



EAT WELL & STRETCH YOUR FOOD DOLLAR



EAT WELL & STRETCH YOUR FOOD DOLLAR

Many of us have busy lives and are often eating on the go. MHealthy has put together this 7-Day menu to help you eat healthier and stretch your food dollar. These breakfast, lunch, and dinner recipes emphasize whole grains, fruits, vegetables and lean proteins. And, each one is not only nutritious and tasty but also easy to prepare.

We hope you enjoy trying these new meal ideas - **Happy Cooking!**



EAT WELL & STRETCH YOUR FOOD DOLLAR

BREAKFAST

Make Ahead Breakfast Burritos	4
Baked Oatmeal Muffins	5
Breakfast Toast with Cottage Cheese and Avocado	6
Berry and Greens Smoothie	7
Very Veggie Frittata	8
Almond, Date and Dried Cherry Energy Bites	9
Breakfast Yogurt Parfait	10

LUNCH

Baked Potato with Cheesy Vegetables	12
Avocado Mango Rice Salad.....	13
Chicken Club Salad.....	14
Vegetable Soup with Kale and Lentils.....	15
Vegetarian Chili	16
Spanish Macaroni	17
Hummus and Veggie Wrap	18

DINNER

Tostada Bar	20
Black Bean Burgers	21
Quick Pad Thai	22
Butternut Squash Enchiladas	23
Teriyaki Rice Bowl	24
Shredded Pork Sandwich	25
Slow Cooker Pork Chili	26
Zucchini and Carrot Spaghetti	27

SNACKS

.....	28
-------	----

BREAKFAST



Make Ahead Breakfast Burritos

Servings: 8 | Cost per serving: \$0.84

INGREDIENTS

Cooking spray	1 cup bell peppers (1 med. pepper), diced	¼ tsp ground black pepper
1 cup potatoes (1 med.), diced	8 eggs, beaten	1 cup 2% fat cheddar cheese, shredded
½ cup onions (½ med. onion), diced	⅛ tsp garlic powder	8 (8-inch) flour tortillas

INSTRUCTIONS

1. Spray a large skillet with cooking spray. Cook the potatoes for 6-10 minutes over medium heat.
2. Add onions and peppers to the potatoes. Cook for 3-4 minutes until the potatoes are browned.
3. Add beaten eggs to the vegetable mixture. Cook for 4-5 minutes over medium heat. Stir off and on until there is no liquid.
4. Stir in the garlic powder and pepper.
5. Roll up each burrito. Use 2 tablespoons of cheese and ½ cup of the egg mixture in each tortilla. Serve or freeze.
6. You can freeze the 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 are frozen.
7. To reheat the frozen burritos: Remove the plastic wrap. Wrap burritos in a damp paper towel. Set microwave on medium power. Heat burritos for 3-4 minutes.

Source: This recipe is provided by Iowa State University Extension and Outreach. For more recipes like this, visit the Spend Smart. Eat Smart. website at spendsmart.extension.iastate.edu. Spend Smart. Eat Smart. is a registered trademark of Iowa State University.

Nutrition Information (Serving Size: 1 burrito)

260 calories, 10g fat, 3g saturated fat, 450mg sodium, 30g carbohydrate, 2g dietary fiber, 14g protein

Baked Oatmeal Muffins

Servings: 6 | Cost per serving: \$0.30

INGREDIENTS

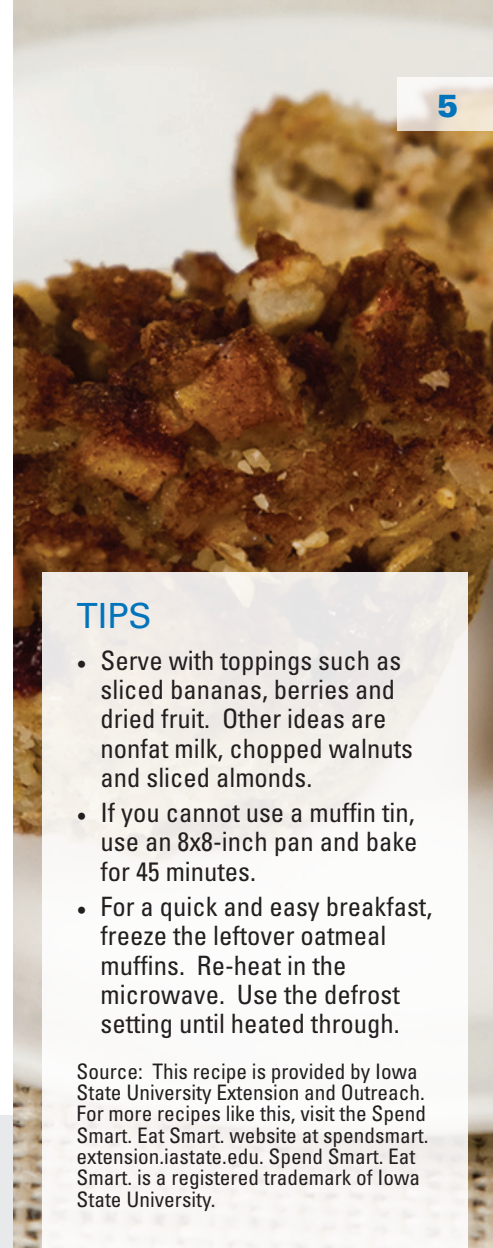
2 ¼ cup water	4 tbsp brown sugar, divided	¼ cup nonfat milk
Cooking spray	2 tbsp canola or vegetable oil	1 medium apple, finely chopped
2 ½ cups oats (quick cooking or old fashioned)	1 tsp baking powder	¼ cup dried fruit (raisins, cranberries or cherries)
2 eggs	2 tsp ground cinnamon, divided	

INSTRUCTIONS

1. Preheat oven to 350°F.
2. In a saucepan, bring water to a boil. Add oats and boil for one minute. Remove from heat and let stand five minutes.
3. In a mixing bowl, beat these together with a fork: eggs, 3 tablespoons brown sugar, oil, baking powder, 1 teaspoon ground cinnamon, and milk.
4. Stir in oatmeal, apples and dried fruit.
5. In a small bowl, stir together remaining 1 tablespoon brown sugar and 1 teaspoon cinnamon.
6. Lightly coat a muffin tin with cooking spray. Divide oatmeal mixture into 12 muffins. Sprinkle cinnamon sugar mixture on top of the muffins.
7. Bake for 30 minutes until the center is set and the top is lightly browned. Let muffins sit for 5 minutes before serving.
8. Store leftovers in an airtight container in the refrigerator or freezer.

Nutrition Information (Serving Size: 2 muffins)

260 Calories, 9g fat, 1.5g saturated fat, 115mg sodium, 40g carbohydrate, 5g dietary fiber, 7g protein



TIPS

- Serve with toppings such as sliced bananas, berries and dried fruit. Other ideas are nonfat milk, chopped walnuts and sliced almonds.
- If you cannot use a muffin tin, use an 8x8-inch pan and bake for 45 minutes.
- For a quick and easy breakfast, freeze the leftover oatmeal muffins. Re-heat in the microwave. Use the defrost setting until heated through.

Source: This recipe is provided by Iowa State University Extension and Outreach. For more recipes like this, visit the Spend Smart. Eat Smart. website at spendsmart.extension.iastate.edu. Spend Smart. Eat Smart. is a registered trademark of Iowa State University.



Breakfast Toast with Cottage Cheese & Avocado

Servings: 2 | Cost per serving: \$1.14

INGREDIENTS

4 slices whole wheat bread, toasted
1 cup fat free cottage cheese
1 ripe, fresh avocado, halved, pitted, peeled and sliced
Spinach, to taste
Cherry tomatoes, to taste
Chipotle chili powder, to taste

INSTRUCTIONS

1. Top whole wheat toast with cottage cheese and sliced avocado, dividing evenly.
2. If desired, add spinach and cherry tomatoes.
3. Sprinkle with chipotle chili powder, to taste.

TIP

Add a piece of fruit to this breakfast.

Source: Adapted from Fresh Avocados – Love One Today®, loveonetoday.com

Nutrition Information

360 calories, 16g fat, 3g saturated fat, 540mg sodium, 38g carbohydrate, 10g dietary fiber, 18g protein

Berry and Greens Smoothie

Servings: 8 | Cost per serving: \$0.76

INGREDIENTS

- 2 medium bananas
- 2 containers (6 ounces each) nonfat vanilla yogurt
- 3 cups leafy greens (kale or spinach), washed
- 1 package (16 oz) berries
- 1 cup nonfat milk

INSTRUCTIONS

1. Place bananas, yogurt and greens in the blender. Blend until smooth.
2. Add berries to blender. Blend until smooth.
3. Add milk to blender. Blend until smooth.
4. Serve immediately or freeze in individual servings.

TIPS

- Add up to 1 cup more of nonfat milk if smoothie is too thick.
- Put frozen smoothies in the refrigerator for at least 12 hours to thaw them before serving. Shake well to mix ingredients before serving.
- Use half of each ingredient to make 4 servings if this recipe makes too much.
- This is a good recipe to use over-ripe or frozen bananas.
- Substitute soy milk if intolerant to milk.

Nutrition Information (Serving Size: 8 oz)

90 calories, 0.5g fat, 0g saturated fat, 50mg sodium, 20g carbohydrate, 3g dietary fiber, 4g protein



Source: This recipe is provided by Iowa State University Extension and Outreach. For more recipes like this, visit the Spend Smart. Eat Smart. website at spendsmart.extension.iastate.edu. Spend Smart. Eat Smart. is a registered trademark of Iowa State University.



Very Veggie Frittata

Servings: 8 | Cost per serving: \$1.27

INGREDIENTS

- 1 tbsp olive oil
- 2 cups chopped leeks (wash well before chopping)
- 1 cup chopped red bell peppers
- 8 shiitake mushrooms, stems removed and sliced
- 5 ounces fresh, baby spinach
- ¼ tsp crushed red pepper flakes
- 8 large eggs
- ¼ cup water
- ½ tsp marjoram or oregano (other herbs can be substituted according to the veggies you use)
- salt to taste
- black pepper to taste
- 4 ounces soft goat cheese or your favorite cheese

INSTRUCTIONS

1. Preheat oven to 425° F.
2. In an oven-proof, non-stick skillet, warm olive oil over medium heat. Add leeks and cook until soft, but not browned, stirring often. Add peppers and mushrooms and cook an additional 5 minutes or until softened. Stir in spinach and cook until wilted, add crushed red pepper flakes.
3. In a medium bowl, whisk together eggs, water, marjoram, sea salt and freshly ground black pepper. Pour egg mixture into skillet over the veggies. Scatter pieces of the goat cheese over the top and allow to cook until set slightly.
4. Place skillet in oven and allow to finish cooking for about 5 minutes or until eggs are set and no longer runny. Cool in skillet a bit, then transfer to serving plate. Slice into 8 wedges and serve
5. Leftovers can be refrigerated, covered. Reheat in microwave for about a minute if desired.

Nutrition Information (Serving Size: 1 piece)

160 calories, 10g total fat, 4g saturated fat, 220mg sodium, 7g carbohydrate, 2g dietary fiber, 10g protein

Almond, Date and Dried Cherry Energy Bites

Servings: 16 | Cost per serving: \$0.79/Energy Bite

INGREDIENTS

- | | |
|--|-------------------------------|
| 1 cup almonds, walnuts or cashews, toasted | ¼ cup coconut flakes, toasted |
| ⅛ teaspoon salt | 1 tablespoon peanut butter |
| 1 ¼ cups dates (such as Medjool), pitted, about 15 | ½ teaspoon cinnamon |
| ¼ cup dried cherries | ½ teaspoon cardamom |
| ¼ cup raw rolled oats | |

INSTRUCTIONS

1. Process the nuts and sea salt in a food processor fitted with the S blade until the nuts are coarsely ground.
2. Add the dates, cherries, oats, coconut, almond butter, cinnamon and cardamom. Keep processing the mixture until it starts to stick together. You may need to add a bit more almond butter to achieve this. When you can squeeze a handful and it sticks together, you're done.
3. Roll the mixture into balls that are about 1 inch in diameter. Store in an airtight container in the fridge for up to two weeks or a week outside of the fridge.

Source: MHealthy, mhealthy.umich.edu/recipes

Nutrition Information (Serving Size: 1 Energy Ball)

115 calories, 6g total fat, 1g saturated fat, 20mg sodium, 16g carbohydrate, 2g dietary fiber, 3g protein





Breakfast Yogurt Parfait

Servings: 4 | Cost per serving: \$1.44

INGREDIENTS

2 cups (16 ounces) fat-free strawberry or other flavored yogurt

1 cup low fat granola cereal

2 medium bananas, sliced

1 cup berries (raspberries, blueberries, strawberries or boysenberries)

INSTRUCTIONS

1. In four parfait glasses or bowls, layer 2 tablespoons of yogurt, 1 tablespoon granola, banana and berries. Repeat layers.
2. Serve immediately.

Source: MHealthy, mhealthy.umich.edu/recipes

Nutrition Information (Serving Size: $\frac{3}{4}$ cup)

230 calories, 1.5g total fat, 0g saturated fat, 130mg sodium, 50g carbohydrate, 4g dietary fiber, 8g protein

LUNCH

Baked Potato with Cheesy Vegetables

Servings: 4 | Cost per serving: \$0.81

INGREDIENTS

4 medium potatoes

3 cups vegetables (frozen mixed or fresh chopped vegetables)

½ cup shredded cheese or low fat cottage cheese

INSTRUCTIONS

1. Pre-heat oven to 425°F.
2. Scrub potatoes with a vegetable brush. Poke small holes in the skin with a fork.
3. Bake in the oven for 60-75 minutes or cook uncovered in the microwave for 15-17 minutes. Potatoes will be tender throughout when done.
4. Place the vegetables in a small sauce pan and add enough water to cover vegetables. Cook over medium high heat until hot and tender (or microwave for 3-5 minutes).
5. Split potatoes in half when they are cooked all the way through.
6. Top each potato half with ½ cup cooked vegetables and 2 tablespoons cheese.
7. Serve while hot.



Source: This recipe is provided by Iowa State University Extension and Outreach. For more recipes like this, visit the Spend Smart. Eat Smart. website at spendsmart.extension.iastate.edu. Spend Smart. Eat Smart. is a registered trademark of Iowa State University.

Nutrition Information (Serving Size: 1 potato)

310 calories, 5g total fat, 3g saturated fat, 125mg sodium, 54g carbohydrate, 6g dietary fiber, 7g sugar, 11g protein

Avocado Mango Rice Salad

Servings: 4 | Cost per serving: \$1.46

INGREDIENTS

- 1 ripe, fresh avocado, halved, pitted, peeled, and diced
- 2 cups cooked brown rice
- 1 ripe mango, peeled & diced
- 1 (15-oz) can black beans, drained
- 1 red bell pepper, diced
- 2 scallions, thinly sliced
- 2 tablespoons fresh lime juice
- 1 tablespoon olive oil
- 1 tablespoon fresh cilantro, chopped
- ½ teaspoon salt
- ¼ teaspoon pepper

INSTRUCTIONS

1. In a large bowl combine rice, beans, mango, bell pepper, scallions, lime juice, oil, salt and pepper.
2. Add avocado and toss gently.

Source: Fresh Avocados – Love One Today®, loveonetoday.com

Nutrition Information

342 calories, 12g total fat, 2g saturated fat, 516mg sodium, 57g carbohydrate, 17g fiber, 9g protein





Chicken Club Salad

Servings: 4 | Cost per serving: \$2.21

INGREDIENTS

- 1 cup uncooked whole wheat small pasta (macaroni or rotelle)
- 6 cups romaine lettuce or spinach, torn into pieces
- 2 cups chopped fresh vegetables (green pepper, celery, cauliflower, cucumber, carrots)
- 2 cups tomatoes (about 2 large), chopped
- 1 ½ cups cubed cooked skinless chicken (about ½ pound)
- ½ cup low fat Italian dressing
- 1 hard cooked egg (optional)
- ¼ cup cheese, shredded

INSTRUCTIONS

1. Cook pasta according to package directions. Drain and cool.
2. Place 1 ½ cups romaine in each of four large bowls or plates.
3. Combine pasta, chopped vegetables and chicken.
4. Add dressing to pasta, vegetables, and chicken. Toss lightly to coat. Divide evenly among the four bowls.
5. Top each serving with a few egg slices. If desired, add one tablespoon shredded cheese.

Source: This recipe is provided by Iowa State University Extension and Outreach. For more recipes like this, visit the Spend Smart. Eat Smart. website at spendsmart.extension.iastate.edu. Spend Smart. Eat Smart. is a registered trademark of Iowa State University.

Nutrition Information

260 calories, 8g total fat, 2.5g saturated fat, 380mg sodium, 31g carbohydrate, 6g dietary fiber, 19g protein

Vegetable Soup with Kale and Lentils

Servings: 6 | Cost per serving: \$0.89

INGREDIENTS

- | | |
|--|--|
| 2 tablespoons oil (canola or vegetable) | 1 cup dry yellow or brown lentils |
| 1 medium onion, chopped (about 1 cup) | 1 tablespoon dried basil or Italian seasoning |
| 1 medium carrot (sliced 1/8 inch thick) | 1 can (14.5 ounces) no sodium added diced tomatoes or 2 chopped tomatoes |
| 2 teaspoons garlic (peeled and minced, 3-4 cloves) or ½ teaspoon garlic powder | 1 bunch kale (about 7 ounces) |
| 4 cups water | ¼ teaspoon salt |
| 1 can (14.5-ounces) low sodium vegetable or chicken broth | ⅛ teaspoon ground black pepper |

INSTRUCTIONS

1. Heat oil in a large pot over medium heat.
2. Add onions, carrots, and garlic. Cook 5 minutes.
3. Add water to veggies in pot. Heat to boiling.
4. Rinse lentils in colander with water. Add lentils to pot and simmer for 20 minutes. Do not drain.
5. Add chicken broth, dried basil or Italian seasoning, and tomatoes. Cover and cook for 5-10 minutes.
6. Rinse kale leaves, cut out the main stems and discard. Cut leaves into 1" pieces.
7. Stir kale, salt and pepper into lentil mixture. Return to boiling. Reduce heat, cover, and simmer for 3 minutes.

Nutrition Information (Serving Size: 1 ½ cups)

200 calories, 5g total fat, 1g saturated fat, 170mg sodium, 29g carbohydrate, 12g dietary fiber, 11g protein

15



TIP

Consider adding a slice of bread with peanut butter and/or a piece of fruit to this meal.

Source: This recipe is provided by Iowa State University Extension and Outreach. For more recipes like this, visit the Spend Smart. Eat Smart. website at spendsmart.extension.iastate.edu. Spend Smart. Eat Smart. is a registered trademark of Iowa State University.

Vegetarian Chili

Servings: 7 | Cost per serving: \$0.57

INGREDIENTS

2 cans (14.5 ounces) diced tomatoes

1 can (15 ounces) garbanzo or kidney beans, drained and rinsed

1 can (15 ounce) black beans, drained and rinsed

1 can (15 ounces) water

2 cups frozen corn

1 large onion, chopped (about 1 ½ cups)

3-4 teaspoons chili powder

Ground black pepper, to taste

Shredded cheese, optional

INSTRUCTIONS

1. Place all ingredients except cheese in a large pot. Heat to boiling over high heat.
2. Reduce heat. Simmer about 20 minutes or until hot (stirring occasionally). Top each serving with a tablespoon of shredded cheese if desired.

TIP

Add a side salad or piece of fruit to this meal if desired.

Source: This recipe is provided by Iowa State University Extension and Outreach. For more recipes like this, visit the Spend Smart. Eat Smart. website at spendsmart.extension.iastate.edu. Spend Smart. Eat Smart. is a registered trademark of Iowa State University.

Nutrition Information

200 calories, 2.5g total fat, 0g saturated fat, 390mg sodium, 37g carbohydrate, 10g dietary fiber, 10g protein



Spanish Macaroni

Servings: 4 | Cost per serving: \$1.84

INGREDIENTS

- | | |
|---------------------------------------|----------------------------------|
| ½ pound lean ground beef or turkey | ½ cup tomato sauce |
| 1 green pepper, chopped (about ½ cup) | 1 can (28 ounces) diced tomatoes |
| 1 small onion, chopped (about ½ cup) | 1 ½ cups macaroni, uncooked |
| 2 cups water | 1-2 teaspoons chili powder |

INSTRUCTIONS

1. Brown the ground meat in a large skillet. Transfer mixture to a colander, set over a bowl and rinse with warm water to remove grease. Return to skillet.
2. Add the chopped green peppers and onions. Cook over medium heat until tender.
3. Add the water, tomato sauce, diced tomatoes, macaroni, and chili powder.
4. Bring to a boil. Reduce heat to low and simmer for 10 minutes. Stir often to keep the macaroni from sticking.
5. Serve while hot.

TIPS

- Do not pour grease down the drain. Let grease harden, then put in the trash.
- Add some frozen corn or canned black or kidney beans at step 3, if desired.

Source: This recipe is provided by Iowa State University Extension and Outreach. For more recipes like this, visit the Spend Smart. Eat Smart. website at spendsmart.extension.iastate.edu. Spend Smart. Eat Smart. is a registered trademark of Iowa State University.

Nutrition Information

350 calories, 10g total fat, 3.5g saturated fat, 650mg sodium, 42g carbohydrate, 4g dietary fiber, 22g protein





Hummus and Veggie Wrap

Servings: 4 | Cost per serving: \$1.85

INGREDIENTS

- 1 cup hummus
- 2 cups baby spinach leaves
- 1 cup shredded carrots
- 1 cup cucumber slices, preferably English
- 2 ripe tomatoes, thinly sliced
- 1 avocado, thinly sliced
- Salt and pepper, if desired
- 4 whole wheat tortillas

INSTRUCTIONS

1. Spread each tortilla with $\frac{1}{4}$ cup of hummus. Evenly distribute vegetables on each of the tortillas. Season with salt and pepper to taste.
2. Gently but firmly roll each tortilla from the side nearest you to the top tucking in vegetables that may try to escape as you go. Wrap in plastic wrap; cut in half diagonally through the wrap. Wrap each half in more plastic wrap until ready to eat.

Source: MHealthy, mhealthy.umich.edu/recipes

Nutrition Information

362 calories, 17g total fat, 2g saturated fat, 651mg sodium, 47g carbohydrate, 9g dietary fiber, 12g protein

DINNER



Tostada Bar

Servings: 5 | Cost per serving: \$0.72

INGREDIENTS

10 (6-inch) corn tortillas

Nonstick cooking spray

1 can (16 ounces) fat free refried beans

½ cup onion, chopped

1 jalapeno chili, seeded and minced

1 cup tomato, chopped

½ cup low fat shredded cheddar cheese

3 cups lettuce, shredded

1 tablespoon Guacamole

Non-fat sour cream, optional

INSTRUCTIONS

1. Preheat oven to 375°F.
2. Lightly spray baking sheet with cooking spray. Place tortillas in a single layer on baking sheets. Lightly spray tortillas with cooking spray. Bake for 5-7 minutes, then flip over. Bake 5-7 minutes more until crisp.
3. Put refried beans in microwave safe bowl. Heat in microwave while tortillas bake. Stir beans so they heat evenly.
4. Spread a thin layer of hot beans on baked tortillas.
5. Serve with your choice of toppings.

Source: This recipe is provided by Iowa State University Extension and Outreach. For more recipes like this, visit the Spend Smart. Eat Smart. website at spendsmart.extension.iastate.edu. Spend Smart. Eat Smart. is a registered trademark of Iowa State University.

Nutrition Information (Serving Size-2 tostadas)

210 calories, 3g total fat, 0.8g saturated fat, 532mg sodium, 37g carbohydrate, 8g dietary fiber, 11g protein

Black Bean Burgers

Servings: 4 | Cost per serving: \$0.27

INGREDIENTS

1 can low sodium black beans, drained and rinsed

1 egg, beaten

½ cup bread crumbs

¼ cup onion, minced

¼ teaspoon pepper

1 tablespoon oil

Optional: cheese slices, lettuce, mushrooms, onion, tomato, whole wheat bread or hamburger buns

INSTRUCTIONS

1. Mash beans with a fork.
2. Stir mashed beans, egg, bread crumbs, onion, pepper and oil together until combined. Shape into 4 inch patties. Wash hands.
3. Heat a skillet over medium heat. Spray with nonstick cooking spray.
4. Place patties in the skillet and cover with a lid. Cook patties for 5 minutes on the first side. Flip patties and cook for 4 more minutes on the other side.
5. Serve with optional ingredients.

Source: This recipe is provided by Iowa State University Extension and Outreach. For more recipes like this, visit the Spend Smart. Eat Smart. website at spendsmart.extension.iastate.edu. Spend Smart. Eat Smart. is a registered trademark of Iowa State University.

Nutrition Information (Serving Size: 1 burger)

200 calories, 6g total fat, 1g saturated fat, 260mg sodium, 28g carbohydrate, 8g dietary fiber, 10g protein





Quick Pad Thai

Servings: 6 | Cost per serving: \$1.06

INGREDIENTS

6 ounces whole wheat thin spaghetti	2 tablespoons sugar
2 tablespoons oil (canola or vegetable), divided	½ pound, boneless, skinless chicken breast; cut into bite sized pieces
24 ounces frozen vegetable mix	3 eggs
3 tablespoons light soy sauce	⅓ cup peanuts, chopped
¼ cup water	
¼ cup peanut butter	

INSTRUCTIONS

1. Cook spaghetti according to package directions. Drain in colander. Toss with 1 tablespoon oil.
2. Defrost vegetables in microwave for 5 minutes as spaghetti cooks.
3. Combine soy sauce, water, peanut butter, and sugar in a small bowl. Stir until smooth. Set aside.
4. Heat 1 tablespoon of oil in a large skillet over medium high heat. Add chicken pieces. Cook and stir until no longer pink.
5. Crack eggs into a small bowl and beat. Add to skillet with chicken. Scramble until firm. Add the vegetables and spaghetti to the pan with the chicken mixture. Stir to heat through.
6. Add the soy sauce mixture to the skillet. Stir to coat.
7. Place in a serving bowl and sprinkle peanuts on top.

Source: This recipe is provided by Iowa State University Extension and Outreach. For more recipes like this, visit the Spend Smart. Eat Smart. website at spendsmart.extension.iastate.edu. Spend Smart. Eat Smart. is a registered trademark of Iowa State University.

Nutrition Information

430 calories, 17g total fat, 3g saturated fat, 440mg sodium, 47g carbohydrate, 8g dietary fiber, 24g protein

TIPS

- Use cooked fresh vegetables instead of frozen.
- Use either smooth or chunky peanut butter.
- Make your own light soy sauce by mixing equal parts water and regular soy sauce.
- Add red pepper flakes and lime slices.

Butternut Squash Enchiladas

Servings: 8 | Cost per serving: \$1.08

INGREDIENTS

- | | |
|---|---|
| 2 ½ cups butternut squash (or other winter squash), cooked | ½ teaspoon cumin |
| 1 can (15 oz) black beans (drained and rinsed) | 1 cup 2% fat cheese, shredded (cheddar or Mexican-style), divided |
| ½ cup onions, diced (½ medium onion) | 8 (6 inch) tortillas |
| ½ cup fresh cilantro, chopped or 3 tablespoons dried cilantro | 1 cup salsa or 1 can (10 ounces) red or green enchilada sauce |
| 2 teaspoons garlic powder | ½ cup Greek yogurt |

INSTRUCTIONS

1. Preheat oven to 375°F.
2. Mix the squash, beans, onion, cilantro, garlic powder, and cumin in a bowl.
3. Mix ¾ cup of the cheese into the squash mixture.
4. Put ½ cup strip of filling on each tortilla. Roll the tortilla around the filling. Put the tortilla into a greased 9" x 13" baking dish with the seam down.
5. Cover the tortillas with the salsa or enchilada sauce. Put the rest of the cheese (¼ cup) on the salsa or sauce.
6. Bake for 25 minutes.
7. Serve each enchilada with 1 tablespoon of Greek yogurt.

Source: This recipe is provided by Iowa State University Extension and Outreach. For more recipes like this, visit the Spend Smart. Eat Smart. website at spendsmart.extension.iastate.edu. Spend Smart. Eat Smart. is a registered trademark of Iowa State University.

Nutrition Information (Serving Size: 1 Enchilada with 1 tablespoon Greek yogurt)
220 calories, 3.5g total fat, 1.5g saturated fat, 660mg sodium, 35g carbohydrate, 6g dietary fiber, 10g protein



TIPS

- Use a medium butternut squash (2-3 pounds) to make about 2 cups of diced squash.
- Use spices like onion powder, chili powder, or cayenne pepper instead of the cumin or garlic powder.
- Put 2-3 tortillas at a time in the microwave. Heat for 10 seconds so they do not tear.



Teriyaki Rice Bowl

Servings: 6 | Cost per serving: \$0.91

INGREDIENTS

2 teaspoons oil (canola or vegetable)

¾ pound boneless chicken, beef or pork (cut into strips)

2 cloves garlic, minced or ¼ tsp garlic powder

2 cups water

½ cup low sodium teriyaki or soy sauce

2 cups instant brown rice, uncooked

1 package (14-16 ounces) frozen stir fry vegetables

INSTRUCTIONS

1. Heat oil in a 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. Stir in rice. Return to a boil. Reduce heat to low and cover. Simmer 5 minutes.
3. Stir in frozen vegetables. Heat until vegetables are hot (about 5 minutes).
4. Let stand 5 minutes. Fluff with fork.

TIP

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

Source: This recipe is provided by Iowa State University Extension and Outreach. For more recipes like this, visit the Spend Smart. Eat Smart. website at spendsmart.extension.iastate.edu. Spend Smart. Eat Smart. is a registered trademark of Iowa State University.

Nutrition Information (Serving Size: 1 cup)

230 calories, 3.5g total fat, 0g saturated fat, 510mg sodium, 33g carbohydrate, 3g dietary fiber, 19g protein

Shredded Pork Sandwich

Servings: 4 | Cost per serving: \$1.72

INGREDIENTS

3 tablespoons sugar

¼ teaspoon salt

1 teaspoon mustard

⅓ cup light mayonnaise

3 tablespoons cider or white vinegar

1 package (14-16 ounces) coleslaw mix

2 cups shredded pork (See Slow Cooker Pork Chili Recipe)

4 whole wheat buns

4 tablespoons barbecue sauce

INSTRUCTIONS

1. Mix sugar, salt, mustard, and mayonnaise together in a large bowl. Add vinegar and stir with a wire whisk or fork.
2. Add the coleslaw mix to the bowl. Stir until the ingredients are mixed well. You will use half of the coleslaw for the sandwiches. You can use the other half as a side or with another meal.
3. Thaw shredded pork from the Slow Cooker Pork Chili if it is frozen. Reheat in the microwave for 2 minutes. Stop and stir. Reheat for 1 more minute. The temperature should be 165°F.
4. Layer ½ cup shredded pork on bottom of 1 whole wheat bun. Put 1 tablespoon barbecue sauce on the shredded pork. Put ½ cup coleslaw on barbecue sauce. Put top of 1 whole wheat bun on coleslaw.

Source: This recipe is provided by Iowa State University Extension and Outreach. For more recipes like this, visit the Spend Smart. Eat Smart. website at spendsmart.extension.iastate.edu. Spend Smart. Eat Smart. is a registered trademark of Iowa State University.

Nutrition Information (Serving Size: 1 cup)

430 calories, 13g total fat, 3.5g saturated fat, 620mg sodium, 37g carbohydrate, 5g dietary fiber, 40g protein





Slow Cooker Pork Chili (For Shredded Pork Sandwich)

Servings: 6 | Cost per serving: \$1.52

INGREDIENTS

2 pounds boneless pork butt, roast or shoulder
 1 cup bell pepper, diced (1 medium pepper)
 1 cup onion, diced (1 medium onion)
 1 ½ cups salsa

1 can (15 ounces) low sodium pinto beans,
 rinsed and drained
 1 can (14.5 ounces) low sodium diced
 tomatoes

INSTRUCTIONS

1. Trim visible fat from the pork. Cut into 2 inch chunks. Place in slow cooker.
2. Add pepper, onion, and salsa.
3. Cook on a low setting for 6 hours or a high setting for 3 hours.
4. Pull the meat apart into shreds with a fork. (You should have about 4 cups).
5. Put half (2 cups) of the shredded pork in the refrigerator or freezer. (This could be used for the Shredded Pork Sandwich). Freeze pork if it will not be used within 4 days.
6. Return the rest of the pork to the slow cooker. Add pinto beans and diced tomatoes.
7. Cook another 30 minutes until hot.

TIPS

- Pork chops, boneless pork rib, or pork loin can be used. They will be more expensive but have less fat.
- Trim fat from pork with a clean knife on a clean cutting board.
- This recipe freezes well.
- Other beans can be used.

Source: This recipe is provided by Iowa State University Extension and Outreach. For more recipes like this, visit the Spend Smart. Eat Smart. website at spendsmart.extension.iastate.edu. Spend Smart. Eat Smart. is a registered trademark of Iowa State University.

Nutrition Information (Serving Size: 1¼ cups)

250 calories, 8g total fat, 3g saturated fat, 520mg sodium, 21g carbohydrate, 6g fiber, 18g protein

Zucchini and Carrot Spaghetti

Servings: 2 | Cost per serving: \$2.25

INGREDIENTS

2 medium zucchini

2 large carrots (7¼-8 ½" long)

1 teaspoon tomato paste

6 garlic cloves

3 tablespoons olive oil

6 oz Greek Yogurt, Plain, non-fat

INSTRUCTIONS

1. Put the sliced garlic and olive oil in a pan and put the pan on the kitchen stove set to low heat.
2. While garlic is cooking, peel the carrots and make carrot noodles by using your Julienne (aka Julian) cutter.
3. When the color of garlic starts turning into yellow (not brown please) add the tomato paste and let them cook 1 minute, then add the carrot noodles and mix them well and increase the heat to medium.
4. While carrot noodles are cooking, make zucchini noodles using your Julienne cutter. You don't need to peel the zucchini.
5. Once you finish making your zucchini noodles, add them to the pan. You will need to cook about 5 more minutes, during that time mix them occasionally. In order to prevent zucchini from becoming very soft, you need to keep the cooking time short after adding zucchini noodles.
6. While cooking is in progress, in a separate bowl, mix the minced garlic with plain Greek yogurt. You can add some salt and water to have a creamy sauce like consistency.
7. Place your cooked healthy spaghetti to your plate and add the garlic and yogurt sauce according to your taste. You can also add some red pepper if you like it hot.

Nutrition Information

308 calories, 21g total fat, 3g saturated fat, 100mg sodium, 20g carbohydrate, 4g dietary fiber, 12g protein



SNACKS

QUICK TIPS

- Serve snacks on a plate or in a bowl instead of eating from the bag or box.
- Divide tempting snacks into snack-size baggies to avoid overeating.
- Limit eating while doing other activities such as watching TV, reading or being on the computer.
- Plan healthy snacks ahead of time to avoid getting overly hungry.
- For a satisfying snack, try to include protein or high fiber choices.
- Keep tempting snack foods out of the house.

SNACK IDEAS

100 CALORIES OR LESS

- 1 light or 2% string cheese stick
- 1 oz whole grain pretzels
- 3 cups 94% fat free popcorn
- 30 pistachios (in the shell)
- 1 hard-boiled egg
- 6 ounces fat free yogurt
- ½ cup shelled edamame
- ¼ cup dried apricots
- ½ cup wasabi peas
- 1 large orange
- 10 baked tortilla chips with ¼ cup salsa
- 1 cup vegetable soup

150 - 200 CALORIES OR LESS

- 1 medium apple, sliced + 1 Tbsp. peanut butter
- ⅓ cup hummus + 10 baby carrots
- 1 serving whole grain, high fiber cereal
- ½ cup roasted garbanzo beans
- ¼ cup almonds, cashews or walnuts
- ¼ cup guacamole + bell pepper
- ½ cup low fat cottage cheese + ¾ cup canned peaches (no sugar added)
- 1 slice whole wheat bread + 1 Tbsp. peanut butter + 2 tsp. jelly
- 2 graham cracker squares + 1 cup fat free milk
- 1 serving whole grain, high fiber cereal



Find more recipes at:
mhealthy.umich.edu/recipes

