

# NAPA CABBAGE FRIED RICE

*Using low sodium soy sauce and brown rice are easy, healthy swaps.*



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**FIDELIS CARE**®

## **NAPA CABBAGE FRIED RICE**

**SERVES 4 • SERVING: 1 1/2 CUPS**

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### **INGREDIENTS:**

- 2 tablespoons vegetable oil
- 3 beaten eggs
- 1 sliced onion
- 2 finely chopped garlic clove
- 1 shredded carrot
- ½ shredded head Napa cabbage, or other cabbage type
- 4 cups cooked brown or white rice
- 2 tablespoons low sodium soy sauce
- Salt and pepper, to taste

### **DIRECTIONS:**

1. In a large frying pan, heat 1 tablespoon oil over medium heat.
2. Pour eggs into pan and scramble for about 1 minute or until eggs are cooked. Remove eggs from pan and set aside.
3. Heat remaining 1 tablespoon oil in the same pan over medium heat.
4. Add onion, garlic, and carrot. Cook for 5 minutes, stirring often.
5. Add cabbage, rice, soy sauce, and cooked eggs in pan. Cook for 2 mins or until rice is hot, stirring often.
6. Refrigerate leftovers.

**For more great recipes visit [www.foodbankst.org/jsy](http://www.foodbankst.org/jsy)**

Recipe provided in partnership by the Food Bank's Just Say Yes to Fruits & Vegetables Program as funded through the USDA's Supplemental Nutrition Assistance Program – SNAP.

# BLACK BEAN WRAP

*This dish will taste good with canned beans of any kind!*



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## BLACK BEAN WRAP

**SERVES 4 • SERVING: 1 MEDIUM SIZED BURRITO**

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### INGREDIENTS:

- 2 cups canned black beans, rinsed and drained
- 1 cup low-fat shredded cheese
- ½ cup salsa
- ½ cup cooked brown or white rice
- 1½ cups shredded lettuce
- 4 medium flour tortillas
- Salt and pepper, to taste

### DIRECTIONS:

1. In a medium bowl, combine black beans, cheese, salsa and rice.
2. Top each tortilla with ¾ cup of the black bean mixture and some lettuce.
3. Roll up tortillas and slice in half to serve.
4. Add avocados, hot sauce, or fat-free sour cream for extra flavor
5. Refrigerate leftovers.

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# LEAFY GREEN SALAD WITH APPLE DRESSING

*To prepare your greens, wash the leaves well and trim the leaves from the stem.*



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# LEAFY GREEN SALAD WITH APPLE DRESSING

**SERVES 6 • SERVING: 2 CUPS**

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## INGREDIENTS:

- 2 apples
- 12 cups sliced leafy greens (kale, mustard greens, spinach)
- 2 tablespoons apple cider vinegar
- 1 teaspoon lemon juice
- 2 tablespoons vegetable oil
- Salt and pepper, to taste

## DIRECTIONS:

1. Core and chop 1 apple and add to a large bowl. Add greens.
2. To make dressing: shred 1 apple on the smallest holes of a box grater into a small bowl.
3. Add vinegar, lemon juice, and oil.
4. Add dressing to greens, mix well with hands. Add salt and pepper to taste.
5. Serve and enjoy!
6. Refrigerate leftovers.

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# PINTO BEAN SALAD

*Pinto beans are a great source of healthy protein!*



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## PINTO BEAN SALAD

**SERVES 12 • SERVING: 1/2 CUPS**

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### INGREDIENTS:

- 2 cups cooked pinto beans
- 2 cored and chopped apples
- ¼ cup finely chopped celery
- ¼ cup diced green chilies
- 1½ tablespoons cider vinegar
- 1½ tablespoons vegetable oil
- ½ teaspoon onion powder
- ⅛ teaspoon hot sauce (optional)
- Salt and pepper, to taste

### DIRECTIONS:

1. Make the salad: in a medium bowl, mix together beans, apples, celery, and green chilies.
2. Make the dressing: in a small bowl, combine vinegar, vegetable oil, onion powder, and hot sauce. Mix well.
3. Pour dressing over the salad and toss.
4. Cover and refrigerate for 30 mins before serving.
5. Serve and enjoy!
6. Refrigerate leftovers.

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# SPICED APPLE BEAN MUFFINS

*Psst. you don't have to tell your picky eaters what the secret ingredients are!*



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**FIDELIS CARE**

# SPICED APPLE BEAN MUFFINS

**SERVES 12 • SERVING: 1 MUFFIN**

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## INGREDIENTS:

- ½ cup sugar
- ¼ cup canola or vegetable oil
- 1 beaten egg
- 2 cups cooked and mashed pinto beans
- 1 cup flour
- 1 teaspoon baking soda
- 1½ teaspoons cinnamon
- 1 teaspoon ground cloves (optional)
- 2 cups peeled and diced apples
- 1 teaspoon vanilla
- ½ cup raisins
- ½ cup chopped pecans (optional)

## DIRECTIONS:

1. Preheat oven to 375° F.
2. In a large bowl, blend sugar and canola or vegetable oil.
3. Add eggs and beans and mix well.
4. Stir in remaining ingredients.
5. Scoop into greased muffin tin.
6. Bake for 15-20 minutes or until a toothpick comes out clean.
7. Cool and enjoy
8. Refrigerate leftovers.

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# SPINACH ORANGE SALAD

*Remember to rinse the fresh spinach under water before using.*



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## **SPINACH ORANGE SALAD**

**SERVES 4 • SERVING: 1½ CUPS**

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### **INGREDIENTS:**

- 4 cups fresh spinach, stems removed and torn
- 2 cups peeled orange sections
- 1 thinly sliced onion
- 1 tablespoon vegetable oil
- 1 tablespoon vinegar
- 3 tablespoons orange juice
- Salt and pepper, to taste

### **DIRECTIONS:**

1. In a large bowl, combine spinach, orange sections and onion slices. Toss gently.
2. In a small bowl, combine oil, vinegar and orange juice to make dressing. Mix well.
3. Pour dressing on top of spinach mixture. Add salt and pepper to taste.
4. Toss well and serve.
5. Refrigerate leftovers.

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# THREE BEAN SALAD

*Rinsing canned beans removes half the sodium!*



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## THREE BEAN SALAD

**SERVES 8 SERVING: 1 CUP**

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To Fruits & Vegetables

### INGREDIENTS:

- 1<sup>3</sup>/<sub>4</sub> cups cooked green beans
- 1<sup>3</sup>/<sub>4</sub> cups cooked kidney beans
- 1<sup>3</sup>/<sub>4</sub> cups cooked chickpeas (garbanzo beans)
- 1 chopped onion
- 3 tablespoons red or white vinegar
- 3 tablespoons vegetable oil
- 3 tablespoons sugar
- 1 minced garlic clove (optional)

### DIRECTIONS:

1. Make the salad: Put the beans and onion in a large bowl.
2. Make the dressing: In a small bowl, combine vinegar, oil, sugar, and garlic. Mix well
3. Pour the dressing over the salad and toss together.
4. Cover and refrigerate.
5. Serve cold and enjoy!
6. Refrigerate leftovers.

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