



## 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 Oven Fries	Chicken Quesadillas Baked Tostitos Chips with Black Bean and Corn Salsa	Spaghetti Fry over Rice Baked Apples	Ground Beef Stroganoff Cream Beans Three Fruit Salad	Oven-Baked Chicken Nuggets Toasted Salad Oven Fries	Quark Fruit Salad Fenchel Tomato Soup Coley and couscous	Miso Meatloaves Shredded Broccoli Miso-Dusted Potatoes Cinnamon Apple Crisp
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 teaspoon Italian seasoning
- Dash of cayenne pepper (optional)
- Non-stick cooking spray

**Directions**

- Drain tuna, separate into flakes using a fork.
- In a medium bowl, combine the tuna, 1/2 cup of bread crumbs, egg, onion, celery, pepper, and seasonings.
- Form six patties. With remaining 1/2 cup of bread crumbs, coat each side of patties.
- Spray non-stick skillet with cooking spray. Heat over medium heat.
- Cook each patty until heated through and golden brown (approximately 3 minutes on each side and internal temperature reaches 165°F).

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

Always use extra light, very low-sodium ketchup sauce.  
Try serving tuna burgers on whole-wheat buns.

#### OVEN FRIES

Makes 6 servings | Serving Size: 10 fries

**Ingredients**

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

**Directions**

- Preheat oven to 425°F.
- Lightly spray baking sheet with non-stick cooking spray.
- Wash potatoes thoroughly and dry with a paper towel.
- Cut potatoes into long strips about 1/2 inch thick.
- Soak in a plastic bag, add potatoes and toss to evenly coat with oil. You may add seasoning to the bag.
- Spray oil in a single layer on a baking sheet and place in preheated oven.
- Bake at 425°F for 20 minutes.
- After 20 minutes, take sheet out of oven and turn potato strips over.
- Immediately return sheet to oven and bake at 425°F for 15 more minutes.

**Nutrition Information Per Serving**  
165 Calories, Total Fat 4.5g, Saturated Fat 0.5g, Protein 3g, Total Carbohydrate 31g, Dietary Fiber 3g, Sodium 10mg. Excellent source of vitamin C.

\*To use in amount of other seasonings: onion, pepper, garlic powder, onion powder, chili powder, paprika.

\*\*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 cheddar cheese
- 4 (8-inch) whole-wheat tortillas

**Directions**

- Spray skillet with cooking spray and preheat over medium-high heat.
- Sauté onion until tender.
- In a medium bowl, mix chicken, salsa, onion, and chile peppers.
- Place 1/4 of chicken mixture on one side of tortilla and top with 1/4 of cheese. Fold over mixture and seal edges. Use a small amount of water for a perfect seal.
- 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.)
- Cut each folded tortilla into 3 wedges for easy handling. Serve with salsa if desired.

**Nutrition Information Per Serving**  
185 Calories, Total Fat 4g, Saturated Fat 2g, Protein 7g, Total Carbohydrate 24g, Dietary Fiber 4g, Sodium 40mg. Excellent source of protein and calcium. Good source of vitamin C.

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

The Fresh Made Salsa on page 13 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 page 13)
- 1 (15.5-ounce) can crushed black beans, drained and rinsed
- 1 (15.5-ounce) can crushed corn, drained and rinsed
- 1 (14.4-ounce) can low-sodium chopped tomatoes, drained
- 2 tablespoons lemon juice
- 1 (14-ounce) jar pinto beans, drained
- 2 tablespoons chopped fresh cilantro or 1 teaspoon dried
- Quantity may be substituted.
- 1 (2-ounce) ground coriander

**Directions**

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

**Nutrition Information Per Serving**  
25 Calories, Total Fat 0g, Saturated Fat 0g, Protein 1g, Total Carbohydrate 6g, Dietary Fiber 1g, Sodium 10mg.

This recipe makes a small amount and keep in the refrigerator to use for the week.

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