Food $ense (SNAP-Ed) Recipe Guidelines

Food $ense (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 **directions** should be:

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

Concise
Simple/easy to follow
Relatively quick

The table on the following pages includes a variety of ingredients commonly found in Food $ense (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.
<table>
<thead>
<tr>
<th>Food Group</th>
<th>Product</th>
<th>Ingredient List</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables</td>
<td>Canned vegetables</td>
<td>Low sodium (preferred)</td>
<td>Drain and rinse</td>
</tr>
<tr>
<td></td>
<td>Canned beans</td>
<td>Low sodium (preferred)</td>
<td>Drain and rinse</td>
</tr>
<tr>
<td></td>
<td>Tomato sauce</td>
<td>Low sodium (preferred)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Frozen vegetables</td>
<td>Nothing added (preferred)</td>
<td></td>
</tr>
<tr>
<td>Fruit</td>
<td>Canned Fruit</td>
<td>Packed in 100% fruit juice, or water (preferred)</td>
<td>Drain and rinse (for recipes not using the juice)</td>
</tr>
<tr>
<td></td>
<td>Applesauce</td>
<td>Unsweetened (preferred)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fruit juice</td>
<td>100% fruit juice (preferred)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Frozen fruit</td>
<td>Nothing added (preferred)</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>Canned meat products (ie: chicken, tuna, etc.)</td>
<td>Low sodium (preferred)</td>
<td>Drain and rinse</td>
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<tr>
<td></td>
<td>Ground beef/turkey</td>
<td>Lean (preferred)</td>
<td>Cook and drain fat from pan</td>
</tr>
<tr>
<td></td>
<td>Chicken breast</td>
<td>Skinless (preferred)</td>
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<tr>
<td></td>
<td>Deli meat</td>
<td>Low-sodium (preferred)</td>
<td></td>
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<tr>
<td>Dairy</td>
<td>Milk</td>
<td>Low-fat or non-fat (preferred)</td>
<td></td>
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<tr>
<td></td>
<td>Evaporated milk</td>
<td>Low-fat (preferred)</td>
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<tr>
<td></td>
<td>Buttermilk</td>
<td>Low-fat (preferred)</td>
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<tr>
<td></td>
<td>Yogurt</td>
<td>Low-fat or non-fat (preferred)</td>
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<tr>
<td></td>
<td>Butter</td>
<td>Unsalted</td>
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<tr>
<td></td>
<td>Low-fat (preferred)</td>
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<tr>
<td>Cheese</td>
<td>Low-fat (preferred)</td>
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<tr>
<td>Cottage cheese</td>
<td>Low-fat or non-fat (preferred)</td>
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<td></td>
</tr>
<tr>
<td>Grains</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bread</td>
<td>Whole grain (preferred)</td>
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<td></td>
</tr>
<tr>
<td>Tortillas</td>
<td>Whole grain (preferred)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cereals</td>
<td>Whole grain (preferred)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Corn meal</td>
<td>Whole germ cornmeal (preferred)</td>
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<td></td>
</tr>
<tr>
<td>Wheat (all-purpose) flour</td>
<td>Whole wheat (preferred) *see note below table</td>
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<td></td>
</tr>
<tr>
<td>Rice</td>
<td>Brown (preferred)</td>
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<tr>
<td>Other</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Broth, any variety</td>
<td>Low sodium (preferred)</td>
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<tr>
<td>Soy sauce</td>
<td>Lite (preferred)</td>
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<tr>
<td>Coconut milk</td>
<td>Lite (preferred)</td>
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<td></td>
</tr>
<tr>
<td>Salad dressing</td>
<td>Low-sodium (preferred)</td>
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</tbody>
</table>

*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

**Ingredients**
- 1 8-oz. can lime beans, low-sodium (preferred)
- 1 8-oz. can red kidney beans, low-sodium (preferred)
- 1 8-oz. can green beans
- 1/2 c. diced bell pepper
- 1/3 c. chopped onion
- 2 c. corn
- 1/4 c. lime juice

**Directions**
Drain and rinse canned beans.
In a large bowl combine lime 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

Omelet Pepper Muffins

**Ingredients**
- 1 1/2 c. shredded carrots
- 1 c. diced bell pepper
- 2 tbsp. salsa
- 8 large eggs
- Salt and pepper to taste
- 1/4 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.
**Black Bean & Zucchini Quesadillas**

**INGREDIENTS**
- 1/2 c. black beans, low-sodium (preferred)
- 2 tbsp. salsa
- 1/2 c. zucchini, finely chopped
- 2 tortillas, whole grain (preferred)
- 2 tbsp. shredded cheddar cheese, low-fat (preferred)

**DIRECTIONS**
1. Drain and rinse black beans. Combine beans and salsa in a small bowl; mash with fork. Stir in zucchini.
2. Layer 1 tortilla with the bean and salsa mixture, sprinkle with cheese, and top with the other tortilla.
3. In a broiler or toaster oven, cook quesadillas 3-2 minutes on each side until cheese is melted and bubbly.

Makes 1 serving.

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**Lemon Chicken Rice**

**Ingredients**
- 1 tsp. 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)
- 1/2 c. water
- Juice of 1 lemon
- 1 tsp. grated lemon peel
- 2 green onions, chopped

**Yield:** 4-6 servings

**Directions**
1. In a large skillet, saute 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.

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**Extension Utah State University**

**Healthy Choice**

**Food SENSE**

**SNAP-ED**