

# Recipe

County information



<b>Prep Time:</b>	<b>30 minutes</b>
<b>Cook Time:</b>	<b>2 hours (beans)</b>
<b>Serving Size:</b>	<b>4 servings</b>

**Nutrients Per Serving:** Calories 420 , Protein 13 g, Carbohydrate 56 g, Dietary Fiber 4 g, Total Fat 16 g, Saturated Fat 1 g, Sodium 380 mg

This recipe provided by the Ohio SNAP-Ed Nutrition Education Program



## Falafel with Yogurt Sandwich

### INGREDIENTS

1 cup dry garbanzo beans (chick peas, sorted and rinsed)  
 3 cups water  
 1/4 cup oil  
 1 garlic (clove, crushed)  
 1 onion (large, chopped)  
 1 parsley (sprig, chopped)  
 1/4 teaspoon salt  
 2 teaspoons lemon juice  
 1/3 teaspoon hot pepper sauce  
 1 cup plain yogurt (low-fat)  
 1 onion (small, chopped)  
 4 Pita bread (pockets)  
 flour

### DIRECTIONS

1. Put beans and water in large pot and soak (use the overnight or the quick-soak method).
2. Cook until tender, about 2 hours. Add more water if necessary. Drain.
3. Slowly heat oil and sauté garlic and onion until tender (5 to 7 minutes).
4. Mash cooked beans, sautéed vegetables, parsley, salt, lemon juice and hot pepper sauce until smooth.
5. With floured hands, form ovals with bean mixture (about 1/4 cup each). Roll in flour.
6. Fry falafel, with the remaining oil in skillet, until golden brown. Drain on paper towel.
7. Combine yogurt with remaining onion (the small chopped onion).
8. Serve falafel in pocket bread topped with yogurt.

#### Source:

Washington State Department of Health

For other healthy, low-cost recipes, visit  
[www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov)



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<b>Prep Time:</b>	<b>10 minutes</b>
<b>Cook Time:</b>	<b>80 minutes</b>
<b>Serving Size:</b>	<b>8 servings</b>

**Nutrients Per Serving:** Calories 270 ,  
Protein 16 g, Carbohydrate 44 g,  
Dietary Fiber 20 g, Total Fat 4 g,  
Saturated Fat 2 g, Sodium 450 mg

This recipe provided by the Ohio SNAP-Ed Nutrition Education Program



## Delicious Lentil Stew

### INGREDIENTS

2 tablespoons butter  
1 cup onion (chopped)  
6 cups water  
2 cups lentils (dry, washed,  
soaking not necessary)  
1 teaspoon Worcestershire sauce  
1/2 teaspoon oregano  
1/4 teaspoon garlic powder  
6 carrot (large, cut into 1/2-inch  
pieces)  
8 small celery stalks, sliced  
1 teaspoon salt  
1 can whole tomatoes (16 ounce,  
cut into pieces or 3-4 fresh  
tomatoes cut in wedges)

### DIRECTIONS

1. Melt butter in a large skillet.
2. Sauté onion until tender.
3. Add water, lentils, Worcestershire sauce, oregano, and garlic powder.
4. Cover, bring to a boil. Reduce heat, and simmer for 45 minutes.
5. Add carrots, celery, and salt.
6. Cover and simmer 30 minutes more or until the vegetables are tender.
7. Add tomatoes. Heat thoroughly and serve.

### Source:

What's Cooking? USDA Mixing Bowl

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<b>Prep Time:</b>	<b>25 minutes</b>
<b>Cook Time:</b>	<b>2 hours</b>
<b>Serving Size:</b>	<b>5 servings</b>

**Nutrients Per Serving:** Calories 330 , Protein 23 g, Carbohydrate 54 g, Dietary Fiber 20 g, Total Fat 4 g, Saturated Fat 1 g, Sodium 124 mg

This recipe provided by the Ohio SNAP-Ed Nutrition Education Program



## Split Pea Soup

### INGREDIENTS

2 teaspoons vegetable oil  
 1 Spanish onion (peeled and chopped)  
 3 carrots (scrubbed and chopped)  
 2 celery stalks (chopped)  
 1 teaspoon dried thyme  
 2 1/4 cups split peas (rinsed and picked over)  
 4 cups low-sodium chicken or vegetable broth  
 6 cups water  
 2 tablespoons lemon juice

### DIRECTIONS

1. Put soup pot on the stove on medium heat. Add oil when the pot is hot.
2. Add onion, carrots, celery and thyme and cook 10- 15 minutes, until tender.
3. Add split peas, stock and 4 cups water. Raise the heat to high and bring to a boil.
4. Lower the heat to low and cook about 2 hours, partially covered, until the peas have fallen apart. Check the soup during cooking. If more water is needed, add up to 2 cups. Skim off any foam that forms.
5. Serve right away or cover and refrigerate up to three days. Stir in the lemon juice just before serving.

When serving leftovers, you may need to add more water.

#### Source:

What's Cooking? USDA Mixing Bowl

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<b>Prep Time:</b>	<b>5 minutes</b>
<b>Cook Time:</b>	<b>8 minutes</b>
<b>Serving Size:</b>	<b>6 servings</b>

**Nutrients Per Serving:** Calories 240 ,  
Protein 12 g, Carbohydrate 30 g,  
Dietary Fiber 5 g, Total Fat 8 g,  
Saturated Fat 4 g, Sodium 385 mg

This recipe provided by the Ohio SNAP-Ed Nutrition Education Program



## Open-Faced Bean Sandwich

### INGREDIENTS

6 French or Italian rolls  
1-1/2 cups refried black beans  
(canned)  
1 cup grated Monterey Jack  
cheese  
Salsa

### DIRECTIONS

1. Preheat a broiler or grill.
2. Split each roll in half lengthwise and spread each cut side with a layer of beans 1/4-inch thick. Sprinkle the cheese evenly over the beans.
3. Arrange the split rolls on a baking sheet and place in the broiler (or grill) 4-6 inches below the heat source.
4. Broil (or grill) until the bread is crunchy, the cheese is melted, and the beans are bubbly, about 6-8 minutes.
5. Serve hot with the salsa on the side.

#### Source:

Washington State Department of Health

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