MEALS MADE EASY

With Virginia WIC



WRITTEN BY EMILY SALVAGGIO



Salad Nicoise	. pg	. 3
Deconstructed Italian Stuffed Peppers	. pg.	. 4
Salmon Patties	. pg.	5
Berry Breakfast Bars	pg.	6
Ratatouille	pg.	8
Easy Tzatziki	pg.	9
Black Bean and Corn Salad	pg.	10
Summer Fruit Salsa	pg.	11
Homemade Torilla Chips	pg.	11
Pizza Beans	pg.	12
Picky Eater's Mac and Cheese	pg.	14
Chickpea and Broccoli Curry	pg.	15
Sheet Pan Fajitas	pg.	16
Veggie Tots	pg.	17
Pumpkin Granola Balls	pg.	19
Slow Cooker Sweet Potato Chili	pg.	20
Gnocchi with Winter Vegetables	pg.	21



SPRING

WHAT'S IN SEASON?

- Apples
- Kiwis
- Radishes

- Asparagus
- Lettuce
- Rhubarb

- AvocadosMushrooms
- Spinach

- Cabbage
- Peas
- Strawberries

- Celery
- Pineapples
- Turnips

FEATURED RECIPES

Salad Nicoise Deconstructed Italian Stuffed Peppers Salmon Patties Berry Breakfast Bars

NUTRITION TIP

In season produce is often picked and sold at the peak of freshness. Taking advantage of what is in season can save you money and yield a richer tasting product. It also tends to be more nutrient dense since it had more time to ripen naturally.

SALAD NICOISE

INGREDIENTS

4 hard boiled eggs halved

1 lb. asparagus (trim off the bottom ½ inch)

1 lb. baby red or golden potatoes

16.5 oz can tuna

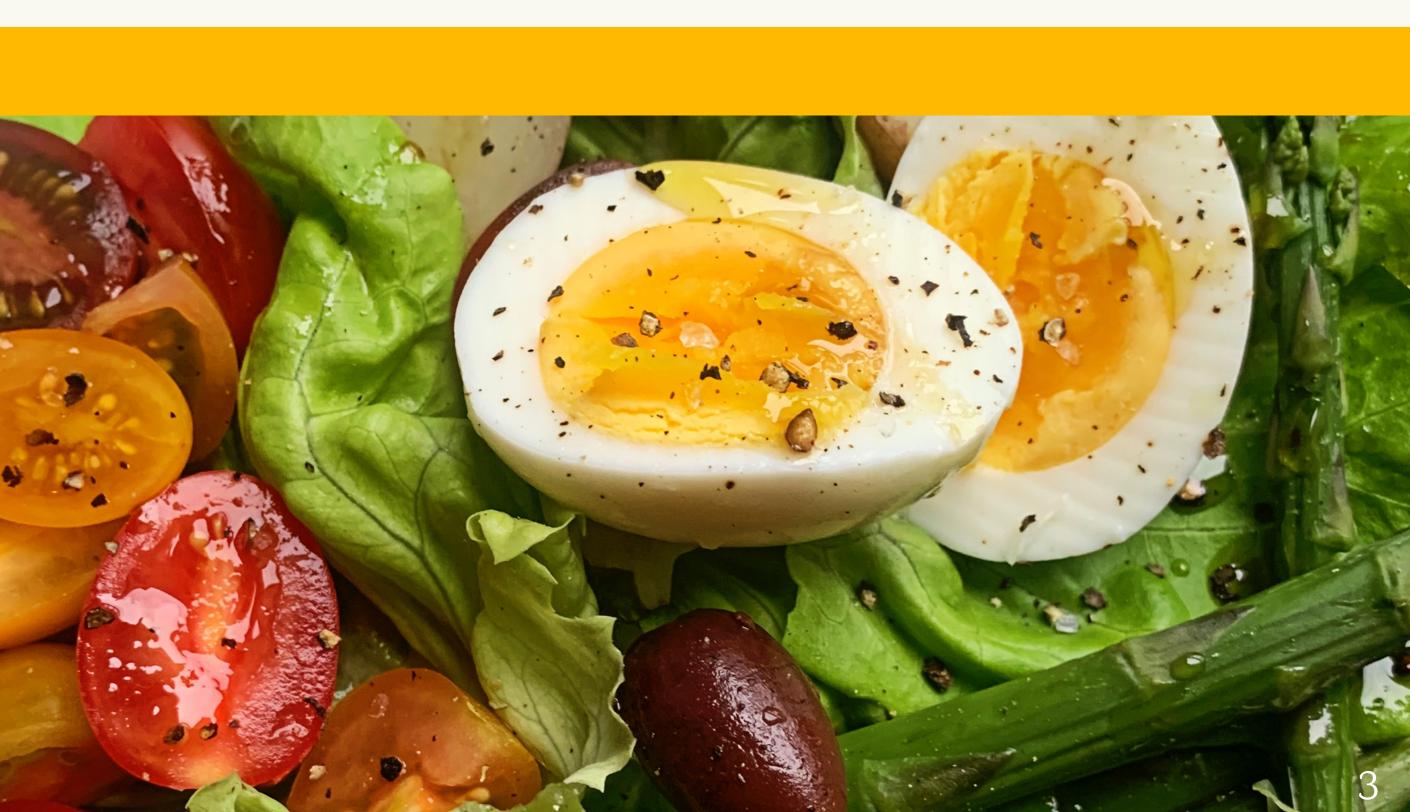
1 head bibb lettuce

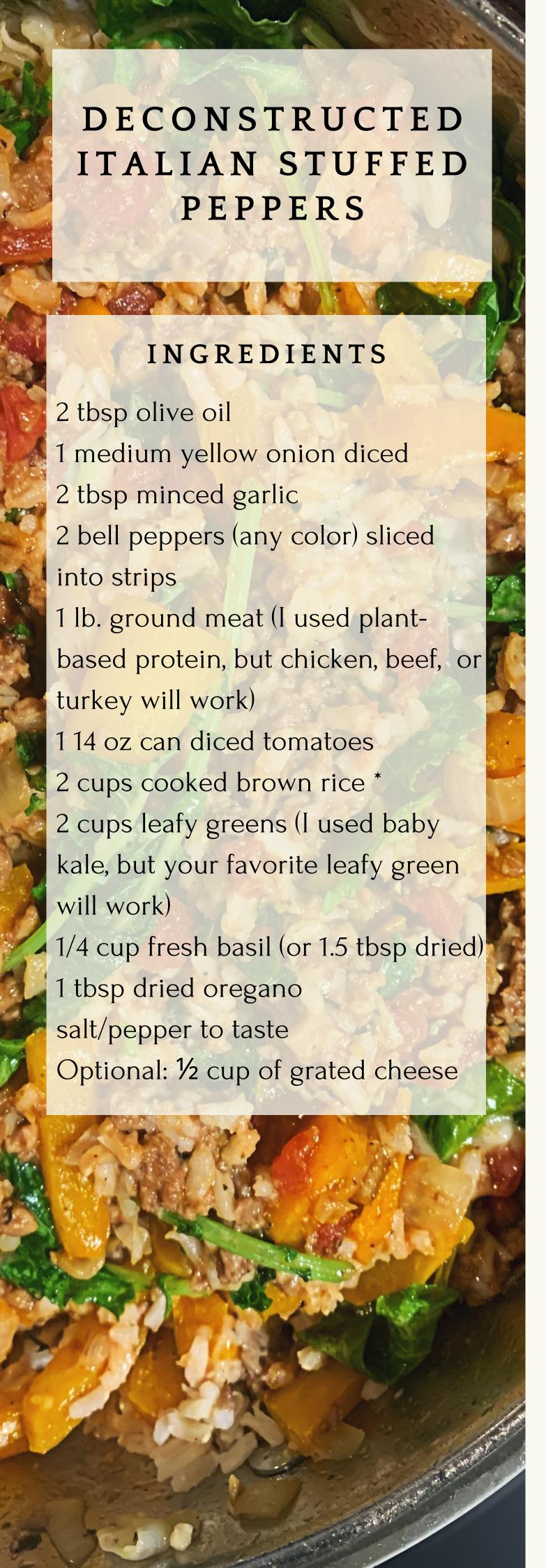
1 pint cherry tomatoes halved

Optional: kalamata olives, artichokes, etc.



- 1. Fill a large pot with cool water and add the potatoes. Bring to a boil and cook until just fork tender about 10-15 minutes. Drain and set aside.
- 2. Meanwhile fill another pot with water and bring to a boil. Once boiling, add the trimmed asparagus and cook for 5-7 minutes until al-dente or fork tender. Drain under cool running water or place in a bowl of ice to stop the cooking. Once cooled, pat dry and set aside.
- 3. Arrange the lettuce on a large platter or individual plates. Add the toppings. Drizzle with your favorite Italian dressing or simple vinaigrette.





DIRECTIONS

- 1. In a medium pot, cook rice according to package instructions. Set aside.
- 2. In a large skillet heat olive oil on medium heat.
- 3. To the skillet, add the onions and sauté for 5-10 minutes until they begin to soften.
- 4. Add the garlic and cook for 1-2 minutes.
- 5. Next, add the ground meat and the peppers cooking for 8-12 minutes until the meat has fully cooked and the peppers have softened.
- 6. Add the canned tomatoes, basil, oregano, salt, and pepper. Be sure to scrape the bits off the bottom of the pan during this step. Cook for about 1-2 minutes stirring to combine.
- 7. Turn the heat to medium-low and add the rice and greens. Stir to combine. It may look like too many greens. Don't be alarmed, they will wilt down.
- 8. Place the lid on the skillet and allow the greens to wilt. About 2-3 minutes.
 - 9. Top with cheese if desired, serve, and enjoy!

TIP

Rice can be pre-cooked and stored in the freezer until ready to use. To warm, simply heat in the microwave for 1-2 minutes.



% cup minced bell pepper
% cup diced onion
1 tbsp old bay seasoning
1 tbsp dried dill
1 egg
3/4 cup quick oats -may need more if mixture is not holding together (can also swap for rolled oats)
14.75 oz canned salmon drained

DIRECTIONS

1. To a medium bowl, add the bell pepper, onion, egg, oats, salmon, old bay, and dill. Mix thoroughly to combine until a loose mixture forms.

2. Form patties into desired shape and size. Note, if struggling to form patties, add an additional ¼ cup of oats to soak up the excess moisture.

3. Heat a medium skillet with cooking spray. Cook the patties approximately 4-5 minutes on each side until golden brown and crispy.

4. Serve on a whole wheat bun, on top of salad, or in a wrap with desired toppings.



2 cup oats (rolled or quick)

¼ cup peanut butter

 $\frac{1}{4}$ cup honey*, maple syrup, or agave

¼ cup flour

Honey is not safe for children under the age of 1

1. Preheat oven to 350 degrees

- 2. In a food processor, pulse the oats until a course flour forms
- 3. In a medium sized bowl, mix together the peanut butter and honey, agave, or maple syrup (can heat in the microwave for up to 30 seconds to help blend together)

¼ cup milk

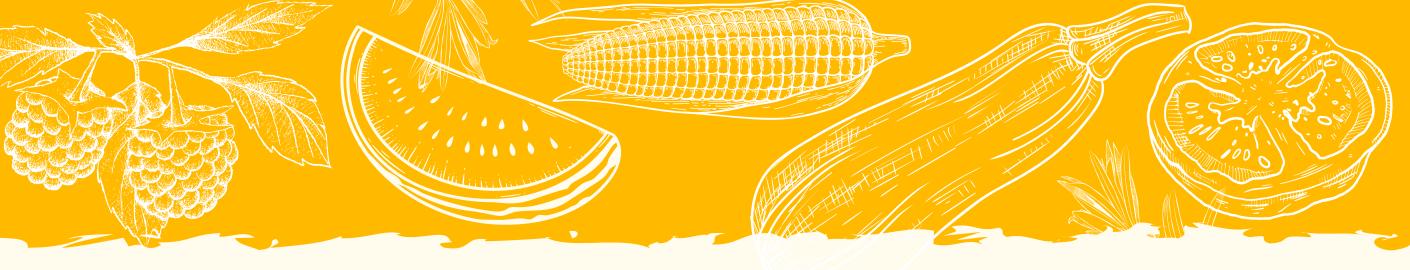
½ tsp pumpkin pie spice

1.5 cup thinly sliced strawberries

¼ tsp baking powder

1.5 tsp vanilla extract

- 4. To the bowl, add the oats, flour, milk, pumpkin pie spice, baking powder, and vanilla. Stir thoroughly until a sticky dough forms.
- 5. Line an 8x8 square pan or a 9-inch cake pan with parchment paper
- 6. Place 34 of dough in the pan and spread evenly across the bottom of the pan.
- 7. Layer the strawberries uniformly over the top.
- 8. Crumble the remaining dough over the top.
- 9. Bake in the oven for 35-40 minutes until the strawberries are bubbly and the crust is golden brown.



SUMMER

WHAT'S IN SEASON?

- ApricotsCantaloupePeaches
- BananasCherriesRaspberries
- Bell PeppersCornSummer Squash
- Blackberries
 Eggplant
 Tomatoes
- Blueberries Green Beans Zucchini

FEATURED RECIPES

Ratatouille
Easy Tzatziki
Black Bean and Corn Salad
Summer Fruit Salsa
Homemade Tortilla Chips
Pizza Beans

NUTRITION TIP

Keeping yourself and your family hydrated in the warmer months doesn't have to be hard! Try adding fresh or frozen fruits to water for added flavor and nutrients rather than choosing sugar sweetened beverages.



3 tbsp olive oil 1 eggplant diced into ½ inch cubes 2 zucchini diced into ½ inch cubes 1 bell pepper diced into ½ inch cubes

1 onion diced

2 tbsp minced garlic

28 oz can diced tomatoes

2.5 tbsp dried Italian seasoning salt/pepper to taste

Optional: top with fresh basil, (1 tsp) fresh thyme, red pepper flakes, or cheese

DIRECTIONS

- 1. To a large pot, heat 2 tbsp olive oil over medium heat.
- 2. Add the eggplant and sauté for approximately 10 minutes until softened and beginning to brown. Season with salt and pepper. Remove from the pot and set aside.
- 3. To the same pot, heat the remaining 1 tbsp of olive oil. Add the zucchini, pepper, and onion. Cook for 5 minutes, then add the garlic and cook for another 5 minutes.
- 4. Add the eggplant back to the pot with the diced tomatoes and Italian seasoning. Bring to a boil then reduce the heat to medium low and simmer for another 10 minutes.
- 5. Serve over rice, pasta, grits, or simply enjoy on its own.

This recipe has been adapted from The Minimalist Baker and can be found at

:https://minimalistbaker.com/easy-ratatouille-versatile-

1-pot/



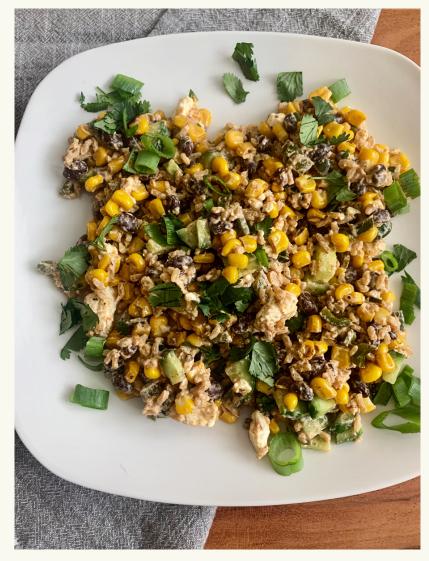


3 tbsp olive oil 1 lb frozen corn* 15.5 oz can black beans 1 poblano pepper diced 1 jalapeño pepper diced 1.5 cups cooked brown rice

34 cup yogurt

cheddar cheese Juice from 1 lime ½ cup chopped cilantro 1.5 tsp chili powder ¼ tsp smoked paprika ½ tsp cumin

½ cup shredded



Can also use fresh corn that is cut off of the cob

- 1. To a large skillet, heat the olive oil on medium heat.
- 2. Add the corn stirring occasionally. Cook for 5-7 minutes until corn has thawed and begins to soften.
- 3. Next add the poblano and jalapeno peppers cooking for an additional 6-8 minutes until the peppers have browned.
- 4. Turn the heat to medium low and stir in the cooked rice and beans. Cover and let cook for 5-7 minutes.
- 5. While that cooks, make the dressing. To a medium bowl mix together the yogurt, cheese, lime juice, cilantro, chili powder, smoked paprika, and cumin. Set aside.
- 6. Pour the contents of the skillet into the bowl with the dressing. Stir to combine.
- 7. Garnish with more cilantro or green onions if desired. Adjust seasonings to taste. Can be enjoyed warm or cold.



FOR THE SALSA

1 cup diced fruit (mango, nectarine, peaches, or pineapple)
2 large tomatoes diced
1 poblano pepper diced
1 shallot minced
½ cup cilantro chopped
Salt/pepper to taste

DIRECTIONS

- 1. Combine diced fruit, tomatoes, poblano pepper, and minced shallot in a large bowl.
- 2. Add the chopped cilantro and season with salt and pepper.
- 3. Stir to combine and enjoy.

FOR THE CHIPS

16 oz package corn or whole wheat flour tortillas
Olive oil
Optional: salt, pepper, lime juice, Italian seasoning, za'atar seasoning, etc.

- 1. Preheat oven to 400 degrees.
- 2. Lightly brush olive oil on both sides of each tortilla.
- 3. Cut tortillas into 8 wedges.
- 4. Place in a single layer on a parchment lined baking sheet.
- 5. Sprinkle with desired seasonings.
- 6. Bake until golden brown and crispy 7-10 minutes.
- 7. Let cool and enjoy!



2 tbsp olive oil
1 white or yellow onion diced
1 tbsp minced garlic
1 qt cherry tomatoes
15.5 oz can butter beans
1 tbsp Italian seasoning
4 oz mozzarella cheese
(shredded or thinly sliced)
2 tbsp water
Salt/pepper to taste
Optional: Garnish with fresh basil

DIRECTIONS

- 1. Pour the olive oil in a medium sized skillet and heat on medium high heat
- 2. Add the onion to the skillet and cook until beginning to soften.

 About 5 minutes.
- 3. Add the garlic and cook for an additional 2 minutes.
- 4. Next add the tomatoes, Italian seasoning, salt, and pepper. Place the lid over the skillet and cook for approximately 10-15 minutes until the tomatoes have softened.
- 5.Mash the tomatoes in the pan to release the juice and create a thick sauce then add the beans and any of your other favorite pizza toppings. If the sauce is too thick, add 2 tbsp of water. Cook for 5 minutes.
- 6.Top the skillet with the mozzarella cheese and allow to melt. If the pan is oven safe, place it under the broiler for 1-2 minutes until golden brown and bubbly.
 7.Serve over grits, rice, or with crispy toasted bread. Top with fresh basil if desired.

Customize this dish with your favorite pizza toppings. Add pepperoni, artichokes, sausage, peppers, the sky is the limit!



FALL

WHAT'S IN SEASON?

- ApplesCranberriesPumpkin
- BroccoliGrapesRutabagas
- Brussel SproutsOnionsSweet Potatoes
 - CarrotsPearsSwiss Chard
 - Cauliflower
 Potatoes
 Winter Squash

FEATURED RECIPES

Mac and Cheese Chickpea Broccoli Curry Sheet Pan Fajitas Veggie Tots

NUTRITION TIP

Children can be picky eaters and it can be difficult to get them to eat certain foods, most often fruits and vegetables. Blending fruits and vegetables into smoothies, soups, and sauces can disguise these foods into something delicious your children might be willing to try, see the mac and cheese recipe on page 14 for instance. You can even add a jar of baby food to instant mac and cheese or jarred pasta sauce for added nutrition your kids aren't likely to be adverse to!



PICKY EATER'S MAC AND CHEESE

INGREDIENTS

16 oz box of whole
wheat pasta
34 cup pasta water
reserved
12 cup cannellini beans
1.5 cups steamed
cauliflower
3 cups shredded sharp
cheddar cheese
12 tsp garlic powder
14 tsp onion powder

- 1. Cook the pasta according to package instructions. Be sure to set aside ¾ cup of the pasta water to be used in the sauce (if you forget, it can be swapped for milk). Drain and set aside.
- 2. To a blender or food processor, add the reserved pasta water, beans, cauliflower, cheese, garlic powder, and onion powder. Blend until smooth.
- 3. Return the pasta to the pot and pour the cheese sauce over the noodles. Stir to combine. Heat on low to medium heat until warm then ready to serve.



2 tbsp olive oil

1 medium yellow onion diced

2 tbsp minced garlic

1 head of broccoli cut into small florets

3 tbsp curry powder

2 tsp cumin

1 tsp onion powder

15 oz can crushed tomatoes

13.5 oz can coconut milk

2 (15 oz) cans of chickpeas (drained and rinsed) salt/pepper to taste



- 2. To the skillet, add the onion. Sauté for 5-10 minutes until soft.
- 3. Add the garlic and cook for another 1-2 minutes.
- 4. Add the broccoli cooking for 5-8 minutes until beginning to soften.
- 5. Next, mix in the curry powder, cumin, and onion powder. Cook for 1 minute.
- 6. Add the tomatoes and stir to combine. Be sure to gently scrape the bottom of the pan during this step to release any bits stuck to the bottom. Cook for 1-2 minutes.
- 7. Pour in the milk and the chickpeas. Season with salt and pepper. Reduce the heat to low and simmer for 10 minutes.
- 8. Serve on the side of protein or over rice. Garnish with cilantro or lime if desired.

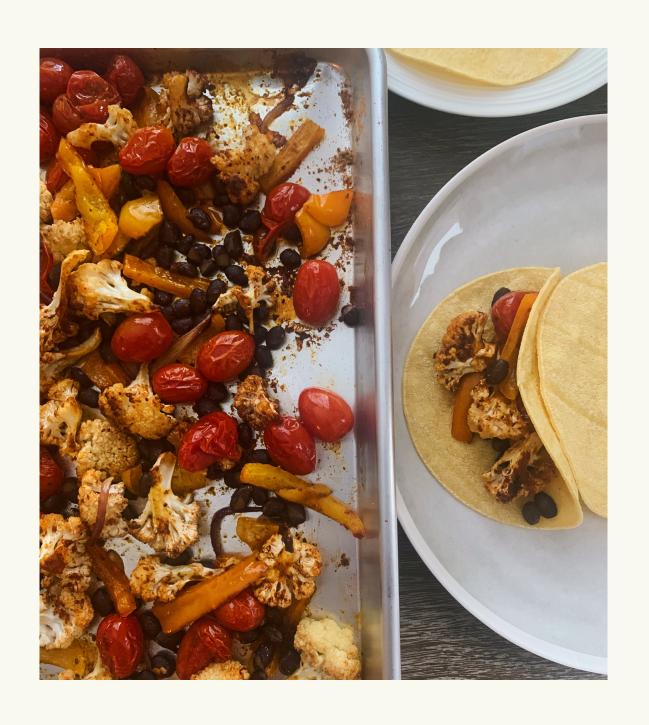


Olive Oil 15.5 oz can black 1 head cauliflower beans (drained and cut into florets rinsed) 1 qt cherry tomatoes1 packet taco

2 bell peppers cutinto 1 inch strips1 yellow onion

sliced

rinsed)
s1 packet taco
seasoning
16 oz package of
whole wheat or
corn tortillas



- 1. Preheat oven to 400 degrees
- 2. Place the cauliflower, tomatoes, bell pepper, and onion on a large rimmed baking sheet pan. Drizzle with olive oil and sprinkle the taco seasoning over the vegetables. Toss to combine.
- 3. Place the sheet pan in the preheated oven for 30-40 minutes until the vegetables are soft and beginning to brown.
- 4. Remove the sheet pan from the oven and add the beans. Toss to combine. Return the sheet pan to the oven for another 5-7 minutes until the beans have warmed through.
- 5. Heat the tortillas in the microwave or in a dry skillet until warm and slightly toasted. Add the cooked vegetables to the tortilla and top with plain yogurt, cheese, cilantro, or lime juice if desired. Also great served over rice.

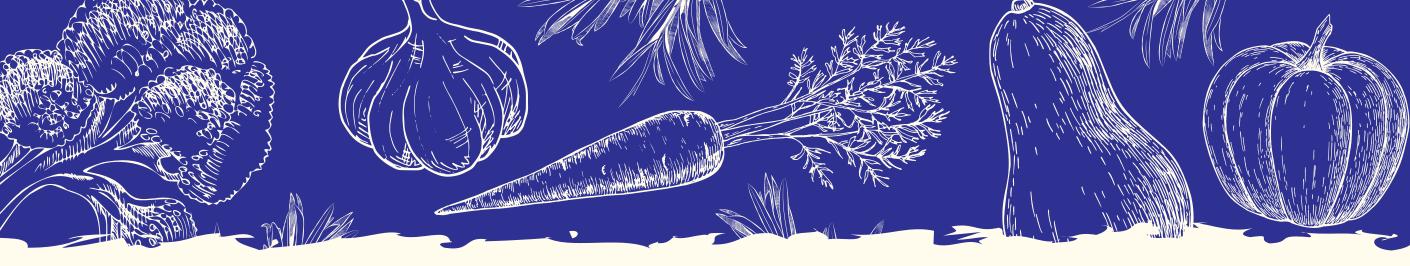


1 cup broccoli
1 cup cauliflower
1 cup yellow
squash/zucchini
1 cup cooked brown rice
1 cup cheddar cheese
2 eggs
1 tsp garlic powder
1/4 tsp onion powder
1/2 tsp poultry seasoning
1/2 cup Italian
breadcrumbs

DIRECTIONS

- 1. Preheat the oven to 400 degrees
- 2. In a food processor, add the broccoli, cauliflower, and squash or zucchini. Pulse until very finely minced.
- 3. Add the rice, cheese, eggs, garlic powder, onion powder, and poultry seasoning. Pulse to thoroughly combine. A loose mixture should form.
- 4. Using a cookie scoop or measuring spoon, form uniform tots from the mixture. Roll each tot thoroughly in the breadcrumbs to form into desired shape. Place on a baking sheet lined with parchment paper.
- 5. Bake for 30-35 minutes until golden brown and crispy.

This recipe is adapted from Yummy Toddler Food found at: https://www.yummytoddlerfood.com/homemade-veggie-nuggets/



WINTER

WHAT'S IN SEASON?

- Brussel SproutsLimesPotatoes
- Collard GreensOnionsPumpkin
 - GrapefruitOrangesSweet Potatoes
 - LeeksParsnipsSwiss Chard
 - LemonsPearsWinter Squash

FEATURED RECIPES

Pumpkin Granola Bites
Sweet Potato Chili
Gnocchi with Winter Vegetables

NUTRITION TIP

Iron is an important nutrient for our bodies. It is found in many dark green leafy vegetables which are prevalent in the winter months. Citrus also thrives in the winter and is rich in vitamin c. Pairing a vitamin c rich food like oranges with a dark leafy green like Swiss chard helps your body to better absorb iron!

PUMPKIN GRANOLA BITES

INGREDIENTS

1.5 cup oats (quick or rolled)
½ cup pumpkin puree
½ cup peanut butter
1 tsp pumpkin pie spice
½ cup mini chocolate chips
Optional: ¼ cup maple syrup for sweetness

DIRECTIONS

- 1. Place all ingredients in a bowl and stir thoroughly to combine (can use a food processor for a smoother product).
- 2. Using a tablespoon or small cookie scoop, shape the mixture into uniform balls.
- 3. To set, place in the refrigerator for at least 30 minutes.
- 4. Keep sealed in the refrigerator and enjoy for up to a week!

TIP

If making the sweet potato chili on the next page, feel free to use the remainder of the pumpkin puree in that recipe. You can add more broth or water if the chili needs extra moisture.





2 tbsp olive oil 1 lb ground meat* 1 yellow onion diced 1 sweet potato diced** 1 bell pepper diced 2 tbsp minced garlic 2 tbsp chili powder 2 tsp cumin 1 tsp pumpkin pie spice 2 cans fire roasted tomatoes 15.5 oz can black beans drained and rinsed 15.5 oz can kidney beans drained and rinsed 15 oz can pumpkin puree 2.5 cups of broth (any will do vegetable, chicken, or beef)

DIRECTIONS

- 1. If making this recipe with ground meat or a plant-based ground meat substitute, start by heating olive oil in a medium sized skillet on medium heat.
- 2. Add the onion and sauté for 5-7 minutes until beginning to soften.
- 3. To the skillet, add the meat. Cook for 8-12 minutes until the meat has fully cooked.
- 4. To the slow cooker, add in the remaining ingredients including the meat and onion mixture. Stir thoroughly to combine. Set to high heat for 4-6 hours or low heat for 8-10 hours.
- 5. It is done when the sweet potatoes are fork tender. Top with cheese, cilantro, plain yogurt, or enjoy all on its own.

TIPS

^{*1:} This recipe does not have to be made with meat. Simply skip steps 1-3. If you opt to leave it out, I recommend adding another 1-2 sweet potatoes to fill out the chili. *

^{**2:} I highly recommend pre-cooking the sweet potato in the microwave as it tends to take a long time to fully-cook in the slow cooker. I suggest carefully piercing the potato with a fork and cooking in the microwave for 3-4 minutes. Do not overcook. Allow to cool then dice into ¼ inch cubes. **



2 tbsp olive oil
2.5 cups butternut squash diced into ½ in. cubes
2 parsnips cut into ¼ in. cubes
3 cups brussel sprouts, quartered
16 oz package potato gnocchi
2 cups chopped Swiss chard

1 tsp garlic powder½ tsp onion powder2 tsp Italian seasoning1 tsp poultry seasoningSalt/pepper to taste

- 1. Preheat oven to 400 degrees
- 2. To a large rimmed baking sheet, add the squash, parsnips, Brussel sprouts, and gnocchi.
- 3. Drizzle with olive oil and sprinkle with the garlic powder, onion powder, Italian seasoning, poultry seasoning, salt, and pepper.
- 4. Roast in the oven for 30 minutes until the vegetables are tender and caramelized.
- 5. Remove the pan from the oven and add the swiss chard. Toss to combine.
- 6. Place the pan back in the oven for another 5-10 minutes until the chard has wilted.
- 7. Top with cheese if desired and enjoy!

THANK YOU!

FOR SPECIFIC QUESTIONS OR CONCERNS, PLEASE CONTACT YOUR LOCAL WIC AGENCY

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