



CELEBRATE A

WORLD

OF

FLAVORS

NATIONAL NUTRITION MONTH® 2022



Academy of Nutrition
and Dietetics

Food Safety

1. Wash hands with warm, soapy water for 20 seconds before handling food.
2. If your hands have any kind of skin abrasion or infection, always use clean disposable gloves. Wash hands (gloved or not) with warm, soapy water.
3. Thoroughly wash with hot, soapy water all surfaces that come in contact with raw meat, poultry, fish, and eggs before moving on to the next step in food preparation. Consider using paper towels to clean kitchen surfaces. If you use dishcloths, wash them often in the hot cycle of your washing machine. Keep other surfaces, such as faucets and counter tops, clean by washing with hot, soapy water.
4. To keep cutting boards clean, wash them in hot, soapy water after each use; then rinse and air or pat dry with clean paper towels. Cutting boards can be sanitized with a solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of water. Flood the surface with the bleach solution and allow it to stand for several minutes; then rinse and air or pat dry with clean paper towels.
5. Non-porous acrylic, plastic, glass, and solid wood boards can be washed in a dishwasher (laminated boards may crack and split). Even plastic boards wear out over time. Once cutting boards become excessively worn or develop hard-to-clean grooves, replace them.
6. Don't use the same platter and utensils that held the raw product to serve the cooked product. Any bacteria present in the raw meat or juices can contaminate the safely cooked product. Serve cooked products on clean plates, using clean utensils and clean hands.
7. When using a food thermometer, it is important to wash the probe after each use with hot, soapy water before reinserting it into a food.
8. Keep pets, household cleaners, and other chemicals away from food and surfaces used for food.
9. When picnicking or cooking outdoors, take plenty of clean utensils. Pack clean, dry, and wet and soapy cloths for cleaning surfaces and hands.

Because bacteria are everywhere, cleanliness is a major factor in preventing foodborne illness. By keeping everything clean that comes in contact with food, consumers can be assured they are helping to do their part to Be Food Safe .

For more information on food safety visit : <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/cleanliness-helps-prevent>



Latin & South American Cuisine

Batido (smoothie)



Serving size **8oz**

Serves **4 people**

118 calories per serving

Ingredients

- 2 cups papaya chunks (fresh or frozen)
- 2 bananas (overripe, sliced)
- 1 cup plain low-fat yogurt
- 1 cup ice cubes

Preparation

1. Put all the ingredients in the blender.
2. Put the lid on tightly. Turn the blender to a medium setting and blend until the ice is chopped and the mixture is smooth, about 1 minute.
3. Serve right away or cover and refrigerate for up to 4 hours.

Black Bean Quesadilla



Serving size **1 tortilla**

Serves **4 people**

160 calories per serving

Ingredients

- 3/4 cup chunky salsa (or Pico De Gallo)
- 1 can 15.5 ounce low-sodium black beans (drained and rinsed)
- 2 cups shredded reduced-fat Colby & Monterey Jack cheese
- 2 tablespoons fresh cilantro (finely chopped)
- 4 8- inch flour tortillas
- 1/2 teaspoon extra virgin olive oil

Preparation

1. Using a small-hole strainer, drain liquid from salsa; discard liquid.
2. Transfer leftover tomato mixture to a medium bowl.
3. Mix in black beans, cheese, and cilantro until combined.
4. Divide black bean mixture evenly over half of each tortilla (about 1/2 cup each).
5. Fold tortillas in half.
6. Heat large griddle or skillet over medium-high heat.
7. Brush with oil.
8. Place filled tortillas on a griddle.
9. Cook, carefully flipping once, until tortillas are gold brown and crisp and cheese filling melts, about 5 minutes.
10. Cut quesadillas into wedges.

Breakfast Burrito



Serving size **1 burrito**

Serves **4 people**

146 calories per serving

Ingredients

- 1 1/3 cups black beans (cooked, mashed with 1 teaspoon canola oil, or use canned vegetarian refried beans)
- 4 tortillas, corn
- 2 tablespoons red onion (chopped)
- 1/2 cup tomatoes (chopped)
- 1/2 cup salsa, low-sodium
- 4 tablespoons yogurt, non-fat plain
- 2 tablespoons cilantro (chopped)

Preparation

1. Mix beans with onion and tomatoes.
2. Microwave tortillas between the two sheets of slightly damp white paper towels on high for 15 seconds.
3. Divide bean mixture between the tortillas.
4. Fold each tortilla to enclose filling.
5. Place on a microwave-safe dish and spoon salsa over each burrito.
6. Microwave on high for 15 seconds.
7. Serve topped with yogurt and cilantro.

Cuban Rice & Beans



Serving Size **1 ½ cups**

Serves **4 people**

384 calories per serving

Ingredients

- 1 teaspoon olive oil
- 1 tablespoon garlic (minced)
- 1 cup onion (chopped)
- 1 cup green bell pepper (diced)
- 3 cups black beans (cooked)
- 2 cups chicken broth (low sodium)
- 1 tablespoon vinegar
- 1/2 teaspoon oregano (dried)
- black pepper (to taste)
- 3 cups brown rice (cooked)

Preparation

1. Heat the olive oil in a large nonstick skillet. Sauté the garlic, onion, and green bell pepper until golden, about 3 minutes.
2. Stir in the beans, broth, vinegar and seasoning, bring to a boil then lower to a simmer; cook covered for 5 minutes.
3. Spoon over cooked rice and serve.

Picadillo



Serving Size **1 ½ cups**

Serves **4 people**

463 calories per serving

Ingredients

- 1 cup cooked brown rice
- 2 cups water
- 2 teaspoons vegetable oil
- 1 yellow onion (peeled and diced)
- 1 bell pepper (cored, seeded, and diced)
- 2 cloves garlic (peeled and minced)
- 1 1/2 teaspoons dried oregano
- 1 teaspoon ground cumin
- 1/4 teaspoon black pepper
- 1/4 teaspoon Kosher salt
- 3/4 pound lean ground turkey or beef
- 1 can 14.5 ounce low-sodium diced tomatoes (including liquid)
- 1 can 15.5 ounce low-sodium black beans (drained and rinsed with cold water)
- 1/4 cup green olives (chopped)
- 1/4 cup raisins

Preparation

1. Place the skillet on the stove over medium heat and when hot, add oil. Add the onion, pepper, and garlic. Cook and stir for about 10 minutes until the onion is softened and lightly browned.
2. Add oregano, cumin, pepper, and salt, and stir well.
3. Add beef, in small amounts. Stir well and cook for about 5 minutes until the beef is cooked throughout.
4. Add beans and tomatoes and simmer for about 15 minutes until mixture blends together.
5. Add olives and raisins. Stir well and cook for about 2 minutes until heated through.
6. Serve over rice or refrigerate in an airtight container for up to 3 days. Serve with avocado, if desired.

African Cuisine



Spicy Okra



Serving size $\frac{1}{2}$ cup

Serves **10 people**

38 calories per serving

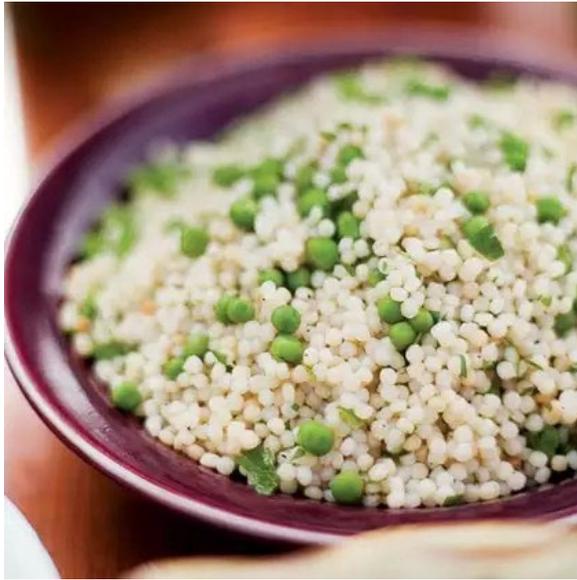
Ingredients

- 2 packages frozen cut okra (10 oz each)
- 1 tablespoon vegetable oil
- 1 onion (medium, coarsely chopped)
- 1 can tomatoes (14.5 ounces, diced, unsalted)
- 1 jalapeno pepper (fresh, or habanero chile, pierced 3 times with fork)
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper

Preparation

1. Rinse okra in a colander under hot water.
2. Heat oil in a 10-inch heavy skillet over moderately high heat. Saute onion for about 3 minutes.
3. Add tomatoes (including juice) and chile, and boil. Stir the mixture for 8 minutes.
4. Add okra and cook, gently stirring, until okra is tender, about 5 minutes.
5. Stir in salt and pepper and discard the chile.

Couscous with Peas and Onions



Serving Size **1 cup**

Serves **4 people**

205 calories per serving

Ingredients

- 1 cup onion (finely chopped)
- 1/2 teaspoon sage (ground)
- 1 teaspoon olive oil
- 1 1/3 cups water
- 1 cup green peas (frozen)
- 1 cup couscous
- 1/2 salt (1/2 teaspoon, optional)

Preparation

1. Combine oil and onions in heavy skillet.
2. Sauté for 5-10 minutes until lightly browned.
3. Add the peas, sage, water, couscous, and salt if desired.
4. Cover and cook on low for about 5 minutes or until peas are tender but still bright green and all of the water is absorbed.
5. Fluff with fork.

Recipe adapted from USDA MyPlate: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/couscous-peas-and-onions>

Ivory Coast Bananas with Caramel Sauce



Serving Size $\frac{1}{2}$ cup (1/8th of recipe)

Serves 8 people

178 calories per serving

Ingredients

- 6 bananas (large)
- 6 tablespoons butter
- 1 cup sugar
- $\frac{1}{2}$ cup evaporated milk, skim
- 2 teaspoons cornstarch, dissolved in 2 teaspoons water

Preparation

1. Preheat oven to 400 degrees. Place unpeeled banana on a baking sheet. Prick the skin of each banana several times with the prongs of a fork. Cook the bananas for about 8 minutes. The skin will turn black.
2. Over moderate heat, cook the butter, water and sugar to a medium brown color (it will look like caramel). Remove from heat.
3. Combine the milk, cornstarch slurry to the caramel mixture. Stir to dissolve.
4. Return to the heat and bring to a boil, stirring constantly.
5. Remove from heat and cool slightly.
6. Serve on top of the bananas that have been peeled and sliced lengthwise.



Asian Cuisine



Mango Chicken Wraps



Serving Size **1 wrap**

Serves **4 people**

440 calories per serving

Ingredients

- 2 ripe mangos (peeled, pitted, and diced)
- 1 1/2 cups chopped roasted chicken breast
- 2 green onions (sliced)
- 2 tablespoons fresh basil (chopped)
- 1/2 red bell pepper (chopped)
- 1 1/2 cups shredded Savoy or Napa cabbage
- 2 medium carrots (grated)
- 1/3 cup fat-free cream cheese
- 3 tablespoons natural creamy peanut butter (unsalted)
- 2 teaspoons low-sodium soy sauce
- 4 whole-wheat tortillas (8")

Preparation

1. Cut mangos, vegetables, and chicken. Place in a mixing bowl and toss until well mixed.
2. In a small mixing bowl, whisk together cream cheese, peanut butter, and soy sauce.
3. To assemble: lay out tortillas on a flat surface. On each tortilla, spread 1/4 of cream cheese mixture and top with mango, vegetable, and chicken mix. Roll up tightly, tucking in ends of tortilla. Secure with toothpicks.
4. To serve, cut each wrap in half.
5. If not serving immediately, refrigerate; keeps well overnight.

Sweet and Sour Vegetables



Serving size $\frac{1}{2}$ cup

Serves **6** people

110 calories per serving

Ingredients

- 1 tablespoon honey
- 1 tablespoon lemon juice
- 1 teaspoon soy sauce (low sodium)
- $\frac{1}{4}$ teaspoon ginger
- 1 cup pineapple (canned)
- 1 tablespoon cornstarch (for thickness)
- 2 teaspoons oil
- 1 package frozen stir-fry vegetables (16 oz bag)

Preparation

1. Combine all ingredients except vegetables into a bowl, mix and set aside.
2. Heat 2 teaspoons of oil in a skillet and add frozen vegetables. Cook for 3-4 minutes or until vegetables are crisp-tender.
3. Add sweet and sour sauce and cook for another 2 minutes or until mixture comes to a boil. Add water if it seems too thick.
4. Serve immediately. This dish is great over pasta or brown rice.

Vegetable Fried Rice



Serving Size **1 cup**

Serves **4 people**

215 calories per serving

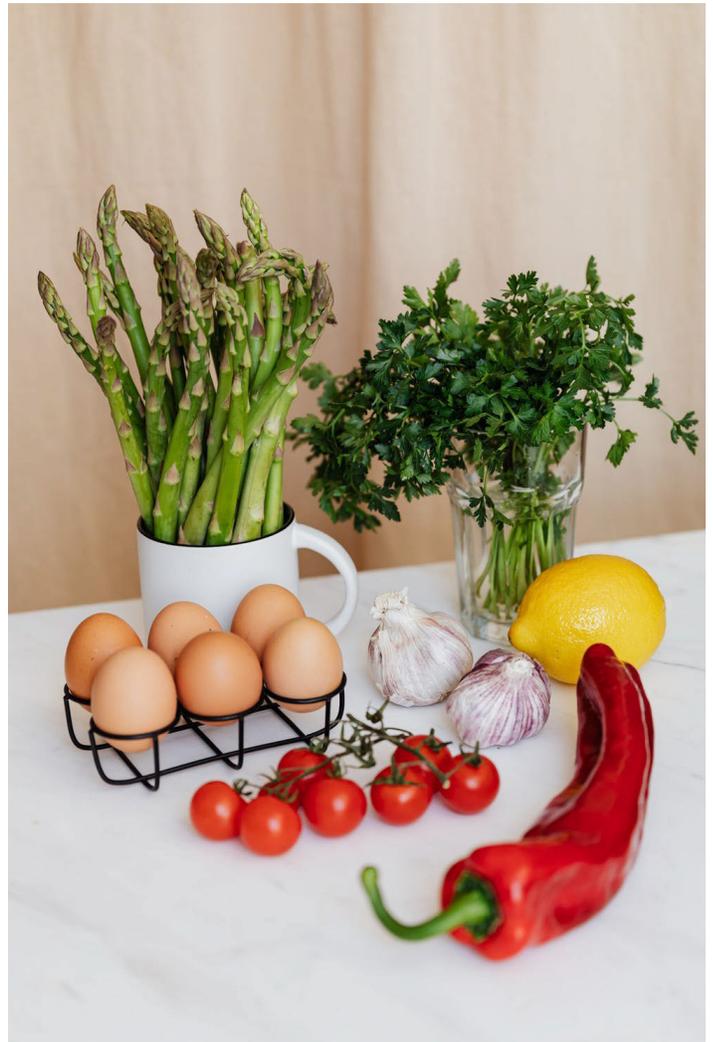
Ingredients

- 2 cups brown or white rice, cooked
- 2 tablespoons vegetable oil
- 1/2 cup celery (chopped)
- 1/4 cup onion (chopped - could also use green onion)
- 1 package frozen vegetables (10 ounce)
- 1 tablespoon soy sauce
- dash pepper

Preparation

1. Make 2 cups of cooked rice (cook according to package directions).
2. Chop 1/2 cup of celery and 1/4 cup of onion.
3. Heat the oil in a skillet or large frying pan.
4. Add the celery and onion. Stir fry for 2 minutes.
5. Add the vegetables to the pan. Keep stirring the vegetables until they are tender-crisp.
6. Add the cooked rice.
7. Sprinkle with soy sauce and pepper.
8. Stir fry for 2 minutes until the rice is heated and the flavors are blended.

Mediterranean Cuisine



Chicken Ratatouille



Serving Size **1 ½**

Serves **4 people**

179 calories per serving

Ingredients

- 1 tablespoon vegetable oil
- 2 chicken breast (medium, halved, skinned, fat removed, boned, and cut into 1-inch pieces)
- 2 zucchini (7 inches long, unpeeled and thinly sliced)
- 1 eggplant (small, peeled and cut into 1-inch cubes)
- 1 onion (medium, thinly sliced)
- 1 green pepper (medium, cut into 1-inch pieces)
- 1/2 pound mushroom (fresh, sliced)
- 1 can tomatoes (14.5 oz, whole, cut up)
- 1 garlic clove (minced)
- 1 1/2 teaspoons basil (dried, crushed)
- 1 tablespoon parsley (fresh, minced)
- black pepper (to taste)

Preparation

1. Heat oil in large non-stick skillet. Add chicken and sauté about 3 minutes, or until lightly browned.
2. Add zucchini, eggplant, onion, green pepper, and mushrooms. Cook about 15 minutes, stirring occasionally.
3. Add tomatoes, garlic, basil, parsley, and pepper; stir and continue cooking about 5 minutes, or until chicken is tender.

Recipe adapted from USDA MyPlate:

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/chicken-ratatouille>

French Spinach Frittata



Serving size **1 wedge**

Serves **6 people**

121 calories per serving

Ingredients

- 8 eggs
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 2 cups spinach, finely chopped (if frozen spinach is used, thaw and squeeze out excess liquid)
- 4 scallions (white and green parts chopped into 1/4 inch-pieces)
- 1/4 cup crumbled feta cheese
- 2 teaspoons vegetable oil

Preparation

1. Preheat the oven to 350 degrees
2. Put the eggs, salt, and pepper in the mixing bowl, and stir with a fork until well combined.
3. Add scallions, spinach, and feta cheese and mix well.
4. Put an 8-inch ovenproof skillet on the stove over medium heat and when hot, add oil.
5. Add scallions, spinach, and feta cheese and mix well.
6. Put an 8-inch ovenproof skillet on the stove over medium heat and when hot, add oil.
7. Pour the egg mixture into the skillet and carefully transfer to the oven. Bake until the eggs are set and the top is golden, about 30 minutes.
8. Cut into 6 wedges. Serve right away or cover and refrigerate overnight.

Recipe adapted from USDA MyPlate:

<https://www.myplate.gov/recipes/myplate-cnpp/french-spinach-frittata>

Tuna Apple Salad



Serving Size $\frac{1}{2}$ pita

Serves 4 people

276 calories per serving

Ingredients

- 1 can tuna, packed in water (12 ounces)
- 2 tablespoons red onion (minced)
- 1 apple (cored and chopped)
- 1 cup celery (chopped)
- 1 cup golden raisins
- 5 tablespoons Italian dressing, light
- 2 cups salad greens
- 2 whole wheat Pita bread (cut in half)

Preparation

1. In a small bowl, stir together tuna, onion, apple, celery, raisins, and 2 tablespoons of dressing.
2. In another bowl, toss together salad greens with remaining dressing.
3. Carefully open pita breads and fill with equal amounts of greens and tuna salad.



Middle Eastern Cuisine



Falafel with Yogurt Sandwich



Serving size **1 sandwich**

Serves **4 people**

475 calories per serving

Preparation

1. Put beans and water in large pot and soak by the overnight or quick-soak method.
2. Cook until tender, about 2 hours. Add more water if necessary. Drain.
3. Slowly heat oil and sauté garlic and onion until tender (5 to 7 minutes).
4. Mash cooked beans, sautéed vegetables, parsley, salt, lemon juice and hot pepper sauce until smooth.

Ingredients

- 1 cup dry garbanzo beans (chick peas, sorted and rinsed)
- 3 cups water
- 1/4 cup oil
- 1 garlic (clove, crushed)
- 1 onion (medium, chopped)
- 1 teaspoon parsley (1 sprig or about 1 teaspoon, chopped)
- 1/4 teaspoon salt
- 2 teaspoons lemon juice
- 1/3 teaspoon hot pepper sauce
- 1 cup plain yogurt (low-fat)
- 1 onion (medium, chopped)
- 4 Whole Wheat Pita bread (pockets)
- flour
- tomatoes, sliced (optional)
- lettuce (optional)
- bread crumbs (optional (see note))

5. With floured hands, form ovals with bean mixture (about 1/4 cup each). Roll in flour.
6. Fry falafel, with the remaining oil in skillet, until golden brown. Drain on paper towel.
7. Combine yogurt with remaining onion.
8. Serve falafel in pocket bread topped with yogurt.

Fiesta Hummus



Serves **6 people** Serving

size **¼ cup**

123 calories per serving

Ingredients

- 1 can garbanzo beans
- ½ teaspoon cumin
- ¼ teaspoon salt
- 1 dash cayenne pepper
- 2 garlic clove (minced)
- ½ cup yogurt (plain, non-fat)
- 1 tablespoon lime juice
- 1 tablespoon sesame oil
- 1 jalapeno pepper (finely chopped)
- 2 tablespoons cilantro (chopped)

Preparation

1. Drain and mash garbanzo beans in blender, food processor or with fork. Add remaining ingredients.
2. Blend until smooth.
3. Chill one hour or overnight. Serve on crackers or tortilla chips. Promptly refrigerate left overs.

Lentil Stew



Serving Size **1 cup**

Serves **10 people**

161 calories per serving

Ingredients

- 2 teaspoons olive oil (or canola oil)
- 1 onion (large, chopped)
- 1 teaspoon garlic powder
- 1 1/2 10-ounce packages of frozen sliced carrots
- 1 cup dry lentils (rinsed and drained)
- 3 cans diced tomatoes (14.5 ounces each)
- 3 cups water
- 1 teaspoon chili powder

Preparation

1. Heat the oil in a large pot over medium heat.
2. Add chopped onion.
3. Cook for 3 minutes, or until tender.
4. Stir in garlic powder, carrots, lentils, tomatoes, water and chili powder.
5. Simmer, uncovered, for about 20 minutes or until lentils are tender.

North American Cuisine



Baked Pumpkin



Serving size **1/8th of recipe**

Serves **8 people**

113 calories per serving

Ingredients

- 1 small pumpkin (small, peeled and cut into cubes)
- 1 cup sugar
- 1 teaspoon salt
- 1 teaspoon cinnamon

Preparation

1. Preheat oven to 325 degrees fahrenheit.
2. Place pumpkin cubes in a baking dish and sprinkle with sugar and salt.
3. Cover pan with foil and bake until soft.
4. Sprinkle with cinnamon.

Orange Delight Juice



Serving Size $\frac{1}{4}$ cup

Serves **4 people**

75 calories per serving

Ingredients

- 1 cup orange juice
- 1/2 banana
- 1 cup apple juice
- 1 teaspoon honey
- 1 teaspoon cinnamon
- 1 cup ice (crushed)

Preparation

1. Blend all ingredients at high speed in blender until frothy.

Three Sisters Soup



Serving Size $\frac{1}{2}$ cup

Serves **8 people**

137 calories per serving

Preparation

1. Heat oil in a large pan on medium heat. Add carrot and onion and saute until onions have begun to turn slightly brown, about 8 to 10 minutes.
2. Add garlic, squash and corn and continue to stir for another 3 to 4 minutes.
3. Add tomatoes and broth.
4. Add beans, tomatoes, broth, cumin and pepper.
5. Allow soup to come to a boil and then turn heat down to a simmer until all vegetables are tender to taste (15 to 30 minutes, depending on the vegetables used).

Ingredients

- 1 1/2 tablespoons vegetable oil
- 3/4 cup diced carrot
- 1 cup chopped onion
- 4 cloves garlic, minced or 1 teaspoon garlic powder
- 2 cups diced summer or winter squash (fresh or frozen)
- 1 1/2 cups corn (fresh or frozen) or a 15-oz can (drained and rinsed)
- 1 1/2 cups cooked beans (any type) or a 15-oz can (drained and rinsed)
- 1 can (14.5 ounces) diced tomatoes or 2 cups diced fresh
- 3 cups low-sodium broth (any type)
- 1 teaspoon cumin
- 1/4 teaspoon black pepper

Enjoy!



This cookbook was curated by the Nutrition Education Work Group at the Westchester County Department of Health for National Nutrition Month, March 2022.