.

TOPPINGS



Photo courtesy of and recipe adapted from the *Network for a Healthy California*.

WESTERN TOPPING

Ingredients

- 2 Tbsp chopped **tomato**
- 2 Tbsp finely chopped green **bell pepper**
- 2 Tbsp shredded reduced fat Cheddar cheese
- 1 Tbsp sliced green onions
- 2 Tbsp bacon bits

MEXICAN TOPPING

Ingredients

- $\frac{1}{4}$ cup freshly prepared salsa (page 41)
- 2 Tbsp shredded reduced fat Cheddar or Monterey Jack cheese
- 1 Tbsp diced green chilies

VEGGIE TOPPING

Ingredients

- 3 Tbsp chopped broccoli
- 2 Tbsp chopped **yellow squash**
- 2 Tbsp shredded reduced-fat Cheddar cheese
- 1 Tbsp sliced green onions

PIZZA PLEASE

Try this pizza using your favorite vegetables.

Makes 1 serving.

Prep time: 5 minutes + **Cook time:** 7 minutes



Photo courtesy of and recipe adapted from the California WIC Program.

Ingredients

- 1 medium whole wheat pita
- 1 Tbsp tomato paste
- $\frac{1}{4}$ tsp Italian Seasoning
- $\frac{1}{2}$ **tomato**, thinly sliced
- 1 Tbsp reduced fat mozzarella cheese, shredded

Can also include:

- bell pepper**
- onions
- more **tomatoes**
- other favorite vegetable(s)

Preparation

1. Preheat oven to 425°F.
2. Pierce tortilla with a knife and place on a baking sheet. Bake for 2 minutes or until crisp.
3. Spread tomato paste evenly on tortilla. Sprinkle with Italian Seasoning.
4. Add a layer of tomatoes and mozzarella cheese. Top with any additional vegetables.
5. Bake for 5 minutes or until cheese has melted.



Fitness Tip: Tone and strengthen your lower leg muscles:

Rise up on your toes and hold for 3 seconds. Lower to standing position. Repeat 25 times.

GREEN PASTA

This healthy pasta dish with fresh basil is sure to become a favorite.

Makes 4 servings. $\frac{1}{4}$ of recipe per serving.

Prep time: 5 minutes + **Cook time:** 10-15 minutes

Ingredients

- $\frac{1}{2}$ pound whole wheat angel hair pasta
- 1 (6-ounce) bag fresh spinach*
- 1 cup basil leaves, packed
- 3 cloves garlic, minced
- 1 Tbsp olive oil
- $\frac{1}{2}$ cup nonfat or lowfat milk
- $\frac{1}{2}$ cup mozzarella cheese, shredded
- salt and pepper to taste

*You can also use frozen spinach.

Preparation

1. Cook pasta according to package directions.
2. In a blender or food processor, chop spinach and basil.
3. In a large saucepan, sauté garlic in olive oil. Add milk and spinach mixture to the saucepan.
4. Bring to a boil and reduce heat to a simmer. Stir occasionally until sauce thickens slightly. Remove from heat.
5. Add pasta, cheese, and season with salt and pepper. Serve immediately.

Photo courtesy of and recipe adapted from the California WIC Program.



ONE-POT SPAGHETTI

This hearty spaghetti is a source of vegetables, grains and protein.

Makes 5 servings. $\frac{1}{5}$ of recipe per serving.

Prep time: 5-10 minutes + **Cook time:** 25 minutes

Preparation

1. Spray a large skillet with nonstick cooking spray or lightly brush with oil.
2. Add meat, mushrooms, onions, and bell peppers to the skillet.
3. Sauté over medium heat until the meat is browned and the vegetables are tender. Drain off any fat that might collect into an empty can or bowl (not the sink!).
4. Dump the can of tomatoes (with all the juices) into the skillet. Mash them with your cooking spoon.
5. Stir in the spaghetti and salt. Bring to a boil, then reduce the heat, cover, and simmer for 15 to 20 minutes until the spaghetti is cooked.
6. Remove from heat.
7. Sprinkle with Parmesan or Romano cheese if desired.

Ingredients

- nonstick cooking spray or $\frac{1}{2}$ Tbsp vegetable oil
- 1 pound ground turkey (or lean ground beef)
- 2 cups mushrooms, sliced*
- 1 cup onion, chopped
- 1 cup **bell pepper**, chopped
- 1 (28-ounce) can tomatoes
- $1\frac{1}{2}$ cups uncooked broken spaghetti
- 1 tsp salt
- Parmesan or Romano cheese (optional)

*Can be replaced with another vegetable or more bell peppers if desired.



For vegetarian pasta, replace meat with firm tofu.

Photo courtesy of the California WIC Program.

MACARONI & CHEESE

This classic oven-baked macaroni & cheese goes great with Suzanne's Salad (page 32) or steamed vegetables.

Makes 6 servings. 1 cup of macaroni per serving.

Prep time: 10 minutes + **Cook time:** 25 minutes



Photo courtesy of and recipe adapted from the *Network for a Healthy California*.

Ingredients

- 2 cups uncooked whole wheat macaroni noodles
- nonstick cooking spray or $\frac{1}{2}$ Tbsp vegetable oil
- $\frac{1}{2}$ cup onions, chopped
- $\frac{3}{4}$ cup evaporated skim (non-fat) milk
- 1 egg*, beaten with a fork
- $\frac{1}{2}$ tsp ground black pepper
- $1\frac{1}{2}$ cups shredded lowfat Cheddar cheese

*For less fat, substitute 2 egg whites.

Preparation

1. Cook the macaroni noodles according to the package directions; drain and set aside.
2. Place an oven rack in the middle of the oven. Preheat oven to 350°F.
3. Spray frying pan with nonstick cooking spray or lightly brush with oil. Heat over medium heat.
4. Add onions to skillet and sauté until tender, about 3 minutes.
5. Add evaporated milk, egg, ground black pepper, and $1\frac{1}{2}$ cups cheese. Mix until smooth.
6. Add cooked macaroni noodles to cheese sauce and stir until well-coated.
7. Spray a casserole dish with nonstick cooking spray. Pour the mixture into the casserole dish and sprinkle the top with the remaining $\frac{1}{4}$ cup cheese.
8. Bake for 25 minutes or until the top bubbles and begins to brown.