

HEARTY

HEALTHY

HOMEMADE

1 POT RECIPES



**CHOOSE
HOME
MADE**

ONIEproject.org

MAKING SENSE OF NUTRITION LABELS

Serving Size

- All numbers on the label are based on 1 **Serving Size**. Each label shows how many servings per container.
- **Example:** If you eat 2 servings, multiply all label numbers by 2. If you eat 1/2 serving, cut all numbers in half.

Carbohydrates

- Aim for 300g **Total Carbohydrates** a day.
- Aim for at least 28g of **Fiber** a day.
- Fiber helps digest food & makes you feel full longer.
- **Added Sugars** are sugars added in processing & do not occur naturally in the product.
- **Example:** Milk has lactose, a naturally occurring sugar. Chocolate milk has added sugars from the chocolate syrup beyond the naturally occurring lactose.

Vitamins & Minerals

- Aim for 100% of all vitamins & minerals a day.
- The item is a good source of a vitamin or mineral if the %DV is 10% or more; a great source is 20% or more.
- **Vitamin D** helps absorb calcium & improves bone health.
- **Potassium** helps regulate blood pressure.

Nutrition Facts

16 servings per container
Serving size 1 cup (240mL)

Amount per serving
Calories 140

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 15mg **4%**

Sodium 180mg **8%**

Total Carbohydrate 20g **7%**

Dietary Fiber 0g **0%**

Total Sugars 18g

Includes 7g Added Sugars **13%**

Protein 8g

Vitamin D 2.5mcg **10%**

Calcium 298mg **25%**

Iron 0mg **0%**

Potassium 420mg **8%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories

- **Calories** are the energy supplied by food. If it is not burned, it will be stored in the body as fat.

Fat & Sodium

- Aim for less than 78g of **Total Fat** a day.
- Aim for less than 20g of **Saturated Fat** a day.
- Aim for less than 2,300mg of **Sodium** a day.
- Drain & rinse canned foods to reduce sodium up to 41%.
- Choose *no-salt-added* or *low-sodium* foods.

Protein

- Aim for 20g of **Protein** a meal, 50-60g a day.
- Eat small servings of lean meat, fish & poultry.
- Look for protein sources other than meat, such as beans. These usually have less saturated fat & more fiber.

Nutrients to get more of:

Dietary Fiber: ≥28g

Vitamin D: ≥20mcg

Calcium: ≥1300mg

Iron: ≥18mg

Potassium: ≥4700mg

Nutrients to get less of:

Saturated Fat: ≤20g

Trans Fat: 0g

Sodium: ≤2300mg

Added Sugars: ≤50g

Ingredient List: Ingredients are listed in descending order by weight of the ingredient from most to least.



EASY GOURMET RAMEN

20 Min | Serves 6

Ingredients:

- 1 Tbsp olive oil
- 6 cloves garlic, minced
- 1 (16 oz) bag frozen deluxe stir-fry mix
(broccoli, green beans, carrots, baby corn, water chestnuts & peppers)
- 1 (8 oz) carton sliced fresh mushrooms
- 2 (32 oz) cartons unsalted chicken broth
- 1 Tbsp chili paste
- 3 packages ramen noodles (any flavor - seasoning discarded)
- 1/4 cup chopped fresh cilantro
- 6 large hard-boiled eggs, peeled

Preparation:

1. In a large stockpot, heat oil & garlic over medium-high. Add stir-fry mix & mushrooms. Sauté 5-7 minutes or until tender, stirring often.
2. Add broth, honey & chili paste. Bring to a boil. Add ramen & cook 3 minutes, stirring occasionally.
3. Remove from heat & stir in cilantro.
4. Divide into bowls & serve with a boiled egg.



Nutrition Facts	
6 servings per recipe	
Serving size	(532g)
Amount per serving	
Calories	360
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 165mg	55%
Sodium 330mg	14%
Total Carbohydrate 40g	15%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes 3g Added Sugars	6%
Protein 19g	
Vitamin D 1mcg	6%
Calcium 69mg	6%
Iron 3mg	15%
Potassium 687mg	15%

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4 5



HAM & CORN CHOWDER

30 Min | Serves 4

Ingredients:

- 1 Tbsp canola oil
- 1 medium yellow onion, diced
- 1/2 lb cooked lean ham, diced
- 1 cup frozen sliced carrots
- 1 jalapeño, finely diced
- 2 tsp dried thyme
- 1 (32 oz) carton unsalted chicken broth
- 3 Tbsp whole-wheat flour
- 1 lb unpeeled red potatoes, cubed
- 2 cups frozen corn
- 1/3 cup 1% low-fat milk
- 3/4 cup shredded cheddar cheese

Preparation:

1. In a large stockpot, heat oil on medium-high. Add onion, ham, carrots, jalapeño & thyme. Cook 5-7 minutes.
2. Add broth & bring to a boil. Add flour & whisk together until soup thickens.
3. Add potatoes & corn. Reduce heat, cover & cook 20 minutes or until potatoes are fork-tender.
4. Stir in milk & cheese. Cook until cheese is melted. Remove from heat & serve.



Nutrition Facts	
4 servings per recipe	
Serving size	(404g)
Amount per serving	
Calories	290
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 3.5g	13%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 670mg	29%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D 1mcg	6%
Calcium 150mg	10%
Iron 2mg	20%
Potassium 838mg	20%

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SCAN QR CODE TO LEARN MORE

LOOK FOR THESE ICONS TO HELP FIND THE RECIPE THAT IS RIGHT FOR YOU





BEEFY TACO SOUP

40 Min | Serves 8

Ingredients:

- 1 lb 90/10 lean ground beef
- 2 cloves garlic, minced
- 1 medium yellow onion, diced
- 1/2 packet 30% less sodium taco seasoning mix
- 1 (10 oz) can diced tomatoes with green chiles
- 1 cup frozen corn
- 1 (15.5 oz) can no-salt-added black beans, drained & rinsed
- 1/4 cup chopped fresh cilantro
- 1 (32 oz) carton unsalted beef broth
- 1/2 cup crumbled whole-grain tortilla chips
- 1 cup plain non-fat Greek yogurt
- 1 cup shredded fiesta blend cheese



Nutrition Facts	
8 servings per recipe	
Serving size	(338g)
Amount per serving	
Calories	290
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 2.5g	23%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 420mg	18%
Total Carbohydrate 23g	8%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 172mg	15%
Iron 2mg	10%
Potassium 515mg	10%

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Preparation:

1. In a large stockpot, brown beef on medium, crumbling meat, stirring occasionally. Add onion & garlic. Continue to cook beef 5-7 minutes or until beef is cooked through & no longer pink. Drain grease from pan if needed.
2. Add taco seasoning, tomatoes, corn, beans, cilantro & broth to stockpot. Stir to combine. Simmer 30 minutes, stirring occasionally.
3. Serve topped with crumbled tortilla chips, yogurt & cheese.

Scan for Homemade Taco Seasoning Recipe*



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EASY SKILLET LASAGNA

30 Min | Serves 6

Ingredients:

- 1 lb 90/10 lean ground beef
- 1 small yellow onion, diced
- 3 cloves garlic, minced
- 1 large zucchini, cut in half & sliced
- 1 (8 oz) carton sliced fresh mushrooms
- 2 (15 oz) cans no-salt-added tomato sauce
- 1 (14.5 oz) can no-salt-added diced tomatoes, undrained
- 1/4 cup minced fresh basil
- 5 oz whole-wheat lasagna pasta
- 1 1/2 cups shredded part-skim mozzarella cheese



Nutrition Facts	
6 servings per recipe	
Serving size	(462g)
Amount per serving	
Calories	380
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 270mg	12%
Total Carbohydrate 36g	13%
Dietary Fiber 7g	25%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 30g	
Vitamin D 0mcg	0%
Calcium 274mg	20%
Iron 5mg	30%
Potassium 1187mg	25%

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Preparation:

1. Heat a large skillet over medium-high. Add beef, onion & garlic. Cook 4-5 minutes, crumbling meat throughout.
2. Add zucchini & mushrooms. Cover & cook 4-5 minutes or until beef is cooked through.
3. Stir in tomato sauce, diced tomatoes & basil. Break pasta in half & press into sauce. Spoon tomato sauce over pasta until covered. Cover & simmer 15-20 minutes or until pasta is al dente.
4. Top with cheese & serve.





GREEN CHILE MIGAS

15 Min | Serves 6

Ingredients:

- 1 Tbsp olive oil
- 3 green onions, sliced
- 6 large eggs
- 1/4 cup 1% low-fat milk
- 1 (4 oz) can diced green chiles, drained
- 1 (15 oz) can no-salt-added black beans, drained & rinsed
- 1 cup Chunky Homemade Salsa*
- 1/2 cup crumbled whole-grain tortilla chips
- 1 cup shredded cheddar cheese
- 2 Tbsp minced fresh cilantro

Preparation:

1. In a large skillet, heat oil over medium. Add onions & cook 2-3 minutes or until tender.
2. In a medium bowl, whisk together eggs & milk. Add to skillet & cook 3-4 minutes without stirring. Once edges are cooked, gently scramble eggs so that all uncooked eggs are evenly mixed in the skillet. Add chiles & beans. Cook another 2-3 minutes or until eggs are cooked through. Remove from heat.
3. Add salsa & tortilla chips to skillet. Gently stir to combine. Do not over-mix.
4. Serve topped with cheese & cilantro.



Nutrition Facts	
6 servings per recipe	
Serving size (223g)	
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 5g	30%
Trans Fat 0g	
Cholesterol 205mg	68%
Sodium 340mg	15%
Total Carbohydrate 22g	8%
Dietary Fiber 5g	18%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 1mcg	6%
Calcium 237mg	20%
Iron 2mg	10%
Potassium 384mg	8%

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Scan for Chunky Homemade Salsa Recipe*



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CHIPOTLE TURKEY CHILI

45 Min | Serves 4

Ingredients:

- 1 lb 93/7 lean ground turkey
- 1 medium yellow onion, diced
- 3 cloves garlic, minced
- 1 (6 oz) can no-salt-added tomato paste
- 2 Tbsp Chipotle Chili Seasoning*
- 1 medium unpeeled sweet potato, diced
- 1 (15 oz) can no-salt-added diced tomatoes, undrained
- 3 cups unsalted chicken broth
- 1/2 cup plain non-fat Greek yogurt

Preparation:

1. Heat a large stockpot over medium-high. Add turkey, onion & garlic. Cook 5-7 minutes or until cooked through, crumbling meat throughout. Drain excess liquid if needed.
2. Stir in tomato paste & chili seasoning. Cook 1-2 minutes or until paste is warm.
3. Add potatoes, tomatoes & broth. Bring to a boil. Reduce heat to medium & cook 20-25 minutes or until sweet potatoes are fork-tender & chili has thickened, stirring occasionally.
4. Serve topped with yogurt.



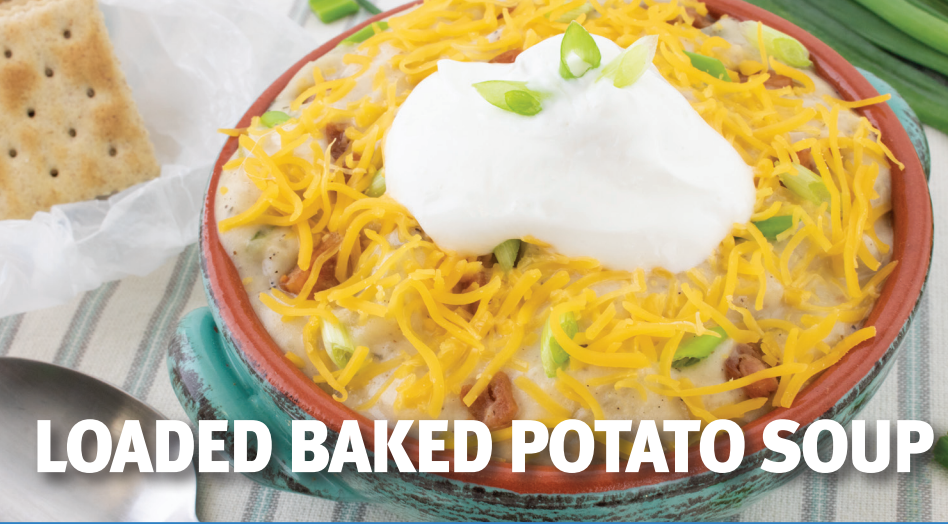
Nutrition Facts	
4 servings per recipe	
Serving size (536g)	
Amount per serving	
Calories	320
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 300mg	13%
Total Carbohydrate 28g	10%
Dietary Fiber 6g	21%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 30g	
Vitamin D 0mcg	0%
Calcium 140mg	10%
Iron 4mg	20%
Potassium 1252mg	25%

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Scan for Chipotle Chili Seasoning Recipe*





LOADED BAKED POTATO SOUP

30 Min | Serves 8

Ingredients:

- 2 Tbsp olive oil
- 5 cloves garlic, minced
- 4 green onions, sliced
- 1/2 lb cooked lean ham, diced
- 3 cups 1% low-fat milk
- 2/3 cup all-purpose flour
- 3 cups unsalted chicken broth
- 2 lbs unpeeled potatoes, finely diced
- 1 Tbsp Italian seasoning
- 1 1/2 cups shredded cheddar cheese, divided
- 1/2 cup plain non-fat Greek yogurt



Nutrition Facts	
8 servings per recipe	
Serving size	(378g)
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 520mg	23%
Total Carbohydrate 35g	13%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 1mcg	6%
Calcium 300mg	25%
Iron 2mg	10%
Potassium 809mg	15%

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Preparation:

1. In a large stockpot, heat oil over medium. Add garlic, onions & ham. Cook 2-3 minutes, stirring throughout.
2. Gradually stir in milk & flour. Cook 2-3 minutes or until thickened, stirring constantly.
3. Stir in broth, potatoes & Italian seasoning. Bring to a boil. Reduce heat to medium-low. Cover & simmer 15-20 minutes or until potatoes are fork-tender, stirring occasionally.
4. Remove from heat. Use a fork or potato masher to smash potatoes. Stir in 1 cup cheese. Mix well.
5. Serve topped with remaining cheese & yogurt.

TIP

This recipe is perfect for your holiday ham leftovers.



CHICKEN SWEET POTATO BLACK BEAN SKILLET

30 Min | Serves 6

Ingredients:

- 1 Tbsp olive oil
- 1 lb boneless skinless chicken breasts, diced
- 1 large yellow onion, diced
- 3 cloves garlic, minced
- 1 tsp chili powder
- 1 tsp cumin
- 1 sweet potato, diced
- 1 (14.5oz) can no-salt-added diced tomatoes, drained
- 1 (4 oz) can diced green chiles, drained
- 1 (15.5 oz) can no-salt-added black beans, drained & rinsed
- 1 lime, juiced
- 1 cup shredded fiesta blend cheese
- 1/4 cup chopped fresh cilantro
- 1 avocado, sliced



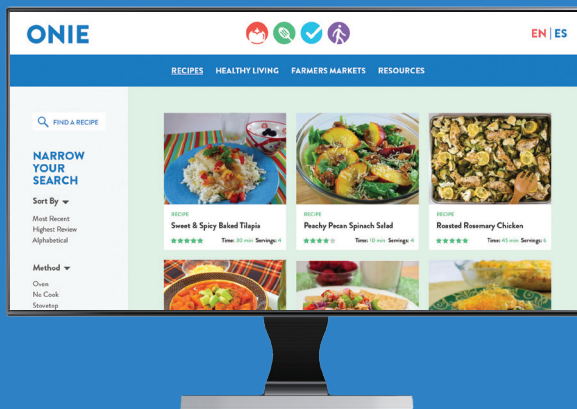
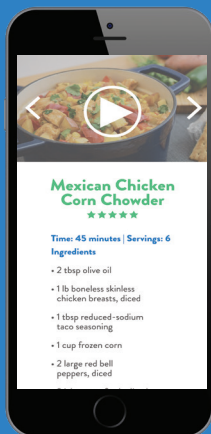
Nutrition Facts	
6 servings per recipe	
Serving size	(331g)
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 220mg	10%
Total Carbohydrate 24g	9%
Dietary Fiber 8g	29%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 27g	
Vitamin D 0mcg	0%
Calcium 189mg	15%
Iron 2mg	10%
Potassium 820mg	15%

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Preparation:

1. In a large skillet, heat oil over medium-high. Add chicken, onion, garlic, chili powder & cumin. Cook 5-7 minutes or until chicken is browned on all sides.
2. Add potatoes, tomatoes & chiles. Cook 10-12 minutes or until potatoes are fork-tender.
3. Add beans & lime juice. Cook 2-3 minutes or until heated through, stirring throughout. Stir in cheese & remove from heat.
4. Serve topped with avocado & cilantro.





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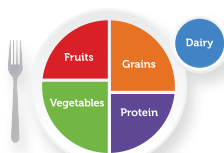
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We keep busy families in mind every step of the way when creating our unique recipes.

Our promise is that ONIE recipes are:

- Quick, tasty & healthy
- Easy to prepare & require minimal cleanup
- Certified healthy by our ONIE registered dietitians
- Made using common ingredients
- Taste-tested & chosen by Oklahoma families
- Developed using the MyPlate food groups



MyPlate.gov



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