

Utah CSFP **Outside the Box** **Cookbook** volume 2



Utah CSFP would like to thank Create Better Health Utah for providing videos showing how to prepare 7 of the recipes in this cookbook. You can watch these videos by scanning the QR code next to the recipe with your phone's camera.

Create Better Health Utah offers a number of resources to help people cook healthy meals on a budget, buy and prepare whole foods, understand food labels, practice safety in the kitchen, and much more. Visit them at createbetterhealth.org.

Utah CSFP is also grateful for the individuals and organizations who created the recipes found in this cookbook. We made every effort to credit the sources for the recipes. We sincerely apologize if we failed to credit a creator or accidentally credited the wrong creator.

Thank you to numerous volunteers and employees at Utah Food Bank and the over 100 distribution sites throughout the state. Your service is greatly appreciated.

Finally, thank you to our clients. It is our great pleasure to serve you. Please accept this gift as a token of our appreciation.

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Appetizers

**Bean
salsa
page 4**



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Banana chocolate peanut butter smoothie

CSFP ingredients

- 1 cup shelf-stable milk
- 1/4 cup peanut butter

Other ingredients

- 2 tablespoons cocoa powder
- 2 frozen bananas
- 6 ice cubes

Directions

1. Place all ingredients in a blender container, cover, and blend until smooth.
2. Pour into glasses and enjoy!

*Makes 2 servings
from Utah CSFP*

Banana delight



CSFP ingredients

- 1 cup apple juice
- 1 cup orange juice

Other ingredients

- 1 banana
- 5 ice cubes

Directions

1. Place all ingredients in a blender container, cover, and blend until smooth.
2. Pour into glasses and enjoy!

*Makes 2 servings
from National CSFP Association
Cookbook*



Bean salsa

CSFP ingredients

- 1 can kidney beans
- 1 can black beans, drained
- 1 can corn, drained
- 1 can diced tomatoes

Other ingredients

- 14 oz. can chopped green chilies
- 1/4 cup chopped onion
- 1 tablespoon oil
- Limes, juiced
- Salt and pepper, to taste

Directions

1. Mix kidney beans, black beans, corn, tomatoes, chilies, and onion.
2. Add lime juice (if using) and oil, toss gently to combine. Add salt, pepper, and hot sauce to taste.
3. Serve by itself, with raw vegetables, and/or corn chips.

*Makes 16 servings
from Colorado State University and
University of California at Davis*

Homemade nacho cheese sauce



CSFP ingredients

- 1 cup shelf stable milk
- 8 oz. American cheese

Other ingredients

- 2 tablespoons butter
- 2 tablespoons flour
- 1/8 teaspoon cayenne pepper

Directions

1. Melt butter in a saucepan over medium-high heat.
2. Whisk in flour and cayenne pepper and cook 1 to 2 minutes.
3. Whisk in milk and bring to a simmer.
4. Reduce the heat to low and add in cheese.
5. Stir until cheese is melted.

*Makes 6 servings
from thestayathomechef.com*



Tomato and bean dip

CSFP ingredients

- 2 cans diced tomatoes, drained
- 1 can corn
- 2 cups shredded American cheese*

Other ingredients

- 1 can refried beans
- 2 tablespoons chili powder

* CSFP American cheese shreds easily if it is left in the freezer for 15 to 30 minutes.

Directions

1. Preheat oven to 350°F.
2. In a pan, combine 1 cup of the tomatoes, refried beans, 1/2 can of corn, and chilli powder. Cook over medium heat, stirring occasionally, until hot.
3. Spoon into an 8" x 8" baking dish. Top with remaining corn and tomatoes, then sprinkle with cheese.
4. Bake 5 to 10 minutes or until cheese is melted.
5. Serve warm with tortilla chips.

*Makes 6 servings
from God's Pantry-Lexington, Kentucky*



Breakfast

**Spiced
apple
oatmeal
page 14**



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your phone and scan the QR code or visit
www.youtube.com/@createbetterhealthutah





Applesauce pancakes

CSFP ingredients

- 1 cup applesauce
- 1/4 cup dry milk powder

Other ingredients

- 1 cup water
- 2 eggs
- 1 tablespoon oil
- 2 cups flour
- 2 tablespoons sugar
- 1/2 teaspoon cinnamon
- 2 teaspoons baking powder

Directions

1. In a mixing bowl, combine all ingredients.
2. Stir until mixture has only small lumps.
3. Heat a skillet or frying pan over medium-high heat.
4. Spray the pan with non-stick spray, then pour 1/2 cup batter on the pan.
5. Turn pancake when bubbles form on top of batter.
6. Cook the other side for about 1 minute or until golden brown.

*Makes 12 servings
from Tennessee State University
Cooperative Extension Service*

No bake breakfast cookies



CSFP ingredients

- 1/2 cup dried milk powder
- 1/2 cup raisins
- 1/2 cup peanut butter
- 2 1/2 cups crushed flaked cereal

Other ingredients

- 1/2 cup honey

Directions

1. Heat a medium saucepan on the stove over low heat.
2. Add the honey and peanut butter to the pan and stir until blended.
3. Remove from heat. Stir in dry milk, then fold in cereal and raisins.
4. Scoop the batter with a heaping tablespoon and drop it onto waxed paper to form a mound.
5. Cool to room temperature. Store in refrigerator.

*Makes 12 servings
from Montana State University Extension
Service*



One bowl baked oatmeal

CSFP ingredients

- 1 3/4 cup shelf stable milk
- 1/4 cup applesauce
- 3 cups rolled oats
- 1/2 cup raisin

Other ingredients

- 2 eggs
- 1/2 cup maple syrup or brown sugar
- 1/4 cup butter, melted and slightly cooled
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1 teaspoon vanilla
- 1/4 teaspoon salt

Directions

1. Preheat oven to 350°F. Spray a 9" x 9" baking pan with nonstick spray.
2. Whisk all ingredients together in one large bowl. Pour into baking pan. Bake for 35 minutes.
3. Cool for 5 minutes. Serve with yogurt or milk.

*Makes 9 servings
from sallysbakingaddiction.com*

Peanut butter cereal bars



CSFP ingredients

- 1 cup peanut butter
- 2 cups rice cereal
- 2 cups rolled oats
- 1 cup raisins

Other ingredients

- 1/2 cup honey

Directions

1. Spray a 8x8 inch baking pan with non-stick spray and set aside.
2. Bring honey to a boil in a saucepan over medium heat.
3. Reduce heat to low and stir in peanut butter.
4. Add cereal, oats, and raisins. Mix well. Remove from heat.
5. Press batter into the 8x8 inch baking pan.
6. Let cool then cut into bars.

*Makes 16 servings
from Oregon State University
Cooperative Extension Service*



Peanut butter oatmeal muffin

CSFP ingredients

- 3/4 cup rolled oats
- 1/4 cup peanut butter
- 1 1/4 cup shelf stable milk

Other ingredients

- 1 1/4 cups flour
- 3/4 cup brown sugar
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon cinnamon
- 1 egg

Directions

1. Preheat oven to 375°F. Spray a muffin tin with non-stick spray and set aside.
2. Mix flour, oats, brown sugar, baking powder, salt, and cinnamon. Stir in egg, peanut butter, and milk.
3. Spoon batter into the muffin tin so each cup is 3/4 full.
4. Bake at 375°F for 15-18 minutes.
5. Cool for 5 minutes, then remove muffins from the tin and transfer them to a wire rack.

*Makes 12 muffins
from food.com*

Slow cooker oatmeal



CSFP ingredients

- 1 cup rolled oats
- 1/2 cup raisins
- Shelf stable milk, to taste

Other ingredients

- 4 1/2 cup water
- 1/4 cup maple syrup or brown sugar
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon salt (pinch)
- 1/4 cup mixed nuts (optional)

Directions

1. Place all ingredients in the slow cooker and stir well to combine.
2. Put the lid on the slow cooker and cook on low for 4-6 hours.
3. Open lid, stir, add desired amount of milk, and serve.

*Makes 2 servings
from Utah CSFP*



Spiced apple oatmeal

CSFP ingredients

- 2 cups apple juice
- 1 cup rolled oats
- Shelf stable milk, to taste

Other ingredients

- 1 apple
- 1/8 teaspoon salt
- 1/8 teaspoon cinnamon
- 1 tablespoon brown sugar

Directions

1. Rinse apple, remove the core, and cut into small chunks.
2. Boil the apple juice over high heat in a saucepan.
3. Add the oatmeal, salt, and apple chunks.
4. Reduce heat to medium and stir the oatmeal for 1 minute.
5. Remove from heat. Stir in cinnamon, brown sugar, and desired amount of milk.

*Makes 2 servings
from FoodHero.org*



Soups

**Three
bean chili
page 19**



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Beef and vegetable soup

CSFP ingredients

- 1 1/2 cans whole kernel corn
- 1 can carrots
- 1 can sliced potatoes
- 1 can diced tomatoes
- 1/2 cup macaroni, dry
- 1 pound ground beef

Other ingredients

- 1 small onion, diced
- 1 teaspoon garlic powder
- 1 teaspoon onion powder

Directions

1. Heat a large pan over medium heat. Add the ground beef and cook for 8-10 minutes until it's browned. Drain off the fat.
2. Add corn, carrots, potatoes, tomatoes, and onions.
3. Reduce heat to medium and cook for 25 minutes. Stir every 10 minutes.
4. Add macaroni, garlic powder, and onion powder to the pan.
5. Cook for 20 minutes over medium heat. Stir every 10 minutes.

*Makes 6 servings
from A Harvest of Recipes with USDA
Foods*

Easy chicken and veggie soup



CSFP ingredients

- 1 can chicken
- 1 can corn
- 1 can green beans
- 1 can carrots
- 1 can diced tomatoes, undrained
- 1 can sliced potatoes

Other ingredients

- 20 ounces chicken broth
- 1 teaspoon onion powder
- Salt and pepper, to taste

Directions

1. Combine all ingredients in a pot and bring to a boil over high heat.
2. Reduce heat to medium-low and simmer for 30 minutes.

*Makes 6 servings
from State Department of Indiana*



Hearty beef and pasta stew

CSFP ingredients

- 1 can of beef
- 1 cup macaroni or rotini pasta, uncooked
- 1 can of corn, drained
- 1 can of carrots, drained
- 1 can of diced tomatoes
- 1 can pinto beans, drained

Other ingredients

- 1 onion, chopped
- 4 cups water
- 1 tablespoon oil

Directions

1. Boil a pot of water over high heat. Cook pasta according to the directions on package. Drain and rinse the pasta, then set it aside.
2. Heat oil in a pot over medium heat. Add the onion and cook for 5-10 minutes until tender.
3. Add canned beef to the pot with cooked onions, stir for two minutes.
4. Add carrots, corn, tomatoes, beans, cooked pasta, and water to the pot with beef and onions.
5. Cook over medium heat for 15 minutes. Serve hot.

*Makes 6 servings
from The Food Bank of Central and
Eastern North Carolina*

Three bean chili



CSFP ingredients

- 1 can corn, drained
- 1 can pinto beans, drained and rinsed
- 1 can black beans, drained and rinsed
- 1 can red kidney beans, drained and rinsed
- 2 cans diced tomatoes

Other ingredients

- 1 tablespoon oil
- 1 onion diced
- 2 cloves garlic finely chopped
- 2 zucchini diced (fresh or frozen)
- 2 bell peppers diced
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt
- 1 tablespoon chili powder
- 1 teaspoon ground cumin

Directions

1. In a large pot, heat oil over medium heat.
2. Add onion and garlic and cook for 2-5 minutes, until soft.
3. Add zucchini, corn, and bell peppers and cook for about 5 minutes, until soft.
4. Stir in remaining ingredients and bring to a boil over high heat.
5. Reduce heat to medium-low, cover, and simmer for 20 to 25 minutes, stirring occasionally. Serve immediately.

Makes 6 servings



Two bean chili

CSFP ingredients

- 1/2 can kidney beans, drained
- 1/2 can vegetarian beans
- 2 1/2 cups tomato juice
- 1/2 pound ground beef

Other ingredients

- 1/2 cup onion, diced
- 1 teaspoon chili powder
- 1/4 teaspoon pepper

Directions

1. Heat a medium-sized pot over medium-high heat. Add the ground beef and cook for 8-10 minutes until it's browned. Drain fat.
2. Add kidney beans, vegetarian beans, onions, chili powder, tomato juice, and pepper.
3. Reduce heat to low and cook for 40 minutes. Serve hot.

*Makes 4 servings
from A Harvest of Recipes with USDA
Foods*

Tomato Florentine soup



CSFP ingredients

- 1 can diced tomatoes, undrained
- 1 can kidney beans, drained & rinsed
- 1/2 cup small macaroni or other small pasta
- 1/4 can spinach

Other ingredients

- 1 can condensed tomato soup
- 3 cups canned vegetable broth
- 1 1/2 teaspoons dried oregano
- 1 1/2 teaspoons dried basil
- Pepper to taste

Directions

1. Heat a large pot over high heat. Add the tomato soup, diced tomatoes, beans, broth, and macaroni. Bring to a boil.
2. Reduce heat to medium-low and simmer for 10-15 minutes. If the soup gets too thick, add water or additional vegetable broth to reach desired consistency.
3. Add spinach and seasonings to the soup. Simmer for an additional 5 minutes. Serve hot.

Makes 4 servings



Salads

**Chicken
pasta
salad
page 25**



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Black bean salad

CSFP ingredients

- 1 can black beans, drained
- 1 can corn, drained

Other ingredients

- 1/2 cup salsa

Directions

1. Drain and rinse the black beans and corn.
2. Combine all ingredients together in a bowl and serve as a side dish.

*Makes 6 servings
from myplate.gov*

Chicken pasta salad



CSFP ingredients

- 2 cups cooked macaroni
- 1 1/2 cups canned chicken, drained
- 1/2 cup canned corn, drained
- 1/2 cup canned peas, drained
- 1 can black beans, drained

Other ingredients

- 1 cup diced bell pepper
- 1/2 cup diced green onion
- 1 cup shredded yellow squash
- 1/2 cup fat-free Italian dressing

Directions

1. Boil a pot of water over high heat. Cook pasta according to the directions on package. Drain and rinse the pasta, then set it aside.
2. Combine all ingredients in a large bowl and gently mix.
3. Chill for several hours before serving.

*Makes 7 servings
from Color Me Healthy-North Carolina
Department of Public Health*



Easy fruit salad

CSFP ingredients

- 1 can drained fruit cocktail

Other ingredients

- 2 sliced bananas
- 2 oranges, cut into bite-size pieces
- 2 apples, cut into bite-size pieces
- 8 oz low-fat pina colada yogurt

Directions

1. Mix fruit in a large bowl.
2. Add yogurt and mix well.
3. Chill in refrigerator before serving.

*Makes 14 servings
from Easy and Nutritious Family
Recipes-University of California*

Marinated green bean and potato salad



CSFP ingredients

- 1 can green beans, drained
- 1 can sliced potatoes, drained

Other ingredients

- 1/4 cup Italian dressing (or other favorite dressing)

Directions

1. Mix all ingredients in a large bowl.
2. Cover and chill for at least an hour before serving.

*Makes 4 servings
from God's Pantry-Lexington, Kentucky*



Red, white, and green bean salad

CSFP ingredients

- 1 can kidney beans, drained
- 1 can green beans, drained

Other ingredients

- 1 can white beans, drained
- 1 onion, thinly sliced
- 1/2 cup red or green pepper, chopped
- 1/2 cup Italian salad dressing

Directions

1. Mix all ingredients in a large bowl.
2. Cover and chill for at least an hour before serving.

*Makes 8 servings
from Connecticut Department of
Social Services*



Sides

**Banana
sushi
page 30**



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Banana sushi

CSFP ingredients

- 2 tablespoons peanut butter
- 1 tablespoon raisins

Other ingredients

- 1 8-inch soft whole wheat tortilla
- Cinnamon to taste
- 1 peeled banana

Directions

1. Spread a layer of peanut butter across the tortilla. Leave a gap at the edge about as wide as your fingertip.
2. Sprinkle with raisins, if using.
3. Sprinkle cinnamon on top of the peanut butter.
4. Place the peeled banana in the middle of the tortilla.
5. Roll the tortilla tightly around the banana.
6. Cut into 8 pieces and serve.

*Makes 2 servings
from themanylittlejoys.com*

Cheesy potato and spinach bake



CSFP ingredients

- 1 1/2 cups potato flakes
- 1/4 cup nonfat dry milk
- 1 can spinach, drained
- 3/4 cup shredded American cheese*

Other ingredients

- 2 cups water
- 1 tablespoon dried minced onion
- 2 tablespoons butter
- 1 egg
- 1/4 teaspoon pepper

* CSFP American cheese shreds easily if it is left in the freezer for 15 to 30 minutes.

Directions

1. Preheat oven to 425°F. Spray an 8x8 inch baking sheet with non-stick spray and set aside.
2. Mix the potato flakes, dry milk, egg, and pepper in a bowl and set aside.
3. Heat a saucepan over high heat. Add the water, onion, and butter, and bring to a boil.
4. Remove the saucepan from heat and add the potato flake mixture to the water. Stir until liquid is absorbed. Add the cheese and stir until mixed.
5. Spread the spinach in the bottom of the 8 x 8 inch pan. Spread the potato mixture over the top of the spinach.
6. Bake for 20 minutes or until the top is light brown.



Green bean and rice casserole

CSFP ingredients

- 1/2 cup rice, uncooked
- 1 can green beans, drained
- 1 can diced tomatoes

Other ingredients

- 1/2 cup onion, chopped
- 2 teaspoon vegetable oil
- 1 cup water

Directions

1. Heat the oil in a medium-size pan over medium heat. Add the onion and cook for 5-10 minutes until tender and light brown.
2. Add the rice, green beans, tomatoes, and water.
3. Increase heat to high and bring to a boil.
4. Reduce heat to low, cover pot with a lid, and cook for 10 minutes.

*Makes 8 servings
from A Harvest of Recipes with USDA
Foods*

Ham fried rice



CSFP ingredients

- 3 cups cooked brown rice, cooled
- 1/2 cup canned peas, drained
- 1/2 cup diced canned carrots, drained

Other ingredients

- 2 large eggs
- 2 tablespoons oil
- 3/4 cup chopped ham
- 2 to 3 tablespoons low-sodium soy sauce
- 1/2 teaspoon onion powder

Directions

1. Heat oil in a pan over medium-high heat.
2. In a separate bowl, crack the eggs and whisk them until they are a light yellow color.
3. Add eggs and onion powder to the pan. Mix continuously until they are cooked and combined into small pieces, like scrambled eggs.
4. Add canned peas, canned carrots, and diced ham to the pan. Stir continuously for one minute.
5. Add rice and soy sauce and stir continuously for one to two minutes. Serve immediately.

*Makes 6 servings
from Utah CSFP*



Macaroni corn casserole

CSFP ingredients

- 1 can corn
- 1 can sliced potatoes
- 1 can sliced carrots
- 1 cup elbow macaroni, cooked
- 1 cup American cheese, diced*

Other ingredients

- 1/2 cup butter
- 1 can cream style corn

* CSFP American cheese dices easily if it is left in the freezer for 15 to 30 minutes.

Directions

1. Preheat oven to 350°F. Spray a 8x8 inch baking dish with non-stick spray and set aside.
2. Melt butter in a saucepan over medium heat. Add all other ingredients and mix until combined and cheese is melted.
3. Pour mixture into the baking dish and bake at 350°F for 1 hour.

*Makes 6 servings
from National CSFP Association
Cookbook*



Main dishes

**Baked pasta
with
tomatoes and
mozzarella
page 36**



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Baked pasta with tomatoes and mozzarella

CSFP ingredients

- 1 can diced tomatoes
- 1 can spaghetti sauce
- 1 pound rotini or macaroni pasta, uncooked

Other ingredients

- 8 ounces mozzarella cheese, shredded or cubed
- 2/3 cup shredded Parmesan cheese

Directions

1. Preheat oven to 400°F. Spray a 9x13 inch baking dish with non-stick spray and set aside.
2. Boil a pot of water over high heat. Cook pasta according to the directions on package. Drain and rinse the pasta.
3. Add the cooked pasta back to the pot and add tomatoes and spaghetti sauce. Toss to combine.
4. Add half of pasta mixture to the baking dish. Spread half of the cheese on the top.
5. Add the second half of pasta on the first layer of cheese, then spread the second half of the cheese on top.
6. Bake at 400°F for 15 minutes.

*Makes 6 servings
adapted from melskitchencafe.com*

Black bean and corn pitas



CSFP ingredients

- 1 can black beans, drained and rinsed
- 1 can whole kernel corn, drained
- 1 can diced tomatoes
- 1/3 cup American cheese, shredded *

* CSFP American cheese shreds easily if it is left in the freezer for 15 to 30 minutes.

Other ingredients

- 1 avocado, chopped
- 1 garlic clove, finely chopped
- 1 teaspoon fresh parsley, chopped
- 1/8 teaspoon cayenne pepper or more to taste
- 2 teaspoons lemon juice
- 1/2 teaspoon chili powder
- 2 medium whole wheat pita pockets

Directions

1. In a medium bowl, combine beans, corn, tomatoes, avocado, and garlic.
2. Add parsley, cayenne pepper, lemon juice, and chili powder. Stir until combined.
3. Cut pita bread in half to form 4 pockets. Spoon equal amounts of filling into each half. Top with cheese and serve.

*Makes 4 servings
from eatFresh.org*



Cheesy rice enchiladas

CSFP ingredients

- 1 can chicken
- 1/2 can diced tomatoes, drained
- 1/2 can mixed vegetables, drained
- 1/2 can pinto beans, drained
- 2 cups rice, cooked
- 2 cups American cheese, shredded*

Other ingredients

- 1 package of flour tortillas
- 1 can (10 ounces) enchilada sauce
- 1/4 cup diced onions

* CSFP American cheese shreds easily if it is left in the freezer for 15 to 30 minutes.

Directions

1. Preheat oven to 320°F. Spray 9x13 inch baking pan with non-stick spray and set aside.
2. In a large bowl mix onion, vegetables, beans, rice, cheese, and chicken.
3. Spoon chicken mixture onto tortilla and roll tortilla tightly.
4. Place rolled tortillas in the baking dish.
5. Spread enchilada sauce on top of rolled tortillas.
6. Bake at 320°F for 40 minutes.

Makes 10 servings

*from National CSFP Association
Cookbook*

Chicken and broccoli



CSFP ingredients

- 1 can chicken, drained
- 1 1/2 cups rice, cooked
- 1 cup American cheese, shredded*

Other ingredients

- 1 cup broccoli, chopped
- 1 teaspoon oil
- Salt, to taste

* CSFP American cheese shreds easily if it is left in the freezer for 15 to 30 minutes.

Directions

1. Heat oil in a large saucepan over medium heat. Add the broccoli and salt and cook for 3-4 minutes until cooked but firm.
2. Add cooked rice, chicken, and cheese to the pan. Cook until the mixture is heated through and cheese is melted.
3. Serve warm.

*Makes 6 servings
from National CSFP Association
Cookbook*



Chicken and rice casserole

CSFP ingredients

- 1 cup canned chicken, drained
- 1 can vegetable soup
- 3/4 cup white rice, uncooked

Other ingredients

- 1 1/4 cups water
- 1 teaspoon garlic powder
- 1/2 teaspoon black pepper

Directions

1. Preheat oven to 375°F. Spray a 9x9 inch baking dish with non-stick spray.
2. Combine all ingredients in the baking dish.
3. Cover with a lid or aluminum foil and bake 20 minutes or until rice is cooked.

Makes 4 servings

Chicken pot pie



CSFP ingredients

- 1/4 cup instant nonfat dry milk + 2/3 cup water (or 2/3 cup nonfat milk)
- 1 can peas, drained
- 1 can carrots, drained
- 2 cans chicken diced

Other ingredients

- 2 9"-10" pie crusts (frozen or homemade)
- 5 1/3 tablespoons of margarine or butter
- 1/3 cup of all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 3/4 cups chicken broth

Directions

1. Preheat oven to 425° F. Line a pie pan with one of the pie crusts and set aside.
2. Heat margarine in saucepan over medium heat until melted. Stir in flour, salt, and pepper. Cook, stirring constantly until bubbly, then remove from heat.
3. Stir in broth and milk. Put back on the stove and bring to a boil over medium-high heat. Stir constantly for 1 minute.
4. Add onions, vegetables, and chicken. Season with salt and pepper.
5. Pour chicken mixture into the pie pan. Cover with remaining pie crust. Pinch edges to seal crust.
6. Bake at 425° F for 35 minutes or until top is golden brown and mixture is bubbly.

Makes 6 servings



Cowboy supper

CSFP ingredients

- 2 cans beef
- 2 cans sliced potatoes
- 1 can beef chili with beans
- 1 can diced tomatoes
- 1 can corn, drained
- 1 cup shredded American cheese*

Other ingredients

- 1 onion, chopped
- 1 tablespoon minced garlic
- Salt and pepper, to taste
- 1/4 cup water

* CSFP American cheese shreds easily if it is left in the freezer for 15 to 30 minutes.

Directions

1. Add sliced potatoes, salt, and pepper to a slow cooker.
2. Top with beef in an even layer.
3. Add onions and garlic to slow cooker and top with tomatoes, chili, corn, and water.
4. Cover and cook on low for 2-4 hours.
5. Add shredded cheese, cover, and cook until cheese is melted.

*Makes 8 to 10 servings
from mandysrecipeboxblog.com*

Crock pot salmon casserole



CSFP ingredients

- 2/3 cup 1% shelf-stable milk
- 1 can peas, drained
- 1 can salmon, drained
- 8 oz (half the bag) macaroni elbow pasta, uncooked
- 3 tablespoons crushed cornflakes

Other ingredients

- 2 cans cream of celery soup
- 1/3 cup chicken broth

Directions

1. Spray a slow cooker with a non-stick spray.
2. Boil a pot of water over high heat. Cook pasta according to the directions on package. Drain and rinse the pasta, then set it aside.
3. In a large bowl, combine soup, chicken broth, milk, peas, and tuna. Fold in the cooked macaroni.
4. Pour mixture into the slow cooker. Top with crushed corn flakes.
5. Cover and cook on low for 4-6 hours.

Makes 6 servings



Easy chicken rotini

CSFP ingredients

- 2 cups rotini, uncooked
- 1/2 can carrots, drained
- 1 can chicken, drained
- 2 cans green beans, drained
- 1/2 cup American cheese, shredded*

Other ingredients

- 3 1/2 cups water
- 1/4 cup chopped basil, optional

* CSFP American cheese shreds easily if it is left in the freezer for 15 to 30 minutes.

Directions

1. Boil a pot of water over high heat. Cook pasta according to the directions on package. **Do not** drain the pasta.
2. Add carrots, chicken, green beans, and shredded cheese to pot. Cook for 4 minutes or until heated through.
3. Stir in basil, if using, before serving.

*Makes 6 servings
from Regional Food Bank of
Oklahoma*

Goulash



CSFP ingredients

- 1 can beef with juice
- 1-2 cans diced tomatoes
- 1 cup macaroni or rotini, cooked
- 1/2 cup American cheese, shredded*

* CSFP American cheese shreds easily if it is left in the freezer for 15 to 30 minutes.

Directions

1. Heat a large pan over medium heat. Add cooked pasta, beef, and diced tomatoes.
2. Bring mixture to a boil.
3. Top with shredded cheese.
4. Serve warm.

*Makes 4 servings
from National CSFP Association
Cookbook*



Mexican casserole

CSFP ingredients

- 1 can chicken
- 1 can pinto beans, drained
- 1 can kidney beans, drained
- 1 can corn, drained
- 1 1/2 cups shredded American cheese*

Other ingredients

- 1 1/2 cups crushed tortilla chips
- 1 8 oz can tomato sauce
- 1 cup salsa
- 1 tbsp minced garlic
- Salt and pepper, to taste

* CSFP American cheese shreds easily if it is left in the freezer for 15 to 30 minutes.

Directions

1. Preheat oven to 350° F. Spray 9x13 inch baking pan with non-stick spray.
2. Spread the crushed tortilla chips evenly on the bottom of the pan.
3. In a large bowl, mix chicken, beans, corn, tomato sauce, salsa, garlic, salt, pepper, and half the cheese.
4. Spread the mixture on top of the tortilla chips. Sprinkle the remaining cheese on top.
5. Bake for 30 minutes at 350° F. Let stand for 5 minutes before serving.

Makes 8 servings

Salmon burger



CSFP ingredients

- 1 2/3 cups rolled oats
- 1 can salmon, drained
- 2/3 cup shelf stable milk

Other ingredients

- 1 small onion, chopped
- 2 eggs, beaten
- Salt and pepper, to taste

Directions

1. Heat a skillet or frying pan over medium-high heat.
2. Mix all ingredients together in a large bowl. Mixture will be moist.
3. Spray the skillet or pan with non-stick cooking spray. Use a 1/3 or 1/2 cup measuring cup to scoop the fish mixture and drop onto the skillet.
4. Cook for 3-4 minutes on each side, or until both sides are brown and the burger patty is heated through.

Makes 6 servings



Salmon loaf

CSFP ingredients

- 1/3 cup instant nonfat dry milk + 1 cup water (or 1 cup nonfat milk)
- 4 cups canned salmon or canned tuna, drained

Other ingredients

- 2 tablespoons lemon juice
- 3 cups soft bread or crushed crackers
- 2 eggs, beaten
- 1/4 cup dried onion flakes
- 1/4 teaspoon pepper
- 1 tablespoon dried parsley flakes

Directions

1. Preheat oven to 350° F. Spray a non-metallic loaf pan with non-stick cooking spray and set aside.
2. Add the salmon or tuna to a large bowl. Sprinkle the lemon juice on the salmon.
3. In a separate, medium bowl combine milk, bread crumbs, eggs, onions, pepper, and parsley flakes.
4. Combine the bread crumb and salmon mixtures in the large bowl and mix well.
5. Form the salmon mixture into a loaf and place in the loaf pan.
6. Bake at 350° F for 30 minutes.
7. Cool 5 minutes before cutting and serving.

Makes 8 servings

Salmon sticks



CSFP ingredients

- 1 can salmon, drained

Other ingredients

- 16 saltine crackers, crushed (about 1/2 cup)
- 1 egg
- 1 tablespoon oil

Directions

1. Heat a skillet or frying pan over medium heat.
2. Combine salmon, cracker crumbs, and egg in a large mixing bowl.
3. Divide mixture into 8 pieces. Shape each piece into a stick about 4 inches long.
4. Spray the skillet with non-stick cooking spray. Add the oil and heat for 1 to minutes over medium heat.
5. Add the fish sticks to the skillet and cook for 3-4 minutes on each side, or until both sides are brown and the fish stick is heated through.

*Makes 8 servings
from Kids a Cookin'-Kansas Family
Nutrition Program*



Shepherd's pie

CSFP ingredients

- 1 24 oz. canned beef
- 1 can vegetable soup
- 1 can mixed vegetables
- 1 cup potato flakes
- Shelf-stable milk, as needed
- 1-2 cups of shredded American cheese*

Other ingredients

- Butter, as needed

* CSFP American cheese shreds easily if it is left in the freezer for 15 to 30 minutes.

Directions

1. Preheat oven to 350° F. Spray a 9x13 inch baking dish with non-stick spray and set aside.
2. Prepare potato flakes according to package directions.
3. Mix beef, vegetable soup, and mixed vegetables in large mixing bowl.
4. Pour the beef mixture in the baking dish. Spread the potatoes on top of the beef. Sprinkle cheese on top.
5. Bake for 15-20 minutes at 350° F.

Texas hash



CSFP ingredients

- 1 can green beans, drained
- 1 can diced tomatoes, drained
- 1/2 cup rice, cooked
- 1 pound lean ground beef, uncooked

Other ingredients

- 3 large onions, sliced
- 1/8 teaspoon pepper
- 1-2 teaspoons chili powder

Directions

1. Heat a large skillet over medium-high heat. Add the ground beef and cook for 8-10 minutes until it's browned. Drain off fat.
2. Mix green beans, tomatoes, rice, salt, pepper, and chili powder to the ground beef.
3. Cook over medium-high heat until the mixture is heated through.

Makes 4 to 6 servings



Three-ingredient apple juice chicken

CSFP ingredients

- 1 1/2 cup apple juice
- 1 cup rice or pasta, cooked

Other ingredients

- 1 1/2 lbs (6 medium pieces) skinless chicken thighs, uncooked
- Salt and pepper, to taste

Directions

1. Heat a large pan over medium heat. Add the apple juice and bring to a low boil.
2. Add chicken, salt, and pepper, to the apple juice.
3. Reduce heat to medium-low and cover the pan. Simmer the chicken for 15 minutes.
4. Uncover the pan and flip the chicken over. Cover the pan again and simmer for another 15 minutes.
5. Uncover the pan and flip the chicken over. Keep the pan uncovered and simmer for another 10 to 20 minutes, until the chicken is cooked through and the apple juice has thickened into a sauce. Flip the chicken every 10 minutes.
6. Serve hot with rice or pasta.

*Makes 4 servings
from thethirstykitchen.com*

Winter stew



CSFP ingredients

- 1 can of canned beef
- 1/4 cup canned apricots, drained & sliced (about 2 ounces)
- 2 1/2 cups tomato juice
- 1/2 can sweet potatoes, drained
- 1/2 can sliced potatoes, drained

Other ingredients

- 1/2 cup onions, diced
- 1/4 teaspoon black pepper
- 1 tablespoon paprika (optional)

Directions

1. Heat a large pot over high heat. Add the potatoes, sweet potatoes, onions, tomato juice, pepper, and paprika (if using). Mix well.
2. Bring potato mixture to a boil and let cook for 5 minutes.
3. Lower heat to medium and cook for 30 minutes. Stir the pot every 15 minutes.
4. Lower heat to low and cook for 40 minutes. Stir the pot every 15 minutes.

*Makes 6 servings
from Food Distribution Division Recipes*



Desserts

**Sweet
potato
cookies
page 65**



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Apple farina bars

CSFP ingredients

- 1/4 cup applesauce
- 2 cups dry farina

Other ingredients

- 1/4 cup butter, softened
- 1/2 cup sugar
- 1/3 cup honey
- 2 tablespoons lemon zest
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1 cup plain yogurt
- 4 egg whites

Directions

1. Preheat oven to 350°F. Spray a 9x13 inch baking pan with non-stick cooking spray and set aside.
2. In a large bowl, mix butter, applesauce, sugar, honey, and lemon zest until smooth.
3. Mix in farina, baking powder, and cinnamon.
4. Fold in yogurt and egg whites. Do not over mix.
5. Spread mixture evenly into the baking pan.
6. Bake for 45-55 minutes until the edges are brown.
7. Let cool before serving.

*Makes 18 servings
from Kansas Food Bank*

Applesauce plum bread



CSFP ingredients

- 1/3 can plums, drained
- 1/2 can applesauce
- 1/2 cup raisins

Other ingredients

- 2/3 cup vegetable oil
- 4 eggs
- 3 cups all-purpose flour
- 2 cups sugar
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon cloves
- 1/2 teaspoon baking powder

Directions

1. Preheat oven to 350° F.
2. In a large bowl, beat oil, eggs, plums, and applesauce on low speed. Add flour, sugar, salt, cinnamon, cloves, and baking powder to applesauce mixture.
3. Mix all ingredients together until combined.
4. Gently stir in raisins. Pour batter into 2 greased pans.
5. Bake at 350°F for 50 to 60 minutes, or until wooden pick inserted in center comes out clean.
6. Let cool 10 minutes. Use a knife to loosen sides of loaves. Remove from pans. Cool completely before slicing.



Applesauce raisin bran muffins

CSFP ingredients

- 2 cups wheat bran flakes cereal
- 1/2 cup raisins
- 1 cup 1% shelf-stable milk
- 1/2 cup applesauce

Other ingredients

- 1 1/4 cups all-purpose flour
- 1 tablespoon baking powder
- 1/4 teaspoon salt
- 1 egg, slightly beaten
- 1/3 cup brown sugar, firmly packed
- 2 tablespoons butter, melted

Directions

1. Preheat oven to 400°F. Put paper liners in muffin tin cups or spray with non-stick cooking spray and set aside.
2. Mix flour, baking powder, salt, cereal, raisins, and milk in large bowl. Let mixture sit for 3 minutes.
3. Add in egg, applesauce, sugar and butter. Mix just until moistened (batter will be lumpy).
4. Fill each muffin cup 2/3 full.
5. Bake at 400° F for 20 minutes or until golden brown and a wooden pick inserted in center comes out clean.

*Makes 12 muffins
from food.com*

Black bean brownies



CSFP ingredients

- 1 can black beans, drained and rinsed
- 1/2 cup quick oats

Other ingredients

- 2 tablespoon cocoa powder
- 1/4 teaspoon salt
- 1/3 cup honey
- 2 tablespoon sugar
- 1/4 cup canola oil
- 2 teaspoon vanilla
- 1/2 teaspoon baking powder
- 1/2 cup chocolate chips

Directions

1. Preheat oven to 350° F. Spray a 8x8 baking pan with non-stick cooking spray and set aside.
2. Blend all ingredients except chocolate chips in a food processor or blender. Blend until batter is completely smooth.
3. Stir the chocolate chips into the batter.
4. Pour batter into baking pan.
5. Bake at 350° F for 15-28 minutes and a wooden pick inserted in center comes out clean.
6. Let cool at least 10 minutes before serving.

*Makes 9 to 12 servings
from chocolatecoveredkatie.com*



Bran chewies

CSFP ingredients

- 3/4 cup peanut butter
- 2 cups bran flakes cereal
- 1/2 cup raisins

Other ingredients

- 1/2 cup brown sugar, packed
- 1/3 cup light corn syrup

Directions

1. Heat a medium saucepan over medium-high heat. Add the brown sugar and corn syrup and mix together.
2. Bring brown sugar mixture to a boil, stirring constantly. Remove from heat.
3. Add in peanut butter and mix until smooth. Stir in bran cereal and raisins.
4. Use a teaspoon to scoop batter onto wax paper.
5. Let cookies cool until firm. Store in covered container.

Makes 36 cookies

Oatmeal raisin cookies



CSFP ingredients

- 1 cup rolled oats
- 1/2 cup raisins
- 1/3 cup applesauce

Other ingredients

- 1 1/4 cups flour
- 1/3 cup packed brown sugar
- 1/2 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/4 cup butter (1/2 stick)
- 1 egg, lightly beaten
- 1 teaspoon vanilla

Directions

1. Preheat oven to 375° F. Spray a cookie sheet with non-stick cooking spray.
2. Mix the oats, flour, brown sugar, baking soda, cinnamon, and raisins together in a medium bowl.
3. Microwave the butter in a heat-safe bowl for 10 seconds at a time until melted.
4. In a separate small bowl, stir together the butter, applesauce, egg, and vanilla.
5. Add the butter mixture to the oat mixture. Stir until the mixtures are combined.
6. Use a tablespoon to scoop cookie dough onto the cookie sheet 2 inches apart. Use the tablespoon to slightly flatten each cookie.
7. Bake at 375° F for 10 to 12 minutes or until edges and bottoms are brown.

Makes about 24 cookies



Peach granola crisp

CSFP ingredients

- 2 cans peaches, drained
- 1/2 cups oats

Other ingredients

- 1/2 cup all-purpose flour
- 3 tablespoons packed brown sugar
- 1/4 teaspoon cinnamon
- 2 tablespoons butter or margarine, softened

Directions

1. Preheat oven to 375° F. Spray an 8x8 inch baking pan with non-stick cooking spray.
2. Pour peaches into baking pan.
3. Mix rest of ingredients together in a large bowl.
4. Crumble the oat mixture on top of the peaches.
5. Bake at 375° F for 24-40 minutes.

Makes about 6 servings

Peanut butter oat bites



CSFP ingredients

- 1 cup oats
- 2/3 cup peanut butter
- 1 1/2 cups crispy rice cereal
- 1/2 cup raisins

Other ingredients

- 2 tablespoons butter
- 1/4 cup powdered sugar
- 1 teaspoon vanilla extract
- 3 tablespoons honey

Directions

1. Heat a medium saucepan over medium heat. Add the butter and stir until melted.
2. Remove pan from heat and stir in peanut butter, powdered sugar, honey, and vanilla. Mix well.
3. Stir in crispy rice cereal and quick oats. Let mixture cool.
4. Stir in raisins.
5. Use a tablespoon measuring spoon to form mixture into 1-inch balls.
6. Store in the refrigerator.

*Makes about 12 servings
from myrecipes.com*



Rice Pudding

CSFP ingredients

- 2 cups rice, cooked
- 1 1/3 cups dry milk

Other ingredients

- 1/4 cup sugar
- Dash of salt
- 3 cups water
- 1/2 teaspoon cinnamon
- 1 teaspoon vanilla extract

Directions

1. Heat a medium saucepan over medium heat. Add all ingredients except vanilla. Bring to a boil.
2. Lower heat to low and simmer for 10 to 15 minutes, stirring often.
3. If the mixture gets too thick, add water 1/4 cup at a time.
4. Remove pan from heat. Stir in vanilla.
5. Serve warm or cold.

*Makes about 6 servings
from Ideas for Cooking & Nutrition
New Mexico*

Sweet potato cookies



CSFP ingredients

- 1 can sweet potatoes, drained
- 1 cup quick oats
- 1/4 cup raisins

Other ingredients

- 3 tablespoons sugar

Directions

1. Preheat oven to 350° F. Spray a cookie sheet with non-stick cooking spray.
2. Mash canned sweet potatoes to the consistency of canned pumpkin.
3. Mix 1/2 cup mashed sweet potatoes and oatmeal. Mix in sugar and raisins to taste.
4. Use a tablespoon to scoop cookie dough onto the cookie sheet 2 inches apart. Use the tablespoon to slightly flatten each cookie.
5. Bake cookies at 350° F for 11-13 minutes.

*Makes about 12 cookies
from kirbiecravings.com*

Each recipe in this cookbook has one or more USDA food item from your monthly CSFP food box. Below is an alphabetical list of each CSFP food box food item included in this cookbook with the page number of each recipe that uses the food item.

Apple Juice

- 03 Banana delight
- 14 Spiced apple oatmeal
- 52 Three ingredient apple juice chicken

Applesauce

- 08 Applesauce pancakes
- 10 One bowl baked oatmeal
- 56 Apple farina bars
- 57 Applesauce plum bread
- 58 Applesauce raisin bran muffins
- 61 Oatmeal raisin cookies

Apricot Halves

- 53 Winter stew

Beans, Black

- 04 Bean Salsa
- 19 Three bean chili
- 24 Black bean salad
- 25 Chicken pasta salad
- 37 Black bean and corn pitas
- 59 Black bean brownies

Beans, Green

- 17 Easy chicken and veggie soup
- 27 Marinated green bean and potato salad
- 28 Red, white, and green bean salad
- 32 Green bean and rice casserole
- 44 Easy chicken rotini
- 51 Texas hash

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- 19 Three bean chili
- 20 Two bean chili
- 21 Tomato Florentine soup
- 28 Red, white, and green bean salad
- 46 Mexican casserole

Beans, Pinto

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- 19 Three bean chili
- 38 Cheesy rice enchiladas
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Beans, Vegetarian

- 20 Two bean chili

Beef

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- 18 Hearty beef and pasta stew
- 20 Two bean chili
- 42 Cowboy supper
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Beef Chili, with Beans

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- 18 Hearty beef and pasta stew
- 33 Ham fried rice
- 34 Macaroni corn casserole
- 41 Chicken pot pie
- 44 Easy chicken rotini

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- 60 Bran chewies
- 63 Peanut butter oat bites

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- 05 Homemade nacho cheese sauce
- 06 Tomato and bean dip
- 31 Cheesy potato and spinach bake
- 34 Macaroni corn casserole
- 37 Black bean and corn pitas
- 38 Cheesy rice enchiladas
- 39 Chicken and broccoli
- 42 Cowboy supper
- 43 Crock pot salmon casserole
- 44 Easy chicken rotini
- 45 Goulash
- 46 Mexican casserole
- 50 Shepherd's pie

Chicken

- 17 Easy chicken and veggie soup
- 25 Chicken pasta salad
- 38 Cheesy rice enchiladas
- 39 Chicken and broccoli
- 40 Chicken and rice casserole
- 41 Chicken pot pie
- 44 Easy chicken rotini
- 46 Mexican casserole
- 52 Three-ingredient apple juice chicken

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- 04 Bean salsa
- 06 Tomato and bean dip
- 16 Beef and vegetable soup
- 17 Easy chicken and veggie soup
- 18 Hearty beef and pasta stew
- 19 Three bean chili
- 24 Black bean salad
- 25 Chicken pasta salad
- 34 Macaroni corn casserole
- 37 Black bean and corn pitas
- 42 Cowboy supper
- 46 Mexican casserole

Farina

- 56 Apple farina bars

Milk, Dry

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- 09 No bake breakfast cookies
- 41 Chicken pot pie
- 48 Salmon loaf
- 64 Rice pudding

Milk, Shelf Stable

- 02 Banana chocolate peanut butter smoothie
- 05 Homemade nacho cheese sauce
- 10 One bowl baked oatmeal
- 12 Peanut butter oatmeal muffin
- 13 Slow cooker oatmeal
- 14 Spiced apple oatmeal
- 31 Cheesy potato and spinach bake
- 41 Chicken pot pie
- 43 Crock pot salmon casserole
- 47 Salmon burger
- 48 Salmon loaf
- 50 Shepherd's pie
- 58 Applesauce raisin bran muffins

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- 26 Easy fruit salad

Mixed Vegetables

- 38 Cheesy rice enchiladas
- 50 Shepherd's pie

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- 10 One bowl baked oatmeal
- 11 Peanut butter cereal bars
- 12 Peanut butter oatmeal muffins
- 13 Slow cooker oatmeal
- 14 Spiced apple oatmeal
- 47 Salmon burger
- 59 Black bean brownies
- 61 Oatmeal raisin cookies
- 62 Peach granola crisp
- 63 Peanut butter oat bites
- 65 Sweet potato cookies

Orange Juice

- 03 Banana delight

Pasta, Macaroni

- 16 Beef and vegetable soup
- 18 Hearty beef and pasta stew
- 21 Tomato Florentine soup
- 25 Chicken pasta salad
- 34 Macaroni corn casserole
- 36 Baked pasta with tomatoes and mozzarella
- 43 Crock pot salmon casserole
- 45 Goulash
- 52 Three ingredient apple juice chicken

Pasta, Rotini

- 18 Hearty beef and pasta stew
- 36 Baked pasta with tomatoes and mozzarella
- 44 Easy chicken rotini
- 45 Goulash
- 52 Three ingredient apple juice chicken

Peaches

- 62 Peach granola crisp

Peanut Butter

- 02 Banana chocolate peanut butter smoothie
- 09 No bake breakfast cookies
- 11 Peanut butter cereal bars
- 12 Peanut butter oatmeal muffin
- 30 Banana sushi
- 60 Bran chewies
- 63 Peanut butter oat bites

Peas

- 25 Chicken pasta salad
- 33 Ham fried rice
- 41 Chicken pot pie
- 43 Crock pot salmon
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- 57 Applesauce plum bread

Potatoes, Flakes

- 31 Cheesy potato and
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- 50 Shepherd's pie

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- 16 Beef and vegetable soup
- 17 Easy chicken and veggie
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- 27 Marinated green bean
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- 34 Macaroni corn casserole
- 42 Cowboy supper
- 53 Winter stew

Raisins

- 09 No bake breakfast
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- 10 One bowl baked oatmeal
- 11 Peanut butter cereal bars
- 13 Slow cooker oatmeal
- 30 Banana sushi
- 57 Applesauce plum bread
- 58 Applesauce raisin bran
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- 60 Bran chewies
- 61 Oatmeal raisin cookies
- 63 Peanut butter oat bites
- 65 Sweet potato cookies

Rice

- 32 Green bean and rice
casserole
- 38 Cheesy rice enchiladas
- 39 Chicken and broccoli
- 40 Chicken and rice
casserole
- 51 Texas Hash
- 52 Three ingredient apple
juice chicken
- 64 Rice pudding

Rice, Brown

- 32 Green bean and rice
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- 33 Ham fried rice
- 38 Cheesy rice enchiladas
- 39 Chicken and broccoli
- 51 Texas Hash
- 52 Three ingredient apple
juice chicken
- 64 Rice pudding

Salmon

- 43 Crock pot salmon
- 47 Salmon burger
- 48 Salmon loaf
- 49 Salmon sticks

Spaghetti Sauce

- 36 Baked pasta with
tomatoes and mozzarella

Spinach

- 21 Tomato Florentine soup
- 31 Cheesy potato and
spinach bake

Sweet Potatoes

- 53 Winter stew
- 65 Sweet potato cookies

Tomato Juice

- 20 Two bean chili
- 53 Winter stew

Tomatoes, Diced

- 04 Bean salsa
- 06 Tomato and bean dip
- 16 Beef and vegetable soup
- 17 Easy chicken and veggie soup
- 18 Hearty beef and pasta stew
- 19 Three bean chili
- 20 Two bean chili
- 21 Tomato Florentine soup
- 32 Green bean and rice casserole
- 36 Baked pasta with tomatoes and mozzarella
- 37 Black bean and corn pitas
- 38 Cheesy rice enchiladas
- 42 Cowboy supper
- 45 Goulash
- 51 Texas hash

Vegetable Soup

- 40 Chicken and rice casserole
- 50 Shepherd's pie

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