



Summer Meals in a SNAP

Summer is a wonderful time to try new foods! This guide is packed with ideas for breakfast, lunch, and snacks to make summer meal planning a breeze for students and their families. The meal suggestions are budget-friendly to help you stretch your summer food budget and take advantage of summer-EBT benefits.

You can follow the meal plan provided or pick and choose meals based on your family's preferences and dietary needs. Use the tasty recipes or your favorite recipes from home. A blank menu is provided to help you plan your meals for a few days or the entire week. Enjoy summer meals in a SNAP!



About the Menu and Shopping List

- Most recipes make 4 servings. You can use leftovers for later meals or save them for another day. If you need more than 4 servings, just double the recipes.
- Feel free to use your favorite recipes or follow the ones included in the guide.
- You can use a muffin mix, pre-made hummus, or boxed macaroni and cheese instead of making everything from scratch.
- Older youth can try making the recipes themselves. For younger children, adults can prepare the meals ahead of time, and kids can reheat them in the microwave at mealtime.
- Each day includes a cold sandwich option, which is great for days when adults prefer that children avoid using hot cooking equipment when they're home alone.
- Canned and frozen fruits and vegetables are convenient. You can also use fresh fruits and vegetables that are in season.
- These breakfast, lunch and snack ideas can contribute to a daily meal plan containing foods that are good sources of iron, calcium, Vitamin C and Vitamin A.
- For dinner ideas to complete your day, check out [Real Life, Good Food](https://reallifegoodfood.umn.edu). <https://reallifegoodfood.umn.edu>

Meal Planning

Planning meals with your children is a great way to spend time with them. Use this guide to help plan meals and snacks your child eat during the week. Look at the two week summer meal ideas to get started.

1. Think

- What foods do you have on hand?
- What foods are on sale this week?
- What foods do you like to eat?
- What meal ideas do you like from the two week meal idea guide?
- What is a new food or recipe you would like to try?

2. Plan

- Write what foods you plan to eat each day.
- Start small. Start by planning a few meals at a time.
- Make a grocery list.

3. Be flexible

- Meal plans are a guide. You do not need to follow them exactly.

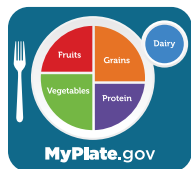


Week One (Milk at breakfast and lunch)



	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Banana Muffin*	Veggie Omelet in a Mug* Applesauce	Peanut Butter Toast Banana	Overnight Oats*	Energy Bites* Yogurt Grapes	Fruity Breakfast Parfait*	Banana Bobs*
Lunch (Hot)	Egg Roll in a Bowl* Orange	Chicken Quesadilla* Carrots	Garden Sloppy Joes* Applesauce	Mac and Cheese with Broccoli* Grapes	Burrito Bowl* Banana	Spaghetti with Meat Sauce* Lettuce salad	Breakfast Burrito* Green beans
Lunch (Cold)	Peanut Butter and Jelly Sandwich Orange Fresh broccoli florets	Chicken Salad Sandwich* Carrots	Tortilla Wrap* Applesauce	Veggie and Hummus Sandwich Grapes	Veggie Chicken Roll-ups* Banana	Tuna Sandwich Lettuce salad	Egg Salad Sandwich* Green pepper sticks
Snacks	Yogurt and fruit Apple	Ants on a Log* Banana	Fresh veggies with cottage cheese	Fresh fruit and cheese cubes	Fresh veggies with hummus dip	Apple slices and nut butter	Stuffed French Toast Wraps*

Dinner Ideas:



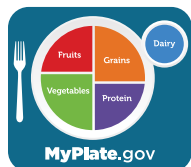
*Recipe included

Week Two (Milk at breakfast and lunch)



	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Fruit Pizza To Go*	Cereal Berries	Oatmeal with fruit	Peanut Butter Toast Banana	Breakfast Banana Split*	Banana Muffin* Applesauce	Scrambled Egg Toast Grapes
Lunch (Hot)	Cheesy Chicken Rice* Grapes	Veggie Skillet Eggs* Banana	Easy Meatballs* Broccoli	Tuna Pasta Salad* Carrots	Easy Cheese Enchiladas* Orange	Ramen Noodle Skillet* (beef or chicken) Lettuce salad	Southwestern-style Rice Bowl* or brown rice, corn, beans Apple
Lunch (Cold)	Chicken Salad Sandwich* Grapes Celery sticks	Egg Salad Sandwich* Fruit: banana Green pepper sticks	Peanut Butter Sandwich Broccoli	Cheese Sandwich Carrots	Veggie Chicken Roll-ups* Orange	Tortilla Wrap* Lettuce salad	Veggie and Hummus Sandwich Apple
Snacks	Fresh veggies and Chickpea Dip*	Fresh grapes and cheese cubes	Apple Sandwiches* Carrots	Yogurt with fruit	Peanut butter toast Apples	Hummus on crackers	Carrot sticks and veggie dip

Dinner Ideas:



*Recipe included

Week One Shopping List

Here is a shopping list for breakfast and snacks. Add the ingredients you need for lunches to the bottom of the list.

Fresh produce

- 2 apples
- 1 bell pepper
- 2 celery stalks
- 5 large bananas
- 1 cucumber
- 1/2 pound grapes
- 1 large carrot

Canned fruit and vegetables

- 1 20-oz can pineapple
- 1 8-oz box raisins
- 1 8-oz jar applesauce

Cereal, pasta and grains

- 1 loaf of sliced whole wheat bread
- 1 8-count package tortillas
- 2 cups oatmeal

Meat and dairy

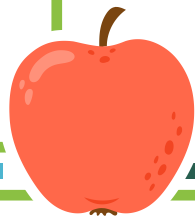
- 1 dozen eggs
- 8 cups 1% milk
- 1 32-oz container flavored yogurt
- 1 package grated cheddar cheese
- 8 ounces of cheese cubes or cheese block
- 1 small container cottage cheese

Frozen foods

- 8 oz frozen blueberries
- 8 oz frozen strawberries

Pantry

- All-purpose flour
- Sugar
- Peanut butter
- Baking powder
- Baking soda
- Ground nutmeg
- Salt
- Pepper
- Vanilla extract
- Vegetable oil
- Honey
- Cinnamon
- Vanilla extract
- Mixed nuts
- Flaxseed
- Chocolate chips
- Hummus dip
- Sliced almonds



Other ingredients needed:

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Week Two Shopping List

Here is a shopping list for breakfast and snacks. Add the ingredients you need for lunches to the bottom of the list.

Fresh produce

- 1 pint fresh strawberries
- 1 pound grapes
- 2 mandarin oranges
- 4 large bananas
- 2 medium apples
- 2 medium carrots

Cereal, pasta and grains

- 1 6-pack whole wheat English muffins
- 1 loaf whole wheat bread
- 1 18-oz container oatmeal
- 1 box toasted O cereal

Meat and dairy

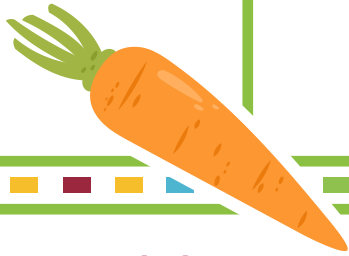
- 1 4-oz container strawberry cream cheese
- 1 gallon low-fat milk
- 1 8-oz container plain yogurt
- 2 oz cheese cubes
- 1 dozen eggs
- 1 10-oz container hummus

Frozen foods

- 1 16-oz bag frozen blueberries

Pantry

- Garlic cloves
- Lemon juice
- Olive oil
- Salt
- Paprika
- Black pepper
- Peanut butter
- Raisins
- Granola
- Whole wheat flour
- Sugar
- Baking powder
- Baking soda
- Ground nutmeg
- Vegetable oil
- Vanilla extract
- Whole grain crackers
- Ranch dressing



Other ingredients needed:

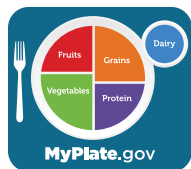
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Weekly Calendar



	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast							
Lunch							
Snacks							

Dinner Ideas:



Ants on a Log



Makes 4 servings

Ingredients

- 4 stalks celery
- 1/4 cup peanut butter
- 2 tablespoons raisins

Directions

1. Wash hands with soap and water.
2. Remove outer strings of celery with a vegetable peeler, if desired. Cut each celery stalk into three pieces.
3. Spread peanut butter on the inside of the celery.
4. Place raisins on top of the peanut butter.
5. Refrigerate leftovers within two hours.

Apple Sandwiches



Makes 2 servings

Ingredients

- 1 medium apple
- 2 tablespoons peanut butter
- 1 tablespoon raisins

Directions

1. Wash hands with soap and water.
2. Cut apple in half from the stem down and lay each half cut-side down on a cutting board. Slice each half into 6 half-round slices and cut out the core.
3. Spread 1/2 teaspoon peanut butter on one side of each apple slice.
4. Put 4 to 6 raisins on top of the peanut butter on one apple slice. Top with another apple slice, peanut-butter side down. Squeeze gently.
5. Continue with remaining apple slices.
6. Refrigerate leftovers within 2 hours.

Banana Bobs



Makes 8 Bobs

Ingredients

Large banana, peeled and cut into 1/2-inch slices
1/4 cup low-fat vanilla yogurt
2 tablespoons oat and honey granola cereal

Directions

1. Wash hands with soap and water.
2. Divide the sliced banana pieces between two plates.
3. Place 2 tablespoons of yogurt onto each plate.
4. Place 1 tablespoon of granola cereal onto each plate.
5. Use fork to pick up a slice of banana and dip into the yogurt, then into the cereal.
6. Refrigerate leftovers within 2 hours.

Banana Muffin



Makes 12 muffins

Ingredients

1 1/2 cups whole wheat flour
1/2 cup sugar
1 teaspoon baking powder
1/4 teaspoon baking soda
1/2 teaspoon ground nutmeg
1/4 teaspoon salt
2 eggs, slightly beaten
1/4 cup milk
1/4 cup vegetable oil
1/2 teaspoon vanilla extract
3/4 cup bananas, mashed

Directions

1. Wash hands with soap and water.
2. Grease or use paper lines in pans for 12 muffins. Preheat oven to 350 F.
3. Place flour, sugar, baking powder, baking soda, nutmeg and salt in a bowl. Mix with a fork and set aside.
4. Combine eggs, milk, oil and vanilla in a small bowl. Stir well.
5. Add bananas and egg mixture to dry ingredients. Mix well but do not overmix.
6. Scoop batter into muffin pans about 2/3 full.
7. Bake 15-20 minutes. Allow muffins to cool for the best taste.

Breakfast Banana Split



Makes 1

Ingredients

- 1 banana
- 1 tablespoon peanut butter
- 1/2 cup low-fat vanilla yogurt
- 1/2 cup fruit of choice
- 2 tablespoons granola

Directions

1. Wash hands with soap and water.
2. Peel banana.
3. Cut banana in half and slice lengthwise.
4. Spread peanut butter on each slice. Place in bowl.
5. Top with yogurt.
6. Add fruit of choice.
7. Sprinkle with granola.

Breakfast Burrito



Makes 1 burrito

Ingredients

- 1 egg
- Chopped onion, salt and pepper to taste
- 1 teaspoon vegetable oil
- 1/4 cup shredded cheddar cheese
- Salsa to taste
- 1 whole wheat tortilla

Directions

1. Wash hands with soap and water.
2. Heat oil in fry pan on medium heat.
3. In a separate bowl, whisk egg (add water or milk to taste).
4. Cook onion in oil until translucent. Add egg, salt and pepper and cook while stirring until egg is set.
5. Lay tortilla on a large plate. When egg is cooked, spoon it onto the tortilla along the middle. Sprinkle with cheese and add salsa to taste.
6. Roll into a burrito to serve: Fold up the lower edge of the tortilla, fold one side over the egg then fold the other side on top and finish rolling.

Burrito Bowl



Makes 6 bowls

Ingredients

- 1 cup uncooked brown or white rice
- 1 tablespoon canola oil
- 1 medium onion, halved and sliced
- 1 bell pepper, cut in strips
- 1 pound lean ground beef, turkey or chicken
- 1 tablespoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 1 (15-ounce) can black beans, drained and rinsed
- 1/4 cup chopped fresh cilantro
- 1/2 lime, juiced or 1 tablespoon lime juice
- Salt to taste

Directions

1. Wash hands with soap and water.
2. Cook rice according to package directions.
3. Heat oil in pan over medium-high heat. Add onions and peppers. Sauté until tender, stirring occasionally. Place on a clean plate or bowl.
4. In the same pan, add meat and sauté until browned. Add chili powder, garlic powder and cumin, and stir until combined. Set aside.
5. When rice is finished cooking, turn off heat. Fluff with fork. Add beans, cilantro, lime juice and salt to taste. Stir to combine.
6. Assemble burrito bowls and top with desired toppings. Try shredded lettuce, salsa, jalapenos, plain yogurt.
7. Refrigerate leftovers within 2 hours and use within 4 days.

Cheesy Chicken Rice



Makes 6 servings

Ingredients

- 1 cup uncooked brown rice
- 1 cup onion, diced
- 1 (10.5-ounce) can cream of chicken soup
- 1 cup milk
- 1/2 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 2 cups frozen vegetables
- 20 ounces canned chicken
- 1/2 cup shredded cheddar cheese

Directions

1. Wash hands with soap and water.
2. Heat oven to 375 F.
3. Cook rice according to package directions.
4. In a large bowl, mix together onion, cream soup, milk, pepper and garlic powder. Stir in frozen vegetables, chicken and cooked rice.
5. Pour mixture into 9x13-inch pan.
6. Bake for 30 minutes. Top with cheese and serve.

Chicken Quesadilla



Makes 1

Ingredients

- 1/4 cup canned or leftover chicken, shredded
- 1 teaspoon vegetable oil
- 1/4 cup shredded cheddar cheese
- 1 or 2 whole wheat tortillas

Directions

1. Wash hands with soap and water.
2. Heat oil in fry pan on medium heat.
3. Add chicken and cook until heated through.
4. While chicken is cooking, place one tortilla on a large plate, sprinkle 1/8 cup cheese over 1/2 the tortilla or the whole tortilla if using 2.
5. Spread chicken over the cheese, and sprinkle the remaining cheese over the chicken.
6. Fold the tortilla over the filled 1/2 (or place the whole second tortilla on top). Place the filled tortilla in the fry pan and heat on medium heat until the cheese begins to melt. Flip over and heat through (about 30 seconds).

Chicken Salad Sandwich



Makes 1 sandwich

Ingredients

- 1/2 of a 5-ounce can or 1/4 cup shredded chicken
- 1-2 tablespoons mayonnaise
- 2 tablespoons minced onion or 1/2 teaspoon onion powder
- Optional: 1 rib celery, minced
- Salt and pepper to taste

Directions

1. Wash hands with soap and water.
2. In 2-cup bowl, mix together chicken and mayonnaise. Add vegetables, if desired. Mix well and season to taste.
3. Spread on bread for a sandwich or spoon on top of a bed of leafy greens.
4. Refrigerate leftovers.

Chickpea Dip



Makes 4 servings

Ingredients

- 3 garlic cloves
- 1/4 cup plain fat-free yogurt
- 1 tablespoon lemon juice
- 1 teaspoon olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon paprika
- 1/8 teaspoon black pepper
- 1 (19-ounce) can low-sodium chickpeas, drained
(also called drained garbanzo beans)

Directions

1. Wash hands with soap and water.
2. Put all ingredients into a food processor and blend until smooth.
3. Serve at room temperature with pita chips, crackers, carrots or other dipping vegetables.

Easy Cheese Enchiladas



Makes 8 enchiladas

Ingredients

- 2 (15-ounce) cans pinto beans, drained and rinsed
- 1 cup salsa
- 1 1/2 cups corn (fresh or frozen, or a 15-ounce can, drained and rinsed)
- 1/2 cup chopped mild green chiles (or 4-ounce can)
- 1/2 teaspoon garlic powder or 2 cloves garlic, finely chopped
- 1 1/2 cups shredded cheese
- 8 whole wheat flour tortillas (10-inch) or 12 corn tortillas (6-inch)
- 1 (15-ounce) can enchilada sauce

Directions

1. Wash hands with soap and water.
2. Preheat oven to 350 F. Lightly oil or spray a 9x13-inch baking dish.
3. Mix beans, salsa, corn, chiles, garlic and half of the cheese together in a bowl.
4. Warm each tortilla in a dry skillet and stack them on a plate.
5. Spoon about 1/2 cup of the bean mixture onto each tortilla.
6. Roll the tortilla and place seam-side down in the baking dish.
7. Pour enchilada sauce over the tortillas and sprinkle with remaining cheese.
8. Bake for 15-20 minutes, or until hot.
9. Refrigerate leftovers within 2 hours.

Easy Meatballs



Makes 24 meatballs

Ingredients

- 1 pound lean ground beef (at least 85% lean)
- 1/2 cup uncooked white or brown rice
- 2/3 cup nonfat or 1% milk
- 1 egg, lightly beaten
- 1/2 cup chopped onion (1/2 medium onion)
- 1/2 cup shredded carrot
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Sauce

- 1 (10.5-ounce) can condensed soup (try tomato, cream of mushroom or other flavors)
- 3/4 cup nonfat or 1% milk

Directions

1. Wash hands with soap and water.
2. Preheat oven to 350 F. Lightly grease a 9x13-inch baking dish.
3. Combine beef, rice, milk, egg, onion, carrot, salt and pepper. Use a spoon to form 24 meatballs and place in baking dish.
4. In a separate bowl, combine soup and milk to make the sauce. Mix well. Pour sauce over meatballs.
5. Cover pan tightly with foil. Bake for 1 hour.
6. Refrigerate leftovers within 2 hours.

Egg Roll in a Bowl



Makes 4 bowls

Ingredients

- 1/2 pound ground beef
- 1 tablespoon garlic, minced
- 1/2 cup carrots, matchstick
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon minced fresh ginger (or 1 teaspoon ground ginger)
- 1/2 teaspoon red pepper flakes
- 14 ounces coleslaw mix
- 1/2 cup green onions

Directions

1. Wash hands with soap and water.
2. Brown ground meat in a skillet until cooked through. Drain any fat as needed.
3. Add garlic and carrots and sauté' 2-3 minutes.
4. Stir in soy sauce, ginger and red pepper flakes.
5. Add coleslaw and stir.
6. Saute' in pan until coleslaw reduces down by half.
7. Top with green onions and serve.

Egg Salad Sandwich



Makes 4 sandwiches

Ingredients

6 eggs
1/4 cup mayonnaise (adjust to taste)
2 ribs celery, chopped
2 tablespoons onion, finely chopped
1/2 teaspoon prepared mustard
Salt and pepper to taste

Directions

1. Wash hands with soap and water.
2. Place eggs in pot and add enough cold water to cover eggs.
3. Bring water to a boil. When boiling starts, remove from burner and cover. Let sit for about 20 minutes.
4. Drain eggs and rinse with cold water several times.
5. Once eggs cool, peel and chop.
6. Add remaining ingredients, stir.
7. Add to bread to complete sandwich.

Energy Bites



Makes 24

Ingredients

1 cup quick-cooking oatmeal
1/2 cup nut butter (peanut butter, almond butter, etc.)
1/4 cup honey or maple syrup
1/4 cup dried cranberries or raisins
2 tablespoons mini chocolate chips
1/4 cup shredded coconut, sunflower seeds or nut
2 tablespoons flaxseed (optional)

Directions

1. Wash hands with soap and water.
2. Add oatmeal, nut butter and honey to a bowl and mix.
3. Add dried fruit, chocolate chips and shredded coconut (or nuts).
4. Mix well.
5. Chill for 30 minutes in the refrigerator.
6. Roll into small balls.

Fruit Pizza to Go



Makes 1

Ingredients

- 1 English muffin (whole wheat)
- 2 tablespoons whipped fat-free strawberry cream cheese
- 2 strawberries, sliced
- 2 grapes, sliced
- 2 slices mandarin oranges

Directions

1. Wash hands with soap and water.
2. Toast the English muffin until golden brown. Spread cream cheese on toasted muffin.
3. Arrange sliced strawberries, grapes and orange slices on top of the English muffin.

Fruity Breakfast Parfait



Makes 2 servings

Ingredients

- 1 cup vanilla or plain yogurt
- 2 cups canned pineapple or oranges, drained
- 1 cup frozen blueberries, thawed
- 1 firm medium banana, washed, peeled and sliced
- 1/3 cup raisins
- 1/4 cup sliced almonds, toasted (or top with granola instead!)

Directions

1. Wash hands with soap and water.
2. Slightly thaw frozen berries.
3. In clear glasses or mugs, put half of the yogurt in the bottom and top with half of the pineapple, blueberries, banana and raisins.
4. Top with toasted nuts, a reserved piece of fruit or granola.
5. Repeat steps for the second parfait.
6. Eat promptly or refrigerate and enjoy within 1-2 hours.

Garden Sloppy Joes



Makes 6 sandwiches

Ingredients

- 1 onion, chopped
- 1 carrot, chopped or shredded
- 1 green bell pepper, chopped
- 1 pound lean ground meat (at least 85% lean turkey, chicken or beef)
- 1 (8-ounce) can tomato sauce
- 1 (15-ounce) can whole tomatoes, crushed
- 1 (8-ounce) can mushrooms or ½ pound chopped fresh mushrooms
- 1/4 cup barbecue sauce
- 6 whole wheat buns, split in half to make 12

Directions

1. Wash hands with soap and water.
2. Sauté onion, carrot, green bell pepper and ground meat in a 2- to 3-quart saucepan over medium-high heat for 5 minutes.
3. Add tomato sauce, crushed tomatoes, mushrooms and barbecue sauce.
4. Bring to a boil. Reduce heat and simmer for 15 to 20 minutes or until thick, stirring occasionally.
5. Toast buns if desired. Spoon sauce over bun halves. Serve open faced.
6. Refrigerate leftovers within 2 hours.

Mac and Cheese with Broccoli



Makes 6 servings

Ingredients

- 2 cups uncooked elbow macaroni
- 4 tablespoons flour
- 2 cups milk (1% or low-fat)
- 2 cups cheddar cheese, low-fat shredded
- 1/2 teaspoon pepper
- 2 cups broccoli (cooked and chopped)

Directions

1. Wash hands with soap and water.
2. Cook macaroni, following the instructions on the package.
3. Drain the cooked macaroni and return to the pan.
4. While the macaroni is still warm, sprinkle in the flour and stir thoroughly.
5. Over medium heat, slowly stir the milk into the macaroni.
6. Add the cheese and pepper.
7. Stir over medium heat until the milk and cheese thicken into a creamy sauce, about 7-10 minutes.
8. Stir in the broccoli; heat thoroughly.
9. Taste; add a small amount of salt, if needed.
10. Refrigerate leftovers.

Overnight Oats



Makes 1 serving

Ingredients

Base Oat Mixture

- 1/3 cup old-fashioned oats
- 1/3 cup skim milk
- 1/4 cup fat-free vanilla Greek yogurt
- 1 tablespoon chia seeds

Variations

Banana Bread: 1/4 cup bananas, sliced, 1 tablespoon walnuts, chopped, and 1/4 teaspoon cinnamon

Blackberry Coconut Almond: 1/4 blackberries, 1 tablespoon coconut, and 1 tablespoon almonds, sliced

Peanut Butter Jelly: 1/4 cup raspberries, 1 tablespoon peanut butter

Mixed Berries: 1/4 cup berries of choices

Directions

1. Wash hands with soap and water.
2. Mix oats, milk, yogurt and chia seeds in a mason jar.
3. Cover and refrigerate for at least 2 hours or overnight.
4. Top with fresh fruit, nuts or other mix-in flavors.

Ramen Noodle Skillet



Makes 4 servings

Ingredients

- 2 teaspoons vegetable oil
- 1 cup onion, chopped (about 1 medium onion)
- 1 carrot, chopped or sliced into small pieces
- 2 cups frozen broccoli stir-fry vegetable mixture
- 2 cups cooked meat or poultry, cut into bite-sized pieces
- 1 3-ounce package instant ramen noodles, broken into pieces
- 1 cup water

Directions

1. Wash hands with soap and water.
2. Heat oil in large skillet. Add onion and carrots, and sauté until soft (about 5 minutes).
3. Add the broccoli and meat to the skillet. Stir and heat (about 2-3 minutes).
4. Add the noodle seasonings and water to the skillet and stir.
5. Add broken noodles to the skillet when the water simmers. Stir to moisten the noodles. Cover the skillet and cook until done (about 2 minutes). Serve immediately.

Southwestern-style Rice Bowl



Makes 4 bowls

Ingredients

3 cups cooked rice
1 tablespoon vegetable oil
1 (15-ounce) can mixed vegetables
1 (14.5 ounce) can green beans
1 (15-ounce) can beans (black, garbanzo, kidney or cannellini)
1 teaspoon garlic powder
1 teaspoon onion powder
1/2 teaspoon black pepper
8 ounces taco sauce
Optional: salsa

Directions

1. Wash hands with soap and water.
2. Cook the rice according to package directions.
3. Heat the vegetable oil in a skillet on the stovetop. Add the vegetables, beans and spices.
4. Cook and stir until vegetables are heated through.
5. Spoon 3/4 cup rice into each of 4 bowls. Top with the vegetable/bean mixture, and serve with salsa to taste.
6. Serve at once. Refrigerate leftovers.

Spaghetti with Meat Sauce



Makes 4 servings

Ingredients

1 pound spaghetti noodles
1/2 pound ground beef
1/4 cup chopped onion
2 (15-ounce) cans spaghetti sauce
1/2 teaspoon garlic powder
1 teaspoon dried oregano
1 teaspoon dried parsley flakes
1/2 teaspoon dried basil
Salt and pepper to taste
Parmesan cheese for garnish

Directions

1. Wash hands with soap and water.
2. Cook spaghetti according to package directions.
3. Fry ground beef with onion over medium heat in large skillet. Drain fat.
4. Add spaghetti sauce and spices to the beef. Stir and simmer on low to blend flavors.
5. To serve: Divide cooked spaghetti between 4 plates, and pour sauce over spaghetti. Top with parmesan cheese, if desired.

Stuffed French Toast Wraps



Makes 3 wraps

Ingredients

- 1 egg
- 1/4 cup skim milk
- 1 teaspoon cinnamon
- 3 whole wheat tortillas
- 3/4 cup nonfat vanilla yogurt
- 1 cup fruit

Directions

1. Wash hands with soap and water.
2. Combine egg, milk and cinnamon in a shallow dish.
3. Dip tortilla into egg mixture coating each side. Allow to soak for 1 minute.
4. Cook tortilla in a skillet over medium heat for 2 minutes on each side or until browned.
5. Place 1/4 cup yogurt and 1/3 cup fruit in middle of tortilla and then roll.
6. Garnish with more yogurt and fruit, and serve.

Tortilla Wrap



Makes 1 wrap

Ingredients

- 1 low-sodium tortilla
- 2 slices deli meat
- 1 tablespoon spread
- 1/4 cup leafy greens
- 1 slice cheese
- 1/4 cup fresh vegetables, sliced

Directions

1. Wash hands with soap and water.
2. Slice tortilla from center to one edge.
3. Add each ingredient to a separate quadrant.
4. Starting with the section to the right of the cut line, fold over onto adjacent section.
5. Repeat until all are folded.

Tuna Pasta Salad



Makes 6 servings

Ingredients

- 2 cups macaroni, uncooked
- 2 (5-ounce) cans tuna or salmon (water-packed)
- 1/2 cup chopped zucchini (about 1/3 small zucchini)
- 1/4 cup sliced carrots (about 1 carrot)
- 1/3 cup diced onion
- 1/4 cup mayonnaise or salad dressing

Directions

1. Wash hands with soap and water.
2. Cook macaroni according to package directions. Drain the cooking liquid and cool.
3. Drain tuna or salmon.
4. Mix all ingredients together in a bowl. Chill until ready to serve.
5. Refrigerate leftovers within 2 hours.

Vegetable Chicken Roll-ups



Makes 6 roll-ups

Ingredients

- 1 1/2 cups cooked chicken, diced
- 1/2 cup celery, chopped
- 1/2 apple, chopped
- 1 cup vegetables (broccoli, peppers, spinach, etc.), diced
- 1/2 cup low-fat mayonnaise
- 6 tortillas

Directions

1. Wash hands with soap and water.
2. Mix all ingredients together.
3. Place 1/2 cup of mixture on each tortilla, spread and roll up.
4. Serve. Refrigerate leftovers.

Veggie Omelet in a Mug



Makes 1 omelet

Ingredients

- 2 eggs
- 2 tablespoons low-fat or nonfat milk
- 1 dash salt
- 1 dash pepper
- 1/4 cup finely chopped vegetables (any type)
- 2 tablespoons grated cheese (any type)

Directions

1. Wash hands with soap and water.
2. Lightly grease the inside of a 12-ounce microwave-safe mug.
3. Use a fork to combine the eggs, milk, salt and pepper in the mug and stir well. Mix in the vegetables and cheese.
4. Microwave on high for 45 seconds. Stir. Return to the microwave and cook on high until the mixture has puffed and set, 60 to 90 seconds. The omelet may look wet on the top, but it will dry as it cools.

Veggie Skillet Eggs



Makes 8 servings

Ingredients

- 6 medium or large eggs
- 1/4 teaspoon pepper
- 1/2 teaspoon oregano or basil
- 1/3 cup shredded cheese (1 1/2 ounces)
- 2 teaspoons oil
- 1 small onion, chopped (about 2/3 cup)
- 1 clove garlic, chopped (or 1/8 teaspoon garlic powder)
- 2 cups fresh, canned or frozen mixed vegetables (green beans, zucchini, peas, corn, broccoli, mushrooms)
- 1 medium tomato, sliced

Directions

1. Wash hands with soap and water.
2. Beat eggs with pepper, oregano or basil, and cheese in a medium bowl.
3. Heat oil in a medium skillet. Add onion, garlic and other vegetables, and cook on medium (300 degrees F in an electric skillet) until soft.
4. Pour egg mixture over vegetables. With knife or spatula, lift outer edges of eggs so egg mixture flows to the bottom of the pan.
5. Cook until eggs are set, about 6 minutes. Top with tomato slices.
6. Cut into 8 wedges; serve hot.
7. Refrigerate leftovers within 2 hours.



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