

# Brown Rice with Corn and Beans

## Ingredients

- 1 cup low-sodium **broth** (any type; see Notes)
- 1 package (1.25 ounce) **taco seasoning** or  
¼ teaspoon each chili powder, garlic powder,  
ground cumin and oregano
- 1 cup instant **brown rice**
- ⅓ cup **salsa**
- ½ cup **corn** (frozen or canned, drained and  
rinsed)
- ½ cup **black beans** (cooked or canned, drained  
and rinsed)

## Instructions

1. Wash hands with soap and water.
2. Bring the vegetable broth and seasonings to  
boil in a medium saucepan.
3. Add the rice, salsa, corn and beans. Turn heat  
to low, cover saucepan and let cook without  
stirring for 10 minutes.
4. Gently stir before serving.
5. Refrigerate leftovers within 2 hours.



## Notes

Broth can be made at home, purchased in a can or box, or made using bouillon. For each cup of broth, use 1 cup very hot water and 1 teaspoon or 1 cube bouillon.

Substitute 1½ cups of Farmers Market Salsa for the last three ingredients.

Try adding cilantro on top for more flavor.



# Breakfast Burritos

## Ingredients

4 eggs

¼ cup nonfat or 1% milk

salt, pepper and chili powder to taste

1 teaspoon vegetable oil

4 (10-inch) flour tortillas

1 cup fat-free refried beans

½ cup (2 ounces) grated cheddar cheese

1 tomato, chopped

## Instructions

1. Wash hands with soap and water.
2. Mix eggs, milk and seasonings in a bowl.
3. Heat oil in skillet over medium-high heat (350 degrees F in an electric skillet).
4. Pour eggs into skillet. Stir and cook until firm.
5. Warm the tortillas on a griddle, or wrap in foil and heat in the oven.
6. Warm the refried beans in a separate pan.
7. On each tortilla, layer ¼ of refried beans, eggs, cheese and tomato.
8. Roll the burrito, cut in half, and enjoy!
9. Refrigerate leftovers within 2 hours.



## Notes

Try your favorite salsa in place of the tomato. Use other vegetables that you have on hand, such as bell peppers or corn.

Serve with guacamole, light sour cream, plain yogurt or salsa.

Add chopped cilantro for more flavor.



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# Baked Meatballs

## Ingredients

- ½ cup finely grated **carrot**
- 1 **egg**
- ½ cup **oats** (old fashioned or quick-cooking)
- ¼ cup skim or 1% **milk**
- ½ teaspoon each **salt, pepper**
- ½ teaspoon **garlic powder**
- ½ teaspoon **onion powder**
- ½ teaspoon **oregano**
- 1 pound lean **ground meat** (any type, 15% fat or less)



## Instructions

1. Wash hands with soap and water.
2. Preheat oven to 425 degrees F. Lightly grease a baking sheet.
3. In a large bowl, stir together all ingredients except ground meat.
4. Add the ground meat and mix in evenly.
5. Using your hands, shape the mixture into 21 (about 2-inch) meatballs. Arrange the meatballs on the baking sheet with space between each one. Bake in 2 batches or on 2 baking sheets if needed. Wash hands with soap and water after touching raw meat and eggs.
6. Bake for 12 to 15 minutes or until the meatballs are cooked through (165 degrees F with a food thermometer) and the outsides are browned.
7. Refrigerate leftovers within 2 hours.

## Notes

Try other seasonings such as Italian seasoning or use soy sauce instead of salt.

No carrot? Use chopped frozen spinach or grated zucchini instead.

Enjoy with Quick Tomato Pasta Sauce, Veggie Stew or in our Mix and Match Stir-fry.



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# Banana Pancakes

## Ingredients

- 2 eggs
- 1½ cups nonfat or 1% **milk**
- 1 Tablespoon **sugar**
- 3 Tablespoons **vegetable oil**
- 2 **bananas**, mashed
- ¾ cup **whole-wheat flour**
- ¾ cup **all-purpose flour**
- 2 teaspoons **baking powder**



## Instructions

1. Wash hands with soap and water.
2. In a medium bowl, mix together eggs, milk, sugar, oil and bananas.
3. In a separate bowl, stir together flours and baking powder. Add to liquids and mix until blended.
4. Heat a lightly greased skillet or griddle over medium-high heat (350 degrees F in an electric skillet).
5. Pour ¼ cup batter onto the griddle for each pancake. Cook until tops are bubbly and pancakes are dry around the edges. Turn pancakes over and cook until golden brown on the bottom.
6. Refrigerate or freeze leftovers within 2 hours.

## Notes

To see if skillet is hot enough, sprinkle with a few drops of water. If drops skitter around, heat is just right.



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# Tofu Scramble

## Ingredients

- 14 ounces **extra firm tofu**
- 1 cup chopped **onion**
- 1 cup chopped **bell pepper** (any color)
- 1 teaspoon **vegetable oil**
- 10 ounces frozen **chopped spinach**, thawed and drained
- 1 teaspoon **garlic powder** or 4 **garlic cloves**, minced
- ½ teaspoon each **salt, pepper**
- ¼ cup (1 ounce) shredded **cheddar cheese**

## Instructions

1. Wash hands with soap and water.
2. Drain and press tofu to remove extra liquid. Crumble into a bowl and set aside.
3. In a medium skillet over medium heat, sauté onion and bell pepper in oil until tender, about 5 to 7 minutes.
4. Add spinach, garlic, salt and pepper to the skillet. Stir to combine.
5. Add tofu and stir until heated through. Sprinkle cheese over the top. Serve hot.
6. Refrigerate leftovers within 2 hours.

## Notes

For more spice, add cumin, chili powder, harissa or hot sauce.

Try with other vegetables, such as zucchini or kale.

Try adding cilantro on top for more flavor.



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# Lentil Soup with Lime Juice

## Ingredients

- |   |   |
|---|---|
| 1 Tablespoon <b>vegetable oil</b>         | 3 <b>bay leaves</b>   |
| 1 medium <b>onion</b> , chopped           | 1 can (4 ounces) <b>mild green chiles</b> , drained and chopped               |
| 1 pound <b>dried lentils</b> , rinsed     | 1 <b>red bell pepper</b> , finely chopped                                     |
| 8 cups cold <b>water</b>                  | 1 <b>carrot</b> , finely chopped  |
| 1 teaspoon <b>salt</b>                    | $\frac{1}{3}$ cup <b>lime juice</b> or to taste (or 1 Tablespoon lemon juice) |
| $\frac{1}{2}$ teaspoon <b>pepper</b>      |   |
| $\frac{1}{2}$ teaspoon <b>cumin</b>       |   |
| 1 teaspoon <b>thyme</b> or <b>oregano</b> |   |

## Instructions

1. Wash hands with soap and water.
2. In a large saucepan, sauté the onion in vegetable oil over medium high heat (350 degrees F in an electric skillet).
3. Add lentils, water, salt, pepper, cumin, thyme and bay leaves. Bring to a boil. Lower the heat to medium low (250 degrees F in an electric skillet). Cover and simmer for 30 minutes, stirring a few times while it cooks.
4. Add the green chiles, bell pepper and carrot. Simmer 15 minutes or until the lentils are very soft.
5. Before serving, remove and discard the bay leaves and stir in the lime juice. Serve hot.
6. Refrigerate leftovers within 2 hours.

## Notes

Try topping soup with plain yogurt or sour cream and chopped tomatoes.

This soup is also good if a potato, another carrot, and celery are added.

Do not include the chiles and cumin if you do not want the Mexican flavors.

Freeze extra lime juice to use later.

