Good food makes you feel good, inside and out. What you eat affects your mind, your body, and your heart – and sharing food brings people together like nothing else does.

When you're balancing lots of responsibilities, eating healthy, whole foods can sometimes feel like a challenge. But with a little planning and preparation, we believe that eating delicious, real food can be attainable and affordable, whether your family is one person or eight people.

The recipes in this cookbook were created to be simple, delicious, flexible, and affordable – and to appeal to people of all ages. Our goal is for your whole family to enjoy the same meal – so that you don't need to prepare a separate dinner for your little ones.

Many of our recipes include substitution ideas, helping you swap out fruits and veggies for your family's favorite, or to help you use produce that's in season at the farmers' market. Use these recipes as a launching pad to discover your own taste preferences, and to explore how to make delicious, nourishing, and healthy meals on a budget that your family will love!

Learning to cook is a powerful tool that anyone can master. Try making something new for you and your family today!

- The Fresh Approach Team
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Cooking vegetables is simple and easy with these three basic cooking techniques.

Steaming uses hot steam to cook food. This is quick, easy, and healthy, and retains the vegetable’s natural flavors and colors. To steam vegetables, you will need a steaming basket (or metal colander), a stove or hot plate, and water.

**How to steam vegetables:**
1. Chop vegetables into a uniform size, so they cook at the same rate.
2. Heat 1” of water in a pot on the stove until simmering.
3. Add the vegetables to a steamer basket, and suspend above the pot. Cover with lid. Cook for 3–5 minutes, or until fork-tender.

Sautéing is a quick way of cooking over high heat. Food is cut into small pieces and quickly tossed or stirred in a hot pan with a little oil until done. To sauté, you will need a pot or pan, oil or butter, and a stove or hot plate.

**How to sauté vegetables:**
1. Chop vegetables into a uniform size.
2. Add 1–2 tsp oil or butter to pan, and turn heat to medium–high. When hot, swirl pan to coat surface with oil. Add vegetables.
3. Stir vegetables constantly until cooked.

Roasting uses a hot oven to cook food, and it’s one of the easiest and most delicious ways to prepare vegetables! To roast vegetables, you will need a baking sheet, an oven, and parchment paper or aluminum foil.

**How to roast vegetables:**
1. Chop vegetables into a uniform size, and toss with a little oil and seasonings of your choice.
2. Preheat oven to 400º. Line baking sheet with parchment paper or aluminum foil.
3. Spread vegetables on baking sheet evenly, so they aren’t overlapping. Add to oven and bake, stirring occasionally, until fork tender and edges are golden brown.
**BASIC CHOPPING TECHNIQUES**

*These basic chopping techniques are a practical way to ensure each bite of food is cooked evenly and easy to eat.*

When chopping vegetables, always start by cutting it in half to make a flat surface. Then, make your next cuts. This makes chopping easier and safer.

**SLICE**
Lay vegetable on a clean cutting board, and slowly cut down from the top to create uniform pieces.

**CHOP**
Cut into pieces of a uniform size.

**DICE**
Cut pieces into cubes as evenly as possible. It doesn’t have to be precise! Cut even slices in one direction, then cut the slices into even-sized matchstick shapes. Finally, cut across the matchsticks to create cubes.

**MINCE**
Mince is the smallest cut, usually used for things like garlic, ginger, and hot peppers. First dice the food very small, then pile all the pieces together and chop even smaller.

**JULIENNE**
This cut looks like matchstick shapes. Cut even slices in one direction, then cut across until they are the length of a matchstick.

**CHIFFONADE**
This cut is used for herbs and leafy greens. Neatly pile the leaves on top of one another, and roll up the pile lengthwise into a cigar shape. Slice the roll of leaves crosswise, cutting it into very thin ribbons.

**TRY IT RAW**
Eating vegetables raw is a refreshing way to enjoy the vibrant flavors and crunchy textures of fresh produce! Raw vegetables are great for salads, or cut up into wedges as snacks. Diced vegetables can also be tossed with lime juice to make a salsa.
Grow Your Own

Growing fresh fruits and vegetables in your garden cuts down on grocery costs. Herbs are great plants for beginners!

Skip the Beverage Aisle

Choose water instead of juice, soda, or sweetened beverages. Add slices of lemon or lime, or a sprig of fresh mint, to give flavor to plain water without unnecessary sugar or calories. Juice may seem like a healthy beverage, but even 100% juice contains large amounts of sugar which can raise your risk for obesity and diabetes.

Buy the Whole Bird

Whole chickens or turkeys are almost always a better deal than buying individually packaged breasts, thighs, and drumsticks. Take home the bird, roast it, save all the meat and then make stock with the bones and some vegetable scraps.

Make Your Own Broth and Vegetable Stock

Homemade broth is a great way to add flavor and nutrition to your recipes! It’s also very easy to make with ingredients that would otherwise be thrown away. Start by saving meat bones and vegetable scraps that you would normally throw away: carrot ends, onion tops and skins, potato peels, leftover herbs (like rosemary, sage, and oregano), celery ends, and chicken or beef bones all taste great in broth. Store your scraps in the freezer until you have 4–5 cups.

To make broth: Add your bone and vegetable scraps to a large stockpot, and cover with water. Bring to a boil, then turn heat to medium–low and simmer, with a lid on, for 1–2 hours. Pour the broth through a colander and discard the solids. Once the broth has cooled, pour into airtight containers and store in the freezer. Portion in 2-cup containers so you can thaw small amounts at a time.

Start Building a Pantry

Reserve part of your budget to buy one or two pantry items each week. Spices, olive oil, and vinegar may seem pricey at the time of purchase, but you will only use a little in each recipe so they will go a long way. Chili flakes, cumin, cinnamon, and paprika are great spices to start with. Dried herbs like oregano, thyme, and rosemary can be used to season many recipes.
Freezing extra produce is a great way to prevent food waste, lower your grocery bill, and take advantage of in-season produce sales.

The next time you buy more produce than you can eat, chop and freeze the extra fruits and vegetables before they spoil.

**Frozen fruit** is great in smoothies or stirred into oatmeal. Try heating frozen berries on the stove to make a delicious topping for waffles or pancakes!

**Frozen vegetables** can be steamed, sautéed, or roasted just like fresh. However, freezing will change their texture and make them less crisp. Soups are an ideal way to use frozen vegetables, as the texture won’t matter. Try adding a handful of frozen spinach to your next fruit smoothie!

1. **Buy fruits and vegetables at their peak ripeness.**  
When in season, they have more flavor and are usually less expensive. Try shopping at your local farmers’ market for good deals!

2. **Wash and prep.**  
Wash your produce in cold water, and trim or remove any stems, leaves, or bruised areas. Peel (if necessary), then cut down to desired size. For example: bell peppers can be diced as an easy addition to soups or stews, carrots can be cut into matchsticks for stir-fries, and peaches can be pitted and chopped for pies and smoothies.

3. **Blanch your vegetables (not necessary for fruit).**  
Blanching brightens color, slows vitamin and mineral loss, and helps preserve some of the “fresh” texture of the vegetable. If you plan to use it for soups or stocks, blanching is not necessary.

To blanch, bring a pot of water to a boil and place vegetables in for 2–5 minutes. Then plunge them into a bowl of ice water to stop the cooking. When the vegetables have cooled, remove from the ice water and pat dry with a clean kitchen towel.

4. **Prepare for freezer storage.**  
Lay your prepared fruits or vegetables on a single layer on baking sheets, and pop in the freezer. This prevents the pieces from sticking together in a big clump.

Once frozen, remove and put into bags, jars or other freezer-safe storage containers. Don’t forget to label the container with the date and contents!
Cooking healthy meals every day can be tricky when you’re busy with family and work. One solution is **batch cooking**, which means preparing staple foods ahead of time. This allows for more assembly and reheating during the week instead of cooking.

Batch cooking can help you save time, lower your grocery bill, and help you eat healthier every day while having more time for your family and friends. Weekends are often an ideal time for batch cooking, and will help you prepare for the week ahead.

**Make a weekly menu in advance.** Prepare a shopping list of all the ingredients you need that are not already in your kitchen. Find ways to use an item more than once throughout the week. For example, instead of buying collard greens and spinach, you can use collard greens in two dishes, using up the entire bunch.

**Cook grains and beans in bulk.** Make a big pot of your favorite whole grain, and use it in recipes throughout the week. Or cook up a batch of beans or lentils, and add to soups, stews, and salads.

**Chop vegetables.** Onions, carrots, and bell peppers are vegetables that can be used in lots of recipes. Chop up several cups of them, so they’ll be ready to add to a quick vegetable sauté or quesadilla on a busy weeknight.

**Make a sauce or salad dressing.** Use our *Build-Your-Own Salad Dressing* recipe on page 14, and make a dressing your whole family will enjoy. Or, make a double batch of the *Homemade Marinara Sauce* in our *Zoodles* recipe on page 18, and use the leftovers in a veggie sauté.

**Wash fruits and vegetables.** Wash hardy produce ahead of time, like carrots, celery, and snap peas. Then store them in containers in your fridge. This will also make them a convenient choice for snacking!

**Cook a whole chicken,** then cut it up and store the meat. Use chicken with different herbs and spices to make two dishes taste different. For example, add chili powder to one dish and rosemary to another.

**Get containers for cooling and storing.** Glass or plastic containers, zip lock bags, parchment paper, and aluminum foil will all make batch cooking easier. Try to avoid putting hot food directly into a plastic container, as this can cause the plastic to leach into your food.

**Get others involved.** Make food prep a family activity! When working together, you will finish batch cooking even faster.
FIVE FOOD GROUP SMOOTHIE

INGREDIENTS:

- 1 cup fresh or frozen fruit
- 1 cup milk or yogurt (regular, low-fat, or non-dairy)
- ¼ cup uncooked rolled oats
- 1 large handful of spinach
- 1 Tbsp peanut butter or almond butter

DIRECTIONS:

1. Add all ingredients to a blender, and blend on high.
2. If you like a thinner smoothie, add more milk/yogurt or a splash of water. If you like it thicker, add less milk/yogurt.

MAKE IT YOUR WAY

You can make this smoothie lots of different ways! Try kale or romaine lettuce in place of the spinach, use a tablespoon of chia seeds or sunflower seeds in place of the nut butter, or try a new fruit in season.
INGREDIENTS:

• ½ cup regular rolled oats
• ⅔ cup milk (regular, low-fat, or non-dairy)
• ½ cup chopped fresh or frozen fruit
• 1 tsp honey
• ¼ cup slivered almonds, or other chopped nuts
• ¼ tsp cinnamon (optional)

DIRECTIONS:

1. Mix oats, milk, fruit, and cinnamon in a bowl and cover. Set in the refrigerator overnight.
2. The next morning, top with the almonds / nuts and a drizzle of honey.

MAKE IT YOUR WAY

Any fresh seasonal fruit will be delicious in this recipe! Try fresh strawberries in the spring, chopped peaches in the summer, or diced persimmons in the fall. Frozen berries are a great choice any time of the year.
CHIA PUDDING

INGREDIENTS:
- 2 cups coconut milk, almond milk, or lowfat milk
- ½ cup chia seeds
- ½ tsp vanilla extract
- 3 Tbsp maple syrup or honey
- ¼ tsp cinnamon
- ¼ tsp salt
- Fresh fruit or chopped nuts for topping (optional)

DIRECTIONS:
1. Mix coconut milk, vanilla extract, maple syrup, cinnamon, and salt in a bowl until well combined.
2. Stir in chia seeds. Pour mixture into a glass jar or other container with a lid, and let it set in the refrigerator for at least 2 hours (ideally overnight). The chia seeds will absorb the liquid and become like a pudding.
3. Top with fresh or fruit or chopped nuts, and serve.

TRY IT WITH COCOA
For a chocolate version, add ⅓ cup cocoa powder to the milk / vanilla / maple syrup mixture and whisk well to break up any clumps. Look for a brand of cocoa powder with no added sweetener.

Makes 2-4 Servings
WHOLESOme BREAKFAsT QUESADILLA

INGREDIENTS:
- 1 whole-grain flour tortilla
- ½ cup grated cheddar or monterey jack cheese
- ¼ cup refried black beans or pinto beans
- ½ red onion, finely chopped
- ½ cup bell pepper, finely chopped
- 1 cup spinach, finely chopped
- Optional toppings: pico de gallo, guacamole, hot sauce, chopped cilantro

DIRECTIONS:
1. Heat a skillet over medium heat. Warm the tortilla for 30 seconds, flipping halfway. Flip once more, then sprinkle one side of the tortilla with half of the cheese. Cover the cheese evenly with the beans, bell pepper, and onion.
2. Sprinkle the remaining cheese over the fillings, and fold over the empty side of the tortilla to cover the filling. Let the quesadilla cook until golden and crispy on the bottom, about 1 to 2 minutes, lowering the heat if necessary to prevent burning the tortilla.
3. Immediately remove the skillet from the heat and transfer the quesadilla to a cutting board. Let it cool for a minute to give the cheese time to set, then slice into 3 pieces. Serve immediately with optional toppings.

MAKE IT YOUR WAY
Try using arugula, swiss chard, or kale in place of the spinach to mix up your greens. Or substitute mushrooms, sun-dried tomatoes, or chopped olives for the bell peppers. Serve with a salad to make it a complete meal!
GARDEN FRITATTA WITH COLLARD GREENS

INGREDIENTS:
- 2 Tbsp olive oil or butter
- ½ medium onion, chopped
- 1 bunch of collard greens, stems removed and chopped
- 1 large or 2 small bell peppers, chopped
- 6 eggs
- 4 Tbsp chopped fresh herbs, or 2 Tbsp dried (oregano, thyme, cilantro, or parsley)
- Salt and black pepper, to taste

DIRECTIONS:
1. Heat olive oil or butter over medium–high heat in a nonstick skillet or cast iron pan.
2. Sauté onions and bell peppers until soft, 5–7 minutes, then add in chopped collards and herbs. Sauté another few minutes until all vegetables are cooked down and soft.
3. In a separate bowl, stir eggs with a pinch of sea salt and freshly ground black pepper, just until yolks and whites are well–mixed. Pour the egg mixture into the pan and cook over low to medium heat until eggs are almost set.
4. Remove from heat, cover, and let stand until eggs are completely set and there is no sign of liquid egg, approximately 5–10 minutes. Uncover, slice into wedges (like pie) and serve immediately.

Makes 4 Servings
**BUILD-YOUR-OWN SALAD**

Salads are the ideal easy meal: they come together in minutes, they can be made with a wide variety of ingredients, and they’re nutritious – and delicious.

To build your own salad, you only need to scan your kitchen for ingredients and start adding them to the mixing bowl. This is a great way to use up leftovers!

**INGREDIENTS:**

- 1 handful of greens (spinach, arugula, lettuce, chopped kale)
- 1 cup chopped raw vegetables
- ½ cup cooked grains (brown rice, barley, quinoa, etc)
- ¼ – ½ cup cooked protein (chicken, ground beef, tofu, beans)
- 2 Tbsp of your favorite salad dressing
- 1 Tbsp nuts or seeds (pumpkin seeds, almonds, sunflower seeds, peanuts)

**DIRECTIONS:**

1. Add greens, chopped vegetables, grains, and protein to a mixing bowl and toss to combine. Drizzle with dressing, and sprinkle with nuts/seeds. Serve.

**MAKE IT YOUR WAY**

Some of our favorite salad veggies include cherry tomatoes, sliced bell peppers, chopped cucumber, thinly sliced celery, thinly sliced red onion, and raw shredded beets. Leftover steamed or roasted veggies are also delicious in salads – try adding roasted butternut squash or steamed sweet potato chunks!
**Simple Salads**

**BUILD-YOUR-OWN SALAD DRESSING**

*Salad dressings at the grocery store can be expensive, and often contain unhealthy ingredients. A great alternative is making your own salad dressing! It’s easy, healthy, and delicious. Here’s how to make your own.*

**VINIAGRETTE DRESSINGS:**

- 3 parts oil (olive, sesame, avocado)
- 1 part acid (lemon/lime juice, vinegar)
- 1 part flavor (dijon mustard, chopped fresh herbs, minced garlic)

**DIRECTIONS:** Add all ingredients to a jar, cover with lid, and shake to combine.

**TRY IT OUT:** For a **Classic Viniagrette Dressing**, mix 1 cup olive oil, 1/3 cup red wine vinegar, 1 tbsp minced fresh herbs, ¼ tsp salt, and ¼ tsp black pepper. Add all ingredients to a jar, cover with lid, and shake to combine.

**CREAMY DRESSINGS:**

- 3 parts creamy ingredients (yogurt, mashed avocado, sour cream)
- 1 part liquid (lemon/lime juice, water)
- 1 part flavor (dijon mustard, chopped fresh herbs, minced garlic)

**DIRECTIONS:** Add all ingredients to a food processor or blender, and blend until smooth.

**TRY IT OUT:** For **Creamy Avocado Dressing**, combine ½ cup nonfat yogurt, ½ ripe avocado, ¼ cup packed cilantro, juice of 1 lime, 1 clove of minced garlic, 1 tsp honey, and ¼ tsp sea salt. Add to a food processor or blender, and blend until smooth.
CORN, TOMATO, & ZUCCHINI SALAD

INGREDIENTS:
- 2 cups corn (frozen, fresh, or canned)
- 1 pint of cherry tomatoes, halved
- 3 small to medium sized zucchini, chopped
- 1 jalapeño pepper, seeded and diced
- 3 Tbsp cilantro, roughly chopped
- 1 (15 oz) can of black beans, rinsed and drained

DRESSING:
- ¼ cup extra virgin olive oil
- ¼ cup lime juice
- 1 tsp cumin
- Salt and black pepper to taste

DIRECTIONS:
1. Slice jalapeño in half, remove seeds, and finely dice. Be careful not to touch your face or eyes while working with the jalapeño - the oils can burn sensitive skin!
2. Rinse black beans in a colander and let excess water drain. Add to a large bowl with corn, tomatoes, zucchini, jalapeño, and cilantro.
3. Mix dressing ingredients in a small bowl until well combined. Pour over salad, toss, and serve.

BATCH COOK IT
The salad dressing in this recipe can be made ahead of time, and stored in the refrigerator. Make a double batch and use it on grilled meats, side salads, and steamed vegetables!
TUNA APPLE SALAD

INGREDIENTS:

• 1 apple (any kind), chopped
• 1 (3oz) can of light tuna (drained)
• ¼ cup low-fat plain yogurt
• ½ cup cucumber, chopped
• 1 medium carrot, chopped
• ⅛ tsp ground black pepper
• 2 Tbsp chopped fresh parsley (optional)
• 1 Tbsp chopped walnuts (optional)

DIRECTIONS:

1. In a medium size bowl, mix all salad ingredients, except tuna.
2. Gently fold in tuna.
3. Serve on whole grain bread, on top of salad greens, or with baked chips.

MAKE IT YOUR WAY

For a creamier tuna salad, swap the chopped carrot for ½ an avocado. For a sweeter flavor, choose a Gala or Fuji apple, and add in 1 tbsp raisins.
CHEESY MUSHROOM SPINACH ENCHILADAS

INGREDIENTS:

- 1 ½ tbsp olive oil
- 1 large yellow onion, diced
- 1–2 garlic cloves, minced
- 5–7 packed cups of spinach, rinsed
- 4–6 cups sliced mushrooms (white or brown)
- ½ tsp cumin powder
- Salt to taste
- 2 cups monterrey shredded cheese and/or queso fresco (filling and topping)
- 2 small cans red enchilada sauce
- 10–12 large corn tortillas
- Optional toppings: chopped cilantro, avocado, salsa

DIRECTIONS:


2. Lower heat to medium and add in sliced mushrooms, spinach (handfuls at a time), salt, and cumin. Cook until it has cooked down and liquid has evaporated, about 8–10 minutes.

3. Warm corn tortillas until soft (or else they will rip apart). In a large baking dish, begin to assemble the enchiladas. Spoon some of the mushroom-spinach mixture into a warm tortilla with a sprinkle of shredded cheese and roll up like a loose taquito. Place in baking dish, seam side down.

4. Pour the red enchilada sauce evenly on top of the enchiladas. Top with remaining shredded cheese. Bake for 20 minutes or until cheese starts to bubble. Let cool and add extra toppings.
INGREDIENTS:

- 3 medium zucchini
- 2 tablespoons olive oil
- 1 medium yellow onion, finely chopped
- 4 garlic cloves, peeled and finely chopped
- 2 (28 oz) cans whole or crushed tomatoes
- Small pinch dried red pepper flakes
- ¾ teaspoon salt (or to taste)
- 1 bay leaf
- 4 basil leaves, roughly torn or chopped

DIRECTIONS:

1. With a regular potato peeler, peel entire zucchini into thin strips and set aside.
2. For Sauce: In a heavy saucepan, add the oil and turn heat to medium–high. Add the onions and cook until they start to soften, about 6–8 minutes. Add the garlic, stirring and cook for 1 minute. Add the tomatoes (if using whole, crush with hands as you add to the pan), red pepper flakes, salt, bay leaf, and basil. Cover partially with a lid and simmer for 15 minutes.
3. Add zucchini to sauce and cook for 2–3 minutes until slightly softened. Serve immediately.

 BATCH COOK IT

The marinara sauce in this recipe can be made ahead of time, and stored in the refrigerator. Try making a double batch of the sauce, and using the extra on steamed broccoli and cooked whole wheat pasta!
HEALTHY FRIED RICE

INGREDIENTS:

- 1 Tbsp sesame or canola oil
- 1 cup brown rice, uncooked (or 2 cups cooked)
- 2–3 cloves of garlic, minced
- 1 tsp grated ginger
- 1 carrot, finely chopped
- 4–5 asparagus spears, chopped into 1” pieces
- 1 small head of cauliflower/broccoli/romanesco, chopped into 1” florets
- 5–6 scallions (green onions), chopped
- 2 Tbsp soy sauce

DIRECTIONS:

1. To cook brown rice: Rinse the rice in a colander, and place in a pot with 2 cups of water. Bring to a boil, then cover with a lid and turn heat down to low/simmer until done, approx. 30 mins. When done, spread onto a baking sheet and let cool in refrigerator for 15–20 mins while prepping and cooking veggies. (Cooling rice helps to keep it from getting too sticky when frying).

2. Heat 1 Tbsp of oil on medium–low heat in a pan. Saute garlic and ginger until fragrant. Then add in carrots, asparagus, and cauliflower/broccoli/romanesco and saute until fork–tender, about 10 minutes.

3. Add cooked brown rice. Drizzle with soy sauce and stir well.

MAKE IT YOUR WAY

For extra protein, add in 1/2 cup of peas (fresh, frozen, or canned) or 3–4 scrambled eggs. If asparagus isn’t in season, swap it with chopped green beans, sliced snow peas, or shredded cabbage!
GRAIN STUFFED BELL PEPPERS

INGREDIENTS:

- 4 large bell peppers
- ¾ cup cooked brown rice
- 1 (15 oz.) can black or pinto beans
- 1 cup corn (fresh, frozen, or canned)
- 2 green onions, chopped
- ⅔ cup salsa (of your choice)
- 1 tbsp chili powder
- 1 tsp cumin
- ¼ tsp salt
- Optional: ¼ cup shredded monterey jack, cheddar, or cotija cheese

DIRECTIONS:

1. Slice bell peppers in half lengthwise and remove stems, seeds, and ribs. Rinse and drain black beans.
2. In a large mixing bowl, add cooked rice and all other ingredients except bell peppers. Stir to combine, taste, and adjust seasonings.
3. Preheat oven to 350 degrees F. In a lightly sprayed baking dish, place pepper halves open side up and generously stuff them with the rice and bean filling. Lightly press down to compact and fill all the crevices.
4. Cover with aluminum foil and bake for 35-40 minutes. Remove foil and top with cheese, if using. Bake for 10 minutes more, until top is lightly browned.

BATCH COOK IT

Make the brown rice ahead of time, and store in the refrigerator. Beans can also be cooked from dry in a large batch, and used in multiple recipes; dried beans are often more economical than canned, and some people enjoy their texture more.
CAULIFLOWER CEVICHE

INGREDIENTS:

- 1 head of cauliflower
- 1 white onion
- 2 garlic cloves
- 1 jalapeno pepper deseeded, deveined, and minced
- ½ cup lime juice
- 3 tomatoes, seeded and diced
- 1 teaspoon dried oregano
- Salt and pepper to taste
- 1 avocado, sliced (optional)

DIRECTIONS:

1. Mince cauliflower, garlic, cilantro, jalapeno, and onions to the size of a pea, or use a food processor to mince in batches.
2. Transfer to a bowl, and toss with tomatoes and lime juice.
3. Season with salt, pepper, and oregano. Cover and refrigerate for at least one hour.
4. Serve over tostadas or on a bed of lettuce. Top with avocado if desired.

MAKE IT YOUR WAY

Try adding chopped carrots and/or cucumbers to tossed tomato and lime juice mix. Black, pinto, and refried beans also make delicious addition to the tostadas!
SOPA DE FRIJOLES (SALVADORAN BEAN SOUP)  
WITH MASITAS (CORN FLOUR DUMPLINGS)

INGREDIENTS:

• 1 lb red beans  
• 1 yellow onion chopped into four pieces  
• 1 garlic clove  
• 5 small zucchini  
• 1 yuca, peeled and chopped into large cubes  
• ½ head of cabbage, shredded  
• ½ lb grated cotija cheese (optional, for serving)  
• 3 avocados, sliced (optional, for serving)

FOR THE MASITAS:

• 2 cups corn masa flour  
• 1 ¼ cups water  
• ¼ tsp of salt  
• 1 Tbsp avocado, canola, or olive oil

DIRECTIONS:

1. Clean the beans and let them soak in a bowl of water overnight. The next day, drain the beans and add to a large pot. Cover the with 2 inches of water, and bring to a boil. Add the onion and garlic, and let it simmer for 1.5 hours.

2. Add the zucchini, yuca, and cabbage and cook for another 25 minutes.

3. To make the Masitas: mix the corn masa, salt, and oil in a bowl. Slowly add water, stirring until it forms a dough. Use your hands to knead the dough into small balls, about the size of a ping pong ball, and press your thumb lightly into the ball to make a little dent. If the dough is too dry, add more water. Put the masitas in the soup so they cook with the soup– about 4 minutes.

4. Season the soup with salt and pepper. Top with grated cheese and avocado.
**AUTUMN ROASTED VEGETABLES**

**INGREDIENTS:**
- 1 medium butternut squash, seeded, peeled, & diced into 1 inch cubes
- 3 cups Brussels sprouts, halved or quartered
- 1 large red onion, chopped into 1/2 in pieces
- 2 sprigs of fresh sage or rosemary, finely chopped (or 2 tbsp dried)
- 2 tbsp olive oil
- 1 Tbsp balsamic vinegar
- Optional: 1/2 cup pecans or walnuts, roughly chopped

**DIRECTIONS:**
1. Preheat oven to 425°F and line baking sheet with parchment paper or aluminum foil.
2. Combine all vegetables and chopped fresh herbs in a large bowl. Drizzle with olive oil, and stir to coat.
3. Spread the veggies out evenly on the baking sheet. Bake in the oven for 15 minutes, and stir. Bake for 10–20 more minutes, or until golden brown.
4. Drizzle balsamic vinegar over vegetables, and sprinkle with chopped nuts, if using. Serve immediately.

**MAKE IT YOUR WAY**
Change the roasted veggies in this dish depending on the season! In the spring, try asparagus and potatoes. In summer, use zucchini, bell peppers, or eggplant. In the winter, try sweet potatoes and wedges of purple cabbage.
BAKED VEGETABLE CHIPS

INGREDIENTS:

- 2 sweet potatoes, or 2 green plantain, or 1 head of broccoli
- Olive oil or cooking spray
- Salt, to taste
- Optional: herbs, spices, garlic powder

DIRECTIONS:

1. Preheat oven to 350 degrees F. Slice veggies about 1/16th inch thin, or cut into small florets. Drizzle olive oil and sprinkle with salt and or other herbs and spices; coat evenly.

2. Line baking sheet with parchment paper and arrange on a baking sheet in a single layer. Bake for 15-20 minutes, then flip the slices. Cook for another 20 minutes, or until browned, crispy, and crunchy. Make sure to keep an eye on your veggie chips so they don’t burn!

3. Transfer chips to a rack to cool. Serve with Garlic Hummus (on page 23), guacamole, or salsa – or eat them right off the baking sheet!
INGREDIENTS:

- 2 cups cooked chickpeas (or one 15 oz. can), drained
- 1/3 cup tahini (sesame seed butter)
- 3 garlic cloves (or more!), minced
- Juice from 2 lemons
- 2 Tbsp extra virgin olive oil, plus a little more for serving
- 1 tsp kosher salt
- 2 tsp cumin or paprika

Makes 8 Servings

DIRECTIONS:

1. Put tahini and lemon juice into blender or food processor and process for 1 minute. Scrape sides and bottom of the bowl and process for another 30 seconds. This will help to whip or cream the tahini, creating a smooth hummus.


3. If using canned chickpeas, drain liquids and rinse with water. Add chickpeas one cup at a time to food processor/blender and process for 1–2 minutes. Continue until hummus is smooth. If there are still some chunks, add a little water and process 30 more seconds. Serve with vegetable sticks, whole grain bread or crackers, or the Baked Vegetable Chips (on page 22).

MAKE IT YOUR WAY

Hummus can be made with lots of different flavors! Try swapping the garlic with 1/4 cup roasted red peppers, 1/2 an avocado, 1 small roasted beet or 1/4 cup sundried tomatoes. For Spicy Lime Hummus, swap lime juice for lemon juice and use chipotle chili or diced jalapeño instead of the cumin/paprika.
FAMILY-FRIENDLY SNACKS

Snack time can be both delicious and healthy with these easy, family-friendly snack ideas.

Avocado on Toast
Top toasted whole wheat bread with mashed avocado, fresh squeezed lemon juice, and a sprinkle of sunflower or sesame seeds. Add a scrambled egg for extra protein.

Yogurt Parfait
Top plain greek yogurt with fresh or frozen fruit, nuts, and seeds. Add some shredded, unsweetened coconut for an extra treat!

Fruit Salad
Chop your favorite seasonal fruits, and toss with some honey and/or lime juice.

Trail Mix
Make your own with sugar-free dried fruit, nuts, seeds, and chocolate chips

Banana “Nice Cream”
Blend 2 frozen ripe bananas and ¼ tsp each cinnamon and vanilla extract in a blender until it’s the consistency of ice cream. Sprinkle with chocolate chips and serve.

“Ants on a Log”
Fill celery sticks with peanut or almond butter. Top with raisins.

Hard-Boiled Eggs
Top hardboiled eggs with a sprinkle of salt, pepper, and any spices you like.

Raw Veggies with Hummus
Serve the Garlic Hummus (opposite page) with cherry tomatoes, carrot sticks, celery sticks, snap peas, radishes, or cucumber slices.

Easy Hummus Wrap
Spread 2 tbsp Garlic Hummus (opposite page) on a whole wheat flatbread or corn tortilla. Top with shredded cheese and a handful of spinach, and roll into a wrap.

Homemade Popcorn
Heat 1 tbsp oil and ¼ cup popcorn kernals in a pot over medium-high heat. Within a few minutes, the popcorn should start popping. Shake the pan occasionally to prevent burning. Toss popcorn with a pinch of salt and ¼ tsp paprika, chili powder, or garlic powder.
Looking for more healthy eating resources? 
Visit the following websites for free recipes and health information.

**Harvard Medical School Healthy Eating Guide**
Find tips about healthy eating, increasing physical activity, and staying healthy though lifestyle changes: [www.health.harvard.edu/topics/healthy-eating](http://www.health.harvard.edu/topics/healthy-eating)

**The World’s Healthiest Foods**
A great resource for recipes. Find cooking instructions and nutritional information for most vegetables. [www.whfoods.com](http://www.whfoods.com)

**Good and Cheap**
Cookbook designed for people with limited income, particularly on a $4/day SNAP budget. Download the cookbook in PDF format for free: [https://cookbooks.leannebrown.com/good-and-cheap.pdf](https://cookbooks.leannebrown.com/good-and-cheap.pdf)

**EatFresh.org**
Find quick, budget-friendly recipes for kids and adults, and recipes suitable for cooking in a limited kitchen. [www.eatfresh.org](http://www.eatfresh.org)

**Decolonize Your Diet**
Colorful, plant-based recipes based on MesoAmerican and indigenous American cuisine. [www.decolonizeyourdiet.com](http://www.decolonizeyourdiet.com)

**Budget Bytes**
Delicious recipes designed for small budgets. [www.budgetbytes.com](http://www.budgetbytes.com)

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