

Slow-Cooker Italian Meatballs

Ingredients Serves 6

- 1 pound lean ground beef
- 1 onion, peeled and chopped
- 1 (10 oz.) box frozen chopped spinach, drained or 1-1/2 pounds fresh spinach, washed & chopped
- 1/2 cup whole wheat breadcrumbs
- 1 egg, slightly beaten
- 1/2 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 2 tablespoon Italian seasoning
- 1/4 cup Parmesan cheese
- 1 jar pasta sauce

Directions

1. Wash your hands before preparing food.
2. In a large bowl, mix together the beef, onion, spinach, breadcrumbs, egg, pepper, garlic, Italian seasoning, and cheese.
3. Shape into 2-inch meatballs using your hands.
4. Pour the pasta sauce into a slow cooker and place meatballs into the sauce. Make sure each meatball gets coated with sauce.
5. Cook on high until bubbly, then cook on low for 6 hours or until cooked through.
6. Serve over cooked whole grain pasta.



Bombay Chicken Sandwich

Curry is not a spice, it is a blend of spices. Try different brands or make your own blend to find one you like.

Ingredients Serves 6

- 2 (10-oz.) cans chicken, drained
- 1 1/2 teaspoons curry powder
- 1/4 cup plain yogurt
- 2 tablespoon light mayonnaise
- 1/2 cup carrots, grated
- 1/2 cup celery, diced
- 1/2 cup green peppers, diced
- 1/2 cup raisins
- 6 whole grain sandwich rolls
- Lettuce leaves



Directions

1. Wash your hands before preparing food.
2. Mix curry powder, yogurt and mayonnaise in a medium-sized bowl. Stir in chicken, carrot, celery, and green pepper, and raisins.
3. Line large whole wheat buns with lettuce, top with chicken salad, then more lettuce.

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Louisiana "Dirty" Rice with Salmon

The flavors of New Orleans wherever you are!

Ingredients Serves 6

- 1 onion, chopped
- 1 green pepper, chopped
- 1 (15 oz.) can low sodium kidney beans, drained and rinsed
- 2 cups brown rice, rinsed & drained
- 2 tablespoons vegetable oil
- 2 (5 oz.) cans pink salmon
- 1/4 teaspoon black pepper

Directions

1. Wash your hands before preparing food.
2. Cook rice by following instructions on container.
3. While rice is cooking, heat 2 tablespoons of oil. Put onions and peppers in a sauté pan and cook until brown, 3-5 minutes.
4. When they are brown, add beans to mixture. Stir and allow beans to heat through.
5. Add cans of salmon and cook for 3-5 minutes, stirring occasionally.
6. Add pepper. Serve immediately.

Good for You

Choose brown rice as it has far more fiber and nutrients than white rice.

Spice it Up

Add hot sauce or hot peppers to this dish for more flavor.



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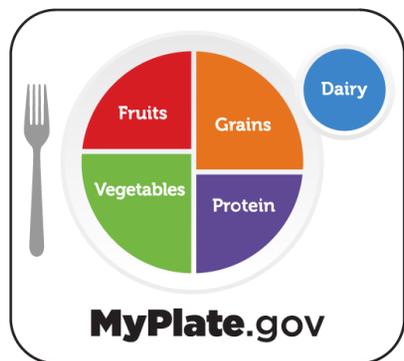
Personalize Your Plate

- The foods we eat are often influenced by our family's history and culture.
- They're also influenced by where we live, our budgets, and our tastes.
- Many cuisines feature dishes which include a variety of foods from all of the food groups.
- Fruits, vegetables, grains, protein foods, and dairy come in all sizes, shapes, and colors.
- The combination of foods and amounts will depend on you.

A healthful eating style can be as unique as you

These tips can help you get started:

- Fill half your plate with fruits and veggies. Try an assortment of colors and textures.
- Experiment with different whole grains.
- Choose lean protein foods. Vary your choices to include beans, peas and lentils as well as eggs. Choose seafood and lean cuts of meat and poultry that are baked or grilled instead of fried.
- Complete your meal with dairy. Include low-fat or fat-free options like milk, yogurt, cheese or calcium-fortified soymilk, or milk without lactose.



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Eat Smart Idaho in Cassia, Gooding, Jerome, Lincoln, Minidoka, and Twin Falls Counties.

Siew Guan Lee

Extension Educator

siewguan@uidaho.edu

Cammie Jayo

Coordinator

cjajo@uidaho.edu

(208) 734-9590



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Personalize Your Plate

