



United States Department of Agriculture

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# What's? Cooking

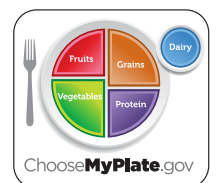


USDA MIXING BOWL

# Cookbook

## Smoothies

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## Avocado Melon Breakfast Smoothie

**Makes:** 2 Servings

**Prep time:** 5 minutes

A delightful concoction of green fruits and vegetables plus fat-free dairy. With convenience built in, this refreshing smoothie can be made a day ahead. Keeps well in the refrigerator up to 24 hours.



### Ingredients

- 1 large, ripe avocado
- 1 cup honeydew melon chunks (about 1 slice)
- 1/2 lime, juiced (1 1/2 tsp lime juice)
- 1 cup 8 oz milk (fat free)
- 1 cup fat-free yogurt (plain)
- 1/2 cup 100% apple juice or white grape juice
- 1 tablespoon honey

### Directions

1. Cut avocado in half, remove pit.
2. Scoop out flesh, place in blender.
3. Add remaining ingredients; blend well.
4. Serve cold. (Keeps well in refrigerator up to 24 hours. If made ahead, stir gently before pouring into glasses.)

### Notes

Serving Suggestions: Serve with one slice toasted whole-wheat bread.

**Source:** Produce for Better Health Foundation

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>320</b>
<b>Total Fat</b>	<b>11 g</b>
Saturated Fat	2 g
Cholesterol	5 mg
<b>Sodium</b>	<b>170 mg</b>
<b>Total Carbohydrate</b>	<b>46 g</b>
Dietary Fiber	5 g
Total Sugars	37 g
Added Sugars included	4 g
<b>Protein</b>	<b>13 g</b>
Vitamin D	1 mcg
Calcium	400 mg
Iron	1 mg
Potassium	550 mg

N/A - data is not available

### MyPlate Food Groups

<span style="color: red;">■</span> Fruits	1/2 cup
<span style="color: green;">■</span> Vegetables	1/4 cup
<span style="color: blue;">■</span> Dairy	1 cup

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## Batido Smoothie

**Makes:** 4 Servings

**Prep time:** 10 minutes

This refreshing smoothie is a blend of papaya, banana, and yogurt and makes a satisfying part of breakfast or any time of day. Mix in frozen or fresh berries for a variety of flavors.



## Ingredients

- 2 cups papaya chunks (fresh or frozen)
- 2 bananas (overripe, sliced)
- 1 cup plain low-fat yogurt
- 1 cup ice cubes

## Directions

1. Put all the ingredients in the blender.
2. Put the lid on tightly. Turn the blender to a medium setting and blend until the ice is chopped and the mixture is smooth, about 1 minute.
3. Serve right away or cover and refrigerate up to 4 hours.

## Notes

- One cup of low-fat milk, soy, rice, almond or coconut milk can be used instead of yogurt.
- Strawberries, blueberries, or raspberries can be used in addition to or instead of papaya.

See how to make this [recipe](#) and more on USDA's [What's Cooking? YouTube site](#)

**Source:** USDA Center for Nutrition Policy and Promotion

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>118</b>
<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	1 g
Cholesterol	4 mg
<b>Sodium</b>	<b>46 mg</b>
<b>Total Carbohydrate</b>	<b>25 g</b>
Dietary Fiber	3 g
Total Sugars	16
Added Sugars included	0 g
<b>Protein</b>	<b>4 g</b>
Vitamin D	0 mcg
Calcium	132 mg
Iron	0 mg
Potassium	534 mg

N/A - data is not available

### MyPlate Food Groups

<span style="color: red;">■</span> Fruits	1 cup
<span style="color: blue;">■</span> Dairy	1/4 cup

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## Black Bean Burger with Kale Chips and Jasmine's Freeze Out Smoothie

**Makes:** 6 Servings

"First, I really want to be a nutritionist like my mommy when I grow up, and help others eat healthy," says Jasmine. "I developed my black bean burger recipe for this challenge for a healthier and more affordable option than a regular hamburger. Black beans are so yummy and eating plant-based recipes more often is good for the earth, too. I included my kale recipe as I LOVE kale chips. I also included my favorite smoothie recipe with my secret ingredient—spinach."



### Ingredients

For the Burgers:

- 2 (15- ounce cans) low-sodium black beans, drained and rinsed
- 1 ripe banana, mashed
- 1 cup bread crumbs
- 3 tablespoons chopped fresh basil
- 1 teaspoon dried oregano
- 1 1/2 teaspoons ground cumin
- 1 pinch sea salt
- 1 pinch black pepper
- Nonstick cooking spray
- 6 whole-wheat hamburger buns
- Optional topping: 1 avocado, sliced

For the Kale Chips:

- 10 ounces kale, chopped
- 2 teaspoons olive oil
- 1/4 teaspoon sea salt

For Jasmine's Freeze Out Smoothie:

- 1 cup organic 1% milk
- 1 cup frozen mixed berries
- 1 handful spinach

### Directions

1. **To make the Burger:** In a large bowl, mash the black beans, banana, breadcrumbs, basil, oregano, and cumin. Season to taste with salt and pepper and mix well. Form the mixture into 6 patties.
2. **Heat a large nonstick skillet over medium heat.** Spray the pan with cooking spray, then add the patties and cook, flipping once, for about 4 minutes per side, or until heated through. Place on whole-wheat buns,

and top with avocado, if desired.

3. **To make the Kale Chips:** Preheat the oven to 400°F. In a large bowl, combine the kale with the olive oil and salt and toss thoroughly to coat the kale. Place on a nonstick baking sheet and bake for about 12 minutes, or until the kale is crispy.
4. **To make Jasmine's Freeze Out Smoothie:** In a blender, blend the ingredients together and enjoy!

## Notes

State: Kansas

Child's Name: Jasmine Dulan, 11

**Source:** The 2015 Healthy Lunchtime Challenge Cookbook



## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>404</b>
<b>Total Fat</b>	<b>9 g</b>
Saturated Fat	1 g
Cholesterol	2 mg
<b>Sodium</b>	<b>678 mg</b>
<b>Total Carbohydrate</b>	<b>68 g</b>
Dietary Fiber	16 g
Total Sugars	12 g
Added Sugars included	4 g
<b>Protein</b>	<b>17 g</b>
Vitamin D	0 mcg
Calcium	262 mg
Iron	6 mg
Potassium	999 mg

N/A - data is not available

### MyPlate Food Groups

 Fruits	1/4 cup
 Vegetables	1 1/4 cups
 Grains	2 ounces
 Dairy	1/4 cup

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## Cran-Apple and Fruit Breakfast Smoothie

**Makes:** 2 Servings

Use juice to make a smoothie. Mix unsweetened cranberry apple juice with yogurt, fruit, and ice for an easy smoothie.

### Ingredients

- 1 cup cranberry apple juice
- 1 cup plain or vanilla low-fat yogurt
- 1 cup canned mixed fruit (drained)

### Directions

1. Combine all ingredients in blender.
2. Blend until combined and smooth.

### Notes

Tips: Try frozen mixed berries, canned pears, or canned peaches instead of canned mixed fruit.

**Source:** Recipe adapted from Motts.com.

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>217</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	1 g
Cholesterol	7 mg
<b>Sodium</b>	<b>95 mg</b>
<b>Total Carbohydrate</b>	<b>44 g</b>
Dietary Fiber	2 g
Total Sugars	40 g
Added Sugars included	N/A
<b>Protein</b>	<b>7 g</b>
Vitamin D	N/A
Calcium	234 mg
Iron	1 mg
Potassium	N/A

N/A - data is not available

## Florida Sunshine Shake

**Makes:** 2 Servings

This recipe will help you eat fruits. Blend orange juice with fruit, yogurt, and ice to make a fruit smoothie.

### Ingredients

- 1 cup orange juice
- 1/2 cup grapefruit juice
- 1 banana (mashed)
- 1/2 cup low-fat vanilla yogurt
- 1/2 teaspoon vanilla extract

### Directions

1. Combine all ingredients in a blender, or mix in a bowl.
2. Blend until smooth.
3. Pour into a glass and serve immediately.

**Source:** Recipe adapted from the Florida Department of Citrus.

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>180</b>
<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	0 g
Cholesterol	5 mg
<b>Sodium</b>	<b>40 mg</b>
<b>Total Carbohydrate</b>	<b>40 g</b>
Dietary Fiber	2 g
Total Sugars	21 g
Added Sugars included	N/A
<b>Protein</b>	<b>5 g</b>
Vitamin D	N/A
Calcium	120 mg
Iron	1 mg
Potassium	N/A

N/A - data is not available



## Fruit Smoothie

**Makes:** 2 servings

Have fun experimenting with different fruit and juices in this scrumptious smoothie.

### Ingredients

- 1 banana (large)
- 1 cup fresh peaches or strawberries
- 1 8-ounce container vanilla yogurt, low-fat
- 1/2 cup fruit juice

### Directions

1. Put all ingredients in a blender.
2. Blend on high until smooth.
3. Pour into 2 glasses. Serve right away.

### Notes

Learn more about [bananas](#).

**Source:** Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes



## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>218</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	1 g
Cholesterol	6 mg
<b>Sodium</b>	<b>78 mg</b>
<b>Total Carbohydrate</b>	<b>46 g</b>
Dietary Fiber	3 g
Total Sugars	37 g
Added Sugars included	7 g
<b>Protein</b>	<b>7 g</b>
Vitamin D	1 mcg
Calcium	207 mg
Iron	1 mg
Potassium	714 mg

N/A - data is not available

### MyPlate Food Groups

<span style="color: red;">■</span> Fruits	1 1/4 cups
<span style="color: blue;">■</span> Dairy	1/2 cup

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## Fruit Smoothie II

**Makes:** 4 Servings

**Prep time:** 5 minutes

This quick and easy smoothie uses any of your favorite frozen fruits. It makes enough for 4 servings.

### Ingredients

- 3 cups strawberries, frozen (or other frozen fruit)
- 2 cups milk, low-fat
- 1 banana, large
- 1 cup yogurt (plain or vanilla)

### Directions

- 1) Defrost the frozen fruit just enough so that it will blend easily.
- 2) Pour the milk into the blender.
- 3) Add the pieces of frozen fruit to the milk in the blender.
- 4) Add the banana and yogurt.
- 5) Blend until smooth, about 30-45 seconds.

### Notes

- Strawberries, 1% milk, and low-fat vanilla yogurt used in nutrition analysis and costing.

**Source:** Colorado State University and University of California at Davis. Eating Smart Being Active Recipes.



## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>178</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	1 g
Cholesterol	10 mg
<b>Sodium</b>	<b>100 mg</b>
<b>Total Carbohydrate</b>	<b>33 g</b>
Dietary Fiber	4 g
Total Sugars	22 g
Added Sugars included	0 g
<b>Protein</b>	<b>8 g</b>
Vitamin D	1 mcg
Calcium	293 mg
Iron	1 mg
Potassium	693 mg

N/A - data is not available

### MyPlate Food Groups

<span style="color: red;">■</span> Fruits	1 1/4 cups
<span style="color: blue;">■</span> Dairy	3/4 cup

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## Red Monster Smoothie

**Makes:** 2 Servings

This smoothie has two cups of fruit per serving and kale for an added veggie boost. Try it for breakfast or as a snack.

### Ingredients

- 1 cup kale or spinach
- 1 cup strawberries
- 1 banana, medium
- 1 cup water (optional almond milk or coconut milk)
- 1 cup blueberries
- 1 cup pineapple
- 1 orange (peeled and sliced)
- 1 cup of ice

### Directions

1. Using a blender, mix the greens and the liquid of your choice.
2. Gradually add in the rest of the ingredients, blending after each addition.
3. Separate into two cups and reserve one serving for later.

### Notes

Learn more about:

- [Kale](#)
- [Spinach](#)
- [Strawberries](#)
- [Bananas](#)
- [Blueberries](#)
- [Pineapple](#)
- [Oranges](#)

**Source:** Northern Valley Catholic Social Service

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>207</b>
<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>20 mg</b>
<b>Total Carbohydrate</b>	<b>51 g</b>
Dietary Fiber	8 g
Total Sugars	33 g
Added Sugars included	0 g
<b>Protein</b>	<b>4 g</b>
Vitamin D	0 mcg
Calcium	110 mg
Iron	1 mg
Potassium	757 mg

N/A - data is not available

### MyPlate Food Groups

■ Fruits 2 1/4 cups

■ Vegetables 1/4 cup

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## Simple Green Smoothie

**Makes:** 2 Servings

Add kale or spinach to this fruit smoothie for a quick and delicious breakfast or snack.

### Ingredients

- 1 cup kale or spinach
- 1 banana, medium
- 1 cup low fat milk (or optional coconut milk or almond milk)
- 1 cup plain yogurt
- 1 apple, medium (cored and sliced)
- 1 cup frozen fruit (all one fruit or a combination of mixed frozen fruit)
  - flax seeds, 1 Tablespoon (optional)
  - chia seeds, 1 Tablespoon (optional)

### Directions

1. In a blender, blend the kale or spinach and the liquid of your choice.
2. Add in the rest of the ingredients, blending after each item.
3. Serve and enjoy, cold.
4. Reserve the leftover smoothie in the refrigerator for later in the day or the next day.

### Notes

Consume within 24 hours.

Learn more about:

- [Kale](#)
- [Bananas](#)
- [Apples](#)




**Source:** Northern Valley Catholic Social Service

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>299</b>
<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	2 g
Cholesterol	N/A
<b>Sodium</b>	<b>156 mg</b>
<b>Total Carbohydrate</b>	<b>56 g</b>
Dietary Fiber	7 g
Total Sugars	38 g
Added Sugars included	0 g
<b>Protein</b>	<b>13 g</b>
Vitamin D	1 mcg
Calcium	454 mg
Iron	2 mg
Potassium	1119 mg

N/A - data is not available

### MyPlate Food Groups

 Fruits	2 cups
 Vegetables	1/4 cup
 Dairy	1 cup

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## Very Berry Smoothie

**Makes:** 2 Servings

This refreshing pineapple, banana and berry blend smoothie has 2 and 1/2 cups of fruit per serving.

### Ingredients

- 1 cup frozen strawberries
- 1 cup frozen raspberries
- 1 cup pineapple chunks
- 1 banana
- 1 cup skim milk (or almond milk)
- 1 1/2 cups ice

### Directions

1. Peel and slice the banana.
2. Gather all ingredients and combine in a blender.
3. Cover and blend until smooth.
4. Serve right away or pour into ice cube trays and freeze. During the week, pop out the cubes for a quick on-the-go breakfast.

### Notes

Get an additional food group in your smoothie by adding 1 cup of spinach or kale.

**Source:** USDA Center for Nutrition Policy and Promotion



## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>252</b>
<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	0 g
Cholesterol	2 mg
<b>Sodium</b>	<b>56 mg</b>
<b>Total Carbohydrate</b>	<b>59 g</b>
Dietary Fiber	13 g
Total Sugars	37 g
Added Sugars included	0 g
<b>Protein</b>	<b>7 g</b>
Vitamin D	1 mcg
Calcium	215 mg
Iron	2 mg
Potassium	848 mg

N/A - data is not available

### MyPlate Food Groups

<span style="color: red;">■</span> Fruits	2 1/2 cups
<span style="color: blue;">■</span> Dairy	1/2 cup

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