

Healthy Choices

February 2025

Commodities

Applesauce
Black Beans
Whole Kernel Corn
Pinto Beans
Peas
Diced Tomatoes
Long Grain Rice
Beef Stew
Egg Noodles
Tomato Sauce
Garbanzo Beans
Frz Fish Sticks
Raisins
Dried Fruit & Nut Mix
Boned Chicken Pouch
Pork Taco Filling
Collards
Mixed Vegetables
Fish Nuggets
Vegetable Oil
Light Red Kidney Beans
Corn Flakes Cereal

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



Bronco Beans

Ingredients:

Serves 4

- 1 tablespoon vegetable oil
- 2 onions, peeled and chopped
- 1 bell pepper, chopped
- 2 jalapeno peppers, chopped
- 4 cloves garlic, minced
- 1 tablespoon dried oregano
- 1 tablespoon dried thyme
- 1 teaspoon chili powder
- 4 cans (15 ounce) assorted beans, including black, kidney, white, and chickpeas (drained and rinsed with water)
- 2 cans (14ounce) low-sodium diced tomatoes (including the liquid)
- 1-1/2 cups water



Source: USDA MyPlate

Directions:

1. Wash hands with soap and water.
2. Put the pot over medium heat and when it is hot, add the oil.
3. Add the onions, garlic, bell pepper, jalapenos, oregano, thyme and chili powder and cook until tender, about 15 minutes.
4. Add the drained beans, tomatoes and 1-1/2 cups water and raise the heat to high and bring to a boil. Lower the heat to low and let cook, partially covered, for 1-1/2 hours. If the mixture gets to thick, add another 1/2 cup of water.
5. Serve immediately or transfer to a container once cooled. Cover and refrigerate up to 2 days.
6. Garnish with cilantro.

Nutrition Information: Serving size: 2 cups, Total Calories 514, Total Fat 7g, Cholesterol 0mg, Sodium 676mg, Carbohydrates 90g, Fiber 28g, Total Sugars 15g, Protein 29g

Wildcat Extension District 620-331-2690

<http://www.wildcatdistrict.k-state.edu> Serving: Crawford, Labette, Montgomery, & Wilson Counties

Grandma's Collard Greens

Serves 5

Ingredients:

- 1 cup chopped red onion
- 2 slices bacon, chopped
- 1-1/4 cups chicken stock
- 1/4 cup apple cider vinegar
- 2 tablespoons brown sugar
- 1 pinch red pepper flakes
- 2 cans Collard greens, drained
- Salt and pepper to taste



Directions:

1. Wash hands with soap and water.
2. Cook onion and bacon in a large pot over medium-high heat until onion is soft, 5 to 7 minutes. Add chicken stock, vinegar, brown sugar, and pepper flakes. Cook and stir until brown sugar has completely dissolved.
3. Add collard greens, reduce heat to medium, and simmer over medium-low heat , about 30 minutes.

Nutrition Information: 1 Serving, 181 Calories, Total Fat 3g, Cholesterol 4mg, Sodium 363mg, Carbohydrate 33g, Fiber 14g, Sugars 10g, Protein 11g

Applesauce Cake

9 slices

Ingredients:

- 1/2 cup applesauce
- 1/2 cup water
- 3 tablespoons oil
- 2 teaspoons vanilla
- 1 tablespoon white or cider vinegar
- 1-1/2 cups flour
- 1/3 cup sugar
- 3/4 teaspoon each salt, baking powder, and baking soda
- 1/4 teaspoon cinnamon
- Optional 1/2 cup raisins or chopped walnuts

Directions:

1. Wash hands with soap and water.
2. Preheat oven 350 degrees.
3. Whisk liquid ingredients, then add all remaining ingredients to form a batter.
4. Pour into a greased 8-inch pan. Bake 18 minutes or until toothpick inserted comes out clean.
5. Cool and frost as desired.

Nutrition Information: 1 slice 94 calories, Total Fat 4g, Cholesterol 0mg, Sodium 195 mg, Carbohydrates 21g, Fiber 3g, Sugar 7g, Protein 3g