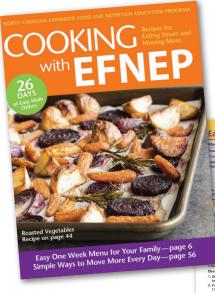


Cookbook Order Form



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 O	ne-Wee	ek Meni	u for Yo	our Fam	nily Recipes for	menu items in Atalics ad in this cookbook.		PLAN: One-Week Ment
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Tuna Burgers Tassed Salad Weet Potato Wen Fries	Chicken Quesadillas Baked Tortilla Chips with Black Bean and Com Salsa	Super Stir-Fry over Rice Baked Apples	Ground Beef Stroganoff Green Beans Three Fruit Salad	Oven Baked Chicken Nuggets Tossed Salad Oven Fries	Quick Tuna Salad Sandwich Tomato Soup Celery and carrot sticks	Mini Meatioaves Steamed Broccoli Micro-Baked Potatoes Cinnamon		
w-fat Milk 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	Apple Crisp Low-fat Milk or Water		9
edients 5 curse) c up whole- gg, lightly cup finely cup finely cup finely spoon its of cayen Non-tick cool Directions 1. Drain tuna, st fork. 2. In a medium 1/2 cup of be collegy, poppe 3. Form sk patti	gs I Serving Size: ans low-sodium tur grain bread crumbs beaten chopped onion chopped orion chopped geter chopped geter alian seasoning me papper (option ing spray eparate into flakes i bowl, combine the ead crumbs, egg, ir, and seasonings.	Il patty Make Ingris as . Ne . Ne . Advided . 4 r . SW Direct . Pr . Pr . L . L . L . L . L . L . L . L . L .	fash potatoes thon ut potatoes into lo ut oil in a plastic b. su may add seasor oread strips in a sir sen. alse at 475°F for 20 fter 20 minutes, ta	ray statoes or "F. sheet with non- oughly and dry w ng strips about 1 g., Add potatoes aling to the bag, igle layer on a ba minutes. be sheet out of or sheet to oven an	2 tablespoons o Seasonings (opt dick cooking spray, th a paper towel.	coat with oil. e in preheated	CHICKEN QUESADILLAS Makine 4 servings serving plass: quesadilla **Noncidio Conding pary **1 A re po chaped existe **1 a que chaped and undested richais **1 talespoon allied her and undested richais **1 talespoon allied her and come **1 talespoon allied her and come **1 cap chaped existe **1 cap chaped existe **1 cap chaped existe **1 cap chaped existe **1 (10 incl1) whiche wheat trelling **Normality of the chaped existe **1 (10 incl1) whiche wheat trelling **Normality of the chaped existe **1 (10 incl1) whiche wheat trelling **Normality of the chaped existe **1 (10 incl1) whiche wheat trelling **Normality of the chaped existe **A to median blood, mit chickes, whis, solers, and chip prepara **Chep inclined existe for existe for a depth of the armal almost of size for **A proparation of a grandition or marketin has for allows 1.4 **Spray faller, allow or some fine of precision or some fine or some fine and and and and a size of size for a precision of a grandition or marketin has for allows 1.4 **Spray faller, allow or some fine of precision or some fine or	BLACK BEAN AND CORN SALSA Makes 24 servings from 10 feet. 14 step from 10 feet. 14 step from 11 feet. 15 step from 11 feet. 14 step from 11 feet. 15 step from 12 step from 13 step from 14 step from 15 st
Spray non-sti Heat over me Cook each pa and golden b S minutes on temperature Nutrition linfor 90 Caloses, Total Protein 13a, Total	otty until heated the proven (approximate each side and inte reaches 160°F). mation Per Servin Fat 2.4g. Saturated F I Carbohydrate 4u. D	or paties. or paties. ing spray. Calor 0.5g, rough 17g, dy Excel mal OVEI Satur Garb Sodi, vitam stoary vitam	ET POTATO OVEN I rics, Total Fat 4.5g, 5, Protein 1g, Total Ci Dietary Fiber 1g, 5o lent source of viturals N FRIES 160 Calorie: nated Fat 0.5g, Protei ohydrate 25g, Dietar am 15mg, Excellent:	RIES 120 aturated Fat arbohydrate dium 50mg, is A and C. i, Total Fat Sg, in 3g, Total by Filter 3g,	ganic powder, onion papelia.	powder, chili powder,	Cut each folder torsils into 3 wedges for easy handling. Serve with extra salar il defeared. Multitides information Prisoning 15 claves, Parison 7, Tour Carbonylane 24, Tour C	Directions 1. Combine all ingerclients in a medium state bowd. 2. Crover and child for 30 minutes before saving. 3. Serve with chips or as a vegetarian side dala. Nutrition information Per Serving 35 claims, processing a saving s
calcium and iron. Accipe analyzed using	108mg. Good source g light, very low-sodium to not burgers on whole-w	ina in water.			1	N	The orders on the page and the first of the first of the first of the first had to order the first had to order the first of the first had to order the first of	Fiber 1g, Sodium 190mg Fiber 1g, Sodium 190mg This is a great nedge to make ahead and keep in the refrigerator to use for the work.

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