

HEARTY

HEALTHY

HOMEMADE

1 FOR 1 RECIPES

INSIDE

16 delicious
recipes that meet
a lower sodium
standard!



**CHOOSE
HOME
MADE**

ONIEproject.org

Salt Check MATCH

1

for

1

mg sodium

calorie

DAILY GOAL:

GOOD!

BAD!

Strive for
less than
2300mg
of sodium
per day

Nutrition Facts	
12 servings per container	
Serving size	(55g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 8mg	3%
Sodium 90mg	4%
Total Carbohydrate 37g	13%

Nutrition Facts	
12 servings per container	
Serving size	(55g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 8mg	3%
Sodium 270mg	12%
Total Carbohydrate 37g	13%

Look for  recipes!



EASY GOURMET RAMEN

4

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 fresh sliced mushrooms
- 2 (32 oz) containers unsalted chicken broth
- 1 Tbsp honey
- 1 Tbsp chili paste
- 3 packages ramen noodles (any flavor - seasoning discarded)
- 1/4 cup chopped 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%

*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.



5

40 Min | Serves 8

Ingredients:

- 1 lb 90/10 lean ground beef
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 celery rib, diced
- 1 (10 oz) bag matchstick carrots
- 1 (6 oz) can no-salt-added tomato paste
- 1 Tbsp Zesty Italian Seasoning*
- 1/4 cup minced fresh basil
- 1 (32 oz) carton unsalted beef broth
- 1 cup 1% low-fat milk
- 1 (16 oz) box whole-wheat penne pasta
- 1 cup shredded parmesan cheese, divided

*Recipe found on page 11

Preparation:

1. In a large stockpot, add beef, onion & garlic. Cook 8-10 minutes or until cooked through, crumbling meat throughout.
2. Add celery, carrots, tomato paste, Italian seasoning & basil. Mix well. Cover & cook 3-4 minutes.
3. Add broth & milk. Bring to a boil. Reduce heat to medium-low & add pasta. Cook 15-20 minutes or until pasta is cooked, stirring occasionally.
4. Remove from heat & stir in 3/4 cup parmesan cheese. Serve topped with remaining parmesan.



Nutrition Facts	
8 servings per recipe	
Serving size	(346g)
Amount per serving	
Calories	400
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 330mg	14%
Total Carbohydrate 55g	20%
Dietary Fiber 7g	25%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 26g	
Vitamin D 0mcg	0%
Calcium 176mg	15%
Iron 4mg	20%
Potassium 888g	20%

*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.



WHAT IS THE RIGHT RECIPE FOR YOU? LOOK FOR THESE ICONS THROUGHOUT TO HELP YOU CHOOSE!





CHIPOTLE HONEY CHICKEN SKEWERS

6

30 Min | Serves 4 (2 skewers each)

Ingredients:

- 1 cup instant brown rice
- 1/4 cup honey
- 1 Tbsp tomato paste
- 2 Tbsp apple cider vinegar
- 1 tsp chipotle pepper powder
- 2 cloves garlic, minced
- Non-stick cooking spray
- 1 lb boneless, skinless chicken breasts, cubed
- 1 large red bell pepper, cubed
- 2 cups fresh pineapple chunks

Preparation:

1. Prepare rice according to package directions. Fluff with a fork & set aside.
2. Preheat oven to 400°F. Soak skewers in water to prevent wood from burning.
3. In a small bowl, stir together honey, tomato paste, vinegar, chipotle powder & garlic. Set aside.
4. Lightly coat a large baking sheet with cooking spray. On a wooden skewer, add 4 pieces each of chicken, bell pepper & pineapple. Place on baking sheet & repeat for remaining skewers.
5. Spoon sauce evenly over skewers. Bake 16-18 minutes, or until chicken is fully cooked.
6. Serve over rice.



Nutrition Facts	
4 servings per recipe	
Serving size	(302g)
Amount per serving	
Calories	360
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 60mg	3%
Total Carbohydrate 53g	19%
Dietary Fiber 4g	14%
Total Sugars 28g	
Includes 17g Added Sugars	34%
Protein 29g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 1mg	6%
Potassium 678mg	15%

*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.



TIP
To grill skewers, baste with sauce & turn every 2-3 minutes to cook evenly.



CAJUN COD & CORN MEDLEY

7

30 Min | Serves 4

Ingredients:

- 1 cup instant brown rice
- 2 Tbsp olive oil, divided
- 1 medium yellow onion, diced
- 1 stalk celery, diced
- 1 large red bell pepper, diced
- 4 cloves garlic, minced
- 2 Tbsp Cajun Seasoning*, divided
- 1/2 cup minced fresh parsley, divided
- 1/2 cup unsalted beef broth
- 1 (12 oz) package frozen corn
- 4 (4 oz) frozen cod fillets, thawed

*Recipe found on page 10

Preparation:

1. Prepare rice according to package directions. Fluff with a fork & set aside.
2. In a large skillet, heat oil over medium. Add onion, celery, bell pepper, garlic & 1 Tbsp Cajun Seasoning. Sauté 6-8 minutes, or until onion is tender.
3. Stir in 1/4 cup parsley, broth & corn. Cover & simmer 10 minutes, or until broth is nearly evaporated & vegetables are fork-tender.
4. Move vegetables to outside of skillet. Add cod to center of skillet & season with remaining Cajun Seasoning. Cover & cook 3-4 minutes per side, or until fish flakes easily.
5. Serve cod & corn medley over rice topped with remaining parsley.



Nutrition Facts	
4 servings per recipe	
Serving size	(354g)
Amount per serving	
Calories	370
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 105mg	5%
Total Carbohydrate 49g	18%
Dietary Fiber 6g	21%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 27g	
Vitamin D 1mcg	6%
Calcium 73mg	6%
Iron 3mg	15%
Potassium 1013mg	20%

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BBQ STEAK & POTATOES

8

30 Min | Serves 6

Ingredients:

- 1 lb unpeeled potatoes, diced
- 2 Tbsp olive oil
- 1 1/2 lbs lean round steak, cut into strips
- 1 cup frozen corn
- 2 large bell peppers, diced
- 1 cup Sweet & Spicy BBQ Sauce*

*Recipe found on page 10

Preparation:

1. Fill a stockpot with water, add potatoes & bring to a boil. Reduce heat to medium & simmer until potatoes are fork-tender. Drain & set aside.
2. Meanwhile, in a large, deep skillet, heat oil over medium. Add steak & cook 5-7 minutes or until steak is browned on all sides, stirring occasionally.
3. Add corn & peppers. Cook 4-5 minutes or until peppers are crisp-tender.
4. Add potatoes & sauce to skillet. Mix well. Cook 2-3 minutes or until heated through. Remove from heat & serve.



Nutrition Facts	
6 servings per recipe	
Serving size (313g)	
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 115mg	5%
Total Carbohydrate 28g	10%
Dietary Fiber 4g	14%
Total Sugars 9g	
Includes 2g Added Sugars	4%
Protein 30g	
Vitamin D 0mcg	0%
Calcium 38mg	2%
Iron 4mg	20%
Potassium 1068mg	25%

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FRESH TILAPIA TOSTADAS

9

30 Min | Serves 4

Ingredients:

- Non-stick cooking spray
- 8 corn tortillas
- 1 lb tilapia fillets
- 1 Tbsp garlic powder
- 1 avocado, diced
- 1 medium tomato, diced
- 1 poblano pepper, diced
- 1 medium cucumber, diced
- 1 small red onion, finely diced
- 1 lime, juiced
- 1/2 cup crumbled feta cheese

Preparation:

1. Preheat oven to 350°F.
2. Lightly coat a large baking sheet with cooking spray & spread tortillas evenly over baking sheet. Lightly coat again with cooking spray.
3. Lightly coat a medium baking sheet with cooking spray. Spread fish evenly on baking sheet & sprinkle with garlic powder.
4. Bake both tortillas & fish 10-15 minutes or until fish flakes easily with a fork & tortillas are crispy.
5. Meanwhile, in a large bowl, add avocado, tomato, poblano pepper, cucumber, onion, cilantro & lime juice. Mix well. Use a fork to flake tilapia into vegetables. Mix well. Let mixture marinate 10 minutes.
6. Spoon tilapia & vegetables over tostadas, dividing evenly. Top with cheese & serve.



Nutrition Facts	
4 servings per recipe	
Serving size (364g)	
Amount per serving	
Calories	360
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 260mg	11%
Total Carbohydrate 34g	12%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 30g	
Vitamin D 4mcg	20%
Calcium 170mg	15%
Iron 2mg	10%
Potassium 922mg	20%

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10



1 Sweet & Spicy BBQ Sauce

Est Time: 10 min

Servings: 8

Ingredients:

1 (15 oz) can no-salt-added tomato sauce	3 Tbsp honey
1 (6 oz) can no-salt-added tomato paste	3 cloves garlic, minced
1/4 cup Worcestershire sauce	1/2 tsp chipotle pepper powder
1/4 cup apple cider vinegar	1 tsp black pepper

Preparation:

- Heat a large saucepan over medium. Add all ingredients. Mix thoroughly until completely combined. Simmer 10-12 minutes, or until sauce is heated through.
- Use immediately, or refrigerate in an airtight container up to 5 days.

2 Cajun Seasoning

Est Time: 5 min

Servings: 8

Ingredients:

1/2 tsp chipotle pepper powder	1 tsp onion powder
1 tsp oregano	1/4 tsp cayenne pepper
1 tsp thyme	1 tsp black pepper
1 tsp garlic powder	1/2 tsp paprika

Preparation:

- In a small bowl, add all spices. Mix thoroughly until completely combined.
- Use immediately or store in an airtight container until ready to use.

3 Tomatillo Salsa Verde

Est Time: 25 min

Servings: 3 cups (approx 8 servings)

Ingredients:

Nonstick cooking spray	1 lime, juiced
1 1/2 lb fresh tomatillos	1 small white onion, chopped
2 jalapeño peppers, stems removed	1/2 cup fresh cilantro
2 cloves garlic	

Preparation:

- Preheat oven broiler. Remove papery husks from tomatillos & rinse well.
- Lightly coat a foil-lined baking sheet with cooking spray. Cut tomatillos in half & place cut side down on baking sheet. Add jalapeños & garlic cloves. Broil 5-7 minutes to lightly brown the skins of the tomatillos.
- Place cooked tomatillos, jalapeños, garlic, lime juice, onion & cilantro in a blender. Pulse until all ingredients are finely chopped & serve!

11



1 Homemade Taco Seasoning

Est Time: 5 min

Servings: 8

Ingredients:

1 Tbsp chili powder	1 tsp onion powder
1/2 tsp chipotle pepper powder	1/2 tsp dried cilantro
1 tsp cumin	1 tsp black pepper
1 tsp garlic powder	

Preparation:

- In a small bowl, add all spices. Mix thoroughly until completely combined.
- Use immediately or store in an airtight container until ready to use.

2 Jamaican Jerk Seasoning

Est Time: 5 min

Servings: 8

Ingredients:

1 Tbsp onion powder	1 tsp black pepper
1 Tbsp garlic powder	1/2 tsp crushed red pepper flakes
2 tsp cayenne pepper	1/2 tsp ground cumin
2 tsp paprika	1 Tbsp brown sugar
1 tsp ground allspice	1 tsp dried thyme
1/2 tsp ground nutmeg	1 Tbsp dried parsley
1/2 tsp ground cinnamon	

Preparation:

- In a small bowl, add all ingredients. Mix thoroughly until completely combined.
- Use immediately or store in an airtight container until ready to use.

3 Zesty Italian Seasoning

Est Time: 5 min

Servings: 8

Ingredients:

2 Tbsp dried basil	1 Tbsp dried thyme
2 Tbsp dried oregano	1 tsp crushed red pepper flakes
1 Tbsp dried rosemary	1 tsp garlic powder
2 Tbsp dried parsley	

Preparation:

- In a small bowl, add all ingredients. Mix thoroughly until completely combined.
- Use immediately or store in an airtight container until ready to use.



12

BAKED STUFFED POBLANO PEPPERS

40 Min | Serves 6

Ingredients:

- Non-stick cooking spray
- 2 cups instant brown rice
- 1 (10 oz) can diced tomatoes with green chiles, drained
- 1 (15 oz) can no-salt-added black beans, drained & rinsed
- 1 cup frozen corn
- 1 Tbsp Homemade Taco Seasoning*
- 1 1/2 cups shredded Monterey Jack cheese, divided
- 6 large poblano peppers, cut lengthwise & de-seeded

*Recipe found on page 11

Preparation:

1. Preheat oven to 400°F. Lightly coat a large casserole dish with cooking spray. Set aside.
2. Prepare rice according to package directions. Set aside.
3. In a large bowl, add tomatoes, cooked rice, beans, corn, taco seasoning & 1 cup cheese.
4. Fill peppers with rice mixture & top with remaining cheese. Bake 20-25 minutes or until cheese is melted & the filling bubbles.



Nutrition Facts	
6 servings per recipe	
Serving size (270g)	
Amount per serving	
Calories	340
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 190mg	8%
Total Carbohydrate 47g	17%
Dietary Fiber 8g	29%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 258mg	20%
Iron 2mg	10%
Potassium 665mg	15%

*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.



TIP

Serve half of a pepper as a side, or two halves for a meatless meal!



13

CHICKEN POT PIE PASTA

30 Min | Serves 8

Ingredients:

- 2 Tbsp olive oil
- 1 lb boneless, skinless chicken breasts, diced
- 4 cloves garlic, minced
- 1 medium onion, finely diced
- 1 Tbsp Zesty Italian Seasoning*
- 1 tsp black pepper
- 1 cup 1% low-fat milk
- 2 Tbsp all-purpose flour
- 1 (32 oz) carton unsalted chicken broth
- 1 (12 oz) bag egg noodles
- 1 (12 oz) bag frozen mixed vegetables (corn, peas, carrots, green beans)
- 3/4 cup grated parmesan cheese

*Recipe found on page 11

Preparation:

1. In a large pot, heat oil over medium. Add chicken, garlic, onion, Italian seasoning & pepper. Mix well. Cook 7-8 minutes or until cooked through, stirring occasionally.
2. Add milk & flour. Cook 2-3 minutes stirring throughout. Add broth & bring to a boil. Add pasta & reduce heat to medium. Cook 7-8 minutes stirring occasionally.
3. Add vegetables & cheese. Mix well. Simmer another 4-5 minutes, or until pasta is tender & vegetables are warm.



Nutrition Facts	
8 servings per recipe	
Serving size (315g)	
Amount per serving	
Calories	350
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 250mg	11%
Total Carbohydrate 42g	15%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 153mg	10%
Iron 2mg	10%
Potassium 459mg	10%

*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.



14



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 (14.5 oz) 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

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.



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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TIP

Swap the avocado for Healthy Chunky Guacamole* for a flavorful twist.

*Find recipe at onionproject.org

15



CUBAN PULLED PORK TACOS

20 Min Prep
5 Hrs (high) or 9 Hrs (Low)

Serves 8
(2 tacos each)



Ingredients:

- 1 Tbsp olive oil
- 2 lbs boneless pork shoulder roast, fat trimmed
- 1 Tbsp Jamaican Jerk Seasoning*
- Non-stick cooking spray
- 1 large white onion, sliced
- 2 large green bell peppers, sliced
- 1 jalapeño pepper, de-seeded & sliced
- 4 cloves garlic, minced
- 1/4 cup orange juice
- 2 limes, juiced
- 16 (6 inch) corn tortillas
- 2 avocados, sliced
- 1/2 cup minced fresh cilantro
- 1/2 cup crumbled queso fresco

*Recipe found on page 11

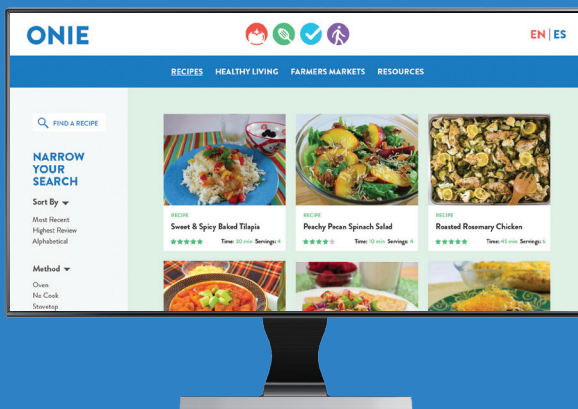
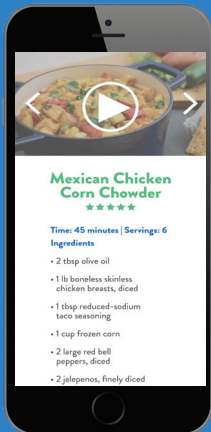
Preparation:

1. In a large skillet, heat oil over medium-high. Season roast with jerk seasoning & add to skillet. Cook 4-5 minutes or until light brown on all sides.
2. Lightly coat a slow cooker with cooking spray. Add onion, peppers & garlic. Place roast on top of vegetables. Add orange & lime juice.
3. Cover & cook on HIGH 4-5 hours or LOW 9 hours.
4. Once cooked, shred meat using two forks & mix with vegetables.
5. Microwave tortillas 30 seconds or until softened. Fill tortillas with pulled pork, vegetables & avocado. Serve topped with cilantro & queso fresco!

Nutrition Facts	
8 servings per recipe	
Serving size	(306g)
Amount per serving	
Calories	390
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 190mg	8%
Total Carbohydrate 33g	12%
Dietary Fiber 8g	29%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 29g	
Vitamin D 1mcg	6%
Calcium 119mg	10%
Iron 2mg	10%
Potassium 986mg	20%

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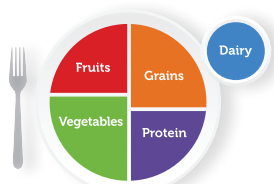
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- Developed using the MyPlate food groups



MyPlate.gov

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