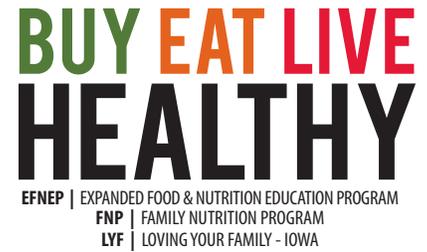


KEEP FOOD SAFE



ANYDAY PICNIC SALAD

Yields: 4 servings, 3/4 cup

INGREDIENTS

- 1 ½ cups diced, cooked chicken
 - 1 apple, cored and diced
 - ½ cup chopped celery (about 1 stalk)
 - ½ cup light ranch dressing or creamy salad dressing
 - ½ teaspoon pepper
 - ¼ cup chopped pecans or walnuts (optional)
- Optional:* Use 1 cup halved seedless grapes instead of an apple

INSTRUCTIONS

1. In a medium bowl combine chicken, apple, and celery. Add dressing and pepper and stir to coat. Stir in pecans or walnuts, if desired.
2. Serve immediately or cover and refrigerate up to 24 hours. Serve on a lettuce leaf, spread on bread or tortillas or a sandwich, or spoon into a halved tomato or cucumber.

Nutrition Facts	
Serving Size about 3/4 cup	
Servings Per Container 4	
Amount Per Serving	
Calories 230	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 450mg	19%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 25g	
Vitamin A 2%	Vitamin C 6%
Calcium 4%	Iron 10%

MEXICAN CHICKEN SOUP

Yields: 8 servings, 1 cup

INGREDIENTS

- 2 (15-ounce) cans diced tomatoes (Mexican-style)
- 1 (15-ounce) can black beans, drained and rinsed
- 2 cups frozen corn or 1 (15-ounce) can corn, drained and rinsed
- 1 (14.5-ounce) can sodium-reduced chicken broth or 2 cups homemade chicken broth
- 2 cloves garlic, minced or ½ teaspoon garlic powder
- 1 teaspoon chili powder
- 1 teaspoon ground cumin (optional)
- ¼ teaspoon pepper
- 1 pound skinless, boneless chicken breast

INSTRUCTIONS

1. Add tomatoes, beans, corn, broth, garlic, chili powder, cumin (if desired), and pepper in large saucepan.
2. Remove and discard any visible fat from chicken. Cut chicken into large chunks and add to the saucepan. Heat to boiling, reduce heat and simmer, covered, for 20 minutes, or until chicken is tender.
3. Remove the chicken and place on a plate; use forks to shred the chicken. Return the shredded chicken to soup.
4. Serve with choice of garnishes, such as baked tortilla chips.

Nutrition Facts	
Serving Size about 1 cup	
Servings Per Container 8	
Amount Per Serving	
Calories 160	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 280mg	12%
Total Carbohydrate 20g	7%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 16g	
Vitamin A 15%	Vitamin C 25%
Calcium 4%	Iron 10%

IOWA STATE UNIVERSITY Extension and Outreach

This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP-Ed, Expanded Food and Nutrition Education Program, and Iowa State University Extension and Outreach.

The Supplemental Nutrition Assistance Program, known in Iowa as Food Assistance, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Department of Human Services or go to www.dhs.state.ia.us.

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KEEP FOOD SAFE

CREAMY EGG SALAD

Yield: 4 servings, 1 sandwich each

INGREDIENTS:

- 6 large hard-cooked eggs
- ¼ cup reduced-fat mayonnaise
- 1½ teaspoons prepared mustard
- 1½ teaspoons sweet pickle relish
- ½ cup celery, chopped finely
- Dash salt
- ⅛ teaspoon black pepper
- 4 whole wheat English muffins

INSTRUCTIONS:

1. Prepare eggs as directed on inside back cover.
2. Crack and peel the eggs; chop coarsely and place in a large mixing bowl.
3. Add mayo, mustard, relish, and celery. Mash together.
4. Season with salt and black pepper.
5. Serve on toasted English muffins, whole wheat bread, or crackers.

TIPS:

- Store in a covered container in the refrigerator for up to 3 days (will get a little watery after the first day).
- Hard cook extra eggs for breakfast or snacks. Eggs are high in protein and low in cost.
- To easily hard cook eggs, place the eggs in a saucepan and cover with cold water (enough to reach the top of the shells), cover the pan, bring water to a light boil for 1-2 minutes, remove from heat, let stand 15 minutes, drain, cover with ice water, and let stand until cool.

Nutrition Facts	
Serving Size 1 Sandwich (166g)	
Servings Per Container 4	
Amount Per Serving	
Calories 280	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 320mg	107%
Sodium 570mg	24%
Total Carbohydrate 30g	10%
Dietary Fiber 4g	16%
Sugars 8g	
Protein 16g	
Vitamin A 8%	Vitamin C 0%
Calcium 8%	Iron 10%

SPANISH MACARONI

Yield: 4 servings, 1 sandwich each

INGREDIENTS:

- ½ pound lean ground beef or turkey
- 1 green pepper chopped (about ½ cup)
- 1 small onion chopped (about ½ cup)
- 2 cups water
- ½ cup tomato sauce
- 1 (28-ounce) can diced tomatoes
- 1 ½ cups uncooked macaroni
- 1-2 teaspoons chili powder

INSTRUCTIONS:

1. Brown the ground meat in a large skillet. Rinse with warm water and drain to remove excess fat.
2. Add the chopped green peppers and onions. Cook over medium heat until tender.
3. Add the water, tomato sauce, diced tomatoes, macaroni, and chili powder.
4. Bring to a boil then reduce heat to low and simmer for 10 minutes. Stir often to keep the macaroni from sticking.
5. Serve while hot.
6. Refrigerate leftovers.

TIPS:

- If desired, add some frozen corn or canned black or kidney beans at step 3.

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 4	
Amount Per Serving	
Calories 310	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 620mg	26%
Total Carbohydrate 42g	14%
Dietary Fiber 4g	16%
Sugars 8g	
Protein 19g	
Vitamin A 35%	Vitamin C 90%
Calcium 6%	Iron 25%

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