



















# Galletas de Cacahuates

## Ingredientes

Para 48 galletas

3 tazas de Mezcla Maestra



1 taza de azúcar



1/3 taza de agua



2 huevos



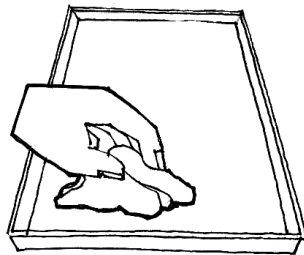
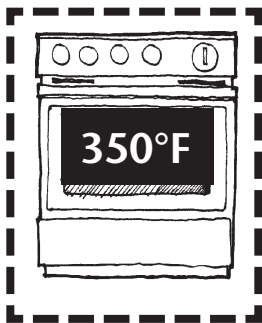
1 taza de crema de cacahuate



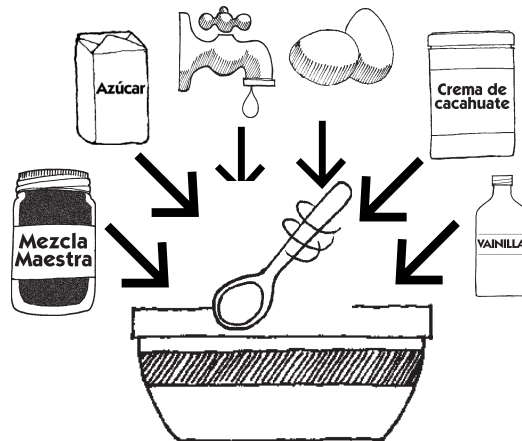
1 cucharadita de vainilla



**1** Caliente el horno a 350°F y engrase un molde.

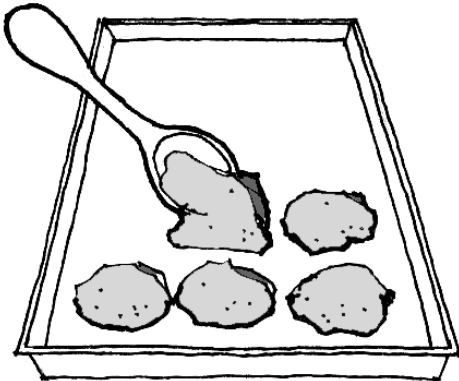


**2** Mezcle todos los ingredientes hasta obtener una masa uniforme.

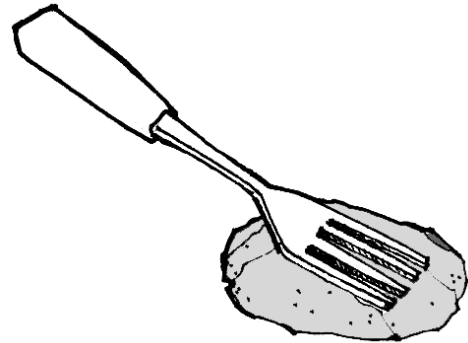


# Galletas de Cacahuates

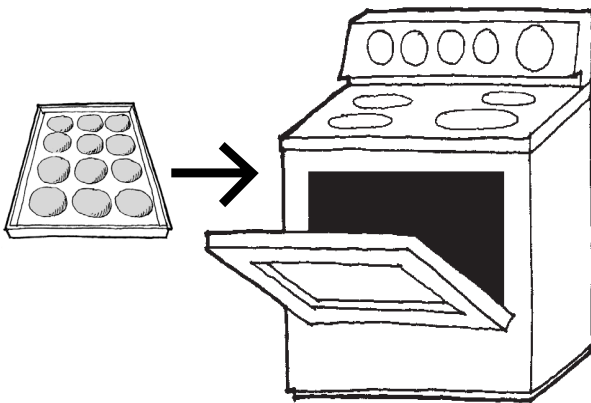
**3** Coloque la masa en el molde para hornear por cucharaditas.



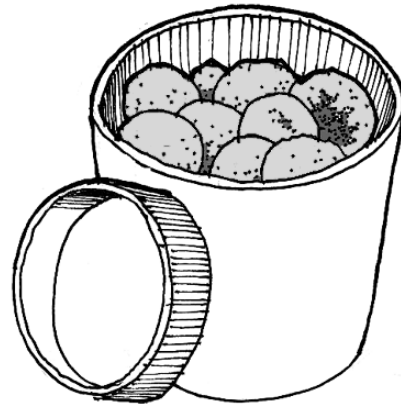
**4** Déle forma a cada galleta, presionando con un tenedor cubierto de azúcar para que la galleta no se pegue al tenedor.



**5** Coloque el molde en el horno por 10 a 12 minutos.



**6** Guarde las galletas en un recipiente con tapa.



Galletas de Cacahuates nos dan:

**VITAMINAS  
B**

Convierten los alimentos en energía.

**Hidratos de  
Carbono**

Dan energía.



**PROTEÍNA**

Hace y repara la piel, músculos y sangre.

# Peanut Butter Cookies

## Ingredients

Makes 48 cookies


3 cups Master Mix 

1 cup sugar 

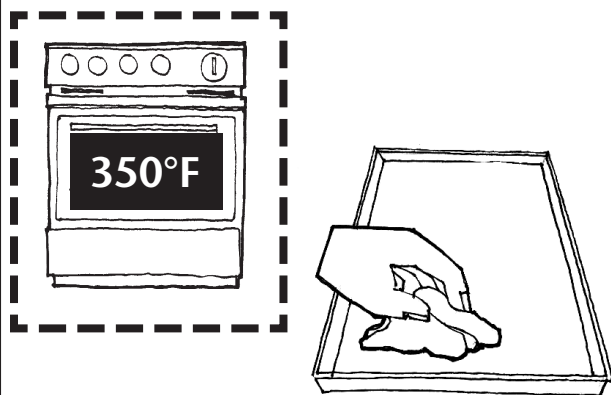
$\frac{1}{3}$  cup water 

2 eggs 

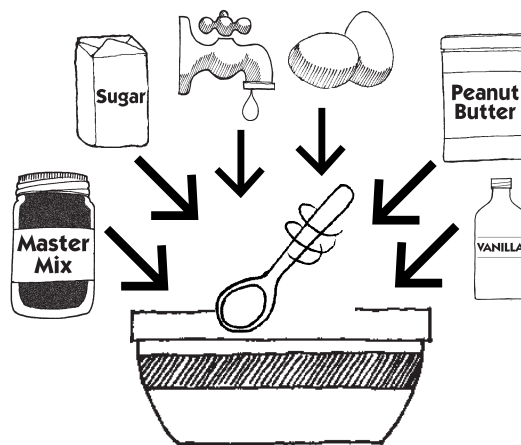
1 cup peanut butter 

1 teaspoon vanilla 

**1** Heat oven to 350°F and grease cookie sheet.

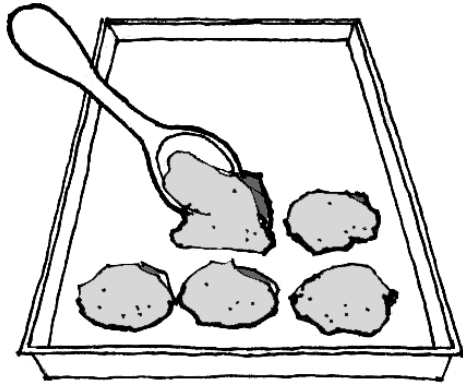


**2** Mix all the ingredients together until dough is smooth.

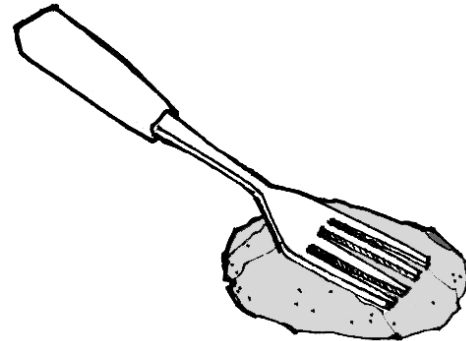


# Peanut Butter Cookies

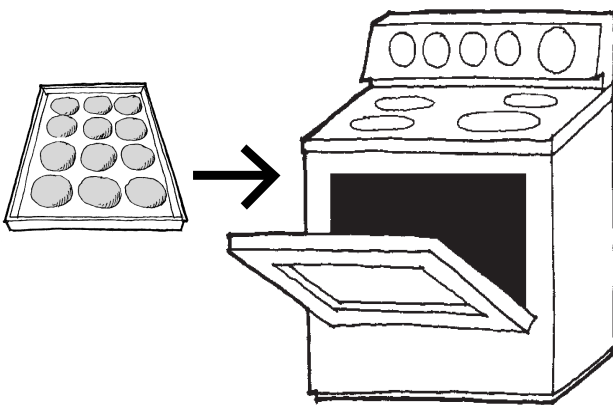
- 3** Place dough on cookie sheet using a teaspoon.



- 4** Use a fork to press down each cookie. If the fork sticks, dip it in sugar.



- 5** Place cookie sheet in oven and bake for 10 to 12 minutes.



- 6** Store cookies in a covered container.



Peanut Butter Cookies give us:

**B**  
**VITAMINS** Turn food into energy.

**Carbohydrates** Give energy.



Builds and repairs skin, muscle and blood.

# Ensalada de Zanahoria y Uvas Pasas

## Ingredientes

Para 4 porciones

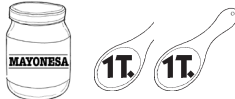
2 tazas de zanahoria rallada (como 4 zanahorias)



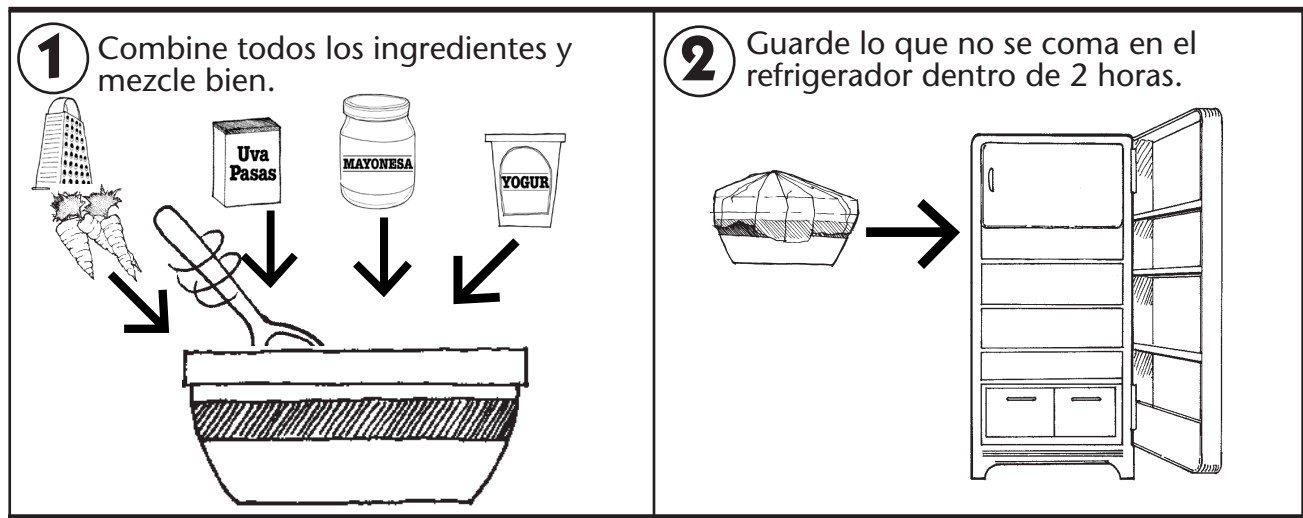
¼ taza de uvas pasas



2 cucharadas de mayonesa



2 cucharadas de yogur sin fruta o de jugo de naranja



La Ensalada de Zanahoria y Uvas Pasas nos da:

**VITAMINA A** Mantiene la piel y los ojos sanos.

**Fibra** Previene el estreñimiento.

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EM 8758-E

Origen de la receta: Sue Nicholson Butkus, Especialista en Nutrición, Departamento de Agricultura y Economía del Hogar, Universidad del Estado de Washington, Pullman, WA. Formato original creado por Janice Smiley, MPA, Educadora de Extensión, Programas de Nutrición para Adultos y Jóvenes (4-H), Oregon State University, Condado de Multnomah. Adaptado y traducido para el uso con la comunidad de habla Hispánica por Lynn Myers Steele, MPH, Educadora de Extensión y por los Asistentes de Nutrición, Programa de Nutrición para las Familias de Oregon (OFNP), Oficina Hispánica, Oregon State University, Condado de Multnomah.

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# Carrot-Raisin Salad

## Ingredients

Makes 4 servings

2 cups shredded carrots (about 4 carrots)



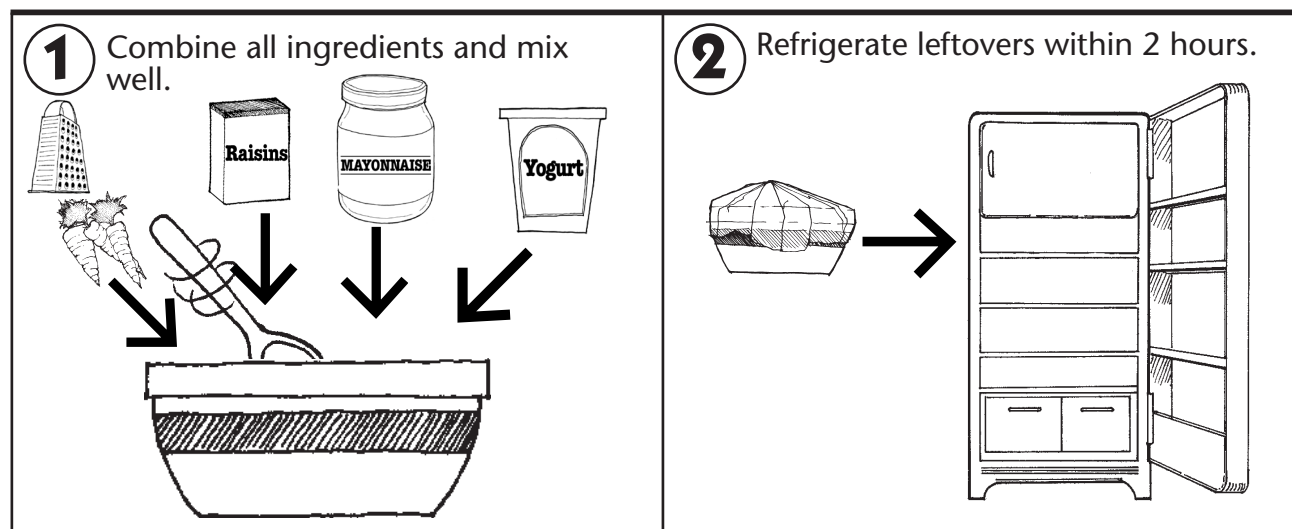
1/4 cup raisins



2 Tablespoons mayonnaise



2 Tablespoons plain yogurt or orange juice



Carrot-Raisin Salad is good for:

**VITAMIN  
A**

Keeps skin and eyes healthy.

*Fiber*

Prevents constipation.

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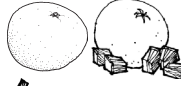


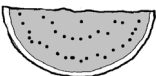


Recipe Source: Sue Nicholson Butkus, Extension Nutrition Specialist, College of Agriculture and Home Economics, Washington State University, Pullman, WA. Original format created by Janice Smiley, MPA, Extension Educator, Adult and 4-H Nutrition, Oregon State University, Multnomah County. Adapted and translated for use with Spanish-speaking audiences by Lynn Myers Steele, MPH, Extension Educator, and by Nutrition Program Assistants, Oregon Family Nutrition Program (OFNP), Hispanic Office, Oregon State University, Multnomah County.

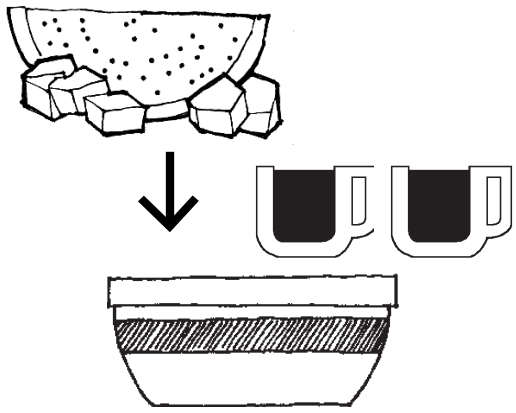
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# Cóctel de Frutas

## Ingredientes

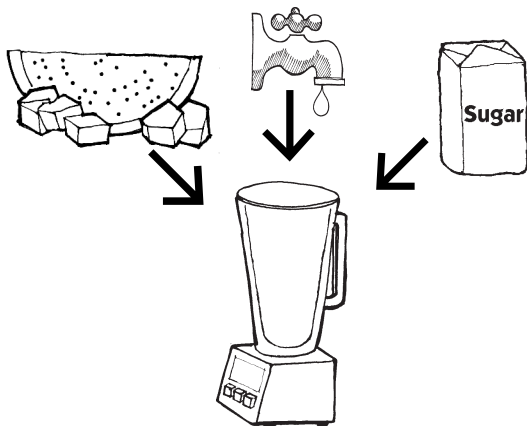
Para 10 a 12 porciones

- ¼ taza de **melón** cortado en pedacitos 
- 2 tazas de **piña** en pedacitos (fresco o en lata sin dulce) 
- 2 **naranjas** peladas y cortadas en pedacitos 
- 2 **bananas** cortadas en rodajas 
- 1 taza de **cerezas** cortadas por mitad o de **fresas** cortadas en pedacitos 
- ½ **sandía** 
- ⅓ taza de **azúcar**, si quiere 
- 3 tazas de **agua** 

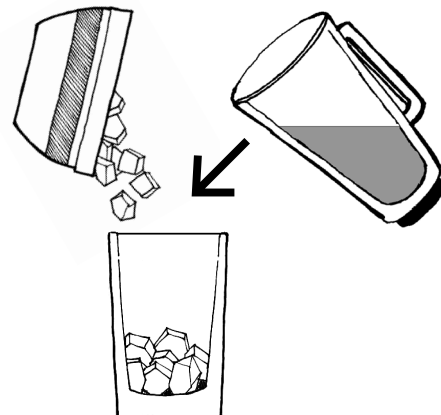
<p><b>1</b> Mezcle toda la fruta cortada en un tazón grande.</p> 	<p><b>2</b> Corte la sandía en pedacitos, quitando las semillas. Mida 2 tazas y mezcle con las demás frutas.</p> 
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# Cóctel de Frutas

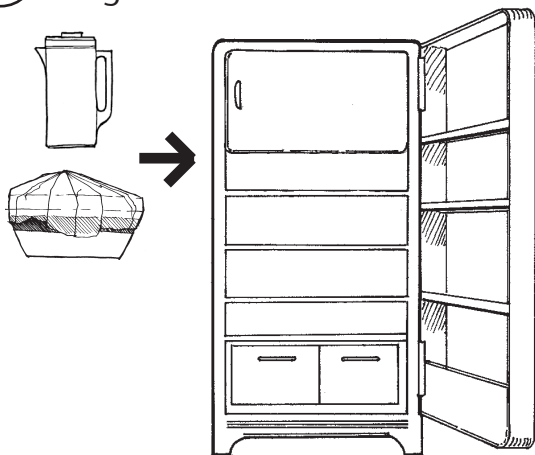
- 3** Licue el resto de los pedacitos de sandía con el agua y el azúcar. Mezcle bien.



- 4** Ponga 2 o 3 cucharadas de fruta en un vaso o un tazón y llene con el jugo de sandía licuada.



- 5** Guarde lo que no se coma en el refrigerador dentro de 2 horas.



El Cóctel de Frutas nos da:

**VITAMINA A** Mantiene la piel y los ojos sanos.

**VITAMINA C** Mantiene sanas las encías y las venas.

**Fibra** Previene estreñimiento.



# Fruit Cocktail

## Ingredients

Makes 10–12 servings

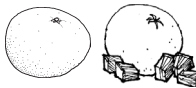
¼ cup cut-up cantaloupe



2 cups cut-up pineapple (fresh or unsweetened canned)



2 peeled and cut-up oranges



2 peeled and cut-up bananas



1 cup of halved cherries or cut-up strawberries



½ watermelon

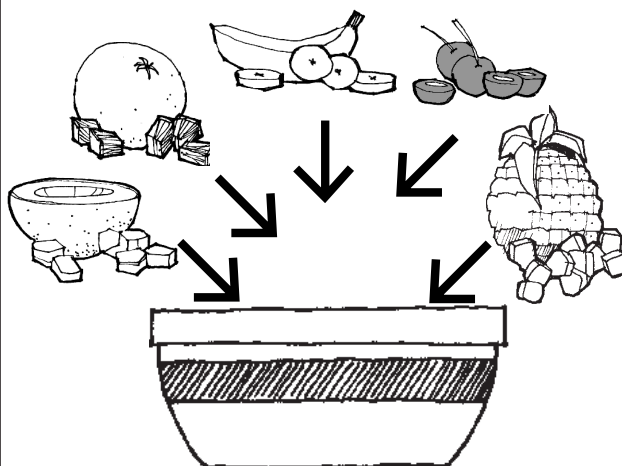
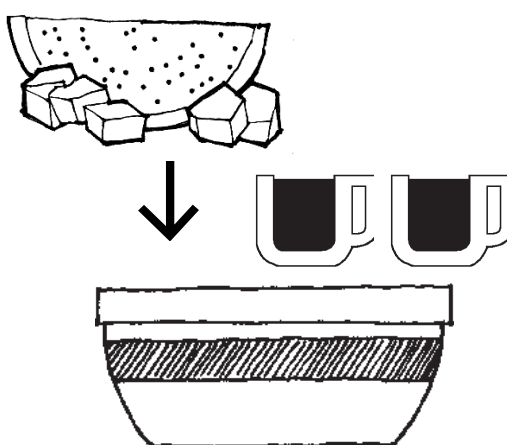


⅓ cup sugar (optional)



3 cups water



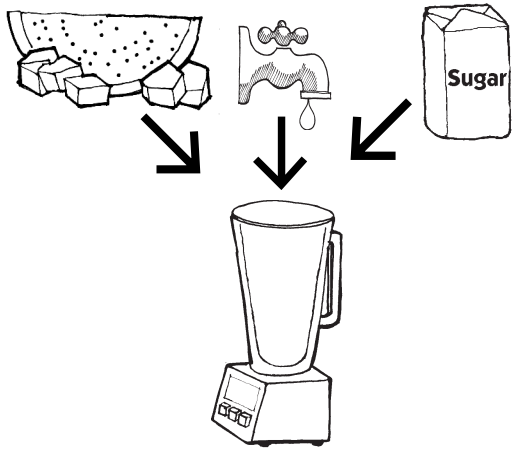
<p><b>1</b> Mix all the cut-up fruit in a large bowl.</p> 	<p><b>2</b> Cut the watermelon into 1-inch pieces, removing the seeds. Measure 2 cups and mix with rest of the fruit.</p> 
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Recipe Source: Mary Conde, Carrie Walker, Alejandro Chavez and Maribel Gomez, Nutrition Assistants, Oregon Family Nutrition Program (OFNP), Hispanic Office, Multnomah County. Original format created by Janice Smiley, MPA, Extension Educator, Adult and 4-H Nutrition, Oregon State University, Multnomah County. Adapted and translated for use with Spanish-speaking audiences by Lynn Myers Steele, MPH, Extension Educator, and by Nutrition Program Assistants, Oregon Family Nutrition Program (OFNP), Hispanic Office, Oregon State University, Multnomah County.

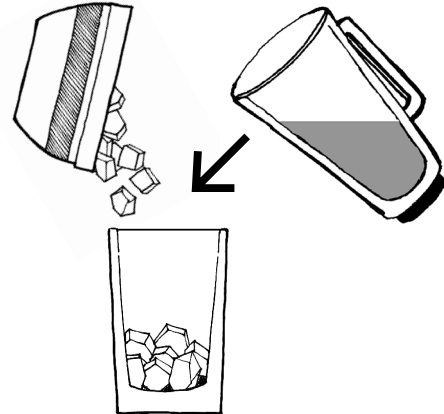
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# Fruit Cocktail

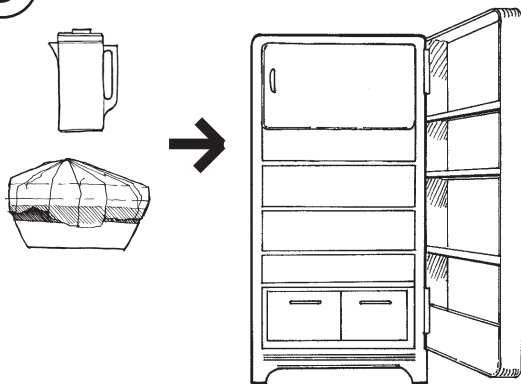
- 3** In a blender, mix the remaining watermelon pieces with sugar and water. Blend thoroughly.



- 4** Put 2 or 3 Tablespoons of fruit in a glass or bowl and fill with blended watermelon juice.



- 5** Refrigerate leftovers within 2 hours.



Fruit Cocktail is good for:

**VITAMIN  
A**

Keeps skin and eyes healthy.

**VITAMIN  
C**

Keeps gums and blood vessels healthy.

*Fiber*

Prevents constipation.

# Panecitos de Atún

## Ingredientes

Para 6 a 8 porciones

3 tazas de **Mezcla Maestra**



$\frac{2}{3}$  taza de **agua**



1 lata de 6 onzas de **atún**



$\frac{1}{4}$  taza de **cebolla picada**



$\frac{1}{4}$  taza de **apio picado**



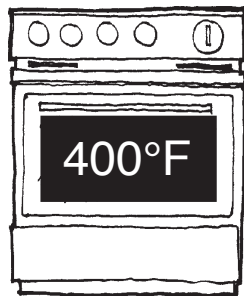
1 taza de **queso rallado**



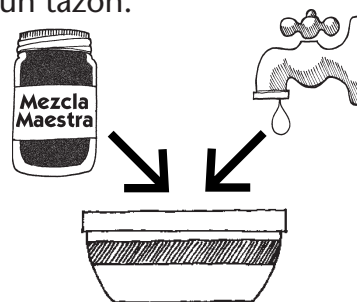
$\frac{1}{2}$  taza de **yogur** (sin fruta o condimentos)



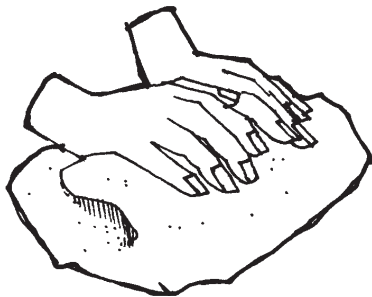
**1** Prenda el horno a 400°F.



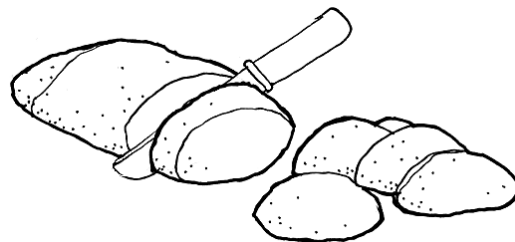
**2** Mezcle la Mezcla Maestra y el agua en un tazón.



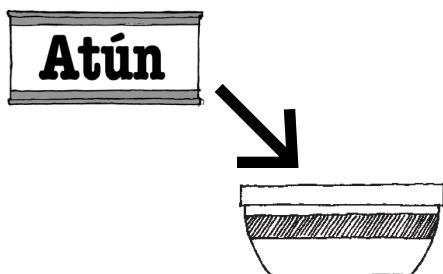
**3** Ponga la masa en una superficie rociada de harina y amase 15 veces.



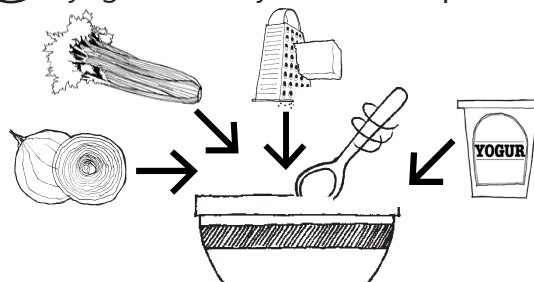
**4** Divida la masa entre 10 a 12 porciones.



**5** Abra una lata de atún, quite el agua y ponga el atún en un tazón.

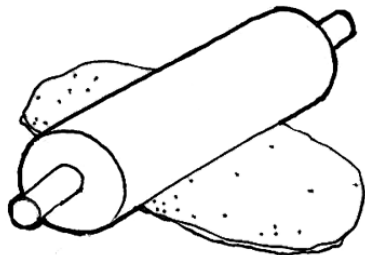


**6** Añada la cebolla, el apio, el queso y el yogur al atún y mezcle completamente.



# Panecitos de Atún

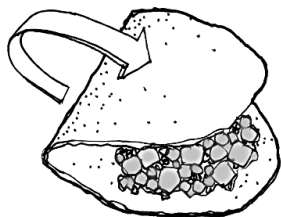
**7** Extienda cada bolita de masa y haga un cuadro de 3 a 6 pulgadas.



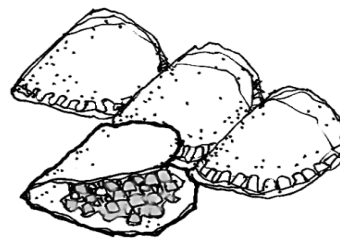
**8** Ponga una cucharada grande de la mezcla del atún a un lado de la masa.



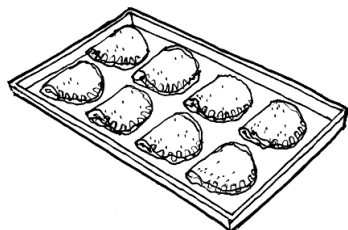
**9** Doble la masa sobre el atún y apriete para que la masa se junte y los ingredientes queden adentro.



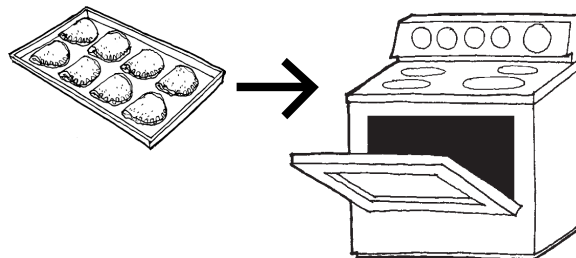
**10** Haga lo mismo con toda la masa y la mezcla de atún.



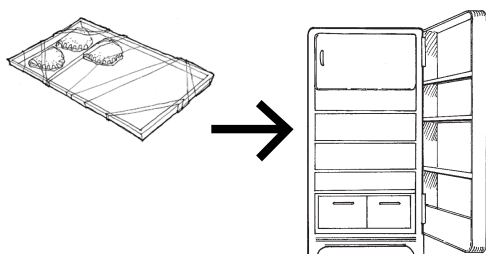
**11** Ponga los panecitos de atún aproximadamente 1 pulgada separados en un molde para hornear engrasado.



**12** Cocine a 400°F por 12 a 15 minutos o hasta que estén dorados.



**13** Guarde lo que no se coma en el refrigerador dentro de 2 horas.



**Panecitos de Atún nos dan:**

**VITAMINAS B** Convierten los alimentos en energía.

**Hidratos de Carbono** Dan energía.



Hace y repara la piel, músculos y sangre.

# Tuna Turnovers

## Ingredients

Makes 6–8 servings

3 cups **Master Mix**



$\frac{2}{3}$  cups **water**



1 6-ounce can **tuna**



$\frac{1}{4}$  cup chopped **onion**



$\frac{1}{4}$  cup chopped **celery**



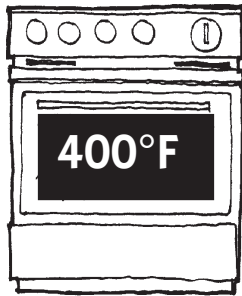
1 cup **grated cheese**



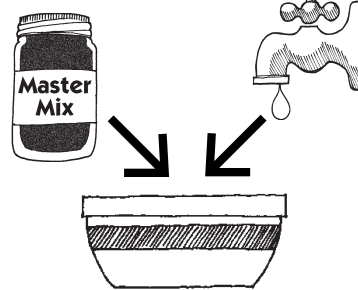
$\frac{1}{2}$  cup plain **yogurt**



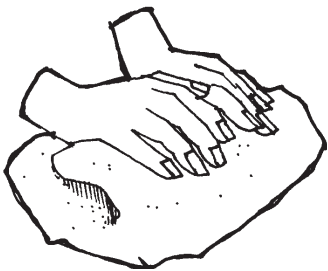
**1** Preheat oven to 400° F.



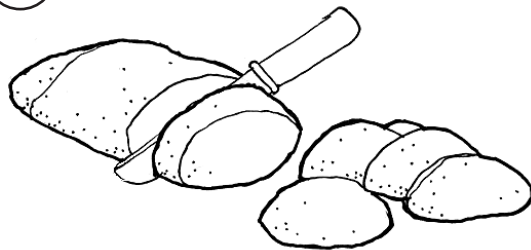
**2** Mix Master Mix and water in a bowl.



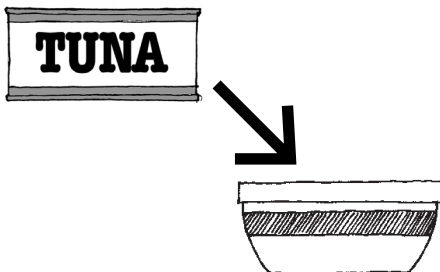
**3** Place dough on lightly floured surface and knead 15 strokes.



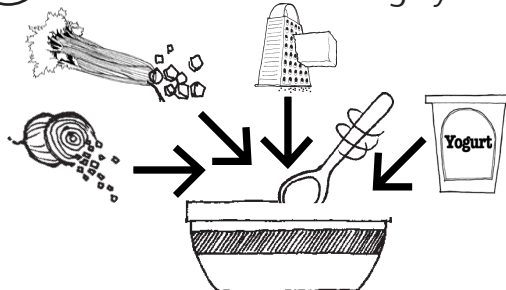
**4** Divide dough into 10–12 portions.



**5** Open can of tuna, drain and place in a bowl.

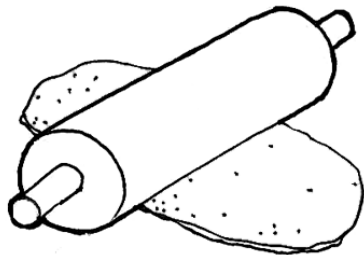


**6** Add onion, celery, cheese, and yogurt to tuna and mix thoroughly.

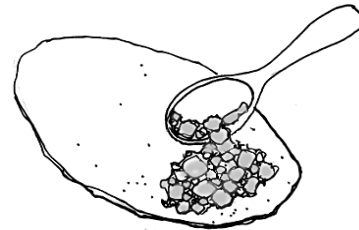


# Tuna Turnovers

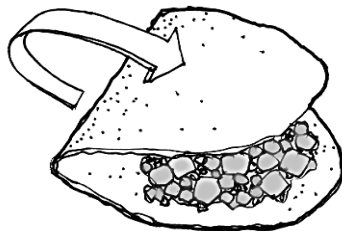
**7** Roll each piece of dough in 3-inch by 6-inch oblong.



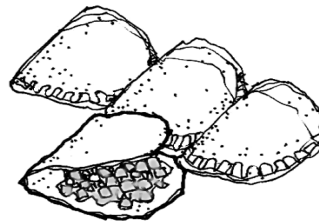
**8** Place 1 heaping Tablespoon of tuna mixture on one end of dough.



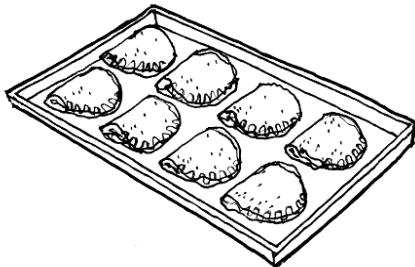
**9** Fold other end of dough over the tuna mixture and pinch edges together to seal ingredients inside.



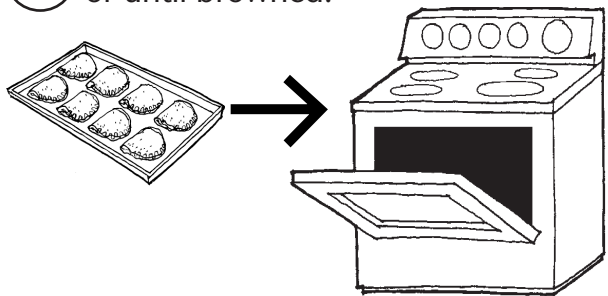
**10** Do the same with the remaining pieces of dough. Add tuna mixture, fold over and pinch edges together.



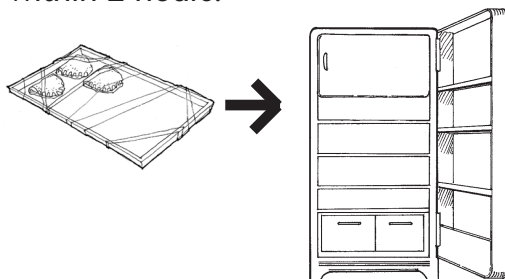
**11** Place turnovers 1 inch apart on lightly greased baking sheet.



**12** Bake at 400°F for 12 to 15 minutes or until browned.



**13** Store leftovers in the refrigerator within 2 hours.



**Tuna Turnovers give us:**

**B VITAMINS** Turn food into energy.

**Carbohydrates** Give energy.



**Builds and repairs skin, muscles, and blood.**

# Cacerola de Arroz y Tomate

## Ingredientes

Para 6 porciones


1 cucharada de **aceite vegetal** 

1½ tazas de **carne** cortada en pedacitos 

¾ taza de **cebolla** picada 

¼ taza de **chile campana o jalapeño**, picada 


1 taza de **arroz** 

2 tazas de **tomate** enlatado, picado con jugo 

2 tazas de **agua** 

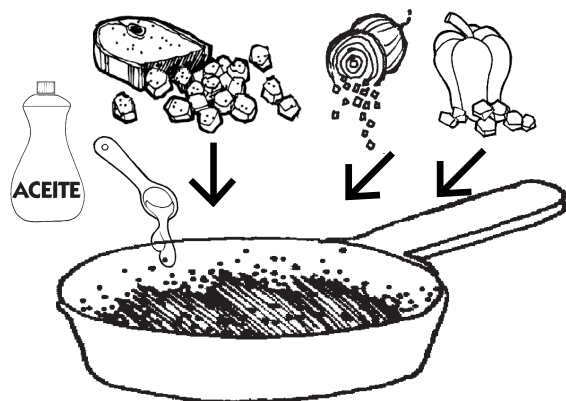
2 cucharadas de **chile en polvo** 

1 cucharada de **orégano** 

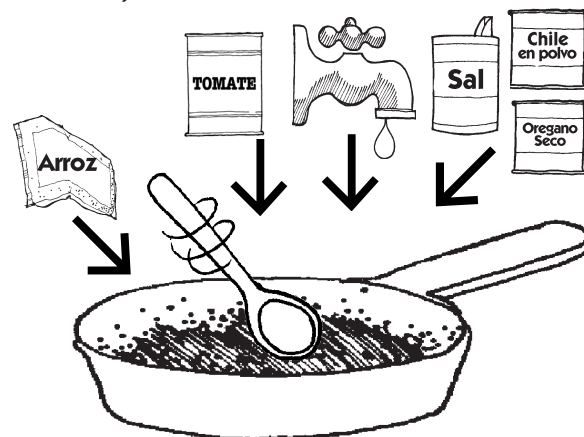
1 cucharadita de **sal** 

1 taza de **queso rallado** 

**1** Eche una cucharada de aceite en una sartén y cocine la carne, la cebolla y el chile campana o el jalapeño hasta que los vegetales se estén blandos.

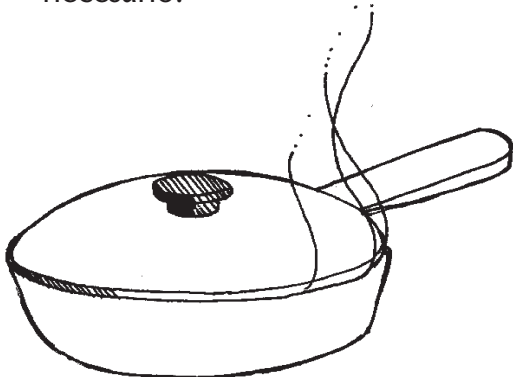


**2** Agregue el arroz, el tomate, el agua y los condimentos. Mezcle bien y deje hervir.

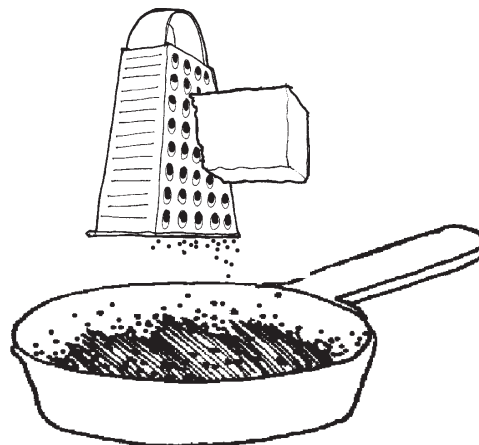


# Cacerola de Arroz y Tomate

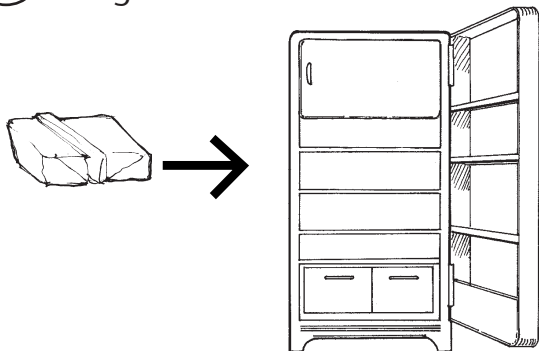
**3** Baje el fuego, cubra la sartén y deje cocinar por 30 minutos. Mezcle cada 5 o 10 minutos y agregue agua si es necesario.



**4** Si desea, rocée el queso por encima, déjelo derretir y sirva.



**5** Guarde lo que no se coma en el refrigerador dentro de 2 horas.



Cacerola de Arroz y Tomate nos da:



**PROTEÍNA**

Hace y repara la piel, músculos y sangre.

**Hidratos de Carbono**

Dan energía.

**VITAMINAS B**

Convierten los alimentos en energía.



**CALCIO**

Forma los huesos y dientes fuertes.

**VITAMINA C**

Mantiene sanas las encías y las venas.



# Spicy Rice Casserole

## Ingredients

Makes 6 servings

1 Tablespoon vegetable oil



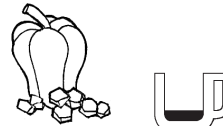
1½ cups of meat cut in little pieces



¾ cup chopped onion



¼ cup bell or jalapeño pepper, chopped



1 cup rice



2 cups canned tomato, chopped with juice



2 cups water



2 Tablespoons chili powder



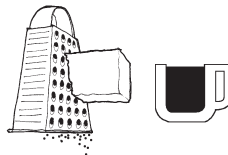
1 Tablespoon oregano



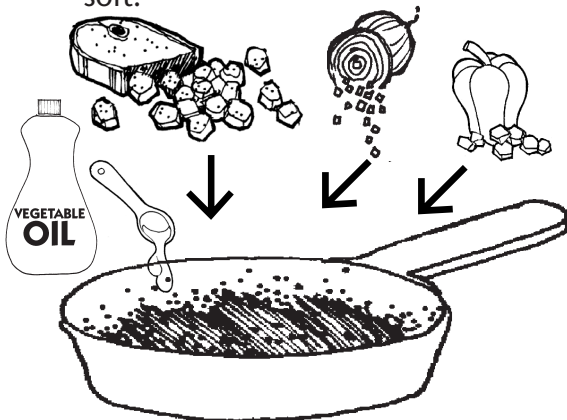
1 teaspoon salt



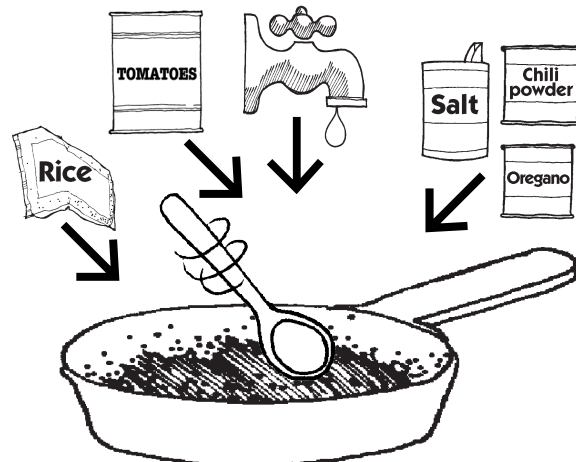
1 cup shredded cheese



**1** Pour vegetable oil into a skillet and cook the meat, onion and bell or jalapeño pepper until vegetables are soft.

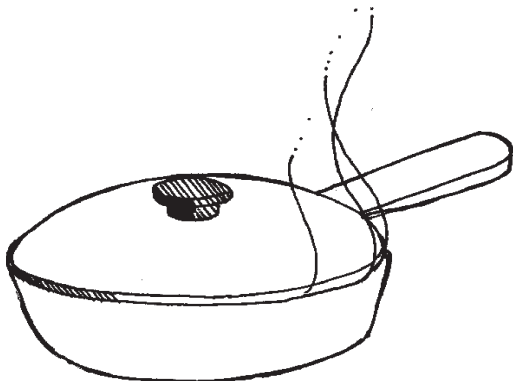


**2** Add rice, tomato, water, and spices. Mix well and let boil.

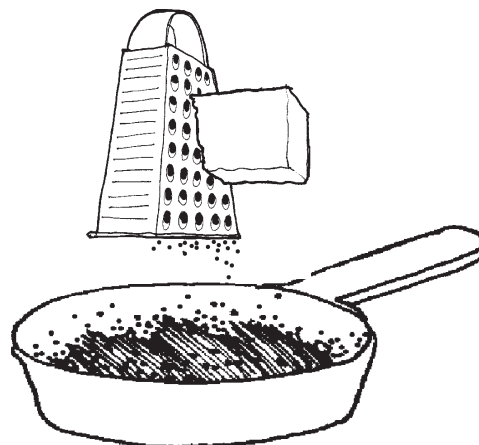


# Spicy Rice Casserole

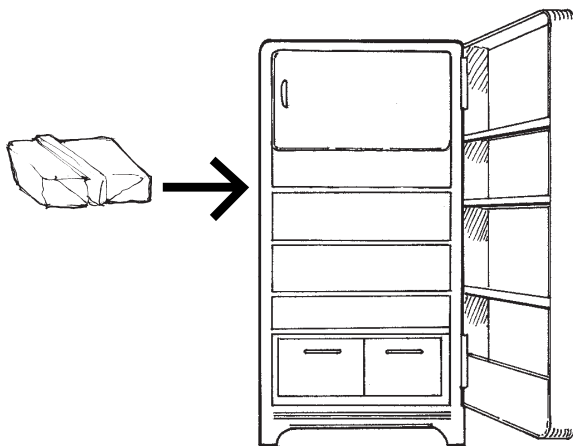
**3** Lower heat, cover skillet and cook for 30 minutes. Stir every 5 to 10 minutes and add water if needed.



**4** If you want, sprinkle with cheese, let melt, and serve.



**5** Store leftovers in refrigerator within 2 hours.



**Spicy Rice Casserole gives us:**



**PROTEIN**

Builds and repairs skin, muscles, and blood.

**Carbohydrate** Give us energy.

**B  
VITAMINS**

Turn food into energy.



**CALCIUM**

Builds strong bones and teeth.

**VITAMIN  
C**

Keeps gums and blood vessels healthy.

# Licuada a su Gusto

**Ingredientes** Para 2 a 3 porciones

½ taza de **yogur sin fruta o con fruta**



½ taza de **leche de 1%**



3 cucharadas de **leche en polvo**



2 cubitos de **hielo**



2 o 3 cucharadas de **azúcar**



½ cucharadita de **vainilla**

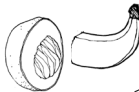


**Y escoja dos de los siguientes alimentos:**

5 **fresas**



½ **durazno o banana**



¼ taza de **piña en trocitos**



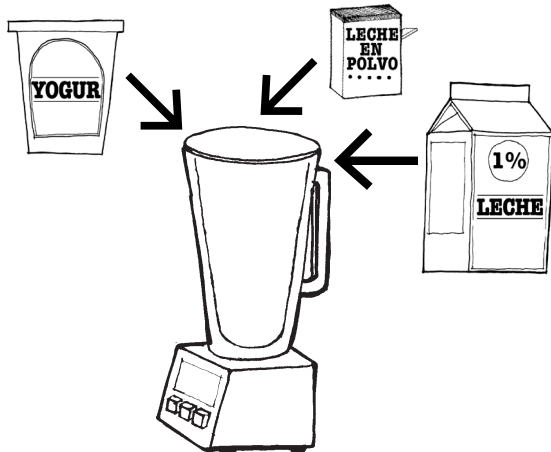
1 cucharada de **crema de cacahuete**



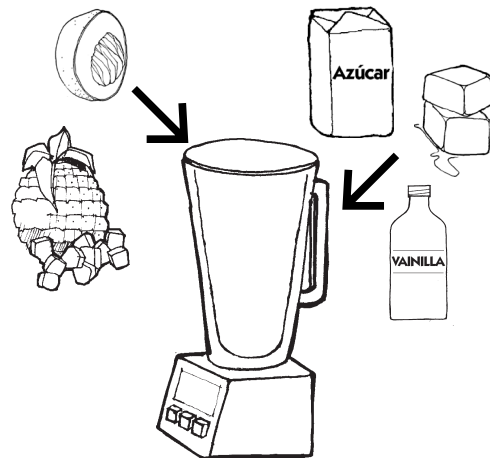
1 cucharada de **jugo congelado**



**1** En una licuadora ponga el yogur, la leche y la leche en polvo.

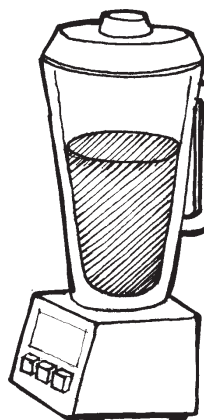


**2** Añada los 2 alimentos que escogió de la lista, el hielo, el azúcar y la vainilla.

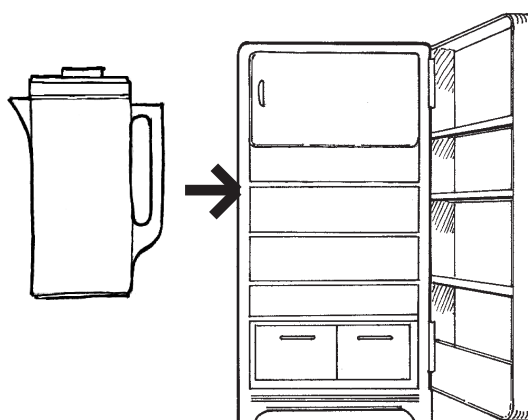


# Licuada a su Gusto

**3** Licue en alta velocidad hasta que todo esté bien mezclado.



**4** Guarde lo que no se coma en el refrigerador dentro de 2 horas.



Licuada a su Gusto nos da:



Forma los huesos y dientes fuertes.



Ayuda el cuerpo a usar el calcio.



Forma y repara la piel, músculos y sangre.

Los siguientes alimentos:

- Las fresas nos dan Vitamina C y fibra.
- La banana nos da potasio y fibra.
- La piña nos da Vitamina C y fibra.
- La crema de cacahuete nos da proteína.
- El jugo congelado nos da Vitamina C.

**VITAMINA C** Mantiene sanas las encías y las venas.

**Fibra** Previene estreñimiento.

**POTASIO** Mineral que mantiene el corazón fuerte.

# Anything Smoothie

**Ingredients** Makes 2–3 servings

½ cup plain or flavored **yogurt**



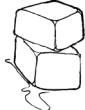
½ cup **1% milk**



3 Tablespoons **nonfat dry milk**



2 **ice cubes**



2–3 Tablespoons **sugar**



½ teaspoon **vanilla**



2 selections from “anything” list below:

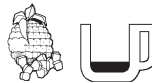
5 **strawberries**



½ **peach or banana**



¼ cup **pineapple chunks**



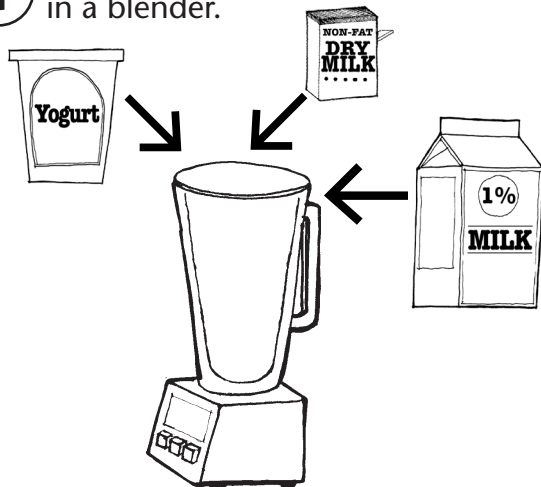
1 Tablespoon **peanut butter**



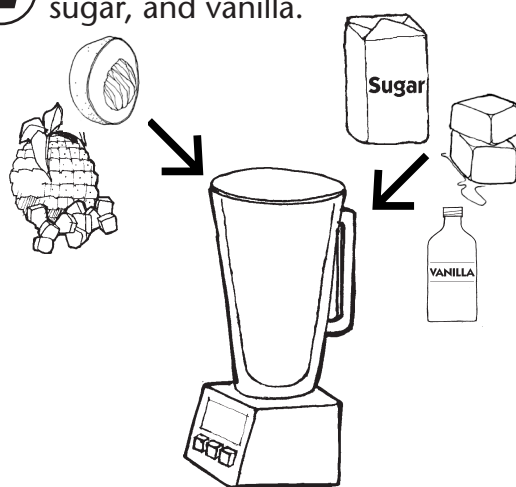
1 Tablespoon **frozen juice**



**1** Put yogurt, milk, and nonfat dry milk in a blender.

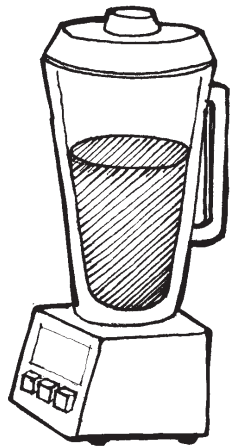


**2** Add “anything” selections, ice cubes, sugar, and vanilla.

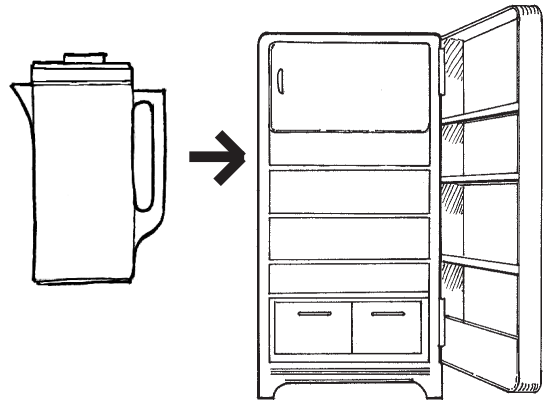


# Anything Smoothie

**3** Blend on high until smooth.



**4** Store leftovers in refrigerator within 2 hours.



Anything Smoothie gives us:



Builds strong bones and teeth.



Helps use calcium.



Builds and repairs skin, muscle, and blood.

“Anything” selections:

- Strawberries give us Vitamin C and fiber.
- Bananas give us potassium and fiber.
- Pineapple gives us Vitamin C and fiber.
- Peanut butter gives us protein.
- Frozen juice gives us Vitamin C.

**VITAMIN C** Keeps gums and blood vessels healthy.

**Fiber** Prevents constipation.

**POTASSIUM** Mineral that keeps your heart strong.

# Ensalada de Fruta Espléndida

## Ingredientes

Para 4 porciones

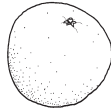
3 cucharadas de **jugo congelado de naranja**



2 manzanas medianas



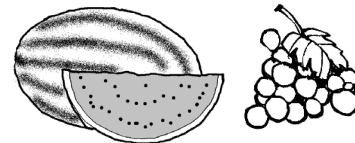
1 naranja



1 banana



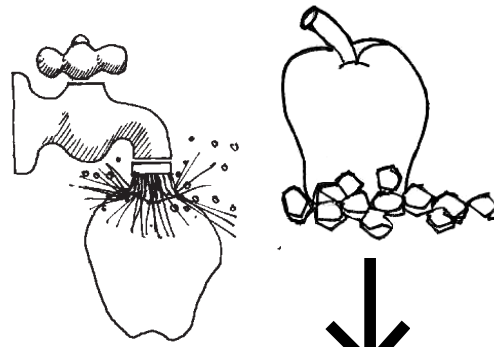
Opcional: Otras frutas como sandía, melón, uvas...



**1** Coloque el jugo congelado en un tazón o vasija.

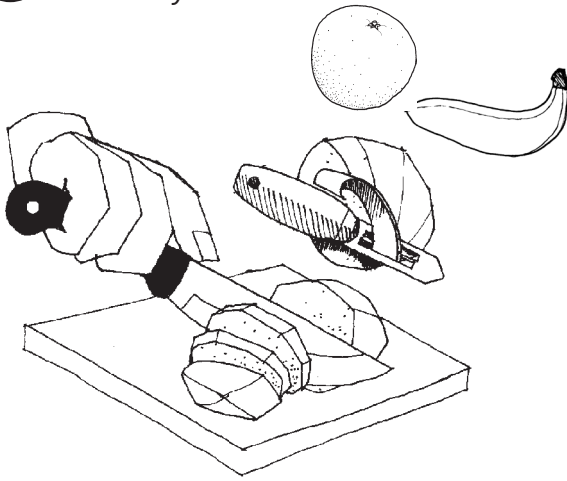


**2** Lave y corte en pedacitos las manzanas y colóquelos en el tazón.

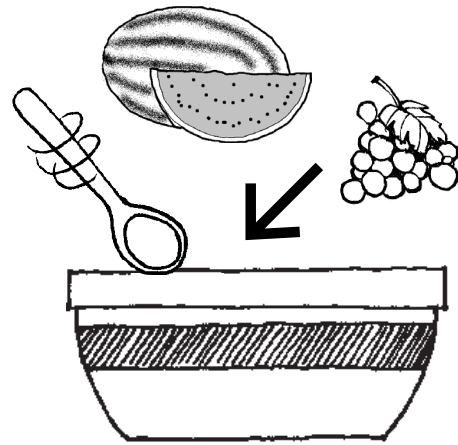


# Ensalada de Fruta Espléndida

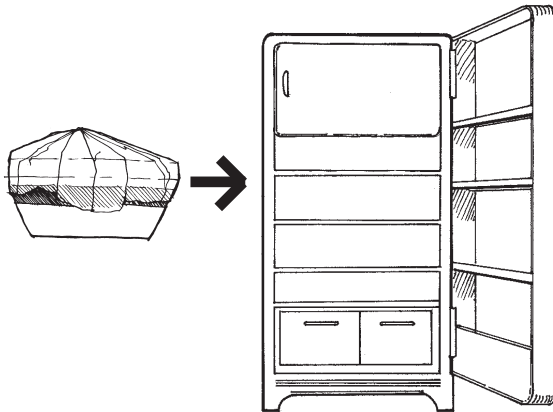
**3** Pele y corte en tajadas la naranja, la banana y las demás frutas.



**4** Mezcle las frutas y el jugo en el tazón y sirva.



**5** Guarde lo que no se coma en el refrigerador dentro de 2 horas.



Ensalada de Fruta Espléndida nos da:

**VITAMINA A** Mantiene la piel y los ojos sanos.

**VITAMINA C** Mantiene sanas las encías y las venas.

**Fibra** Previene el estreñimiento.



# Splendid Fruit Salad

## Ingredients

Makes 4 servings

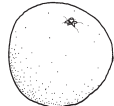
3 Tablespoons frozen orange juice concentrate



2 apples, medium size



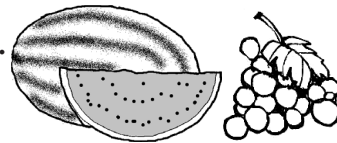
1 orange

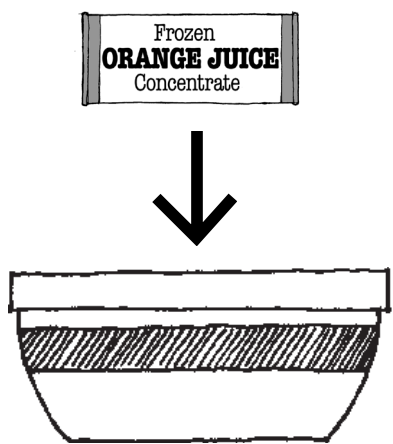
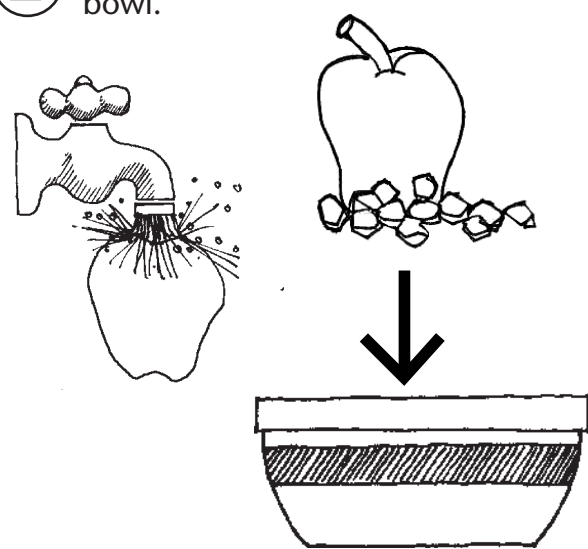


1 banana



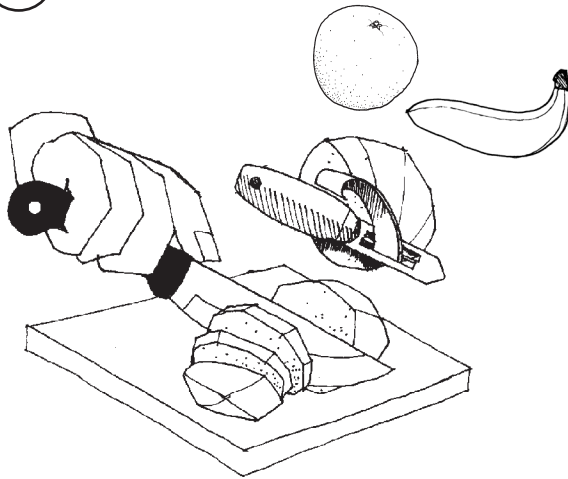
Optional: Other fruits such as watermelons, grapes...



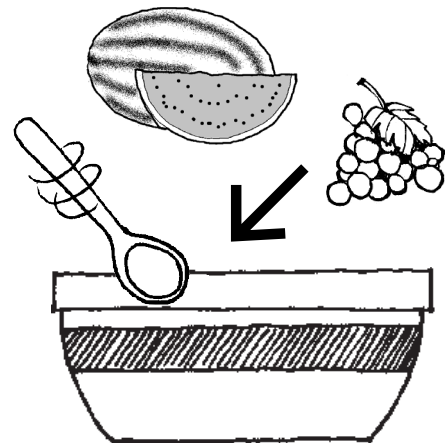
<p><b>1</b> Measure orange juice concentrate into a bowl.</p> 	<p><b>2</b> Wash and dice apples and place in bowl.</p> 
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# Splendid Fruit Salad

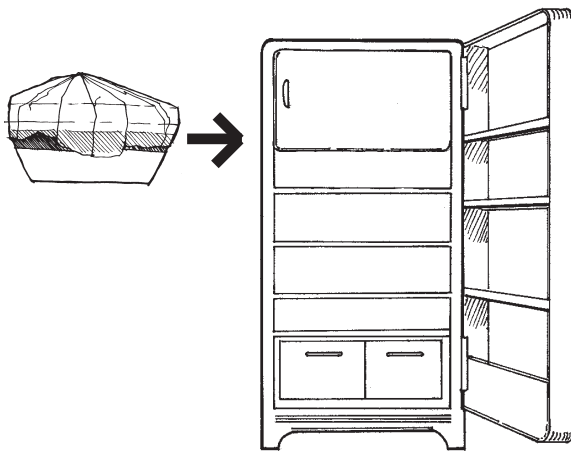
**3** Peel and slice orange, banana and other fruits.



**4** Mix the pieces of fruit with the juice in the bowl and serve.



**5** Store leftovers in refrigerator within 2 hours.



**Splendid Fruit Salad gives us:**

**VITAMIN A** Keeps skin and eyes healthy.

**VITAMIN C** Keeps gums and blood vessels healthy.

**Fiber** Prevents constipation.

# Naranjada a su Gusto

**Ingredientes** Para 4 porciones

1 lata de 6 onzas de **jugo de naranja congelado** 



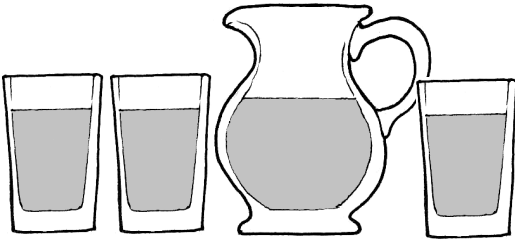
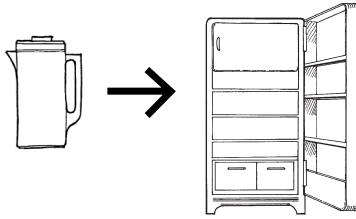
1 taza de **leche de 1%** 

1 taza de **agua** 

1 cucharadita de **vainilla** 

2 cucharadas de **azúcar** 

10 cubitos de **hielo** 

<p><b>1</b> Combine todos los ingredientes en una licuadora.</p> 	<p><b>2</b> Licue en alta velocidad hasta que todo esté bien mezclado.</p> 
<p><b>3</b> ¡Vacíe en vasos y disfrute!</p> 	<p><b>4</b> Guarde lo que no se beba en la refrigerador dentro de 2 horas.</p> 

**Naranjada a su Gusto nos da:**



**CALCIO**

Forma los huesos y dientes fuertes.

**VITAMINA D**

Ayuda utilizar el calcio.

**VITAMINA C**

Mantiene sanas las encías y las venas.



**PROTEÍNA**

Hace y repara la piel, músculos y sangre.

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# Orange Smoothie

**Ingredients**      Makes 4 servings

1 6-ounce can frozen orange juice concentrate



1 cup 1% milk



1 cup water



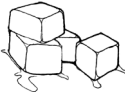
1 teaspoon vanilla



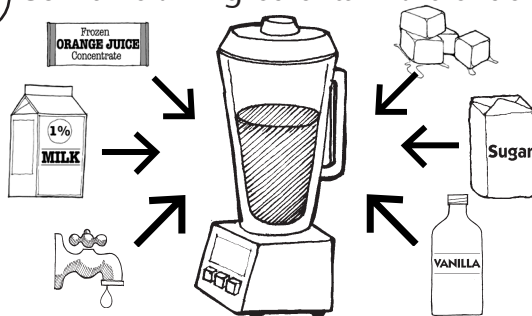
2 Tablespoons sugar



10 ice cubes



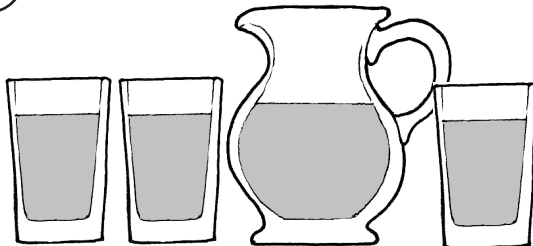
**1** Combine all ingredients in a blender.



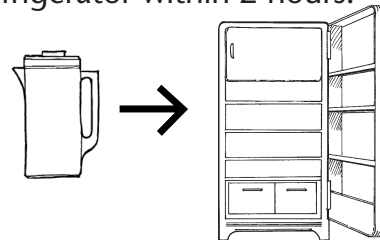
**2** Blend on HIGH until all ingredients are thoroughly mixed.



**3** Pour into glasses and enjoy!



**4** Store in container with a lid in the refrigerator within 2 hours.



Orange Smoothie gives us:



Builds strong bones and teeth.



Helps use calcium.



Keeps gums and blood vessels healthy.



Builds and repairs skin, muscles, and blood.

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Recipe Source: Oregon EFNEP Curriculum, Multnomah County. Original format created by Janice Smiley, MPA, Extension Educator, Adult and 4-H Nutrition, Oregon State University, Multnomah County. Adapted and translated for use with Spanish-speaking audiences by Lynn Myers Steele, MPH, Extension Educator, and by Nutrition Program Assistants, Oregon Family Nutrition Program (OFNP), Hispanic Office, Oregon State University, Multnomah County.

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