



United States Department of Agriculture

MyPlate KITCHEN

**Louisiana WIC National
Nutrition Month Recipe
Book - Main Dishes**

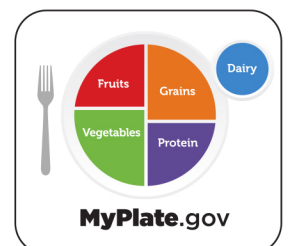


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Colorful Quesadillas



Makes: 8 servings

Use fresh or frozen spinach and red peppers, or try adding your own colorful vegetables in this dish.

Ingredients

- 8 ounces cream cheese, fat-free
- 1/4 teaspoon garlic powder
- 8 flour tortillas (6" across)
- 1 cup sweet red pepper (chopped)
- 1 cup low-fat cheese (shredded)
- 2 cups spinach leaves (fresh, or 9 oz. frozen, thawed and squeezed dry)

Directions

1. In a small bowl, mix the cream cheese and garlic powder.
2. Spread about 2 tablespoons of the cheese mixture on each tortilla.
3. Sprinkle about 2 tablespoons bell pepper and 2 tablespoons cheese on one half of each tortilla.
4. Add spinach: 1/4 cup if using fresh leaves OR 2 Tablespoons if using frozen. Fold tortillas in half.
5. Heat a large skillet over medium heat until hot. Put 2 folded tortillas in skillet and heat for 1-2 minutes on each side or until golden brown.
6. Remove quesadillas from skillet, place on platter and cover with foil to keep warm while cooking the remainder.
7. Cut each quesadilla into 4 wedges. Serve warm.

Source:

Iowa State University Extension, [Iowa State University Extension](#)

Nutrition Information

Serving Size: 4 wedges or 1 quesadilla

Nutrients	Amount
Total Calories	156
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	6 mg
Sodium	483 mg
Carbohydrates	19 g
Dietary Fiber	1 g
Total Sugars	3 g
Added Sugars included	0 g
Protein	11 g
Vitamin D	0 mcg
Calcium	206 mg
Iron	1 mg
Potassium	217 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Vegetables	1/4 cups
 Grains	1 ounce
 Dairy	1/2 cups



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Baked Chicken Nuggets



Makes: 4 servings

Cook Time: 15 minutes

Make chicken nuggets at home using cereal crumbs, spices, and herbs. You can cook them in the microwave or the oven.

Ingredients

- 5 chicken thighs, boneless, skinless (5-6 medium thighs)
- 1 cup cereal crumbs, cornflake type
- 1/2 teaspoon Italian herb seasoning
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1 teaspoon paprika

Directions

1. Remove skin and bone; cut thighs into bite-sized pieces.
2. Place cornflakes in plastic bag and crush by using a rolling pin.
3. Add remaining ingredients to crushed cornflakes. Close bag tightly and shake until blended.
4. Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly.

Microwave Method:

1. Lightly grease an 8x12 inch baking dish.
2. Place chicken pieces on baking dish so they are not touching. Cover with waxed paper and cook on high.
3. Rotate chicken every 2 to 3 minutes. Cook until tender, about 6-8 minutes.

Conventional Method:

1. Preheat oven to 400 degrees. Lightly grease a cooking sheet.
2. Place chicken pieces on cooking sheet so they are not touching.

3. Bake until golden brown, about 12-14 minutes.

Main Dishes

Source:

USDA, Center for Nutrition Policy and Promotion (CNPP), [Recipes and Tips for Healthy, Thrifty Meals, 2000](#)

Nutrition Information

Nutrients	Amount
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Total Calories	141
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Total Fat	5 g
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Saturated Fat	2 g
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Cholesterol	84 mg
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Sodium	344 mg
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Carbohydrates	7 g
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Dietary Fiber	1 g
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Total Sugars	1 g
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Added Sugars included	1 g
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Protein	17 g
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Vitamin D	0 mcg
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Calcium	11 mg
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Iron	3 mg
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Potassium	204 mg
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Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Protein Foods

2 1/2 ounces



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Bean Enchiladas



Makes: 4 servings

Make this easy enchilada recipe tonight for a quick and healthy dinner. Serve it with [Brazilian Rice](#) on the side.

Ingredients

- 4 cups pinto beans (cooked, or 2-15 ounce low sodium cans)
- 1/2 cup Monterey Jack cheese (reduced-fat)
- 1 tablespoon chili powder
- 8 flour tortillas (6 inch)
- salsa (optional)

Directions

1. Place beans in a large bowl and mash coarsely with a fork or potato masher; stir in chili powder.
2. Wrap tortillas in a damp paper towel. Microwave on high for 45 seconds, or until tortillas are soft and warm.
3. Divide bean mixture among tortillas and spread down center of tortilla. Sprinkle cheese on bean mixture.
4. Roll tortillas to enclose mixture.
5. Spray a 9"x13" baking dish with non-stick cooking spray
6. Place enchiladas, seam side down, into baking dish.
7. Cover with foil and bake at 350 degrees for 20 minutes or until heated through.
8. Serve warm with salsa.

Source:

Arizona Nutrition Network, Healthy Lifestyles 2003
In the Kitchen with Chef Stephanie Green

Nutrition Information

Serving Size: 6" enchiladas, 1/4 of recipe (226g)

Nutrients	Amount
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Total Calories	375
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Total Fat	8 g
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Saturated Fat	3 g
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Cholesterol	8 mg
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Sodium	825 mg
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Carbohydrates	59 g
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Dietary Fiber	11 g
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Total Sugars	3 g
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Added Sugars included	0 g
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Protein	17 g
----------------	-------------

Vitamin D	0 mcg
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Calcium	271
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Iron	5
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Potassium	621
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Note: only nutrients that are available will show on this display

MyPlate Food Groups

	Vegetables	1 cups
	Grains	2 ounces
	Protein Foods	4 ounces
	Dairy	1/4 cups



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Salmon Burgers



Makes: 6 Servings

This simple recipe makes good use of canned salmon, or you can also use leftover salmon if you have some on-hand. Out of both? Try canned tuna!

Ingredients

- 1 2/3 cups cracker crumbs (coarse)
- 1 small onion, chopped
- 1 can canned salmon (15 oz can OR two 5 oz cans of tuna in water, drained)
- 2/3 cup lowfat milk
- 2 eggs (well beaten)
- celery (1/2 cup chopped, optional)
- salt & pepper (to taste)

Directions

1. In a large bowl, mix all ingredients together. Mixture will be moist.
2. Spray a large skillet with non-stick cooking spray. Heat skillet. Drop fish mixture onto the skillet using a 1/3 or 1/2 cup measuring cup. Brown on both sides.

Source:

University of Nebraska-Lincoln. Nutrition Education Program.

Nutrition Information

Serving Size: 1 burger

Nutrients	Amount
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Total Calories	206
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Total Fat	7 g
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Saturated Fat	2 g
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Cholesterol	100 mg
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Sodium	501 mg
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Carbohydrates	17 g
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Dietary Fiber	1 g
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Total Sugars	2 g
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Added Sugars included	0 g
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Protein	18 g
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Vitamin D	10 mcg
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Calcium	185 mg
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Iron	2 mg
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Potassium	318 mg
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Note: only nutrients that are available will show on this display

MyPlate Food Groups

Grains

1 ounces

Protein Foods

2 1/2 ounces



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Red Beans and Rice



Makes: 8 servings

This flavorful dish is a Monday night tradition in many homes. This vegetarian recipe uses dry beans, onion, pepper, and spices.

Ingredients

- 2 cups red beans, dry
- 8 cups water
- 1 1/2 cups onion (chopped)
- 1 cup celery (chopped)
- 4 bay leaves
- 3 tablespoons garlic (chopped)
- 3 tablespoons parsley (chopped)
- 2 teaspoons thyme (crushed, dried)
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 cup green pepper (chopped)
- hot cooked rice

Directions

1. Pick through beans to remove bad beans. Rinse beans thoroughly.
2. In a 5-quart pot, mix beans, water, onion, celery and bay leaves. Bring to boiling; reduce heat.
3. Cover and cook over low heat for about 1-1/2 hours or until beans are tender. Stir and mash beans against side of pan.
4. Add garlic, parsley, thyme, salt, black pepper, and green pepper.
5. Cook uncovered, over low heat, until creamy, about 30 minutes. Remove bay leaves. Serve over hot cooked rice.

Source:

Food and Drug Administration (FDA), [Eating for a Healthy Heart](#) [Down Home Healthy: Family Recipes of Black American Cakes National Nutrition Month Recipe Book - Main Dishes](#)

Nutrition Information

Serving Size: 1/8 of recipe (359g)

Nutrients	Amount
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Total Calories	168
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Total Fat	1 g
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Saturated Fat	0 g
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Cholesterol	0 mg
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Sodium	315 mg
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Carbohydrates	31 g
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Dietary Fiber	9 g
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Total Sugars	2 g
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Added Sugars included	0 g
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Protein	11 g
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Vitamin D	0 mcg
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Calcium	75 mg
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Iron	3 mg
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Potassium	594 mg
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Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Vegetables

1 1/4 cups

 Protein Foods

2 1/2 ounces



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Slow Cooker Beef Stew



Makes: 6 servings

Prepare this in the morning and let it cook all day, so that you can enjoy a healthy and hearty dinner as soon as you walk in the door.

Ingredients

- 2 pounds stew meat (cut into 1 inch cubes)
- 1/4 cup flour (all purpose)
- salt and pepper (optional, to taste)
- 2 cups water
- 2 teaspoons beef bouillon (2 cubes)
- 1 garlic clove (finely chopped)
- 3 carrot (sliced)
- 3 potatoes (diced)
- 1 onion (chopped)
- 1 celery stalk (sliced)
- Add herbs as desired: bay leaf, basil, oregano, etc

Directions

1. Place meat in slow cooker.
2. Mix flour, salt, and pepper in a medium bowl, and pour over meat; stir to coat.
3. Add remaining ingredients and stir to mix.
4. Cover and cook on LOW for 8 to 10 hours or HIGH for 4 to 6 hours.
5. Stir stew thoroughly before serving. If using bay leaf, discard before serving.

Source:

Montana State University Extension Service.

Nutrition Information

Serving Size: 1/6 of recipe (287g)

Nutrients	Amount
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Total Calories	282
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Total Fat	5 g
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Saturated Fat	2 g
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Cholesterol	68 mg
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Sodium	216 mg
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Carbohydrates	29 g
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Dietary Fiber	4 g
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Total Sugars	4 g
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Added Sugars included	0 g
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Protein	30 g
----------------	-------------

Vitamin D	0 mcg
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Calcium	42 mg
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Iron	3 mg
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Potassium	833 mg
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Note: only nutrients that are available will show on this display

MyPlate Food Groups

- Vegetables 1 1/4 cups
- Grains 1/2 ounces
- Protein Foods 3 ounces



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Spaghetti Squash with Tomatoes, Basil, and Parmesan



Makes: 4 Servings

Here is a delicious late summer side dish bursting with fresh flavors. This dish would go well with a grilled entrée.

Ingredients

- 1 spaghetti squash (about 1 1/2 pounds)
- 1 tablespoon olive oil
- 3 tablespoons Parmesan cheese
- 1/4 teaspoon dried oregano
- 2 teaspoons dried basil (or 1/2 cup fresh basil, chopped)
- 1 cup cherry tomatoes (thinly sliced)
- salt and pepper (to taste, optional)

Directions

1. Place the 2 squash halves, cut side down, in glass baking dish. Add about 1/4 cup water and cover with plastic wrap. Microwave on high 12 minutes or until soft when pressed. Let stand covered for 3 minutes.
2. In a large bowl, whisk oil, basil, oregano and 2 Tablespoons Parmesan. Stir in tomatoes and season lightly with salt and pepper to taste.
3. Scrape squash out with a fork, add strands to tomato mixture and toss until combined. Sprinkle with remaining 1 Tablespoon Parmesan cheese.

Source:

University of Maryland Extension.
[Eat Smart. Be Fit.](#) Recipes.

Nutrition Information

Serving Size: 1/4 of recipe

Nutrients	Amount
Total Calories	77
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	3 mg
Sodium	67 mg
Carbohydrates	7 g
Dietary Fiber	2 g
Total Sugars	3 g
Added Sugars included	0 g
Protein	2 g
Vitamin D	0 mcg
Calcium	83 mg
Iron	1 mg
Potassium	195 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Vegetables

1 cups

 Dairy

1/4 cups



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Anytime Pizza



Makes: 2 servings

Make your own pizza topped with green peppers, mushrooms, or other vegetables.

Ingredients

- 1/4 mini baguette or Italian bread (split lengthwise, or 2 split English muffins)
- 1/2 cup pizza sauce
- 1/2 cup mozzarella or cheddar cheese (part-skim, shredded)
- 1/4 cup green pepper (chopped)
- 1/4 cup mushrooms (fresh or canned, sliced)
- vegetable toppings (other, as desired, optional)
- Italian seasoning (optional)

Directions

1. Toast the bread or English muffin until slightly brown.
2. Top bread or muffin with pizza sauce, vegetables and low-fat cheese.
3. Sprinkle with Italian seasonings as desired.
4. Return bread to toaster oven (or regular oven preheated to 350 degrees).
5. Heat until cheese melts.

Source:

University of Massachusetts, Extension Nutrition Education Program, Pumpkin Post/Banana Beat

Nutrition Information

Serving Size: 1 slice, 1 English muffin or 1/2 of recipe (144g)

Nutrients	Amount
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Total Calories	180
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Total Fat	7 g
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Saturated Fat	3 g
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Cholesterol	15 mg
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Sodium	502 mg
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Carbohydrates	18 g
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Dietary Fiber	2 g
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Total Sugars	4 g
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Added Sugars included	1 g
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Protein	11 g
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Vitamin D	N/A
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Calcium	251
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Iron	1
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Potassium	335
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Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Vegetables

1/2 cups

 Grains

1/2 ounces

 Dairy

3/4 cups



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Garden Vegetable Soup



Makes: 6 Servings

Italian seasoning and garlic powder bring a punch of flavor to this delicious and easy vegetable soup. Serve it with a whole wheat roll for a satisfying lunch or quick dinner.

Ingredients

- non-stick cooking spray
- 2 carrots, sliced
- 1 small onion, chopped
- 1/4 teaspoon garlic powder (or 1/2 garlic clove, minced)
- 3 cups broth (beef, chicken, or vegetable)
- 1 cup chopped green cabbage
- 1 can green beans, undrained (14 ounces)
- 1 can diced tomatoes, undrained (14 ounces)
- 1/2 teaspoon Italian seasoning
- 1 zucchini, chopped

Directions

1. In a large saucepan sprayed with non-stick cooking spray, saute the carrots, onion, and garlic over low heat about 5 minutes.
2. Add broth, cabbage, green beans, tomatoes, and Italian seasoning; bring to a boil.
3. Cover, lower heat. Simmer about 15 minutes or until carrots are tender.
4. Stir in zucchini and heat for 3-4 minutes. Serve hot.
5. Refrigerate leftovers.

Source:

Colorado State University and University of California at Davis.
Eating Smart Being Active Recipes.

Nutrition Information

Serving Size: 1/6 of recipe

Nutrients	Amount
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Total Calories	55
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Total Fat	1 g
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Saturated Fat	0 g
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Cholesterol	0 mg
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Sodium	701 mg
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Carbohydrates	11 g
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Dietary Fiber	4 g
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Total Sugars	5 g
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Added Sugars included	0 g
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Protein	3 g
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Vitamin D	0 mcg
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Calcium	77 mg
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Iron	2 mg
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Potassium	461 mg
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Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Vegetables

1 1/4 cups



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