**March CSFP Recipes**

**Peanut Power Drink**

Adapted from [Maine SNAP-ed](https://www.mainesnap-ed.org/recipes/peanut-power-drink/)

Serves 2

Time: 10 minutes

2 T peanut butter

¾ c banana (or any fresh or drained canned fruit)

2 T nonfat milk powder

¾ c cold water

1. Put all ingredients in blender.
2. Blend on low until smooth and serve. Refrigerate leftovers within 2 hours.

**Peanut Butter Yogurt Dip**

Adapted from [Maine SNAP-ed](https://www.mainesnap-ed.org/recipes/peanut-butter-yogurt-dip/)

Serves 2

Time: 10 minutes

½ c plain nonfat yogurt

¼ c peanut butter

¾ teaspoon cinnamon (optional

1. In a small bowl, mix yogurt and peanut butter. Add cinnamon, if desired.
2. Serve with slices of fruit or vegetables. Refrigerate leftovers within two hours.

**Cheesy Pasta Casserole**

Adapted from [Kraft-Heinz](https://www.myfoodandfamily.com/recipe/112182/velveeta-cheesy-pasta-casserole)

Serves 8

Time: 1 hour

1½ lb. boneless skinless chicken breasts, cut into bite size pieces

4 c pasta, cooked (rotini, or other shapes)

1 lb. frozen vegetables of choice, thawed and drained (or 2 cans, drained)

1 can diced tomatoes, undrained

¾ lb. (12 oz.) cheese product, cut into half inch cubes.

1. Heat oven to 400 degrees F.
2. Combine all ingredients in a 13 x 9 baking dish, cover.
3. Bake 40 minutes and let stand 5 minutes. Stir until sauce is well blended.
4. Refrigerate leftovers within 2 hours.

**Grape Juice Squares**

Adapted from [Martha Stewart](https://www.marthastewart.com/1158379/grape-juice-squares)

Makes 16

Time:

4 c grape juice

4 envelopes (1 oz) unflavored gelatin

1. Place 1 cup grape juice in a medium bowl. Sprinkle the gelatin over the juice and let stand for a few minutes.
2. Meanwhile, in a small saucepan, heat the remaining 3 cups grape juice until just boiling. Remove from heat and pour over the juice-and-gelatin mixture. Stir until the gelatin is dissolved.
3. Pour into a 9-inch square baking pan, and transfer pan to the refrigerator until firm, about 3 hours, or overnight.
4. Dip the pan briefly in hot water to loosen, cut into squares, and serve or refrigerate.

**Sweet Potato Hash**

Adapted from [Nutrition for ME](https://www.nutritionforme.org/recipes/sweet-potato-hash/)

Serves 4

Time: 30 minutes

1 can yams, drained, rinsed, and diced

1 can beef, drained and diced

2 T oil

2 c onion, coarsely chopped

½ green bell pepper, coarsely chopped

1 jalapeno pepper, minced

2 garlic cloves, minced

¼ t salt

¼ t pepper

1 t Italian seasoning

1. Preheat skillet to medium heat. Drizzle 1 tablespoon of oil onto the skillet and add the onion and peppers. Stir often and sauté until the onion becomes translucent.
2. Add the potato cubes, beef, onions, peppers, garlic, salt, pepper, and seasoning. Continue cooking until the sweet potato, onion, and peppers have browned.

**Winter Fruit Salad**

Recipe adapted from [Nutrition for ME](https://www.nutritionforme.org/recipes/winter-fruit-salad/)

Serves 7

Time 15 minutes

5 kiwi fruit

3 clementines

2 bananas

1 can of pears, drained

2 yellow apples

2 T Fresh Mint (optional)

1 T Lime Juice

1 T Honey

1. Combine kiwi, oranges, bananas, pears, apples and mint in a large bowl.
2. In a separate small bowl, whisk together honey and lime juice.
3. Pour the juice mixture over the fruit mixture, then gently toss to combine.
4. Serve immediately or cover and refrigerate for up to 2 hours.

**100% Whole Wheat Tortilla**

Adapted from [Nutrition for ME](https://www.nutritionforme.org/recipes/100-whole-wheat-tortilla/)

Serves 6

Time: 15 minutes

2 c whole wheat flour

¼ c instant nonfat dry milk

½ T baking powder

¼ c vegetable oil

½ c warm water, plus 2 T

vegetable cooking spray

1. Combine flour, nonfat dry milk powder, and baking powder in a mixing bowl.
2. Add vegetable oil and mix well with fingertips.
3. Add water slowly to the mixture using one hand for mixing to work into dough.
4. Lay out on a clean cloth. Divide dough into 6 medium-sized balls and roll out each ball until round, flat and thin on the clean cloth.
5. Spray pan with vegetable cooking spray. Cook on moderately hot pan, turning each side until lightly browned.

Use your fresh tortillas to make breakfast burritos, perhaps incorporating frozen eggs and a can of black beans.

**West African Chicken Peanut Soup**

Adapted from [Simply Recipes](https://www.simplyrecipes.com/recipes/african_chicken_peanut_stew/)

Serves 3 to 4

Time: 2 hours 15 minutes

1-1 ½ lb chicken legs, thighs and/or wings

1 ½ T vegetable oil

1 medium yellow or white onion, sliced

1 ½-inch piece of ginger, peeled and minced

3-4 garlic cloves, chopped roughly

2 cans sweet potatoes/yams, drained and rinsed.

8 oz. can crushed tomatoes

½ quart chicken stock

½ cup peanut butter

½ cup roasted peanuts (optional)

½ teaspoon ground coriander

½ teaspoon cayenne, or to taste

Salt and black pepper

¼ cup chopped cilantro (optional)

1. Heat the vegetable oil in a large soup pot at medium high heat. Salt the chicken pieces, pat them dry and brown them in the oil. Don’t crowd the pot and do this in batches. Set the chicken aside as it is browned.
2. Sauté the onions in the oil for 3-4 minutes, stirring often and scraping browned bits off the bottom of the pot. Add the ginger and garlic and sauté another 1-2 minutes, then add the sweet potatoes and stir well to combine.
3. Add the chicken broth, crushed tomatoes, peanut butter, peanuts, coriander and cayenne and stir well to combine. Add the chicken.
4. Bring to a simmer and taste for salt, adding more if needed. Cover pot and simmer gently for 90 minutes. (Check after 1 hour) or until the chicken meat easily falls off the bone and the sweet potatoes are tender.
5. Remove the chicken pieces and set them in a bowl until cool to the touch. Remove and discard the skin if you so desire, or chop and put back in pot.
6. Shred the meat off the bones and put the meat back in the pot.
7. Adjust seasonings for salt and cayenne, then add as much black pepper as you can stand. It should be peppery. Stir in the cilantro and serve by itself or with rice.