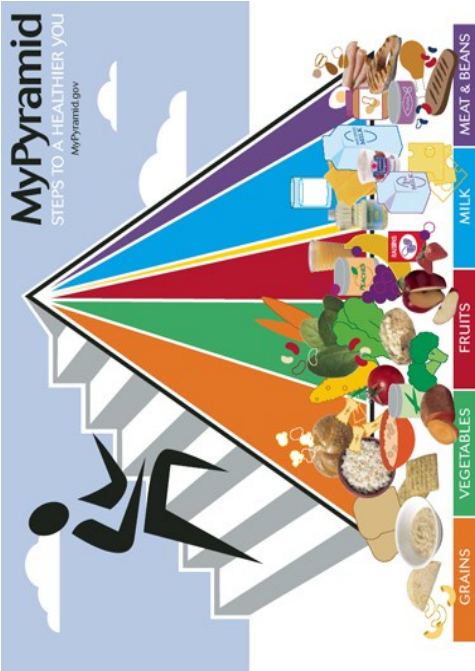


By applying these basic techniques to new foods, you can cook more complete meals for yourself and your family.

Visit your local library for more information, instruction and recipes.



The Food Pyramid from MyPyramid.gov. MyPyramid.gov is a source for nutritional information and helpful recipes.

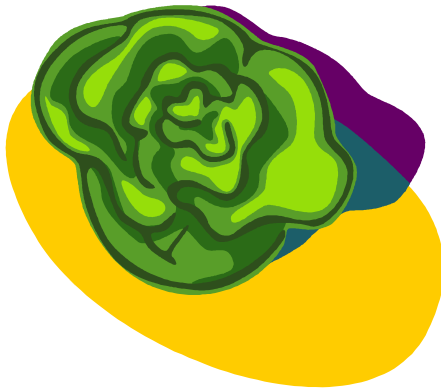


RECIPES AND TIPS

Grocery shopping, cooking and eating healthfully on a food stamp budget



Cooking with SNAP



COOKING TOOLS

Measuring spoons

Shallow, wide pan

Deep pot

Roasting pan (9x13x2 inch, this versatile pan can be used for roasting meat and vegetables, as well as baking cakes and casseroles)

Large stirring spoon

Knife

Cutting board, or a hard, flat cutting surface

Oven

Stove or hot plate

ON-HAND PANTRY ITEMS

Salt

Pepper (ground black or white)

Herbs (basil, oregano, bay leaves, thyme, sage, etc.)

Spices (paprika, cinnamon, cumin, chili powder)

Soy sauce

Corn starch

Flour

Sugar

Cooking oil

Bouillon cubes

Note: These items have a longer shelf life than most foods and can be purchased as needed.

HELPFUL TIPS

Savings: Shop on sale and in season to save money. Avoid the more expensive precut vegetables and fruits and cut your own.

Variety: Exchange proteins, vegetables and starches to create new meals. For instance, in a casserole use sweet potatoes instead of rice, sausage in the place of chicken and trade peppers for broccoli.

Substitution: Substitute canned or frozen vegetables and fruits as needed.

Opportunity: Take advantage of the free services your grocery store offers, like cutting meat or breaking packages.

Value: Compare unit prices on different items and brands. A pound of fruit in season is often cheaper than one candy bar.

Safety: Avoid cross contamination. Clean your workspace, tools and hands before and after handling raw meat.



Recipes

Keep **variation** in mind. These recipes are flexible and you can use your favorite vegetables or protein as you'd like.

Breakfast should have items from at least three of the five food groups: starch, protein, fruits/vegetables, dairy. Here are some examples of a complete breakfast:

Breakfast burrito with scrambled egg, low-fat cheese, salsa, spinach, avocado and a whole wheat tortilla

Breakfast pizza made with pizza sauce, tomato, low-fat cheese, eggs, and a dash of oregano.

Fruit and oatmeal made with milk.

Omelet of two eggs, vegetables (fresh spinach, mushrooms, peppers, tomatoes, etc.), low-fat cheese, and your choice of meat.



Here are some basic recipes for **dinner** (4 servings each):

Roasted Chicken and Vegetables

<u>Pantry Items</u>	<u>Grocery List</u>
2 teaspoons salt	3-4 pound whole chicken, thawed
1 teaspoon pepper	4 carrots, washed
1/4 cup oil	8 small red potatoes, washed
Pinch of dried thyme	1 medium onion, peeled
	6-8 cloves of garlic, peeled

1. Preheat the oven to 425 degrees.
2. Put the carrots and onion into 1-inch pieces. In a roasting pan, toss the carrots, onion, garlic and potatoes with the oil, 1 teaspoon salt, 1/2 teaspoon pepper.
3. Sprinkle the chicken with 1 teaspoon salt, 1/2 teaspoon pepper and thyme. Nestle the chicken in the pan of vegetables and bake for 60-70 minutes. Allow the chicken to rest for 10-15 minutes before serving.

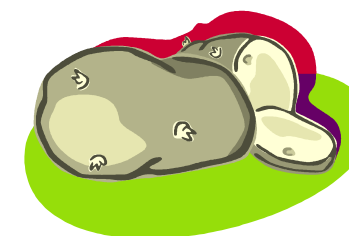


Chicken Noodle Soup

<u>Pantry Items</u>	<u>Grocery List</u>
2 tablespoons salt	2-3 pound whole chicken
Water	1/2 pound carrots, washed
1 bay leaf	1/2 pound parsnips, washed
	1 medium onion
	8 ounces of wide egg noodles

1. Cut the carrots into 1/2 inch pieces. Cut the parsnips and onions into roughly the same size pieces.
2. In a deep pot, cover the chicken, vegetables, salt and bay leaf with water.
3. Bring to a boil on medium high heat. Once boiling, lower heat to medium-low and simmer for 25-30 minutes.
4. Remove the whole chicken from the pot and add the noodles. Continue to cook on low.
5. When the chicken is cool enough to handle, strip the meat from the bones and add to the pot. Cook until the chicken is hot again and serve.

Note: Soups and stews are a great way to clear out your fridge and pantry. Use rice or potatoes, spinach or peppers, turkey or beef.; whatever is on hand.



Easy Stir Fry

<u>Pantry Items</u>	<u>Grocery List</u>
2 teaspoons sugar	1 tablespoon orange juice
3 tablespoons soy sauce	1 1/2 pounds boneless chicken, pork, or beef, cut in bite-size pieces
2 tablespoons corn starch	1 carrot, washed
4 tablespoons oil	4 green onions
1/2 teaspoon garlic powder	1 bell pepper, seeds removed, cut into 1/4 inch strips
1 bouillon cube	1 cup broccoli
3/4 cup water	8 ounces cooked rice or noodles

1. Mix together soy sauce, corn starch, sugar, and juice in a bowl and set aside.
2. Heat the oil in a shallow pan on medium high. Add the meat when hot, turning it every minute or so.
3. After all sides are cooked, add the vegetables and garlic powder. Stir until the vegetables begin to cook.
4. Add the sauce and stir until it thickens. Serve with the rice or noodles.