

Eat as a Family!

Cooking with family is a fun way to spend time together. Check out the recipes below to see how everyone can help in the kitchen. Be sure to read our monthly Family Newsletters for more family-friendly recipes!

Tomato Carrot Salad - June Harvest of the Month Recipe

✓ Pick out favorite fruits and vegetables while grocery shopping.

✓ Help assemble recipes with five or less prepared ingredients.

✓ Place fruits and vegetables on a salad or as toppings on a pizza.

Ingredients:

- Fresh spinach
- Cherry tomatoes
- Cucumbers, sliced
- Baby carrots
- Black beans, drained and rinsed
- Italian salad dressing

Directions:

1. Mix vegetables and beans in a bowl.
2. Add dressing when ready to serve.

Source: https://cookingmatters.org/sites/default/files/Meeting_Your_MP_Goals_on_a_Budget_FINAL.pdf



Strawberry Yogurt Parfait - April Harvest of the Month Recipe

✓ Write grocery list.

✓ Measure ingredients.

✓ Highlight serving sizes on food labels.

Ingredients:

- 4 Cups fresh or thawed strawberries
- 3 Cups nonfat plain yogurt
- 1½ Cups granola

Directions:

1. Cut strawberries into ¼-inch thick slices. There should be about 3 cups total.
2. Layer ¼ cup yogurt into each of the 6 cups or bowls. Top with ¼ cup sliced fruit and 2 Tablespoons granola.
3. Repeat layers one more time, ending with a layer of granola. Serve and enjoy!

* Serves 6

Source: <https://cookingmatters.org/recipes/yogurt-parfait>



Carrots with Baked Flaked Chicken - March Harvest of the Month Recipe

✓ Learn how to shop on a budget.

✓ Use a variety of spices and herbs.

✓ Introduce cooking hot meals.

Ingredients:

- 8 Cups cooked carrots
- 2 Pounds boneless chicken
- 1/3 Whole wheat flour
- 3 Cups cornflakes cereal, crushed
- 2 Large eggs
- 1/4 Cup nonfat milk
- Non-stick cooking spray

Directions:

1. Preheat oven 375 F.
2. In bowl, mix flour, salt and pepper.
3. In a second bowl, mix eggs and milk to create an egg mixture.
4. Dip chicken into flour, then egg mixture then cornflakes.
5. Place chicken on sheet coated with cooking spray.
6. Bake 20-25 minutes (chicken temperature reaches 165°F)
7. Serve with cooked carrots.

* Serves 8

Source: <https://cookingmatters.org/recipes/baked-flaked-chicken>

