



HEALTHY
COMMUNITY STORE
INITIATIVE
BUFFALO, NY



A Healthier You
RECIPE BOOK



The **Healthy Community Store Initiative Recipe Book** was created to provide customers with easy to make drinks and meals where a majority of the ingredients can be sourced right from your local neighborhood store.

RECIPE CATEGORIES

Fresh Fruits & Vegetables	pg. 4
Healthy Drinks	pg. 12
Healthy Snacks	pg. 19
Healthy Whole Grains	pg. 28
Packaged Produce	pg. 35



Let these colors be your guide to **eating healthier**



FRESH FRUITS & VEGETABLES

Fresh fruits and vegetables are high in fiber and essential vitamins.

- Apple
- Banana
- Oranges
- Broccoli
- Kale
- Peppers



DRINKS

Healthy drinks are lower in sugar and/or fat and have fewer calories.

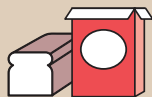
- Bottled water
- 100% Juice
- Low-fat milk
- Soy/almond milk



SNACKS

Healthy snacks are lower in sodium and fat and higher in fiber.

- Healthier granola and energy bars
- Nuts, seeds, and trail mix
- Grab and go fruits and vegetables
- Low-fat yogurt



WHOLE GRAINS

Healthy whole grains are lower in sugar and higher in fiber.

- Brown rice
- Whole grain bread
- Oatmeal
- Whole grain cereal



PACKAGED PRODUCE

Healthy canned or frozen fruits and vegetables are lower in sugar and sodium.

- Canned fruit in water or 100% juice
- Frozen fruits or veggies with no added sugar or sauces



Fresh Fruits & Vegetables

M'Possible Chicken & Rice	5
Garden Sloppy Joes	6
Veggie Patties	7
Apple Coleslaw	8
Fruit Salad	9
Bruschetta Salad	10
Corn Salad	11

M'Possible Chicken and Rice

Makes:
4 servings

Prep Time:
20 minutes

Cook Time:
40 minutes

How to Prepare:

1. In a medium pot add 1 cup of jasmine rice, 2 cups of water, and a tablespoon of plant-based butter. Bring to a boil.
2. Once the pot of rice is brought to a boil, lower the heat to simmer. Add one tablespoon of chicken bouillon paste and stir until dissolved. Cover for 15-20 minutes until rice is done.
3. Add to a larger pan and cover. Begin preparing other toppings.
4. Heat up plant-based butter or avocado oil in a medium saucepan on medium-high heat. Add diced onions and peppers to the pan. Followed by 4 dashes of liquid smoke. Then add salt and pepper to taste. Cook thoroughly, until onions are translucent in color.
5. Next, empty half the pan into the pot of jasmine rice you prepared. Begin to make room to add the plant-based protein of choice.
6. After making room in the pan and leaving half the sautéed pepper and onions in the pan. Empty the 8 oz bag of frozen plant-based protein into the pan. Add more oil to the pan if needed.
7. Brown the daring until golden brown and crispy. This may take 20-30 minutes.
8. Finally, season with all-purpose seasoning of your choice and 4 shakes of smoked paprika.
9. Once the plant-based protein is completely cooked. Add it to your pan of Jasmine rice and peppers and onions.

Ingredients:

- 1 cup jasmine rice
- Tablespoon of chicken bouillon paste
- 2 Cups of water
- Tablespoon of plant-based butter or avocado oil
- Dice ½ a large onion
- Smash 2 bulbs of fresh garlic
- Dice ½ a large green bell pepper
- 8 oz of plant-based protein.
- Seasoning salt of choice
- Liquid smoke
- Plant-based butter, avocado oil
- All-purpose seasoning of your choice

Source: <https://belleofthekitchen.com/ad-one-pot-cheesy-garlic-chicken-spaghetti/>
and Healthy Food Youth Advocates

Garden Sloppy Joes

Makes:
6 sandwiches

Prep Time:
10 minutes

Cook Time:
20 minutes

Ingredients:

- 1 onion, chopped
- 1 carrot, chopped or shredded
- 1 green pepper, chopped
- 1 pound lean ground meat (15% fat) (turkey, chicken or beef)
- 1 can (8 ounces) tomato sauce
- 1 can (15 ounces) whole tomatoes, crushed
- 1 can (8 ounces) mushrooms or 1/2 pound chopped fresh mushrooms
- 1/4 cup barbecue sauce
- whole grain buns

How to Prepare:

1. Sauté onions, carrots, green pepper and ground meat in a 2-3 quart saucepan over medium-high heat for 5 minutes.
2. Add tomato sauce, crushed tomatoes, mushrooms and barbecue sauce.
3. Bring to a boil. Reduce heat and simmer for 15 to 20 minutes or until thick, stirring occasionally.
4. Toast buns if desired. Spoon sauce over bun halves. Serve open-faced.
5. Refrigerate leftovers within 2 hours.



Source: Oregon State University FoodHero.org <https://www.foodhero.org/recipes/garden-sloppy-joes>

Veggie Patties

Makes:
14 patties

Prep Time:
20 minutes

Cook Time:
10 minutes

Ingredients:

- 1 cup shredded carrots (1 to 1.5 carrots)
- 1 cup shredded zucchini
- 1 cup shredded potatoes
- 1/2 cup thinly sliced onion
- 2 tablespoons chopped parsley
- 2 eggs
- 1 cup bread crumbs
- 1 teaspoon salt
- 1/4 teaspoon black pepper

How to Prepare:

1. Combine all the ingredients together in a bowl.
2. Form vegetable mixture into small flat patties.
3. Heat 1 tablespoon oil in a skillet. Cook patties on both sides over medium heat for about 8 minutes.



Source: Oregon State University FoodHero.org <https://foodhero.org/recipes/veggie-patties>

Apple Coleslaw

Makes:
4 servings

Prep Time:
20 minutes

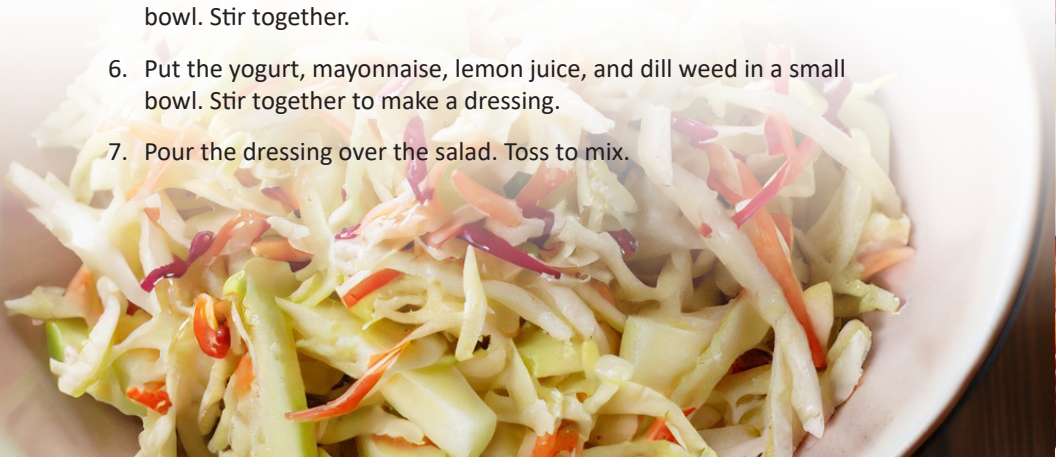
Cook Time:
N/A

Ingredients:

- 2 cups cabbage
- 1 carrot (medium, grated)
- 1/2 green pepper (chopped)
- 1 apple (chopped)
- 5 tablespoons yogurt, low-fat
- 1 tablespoon mayonnaise, low-fat
- 1 teaspoon lemon juice
- 1/4 teaspoon dill weed

How to Prepare:

1. Wash the cabbage. Cut it into fine shreds, until you have 2 cups of cabbage.
2. Peel the carrot. Grate it with a grater.
3. Chop half a green pepper into small pieces.
4. Remove the core, and chop the apple.
5. Put the cabbage, carrot, green pepper, and apple in a large mixing bowl. Stir together.
6. Put the yogurt, mayonnaise, lemon juice, and dill weed in a small bowl. Stir together to make a dressing.
7. Pour the dressing over the salad. Toss to mix.



Source: USDA ChooseMyPlate <https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/apple-coleslaw>

Fruit Salad

Makes:
5 cups

Prep Time:
10 minutes

Cook Time:
N/A

Ingredients:

- 2 cups strawberries
- 1 cup blueberries
- 1 cup grapes
- 1 can (8 ounces) pineapple chunks
- 6 ounces nonfat lemon yogurt

How to Prepare:

1. Drain juice from pineapple. Cut grapes and strawberries into halves.
2. Combine strawberries, blueberries, grapes and pineapple chunks in a large bowl.
3. Drizzle yogurt over fruit. Toss lightly to coat.



Source: Oregon State University Foodhero.org <https://foodhero.org/recipes/fruit-salad>

Bruschetta Salad

Makes:
5 cups

Prep Time:
15 minutes

Cook Time:
N/A

Ingredients:

- 3 cups chopped roma tomatoes
- 1/2 cup chopped red onion
- 1/4 cup fresh chopped basil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons balsamic or red wine vinegar
- 1 tablespoon oil
- 2 cups croutons

How to Prepare:

1. Combine the tomatoes, onion, basil, salt, black pepper, vinegar and oil in a bowl.
2. Stir croutons in the salad and serve.



Source: Oregon State University Foodher.org <https://www.foodhero.org/recipes/bruschetta-salad>

Corn Salad

Makes:
6 servings

Prep Time:
15 minutes

Cook Time:
N/A

Ingredients:

- 2 cups whole kernel corn (fresh or frozen, - cooked and drained)
- 3/4 cup tomato (chopped)
- 1/2 cup green pepper (chopped)
- 1/2 cup celery (chopped)
- 1/4 cup onion (chopped)
- 1/4 cup Ranch dressing, fat-free

How to Prepare:

1. In bowl, combine vegetables.
2. Stir in dressing.
3. Cover and refrigerate until ready to serve.



Source: Oregon State University Foodher.org <https://www.foodhero.org/recipes/bruschetta-salad>

Healthy Drinks

Red Monster Smoothie	13
Infused Water	14
Cranberry Spritzer	15
Fruit Slush	16
Lemonade	17
Strawberry Fruit Cooler	18



Red Monster Smoothie

Makes:
2 servings

Prep Time:
10 minutes

Cook Time:
N/A

Ingredients:

- 1 cup kale or spinach
- 1 cup strawberries
- 1 banana, medium
- 1 cup water
(optional almond milk or coconut milk)
- 1 cup blueberries
- 1 cup pineapple
- 1 orange (peeled and sliced)

How to Prepare:

1. Using a blender, mix the greens and the liquid of your choice.
2. Gradually add in the rest of the ingredients, blending after each addition.
3. Separate into three cups and serve or store in the refrigerator.



*Try it for
breakfast or as
a snack! It has two
cups of fruit
per serving.*

Infused Water

Makes:
8 servings

Prep Time:
10 minutes

Cook Time:
N/A

Ingredients:

- 1 cup of watermelon
- 1 lime
- 5 mint leaves (optional)

How to Prepare:

1. Wash all produce.
2. Collect, slice, and measure all ingredients before starting to prepare the recipe.
3. Add all ingredients plus enough cold water to fill a 2-quart pitcher.
4. Chill overnight in the refrigerator for the most flavor, and store in the refrigerator until ready to drink.

The fruit will stay fresh in the water for up to 48 hours after being prepared.



Source: USDA What's Cooking? Recipes

Cranberry Spritzer

Makes:
4 servings

Prep Time:
10 minutes

Cook Time:
N/A

Ingredients:

- 1 cup cranberry juice
- 1 cup seltzer or soda
- 2 tablespoons lime juice

How to Prepare:

1. Combine cranberry juice, seltzer or soda water, and lime juice in a pitcher and mix well.
2. Serve in tall glasses.



Source: USDA What's Cooking? Recipes

Fruit Slush

Makes:
4 servings

Prep Time:
10 minutes

Cook Time:
N/A

Ingredients:

- 2 2/3 cups cantaloupe or watermelon (coarsely chopped, seeded, peeled)
- 1 2/3 cups coarsely chopped kiwi (optional)
- 2 tablespoons sugar (optional)
- 2 tablespoons lime juice
- 2 cup water
- ice

How to Prepare:

1. In a blender, puree fruit with sugar and lime juice until smooth.
2. Combine fruit mixture and water in a large pitcher.
3. If desired, pour through a strainer to eliminate pulp.
4. To serve, stir well and pour into tall glasses over ice.
5. Cover and refrigerate for up to a week. Pour it over fresh ice when you are ready to drink.



Source: USDA ChooseMyPlate <https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/fruit-slush>

Lemonade

Makes:
1 serving

Prep Time:
5 minutes

Cook Time:
N/A

Ingredients:

- 1 lemon
- 3/4 cup water
- 1 tablespoon sugar

How to Prepare:

1. Cut lemon in half crosswise.
2. Place lemon half on juicer. Push and twist to squeeze out the juice.
3. Pour juice into glass. Add about 3/4 cup water.
4. Add sugar, stirring to mix ingredients.

Create-a-Flavor Changes:

1. Squeeze one-half each lemon and lime.
2. Squeeze one-half each lemon and orange.
3. Add 1/4 cup apple juice concentrate and leave out the sugar.
4. Use 1/4 cup seltzer water and 1/2 cup water.



Source: USDA ChooseMyPlate <https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/lemonade>

Strawberry Fruit Cooler

Makes:
4 serving

Prep Time:
5 minutes

Cook Time:
N/A

Ingredients:

- 3 cups strawberries, any type of fruit
- 3 cups apple juice
- ¾ cup spinach or kale
- 1 Tablespoon sugar and/ or lime juice (optional)

How to Prepare:

1. Cut fruit into bite-sized pieces, place in blender.
2. Add remaining ingredients. Blend until smooth.
3. Refrigerate leftovers within 2 hours.

Using
frozen fruit will
make your fruit
cooler thick
and icy!



Source: Oregon State University FoodHero.org <https://foodhero.org/recipes/fruit-cooler>

Healthy Snacks

Cranberry Oatmeal Balls	20
Farmers Market Salsa	21
Banana Oatmeal Cookies	22
Bell Pepper Nachos	23
Do-It-Yourself Trail Mix	24
Peanut Butter Cereal Bars	25
Yogurt Parfait	26



Cranberry Oatmeal Balls

Makes:
18 balls

Prep Time:
15 minutes

Cook Time:
30 minutes

Ingredients:

- 1 cup quick-cooking oats
- 1/3 cup almonds, chopped
- 1/3 cup reduced-fat peanut butter
- 1/4 cup honey
- 1/3 cup dried cranberries

How to Prepare:

1. In a medium bowl combine all ingredients until well mixed.
2. Form oat mixture into 18 balls about 1 inch wide.
3. Place balls on a cookie sheet. Refrigerate for 30 minutes.

None:

Honey is not recommended for children under 1 year old.

To avoid sticky fingers, keep the oat balls cool until ready to eat.

To avoid peanut butter, try sunflower seed butter.



Source: Oregon State University FoodHero.org <https://foodhero.org/recipes/cranberry-oatmeal-balls>

Farmers Market Salsa

Makes:
4 cups

Prep Time:
15 minutes

Cook Time:
N/A

How to Prepare:

1. In a medium bowl combine all ingredients until well mixed.
2. Form oat mixture into 18 balls about 1 inch wide.
3. Place balls on a cookie sheet. Refrigerate for 30 minutes.

Ingredients:

- 1/2 cup corn (canned and drained, frozen, or fresh cooked)
- 1 can (15 ounces) black beans, drained and rinsed
- 1 cup fresh diced tomatoes
- 1/2 cup diced onion
- 1/2 cup green pepper, seeded and diced (about 3/4 a small pepper)
- 2 tablespoons lime juice
- 2 cloves garlic, finely chopped or 1/2 teaspoon garlic powder
- 1/2 cup picante sauce

None:

One large ear of corn makes about 1 cup of cut corn.

Serve with fresh vegetables or baked tortilla chips.

Cook your own dry beans. One can (15 ounces) is about 1 1/2 to 1 3/4 cups drained beans.



Source: Oregon State University FoodHero.org <https://foodhero.org/recipes/farmers-market-salsa>

Banana Oatmeal Cookies

Makes:
14 cookies

Prep Time:
10 minutes

Cook Time:
15 minutes

Ingredients:

- 2 very ripe bananas
- 1 cup oats (quick or old-fashioned)
- 1/2 teaspoon cinnamon
- 1/2 teaspoon vanilla
- 1/2 cup raisins

How to Prepare:

1. Preheat oven to 350°F.
2. In a medium bowl, mash banana with a fork until mostly smooth.
3. Add oats, cinnamon, vanilla and raisins. Mix well.
4. Drop spoonfuls of dough onto lightly sprayed or oiled baking sheet. Flatten with the back of a spoon or bottom of a drinking glass.
5. Bake 10 to 15 minutes. Remove from oven and let cool before serving.

None:

Texture will be best when freshly made.

Try dried cranberries or chopped nuts instead of raisins.



Source: Oregon State University FoodHero.org <https://www.foodhero.org/banana-oatmeal-cookies>

Bell Pepper Nachos

Makes:
8 cups

Prep Time:
5 minutes

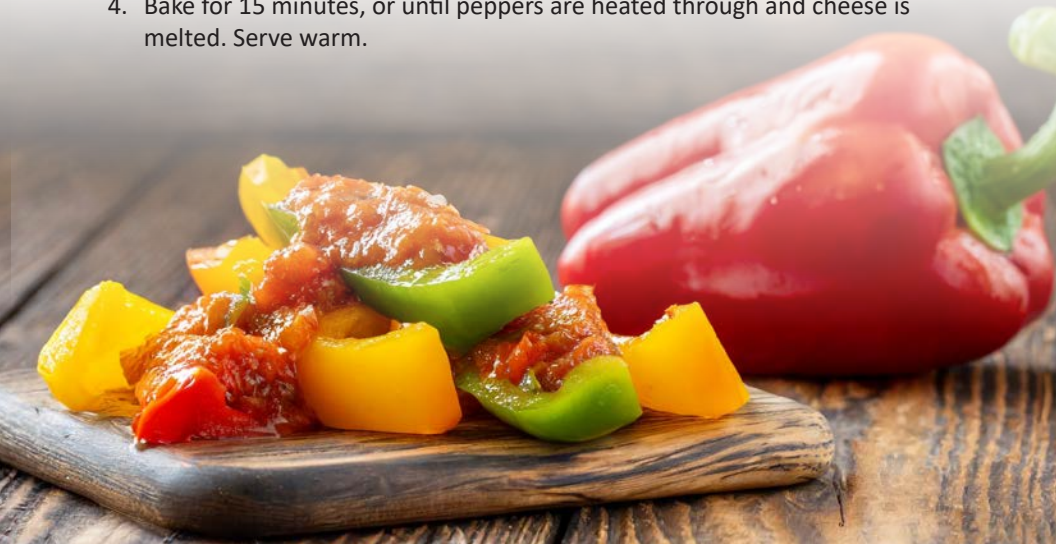
Cook Time:
15 minutes

Ingredients:

- 4 bell peppers
- 1 cup salsa
- 2 teaspoons seasoning (try a mixture-chili powder, garlic powder, ground cumin, pepper)
- 2 cups cooked meat (chopped or shredded), beans or tofu
- 1 cup reduced fat shredded cheese

How to Prepare:

1. Preheat oven to 350°F.
2. Wash bell peppers, remove seeds and cut into bite-sized pieces. Arrange pieces close together in a single layer on a large foil-lined baking sheet.
3. In a medium bowl, combine salsa, seasonings and meat, beans or tofu. Spoon the mixture evenly over pepper pieces then top with cheese.
4. Bake for 15 minutes, or until peppers are heated through and cheese is melted. Serve warm.



Source: Oregon State University FoodHero.org <https://foodhero.org/recipes/bell-pepper-nachos>

Do-It-Yourself Trail Mix

Makes:
6 cups

Prep Time:
5 minutes

Cook Time:
N/A

Ingredients:

- 1 cup square-type whole grain cereal
- 1 cup loop-type whole grain cereal
- 1 cup puff-type whole grain cereal
- 1 cup dried fruit of your choice
- 1 cup small pretzels
- 1/2 cup small nuts

How to Prepare:

1. Set out a bowl of each ingredient with a serving spoon.
2. Let guests add a spoon of each ingredient to a plastic bag or other container. Shake to mix. Enjoy!



Source: Oregon State University FoodHer.org <https://foodhero.org/recipes/do-it-yourself-trail-mix>

Peanut Butter Cereal Bars

Makes:

16 bars

Prep Time:

15 minutes

Cook Time:

5 minutes

Ingredients:

- 1/2 cup honey
- 1 cup peanut butter
- 2 cups rice cereal
- 2 cups quick oats
- 1 cup raisins, or other dried fruit

How to Prepare:

1. In a saucepan bring honey to a boil.
2. Reduce heat to low and stir in peanut butter.
3. Add dry cereal, oats and raisins; mix well. Remove from heat
4. Lightly spray or oil an 8-inch square baking pan with cooking spray. Press into prepared 8-inch pan. When cool, cut into 16 bars.
5. Store in an airtight container for up to a week.



Source: Oregon State University FoodHero.org <https://foodhero.org/recipes/peanut-butter-cereal-bars>

Yogurt Parfait

Makes:
6 cups

Prep Time:
10 minutes

Cook Time:
N/A

Ingredients:

- 4 bananas
- 24 ounces (or 3 cups) low-fat vanilla yogurt
- 2 cups low-fat granola

How to Prepare:

1. Peel and chop bananas.
2. Take half of the fruit and split it between the bottom of six cups or bowls.
3. Take half of the yogurt and split it between each cup or bowl, placing it on top of the fruit.
4. Sprinkle each cup with 1/4 cup granola.
5. Repeat layers.

None:

Drizzle with honey and top with chopped nuts. Try other fruits, such as strawberries, apples, oranges, etc. (Use 2 cups fruit for the recipe.)

Use different flavors of yogurt, such as lemon or strawberry, or plain for less sugar.



Source: Oregon State University FoodHero.org <https://foodhero.org/recipes/yogurt-parfait>

Healthy Whole Grains

Overnight Oats	28
Quick Tuna Casserole	29
Pasta With Beans & Greens	30
Skillet Granola	31
Tasty Hamburger Skillet	32
Spanish Rice	33



Overnight Oats

Makes:
4 cups

Prep Time:
15 minutes

Cook Time:
6 hours

Ingredients:

- 1 cup uncooked old fashioned rolled oats
- 1 cup low-fat yogurt
- 1/2 cup nonfat or 1% milk
- 1/2 cup berries, fresh or frozen
- 1/2 cup chopped apple (about 1/3 a medium apple)

How to Prepare:

1. In a medium bowl, mix oats, yogurt and milk.
2. Add the fruit now or add just before eating.
3. Cover and refrigerate oatmeal mixture for 6-12 hours.
4. For grab-and-go breakfasts, place scoops of mixture in small dishes or spoon into small containers with lids.



Source: Oregon State University FoodHero.org <https://www.foodhero.org/recipes/overnight-oats>

Quick Tuna Casserole

Makes:
6 Servings

Prep Time:
15 minutes

Cook Time:
30 minutes

Ingredients:

- 1 cup water
- 5 ounces egg noodles (wide)
- 1 can low sodium cream of mushroom soup (10.75 ounce)
- 1/3 cup skim milk
- 1 can tuna (6.5 ounces, packed in water, drained)
- 1 cup green peas (frozen)
- 1 cup bread crumbs (fresh)

How to Prepare:

1. Preheat oven to 350°F.
2. Bring 1 quart of water to a boil in a large pot and cook the egg noodles in the water for 2 minutes.
3. Then, cover the pot, remove from heat and let stand for 10 minutes.
4. In the meantime, mix the soup and milk together in a bowl.
5. Combine tuna and peas with the mixture and pour into a 1-quart casserole dish.
6. Drain the noodles well and combine with the tuna mixture.
7. Sprinkle the top with bread crumbs.
8. Bake for 30 minutes.



Source: USDA ChooseMyPlate <https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/quick-tuna-casserole>

Pasta w/ Beans & Greens

Makes:
8 cups

Prep Time:
10 minutes

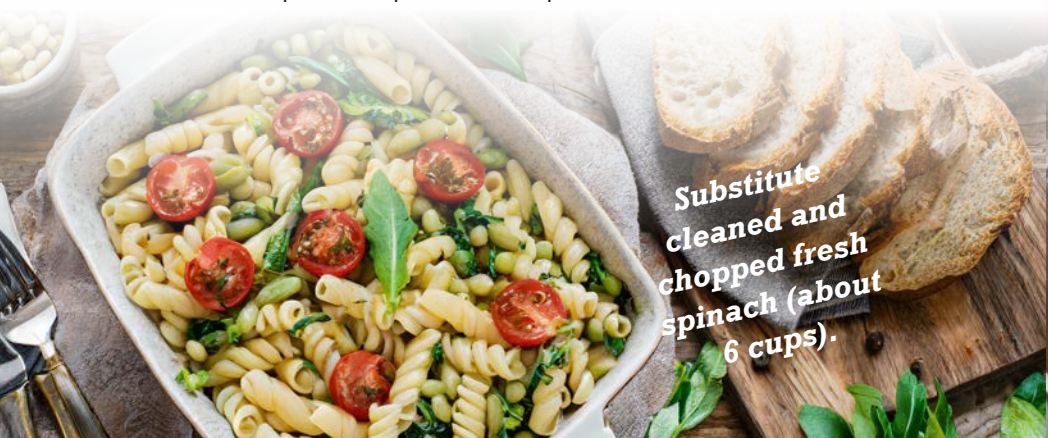
Cook Time:
30 minutes

How to Prepare:

1. Cook pasta according to package directions. Set aside.
2. Meanwhile, heat oil in large skillet. Add garlic and cook on low (250°F in an electric skillet) until soft.
3. Add spinach, tomatoes with juice, drained beans, salt, and pepper.
4. Once the mixture bubbles, cook uncovered on low heat for 5 minutes.
5. Add drained pasta and parmesan to spinach mixture. Toss well and serve.

Ingredients:

- 8 ounces pasta (try penne)
- 1 tablespoon vegetable oil
- 3 cloves minced garlic or 3/4 teaspoon garlic powder
- 10 ounces frozen spinach
- 1 can (15 ounces) diced tomatoes with juice
- 1 can (15 ounces) white beans, drained and rinsed
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 cup grated parmesan cheese



Source: Oregon State University Foodher.org <https://www.foodhero.org/recipes/pasta-greens-and-beans>

Skillet Granola

Makes:
5 cups

Prep Time:
10 minutes

Cook Time:
10 minutes

Ingredients:

- 1/3 cup vegetable oil
- 3 tablespoons honey
- 1/4 cup powdered milk
- 1 teaspoon vanilla
- 4 cups uncooked, old fashioned rolled oats
- 1/2 cup sunflower seeds
- 1 cup raisins

How to Prepare:

1. Warm oil and honey in a skillet for one minute over medium heat (300°F in an electric skillet). Add powdered milk and vanilla.
2. Stir in oats and sunflower seeds, and mix until coated with oil and honey mixture. Heat over medium heat. Stir until oatmeal is slightly brown.
3. Take off heat. Stir in raisins.
4. Cool mixture. Store in an airtight container (jar or plastic bag).

Notes:

Try adding any of these ingredients: one teaspoon cinnamon, chopped nuts, dried fruit, wheat germ, or coconut. Serve with milk, yogurt, ice cream, and/or fresh or canned fruit.



Source: Oregon State University Foodhero.org <https://foodhero.org/recipes/skillet-granola>

Tasty Hamburger Skillet

Makes:
9 cups

Prep Time:
10 minutes

Cook Time:
30 minutes

How to Prepare:

1. Cook ground beef, onion, and green pepper in large skillet over medium heat (300°F in an electric skillet) until hamburger is no longer pink. Drain excess fat from pan.
2. Add water, rice, garlic powder, chili powder, salt, pepper, tomatoes with juice, corn, and beans.
3. Cook, covered, for about 20 minutes or until rice is soft.
4. Remove from stove top, sprinkle with grated cheese, and serve hot.

Ingredients:

- 1 pound lean ground beef (15% fat)
- 1/3 cup chopped onion (1/3 medium onion)
- 1/3 cup green pepper, chopped
- 2 cups water
- 1 cup long grain white rice
- 1 teaspoon garlic powder or 4 cloves of garlic
- 1 tablespoon chili powder
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 1 can (15 ounces) diced tomatoes, with juice
- 1 1/2 cups corn (canned and drained, frozen, or fresh cooked)
- 1 can (15 ounces) red kidney beans, drained and rinsed
- 1/2 cup grated cheddar cheese



Source: Oregon State University Foodhero.org <https://www.foodhero.org/recipes/tasty-hamburger-skillet>

Spanish Rice

Makes:
3 cups

Prep Time:
10 minutes

Cook Time:
15 minutes

Ingredients:

- 1 cup low-sodium vegetable broth
- 1 package (1.25 ounce) taco seasoning or 1/4 teaspoon each of chili powder, garlic powder, ground cumin, and oregano
- 1 cup instant brown rice
- 1/3 cup salsa
- 1/2 cup corn, frozen or canned and drained
- 1/2 cup black beans drained and rinsed

How to Prepare:

1. Bring the vegetable broth and seasonings to boil in a medium saucepan (2 to 3 quarts).
2. Add the rice, salsa, corn and beans. Turn heat to low, cover saucepan, and let cook undisturbed for 10 minutes.
3. Gently stir before serving.



Source: Oregon State University Foodhero.org <https://www.foodhero.org/recipes/spanish-rice>



Packaged Produce

Cowboy Salad	35
Three Can Chili	36
Black Bean Burger	37
Bean Salad	38
Fruit Sorbet	39
Roasted Garbanzo Beans	40
Layered Black Bean Dip	41

Cowboy Salad

Makes:
4 Servings

Prep Time:
20 minutes

Cook Time:
N/A

How to Prepare:

1. Drain and rinse the black-eyed peas (or black beans) and corn.
2. Finely chop the cilantro and green onions.
3. Dice the tomatoes and avocado.
4. Combine all veggies in a large bowl.
5. Mix oil, vinegar or lime juice, salt and pepper together in a small bowl.
6. Pour oil mixture over salad ingredients and toss lightly.

Ingredients:

- 2 cans (15 ounces) black-eyed peas or black beans (try a mix, or other types)
- 1 1/2 cups corn (canned and drained, frozen, or fresh cooked)
- 1 bunch cilantro
- 1 bunch green onions (5 green onions)
- 3 medium tomatoes
- 1 avocado (optional)
- 1 tablespoon canola or vegetable oil
- 2 tablespoons vinegar or lime juice
- 1/2 teaspoon each salt and pepper



Source: Oregon State University FoodHero.org <https://www.foodhero.org/recipes/cowboy-salad>

Three Can Chili

Makes:
4 Servings

Prep Time:
10 minutes

Cook Time:
10 minutes

Ingredients:

- 1 can corn, drained (15 ounces, or 10-ounce package of frozen corn)
- 1 can crushed tomatoes, undrained (15 ounces)
- 1 can beans, low-sodium undrained (pinto, kidney, red, or black 15.5 ounces)
- chili powder (to taste)

How to Prepare:

1. Place the contents of all 3 cans into a pan.
2. Add chili powder to taste.
3. Stir to mix.
4. Continue to stir over medium heat until heated thoroughly.



Source: USDA ChooseMyPlate <https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/chili-de-tres-latas>

Black Bean Burger

Makes:
4 Servings

Prep Time:
20 minutes

Cook Time:
10 minutes

Ingredients:

- 1 (20-oz.) can black beans, drained and rinsed
- 3/4 teaspoon minced garlic
- 1 1/4 teaspoon chili powder
- 1 large egg, beaten
- 1/3 cup plain bread crumbs
- Salt and pepper to taste

How to Prepare:

1. Mash beans in a large bowl.
2. Mix in garlic, chili powder, salt, pepper and egg. Stir in bread crumbs. Shape into four patties; you can refrigerate them if they are not very firm (up to one day ahead).
3. Spray skillet with nonstick spray and heat on medium heat. Add the burgers and cook uncovered until hot.
4. If storing for later, allow to cool, then freeze on a baking sheet for an hour or until frozen. Transfer to a freezer bag. When ready to use defrost and cook in a skillet.



Source: NDSU Extension <https://www.ag.ndsu.edu/food/recipes/beans/black-bean-burger>

Bean Salad

Makes:
7 Cups

Prep Time:
10 minutes

Cook Time:
N/A

Ingredients:

- 1/4 cup vinegar
- 1/4 cup sugar
- 2 tablespoons oil
- 1/4 teaspoon each salt and pepper (optional)
- 6 cups beans, about 4 cans (15 ounces each) drained and rinsed (try a mixture - green beans, wax beans, kidney beans, garbanzo beans)
- 2 cups chopped vegetables (try a mixture - onion, carrot, celery, bell pepper)

How to Prepare:

1. In a large bowl, combine vinegar, sugar and oil. Mix well. Add salt and pepper, if desired.
2. Add beans and vegetables and gently stir to coat. Cover and refrigerate until ready to serve. For more flavor, make a day ahead.



Source: Oregon State University FoodHero.org <https://www.foodhero.org/recipes/bean-salad>

Fruit Sorbet

Makes:
7 Servings

Prep Time:
10 minutes

Ingredients:

- 2 15-ounce cans sliced peaches in 100% juice
- 1 banana, peeled (optional)

How to Prepare:

1. Collect all ingredients and freeze cans before starting to prepare the recipe.
2. Place cans of fruit in freezer for at least 3 hours. Take out when fully frozen.
3. Run frozen cans briefly under hot water, or let them sit on counter for 30 minutes to loosen contents. Remove fruit from the cans, and use a sharp knife to cut it into small pieces.
4. If using a banana, peel, and cut into slices. Banana does not need to be frozen.
5. Place frozen, chopped fruit (and banana, if using) in the blender, and blend until creamy.
6. Serve immediately.
7. Freeze any leftovers in a freezer-safe container or sealable plastic freezer bags.



Source: USDA What's Cooking <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/fruit-sorbet>

Roasted Garbanzo Beans

Makes:
4 Servings

Prep Time:
10 minutes

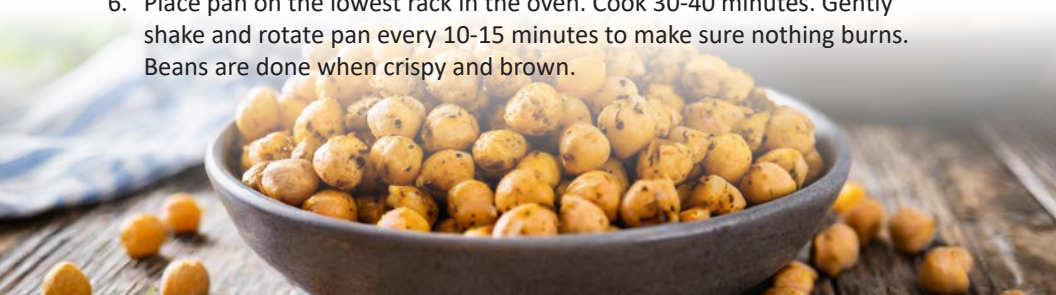
Cook Time:
30 minutes

Ingredients:

- 2 cans (15 ounce) garbanzo beans
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon garlic powder or 4 cloves of garlic
- 1 teaspoon onion powder
- 1 teaspoon dried parsley flakes
- 2 teaspoons dried dill weed
- Cooking spray

How to Prepare:

1. Preheat oven to 400°F.
2. Drain garbanzo beans in a strainer and rinse with cool water. Shake strainer to help remove water. Dry beans with paper towels to prevent “popping” in the oven.
3. Mix together salt, pepper, garlic powder, onion powder, parsley and dill weed in a small bowl.
4. Lightly spray a rimmed baking sheet with cooking spray. Pour garbanzo beans onto baking sheet and spread in a single layer.
5. Lightly spray the tops of beans with cooking spray. Sprinkle seasoning mix over the beans. Shake pan to help distribute the seasoning and make sure beans are in a single layer.
6. Place pan on the lowest rack in the oven. Cook 30-40 minutes. Gently shake and rotate pan every 10-15 minutes to make sure nothing burns. Beans are done when crispy and brown.



Source: Oregon State University FoodHero.org <https://www.foodhero.org/recipes/dry-roasted-garbanzo-beans>

Layered Black Bean Dip

Makes:
8 Servings

Prep Time:
10 minutes

Cook Time:
15 minutes

Ingredients:

- 1 can (15 oz) black beans, drained and rinsed
- ½ cup non-fat Greek yogurt
- 1 teaspoon of Taco Seasoning
- ½ cup salsa
- ½ cup shredded cheese
- Optional: cilantro, tomatoes

How to Prepare:

1. Preheat oven to 350°F.
2. Mash beans or blend beans together with Greek yogurt and taco seasoning. Spread into a baking dish.
3. Layer with salsa and cheese.
4. Bake for 15 minutes, top with tomatoes and cilantro for garnish (if desired) and serve.

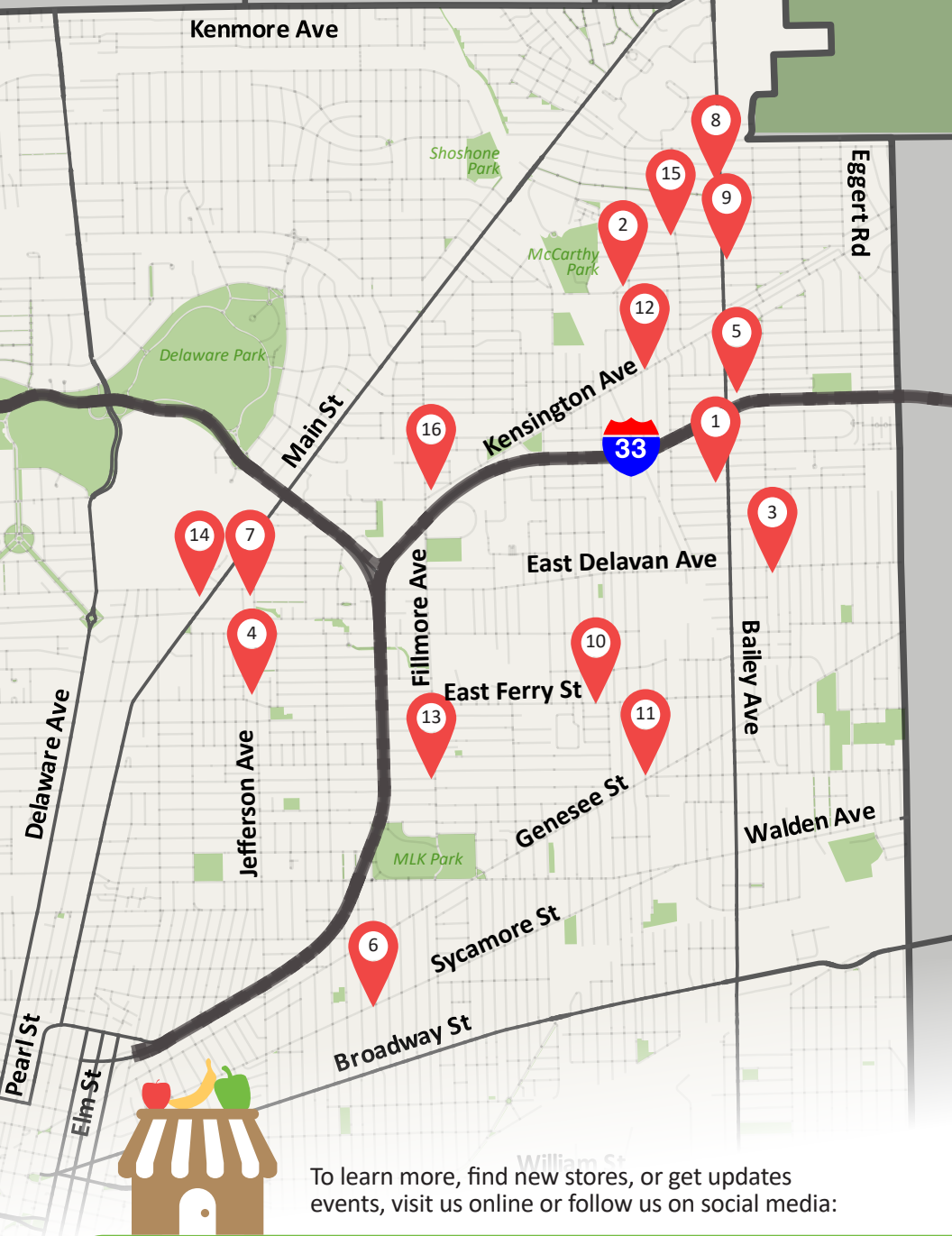


Source: Husky Nutrition at UConn Health <https://www.snap4ct.org/layered-black-bean-dip.html>



Our Member Stores

- **1 Farm Fresh**
2724 Bailey Avenue
- **2 Food Plus Market**
414 E. Amherst Street
- **3 Trade Fair Food Mart**
1345 E. Delavan Avenue
- **4 Mandela's Market**
272 E. Ferry Street
- **5 Right Price**
2887 Bailey Avenue
- **6 Lucky's**
729 Sycamore Street
- **7 Golden Corner**
1715 Jefferson Avenue
- **8 Family Dollar**
3364 Bailey Avenue
- **9 Stockbridge Deli**
3209 Bailey Avenue
- **10 Grant's Variety**
1055 E. Ferry Street
- **11 Super Price Choppers**
1580 Genesee Street
- **12 WNY Brother's Enterprise**
900 Kensington Avenue
- **13 Al-Aqsa Supermarket**
1350 Fillmore Avenue
- **14 Salud Market**
1832 Main Street
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This recipe book was created with guidance from the local SNAP-Education program of WNY as well as recipes and photos by:



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