



USDA Smart Snack Recipes

Vegetables

The following recipes come from the Iowa Department of Education, Kansas State Department of Education, and Minnesota Department of Education. The recipes were obtained from their websites, accessible at the following links:

- Iowa Department of Education, “Smart Snacks in School”:
<https://www.educateiowa.gov/pk-12/nutrition-programs/quick-links-nutrition/learning-tools-nutrition/smart-snacks-school>
- Kansas State Department of Education, “Smart Snacks in Schools”:
http://www.kn-eat.org/snp/snp_menus/SNP_Guidance_Smart_Snacks.htm
- Minnesota Department of Education, “Smart Snacks”:
<http://education.state.mn.us/MDE/dse/FNS/SNP/gen/smart/index.htm>



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Cowboy Corn Salad with Chips



Category: Vegetable and Grain

Smart Snack: Meets Criteria

Ingredients	For 100 Servings		Directions
	Weight	Measure	
Corn, whole kernel, frozen Red onion, chopped Cherry tomatoes Green peppers, chopped Black beans, low sodium Italian dressing, reduced-fat sodium Cilantro, fresh Chili powder Cumin, ground Whole grain tortilla chips	100 oz.	2 qt 3 cups 3 ² / ₃ cups 3 ² / ₃ cups 1 ³ / ₄ cup 1 gal ³ / ₄ cup 1 ³ / ₄ cup ¹ / ₂ Tbsp ³ / ₄ cup 2 Tbsp 3 Tbsp 1 ¹ / ₂ tsp 3 Tbsp 1 ¹ / ₂ tsp	<ol style="list-style-type: none"> 1. Thaw frozen corn in refrigerator overnight. Drain liquid. 2. Wash and chop onions, tomatoes, and peppers. 3. Drain and rinse black beans thoroughly. 4. Mix together thawed corn, beans, and chopped fresh ingredients. 5. Add dressing, cilantro and seasonings to vegetables and gently toss. 6. Cover and refrigerate until ready to serve. CCP: Hold salad for cold service at 41° F or below. 7. Portion with No. 8 scoop (1/2 cup)

Serving Size: No. 8 scoop (1/2 cup salad) and 1 oz. of chips Yield: 100 servings

Nutrition Analysis: Weight: 101 grams

Calories: 198	Calories from Fat: 68	Total Fat: 7.6g	Saturated Fat: 1g	Trans Fat: 0g
Cholesterol: 0.3mg	Sodium: 171mg	Total Carbohydrate: 24g	Dietary Fiber: 5.4g	Sugars: 13g
Protein: 5g	Vitamin A: 194 IU	Vitamin C: 5mg	Calcium: 89 mg	Iron: 2.2 mg

Recipe from Ohio Department of Education – Menus that Move

Jackson's Green Salsa

HACCP: Process 1

Recipe Source: Eisenhower High School USD 265

Team: EHS White

Ingredients	4 servings		Directions
	Weight	Measure	
Tomato, fresh	-	2 each	1. Wash and sanitize equipment to be used. Wash hands. 2. Rinse and cut all ingredients small enough to fit into a food processor. 3. Pulse in the food processor until it is the desired consistency 4. Serve. 5. Hold cold at 41°F or below.
Cilantro, fresh	-	2 T.	
Onion, green	-	1 stalk	
Chile, green canned	4 ½ oz.	1 can	
Jalapenos		2 each	
Salt		¼ tsp.	

Serving Size (ounces)	Serving Size (grams)	Yield
6 ounces	170 grams	4 servings

This vegetable product meets all nutrient standards for entrees or snack foods.

Nutrients Per Serving

Calories	24	Calories from Fat	3.6
Total Fat	.37 g	Sodium	114 mg
Saturated Fat	.05 g	Sugars	0.09 g
Trans Fat	0 g		

Team: EHS White
FACS Educator: LaDena Laha
Nutrition Program Representative: Eileen Blick
Students: Jackson Gasho, Sean Kempiski, Cameron Burdon

Mini Zucchini Pizza Bites

HACCP: Process 2

Recipe Source: Northern Heights USD 251

Team: Northern Heights Team P2

Ingredients	24 servings		Directions
	Weight	Measure	
Zucchini, fresh, medium size Pepperoni slices		3 each 24 slices	<ol style="list-style-type: none"> 1. Wash and sanitize hands, utensils and equipment. 2. Preheat conventional oven to 375°F. 3. Rinse and slice zucchini. Three medium zucchini should yield 24 slices (8 slices per zucchini). 4. Place zucchini slices on cookie sheet lined with parchment paper. 5. Cut pepperoni slices into quarters. 6. Spoon 1 tsp. marinara sauce onto each zucchini slice. 7. Sprinkle 1/8 oz. shredded cheese onto each zucchini slice. 8. Put 4 pepperoni quarters on each zucchini slice. (This is the equivalent of one slice of pepperoni per one slice of zucchini). 9. Bake for 12-15 minutes. 10. Serve immediately. Hold at 135°F or above for service.
Marinara sauce Cheese, mozzarella, shredded	3 oz.	½ c. ¾ c.	

Parchment paper

Serving Size (ounces)	Serving Size (grams)	Yield
1 ounce	28.35 grams	24 pizza bites

This vegetable product meets all nutrient standards for entrees or snack foods.

Nutrients Per Serving

Calories	15	Calories from Fat	2.61
Total Fat	0.29 g	Sodium	67.6 mg
Saturated Fat	0.10 g	Sugars	0.66 g
Trans Fat	0 g		

Team: Northern Heights Team P2
FACS Educator: Janet Holden
Nutrition Program Representative:
Students: Andrea Anderson, Allyssa Beck, Emily Gilbert, Kaylee Burton

Salsa

Vegetable:

Recipe Source: Healthier Kansas Menus

Ingredients	6 Servings		96 Servings		Directions
	Weight	Measure	Weight	Measure	
Tomatoes, crushed, canned	13 to 14 oz.			1 - #10 can	1. Mix all ingredients 2. Refrigerate for at least one hour to blend flavors. Hold cold for service at 41°F or below.
Garlic powder	-	Dash		½ tsp	
Cilantro, dried (coriander leaf)	-	Dash		1 tsp	
Cumin, dried	-	⅜ tsp		2 T	
Lemon, juice	-	⅜ tsp		2 T	
Onion, dehydrated flakes	-	½ T		½ cup	
Peppers, jalapeno, canned, drained, minced, (optional)	-	-	2 oz.		

This recipe, along with many others is available on the www.kn-eat.org website, School Nutrition Programs, Resources, Healthier Kansas Menus.

Santa's Tortilla Snacks

HACCP: Other

Recipe Source: Macksville High School USD 351

Team: Nutrition and Wellness Gray Team

Ingredients	12 servings		Directions
	Weight	Measure	
Tortillas, whole wheat, 6" Taco seasoning mix, dry, low sodium Cooking spray	10 oz.	6 each 1 T. Light spray	1. Wash and sanitize hands, utensils and equipment. 2. Preheat conventional oven to 375°F. 3. Cut tortillas with Christmas cookie cutters into desired shapes or cut into quarters. 4. Lightly spray tortilla shapes with pan spray so taco seasoning will stick. 5. Sprinkle with taco seasoning mix. 6. Bake for 6-8 minutes.
Salsa, low sodium	12 oz.	1 ½ c.	7. Serve with salsa

Serving Size (ounces)	Serving Size (grams)	Yield
½ tortilla 1 ounce salsa	42 grams	12 servings

This whole grain product meets all nutrient standards for entrees or snack foods.

Nutrients Per Serving

Calories	58	Calories from Fat	9
Total Fat	1.06 g	Sodium	196 mg
Saturated Fat	0.51 g	Sugars	0.08 g
Trans Fat	0 g		

Team: Nutrition and Wellness Gray Team
FACS Educator: Terri Renfro
Nutrition Program Representative: Joy Sallee
Students: Jaxton Knorr, Vanessa Ramirez, Kevin Waters

Spicy Bean Dip & Chips

Vegetable:

Recipe Source: Adapted from Recipes for Healthy Kids Cookbook

Ingredients	6 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Beans, pinto, canned, low sodium Or Beans, pinto, can refried, low sodium	15 oz. can	1 ¾ cup			1. Mashed beans to consistency of refried beans and set aside.
Oil, vegetable Peppers, green, sweet, chopped Onion, red, chopped	- 3 ¾ oz. 6 oz.	1 T ¾ cup ¾ cup			2. Heat oil in a non-stick skillet. Add chopped vegetable and saute until tender.
Corn, sweet, yellow, canned Chili powder Cumin, ground Onion powder	6 oz. - - -	1 ¼ cup 1 tsp ½ tsp ¼ tsp			3. Add beans, corn, and spices to the sautéed vegetables. Heat through and hold until ready to serve.
Spinach, fresh, julienne cut Lettuce, romaine, julienne cut Carrots, peeled, shredded Cheese, cheddar, red. fat, shred. Salsa (see HKM Recipe) Sour cream, fat free Tortilla Scoops Baked Chips	- - 3 oz. 2 oz. - 4 oz. 6 oz.	½ cup ½ cup 1 cup - ½ cup ½ cup -			4. Combine julienne cuts of spinach and lettuce. 5. At service, scoop ½ cup of the vegetable blend onto a plate or food boat. 6. Top beans with 2 ½ T lettuce blend, 2 ½ T shredded carrots, 1 T shredded cheese, 1 T salsa, 1 T sour cream 7. Serve with 1 oz. baked tortilla chip scoops.

Serving Size	1 Serving Provides	Yield
	1.5 oz. eq. Meat/Meat Alternate 1 oz. eq. Grain .5 cup Vegetable	

Nutrients Per Serving

Calories	311	Vitamin A	4103.57 IU	Iron	2.33 mg
Protein	10.57 gm	Vitamin C	24.18 mg	Calcium	179.12 mg
Carbohydrate	50.49 gm	Fiber	7.56 gm	Cholesterol	8.62 mg
Fat	8.28 gm	% Fat	23.96 %	Sodium	413.17 mg
Saturated Fat	2.03 gm	% Saturated Fat	5.89 %	Sugars	2.38 g

Spicy Chickpea Bites

Team Up for Smart Snacks

HACCP:

Recipe Source: USD 435 Abilene High School
Team: Abilene FCS Nutrition & Wellness Team 4

Ingredients	8 servings		___ Servings		Directions
	Weight	Measure	Weight	Measure	
Chickpeas, canned	15 oz.	1 can			1. Wash and sanitize hands, utensils and all equipment to be used. 2. Drain and rinse chickpeas (garbanzo beans) in a colander. Rub dry on paper towels, removing skins from the beans. 3. Preheat conventional oven to 400°F. 4. In a medium size bowl, stir all remaining ingredients until well blended. 5. Add chickpeas and stir to thoroughly coat the beans. 6. Spread chickpeas evenly on lined baking sheet. 7. Bake for 20 minutes. 8. Remove from oven and stir (or tilt the pan to slightly roll the chickpeas). 9. Bake for an additional 20 or more minutes, until chickpeas are toasted and crunchy.
Olive oil Garlic powder Dried onions Sun dried tomatoes Paprika Chili powder Cayenne pepper Sea salt Pepper Crushed red pepper Chipotle chili pepper Onion powder Seasoned salt Parchment paper		2 1/8 tsp 1/4 tsp 1/8 tsp 1/8 tsp 1/8 tsp 1/2 tsp 1/4 tsp 1/4 tsp 1/8 tsp 1/8 tsp 1/8 tsp 1/8 tsp 1 each			

Serving Size (ounces)	Serving Size (grams)	Yield
1 ounce	28.35 grams	8 servings

Nutrients Per Serving

Calories	59	Calories from Fat	20.5
Total Fat	2.28 g	Sodium	175 mg
Saturated Fat	0.28 g	Sugars	1.42 g
Trans Fat	0 g		

Team: Abilene FCS Nutrition & Wellness Team 4
FACS Educator: Deb Farr
Nutrition Program Representative: Kyleen Harris
Students: Baylie Dockins, Madison Swanson

Vegetable Medley Salad

Nutrients per Serving	
Calories	96 calories
Total Fat	2.6 g
Saturated Fat	0.3 g
Sodium	144 mg



Notes:

Meets USDA Smart Snacks criteria having a vegetable as first ingredient.

Ingredients	50 Servings Measure	100 Servings Measure	Directions
Edamame, frozen, shelled, thawed	8 cups	16 cups	Mix edamame, corn, peas, black beans, and red onion in a large bowl.
Corn, sweet, frozen, thawed	6 cups	12 cups	
Peas, sweet, frozen, thawed	5 cups	10 cups	
Beans, black, drained, rinsed	1 number 10 can (110 oz.)	2 number 10 cans (110 oz. each)	
Onion, red, minced	1 medium	2 medium	
Oil, olive	1/3 cup	2/3 cup	Stir olive oil, vinegar, salt, parsley, black pepper, basil, and garlic powder together in small bowl. Pour onto edamame mixture. Chill in refrigerator at least 30 minutes before serving. Serving: 1/2 cup
Vinegar, red wine	1 1/2 cup	3 cup	
Parsley, dried	2 tsp.	4 tsp.	
Pepper, black, ground	1 tsp.	2 tsp.	
Basil, dried	1 tsp.	2 tsp.	
Garlic powder	1 tsp.	2 tsp.	