

# MEALS MADE EASY

With Virginia WIC



WRITTEN BY EMILY SALVAGGIO





# TABLE OF CONTENTS

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
- Asparagus
- Avocados
- Cabbage
- Celery
- Kiwis
- Lettuce
- Mushrooms
- Peas
- Pineapples
- Radishes
- Rhubarb
- Spinach
- Strawberries
- 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.



## DIRECTIONS

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.







## DECONSTRUCTED ITALIAN STUFFED PEPPERS

### INGREDIENTS

- 2 tbsp olive oil
- 1 medium yellow onion diced
- 2 tbsp minced garlic
- 2 bell peppers (any color) sliced into strips
- 1 lb. ground meat (I used plant-based protein, but chicken, beef, or turkey will work)
- 1 14 oz can diced tomatoes
- 2 cups cooked brown rice \*
- 2 cups leafy greens (I used baby kale, but your favorite leafy green will work)
- 1/4 cup fresh basil (or 1.5 tbsp dried)
- 1 tbsp dried oregano
- salt/pepper to taste
- Optional: 1/2 cup of grated cheese

### 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.\*





## SALMON PATTIES

### INGREDIENTS

cooking spray  
¼ cup minced bell pepper  
¼ cup diced onion  
1 tbsp old bay seasoning  
1 tbsp dried dill  
1 egg  
¾ 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.

### TIP

These pair wonderfully with the tzatziki sauce found on page





## BERRY BREAKFAST BARS

### INGREDIENTS

2 cup oats (rolled or quick)

¼ cup peanut butter

¼ cup honey\*, maple syrup, or agave

¼ cup flour

\*Honey is not safe for children under the age of 1\*

¼ cup milk

½ tsp pumpkin pie spice

¼ tsp baking powder

1.5 tsp vanilla extract

1.5 cup thinly sliced strawberries

### DIRECTIONS

1. Preheat oven to 350 degrees
2. In a food processor, pulse the oats until a coarse 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)
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  $\frac{3}{4}$  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?

- Apricots
- Bananas
- Bell Peppers
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Corn
- Eggplant
- Green Beans
- Peaches
- Raspberries
- Summer Squash
- Tomatoes
- 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.





## RATATOUILLE

### INGREDIENTS

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/](https://minimalistbaker.com/easy-ratatouille-versatile-1-pot/)



# EASY TZAZIKI

## INGREDIENTS

1 cup yogurt  
½ cup shredded cucumber  
Juice from 1 lemon  
1 clove minced garlic  
Salt and pepper to taste

## DIRECTIONS

1. Combine all ingredients together in a bowl. Stir thoroughly to combine. Adjust seasonings to taste.
2. Enjoy on salads, proteins, sandwiches, burgers, vegetables and more!







## BLACK BEAN AND CORN SALAD

### INGREDIENTS

- |                            |                               |
|----------------------------|-------------------------------|
| 3 tbsp olive oil           | ½ cup shredded cheddar cheese |
| 1 lb frozen corn*          | Juice from 1 lime             |
| 15.5 oz can black beans    | ½ cup chopped cilantro        |
| 1 poblano pepper diced     | 1.5 tsp chili powder          |
| 1 jalapeño pepper diced    | ¼ tsp smoked paprika          |
| 1.5 cups cooked brown rice | ½ tsp cumin                   |
| ¾ cup yogurt               |                               |

### DIRECTIONS

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.



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





## SUMMER FRUIT SALSA WITH HOMEMADE TORTILLA CHIPS

### 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.

### DIRECTIONS

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!





## PIZZA BEANS

### INGREDIENTS

- 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

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

### 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.





# FALL

## WHAT'S IN SEASON?

- Apples
- Cranberries
- Pumpkin
- Broccoli
- Grapes
- Rutabagas
- Brussel Sprouts
- Onions
- Sweet Potatoes
- Carrots
- Pears
- Swiss 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  
¾ cup pasta water reserved  
½ cup cannellini beans  
1.5 cups steamed cauliflower  
3 cups shredded sharp cheddar cheese  
½ tsp garlic powder  
¼ tsp onion powder

### DIRECTIONS

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.



## CHICKPEA AND BROCCOLI CURRY

### INGREDIENTS

- 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

### DIRECTIONS

1. In a large skillet heat 2 tbsp olive oil on medium heat.
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.







## SHEET PAN FAJITAS

### INGREDIENTS

- |                                       |  |
|---------------------------------------|--|
| Olive Oil                             | 15.5 oz can black                              |
| 1 head cauliflower cut into florets   | beans (drained and rinsed)                     |
| 1 qt cherry tomatoes                  | 1 packet taco seasoning                        |
| 2 bell peppers cut into 1 inch strips | 16 oz package of whole wheat or corn tortillas |
| 1 yellow onion sliced                 |  |



### DIRECTIONS

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.





## VEGGIE TOTS

### INGREDIENTS

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  
¼ tsp onion powder  
½ tsp poultry seasoning  
½ 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 Sprouts
- Limes
- Potatoes
- Collard Greens
- Onions
- Pumpkin
- Grapefruit
- Oranges
- Sweet Potatoes
- Leeks
- Parsnips
- Swiss Chard
- Lemons
- Pears
- Winter 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.







## SLOW COOKER SWEET POTATO CHILI

### INGREDIENTS

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. \*\*





## GNOCCHI WITH WINTER VEGETABLES SHEET PAN SUPPER

### INGREDIENTS

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 powder  
½ tsp onion powder  
2 tsp Italian seasoning  
1 tsp poultry seasoning  
Salt/pepper to taste

### DIRECTIONS

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**

This institution is an equal opportunity provider

