



# Making a Menu

Check out these ideas for a week of healthy **GO** foods.

- Buy fruits and vegetables that are in season: they have a fresh, ripe flavor and are lower in cost.
- Make healthy vegetable soups in bulk for quick lunch or dinner meals.
- Use leftovers for other meals to save time and money.

## LEAN & SPEEDY SUPPERS

Lean meats, poultry, and fish (*like boneless, skinless chicken breasts or fish filets*) are simple to prepare:

- Wrap fish in foil, sprinkle with lemon juice and seasonings, then bake at 350°F for about 15 minutes.
- Bake chicken breasts for about an hour after adding 2-3 tablespoons water to a baking dish and a sprinkle of your favorite spices.
- Toss some chopped vegetables, like squash, sweet potato, asparagus, or cauliflower, onto a baking sheet to roast in the oven at the same time.

## THE RULES OF REFRIGERATION

- Leftovers need to be refrigerated within 2 hours of when they were served.
- Remember to refrigerate foods containing meats, dairy products, or prepared vegetables.
- Uncut fresh vegetables, like squash and tomatoes, do not need to be refrigerated.

# SEVEN DAYS OF DELICIOUS

The recipes marked in red can be found in the back pages of this booklet. To find more recipes, visit us at [brighterbites.org](http://brighterbites.org)!

BREAKFAST	LUNCH	DINNER
<p>½ cup oatmeal with slices of apple, banana, and a sprinkle of cinnamon</p> <p>1 cup skim or 1% milk</p>	<p>1 slice whole-grain toast with 1 tablespoon peanut or sunflower seed butter</p> <p>Carrot sticks and hummus</p> <p>Fresh apple</p>	<p>Baked fish fillet</p> <p>Roasted acorn squash</p> <p><b>SMOKY GREENS</b></p> <p>Frozen banana ice cream</p>
<p><i>Breakfast taco:</i> 1 egg, salsa, and 1 <b>WHOLE-WHEAT TORTILLA</b></p> <p>Orange wedges</p>	<p><i>Orange Smoothie:</i> frozen chopped mango, peaches and banana; 2 whole carrots; ½ cup low-fat milk</p> <p>6 whole-grain crackers</p> <p>Broccoli “trees”</p>	<p><b>BELL PEPPER BOWLS</b></p> <p><i>Popcorn cauliflower:</i> chopped cauliflower pieces roasted with pinch of salt and 1 tsp olive oil</p> <p>Fruit and low-fat or fat-free yogurt</p>
<p>Whole-grain toast</p> <p>1 tablespoon peanut or sunflower seed butter</p> <p>Sliced bananas</p>	<p><i>Spinach wrap:</i> <b>WHOLE-WHEAT TORTILLA</b>, 1 part-skim string cheese, and fresh spinach</p> <p>Cherry tomatoes</p> <p>Fresh melon, like cantaloupe</p>	<p><b>SNEAKY VEGGIE SOUP</b></p> <p>Cornbread or any whole-grain bread</p> <p>Microwaved peach slices with cinnamon</p>
<p>1 cup low-fat or fat-free yogurt</p> <p>Sliced strawberries</p> <p>¼ cup granola or whole-grain cereal</p>	<p>Tomato soup</p> <p>1 slice whole-grain toast</p> <p>Fresh bell pepper rings</p> <p>Peach slices</p> <p>1 cup skim or 1% milk</p>	<p><i>Grilled kabobs:</i> bell pepper, zucchini, onion, mushroom, and chicken (<i>optional</i>)</p> <p>Baked sweet potato</p> <p>Frozen yogurt sundae</p>
<p>1 cup whole-grain cereal</p> <p>1 cup skim or 1% milk</p> <p>Fruit (<i>banana, pear, plum</i>)</p>	<p><i>Turkey sandwich:</i> whole-grain bread, sliced turkey, fresh spinach</p> <p>Celery sticks</p> <p>Raisins</p>	<p><b>TURKEY VEGGIE CHILI</b></p> <p><i>Citrus spinach salad:</i> avocado, orange, red onion, nuts or seeds</p> <p>Whole-wheat toast</p> <p>Fruit salad</p>
<p><i>Smoothie:</i> 2 cups frozen pineapple, 1 banana, some plain yogurt, splash of low-fat milk</p> <p>1 hard-boiled egg</p>	<p>½ cup brown rice with salsa</p> <p>Pinto beans</p> <p>Cherry tomatoes and avocado</p> <p>Fresh mango or papaya</p> <p>1 cup skim or 1% milk</p>	<p><i>Veggie wrap:</i> <b>WHOLE-WHEAT TORTILLA</b> and diced veggies</p> <p>Microwave-steamed broccoli</p> <p><b>CARROT CAKE MUFFINS</b></p>
<p><b>RAINBOW OMELET</b></p> <p>1 slice whole-grain toast</p> <p>1 cup skim or 1% milk</p>	<p><b>BROWN SPANISH RICE</b></p> <p>Sliced cucumber</p> <p>Fresh or frozen grapes</p>	<p><i>Chicken sandwich:</i> grilled or baked chicken, spinach, and tomato on whole-wheat bun</p> <p>Roasted asparagus “fries”</p> <p>Baked apples</p>



## RAINBOW OMELET

- 1 large egg
- 1 tablespoon skim milk
- ¼ cup chopped green bell pepper
- ¼ cup chopped red onion
- ¼ cup chopped tomato
- 1 ounce low-fat cheese
- Salt and pepper to taste

### DIRECTIONS:

Wash vegetables before chopping. Beat egg and milk, then pour into warm skillet. After about one minute, add chopped vegetables to one side of egg mixture. Let cook for 3-5 more minutes, and add salt and pepper if desired. Flip the other half of egg onto the vegetables, and cook for 2-4 more minutes until egg is fully cooked. Top with cheese. Use any other vegetables you have to add more colors!

### NUTRITION FACTS FOR ONE SERVING (1 OMELET):

209 calories; 8 gram carbohydrate; 13 gram fat; 14 gram protein; 2 gram dietary fiber

Average cost for one recipe: \$0.75



## CARROT CAKE MUFFINS

- |                               |                                   |
|-------------------------------|-----------------------------------|
| 1 ½ cups of whole wheat flour | 1 tsp vanilla extract             |
| ½ cup honey                   | ¼ cup butter made with canola oil |
| 1 tsp baking soda             | 1 cup shredded carrot             |
| 1 egg                         | ¼ cup canola or olive oil         |
| ½ tsp salt                    |                                   |
| 1 cup unsweetened applesauce  |                                   |
| 1 tsp ground cinnamon         |                                   |

### DIRECTIONS:

Preheat your oven to 350° F. In a medium bowl whisk together the flour, baking soda, cinnamon, and salt. In a large bowl mix (preferably with an electric whisk or beaters) the butter, honey, egg, and vanilla together. Then, add flour mixture until well combined. The batter will be fairly thick at this point. Add applesauce and carrots. With a spoon evenly divide batter to muffin pan. Bake for 22 to 24 minutes or until a toothpick comes out clean and muffins are beginning to turn golden brown on top.

### NUTRITION FACTS FOR ONE SERVING (1 MINI MUFFIN : MAKES 24 SERVINGS):

89 calories; 13 gram carbohydrate; 4 gram fat; 1 gram protein; 1 gram dietary fiber

Average cost of recipe: \$2.76



## BELL PEPPER BOWLS

- |                                     |   |
|-------------------------------------|---|
| 5 medium bell peppers (any color)   | Salt and pepper to taste, or your favorite seasonings |
| 4-5 whole carrots, peeled           | Pinch of cumin  |
| 1 pound 93% lean ground turkey      | ¼ cup part-skim mozzarella cheese                     |
| 1 small red onion, chopped          |   |
| 1 cup uncooked brown rice           |   |
| 3 cups tomato sauce (no salt added) |   |
| 1 clove garlic                      |   |

\* Black beans are a healthy replacement for the turkey and rice. Try adding spinach for even more nutrition.

### DIRECTIONS:

Preheat oven to 350°F. Wash peppers, cut off tops, and slice in half vertically. Remove seeds from inside. Grate carrots. In a frying pan, brown turkey, draining excess fat, and add onions, carrots, garlic, and seasonings. Heat for 5-6 minutes. Cook rice according to box directions. Mix rice, meat, and 2 cups sauce together. Fill peppers with mixture, and pour remaining sauce on top. Cover with foil and bake in oven for 20 minutes. Sprinkle with cheese, and bake an additional 7 minutes.

### NUTRITION FACTS FOR ONE STUFFED BELL PEPPER HALF (CHILDREN NEED A SMALLER PORTION):

201 calories; 14 gram carbohydrate; 8 gram fat; 18 gram protein; 4 gram dietary fiber

Average cost for one recipe: \$8.74



## SNEAKY VEGGIE SOUP

- |  |  |
|--|--|
| 1 onion (any variety)  | ¼ cup diced green chili peppers                      |
| 1 bell pepper (any color)  | ½ tsp ground cumin, ¼ tsp cayenne, and ¼ tsp paprika |
| 3 carrots  | 1 avocado  |
| 4 celery stalks  |  |
| ½ cup water  |  |
| 2 cans (15 oz) kidney, pinto, or black beans (no salt added), drained and rinsed |  |
| 4 large tomatoes, diced  |  |
| 1 can (8 oz) tomato sauce (no salt added)  |  |

### DIRECTIONS:

Wash and finely chop all vegetables. Combine all ingredients except avocado in large pot or slow cooker. Cook, partially covered, on medium-high heat for at least one hour. Top soup with avocado slices. MAKES ~8 SERVINGS.

### NUTRITION FACTS FOR ONE SERVING (1 CUP):

243 calories; 41 gram carbohydrate; 5 gram fat; 12 gram protein; 14 gram dietary fiber

Average cost for one recipe: \$7.05



## WHOLE-WHEAT TORTILLAS

- 2 ½ cups whole-wheat flour
- 5 tablespoons olive oil
- 1 teaspoon salt
- ¾ cup warm water
- Extra all-purpose flour for rolling out

### DIRECTIONS:

Combine oil, flour and salt. Slowly add water; you may need a little more or less, the dough will hold together and be a little sticky. Knead the dough until no longer sticky, about 3 minutes. Cut into 10 pieces. Roll each piece into a ball, flatten and roll out to 6-8 inch diameter tortillas. Place on hot skillet (no oil needed!) and cook on high heat for about 45 seconds a side. Eat immediately, and you can save the dough in the fridge for up to 5 days, or freeze. **MAKES TEN.**

### NUTRITION FACTS FOR ONE SERVING (1 TORTILLA):

172 calories; 24 gram carbohydrate; 7 gram fat; 5 gram protein; 4 gram fiber

Average cost for one recipe: \$0.98



## TURKEY VEGGIE CHILI

- 1 large onion, chopped
- 4 cups chopped veggies (carrots, squash, sweet potatoes, fresh corn, bell peppers, in any combination)
- ¾ cup water
- 3 tablespoons chili powder
- 1 ½ teaspoons salt
- 1 teaspoon black ground pepper
- 3 cloves fresh garlic, chopped
- 2 cups diced tomatoes
- 1 pound 93% lean ground turkey

### DIRECTIONS:

Chop all vegetables into very small pieces. Heat a large pot and add onion and veggies. Add a couple splashes of water so they do not stick. Cook until onions are translucent; add small amount of water if veggies start to stick. Add turkey and cook until no longer pink, about 6-7 minutes. Add tomatoes, ¾ cup of water and spices. Simmer another 10-15 minutes, reducing liquid. **SERVES FOUR.**

### NUTRITION FACTS FOR ONE SERVING (~1 ½ CUPS):

291 calories; 27 gram carbohydrate; 11 gram fat; 24 gram protein; 7 gram fiber

Average cost for a family of four: \$6.57



## BROWN SPANISH RICE

- 2 carrots
- 1 onion
- 2 cloves garlic
- 1 red or green pepper
- 5 small tomatoes
- 2 ½ cups brown rice
- 5 cups water
- 1 ½ teaspoons salt
- ¼ teaspoon each: pepper, thyme, turmeric, paprika, celery salt
- 1 bay leaf
- 4 tablespoons olive oil

### DIRECTIONS:

Chop all vegetables, and heat 2 tablespoons of oil in a large pot. Add carrots, onion and garlic and cook 5 minutes over medium heat. Add pepper and tomatoes, cook another 5 minutes. Add rice, water, salt and spices. Bring to a boil, reduce to a low simmer and cover. Cook until all the water is absorbed. Drizzle with last 2 tablespoons of oil. **SERVES TEN.**

### NUTRITION FACTS FOR ONE SERVING (~¾ CUP):

241 calories; 41 gram carbohydrate; 7 gram fat; 4 gram protein; 3 gram fiber

Average cost for one recipe: \$3.26



## SMOKY GREENS

- 5 cups collards, kale or other dark leafy greens
- 2 tablespoons olive oil
- ½ teaspoon salt
- ½ teaspoon honey
- 1 clove garlic
- A pinch of chipotle chili powder

### DIRECTIONS:

Chop garlic and cut greens into small pieces. Heat oil in a large pot over medium heat and cook garlic about 2 minutes. Add greens, salt, honey and chili powder. Reduce heat to low and cover. Allow greens to steam until tender (kale will be faster [10 minutes] than collards [15-20 minutes]). If greens start to stick, add a splash of water as needed. **SERVES FOUR.**

### NUTRITION FACTS FOR ONE SERVING (~½ CUP):

78 calories; 4 gram carbohydrate; 7 gram fat; 1 gram protein; 2 gram fiber

Average cost for a family of four: \$1.27