



# NO COOK RECIPES: Save Time and Eat Well



No Cook Meals are a great way to save time for busy families. The good news is, there are many ways to prepare great meals without turning on an oven, stove, toaster, slow cooker, or grill! See how beans take center stage, lettuce becomes a wrap, and zucchini doubles as a noodle when making No Cook Meals.

These items do not need to be cooked before eating. However, all fresh veggies and fruits need to be rinsed before they are eaten. Canned beans should be drained and rinsed unless otherwise stated in a recipe.



The key to making healthy, delicious No Cook meals is to focus on WIC approved fruits, vegetables, dairy, fish, and whole grains. Add these No Cook, WIC approved foods to your shopping list:

- ✓ CHEESE
- ✓ FRESH AND CANNED VEGGIES (lettuce, avocado)
- ✓ CANNED BEANS (black beans, chickpeas/garbanzo beans, white beans)
- ✓ CANNED TUNA FISH
- ✓ FRESH AND CANNED FRUITS (peaches, apples)
- ✓ YOGURT
- ✓ PEANUT BUTTER



Check your WIC Food List to make sure these ingredients are correct.



Raw veggies contain many **ANTIOXIDANTS** and provide healthy dietary fiber which helps fight disease and makes us feel fuller longer.

- ANTIOXIDANTS:**
- Help prevent or stop cell damage caused by things like alcohol, air pollution, and cigarette smoke.
  - Naturally, protect you from viruses and disease.
  - Are naturally found in most plant-based foods such as fruits, vegetables, coffee, tea, and chocolate.

Try these popular No Cook recipes from *Health eKitchen*! Browse more *Health eKitchen* recipes anytime at [wichealth.org](http://wichealth.org). *Health eKitchen* recipes use many WIC foods as ingredients.

### RECIPE IDEA

## FIRE AND ICE WATERMELON SALSA

Prep Time: 15 minutes  
Cook Time: 0 minutes  
Servings: 2

### INGREDIENTS

- 3 cups diced watermelon
- ½ cup diced green bell peppers
- 2 tablespoons diced jalapeños
- 1 tablespoon green onions
- 2 tablespoons limes (juiced)
- 1 tablespoon chopped cilantro

### DIRECTIONS

**STEP 1** Wash prep areas and your hands. Rinse cilantro and all fruits and vegetables.

**STEP 2** Cut limes in half, squeeze into a bowl, and remove seeds from juice. Dice watermelon, peppers, jalapeños, and onions. Chop cilantro.

**STEP 3** Add all ingredients into a bowl and toss to combine.

**STEP 4** Serve with chips or over fish or chicken.

**\*TIP** For less spice, remove the seeds and ribs from the jalapeño before dicing. Or, omit jalapeños.



### RECIPE IDEA

## PEANUT BUTTER ROLLUP

Prep Time: 10 minutes  
Cook Time: 0 minutes  
Servings: 1

### INGREDIENTS

- 2 slices whole wheat bread
- ¼ cup peanut butter
- ¼ cup grated carrots

### DIRECTIONS

**STEP 1** Wash prep area, your hands, and carrots.

**STEP 2** Flatten both slices of bread with a rolling pin or your hand.

**STEP 3** Spread half the peanut butter on each bread slice.

**STEP 4** Peel and grate carrots. Then, evenly sprinkle carrots on top of peanut butter. Roll bread up tightly and eat or slice into pinwheels.

**\*TIP** You can substitute other ingredients for the carrot, including *raisins*, *diced peeled apples*, and *sliced bananas* to mix up this recipe.



**CAUTION**  
Finely chop raisins for children under age 4 to reduce risk of choking.



**LESSON:**  
**SAVING TIME WITH NO COOK RECIPES**

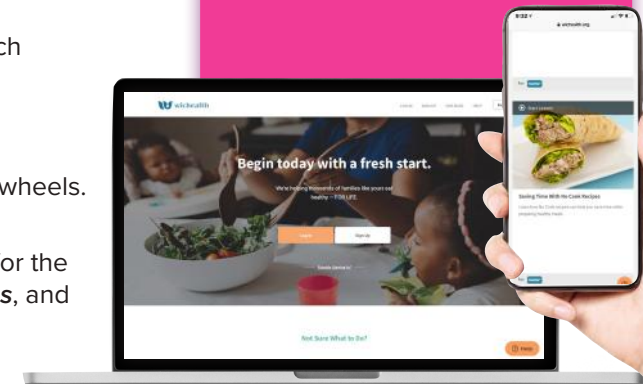
Find more No Cook recipes at [wichealth.org](http://wichealth.org)'s recipe finder called Health eKitchen.

### To Get Started:

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**\* Find more No Cook recipes at [wichealth.org](http://wichealth.org)'s recipe finder called Health eKitchen.**



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