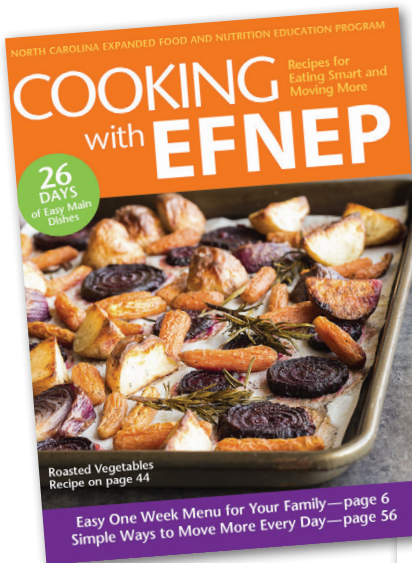


Cookbook Order Form



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 Burger Lemon Salad Sweet Potato Yam Fries	Chicken Quesadilla Baked Tostitos Chips with Black Bean and Corn Salsa	Super 20 Fry over Rice Baked Apples	Ground Beef Stroganoff Green Beans Tuna Tostito Salad	Oven Baked Chicken Nuggets Tostito Salad Oven Fries	Quilt Tuna Salad Sandwich Tomato Soup Culery and carrot sticks	Milk Meatlovers Steamed Broccoli Mini-Baked Potatoes Cinnamon 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	Low-fat Milk or Water

NA BURGERS
Makes 4 servings | Serving Size: 1 patty
Ingredients:
• 1/2 lb. lean ground beef
• 1/2 cup whole-grain bread crumbs, divided
• 1/4 cup onion, finely chopped
• 1/4 cup finely chopped celery
• 1/4 cup finely chopped green bell pepper
• 1/2 teaspoon Italian seasoning
• 1/2 teaspoon garlic powder (optional)
• Non-stick cooking spray

OVEN FRIES
Makes 4 servings | Serving Size: 10 fries
Ingredients:
• Non-stick cooking spray
• 4 medium baking potatoes or sweet potatoes

CHICKEN QUESADILLAS
Makes 4 servings | Serving Size: 1 quesadilla
Ingredients:
• Non-stick cooking spray
• 1/4 cup cheddar cheese
• 1 cup cooked and shredded chicken
• 2 tablespoons Black Bean and Corn Salsa (see recipe on this page)

BLACK BEAN AND CORN SALSA
Makes 24 servings
Serving Size: 1 1/4 cup
Ingredients:
• 1 (16-ounce) jar salsa or Fresh-Made Salsa (recipe on page 15)
• 1 (15.5-ounce) can unsalted black beans, drained and rinsed
• 1 (15.5-ounce) can unsalted corn kernels, drained or 1/2 cups frozen
• 1 (14-ounce) can low-sodium chopped tomatoes, drained
• 2 tablespoons lemon juice
• 1/4 teaspoon garlic powder
• 2 tablespoons chopped fresh cilantro or 1 teaspoon dried (quantity may be substituted)
• 1/2 teaspoon ground cumin

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