

Confetti Spaghetti

Makes: 8 servings

Serving Size: 1 cup

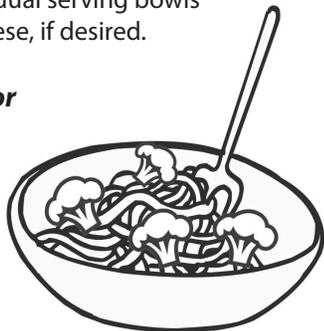
Ingredients:

- 1 box whole wheat pasta, such as spaghetti, rotini, or shells, cooked and chilled
- 1 (15.5 ounce) can of garbanzo or kidney beans, rinsed and drained
- 1 red bell pepper, washed and chopped
- 1 carrot, washed and shredded
- ½ small head cauliflower, washed and cut into small pieces
- 1 cup baby spinach, washed
- ¼ head purple cabbage, washed and shredded
- 3 Tablespoons reduced-fat Italian dressing
- 2 Tablespoons part-skim, shredded mozzarella cheese (optional)

Directions:

1. Place pasta, beans, and vegetables in a large mixing bowl.
2. Add salad dressing.
3. Mix thoroughly.
4. Divide into individual serving bowls and top with cheese, if desired.

Add canned tuna or chicken in place of canned beans to make this main dish salad.



Make half your grains whole!

Whole grains have fiber, vitamins, and minerals which help keep us healthy.

Whole grains include:

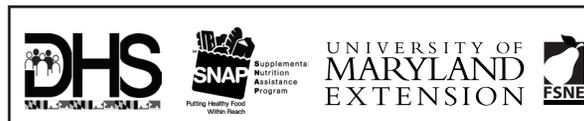
OATS CORN WHEAT
BARLEY BROWN RICE

Foods made from whole grains include:

Whole grain cereal
Whole wheat bread
Whole grain pasta
Popcorn
Oatmeal
Whole grain crackers
Whole wheat and corn tortillas

Read food labels carefully to choose whole grain foods.

Look inside for tips to choose whole grain foods at the market!



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Fast and Flavorful Summer Meals

Stretch your food dollars with these whole grain, main-dish meal ideas:

- Add fresh vegetables and canned beans to whole grain pasta to make a cool main dish salad, then toss with your favorite low-fat salad dressing.
- Stir-fry leftover brown rice, diced chicken or beef, and frozen veggies for homemade stir fried rice in a snap.
- Top whole grain wheat or corn tortillas with grilled fish or chicken and shredded veggies. Add fresh salsa for lots of flavor without adding fat or salt.

For more information about healthy food choices, physical activity, summer recipes, and family meal tips visit:

www.eatsmart.umd.edu
www.choosemyplate.gov

Pasta with Greens, Beans, and Chicken

Makes: 6 servings
Serving Size: 2 ½ cups

Ingredients:

- 1 box whole wheat pasta
 - 1 Tablespoon vegetable oil
 - ½ onion, chopped
 - 3 cloves garlic, chopped
 - 3 chicken sausages, chopped, or 2 cups leftover, cooked chicken, cubed
 - 1 bunch Swiss chard or 6 cups spinach, washed and chopped
 - 1 (15.5 ounce) can of cannellini, great northern, or navy beans, rinsed and drained
 - 2 cups low-sodium chicken or vegetable broth
 - 1 teaspoon Italian seasoning
- Salt and pepper to taste
½ cup Parmesan cheese, grated (optional)

Directions:

1. Cook the pasta according to directions on box, and drain.
2. On medium heat, add vegetable oil and onion to a large pan and cook for 5 minutes.
3. Add garlic and cook for 1 minute more.
4. Stir in chopped chicken and cook until heated through.
5. Add beans, chard or spinach, chicken or vegetable stock, and spices.
6. Add cooked pasta and stir to combine.
7. Cook for 5 minutes until pasta is heated through, and top with shredded cheese, if used.

Visit Eatsmart.umd.edu/recipe/pasta-greens for step-by-step recipe instructions!

Choosing Whole Grains

Read the **ingredients list** on food packages to choose whole grain foods.

INGREDIENTS:

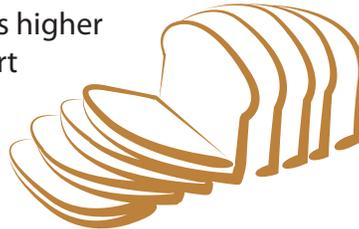
Whole Wheat Flour, Sprouted Organic Whole Wheat Berries, Filtered Water, Honey, Wheat Gluten, Fresh Yeast, Cinnamon, Soy Based Lecithin, Sea Salt, Allspice, Cultured Wheat.

Check for the word **whole** before the name of the grain as the **first** ingredient in the list.

- **whole oats**
- **whole wheat**
- **whole corn**

Many whole grains are also a good source of fiber. Check the **nutrition facts** to choose foods high in fiber. High fiber foods are good for you, help keep you healthy, and help you feel full longer.

Choose foods higher in fiber as part of a healthy diet.



Enchilada Casserole

Makes: 8 servings
Serving Size: 1 cup

Ingredients:

- 1 (28 ounce) can green enchilada sauce
- 2 cups cooked or canned beans (pinto, black, kidney) drained
- 3 cups cooked brown rice
- 1 (15 ounce) can whole kernel corn, drained, or 1 ½ cups frozen corn, thawed in refrigerator
- 12 whole grain tortillas
- 3 cups grated low-fat cheese

Directions:

1. Preheat oven to 350 degrees F.
2. In a large bowl, mix sauce, beans, rice and corn.
3. In a large baking dish, place half of the mixture on bottom of pan.
4. Place corn tortillas on top of the mixture.
5. Place the remaining bean and rice mixture on top of the tortillas.
6. Top with low-fat cheese.
7. Cover baking dish with foil.
8. Bake in oven for 10 minutes. Remove cover and bake for 15 to 20 minutes more.
9. Cut into 8 servings.

A green salad is a great addition to this main-dish meal.