

COMMODITY SUPPLEMENTAL FOOD PROGRAM (CSFP) RECIPES

A collection of nutritious recipes to use
with your supplemental food box.





Welcome!

The Ohio Association of Foodbanks is pleased to present this Commodity Supplemental Food Program (CSFP) Cookbook. This book highlights special recipes from Celebrate Your Plate, utilizing CSFP focused ingredients to make simple and delicious meals, to nourish you through the later stages of life.

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Introduction

The recipes found within this cookbook are intended to give recipients of CSFP food boxes new ideas for the USDA commodities they receive each month, encouraging you to think outside the box.

The Commodity Supplemental Food Program (CSFP) works to improve the health of persons with low incomes, at least 60 years of age, by supplementing their diets with nutritious USDA foods. USDA distributes both food and administrative funds to participating states, including the State of Ohio in partnership with the Ohio Department of Job and Family Services, as well as Indian Tribal Organizations, to operate CSFP.

This book was created by staff at the Ohio Association of Foodbanks, with information and recipes from Celebrate Your Plate (CYP). The Ohio Association of Foodbanks is Ohio's largest charitable response to hunger, representing Ohio's 12 Feeding America foodbanks, and 3,600 hunger relief agencies.



Celebrate Your Plate is here to help Ohioans lead healthier lives by nourishing their bodies with more center of the plate items. You can count on Celebrate Your Plate to help you budget for, plan, and create healthy, tasty meals. You'll find recipes, shopping tips, cooking tips, and even tips on growing your own food. Celebrate Your Plate is out and about in communities around Ohio – just look for the Celebrate Your Plate logo



www.celebrateyourplate.org



@celebrateyourplate



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Find Your Local Foodbank

Ohio's Foodbanks operate CSFP for eligible seniors. Contact your local foodbank today to get enrolled in CSFP!



Akron-Canton Regional Foodbank

- 350 Opportunity Parkway, Akron, OH 44307
- (330) 535-6900

Freestore Foodbank

- 3401 Rosenthal Way, Cincinnati, OH 45204
- (513) 482-4500

Greater Cleveland Foodbank

- 13815 Coit Rd, Cleveland, OH 44110
- (216)-738-2265

Mid-Ohio Food Collective

- 3960 Brookham Drive, Grove City, OH 43123
- (614) 277-3663

Second Harvest Foodbank of Champaign, Clark, & Logan Counties

- 20 N. Murray St. Springfield, OH 45503
- (937) 325-8715

Second Harvest Foodbank of North Central Ohio

- 5510 Baumhart Rd, Lorain, OH 44053
- (440) 960-2265

Second Harvest Foodbank of the Mahoning Valley

- 2805 Salt Springs Rd, Youngstown, OH 44509
- (330) 792-5522

Shared Harvest Foodbank

- 5901 Dixie Highway, Fairfield, OH 45104
- (513) 874-0114

Southeast Ohio Foodbank & Kitchen

- 1005 CIC Drive, Logan, OH 43138
- (740) 385-6813

The Foodbank, Inc

- 56 Armor Place, Dayton, OH 45417
- (937) 461-0265

Toledo Seagate Foodbank

- 526 High Street, Toledo, OH 43609
- (419) 244-6996

West Ohio Foodbank

- 1380 East Kibby Street, Lima, OH 45804
- (419) 222-7946

USDA Foods Index

Each recipe included in this cookbook includes one or more USDA food item included in the monthly CSFP food box. Below is the page number for each recipe including each food item.

	13	Applesauce
	14, 22	Beans, Green
14, 15, 16, 17, 20, 21, 27		Beans, Kidney
	20, 21, 27	Beans, Pinto
	15, 16, 26	Beef
15, 19, 22, 24, 25, 26, 27, 28,		Carrots
29, 30, 31, 33, 34		
	16, 23, 25	Cheese, American
21, 22, 25, 28, 31		Chicken, Canned
	21, 27, 28	Corn
	13, 14, 31	Milk, Shelf-Stable
	18, 19, 29	Lentils
15, 16, 23, 26, 30, 33		Pasta
	13, 32	Peanut Butter
	29, 30, 31	Peas
	14, 29	Potatoes
	22, 27, 28	Rice
	24, 33	Salmon, Canned
16, 17, 26, 27, 30, 34		Tomatoes, Canned

Kitchen Measurements Conversion Chart

Liquid Conversions

1 Gallon

4 quarts
8 pints
16 cups
128 fl oz
3.8 liters

1 Quart

2 pints
4 cups
32 fl oz
946 mL

1 Pint

2 cups
16 fl oz
470 mL

1 Cup

16 tbsp
8 fl oz
240 mL

1/4 Cup

4 tbsp
12 tsp
2 fl oz
60 mL



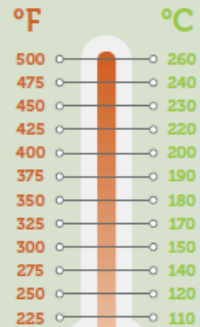
Dash = 1/16 tsp Pinch = 1/8 tsp
1 tsp = 5mL 1 tbsp = 15mL

Dry Weights

Ounce	Tablespoon	Cup	Gram	Pound
1/2 oz	1 tbsp	1/16 c	15 g	-
1 oz	2 tbsp	1/8 c	28 g	-
2 oz	4 tbsp	1/4 c	57 g	-
3 oz	6 tbsp	1/3 c	85 g	-
4 oz	8 tbsp	1/2 c	115 g	1/4 lb
8 oz	16 tbsp	1 c	227 g	1/2 lb
12 oz	24 tbsp	1 1/2 c	340 g	3/4 lb
16 oz	32 tbsp	2 c	455 g	1 lb

Oven Temp







For Fan-Forced Ovens
reduce by 65°F / 20°C









Liquid Volumes

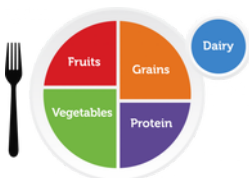
Ounce	Teaspoon	Tablespoon	Milliliter	Cup	Pint	Quart
1 oz	6 tsp	2 tbsp	30 mL	1/8 c	-	-
2 oz	12 tsp	4 tbsp	60 mL	1/4 c	-	-
2 2/3 oz	16 tsp	5 tbsp	80 mL	1/3 c	-	-
4 oz	24 tsp	8 tbsp	120 mL	1/2 c	-	-
5 1/3 oz	32 tsp	11 tbsp	160 mL	2/3 c	-	-
6 oz	36 tsp	12 tbsp	177 mL	3/4 c	-	-
8 oz	48 tsp	16 tbsp	240 mL	1 c	1/2 pt	1/4 qt
16 oz	96 tsp	32 tbsp	470 mL	2 c	1 pt	1/2 qt
32 oz	192 tsp	64 tbsp	950 mL	4 c	2 pt	1 qt

Servings Per Day

How much should you have from each food group each day?	12-23 Months	2-3 Years	4-8 Years	Girls 9-13 Years	Boys 9-13 Years	Girls 14-18 Years	Boys 14-18 Years
Vegetables Cups 	2/3 to 1 cup	1 to 1-1/2 cups	1-1/2 to 2-1/2 cups	1-1/2 to 3 cups	2 to 3-1/2 cups	2-1/2 to 3 cups	2-1/2 to 4 cups
Fruit Cups 	1/2 to 1 cup	1 to 1-1/2 cups	1 to 2 cups	1-1/2 to 2 cups	1-1/2 to 2 cups	1-1/2 to 2 cups	2 to 2-1/2 cups
Total grains in ounce equivalents 	1-3/4 to 3 oz	3 to 5 oz	4 to 6 oz	5 to 7 oz	5 to 9 oz	6 to 8 oz	6 to 10 oz
Whole grains in ounce equivalents 	1-1/2 to 2 oz	1-1/2 to 3 oz	2 to 3 oz	2-1/2 to 3-1/2 oz	3 to 4-1/2 oz	3 to 4 oz	3 to 5 oz
Protein in ounce equivalents 	2 oz	2 to 4 oz	3 to 5-1/2 oz	4 to 6 oz	5 to 6-1/2 oz	5 to 6-1/2 oz	5-1/2 to 7 oz
Dairy Cups 	1 2/3 to 2 cups	2 to 2-1/2 cups	2-1/2 cups	3 cups	3 cups	3 cups	3 cups

How much should you have from each food group each day?	Women 19-30 Years	Men 19-30 Years	Women 31-59 Years	Men 31-59 Years	Women 60+ Years	Men 60+ Years
Vegetables Cups 	2-1/2 to 3 cups	3 to 4 cups	2 to 3 cups	3 to 4 cups	2 to 3 cups	2-1/2 to 3-1/2 cups
Fruit Cups 	1-1/2 to 2 cups	2 to 2-1/2 cups	1-1/2 to 2 cups	2 to 2-1/2 cups	1-1/2 to 2 cups	2 cups
Total grains in ounce equivalents 	6 to 8 oz	8 to 10 oz	5 to 7 oz	7 to 10 oz	5 to 7 oz	6 to 9 oz
Whole grains in ounce equivalents 	3 to 4 oz	4 to 5 oz	3 to 3-1/2 oz	3-1/2 to 5 oz	3 to 3-1/2 oz	3 to 4-1/2 oz
Protein in ounce equivalents 	5 to 6-1/2 oz	6-1/2 to 7 oz	5 to 6 oz	6 to 7 oz	5 to 6 oz	5-1/2 to 6-1/2 oz
Dairy Cups 	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups

Information in this chart is provided by MyPlate / Dietary Guidelines for Americans



How to Prepare Dry Beans

Dry beans are an incredibly nutritious, versatile, and affordable ingredient. The cost of one ½ cup serving of dry beans is about one-third the cost of canned beans. To cook with dry beans versus canned beans you need to follow four simple steps.

Step 1: Clean the Beans

- Plate the beans in a shallow layer in a pie plate, baking sheet, or bar pan.
- Pick out and discard any foreign objects like leaves, small stones, twigs, as well as any broken beans

Step 2: Rinse the Beans

- Place the beans in a colander or strainer and rinse them under cold water.

Step 3: Soak the Beans

1. Place beans in a large pot and add 6 cups of water for every 2 cups of beans.
2. Bring to boil and boil for an additional 2 to 3 minutes.
3. Remove beans from heat, cover, and let stand for 1 hour.
4. Drain beans and discard soak water.
5. Rinse beans with fresh, cool water

Step 4: Cook the Beans

1. Place beans in a large stock pot and cover with fresh, cold water.
2. Place over medium heat; keep cooking water at a gentle simmer to prevent split skins.
3. Since beans expand as they cook, add warm water periodically during the cooking process to keep the beans covered.
4. Stir beans occasionally throughout the cooking process to prevent sticking.
5. Beans take 30 minutes to 2 hours to cook, depending on the variety. Beans should be tender but not mushy.

For best results, follow these tips:

- Keep cooking water at a gentle simmer to prevent split skins.
- Since beans expand as they cook, add warm water periodically during the cooking process to keep the beans covered.
- Stir beans occasionally throughout the cooking process to prevent sticking.
- You can “bite test” beans for tenderness. Beans should be tender but not mushy.
- Drain beans immediately after they reach the desired tenderness to halt the cooking process and prevent over-cooking.

4 Everyday Uses for Dry Milk

Nonfat dry milk has the same nutrient value as skim milk. Dry milk can be used in many different ways and has a long shelf life. It is a good source of protein, vitamins A and D, calcium and essential fats. Be sure to store dry milk in a cool place in an airtight container. Unsealed nonfat dry milk keeps for a few months. Because of its fat content, dry whole milk can be stored for only a few weeks.

1. Make fluid skim milk

When dry milk is added to water, fluid skim milk is formed.

To make 1 cup of milk, add 3 tablespoons of dry milk to 1 cup of water.

Beat the powder and water together with a mixer on slow speed or use a wire whisk to mix until the liquid has no lumps. For best quality, refrigerate overnight.

2. Use dry milk in recipes

When you add dry milk to a recipe, you also are adding valuable nutrients such as protein and calcium. You can use it in meat loaf, hamburgers, etc. Use $\frac{1}{4}$ to $\frac{1}{2}$ cup per pound of meat. Try adding dry milk to mashed potatoes: Mash cooked potatoes. Add $\frac{1}{4}$ cup dry milk for each cup of potatoes, then add the cooking water from the potatoes to reach the desired consistency.

3. Use dry milk mixed with water instead of plain water

To get a little extra protein and calcium in your diet, try using dry milk mixed with water when making hot cereal, hot chocolate, milk shakes or white sauces.

4. Pack dry milk when you are on the go

If you are planning an outing and want to bring milk along but don't have a fridge to store it in, consider bringing dry milk. Dry milk is lightweight, doesn't spoil and is easy to pack.

QUICK TIP

How to make cream soup:

Combine $1\frac{1}{4}$ cup Milk Master Mix, $1\frac{1}{4}$ cup water and 1 tablespoon margarine or butter to make the equivalent of one can of cream soup.

Peanut Butter & Banana Bread



Includes the following CSFP Items:



Apple Sauce



Milk, Shelf Stable



Peanut Butter

Total Time: 1 hour, 5 minutes

Servings: 12

Cost per serving*:\$0.28

**Cost and availability of recipe ingredients may vary across different regions of Ohio. Cost per serving information should be used as a general guide when considering recipe cost.*

Scan for the full recipe!



Ingredients

Non-stick spray
2 eggs
3 large ripe bananas
1 1/2 cups low-fat milk
1/3 cup unsweetened applesauce
1 cup peanut butter
1 3/4 cups all-purpose flour
1 tablespoon baking powder
1/2 teaspoon salt

Instructions

1. Wash hands, surfaces, and utensils.
2. Preheat oven to 350°F and lightly grease a loaf pan.
3. In one bowl, beat eggs, mash bananas, and mix in milk, applesauce, and peanut butter.
4. In another bowl, combine flour, baking powder, and salt.
5. Stir dry ingredients into wet just until moistened.
6. Pour into the pan and bake 55–60 minutes

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Creamy Green Beans & Potatoes



Includes the following CSFP Items:



Green Beans



Milk, Shelf Stable



Potatoes

Total Time: 50 minutes

Servings: 8

Cost per serving*:\$0.58

**Cost and availability of recipe ingredients may vary across different regions of Ohio. Cost per serving information should be used as a general guide when considering recipe cost.*

Scan for the full recipe!



Ingredients

- 2 cups green beans
- 2 tablespoons olive oil
- 1 tablespoon corn starch
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried rosemary
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1 cup milk
- 1/2 cup mushrooms, sliced
- 2 cups small potatoes, roasted and quartered

Instructions

1. Wash hands, surfaces, produce, and utensils.
2. Cook green beans set aside.
3. In a saucepan, heat oil over medium and stir in cornstarch for 3–4 minutes.
4. Slowly add basil, rosemary, salt, pepper, milk, and mushrooms, stirring until thickened, about 5 minutes.
5. Stir in green beans and potatoes and cook until heated through and mushrooms are tender.

4-Ingredient Vegetable Beef Stew



Includes the following CSFP Items:



Carrots



Ground Beef



Kidney Beans

Total Time: 20 minutes

Servings: 6

Cost per serving*: \$1.01

**Cost and availability of recipe ingredients may vary across different regions of Ohio. Cost per serving information should be used as a general guide when considering recipe cost.*

Scan for the full recipe!



Ingredients

1/2 pound protein: 85% lean ground (beef or turkey) meat
OR 1, 15-oz. can no salt added kidney beans, drained and rinsed
1, 64-oz. bottle low-sodium vegetable juice
1, 32-oz. package frozen vegetable mix
1 tablespoon Italian seasoning

Instructions

1. Wash hands, surfaces, produce, and utensils.
2. If using ground beef or turkey, cook in a medium pan until no pink remains, about 6 minutes, then drain and discard the fat.
3. Combine ingredients in a large pot and simmer over medium heat for 10 minutes.

5-Way Cincinnati Chili



Includes the following CSFP Items:



Pasta

Ground Beef



Kidney Beans

Tomatoes



Cheese, Shredded

Total Time: 35 minutes

Servings: 4

Cost per serving*: \$2.21

**Cost and availability of recipe ingredients may vary across different regions of Ohio. Cost per serving information should be used as a general guide when considering recipe cost.*

Ingredients

- 8 ounces whole grain spaghetti
- 1 tablespoon olive oil
- 1 pound ground beef
- 1 medium onion, diced
- 2 teaspoons cocoa powder
- 2 tablespoons chili powder
- 1 teaspoon ground cinnamon
- 1, 15-oz. can tomatoes
- 1, 14-oz. can beef broth
- 1, 15.5-oz. can kidney beans, rinsed and drained
- 1 cup shredded cheese

Instructions

1. Wash hands, surfaces, and utensils.
2. Cook pasta until tender, then drain and set aside.
3. Meanwhile, heat oil in a large pan over medium-high. Add beef, onion, cocoa powder, chili powder, and cinnamon; cook, breaking up the meat, about 5 minutes.
4. Add tomatoes and broth, bring to a boil, then reduce to a simmer. Cook, stirring often, until thickened, about 15 minutes.
5. Stir in beans and heat for 1 minute.
6. Serve the chili over pasta and top with shredded cheese.

Scan for the full recipe!



Vegetarian Chili



Includes the following CSFP Items:



Tomatoes



Kidney Beans

Total Time: 1 hour

Servings: 6

Cost per serving*: \$0.83

**Cost and availability of recipe ingredients may vary across different regions of Ohio. Cost per serving information should be used as a general guide when considering recipe cost.*

Scan for the full recipe!



Ingredients

- 1 onion, diced
- 2 green bell peppers, diced
- 1, 14.5-oz. can whole tomatoes with liquid
- 2, 15-oz. cans black beans
- 1, 15-oz. can corn
- 1, 15.5-oz. can kidney beans
- 1, 6-oz. can tomato paste
- 1, 1/2 teaspoons chili powder
- 1 teaspoon cayenne pepper
- 2 cups water

Instructions

1. Wash hands, surfaces, produce, and utensils.
2. Spray a large pot with non-stick spray.
3. Add onion and peppers to pot and cook over medium heat until they begin to soften.
4. Add remaining ingredients, stir to combine, and bring to a boil.
5. Reduce heat and simmer for about 30 minutes.

Curried Lentil and Pumpkin Soup



Includes the following CSFP Items:



Lentils

Total Time: 40 minutes

Servings: 8

Cost per serving*: \$1.03

**Cost and availability of recipe ingredients may vary across different regions of Ohio. Cost per serving information should be used as a general guide when considering recipe cost.*

Scan for the full recipe!



Ingredients

- 1 yellow onion, diced
- 2 teaspoons garlic powder
- 1 tablespoon olive oil
- 1/2 teaspoon ground cumin
- 1/4 teaspoon coriander
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon ground chili
- 1, 15-oz. can pumpkin purée
- 1 cup dry red lentils
- 6 cups low-sodium vegetable broth
- 4 cups fresh baby spinach

Instructions

1. Wash hands, surfaces, produce, and utensils.
2. Cook onion, garlic, and ginger in oil over medium heat until softened.
3. Stir in curry powder.
4. Add pumpkin purée, lentils, and broth; stir to combine.
5. Cover, bring to a boil, then reduce to medium-low and simmer **18** 20 minutes.
6. At 16 minutes, stir in spinach.

Lentil Burgers



Includes the following CSFP Items:



Lentils



Carrots

Total Time: 50 minutes

Servings: 8

Cost per serving*: \$0.25

**Cost and availability of recipe ingredients may vary across different regions of Ohio. Cost per serving information should be used as a general guide when considering recipe cost.*

Scan for the full recipe!



Ingredients

- 1 cup uncooked lentils
- 2 cups water
- 1 small onion, chopped
- 3/4 cup carrot, grated
- 2 cups bread crumbs
- 1 egg, beaten
- 1 teaspoon garlic powder
- 1/2 teaspoon dried oregano

Instructions

1. Wash hands, surfaces, produce, and utensils.
2. Rinse lentils in a colander.
3. Bring water to a boil, add lentils, reduce heat, cover, and cook 15 minutes.
4. Add onion and carrots and cook another 15 minutes, or until lentils are tender.
5. Remove from heat and let cool slightly, then stir in breadcrumbs, egg, garlic powder, oregano.
6. Spray a frying pan with non-stick spray.
7. Flatten into patties, and cook about 4 minutes per side.

Crockpot Fiesta Chicken



Includes the following CSFP Items:



Mixed Beans



Chicken



Corn

Total Time: 6 - 9 hours

Servings: 4

Cost per serving*: \$1.19

**Cost and availability of recipe ingredients may vary across different regions of Ohio. Cost per serving information should be used as a general guide when considering recipe cost.*

Scan for the full recipe!



Ingredients

2 boneless skinless chicken breasts
1, 16-oz. jar salsa
1, 15-oz. can (black, kidney, or pinto) beans, rinsed and drained
1 cup (fresh or frozen) vegetable mix
1 tablespoon reduced sodium taco seasoning

Instructions

1. Wash hands, surfaces, produce, and utensils.
2. Rub chicken with taco seasoning. Wash hands when done.
3. Cover chicken with salsa, beans, and vegetables in the slow cooker.
4. Cook on low for 6-9 hours.
5. Remove chicken and put in large bowl. Shred chicken with 2 forks, add back into slow cooker, and stir.

Apple Corn Chili



Includes the following CSFP Items:



Mixed Beans



Chicken



Corn

Total Time: 50 minutes

Servings: 6

Cost per serving*: \$1.04

**Cost and availability of recipe ingredients may vary across different regions of Ohio. Cost per serving information should be used as a general guide when considering recipe cost.*

Scan for the full recipe!



Ingredients

- 2 tablespoons olive oil
- 8 ounces chicken
- 1 medium onion, chopped
- 2 cloves garlic
- 1, 15-oz. can corn, drained
- 2 medium red apples, chopped
- 1, 15-oz. can beans
- 1, 4.5-oz. can diced green chile peppers, drained
- 2 cups chicken stock

Instructions

1. Wash hands, surfaces, produce, and utensils.
2. Heat 1 Tbsp oil in a large pot over medium-high. Cook chicken until golden, about 7 minutes; remove and set aside.
3. Add another 1 Tbsp oil and sauté onions for 4 minutes. Add garlic, and cumin.
4. Stir in corn and cook until lightly browned. Add apples and cook 10–15 minutes.
5. Mash the onion–apple–corn mixture, add the corn liquid, and stir into a thick sauce.
6. Add chicken stock and bring to a simmer.
7. Add black beans, chilies, and chicken; simmer.

Stir-Fried Chicken and Vegetables



Includes the following CSFP Items:



Rice

Chicken



Carrots

Green Beans



Total Time: 40-55 minutes

Servings: 4

Cost per serving*: \$1.46

**Cost and availability of recipe ingredients may vary across different regions of Ohio. Cost per serving information should be used as a general guide when considering recipe cost.*

Scan for the full recipe!



Ingredients

3 cups brown rice, cooked
3 tablespoons lite soy sauce
1/4 cup water
1 tablespoon honey
1 tablespoon corn starch
1/2 tablespoons olive oil
2 cloves garlic, minced
16 ounces chicken breast
1 onion, chopped
3 cups frozen stir-fry vegetable mix

Instructions

1. Wash hands, surfaces, produce, and utensils.
2. Whisk soy sauce, water, honey, and cornstarch in a small bowl.
3. Heat oil in a large pan over medium, sauté garlic for 1 minute.
4. Add chicken and cook 7–10 minutes.
5. Add onions; cook 5 minutes, then mix with chicken and push aside.
6. Add frozen vegetables; cook 4–7 minutes until heated through.
7. Pour in soy sauce mixture; cook until thickened.
8. Toss to combine and serve over brown rice.

Mac and Cheese In-A-Mug



Includes the following CSFP Items:



Pasta



Cheese,
Shredded

Total Time: 8 minutes

Servings: 1

Cost per serving*: \$1.74

**Cost and availability of recipe ingredients may vary across different regions of Ohio. Cost per serving information should be used as a general guide when considering recipe cost.*

Scan for
the full
recipe!



Ingredients

1/2 cup uncooked whole grain elbow macaroni OR other pasta
1/2 cup water
1/2 cup vegetables (broccoli, onion, bell pepper, carrot, etc.), finely chopped
1/2 cup cheese, shredded

Instructions

1. Wash hands, surfaces, produce, and utensils.
2. Spray a large microwave-safe mug with non-stick spray. Add macaroni and water (use small pasta shapes only).
3. Place the mug on a plate and microwave 1 minute. Stir, loosening any pasta stuck to the bottom.
4. Microwave 1 more minute and stir again.
5. Add vegetables and continue microwaving in 30-second intervals, stirring each time, until pasta is tender. Add 1 Tbsp water if it gets dry.
6. Quickly stir in cheese until melted. Serve immediately.

Salmon Patties



Includes the following CSFP Items:



Salmon



Carrots

Total Time: 27 minutes

Servings: 5

Cost per serving*: \$1.28

**Cost and availability of recipe ingredients may vary across different regions of Ohio. Cost per serving information should be used as a general guide when considering recipe cost.*

Scan for the full recipe!



Ingredients

- 1, 14.75-oz. can salmon, drained
- 1 slice whole wheat bread, torn into small pieces
- 1 tablespoon mayonnaise
- 1 tablespoon lemon juice
- 2 eggs, lightly beaten
- 1 medium stalk celery
- 1 medium carrot, grated
- 1 medium onion, minced
- 1 teaspoon olive oil

Instructions

1. Wash hands, surfaces, produce, and utensils.
2. Break up salmon in a medium bowl, mashing any bones and removing skin if desired.
3. Add bread, mayonnaise, lemon juice, eggs, celery, carrot, and onion; mix well.
4. Form five $\frac{1}{2}$ -cup patties, about 1 inch thick.
5. Heat oil in a large pan over medium.
6. Cook patties 5–7 minutes per side, until golden brown.

Buffalo Chicken Casserole



Includes the following CSFP Items:



Chicken



Carrots



Cheese,
Shredded

Total Time: 1 hour, 10 minutes

Servings: 4

Cost per serving*: \$2.32

**Cost and availability of recipe ingredients may vary across different regions of Ohio. Cost per serving information should be used as a general guide when considering recipe cost.*

Scan for the full recipe!



Ingredients

- 1/3 cup hot sauce
- 1 1/2 pounds chicken
- 2 stalks celery, diced
- 1 onion, diced
- 2 carrots, diced
- 1 tablespoon garlic powder
- 4 cups spaghetti squash cooked
- 2 ounces reduced fat cream cheese
- 1/2 cup shredded cheese

Instructions

1. Wash hands, surfaces, produce, and utensils.
2. Preheat oven to 375°F and spray a 13×9 casserole dish.
3. Add all ingredients except shredded cheese to the dish, stir, and spread evenly.
4. Cover and bake 20 minutes, then stir to melt the softened cream cheese into a sauce. Re-cover and bake another 20 minutes.
5. Remove foil, stir again, top with **25** cheese, and bake uncovered for 15 minutes.

Hamburger Skillet



Includes the following CSFP Items:



Pasta

Tomatoes



Carrots

Ground Beef



Total Time: 45 minutes

Servings: 8

Cost per serving*: \$1.03

**Cost and availability of recipe ingredients may vary across different regions of Ohio. Cost per serving information should be used as a general guide when considering recipe cost.*

Scan for the full recipe!



Ingredients

- 1 pound ground beef
- 1 onion, chopped
- 2 carrots, chopped
- 2 stalks celery, diced
- 2 tablespoons garlic powder
- 1, 28-oz. can crushed tomatoes with liquid
- 2 tablespoons Italian seasoning
- 2 cups uncooked whole grain pasta

Instructions

1. Wash hands, surfaces, produce, and utensils.
2. Brown ground beef in a large pot over medium heat for 5–7 minutes.
3. Drain excess fat into a paper towel-lined bowl and discard once cooled.
4. Add onion and garlic; cook 5–7 minutes until onion is tender.
5. Add remaining ingredients, stir, and bring to a simmer.
6. Cover and cook 20 minutes, until macaroni is tender.

Rice and Bean Salad



Includes the following CSFP Items:



Rice

Carrots



Corn

Tomato



Mixed Beans

Total Time: 45 minutes

Servings: 8

Cost per serving*: \$1.03

**Cost and availability of recipe ingredients may vary across different regions of Ohio. Cost per serving information should be used as a general guide when considering recipe cost.*

Scan for the full recipe!



Ingredients

- 1 cup brown rice, cooked
- 1 medium tomato, chopped
- 2 medium carrots, grated
- 2 tablespoons onion, chopped
- 1, 15-oz. can corn, drained and rinsed
- 1 green bell pepper, diced
- 1, 15-oz. can black beans, drained and rinsed
- 1/4 cup lime juice
- 1/4 cup olive oil
- 1/2 teaspoon black pepper

Instructions

1. Wash hands, surfaces, produce, and utensils.
2. Using a fork or whisk, mix together lime juice, oil, black pepper, and salt (if using), in a large bowl.
3. Add remaining ingredients to the dressing and stir to combine.
4. Refrigerate at least 30 minutes before serving to let flavors blend

Chicken and Rice Soup



Includes the following CSFP Items:



Rice

Carrots



Corn

Chicken



Total Time: 50 minutes

Servings: 4

Cost per serving*: \$1.43

**Cost and availability of recipe ingredients may vary across different regions of Ohio. Cost per serving information should be used as a general guide when considering recipe cost.*

Scan for the full recipe!



Ingredients

6 cups low-sodium chicken broth
1 cup chicken, cooked and cubed
1 cup uncooked brown rice
1 3/4 cups fresh vegetables (such as: potatoes, carrots, celery, cabbage, etc.), chopped
1 teaspoon garlic powder
1/4 teaspoon black pepper
1 tablespoon dried parsley

Instructions

1. Wash hands, surfaces, produce, and utensils.
2. Place the cooked chicken, broth, and uncooked rice in a large pot over high heat. Bring to a boil.
3. Lower the heat, cover the pan, and simmer for 15 minutes.
4. Add the chopped vegetables and seasonings and simmer for 10 to 15 minutes until the vegetables are tender.

Hearty Lentil Stew



Includes the following CSFP Items:



Lentils

Carrots



Peas

Potatoes



Total Time: 60 minutes

Servings: 8

Cost per serving*: \$1.00

**Cost and availability of recipe ingredients may vary across different regions of Ohio. Cost per serving information should be used as a general guide when considering recipe cost.*

Scan for the full recipe!



Ingredients

- 2 tablespoons olive oil
- 1 yellow onion
- 2 tablespoons garlic powder
- 4 carrots
- 4 stalks celery
- 2 pounds potatoes
- 1 cup uncooked brown lentils
- 2 tablespoons Dijon mustard
- 6 cups low-sodium vegetable broth
- 1 cup frozen peas

Instructions

1. Wash hands, surfaces, produce, and utensils.
2. Cook diced onion and minced garlic in oil over medium heat for 3–5 minutes.
3. Add diced celery and carrots; cook another 3–5 minutes.
4. Add cubed potatoes, lentils, Dijon, and broth. Stir, cover, bring to a boil, then reduce to low and simmer 30 minutes, stirring occasionally.
5. Stir in peas and cook 5 minutes.

Pasta Primavera



Includes the following CSFP Items:



Tomato

Carrots



Peas

Pasta



Total Time: 20 minutes

Servings: 4

Cost per serving*: \$0.85

**Cost and availability of recipe ingredients may vary across different regions of Ohio. Cost per serving information should be used as a general guide when considering recipe cost.*

Scan for the full recipe!



Ingredients

- 1 cup uncooked whole grain pasta
- 1 tablespoon olive oil
- 2 cups vegetables (peas, onion, eggplant, carrots, bell pepper, etc.), chopped
- 1 large tomato, chopped
- 1 teaspoon garlic powder
- 1/8 teaspoon black pepper
- 1 teaspoon Italian seasoning
- 3 tablespoons grated parmesan cheese

Instructions

1. Wash hands, surfaces, produce, and utensils.
2. Cook noodles according to package directions.
3. Meanwhile, heat oil in a frying pan. Add vegetables, garlic powder, pepper, and Italian seasoning; cook until tender, stirring often.
4. Add tomato and cook 2 more minutes.
5. Drain noodles, rinse, and add to pan.
6. Toss with vegetables and sprinkle with parmesan.

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Chicken Pot Pie



Includes the following CSFP Items:



Milk

Carrots



Peas

Chicken



Total Time: 40-50 minutes

Servings: 4

Cost per serving*: \$1.24

**Cost and availability of recipe ingredients may vary across different regions of Ohio. Cost per serving information should be used as a general guide when considering recipe cost.*

Ingredients

For the filling

- 1 tablespoon olive oil
- 1 onion, chopped
- 1/2 teaspoon black pepper
- 1 teaspoon oregano
- 1 teaspoon garlic
- 1/4 cup flour
- 2 cups low-fat milk
- 1, 16-oz. package frozen vegetable mix
- 1 cup chicken

Scan for the full recipe!



For the topping

- 1 cup all-purpose baking mix
- 1/2 cup milk
- 1 egg, lightly beaten
- 1 cup flour
- 2 teaspoons baking powder 3/4
- teaspoon salt

Instructions

1. Wash hands, surfaces, produce, and utensils
2. Preheat oven to 375°F.
3. Cook onion in oil 5 minutes. Add seasonings, then flour; cook 2 minutes.
4. Slowly add milk or broth and cook until thickened, about 5 minutes.
5. Stir in vegetables and chicken; transfer to a 2-quart dish.
6. Mix baking mix, milk, and egg; pour on top.
7. Bake 25–30 minutes.
8. Let rest 5 minutes before serving.

No-Bake Peanut Butter Bites



Includes the following CSFP Items:



Peanut Butter

Total Time: 30 minutes

Servings: 10

Cost per serving*: \$0.34

**Cost and availability of recipe ingredients may vary across different regions of Ohio. Cost per serving information should be used as a general guide when considering recipe cost.*

Ingredients

1, 15.5-oz. can no salt added white beans (navy, Great Northern, cannellini, etc.), drained and rinsed
1/4 cup honey
1 tablespoon (regular or imitation) vanilla extract
3/4 cup peanut butter OR nut butter
1 1/2 cups quick-cooking OR rolled oats

Instructions

1. Wash hands, surfaces, produce, and utensils.
2. In a medium bowl, mash the beans with a fork until smooth.
3. Stir in the honey, vanilla, and peanut butter.
4. Add oatmeal to the peanut butter mixture and stir well.
5. Use a tablespoon to scoop the peanut butter mixture. Roll the scoopful between your hands to shape the mixture into balls.
6. Chill in the refrigerator for 2 hours before serving.

Scan for the full recipe!



Zesty Salmon Pasta Salad



Includes the following CSFP Items:



Salmon



Carrots



Pasta

Total Time: 10 minutes

Servings: 8

Cost per serving*: \$0.61

**Cost and availability of recipe ingredients may vary across different regions of Ohio. Cost per serving information should be used as a general guide when considering recipe cost.*

Scan for the full recipe!



Ingredients

- 2 cups pasta, cooked and cooled
- 2, 5-oz. cans salmon
- 1 small zucchini, chopped
- 1 carrot, chopped
- 1 bell pepper, chopped
- 1/2 onion, diced
- 1/2 teaspoon black pepper
- 3/4 cup fat-free Italian dressing, divided

Instructions

1. Wash hands, surfaces, produce, and utensils.
2. Mix all ingredients except for dressing in bowl. Add 1/2 cup of dressing. Refrigerate for at least 30 minutes before serving.
3. Add remaining 1/4 cup dressing immediately before serving to freshen salad.

Homemade Tomato Sauce



Includes the following CSFP Items:



Carrots



Tomato

Total Time: 50 minutes

Servings: 6

Cost per serving*: \$0.75

**Cost and availability of recipe ingredients may vary across different regions of Ohio. Cost per serving information should be used as a general guide when considering recipe cost.*

Scan for the full recipe!



Ingredients

2 onions, diced
8 cloves garlic, minced
OR 3 tablespoons garlic powder
2 medium carrots, grated
2 tablespoons olive oil
1 1/2 tablespoons Italian seasoning
1/2 teaspoon salt
1 teaspoon black pepper
2, 28-oz. cans no salt added crushed tomatoes

Instructions

1. Wash hands, surfaces, produce, and utensils.
2. In a medium-sized pot over medium heat, add oil, onion, garlic, and carrots. Cook until onions soften, about 3-5 minutes.
3. Add tomatoes, Italian seasoning, salt, and pepper. Stir to combine.
4. Increase heat and bring the sauce to a boil.
5. Reduce heat and cover pot. Allow sauce to simmer for 15 minutes, stirring occasionally.



Thank you!

We hope you enjoyed exploring these recipes to help make the most of your CSFP ingredients. For more healthy recipes, visit CelebrateYourPlate.org.

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