

# Materials Guide



How-To Cards

Produce Recipe Cards

Bilingual Recipe Cards

Recipe Booklets


Nutrition Calendars

Nutrition Education Materials


# How-To Cards

- Highlights locally-available produce in detail.
- Includes helpful information for how to select, store, and prepare.
- Recipe on back uses featured produce as an ingredient.
- Other features include seasonal information, additional recipe pictures, helpful tips, and nutrition facts.

*A simple guide to*  
**BELL PEPPERS**




Green bell peppers are slightly bitter.




Red, orange & yellow bell peppers are slightly sweet.


**In Season**



**How to Select**



Choose brightly colored peppers that are heavy for their size with firm, shiny & wrinkle-free skin.



Avoid peppers that are soft, pitted, or have dark spots.

**How to Store**

**Raw**


- Refrigerate peppers in a plastic bag up to 5 days. Avoid washing until ready to eat.
- Freeze clean, chopped peppers in a freezer-safe container up to 4-6 months.

**Cooked**


- Refrigerate in airtight container up to 3-5 days.

**How to Prepare**


Bell peppers can be added to any recipe & prepared in many ways




Roasted




Sautéed



Slice Fresh



Grilled



SCAN ME WITH YOUR SMART PHONE FOR MORE BELL PEPPER RECIPES

**Tip**

Use all colors of peppers to add different flavors & colors to your dish.

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Double Sided



**FRESCA STREET TACOS**

**Ingredients:**

- 2 Tbsp canola oil
- 1 (12 oz) package frozen shredded hash brown potatoes
- 1 1/2 cups chunky salsa
- 2 cups shredded fiesta blend cheese
- 1 (15 oz) can black-eyed peas, drained & rinsed
- 1 large green bell pepper, diced
- 1 small red onion, diced
- 6 (6-inch) corn tortillas

**Preparation:**

- In a large skillet, heat oil over medium-high. Add hash brown potatoes in an even layer & cook 5-7 minutes or until golden brown. Flip over & repeat.
- Add salsa, cheese, black-eyed peas, bell pepper & onions. Mix well. Cook 3-5 minutes or until all ingredients are hot.
- Meanwhile, heat a separate skillet. Dip a tortilla in cold water & toast in skillet 1 minute per side or until slightly browned. Repeat for each tortilla.
- Spread mixture evenly over tortillas & serve!

**Tip:**

Make sure to drain & rinse canned products to reduce sodium content in meals.

**30 Min | Serves 6**

**Nutrition Facts**

8 servings per recipe  
Serving size (246g)

Amount per serving  
**Calories 310**

	% Daily Value*
Total Fat 14g	28%
Saturated Fat 5g	10%
Trans Fat 0g	0%
Cholesterol 25mg	5%
Sodium 560mg	11%
Total Carbohydrate 31g	6%
Dietary Fiber 7g	14%
Total Sugars 4g	8%
Protein 13g	26%

\*Percent Daily Values are based on a diet of other people's secrets.




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# Produce Recipe Cards

- Briefly highlights locally-available produce.
- Includes helpful information for how to select, store, and prepare.
- Recipe on back uses featured produce as an ingredient.
- Other features include seasonal information, helpful tips, and nutrition facts.






**BUTTERNUT SQUASH**

**In Season**  
August - November

**How to Select**  
Choose a deep beige-colored squash that is free of cuts or bruises & is heavy for its size.

**How to Store**  
Store whole squash in a cool, dark place up to 1 month. Refrigerate cooked, peeled squash in a zip-close bag up to 5 days.

**Helpful Tip**  
For a faster cook time, poke deep holes in the squash with a fork & microwave about 10 minutes.

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Double Sided



**HARVEST BUTTERNUT & BEEF STEW**

**Ingredients:**

- 2 Tbsp olive oil
- 1 medium yellow onion, diced
- 1/2 tsp black pepper
- 1 lb lean beef stew meat, cubed
- 2 (32 oz) cartons unsalted beef broth
- 1 medium butternut squash, peeled & diced
- 1 lb mushrooms, sliced
- 1 cup whole-wheat orzo
- 4 cups chopped kale
- 2 Tbsp chopped fresh dill
- 1/2 cup shredded Parmesan cheese

**30 Min | Serves 8**

**Preparation:**

1. In a large pot, heat oil over medium-high. Add onion & pepper. Cook 2-3 minutes or until onion is soft, stirring occasionally.
2. Add beef & cook 5-7 minutes, or until beef is cooked through.
3. Add broth, squash, mushrooms & orzo. Bring to a boil. Reduce heat to medium-low. Cover & cook 12-15 minutes or until squash is fork-tender.
4. Stir in kale & dill. Cook 2-3 minutes, or until wilted.
5. Divide into bowls & top with cheese. Serve immediately.

Nutrition Facts	
8 servings per recipe	
Serving size (811g)	
Amount per serving	
<b>Calories</b>	<b>320</b>
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 3.5g	19%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 243mg	19%
Total Carbohydrate 36g	13%
Dietary Fiber 9g	21%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 26g	
Vitamin D 0mcg	0%
Calcium 125mg	13%
Iron 4mg	20%
Potassium 610mg	17%

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# Bilingual Recipe Cards

- Simple, healthy, and tasty recipes provided in English and Spanish on a small double-sided card.
- Other features include helpful tips and nutrition facts.

Double Sided

**BEEF & BROCCOLI RAMEN**

**Ingredients:**

- 3 packets ramen noodles (any flavor – seasoning discarded)
- 2 cups unsalted beef broth
- 4 Tbsp cornstarch
- 8 cloves garlic, minced
- 1 tsp ground ginger
- 2 Tbsp low-sodium soy sauce
- 2 Tbsp sriracha sauce
- 1 Tbsp olive oil
- 1 lb lean flank steak, thinly sliced
- 1 (12 oz) bag frozen broccoli
- 1 (10 oz) bag matchstick carrots
- 1 (8 oz) carton sliced fresh mushrooms
- 3 green onions, chopped

**25 Min | Serves 6**

**Nutrition Facts**

6 servings per recipe	
Serving size (385g)	
Amount per serving	
<b>Calories</b>	<b>430</b>
Total Fat 15g	30%
Saturated Fat 1 1/2g	30%
Trans Fat 0g	
Cholesterol 50mg	20%
Sodium 640mg	24%
Total Carbohydrate 42g	15%
Dietary Fiber 5g	10%
Total Sugars 5g	
Includes 0g Added Sugars	0%
<b>Protein</b> 30g	
Vitamin D 0mcg	0%
Calcium 120mg	6%
Iron 4mg	20%
Potassium 710mg	15%

**Preparation:**

1. Cook ramen according to package directions. Drain & set aside.
2. In a medium bowl, add broth, cornstarch, garlic, ginger, soy sauce & sriracha. Mix well.
3. In a large skillet, heat oil over medium-high. Add beef & cook 4-5 minutes, or until browned. Add broccoli, carrots & mushrooms. Cook 4-5 minutes, or until broccoli is fork-tender.
4. Add sauce & simmer 3-4 minutes or until sauce thickens.
5. Add ramen to skillet & toss to coat. Serve topped with green onions.

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**CHOOSE HOME MADE**

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**RAMEN DE RES Y BRÓCOLI**

**Ingredientes:**

- 3 paquetes de pasta ramen (de cualquier sabor – condimento descartado)
- 2 tazas de caldo de res sin sal añadida
- 4 cdas de maicena
- 8 dientes de ajo, picados finamente
- 1 cda de jengibre en polvo
- 2 cdas de salsa de soya baja en sodio
- 2 cdas de salsa sriracha
- 1 cda de aceite de oliva
- 1 lb de falda de res, en tiras
- 1 bolsa (12 oz) de brócoli congelado
- 1 bolsa (10 oz) de zanahorias ralladas
- 1 cartón (8 oz) de champiñones frescos, en rodajas
- 3 cebollas verdes, picadas

**25 Min | Porciones 6**

**Información Nutricional**

6 porciones por receta	
Tamaño de la porción (385g)	
Cantidad por porción	
<b>Calorías</b>	<b>430</b>
Grasa Total 15g	30%
Grasa Saturada 1 1/2g	30%
Grasa Trans 0g	
Coolesterol 50mg	20%
Sodio 640mg	24%
Carbohidrato Total 42g	15%
Fibra Dietética 5g	10%
Azúcares Totales 5g	
Incluye 0g Azúcares Añadidos	0%
<b>Proteína</b> 30g	
Vitamina D 0mcg	0%
Calcio 120mg	6%
Hierro 4mg	20%
Potasio 710mg	15%

**Preparación:**

1. Preparar la pasta ramen según las instrucciones del paquete. Escurrir y poner a un lado.
2. En un tazón mediano, añadir el caldo, la maicena, el ajo, el jengibre, la salsa de soya y la sriracha. Mezclar bien.
3. En un sartén grande, calentar el aceite a fuego medio-alto. Añadir la carne y cocinar 4-5 minutos o hasta que se dore. Añadir el brócoli, las zanahorias y los champiñones. Sofreír 4-5 minutos o hasta que el brócoli esté tierno.
4. Añadir la salsa y cocinar a fuego lento 3-4 minutos o hasta que espese.
5. Añadir la pasta cocida y mezclar bien. Servir con cebolla verde encima.

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**ELIGE COCINAR EN CASA**

ESCRÍBEME CON TU TELEFONO PARA VER ESTA RECETA EN LINEA



# Recipe Booklets

- Recipe booklets thoughtfully put together under a common theme.
- Available booklets include 30 Minutes or Less (pictured), 1 Shopping List, 5 Recipes, Kids Snacks, Match 1 for 1, One-Pot Recipes, and Seafood Recipes.
- Other features include nutrition label education, recipe icons, and helpful tips.





# Nutrition Calendars

- 12 quick, tasty & healthy meals that are easy to prepare & are made using common ingredients.
- SNAP resources inside, including a complete list of SNAP-accepting farmers markets in Oklahoma.
- Other features include nutrition label education, recipe icons, and helpful tips.



**Chipotle Honey Chicken Skewers**

Est Time: 30 min    Servings: 4 (2 skewers each)

**Ingredients:**

1 cup instant brown rice	2 cloves garlic, minced
1/4 cup honey	Non-stick cooking spray
1 Tbsp tomato paste	1 lb boneless, skinless chicken breasts, cubed
2 Tbsp apple cider vinegar	1 large red bell pepper, cubed
1 tsp chipotle pepper powder	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 15-18 minutes, or until chicken is fully cooked.
6. Serve over rice.

**Nutrition Facts**  
4 servings per recipe  
Serving size (182g)  
Amount per serving  
**Calories 360**

	% Daily Value*
Total Fat 4.5g	9%
Saturated Fat 0.8g	16%
Total Sugar 10g	20%
Cholesterol 10mg	20%
Sodium 10mg	20%
Total Carbohydrate 13g	26%
Dietary Fiber 1g	2%
Total Protein 20g	40%
Protein 20g	40%
Vitamin D 0.1mcg	2%
Calcium 10mg	2%
Iron 1mg	2%
Potassium 100mg	2%

\*Percent Daily Values are based on a diet of other people's secrets.

April

1 for 1 certified



# Nutrition Education Materials

- Available materials include MyPlate Handouts, MyPlate Menu Worksheets, Making Sense of Nutrition Labels (tri-fold), Change it Up: Healthy Twists for your Family Favorite Recipes, Salt Check: Does your food match 1 for 1?, A Day on MyPlate: Snapshot of 2,000 Calories & Making Your Own Baby Food.

