



North Carolina EFNEP's Families Eating Smart and Moving More cookbook

is a complement to the EFNEP's Families Eating Smart and Moving More curriculum. It has nutritionally balanced recipes with the nutritional information included.

Easy One-Week Menu for Your Family

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tuna Burgers Toasted Salad Sweet Potato Over Rice	Chicken Omelette Baked Tofu Chips with Black Bean and Corn Salsa	Super Hot Fry over Rice Baked Apples	Ground Beef Stew Green Beans Three Fruit Salad	Overstuffed Chicken Nuggets Toasted Salad Over Rice	Quick Tuna Salad Sandwich Tortilla Soup Coleslaw and Corn Salsa	Antar Meatloaves Braised Brussels Mashed Potatoes Coleslaw Apple Cider
Low-fat Milk or Water	Low-fat Milk or Water	Low-fat Milk or Water	Low-fat Milk or Water	Low-fat Milk or Water	Low-fat Milk or Water	Low-fat Milk or Water

TUNA BURGERS

Makes 6 servings | Serving Size: 1 patty

Ingredients

- 2 (5-ounce) cans low-sodium tuna
- 1 cup whole-grain bread crumbs, divided
- 1 egg, lightly beaten
- 1/4 cup finely chopped onion
- 1/4 cup finely chopped celery
- 1/4 cup finely chopped green bell pepper
- 1 teaspoon Italian seasoning
- Dash of cayenne pepper (optional)
- Non-stick cooking spray

Directions

1. Drain tuna, separate into flakes using a fork.
2. In a medium bowl, combine the tuna, 1/2 cup of bread crumbs, egg, onion, celery, pepper, and seasonings.
3. Form six patties. With remaining 1/2 cup of bread crumbs, coat each side of patties.
4. Spray non-stick skillet with cooking spray. Heat over medium heat.
5. Cook each patty until heated through and golden brown (approximately 5 minutes on each side and internal temperature reaches 160°F).

Nutrition Information Per Serving
90 Calories, Total Fat 4g, Saturated Fat 0.5g, Protein 13g, Total Carbohydrate 4g, Dietary Fiber 1g, Sodium 100mg. Good source of calcium and iron.

Acceptance of eating right, very low-calorie diet is not.

The serving size is 1 patty on a whole wheat bun.

OVEN FRIES

Makes 6 servings | Serving Size: 10 fries

Ingredients

- Non-stick cooking spray
- 4 medium baking potatoes or sweet potatoes

Directions

1. Preheat oven to 425°F.
2. Lightly spray baking sheet with non-stick cooking spray.
3. Wash potatoes thoroughly and dry with a paper towel.
4. Cut potatoes into long strips about 1/2 inch thick.
5. For oil in a plastic bag, add potatoes and toss to evenly coat with oil.
6. Spread fries in a single layer on a baking sheet and place in preheated oven.
7. Bake at 425°F for 20 minutes.
8. After 20 minutes, take sheet out of oven and turn potatoes over.
9. Immediately return sheet to oven and bake at 425°F for 13 more minutes.

Nutrition Information Per Serving
100 CALORIES OVER 100%
Calories, Total Fat 4.5g, Saturated Fat 0.5g, Protein 1g, Total Carbohydrate 17g, Dietary Fiber 1g, Sodium 10mg. Excellent source of vitamins A and C.

OVEN FRIES 100 Calories, Total Fat 4.5g, Saturated Fat 0.5g, Protein 1g, Total Carbohydrate 17g, Dietary Fiber 1g, Sodium 10mg. Excellent source of vitamins A and C.

To add variety and nutrition, use both sweet potatoes and baking potatoes to make fries.

CHICKEN QUESADILLAS

Makes 4 servings | Serving Size: 1 quesadilla

Ingredients

- Non-stick cooking spray
- 1/4 cup chopped onion
- 1 cup cooked and shredded chicken
- 2 tablespoons Black Bean and Corn Salsa (see recipe on this page)
- 1/4 cup canned and chopped green chile peppers (optional)
- 1/4 cup Monterey Jack, Colby, or other cheese, grated
- 4 (10-inch) whole-wheat tortillas

Directions

1. Spray skillet with cooking spray and preheat over medium-high heat.
2. Sauté onion until tender.
3. In a medium bowl, mix chicken, salsa, onion, and chile peppers.
4. Place 1/4 of chicken mixture on one side of tortilla and top with 1/4 of cheese. Fold over mixture and seal edges. Stir a small amount of water for a perfect seal.
5. Spray skillet, brown one side of quesadilla over medium heat for about 3-4 minutes. Turn and brown the other side. (Chicken temp should be 165°F.)
6. Cut each folded tortilla into 3 wedges for easy handling. Serve with salsa.

Nutrition Information Per Serving
185 Calories, Total Fat 4g, Saturated Fat 1g, Protein 13g, Total Carbohydrate 19g, Dietary Fiber 1g, Sodium 100mg. Excellent source of protein and calcium. Good source of vitamins C.

The recipe on this page is a great way to eat healthier.

The Fresh Meat Salsa on page 11 can also be used in this recipe.

BLACK BEAN AND CORN SALSA

Makes 24 servings
Serving Size: 1/4 cup

Ingredients

- 1 (16-ounce) jar salsa or fresh-made Salsa (see recipe on page 11)
- 1 (15.5-ounce) can undrained black beans, drained and rinsed
- 1 (15.5-ounce) can undrained corn, drained and rinsed
- 1 (14.5-ounce) can low-sodium chopped tomatoes, drained
- 2 tablespoons frozen juice
- 1/4 teaspoon garlic powder
- 2 tablespoons chopped fresh cilantro or 1 teaspoon dried
- 1/2 teaspoon ground cumin

Directions

1. Combine all ingredients in a medium-size bowl.
2. Cover and chill for 20 minutes before serving.
3. Serve with chips or as a vegetable side dish.

Nutrition Information Per Serving
25 Calories, Total Fat 0.5g, Saturated Fat 0.1g, Protein 1g, Total Carbohydrate 4g, Dietary Fiber 1g, Sodium 10mg.

This is a good recipe to make ahead and keep in the refrigerator to use for the week.

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