

Spring menus:**1.) Rainbow Salad****Ingredients:**

- 5 cups green or purple cabbage (about ½ medium size head)
- 2 cups broccoli, chopped
- 2 apples, chopped
- 2 carrots, shredded
- Low-fat Asian or Italian dressing

Directions:

Toss all ingredients together. Serve and enjoy. Grill or bake them in your favorite recipe

2.)Microwaved Steamed Carrots**Ingredients:**

- 1 pound thinly sliced carrots or 1 can of carrots or 1 package of sliced carrots
- 2 tablespoon water

Directions:

Place carrots and water in a microwave safe dish. Cover and microwave on high 4-6 minutes, until tender. Uncover carefully, carrots will be hot.

3.)Classic Carrot Salad**Ingredients:**

- 3-4 cups of grated carrots
- 1/2 cup of raisins
- 1 large apple, chopped
- 1/4 cup low fat mayonnaise or plain yogurt

Directions:

Combine all ingredients in a medium sized bowl.

4.)Chicken Cabbage Salad**Ingredients:**

- 4 cups cabbage, shredded
- 1 pound carrots, thinly sliced
- 2 cups chicken, cooked shredded
- 1 cup low fat mayo or salad dressing
- 2 apples or pears, chopped
- Salt and pepper to taste

Directions:

Mix all ingredients in a large bowl.

5.)Garlic Chicken with Cabbage

Thaw frozen products in the refrigerator overnight. Place the frozen chicken below fresh or ready-to-eat foods in the refrigerator on a pan so chicken juices do not drip on other products. DO NOT THAW AT ROOM TEMPERATURE. Cook within 24 hours after thawing. Cook chicken to an internal temperature of 165o F for 15 seconds. adapted from FNS/USDA Commodity Food Fact Sheet A509 Chicken, Leg Quarters

Ingredients:

- 4-5 Chicken pieces, thawed
- 1 medium onion chopped
- 3-8 garlic cloves or use garlic salt or garlic powder to your liking
- Salt and pepper to taste
- 2 cups chicken broth
- 1 head cabbage, chopped
- 2 tablespoons olive oil

Directions:

Sauté onions and garlic in 1 tablespoon oil 1-2 minutes on medium high heat. Add chicken and brown for 5 minutes per side depending on size of pieces. Then add cabbage, chicken broth, cover and cook an additional 10 minutes or until cabbage is soft. Add salt and pepper to taste.

How to cook dry beans quick an easily

Beans make a great addition to almost any dish you can think of. Add them to scrambled eggs, toss a handful into a salad, mash them up on toast, you name it. They're a great source of fiber and protein. If all else fails, try taco night! This recipe will work for any kind of beans: Black beans, kidney beans, Great Northern beans, navy beans, and pinto beans

Ingredients

- 3 tablespoons olive oil
- 1/2 yellow onion chopped
- 1 clove of garlic chopped
- 1 pound of dried beans
- Water for cooking
- 1/2 teaspoon salt

Instructions

1. Heat olive oil over a medium heat on your stove. Once that's good and hot, toss in the onion and let that cook until soft, about 3 minutes, stirring occasionally. Add one clove of chopped garlic and cook for another 1 minute.
2. Toss in 1 pound of beans along with enough hot water to cover them by about 3 inches. Give the whole thing a stir and cover the pot. Set the lid slightly not sealed to let some of the steam escape. Lower the heat to a simmer (reduce heat, light boiling) and cook.
3. Depending on the kind of beans you're using, they could take anywhere from an hour to 4 hours to cook. Check every 20 minutes or so, testing for doneness and to make sure there's enough water in the pot to keep them moist.
4. Caution they will be hot. Once they're almost done (i.e., you taste a bean and find it's almost tender) add salt. Don't salt your beans too early, or they'll end up mushy (ew).
5. Your beans are done when bite into them and they're soft, without any crunch or other hardness. Some beans are creamy, some are firm, and some are starchy... but none of them should ever be tough to chewing. Do not overcook them or they will turn to mush.
6. Once your beans are done, stick them in an airtight container in the fridge for up to a week.