



OUTSIDE



THE BOX

Cookbook

A collection of recipes to use with
your supplemental food box

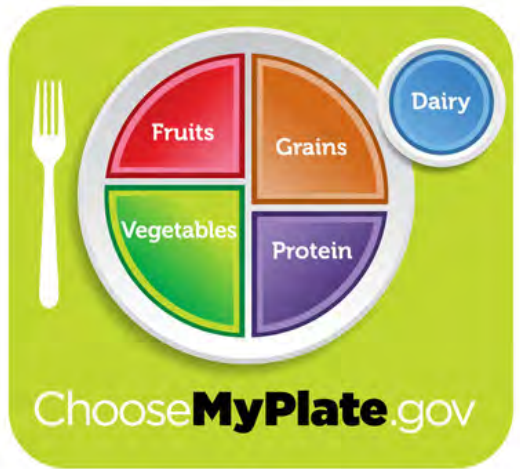
Healthy Eating

The Million Commodity Supplemental Food Program (CSFP) is committed to improving the health of its clients by supplementing their diets with nutritious USDA Foods.

MyPlate is the USDA's food guide for healthy eating. Every food item included in the CSFP monthly food box falls into one of its five recommended food groups.

MyPlate is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future. This means:

- Focus on variety, amount, and nutrition.
- Choose foods and beverages with less saturated fat, sodium, and added sugars.
- Start with small changes to build healthier eating styles.
- Support healthy eating for everyone.



Cooking for One

At times cooking only for yourself can seem like a waste of time and energy. But your health is important and cooking for yourself is both empowering and can lead to a healthier lifestyle.

Learn how to make cooking for yourself worth it and empower yourself by taking control of your hobbies and nutrition. Here are some options to get you started.

1. Make cooking a hobby. Collect recipes or make your own.
2. Make a menu for the week and include left-overs.
3. Check out cookbooks from the library geared to smaller portions.
4. Prepare meals when you have the most energy.
5. Use a slow cooker or microwave to save time.











6. Exchange frozen left-overs with friends.
7. Try mini meals and snacks so you won't need to create a full meal.
8. Reduce the portion size of recipes. You don't have to give up on your favorite dishes because they make more food than you can eat.

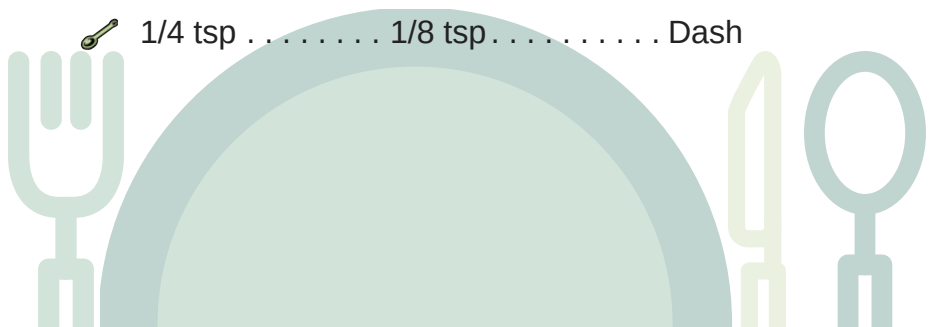
The best part of cooking for one is you don't have to please anyone but yourself.



Cutting a Recipe in Half and Third

Use the following kitchen conversion chart to cut a favorite recipe in half or third.

Recipe Calls for...	Cut in Half	Cut in Third
 1 Cup	1/2 Cup	1/3 Cup
 3/4 Cup	6 Tbsp.	1/4 Cup
 2/3 Cup	1/3 Cup	3 Tbsp, 1 1/2 tsp
 1/2 Cup	1/4 Cup	2 Tbsp, 2 tsp
 1/3 Cup	2 Tbsp, 2 tsp	1 Tbsp, 1 1/4 tsp
 1/4 Cup	2 Tbsp.	1 Tbsp, 1 tsp
 1 Tbsp	1 1/2 tsp	1 tsp
 1 tsp	1/2 tsp	1/4 tsp
 1/2 tsp	1/4 tsp	1/8 tsp
 1/4 tsp	1/8 tsp	Dash



Chicken Rice Soup

CSFP Ingredients

- 1 cup rice, uncooked
- 1 can chicken, drained
- 1 can low-sodium green beans, drained

Additional Ingredients

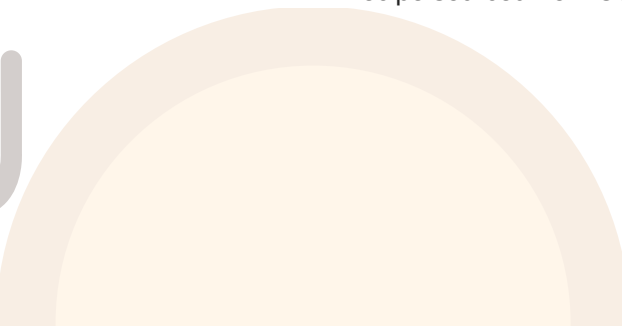
- 2 cups water
- 5 celery stalks, chopped
- 1 medium onion, chopped
- 1 1/2 cups carrots, peeled and chopped
- 1 chicken bouillon cube
- 1 tsp black pepper
- 4 cups water

Directions

1. Bring 2 cups water to a boil in a medium pot.
2. Add 1 cup rice. Bring to a boil again.
3. Reduce the heat to low, cover, and cook 15 minutes or until water is absorbed.
4. Remove rice from heat and set aside.
5. In a large pot over medium-high heat, combine the celery, onion, carrots, bouillon, black pepper, and 4 cups of water.
6. Bring to a boil.
7. Reduce heat to medium and cook 30 minutes.
8. Stir cooked rice, chicken, and green beans into soup pot and cook 5 minutes.
9. Serve immediately.

Serves 8

Recipe sourced from USDA/CSFP



Hearty Lasagna Soup

CSFP Ingredients

- 1 can beef
- 1 can diced tomatoes
- 1 1/2 cup rotini, dry
- 1/4 cup reduced fat American cheese, cubed

Additional Ingredients

- 4 cups beef broth
- 1 tsp dried onion
- 1/4 tsp garlic powder
- 1/2 tsp Italian seasoning

Directions

1. Heat canned beef in large pot, drained if needed.
2. Add broth, dried chopped onions, seasonings, and tomatoes.
3. Heat to a boil.
4. Stir in pasta and cook over medium heat until pasta is tender.
5. Stir in cheese until melted.
6. Serve hot.

Services 4

Recipe sourced from USDA/CSFP



Lemon Chicken Soup

CSFP Ingredients

- 2 cans chicken, drained
- 1 cup rice

Additional Ingredients

- 3 cups chicken broth
- 1 can cream of chicken soup
- 1/4 cup lemon juice

Directions

1. Combine chicken broth and canned chicken in a pot, bring to a boil.
2. Add rice, simmer until rice is tender, 15 to 20 minutes.
3. Stir in cream of chicken soup and lemon juice.
4. Cook, stirring occasionally, until soup is hot.
5. Serve hot.

Services 4

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Salmon Chowder

CSFP Ingredients

- 1 can pink salmon, drained
- 1 can low-sodium potatoes, diced
- 1 can low-sodium corn, drained

Additional Ingredients

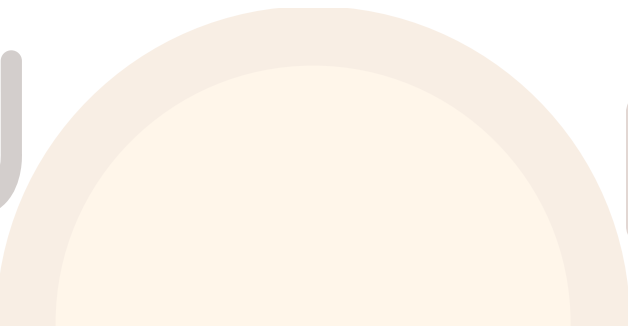
- 1 Tbsp vegetable oil
- 1/2 cup onion, chopped
- 3 1/2 cup low sodium chicken broth (or vegetable broth)
- 1/4 tsp black pepper
- 1/2 tsp dried dill (if you like)
- 1 1/2 cups evaporated milk

Directions

1. In a large saucepan over medium heat, cook the onions in vegetable oil until soft, about 5 minutes.
2. Stir in chicken broth, potatoes, corn, and black pepper. Bring to a boil, lower the heat, and cook for 5 minutes.
3. Add the salmon and milk. If using dill, add that too. Cook 5 minutes.
4. Serve warm.

Services 8

Recipe sourced from USDA/CSFP



Vegetable-Beef Soup

CSFP Ingredients

- 1/3 cup light red kidney beans, dry
- 1 cup macaroni, dry
- 1 can beef
- 1 can low-sodium carrots, drained
- 1 can low-sodium corn, drained
- 2 cans low-sodium tomatoes, undrained

Additional Ingredients

- 1/2 cup water
- 16 cups water
- 1 Tbsp vegetable oil
- 1 onion, chopped
- 4 cups water (for soup)

Directions

1. In a medium-size bowl, soak beans in 1/2 cup water overnight.
2. Drain the water and rinse beans.
3. Bring 16 cups water to a boil. Add macaroni. Bring to boil again. Stir often.
4. Cook macaroni uncovered approximately 8 to 10 minutes.
5. Remove from heat and drain well.
6. In a large pot over medium heat, cook onion in vegetable oil for about 5 minutes, stirring often, until onion is soft.
7. Add beef to onions and cook for about 1 minute.
8. Add 4 cups water, kidney beans, carrots, corn, tomatoes, and cooked pasta to the beef and onion mixture.
9. Heat on high for 10 minutes.
10. Serve warm.

Services 8

Recipe sourced from USDA/CSFP



Salads

According to the USDA's MyPlate food guide, adult males 51 years or older are recommended to have 2 1/2 cups of vegetables a day. For adult women 51 years or older, the recommendation for vegetables is 2 cups a day. That's more than the daily recommended amounts of fruits, grains, or proteins. (But not as much as the 3 cups a day recommendation of dairy.)

Rather than an afterthought, salads should be an important part of your meal.



Chicken Pasta Salad

CSFP Ingredients

- 1 cup macaroni, dry
- 1 1/2 cups canned chicken, drained
- 1/2 cup low-sodium corn, drained
- 1/2 cup low-sodium peas, drained

Additional Ingredients

- 8 cups water
- 1 cup diced bell pepper
- 1/2 cup sliced green onion
- 1 cup shredded yellow squash
- 1 can low-sodium black beans, rinsed and drained
- 1/2 cup reduced fat, low-sodium Italian style dressing

Directions

1. Bring 8 cups water to a boil. Add macaroni. Bring to boil again. Stir often.
2. Cook macaroni uncovered approximately 8 to 10 minutes.
3. Remove from heat and drain well.
4. Combine pasta with all other ingredients *except* dressing in a large bowl.
5. Toss gently with salad dressing.
6. Chill for several hours to blend flavors.

Services 7

Recipe sourced from USDA



Green Bean and Tuna Salad

CSFP Ingredients

- 1 1/2 cup macaroni, dry
- 1 can low-sodium green beans, drained
- 1/2 can tuna, drained and flaked with a fork

Additional Ingredients

- 12 cups water
- 1/2 cup sweet pickles, diced (if you like)
- 1/2 cup onions (diced)
- 1 cup plain low-fat yogurt
- 1/2 cup light mayonnaise
- 1 1/2 Tbsp lemon juice
- 1/2 tsp pepper

Directions

1. Bring 12 cups water to a boil. Add macaroni. Bring to boil again. Stir often.
2. Cook macaroni uncovered approximately 8 to 10 minutes.
3. Remove from heat and drain well.
4. Combine pasta with green beans, onions, and tuna. If using sweet pickles, add that too.
5. Mix yogurt, mayonnaise, lemon juice, and pepper together and toss with macaroni mixture.
6. Chill for several hours to blend flavors.

Services 8

Recipe sourced from USDA



Baked Chicken Rice Casserole

CSFP Ingredients

- 1/3 cup rice, dry
- 1 can chicken, drained
- 2/3 cups nonfat dry milk
- 1 cup reduced fat American cheese, shredded

Additional Ingredients

- 2/3 cup water
- 1 can cream of mushroom soup
- 1/2 cup chopped onion
- 1 1/2 cups lukewarm water

Directions

1. Preheat oven to 350° F.
2. Bring 2/3 cup water to a boil in a medium pot.
3. Add 1/3 cup rice. Bring to a boil again.
4. Reduce the heat to low, cover, and cook 15 minutes.
5. Mix all ingredients except for cheese into rice and place in a large casserole dish. Cover the casserole and bake at 350° F for 1 1/2 to 2 hours.
6. Ten minutes before casserole is done, take the casserole out of oven and sprinkle the shredded cheese on top.
7. Place the casserole back into the oven uncovered for 10 minutes.
8. Serve warm.

Services 4

Recipe sourced from USDA/CSFP



Barbecue Sloppy Joes

CSFP Ingredients

- 2 cans beef
- 4 slices reduced fat American cheese

Additional Ingredients

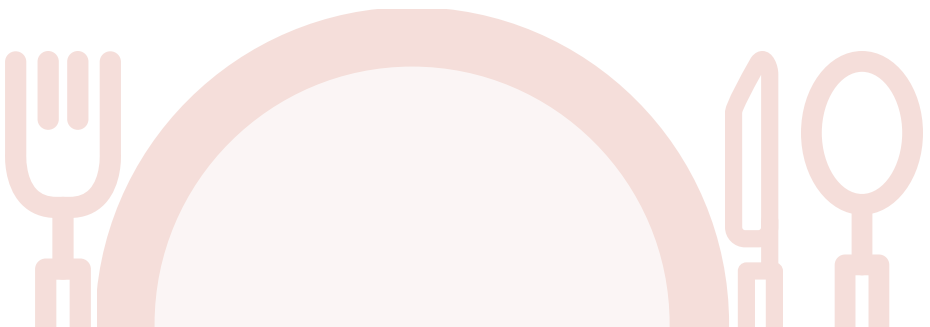
- 1 small onion, finely chopped
- 3/4 cup barbecue sauce (any flavor)
- salt and pepper, to taste
- 4 hamburger buns

Directions

1. In a large nonstick skillet, sauté onion a few minutes. Add beef to onions and continue until cooked through.
2. Add salt, pepper, and barbecue sauce, stirring to coat. Let simmer on fairly low heat about 5 to 10 minutes.
3. Spoon hot meat mixture on top of bottom half of each bun, top with a slice of cheese on each, then top with other half of bun.
4. Serve warm.

Services 4

Recipe sourced from USDA/CSFP



Cheesy Beef and Macaroni

CSFP Ingredients

- 2 cups macaroni, dry
- 1 can chili without beans
- 1 1/2 cups shelf-stable 1% milk
- 1 lb reduced fat American Cheese, cubed

Additional Ingredients

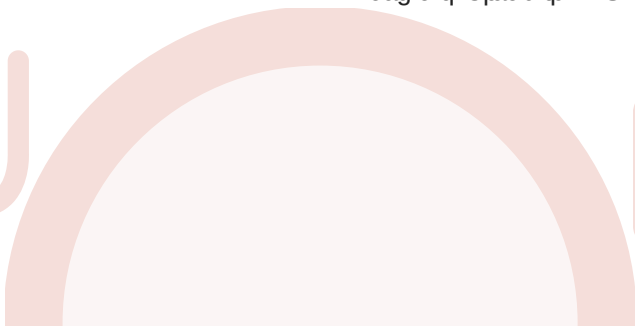
- 8 cups water
- 1 large onion, diced
- 1 Tbsp oil
- 2 Tbsp butter or margarine

Directions

1. Bring 8 cups water to a boil. Add macaroni. Bring to boil again. Stir often.
2. Cook macaroni uncovered approximately 8 to 10 minutes.
3. Remove from heat and drain well before serving.
4. In a large pot, sauté onion in oil for 5 minutes.
5. Add beef and cook for 5 more minutes.
6. Combine macaroni, milk, butter or margarine, and cubed cheese with beef and onion mixture.
7. Heat on low for 10 minutes, stir frequently until cheese is melted.
8. Serve warm.

Services 4

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Cheesy Chicken, Broccoli, and Rice Bake

CSFP Ingredients

- 1 1/4 cup rice, dry
- 1/2 cup shelf-stable 1% milk
- 1 cup chicken, drained and cubed

Additional Ingredients

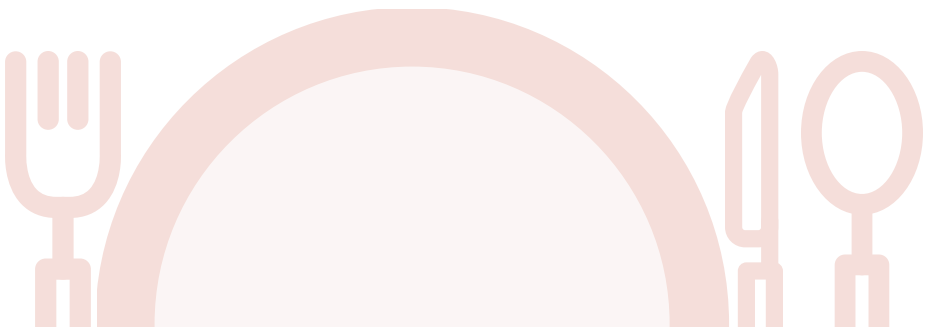
- 2 1/2 cups water
- 2 Tbsp onion, chopped
- 1/8 tsp black pepper
- 1/2 clove garlic
- 3/4 cup cream of mushroom soup
- 1 cup broccoli, pieces
- 1/3 cup reduced fat cheddar cheese, grated

Directions

1. Preheat oven to 350° F.
In a large saucepan, bring water to boil. Add rice, onion, and garlic. Cook for about 20 minutes or until rice is soft.
2. While rice is cooking combine milk, soup, and pepper. Mix well. When rice is done combine with milk mixture, chicken, and broccoli. Mix well.
3. Grease 9x13 pan and pour mixture into pan. bake in the preheated oven for 18 minutes. Sprinkle with cheese. bake for another 6 minutes or until cheese is melted.
4. Serve immediately.

Services 6

Recipe sourced from USDA



Salmon Casserole

CSFP Ingredients

- 1 can pink salmon, drained
- 1 cup macaroni
- 1 cup low-sodium canned peas, drained

Additional Ingredients

- 1 cup water
- 2 Tbsp butter
- 1 small onion, chopped
- 2/3 cup evaporated milk
- 2 Tbsp flour
- 1 cup reduced-fat cheddar cheese, shredded

Directions

1. Mix macaroni, water, and butter in a microwave safe bowl. Cover loosely and microwave for 3 minutes.
2. Stir in milk and flour, cover again and microwave 3 minutes.
3. Add salmon and microwave 2 minutes.
4. Stir in cheese and peas, and microwave 1 minute.
5. Serve warm.

Services 6

Recipe sourced from USDA/CSFP



Spaghetti Bake

CSFP Ingredients

- 1/2 box spaghetti
- 1 1/2 cups canned chicken, drained
- 2 cans low-sodium tomatoes, not drained

Additional Ingredients

- 3 1/2 cups water
- 1 Tbsp vegetable oil
- 2 cloves garlic, chopped
- 1 tsp dried oregano (if you like)
- 1/4 tsp black pepper
- 3/4 cup reduced-fat cheddar cheese, shredded

Directions

1. Preheat oven to 350° F.
2. Bring 3 1/2 cups water to a boil.
3. Add spaghetti. Bring to boil again. Stir often.
4. Cook spaghetti uncovered approximately 8 to 10 minutes.
5. Remove from heat and drain well before serving.
6. Place spaghetti in a 9x9-inch baking dish.
7. In a large skillet over medium heat, combine chicken, garlic, and pepper. If using oregano, add that too. Cook in oil until hot, about 5 minutes.
8. Stir in tomatoes. Lower the heat and cook for 10 minutes.
9. Spoon tomato and chicken mixture over the spaghetti in the baking dish. Sprinkle with cheese.
10. Bake for 30 minutes.
11. Serve warm.

Services 6

Recipe sourced from USDA/CSFP



Tuna Bake

CSFP Ingredients

- 1 cup macaroni, dry
- 3/4 cup reduced fat American cheese, cubed
- 1 cup low-sodium mixed vegetables, drained
- 1 can tuna, drained

Additional Ingredients

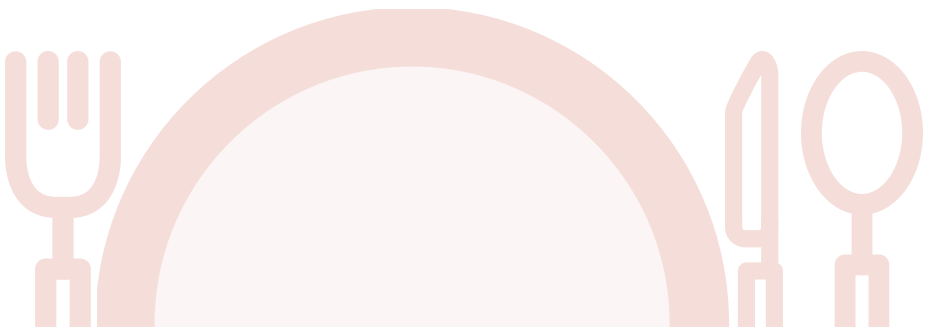
- 4 cups water
- 1 can low-sodium cream of mushroom soup
- 1 can evaporated milk

Directions

1. Preheat oven to 350° F.
2. Bring 4 cups water to a boil. Add macaroni. Bring to boil again. Stir often.
3. Cook macaroni uncovered approximately 8 to 10 minutes.
4. Remove from heat and drain well.
5. Place all ingredients in a 9x13 inch baking dish or casserole dish and stir well.
6. Bake for 45 minutes to 1 hour until bubbling.
7. Serve warm.

Services 6

Recipe sourced from USDA/CSFP



Spanish-Style Rice

CSFP Ingredients

- 4 cups low-sodium tomato juice
- 1 cup rice
- 2 cups low sodium mixed vegetables, drained

Additional Ingredients

- 1 Tbsp vegetable oil
- 1 tsp dried basil leaves (if you like)
- 1/4 tsp garlic powder

Directions

1. Heat oil in a 10-inch skillet over medium heat. Add rice and cook for 30 seconds, stirring constantly.
2. Add tomato juice and garlic powder and heat to a boil. If using basil, add that too.
3. Reduce heat to low. Cover and cook for 15 minutes.
4. Add vegetables to the skillet. Cover and cook for 10 minutes or until rice and vegetables are soft and most of the liquid is gone.

Services 4

Recipe sourced from USDA/V8juice.com



Applesauce Cookies

CSFP Ingredients

- 2 cups rolled oats
- 1/2 cup applesauce

Additional Ingredients

- 1/2 cup pumpkin
- 1/4 cup sugar
- cinnamon, to taste

Directions

1. Preheat oven to 350° F and lightly grease baking tray.
2. Blend oats in a blender on pulse, do not take them to powder.
3. In a large mixing bowl, combine the oats, pumpkin, applesauce, and sugar. Mix well.
4. Using your hands, form into small balls and place on the baking tray, pressing each ball into a cookie shape.
5. Sprinkle lightly with cinnamon and bake for 12-15 minutes.
6. Remove and allow to cool completely.
7. Serve.

Services 24

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Easy Rice Pudding

CSFP Ingredients

- 1/4 cup rice
- 3/4 cup nonfat dry milk

Additional Ingredients

- 2 cups water
- 1/4 cup raisins
- 1/4 cup sugar
- 1 cup water
- 3/4 tsp vanilla
- dash of cinnamon or nutmeg

Directions

1. Bring 2 cups water to a boil in a medium pot.
2. Add 1/4 cup rice. Bring to boil again.
3. Reduce the heat to low, add raisins, cover, and cook 20 minutes.
4. Combine dry milk, sugar, and 1 cup water. Stir until mixed.
5. Add mixed milk and sugar to rice. Mix in vanilla.
6. Simmer at low heat for another 10 minutes.
7. Chill. Sprinkle lightly with cinnamon or nutmeg, if desired.

Services 6

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No Bake Oatmeal Peanut Butter Cookies

CSFP Ingredients

- 1/4 shelf-stable 1% milk
- 1/4 cup peanut butter
- 2 cups rolled oats

Additional Ingredients

- 1 cup sugar
- 1/4 cup margarine or butter
- 2 Tbsp unsweetened cocoa powder (if you like)
- 1 tsp vanilla extract

Directions

1. Put sugar, milk, and margarine or butter in a saucepan and bring to a boil. If using cocoa powder, add that too.
2. Remove from heat and stir in vanilla and peanut butter until peanut butter is melted.
3. Add oats and stir well.
4. Drop by teaspoonfuls onto a cookie sheet coated with cooking spray or covered with waxed paper. Chill for 1 hour.

Services 18

Recipe sourced from USDA



Peach Crisp

CSFP Ingredients

- 1 can peaches, drained
- 3/4 cup rolled outs

Additional Ingredients

- 2 Tbsp margarine or butter
- 1/2 cup sugar
- 1/4 cup flour
- 2 tsp cinnamon
- 1 tsp lemon juice

Directions

1. Preheat oven to 375° F.
2. Spread sliced peaches on the bottom of a baking pan.
3. Melt the margarine or butter in a saucepan.
4. In a small bowl, mix everything but the peaches. Stir until the mix is well blended.
5. Sprinkle the oat mix on top of the peaches.
6. Bake for 20 minutes.
7. Serve warm.

Services 6

Recipe sourced from USDA



Peanut Butter Cookies

CSFP Ingredients

- 2/3 cup peanut butter

Additional Ingredients

- 2/3 cup sugar
- 1 egg
- 1 tsp vanilla extract

Directions

1. Preheat oven to 350° F.
2. Combine all ingredients together in a large bowl and mix well.
3. Drop by the tablespoon onto a backing sheet. Flatten cookies with a fork.
4. Bake 15 minutes.

Services 12

Recipe sourced from USDA





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