

Ready in
25 min

Serves
2

INGREDIENTS

4 medium beets,
peeled and sliced

1 ½ oranges, peeled,
quartered and sliced

½ orange, juiced

½ head green leaf lettuce,
washed and torn (or 3 cups
mixed greens)

2 teaspoons olive oil

¼ teaspoon salt

1 tablespoon sunflower
seeds, shells removed

PREPARATION

1. In a medium pot, add beets and 1 inch of water and cover.
2. Cook over medium heat until beets are tender (about 10 minutes).
3. Remove from heat and let cool for 10 minutes.
4. In a large bowl, combine oil, orange juice and salt.
5. Add beets, orange slices and lettuce, and toss to combine.
6. Top with sunflower seeds and serve right away.



Nutrition Information Per Serving (2 ½ Cups):

Calories 180, Carbohydrate 27g, Dietary Fiber 6g, Protein 5 g, Total Fat 7g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 0mg, Sodium 397mg

Funded by USDA SNAP, an equal opportunity provider and employer. Visit CalFreshHealthyLiving.org for healthy tips.

HEALTHY RECIPE:

White Bean & Veggie Soup

Ready in
20 min

Serves
6

INGREDIENTS

- 1 teaspoon olive oil
- 1 onion diced
- 2 carrots diced
- 1 teaspoon salt
- 1 teaspoon each dried oregano, thyme and basil
- 2 15 oz. cans low-sodium white beans (or 3 ½ cups cooked beans)
- 14.5 oz. can low-sodium diced tomatoes (or 2 fresh tomatoes, diced)
- 1 quart low-sodium chicken broth
- ½ bunch kale or spinach, stemmed and chopped

PREPARATION

1. Heat olive oil in a large pot over medium heat.
2. Sauté onion and carrot for 5 minutes.
3. Add remaining ingredients and heat until spinach or kale is soft.
4. Serve hot.



Nutrition Information Per Serving (2 ¼ Cups):

Calories 255, Carbohydrate 43g, Dietary Fiber 11g, Protein 18g, Total Fat 2g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 487mg

Funded by USDA SNAP, an equal opportunity provider and employer. Visit CalFreshHealthyLiving.org for healthy tips.



HEALTHY RECIPE:

California Smoothie

Ready in
5 min

Serves
2

INGREDIENTS

- 1 cup packed spinach leaves, washed
- ½ cup 100% orange juice
- 1 peach, pitted and sliced (or ½ cup frozen peach slices)
- 1 cup fresh or frozen strawberries
- 1 cup low-fat milk

PREPARATION

1. Combine all ingredients in a blender with a tight-fitting lid.
2. Blend well.
3. Serve right away.



Nutrition Information Per Serving (10 oz.):

Calories 153, Carbohydrate 31g, Dietary Fiber 4g, Protein 6g, Total Fat 2g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 6mg, Sodium 69mg

Funded by USDA SNAP, an equal opportunity provider and employer. Visit CalFreshHealthyLiving.org for healthy tips.



HEALTHY RECIPE:

Sweet Potato & Black Bean Burritos

Ready in
25 min

Serves
10

INGREDIENTS

2 small sweet potatoes,
peeled and chopped
2 bell peppers, chopped
1 small onion, diced
1 teaspoon olive oil
½ teaspoon cinnamon
1 teaspoon cumin
1 15 oz. can black beans,
rinsed and drained (or 2
cups cooked black beans)
¼ cup chopped cilantro
10 8-inch whole wheat
tortillas
2 avocados, pitted & sliced

PREPARATION

1. Place sweet potatoes in a pot with ½ inch water.
2. Cover pot & cook over medium heat until sweet potatoes are tender, about 15 minutes.
3. Heat olive oil in a skillet (medium heat) & add peppers, onions, cinnamon, cumin & salt.
4. Cook until soft, about 5 minutes.
5. Add black beans to heat through.
6. Turn off heat and add cooked sweet potatoes and chopped cilantro. Stir lightly to combine.
7. Evenly divide mixture between tortillas and roll up (1 cup each)
8. Serve with avocado slices.



Nutrition Information Per Serving (1 Burrito):

Calories 218, Carbohydrate 36g, Dietary Fiber 10g, Protein 8g, Total Fat 6g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 6mg, Sodium 354mg

Funded by USDA SNAP, an equal opportunity provider and employer. Visit CalFreshHealthyLiving.org for healthy tips.

