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HEALTHY NUDGES

Recipes
for
Food Pantries



INDY HUNGER
NETWORK

This recipe book was created for the
2025 Food Pantry Cohort
participating in
Indy Hunger Network's
Healthy Nudges Program.

The book includes recipes using food
items commonly found in food pantry
distributions. Each recipe is designed to
copy, print and distribute to the
neighbors in your community.

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Cooking Matters* program, *Leah's
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this book.

Core 6 Spices



Indy Hunger Network's *Cooking Matters* team
uses recipes that include these
Core 6 Spices:

Paprika
Onion Powder
Garlic Powder
Chili Powder
Italian Seasoning
Cumin

Most of the recipes in this book can be made or improved by using these spices. Pairing these with any recipe from this book in your food distribution will provide the “healthy nudge” your neighbors may need to prepare healthy meals.

Pantry Baking Mix

Ingredients:

- 9 cups all-purpose or gluten free **flour**
- 1 cup nonfat **dry milk powder**
- 5 tablespoons **baking powder**
- ¼ cup **white sugar**
- 1 tablespoon **salt**
- 1 cup **vegetable shortening**

Directions:

Combine dry ingredients. In a large bowl, whisk together the first 5 ingredients. Cut shortening into the flour mixture until it resembles a fine cornmeal. Store in an airtight container for up to 3 months.

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Pancakes: 2 cups **homemade mix**, 1½ cups **water**, 2 large **eggs**, 2 tablespoons **vegetable oil**. **Optional:** ¼ teaspoon vanilla, cinnamon and sugar to taste.

Directions: Whisk the eggs, water, and oil in a bowl. Add the homemade mix and stir until combined. The batter should be a little lumpy. Cook on a greased griddle until golden brown.

Cookies: 1 cup **homemade mix**, ½ cup **brown sugar**, ¼ cup **sugar**, 8 tablespoons **butter**, softened, 1 **egg**, ½ teaspoon vanilla **extract**. **Optional:** ½ cup **chocolate chips**, **walnuts**. **Instructions:** Combine the dry mix ingredients. In a separate bowl, cream together the butter and sugars, then beat in the egg and vanilla. Mix the wet and dry ingredients. Stir in the chocolate chips and nuts. Bake at 350° F for 9–11 minutes.

Easy Blender Smoothies

Tips for making blender smoothies

- Choose bananas, apples and oranges for the base of your smoothie. Use vegetables such as carrots or spinach to add nutrients.
- Add ice to blender to thicken the smoothie
- Freeze berries or spinach; ready to add into smoothies
- If you've got a handful of greens in the fridge that are starting to wilt, they're perfect for a smoothie
- Any milk can be used as a base for rich smoothies.

Smoothie Cubes

Blend your favorite fruit (**berries, mango, passionfruit**) freeze in cubes.

Blend together with a cup of **yogurt, banana, milk and honey**.

Peanut Butter Smoothie

1 cup **milk** (any kind)

1 frozen **banana**

2 tablespoons **peanut butter**

1 tablespoon **oats**

pinch of **cinnamon**

Handful of ice

Sweet Green Goddess

1 cup **strawberries**

1 cup **spinach**

1 small **avocado**

1 cup **strawberry yogurt**

2 **mandarin oranges**

Add ice if using fresh berries

Thin with water, if too thick

Super Berry Breakfast

1 cup **mixed frozen berries**

1 frozen **banana**

1 cup **strawberry yogurt**

1 tablespoon **oats**

2 teaspoon **honey**

Homemade Granola

Ingredients

- ½ cup lightly **toasted nuts**
 - sunflower seeds, pecans, pumpkin seeds, almonds, or mix
- 1 ½ cup whole or quick **oats**
- ½ cup **nut butter**
 - any kind, crunchy or smooth
- ¼ cup **honey or maple syrup**
- 1 tablespoon **vegetable oil**
- ½ teaspoon **vanilla extract**
- ¾ cup **dried fruit**
 - raisins, cranberries, cherries
- ¼ cup **unsweetened coconut** (optional)

Directions

On large baking sheet, line with parchment paper. Pre-heat oven at 300°. In a medium bowl, mix together nut butter, honey, vegetable oil and vanilla. In a large bowl, combine nuts, oats, and nut butter mixture. Spread evenly on baking sheet. Bake in oven for 15 minutes at a time, totaling 1 hour. Every 15 minutes, remove pan and stir granola. After granola is brown and chunky, remove from oven and add coconut and dried fruit. Store in airtight container.

Optional: Eat as a snack, serve on top of yogurt, or add milk to make a cereal.

Skillet Breakfast Scramble

Ingredients

- 1 teaspoon **canola oil**
- 3 cups frozen **hash browns or tator tots**
- 1 medium **red or green pepper**, diced
- 6 slices **pork or turkey bacon**, diced
- 3 **green onions** or 1 teaspoon **onion powder**
- ¼ teaspoon **garlic powder**
- ¼ teaspoon **ground black pepper**
- 6 large **eggs**
- 2 tablespoons **milk** (optional)
- ½ teaspoon **salt**
- 1 cup shredded **cheddar cheese**

Directions

In skillet over medium heat, add oil. Cook potatoes, onion, peppers, and bacon about 10 minutes. Whisk eggs, milk, salt in medium bowl. Pour egg mixture into potato mixture. Scramble over medium heat until eggs are done. Add cheese and other toppings you may like. Serve immediately.

Optional: Pairs well with avocado toast or pancakes.

Tuna Boats

Ingredients:

- 2 large **cucumbers**
- 1 **lemon**
- 2 **green onions**
- 1 (6-ounce) can **tuna**, packed in water
- 1 (15 ½-ounce) can **cannellini beans**
- 1 Tablespoon **canola oil**
- 1 Tablespoon **Dijon or spicy mustard**
- ¼ teaspoon **salt**
- ¼ teaspoon ground **black pepper**

Directions: Rinse and cut cucumbers lengthwise. Scoop out the seeds with a small spoon. Drain tuna, rinse lemon and green onions. Zest lemon using the small holes of a box grater, squeeze juice in a small bowl. In a colander, drain and rinse beans. In a medium bowl, mash beans lightly with a fork. Add green onions, tuna, oil, mustard, salt, pepper, lemon zest, and 2 tablespoons of the lemon juice to beans. Mix with a fork. Fill each cucumber half with ¼ tuna mixture. Serve.

Optional: Add diced celery or sweet pepper for crunch. Can substitute salmon for tuna.

Southwestern Corn Salad

Ingredients:

- 3 Tablespoons **canola oil**
- 2 Tablespoons **vinegar**
- 1 teaspoon **cumin**
- ¼ teaspoon **salt**
- ½ teaspoon **black pepper** or **chili powder**
- 1 medium **bell pepper**
- 1 small **red onion**
- ¼ cup chopped **fresh cilantro** (optional)
- 2 (15½ ounce) cans **black-eyed peas**
 - OR **black beans**
- 1 (15¼ ounce) can **corn, no salt added**
- 1 (15 ounce) can **diced tomatoes**

Directions:

Combine first 5 ingredients in medium sized bowl. Rinse and dice bell pepper, removing core and seeds. Peel, rinse, and dice onion. If using, rinse and chop cilantro leaves. In a colander, drain and rinse black-eyed peas, beans and corn. Combine all ingredients and serve. Store in refrigerator for up to 3 days.

Optional:

Add 1 small can green chilis for a tangy kick and top with lime juice and crumbled Cojita or Queso Fresco Cheese.

Easy Tomato Soup

Ingredients

- 2 teaspoons **oil**
- 1 **yellow onion**, diced
- 1 large **carrot**, diced
- 1 can **cannellini beans**, drained and rinsed
- 1 teaspoon **garlic powder**
- 1 can (28oz) **whole peeled tomatoes**
- 1 ½ teaspoons **salt**
- 1 teaspoon **Italian seasoning**
- 1 **bay leaf** (optional)
- ½ teaspoon **crushed red pepper flakes**
- 3 cups **water or chicken/vegetable broth**

Directions

In large pot, heat oil and saute diced onions and carrots until soft. Add garlic, beans, tomatoes, seasoning and water or broth. Bring to a boil, let simmer 15 minutes. Remove bay leaves. Use an immersion blender or transfer contents into blender and puree to smooth. Transfer back to stovetop and heat until warm.

Optional: Enjoy with grilled cheese or saltine crackers.

Tortilla Wraps

Peanut Butter Wrap

Ingredients

- 6 inch **tortilla**
- 2 Tablespoon **nut butter**
- 1 **ripe banana**, sliced and/or **strawberries**
- 1 tablespoon **granola**
 - or any other whole grain cereal
- **Cinnamon** to taste

Instructions

Spread 2 tablespoons of nut butter on tortilla. Sprinkle granola and top with sliced fruit. Wrap like a burrito and eat!

Optional: Add raisins or chopped nuts for extra nutrition.

Easy Chicken Salad Wrap

Ingredients

- 2- 6 inch **tortillas**
- 1 can **chicken** or 1 1/2 cup **cooked chicken**
- 2 Tablespoons **mayonnaise**
- ½ cup **sliced grapes**
- ¼ cup **walnuts or pecans** (optional)

Instructions:

Mix chicken salad ingredients together, chill for 15 minutes. Add mixture to tortilla, wrap like a burrito. Pair with apple slices.

Optional: Add dried cranberries, tarragon, fresh dill, or thyme for added flavor.

Tangy Ramen Apple Slaw

Ingredients:

- 2 packages broken **ramen noodles**
- 3 **green onions**, sliced
- 2 crisp **apples**, diced
- 1 bag **coleslaw mix** or 2 cups **raw cabbage**
- ½ cup **sunflower seeds**
- ½ cup **sliced almonds**
- ⅓ cup **apple cider vinegar**
 - or **seasoned rice vinegar**
- ¼ cup **white sugar**
- ½ teaspoon **black pepper**
- 1 **chicken or soy sauce ramen flavor packet**
- ½ cup **oil**

Directions:

Whisk the ramen flavor packet, vinegar, sugar, black pepper in a small bowl. Add oil and whisk until blended. In a large bowl, mix apples, green onions, cabbage, nuts, and noodles. Pour dressing on top of cabbage mixture and toss. Serve immediately.

Optional: This slaw is also tasty without nuts. For additional flavor, add 1 tablespoon sesame oil and ¼ cup roasted sesame seeds.

Hummus and Veggie Wrap

Ingredients:

- 4 large or burrito size **tortillas**
- 1 **green bell pepper**, sliced
- 1 **tomato**, sliced
- 2 cups **lettuce or sprouts**
- 1 can **garbanzo beans (chickpeas)**
drained & rinsed
- ½ cup **plain yogurt** or **tahini**
- ½ teaspoon **garlic powder**
or 1 minced **garlic clove**
- 1 tablespoon **lemon juice**
- 1 tablespoon **cumin**
- **Salt** to taste

Directions:

Puree garbanzo beans, yogurt or tahini, garlic, lemon juice, cumin, and salt in blender or food processor. Or use a fork to mash. Refrigerate until ready to use. Spread hummus on tortilla. Layer veggies. Roll up and eat!

Optional:

Can be used as a dip with crackers or pita bread. For additional flavor, top with olive spread or roasted red peppers

Tortilla Pizza

Ingredients

- 4 **tortillas or bagels or English muffins**
- 1 cup **tomato or alfredo sauce**
- 1 cup **mozzarella cheese** (shredded)
- ¼ cup **protein**
 - pepperoni, sausage, chicken, or non-meat option
- sprinkle of **garlic powder**
- sprinkle of **Italian seasoning**

Directions:

Preheat the oven to 400°F. While the oven heats up, spread tortillas onto a cookie sheet. Using a spoon, spread sauce and add toppings. Heat in oven a few minutes, until cheese is melted.

Optional:

For a little heat, sprinkle crushed red pepper flakes. Tasty veggie options include: diced sweet peppers, red onion, mushroom, olives, pineapple.

Sauteed Greens

Ingredients:

- 1 pound **collard greens, kale or chard**
- ½ teaspoon **garlic powder**
 - or 4 **garlic cloves**, minced
- 2 tablespoons **canola oil**
- ¼ teaspoon **salt**
- ¼ teaspoon **ground pepper**

Directions:

Remove hard stem from greens. Stack leaves and roll into a tube shape. Slice leaf rolls into ¼ inch strips. In a large bowl, add strips to cold water and let sit for a few minutes, allowing any dirt to settle to the bottom. Repeat if needed. Remove from water and massage leaves to soften them. Use paper towels to remove excess water from leaves before cooking. Heat oil in large skillet on medium high heat, add garlic cloves and greens. If all the greens will not fit, allow to cook down and add more. Turn heat to medium-low. Stir until wilted, 1 to 2 minutes. Season with salt and pepper, serve immediately.

Optional: Add cooked bacon or ham to the skillet before the greens for extra flavor.

Roasted Veggies

Ingredients

Vegetables can be fresh or frozen

- 2 medium **potatoes**, quartered
- 3 medium **carrots**, cut in 1 inch slices
- 1 large **onion**, quartered
- Any **hardy vegetables of your choosing**
 - cut in 1 inch pieces: **Brussel sprouts, beets, turnips, squash, corn on the cob**
- 2 Tablespoons **oil**
- 1/2 teaspoon **salt**
- 1/2 teaspoon **pepper**
- 1 teaspoon **garlic powder**
- 2 teaspoon **Italian seasoning**

Directions

Pre-heat oven at 400°. Cut veggies and place them in a large bowl. Mix spices in a small bowl. Pour oil on top of veggies, toss to coat. Pour spices on oiled veggies, toss to coat. Place on a large baking sheet and bake at 400° for 20 minutes. Stir halfway through cooking.

Optional:

Serve with baked chicken, season with the same spices.

Pizza Lentils

Ingredients

- 1 cup **lentils**, rinsed
- 2 cups **water**
- ½ teaspoon **salt**
- ¼ teaspoon ground **black pepper**
- ¼ teaspoon **garlic powder** or 1 **clove**, minced
- 1 ½ teaspoon **onion powder**
 - or ½ cup **onion**, diced
- 1 tablespoon **Italian Seasoning**
- 1 can (14.5 ounces) **tomatoes**, low-sodium
- 1 **bell pepper**, chopped or **veggie of choice**
- 1 pound ground **protein**
 - beef, Italian sausage or chicken
- 1 teaspoon **olive oil**
- ¼ teaspoon **red pepper flakes** (optional)
- ½ – 1 cup **mozzarella cheese**, shredded

Directions

Preheat oven to 350°F. Combine lentils, water, seasonings, and tomatoes, place in a 2-quart casserole dish. Cover tightly with lid or foil and bake. While cooking, brown protein and chop veggies. After 30 minutes, remove dish from the oven and add meat and veggies. Stir. Cover and bake 30 minutes longer. Remove the cover, toss with olive oil, sprinkle optional red pepper flakes and cheese on top. Bake uncovered until cheese melts.

Optional: Lentils can be substituted with chickpeas, kidney beans, peas or even vegetables.

Hardy Vegetable Soup

Ingredients:

- 3 tablespoons **olive oil**
- 1 large **onion**, diced
- 2 stalks **celery**, diced
- 2 **carrots**, diced
- 1 teaspoon **garlic powder**
 - or 2 **garlic cloves**, minced
- 1 teaspoon **cumin**
- 2 medium **potatoes**, diced
- 1 can diced **tomatoes**
- 4 cups **vegetable broth**
- 2 cups **water**
- 1 teaspoon **oregano**
- 4 cups chopped **veggies (any kind)**
- ½ **lemon**, juiced
- **Salt and Pepper**, to taste

Directions:

In a stock pot, saute onion, celery, and carrot in oil until golden. Add in garlic and cumin. Add potatoes and any root vegetables, tomatoes, broth, water, and oregano. Bring to a boil and simmer until potatoes are tender. Add in other vegetables and simmer for 30 minutes. Stir in lemon juice, salt and pepper.

Optional: Add a can of rinsed cannellini beans for added protein . Serve with bread or grilled sandwich. Store in fridge for 3 days, freezes well.

Chicken Chowder Soup

Ingredients:

- 2 teaspoons of **oil**
- ½ cup **onion** (chopped)
- 1 tablespoon **flour** or **cornstarch**
- 1 can or ½ cup chopped **raw carrots**
- 2 ½ cups of **chicken broth**
- 1 cup of diced **potato**
- 1 can of **corn** (drained)
- ½ teaspoon **garlic powder**
- 1 can or 2 cups **cooked chicken**
- ½ cup of **milk**
- **Salt & pepper** to taste

Directions:

Warm oil in a large pot. If using raw chicken, cook in pan. Add to sauté onion and carrot until desired softness. Coat with flour or cornstarch. Add remaining ingredients and bring to a boil, stirring occasionally. Reduce to a simmer and let thicken.

Optional: Add other vegetables, like chopped celery, can of drained green beans, or frozen green peas. For a little heat, add red pepper flakes or cayenne.

Southwest Chicken Chili

Ingredients:

- 1 can **diced tomatoes**
- 1 can **corn**
- 1 can **black or pinto beans**
- 1 can or 2 cups **cooked chicken**
- ½ teaspoon **garlic powder**
- 1 tablespoon **chili powder**
- 1 teaspoon ground **cumin**
- 2 cups **chicken broth**

Directions:

Drain and rinse corn and beans. If using raw chicken, cook in 2 tablespoons oil first in large pot, first. Combine all ingredients and stir until evenly mixed. Bring to a boil, then cover pot with a lid and reduce heat to low. Cook for 5-10 minutes, stirring occasionally, or until soup is heated through.

Optional: Sprinkle shredded cheese on top, serve with fresh avocado and cilantro. Pair with tortilla chips and salsa.

Mix & Match Stir Fry

Ingredients:

- ½ cup **water**
- 2 teaspoons **cornstarch**
- ¼ teaspoon **ground ginger**
- ½ teaspoon **garlic powder**
- 2 tablespoons **brown sugar**
- 2 tablespoons **cider vinegar**
- 2 tablespoons **low-sodium soy sauce**
 - or **Tamari**
- 4 teaspoons **cooking oil**
- 1 ½ cups **protein of choice** (meat or vegan)
- 2 cups **vegetables of choice** (frozen or fresh)
- **Cooked grains** (rice, pasta, quinoa, couscous)

Directions:

Cook grains according to package directions. While grains are cooking, mix water and cornstarch with fork, then add next 5 ingredients in a small bowl, set aside. Add 2 teaspoons oil to a large skillet over medium-high heat. Add the protein and stir until cooked, set aside. Add 2 teaspoons of oil and cook vegetables until tender. Add in sauce, bring to boil and cook 1-2 minutes until thickened. Mix everything together and serve over grains.

Optional: Add 2 tablespoons peanut butter to make a peanut sauce or add red pepper flakes to sauce for a little heat.

Mexican Fiesta Rice

Ingredients:

- 1 pound **ground beef, turkey, or chicken**
- 1 can **pinto or black beans**
 - drained and rinsed
- 2 teaspoons **onion powder**
 - or ½ **onion**, diced
- ½ teaspoon **garlic powder**
- 1 **bell pepper**, chopped
- 2 cups frozen **corn**
 - or 1 can **corn**, drained
- 1 can **diced tomatoes with green chilis**
- 2 tablespoons **chili powder**
- 1 cup quick cook **rice**
- 1 cup **broth** or 1 **bouillon cube**
- 1 cup **water**
 - use 2 cups if using bouillon cube

Directions:

Cook ground meat, garlic powder, onion, and bell pepper in a large pan over medium heat until meat is browned. Drain fat, if needed. Add corn, tomatoes, chili powder, uncooked rice, bouillon cube and water or broth. Cover and simmer for 30 minutes.

Optional: Top with shredded cheese, avocado, and cilantro.

Easy Enchiladas

Ingredients

- 2 cans **pinto beans**
or 4 cups cooked **chicken or beef**
- 1 cup Monterey Jack **cheese**, reduced-fat
- 1 tablespoon **chili powder** (optional)
- 1 jar **enchilada sauce, taco sauce OR salsa**
- 8 - **6-inch tortillas**

Directions

Preheat oven to 350°F. Pour ¼ of the jar of sauce in the bottom of a 9x13 inch pan. Place protein in a large bowl and mash or shred coarsely with a fork or potato masher; stir in chili powder and ½ jar of sauce. Wrap tortillas in a damp paper towel. Microwave about 30 seconds, or until soft and warm. Sprinkle a spoonful of cheese and enchilada mixture in each tortilla and roll. Place each enchilada seam side down in baking dish. Pour rest of sauce on top and sprinkle with cheese. Cover with foil and bake at 350°F for 20 minutes or until heated through.

Optional: Top with your favorites...sour cream, avocado, cilantro, and diced onion. Goes well with rice cooked with a can of diced tomatoes with chilis.

Turkey Burger Macaroni

Ingredients

- 2 cups **elbow noodles**
- 1 small **bell pepper or sweet pepper**
- 1 small **onion**
- 3 cloves **garlic** or ½ teaspoon **garlic powder**
- ¾ cup **shredded cheddar cheese**
- 1 pound 93% lean **ground turkey**
- 1 can **diced tomatoes**
- 1 tablespoon dried **thyme leaves**
- ½ teaspoon **salt**
- ¼ teaspoon **ground black pepper**

Directions:

Cook noodles according to package directions. While noodles are cooking, dice bell pepper, chop onion, mince garlic. Set aside. In a large skillet over medium heat, cook turkey, onion, bell pepper and garlic, about 15 minutes. Stir in drained macaroni, tomatoes with juices, thyme, salt and pepper. Sprinkle with cheese. Cover and cook over medium heat until cheese is melted, 5 to 7 minutes.

Optional:

Try fresh or frozen peas, dark leafy greens, broccoli, cauliflower, zucchini or summer squash.

Butternut Squash Pasta Bake

Ingredients

- 2 1/2 cups **butternut squash** (fresh or frozen)
- 4 ounces dried **pasta** (any shape you prefer)
- 1 pound ground **Sweet Italian Sausage** OR other protein
- 3 tablespoons **shallots/onions**, diced
 - OR 1 tablespoon **onion powder**
- 1 tablespoon fresh **sage** OR 1 teaspoon dried **sage**
- 1 garlic **clove**, minced OR ¼ teaspoon **garlic powder**
- 1/8 teaspoon **salt**
- 1/4 teaspoon black **pepper**
- 1/2 cup low-sodium **vegetable broth**
- 3/4 cup low-fat **ricotta or cottage cheese**
- 2 ounces low-fat **mozzarella**, grated
- 1 pound cooked ground **Sweet Italian Sausage**

Directions

Preheat oven to 425°F. If using fresh butternut squash, cut in half and scoop out the seeds. Place the cut sides down in a large baking dish, fill with 1/4 inch water. Bake squash until tender (about 45 minutes). While the squash bakes, cook pasta and protein. Drain and set aside. Remove squash from oven and reduce to 375°F. From the butternut squash, measure out 2 cups of the squash and place in a food processor along with the shallot, sage, garlic, salt, and pepper. Pulse until the squash is smooth. Add in low-sodium vegetable broth and pulse until well-combined. In a small baking dish, layer a third of the squash purée in the bottom. Top with ricotta or cottage cheese, then half of the noodles. Repeat, finishing with sauce and topping with mozzarella cheese. Bake pasta for 25 minutes at 375 °F. Cheese should be slightly browned. Remove and serve warm.

Optional: This dish works well with any type of squash purée, pumpkin, or sweet potatoes. Apple Chicken Sausage is a nice substitute for Italian Sausage.

Cheesy Chicken and Rice Bake

Ingredients

- 5 cups of **water**
- 2 ½ cups brown **rice**
- ¼ cup **onion**, chopped
- 1 **garlic** clove, chopped
- 1 cup **milk or milk alternative**
- 1 can cream of **mushroom soup**
- ¼ teaspoon **salt**
- ¼ teaspoon **black pepper**
- ¾ cup low-fat **cheddar cheese**, grated
- 2 cups **chicken**, cooked, shredded
- 2 cups **broccoli** (frozen or fresh), chopped

Directions: Preheat oven to 350°F. In a large saucepan, bring water to a boil. Add rice, onion, and garlic. Cover and cook for about 30 minutes or until rice is soft. While rice is cooking, combine milk, soup, salt, and pepper, and mix well. When rice is done, combine with milk mixture, cooked chicken, and broccoli. Mix well. Grease 9x13 pan and pour mixture into pan. Bake in preheated oven for 18 minutes. Sprinkle with cheese. Bake for another 6 minutes or until cheese is melted. Makes 12 servings. Serve immediately.

Optional:

If using raw chicken, boil breast or thigh pieces for 20 – 30 minutes. Let cool and shred with forks.

One Pan Mexican Quinoa

Ingredients

- 1 tablespoon **olive oil**
- 1 teaspoon **garlic powder**
- 1 **jalapeno**, minced
- 1 cup **quinoa**
- 1 cup **vegetable broth**
- 1 can **black beans**, drained and rinsed
- 1 can **fire roasted diced tomatoes**
- 1 cup frozen or 1 can of **corn**
- 1 teaspoon **chili powder**
- ½ teaspoon **cumin**
- Salt and **ground black pepper**
- 1 **avocado**, diced
- Juice of 1 **lime**
- 2 tablespoons chopped **cilantro** (optional)

Directions

Heat olive oil in a large skillet over medium high heat. Add garlic and jalapeno, stirring frequently about 1 minute. Stir in quinoa, vegetable broth, beans, tomatoes, corn, chili powder, salt and pepper. Bring to a boil, cover, reduce heat to simmer, about 20 minutes. Stir in avocado, lime juice, and cilantro. Serve Immediately.

Optional: To ease up spice, add more lime juice. For added protein, include chicken and/or top with shredded cheese.

Sweet Potato Hash

Ingredients:

- ¼ cup **vegetable oil**
- 2 cups chopped **bell peppers and onions**
- 2 medium **sweet potatoes**, peeled, cubed
- 1 teaspoon **cumin**
- 1 teaspoon **salt**
- 1 teaspoon **red pepper flakes**

Directions:

Heat oil in large skillet over medium-high heat. Saute bell peppers and onions until tender, about five minutes. Add remaining ingredients and reduce heat to medium. Cook for 20-25 minutes, stirring every two to three minutes. Sweet potatoes may begin to stick to the skillet, but continue to stir gently until they cook through. Serve while hot.

Optional:

Brown 1 pound of ground sausage or chicken and add to skillet with sweet potatoes. Or make this for breakfast: Substitute cumin for maple syrup, cook diced pork or turkey bacon pieces in with the vegetables.

Pasta Bake

Ingredients

- 1 pound package of any **pasta**
- 1 tablespoon **olive oil**
- 1 jar or can **pasta sauce** (tomato or alfredo)
- 1 can **diced tomatoes**, drained
- 1 cup diced **zucchini and/or yellow squash**
- 2 cloves **garlic** or ½ teaspoon **garlic powder**
- 1 tablespoon **Italian seasoning**
- 1 cup **mozzarella cheese**

Directions

Pre-heat oven at 350°. Boil 6 cups of water. Once boiling, add box of pasta to water, cook for 8 minutes, stirring occasionally. Strain in colander, rinse and toss with olive oil. In a skillet with oil, saute vegetables and garlic until slightly soft. Mix pasta sauce with vegetables, add seasoning. Toss with pasta in casserole dish. Bake 30 minutes, remove from heat, add cheese, and bake for additional 15 minutes or until cheese looks good.

Optional: Mix 4 tablespoons of softened butter with 2 teaspoons of garlic powder, salt and parsley. Spread on bread and broil on low for 5-10 minutes. Parmesan cheese adds nice flavor.

No-Bake Crisp Rice Bites

Ingredients

- 1/2 cup creamy **nut butter**
- 1 small ripe **banana** sliced (about 3/4 cup)
- 1/4 teaspoon **Ground cinnamon**
- 1/4 teaspoon **Vanilla extract**
- 1/2 cup **Semi-sweet or dark chocolate morsels**
- 2 cups **Crisp rice cereal**
- 1/3 cup **Dried cranberries**

Directions

In a medium bowl, place peanut butter, banana, cinnamon, and vanilla. Using a fork, mash the banana and mix ingredients until smooth. In a small microwave-safe bowl, microwave chocolate morsels until fully melted, stirring every 30 seconds. Fold the chocolate into the peanut butter mixture until blended. Add Crisp Rice Cereal and cranberries. Gently fold until well combined. Cover with plastic wrap and refrigerate for at least 30 minutes. Scoop mixture into 1 tablespoon portions and place on parchment-lined baking sheet. Using your hands, gently shape into round bites. Place bites in a single layer in an air-tight food storage container; freeze for 1 hour until set.

Optional:

This recipe can be made with other cereals. Substitute 2 cups cinnamon oat cereal or 2 1/2 cups of corn flakes cereal or rice flakes cereal for the crisp rice cereal.

Chocolate Banana Pudding

Ingredients (no-cook)

- 2 ripe **bananas**
- ¼ cup **milk**
- 2 Tbs. **cacao powder**
- 2Tbs. **maple syrup or honey**
- Dash **vanilla**

Instructions: In a food processor or with potato masher, add all ingredients. Process or mash until smooth. Additional milk can be used for smoother consistency. Serve cold.

For creamier pudding, follow cooked version:

- 1 ripe **banana, mashed**
- ½ cup **unsweetened cocoa powder**
- 2 Tablespoons **cornstarch**
- Pinch **ground cinnamon**
- Pinch **salt**
- 2 large **eggs**
- 2 cups **low-fat milk**
- 1/3 cup **honey or maple syrup**

Instructions: Mix cocoa powder, cornstarch, cinnamon, and salt. In separate bowl, beat eggs. Whisk cocoa mixture and eggs together. Heat milk and honey to a simmer. Add 1/2 hot milk to egg mixture, whisk until smooth. Add milk mixture in pot with remaining milk and simmer until bubbling. Remove from heat, add mashed banana. Pour warm pudding into 6 small cups. Eat warm, or refrigerate until set, about 2 hours.

Chickpea Blondies

Ingredients:

- 1 can **garbanzo beans (chickpeas)**
- ½ cup **peanut butter** or other **nut butter**
- ¼ cup **sugar**
 - or **maple syrup, or other sweetener**
- 2 teaspoons **vanilla**
- ½ tsp **salt**
- ¼ teaspoon **baking powder**
- ¼ teaspoon **baking soda**
- ⅓ cup **chocolate** or **butterscotch chips**

Directions:

Preheat oven to 350F and spray 8x8 pan with nonstick cooking spray. Drain can of chickpeas. In a food processor, blender, or in a bowl with a potato masher, mix all ingredients except chocolate or butterscotch chips until the mixture is smooth. Add chocolate or butterscotch chips. Spread mixture in the greased pan. Bake for 20-25 minutes. Makes 16 blondies.

Optional: Add in dried fruits (dates, raisins) or nuts for extra flavor and texture.

Cookie Dough Hummus

Ingredients

- ½ cup **quick oats**
- 1 can **garbanzo beans (chickpeas)**
 - Rinse and drain
- ¼ cup creamy **peanut butter**
 - OR **other nut butter**
- ¼ cup **brown sugar**
- 2 tsp **vanilla extract**
 - or 4 tsp of **imitation vanilla**
- ¼ cup **milk**
- ¼ cup **chocolate chips**

Directions

Blend quick oats to a flour consistency with a food processor, immersion blender, hand mixer, or even potato masher or rolling pin. Add all ingredients except for the chocolate chips. Blend/Mix/Mash until creamy. Add additional milk as desired for consistency. Hand mix in chocolate chips. Enjoy! Chill any leftovers in an airtight container for up to five days.

Optional: Dip with apples, graham crackers, or pretzels. Eat with a spoon!



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