

## Create Better Health (SNAP-Ed) Recipe Guidelines

Create Better Health (SNAP-Ed) recipes should all meet the four following criteria; nutritious, taste great, inexpensive, and quick. When developing new recipes for participants keep the following guidelines in mind to ensure that all recipes help our participants create better health.

### The ingredient list should focus on:

The healthiest options (Details on the next page)  
Minimal ingredients  
Inexpensive ingredients  
Easy to find ingredients

### The directions should be:

Concise  
Simple/easy to follow Relatively quick

The table on the following pages includes a variety of ingredients commonly found in CBH (SNAP-Ed) recipes. When including these ingredients in recipes please be sure to indicate the most nutritious option by including the information found in the “Ingredient List” and “Directions” columns below. These guidelines promote options that are low in sodium, added sugar, and saturated fat; all of which are recommendations from the 2015 Dietary Guidelines for Americans. They also promote whole grains when appropriate. Many of these healthier options do not cost additional money, and are becoming more readily available in many food stores. This is list it not exhaustive, you will likely come across other ingredients that may require a specification to identify the healthiest option. We understand that people will often tweak recipes to use what they have on hand. However, as SNAP-Ed educators it is important that we educate on the healthiest options. You will find some examples of recipes that incorporate these guidelines on the following pages.

<b>Food Group</b>	<b>Product</b>	<b>Ingredient List</b>	<b>Directions</b>
<b>Vegetables</b>	Canned vegetables	Low sodium (preferred)	Drain and rinse
	Canned beans	Low sodium(preferred)	Drain and rinse
	Tomato sauce	Low sodium (preferred)	
	Frozen vegetables	Nothing added (preferred)	
<b>Fruit</b>	Canned Fruit	Packed in 100% fruit juice, or water (preferred)	Drain and rinse (for recipes not using the juice)
	Applesauce	Unsweetened (preferred)	
	Fruit juice	100% fruit juice (preferred)	
	Frozen fruit	Nothing added (preferred)	
<b>Protein</b>	Canned meat products (ie: chicken, tuna, etc.)	Low sodium (preferred)	Drain and rinse
	Ground beef/turkey	Lean (preferred)	Cook and drain fat from pan
	Chicken breast	Skinless (preferred)	
	Deli meat	Low-sodium (preferred)	
<b>Dairy</b>	Milk	Low-fat or non-fat (preferred)	
	Evaporated milk	Low-fat (preferred)	
	Buttermilk	Low-fat (preferred)	
	Yogurt	Low-fat or non-fat (preferred)	
	Butter	Unsalted	

	Cheese	Low-fat (preferred)	
	Cottage cheese	Low-fat or non-fat (preferred)	
<b>Grains</b>	Bread	Whole grain (preferred)	
	Tortillas	Whole grain (preferred)	
	Cereals	Whole grain (preferred)	
	Corn meal	Whole germ cornmeal (preferred)	
	Wheat (all-purpose) flour	Whole wheat (preferred) *see note below table	
	Rice	Brown (preferred)	
<b>Other</b>	Broth, any variety	Low sodium (preferred)	
	Soy sauce	Lite (preferred)	
	Coconut milk	Lite (preferred)	
	Salad dressing	Low-sodium (preferred)	

\*Up to 1/2 of the all-purpose flour can often be replaced with whole wheat flour in many recipes. It is recommended to try the recipe with whole wheat flour before promoting it, to ensure it maintains its quality.

## Added sugars

Since recipes vary greatly, and sugar plays an important role in the chemistry of baking, it is difficult to develop a general guideline for added sugars. Please keep added sugars to a minimum. As you test new recipes, try reducing the amount of sugar to an amount that still maintains the quality of the recipe. Below is a list of common sources of added sugar

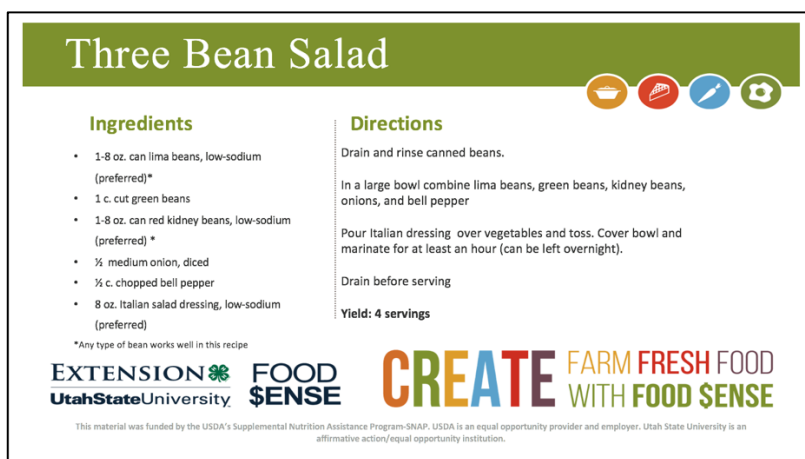
Agave nectar  
Brown sugar  
High fructose corn syrup  
Honey

Maple syrup  
Molasses  
Powdered/Confectioner's  
Sugar Raw sugar

Sugar cane juice  
Table sugar  
White granulated  
sugar

## Recipe Card Examples:

### Three Bean Salad



The recipe card for Three Bean Salad features a green header with the title. Below the header is a row of four circular icons: a bowl, a fork and knife, a pencil, and a gear. The card is divided into two columns: 'Ingredients' on the left and 'Directions' on the right. The ingredients list includes lima beans, green beans, kidney beans, onion, bell pepper, and Italian dressing. The directions describe draining the beans, combining them in a bowl with dressing, and marinating. A yield of 4 servings is noted. At the bottom, there are logos for Extension Utah State University, Food Sense, and Create Farm Fresh Food with Food Sense, along with a small funding notice.

**Ingredients**

- 1-8 oz. can lima beans, low-sodium (preferred)\*
- 1 c. cut green beans
- 1-8 oz. can red kidney beans, low-sodium (preferred) \*
- ½ medium onion, diced
- ½ c. chopped bell pepper
- 8 oz. Italian salad dressing, low-sodium (preferred)

\*Any type of bean works well in this recipe

**Directions**

Drain and rinse canned beans.

In a large bowl combine lima beans, green beans, kidney beans, onions, and bell pepper

Pour Italian dressing over vegetables and toss. Cover bowl and marinate for at least an hour (can be left overnight).

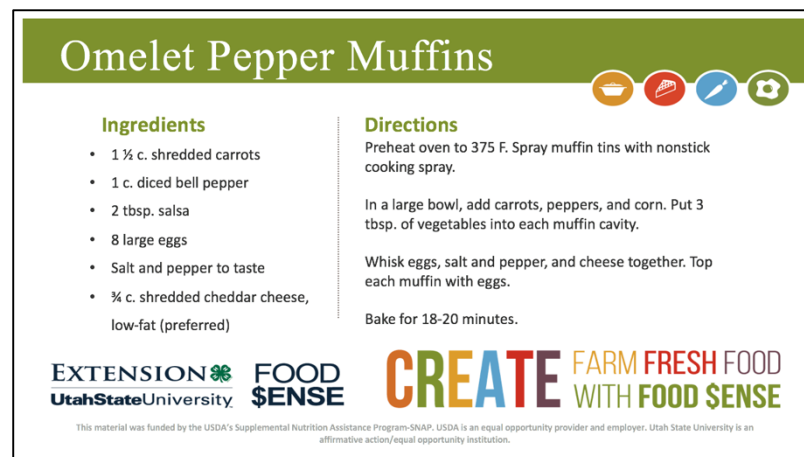
Drain before serving

**Yield: 4 servings**

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### Omelet Pepper Muffins



The recipe card for Omelet Pepper Muffins features a green header with the title. Below the header is a row of four circular icons: a bowl, a fork and knife, a pencil, and a gear. The card is divided into two columns: 'Ingredients' on the left and 'Directions' on the right. The ingredients list includes shredded carrots, bell pepper, salsa, large eggs, salt and pepper, and shredded cheddar cheese. The directions describe preheating the oven, spraying the muffin tins, adding vegetables to the cavities, whisking the eggs and cheese, and baking for 18-20 minutes. At the bottom, there are logos for Extension Utah State University, Food Sense, and Create Farm Fresh Food with Food Sense, along with a small funding notice.

**Ingredients**

- 1 ½ c. shredded carrots
- 1 c. diced bell pepper
- 2 tbsp. salsa
- 8 large eggs
- Salt and pepper to taste
- ¾ c. shredded cheddar cheese, low-fat (preferred)

**Directions**

Preheat oven to 375 F. Spray muffin tins with nonstick cooking spray.

In a large bowl, add carrots, peppers, and corn. Put 3 tbsp. of vegetables into each muffin cavity.

Whisk eggs, salt and pepper, and cheese together. Top each muffin with eggs.

Bake for 18-20 minutes.

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## Black Bean & Zucchini Quesadillas

### INGREDIENTS

- ½ c. black beans, low-sodium (preferred)
- 2 tbsp. salsa
- ½ c. zucchini, finely chopped
- 2 tortillas, whole grain (preferred)
- 2 tbsp. shredded cheddar cheese, low-fat (preferred)

### DIRECTIONS

Drain and rinse black beans. Combine beans and salsa in a small bowl; mash with fork. Stir in zucchini.

Layer 1 tortilla with the bean and salsa mixture, sprinkle with cheese, and top with the other tortilla.

In a broiler or toaster oven, cook quesadillas 1-2 minutes on each side until cheese is melted and bubbly.

Makes 1 serving.

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## Lemon Chicken Rice

*skillet meal* 

### Ingredients

- 1 tbsp. oil
- 2 chicken breasts, skinless (preferred), cut into strips
- 1 clove garlic
- 1 c. uncooked rice, brown (preferred)
- 2 c. chicken broth, low-sodium (preferred)
- ½ c. water
- Juice of 1 lemon
- 1 tbsp. grated lemon peel
- 2 green onions, chopped

### Directions

In a large skillet, sauté chicken and garlic in oil until light brown. Stir in rice, broth, water, lemon peel & juice, and green onions. Cover and simmer for 20-25 minutes, or until liquid is absorbed.

### Yield:

4-6 servings

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