

Healthy Choices

October 2024

Commodities

Applesauce
Whole Corn
Canned Beef
Tomato Soup
Grape Juice
Diced Tomatoes
Long Grain Rice
Canned Pink Salmon
Smooth Peanut Butter
Raisins
Ground Beef
Chicken Pouch
Green Beans
Frozen Perch Fillets
Pinto Beans

**Some may not receive
all commodities due
to availability**

Wildcat Extension District

620-331-2690

<http://www.wildcatdistrict.k-state.edu>

Serving: Crawford, Labette,
Montgomery, Wilson Counties

Salmon Wraps

Serves 6

Ingredients:

- 4 ounces low fat cream cheese
- 1 can (14.74 ounce) salmon
- 3 tablespoons light Italian dressing
- 1/4 teaspoon ground black pepper
- 6 (8") whole wheat tortillas
- 1 tomato
- 1 cucumber
- 1-1/2 cups Romaine lettuce or spinach leaves, rinsed



Source: Adapted from USDA
SNAP-ed

Directions:

1. Wash hands with soap and water.
2. Soften cream cheese in medium bowl at room temperature.
3. Drain salmon in a colander and rinse with water.
4. Add salmon, dressing, and pepper to cream cheese in medium bowl. Stir to blend.
5. Spread 1/3 cup filling on each tortilla. Spread to the edges.
6. Cut tomato into thin slices. Cut slices in half.
7. Cut cucumber in half lengthwise. Scoop out seeds with a spoon. Lay on flat side and cut into narrow strips.
8. Lay lettuce or spinach leaves in the center of the tortilla. Top with tomato and cucumber down the center of the tortilla.
9. Roll up tight. Serve immediately or refrigerate.

Nutrition Information: Serving size -1 wrap, Total Calories 300, Total Fat 12g, Cholesterol 55mg, Sodium 760mg, Carbohydrates 27g, Fiber 4g, Protein 21g

Chicken Salad

Ingredients:

Serves 6

- 2-1/2 cups cooked chicken, diced
- 1/2 cup celery, chopped
- 1/4 cup onion, chopped
- 2 tablespoons pickle relish
- 1/2 cup light mayonnaise

Directions:

1. Wash hands with soap and water.
2. Combine all ingredients.
3. Refrigerate until ready to serve.
4. Use within 1-2 days. Chicken salad does not freeze well.

Nutrition Information: 1/6 of recipe, Total calories 150, Total Fat 7g, Cholesterol 58mg, Sodium 497mg, Carbohydrates 5g, Fiber 0g, Protein 17g



Source: USDA, MyPlate

Easy Beef and Noodles

Ingredients:

Serves 8

- 1 can (28 ounce) canned beef, shredded
- 3 cups beef broth
- 16 oz. bag egg noodles
- 1/2 teaspoon garlic powder
- 2 tablespoons flour

Directions:

1. Wash hands with soap and water.
2. In a large saucepan over medium heat, bring beef with juices and beef broth to a boil.
3. Add 2 tablespoons of flour to bag of noodles and shake through.
4. Add noodles (with flour) to beef and broth.
5. Reduce heat, stir and simmer until noodles are tender and internal temperature reaches 165 degrees F on food thermometer. And serve.



Source: Adapted from EFNEP

Note: You can serve this over mashed potatoes, but the nutrition information will change. Also add a vegetable such as corn or peas.

Nutrition Information: Serving size, 1 cup of beef and noodles is 480 calories, Total Fat 20g, Sodium 550mg, Carbohydrates 42g, Fiber 2g, Protein 29g