



United States Department of Agriculture

MyPlate **KITCHEN**

Labor Day

Aunt Barbara's Chocolate Squash Cake

Make: 12 Servings

Ingredients:

1/2 cup vegetable oil
1 package cake mix, dark chocolate
1 teaspoon ground cinnamon
3 eggs
1 1/4 cups water
1 cup squash (shredded or finely chopped)
1/4 chopped walnuts (1/4 cup, optional)

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 350°F. Grease and flour a 10" tube or bundt pan.
3. In a large bowl, combine cake mix and cinnamon.
4. Add eggs, water, and oil. Blend until combined, then beat with an electric mixer for 2 minutes on medium speed.
5. Fold in squash. Add nuts if you like.
6. Pour into prepared pan. Bake for 50 minutes to 1 hour, until cake springs back when lightly touched.

For nutrition information, please visit MyPlate Kitchen: Aunt Barbara's Chocolate Squash Cake

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/aunt-barbaras-chocolate-squash-cake>

Baked Tortilla Chips

Make: 6 Servings

Ingredients:

flour tortillas (10-inch, whole wheat)
cooking oil spray
salt (dash, optional)

Directions:

1. Wash hands with soap and water.
2. Preheat oven or toaster oven to 400°F.
3. Lightly grease a baking sheet with the cooking spray.
4. Cut tortillas into 8 sections (as if you were cutting a pizza) and place on baking sheet.
5. Spray tops of tortilla sections with cooking spray and lightly salt, if desired.
6. Bake for 10 minutes, until crisp and light brown, watching closely so the chips don't burn.

Beef and Bean Chile Verde

Make: 6 Servings

Ingredients:

2/3 pound ground beef (90% lean)
1 bell pepper, large (chopped)
1 onion, large (chopped)
6 garlic cloves (chopped)
1 tablespoon chili powder
2 teaspoons ground cumin
1 can diced tomatoes, low-sodium (14.5 ounces)
1 3/4 cups green salsa (or enchilada sauce, 1-16 ounce jar)
1 can pinto or kidney beans (rinsed and drained, 15 ounces)

Directions:

1. Wash hands with soap and water.
2. Place meat, bell pepper, tomatoes, and onion in large sauce pan, . Heat on medium 8-10 minutes, stirring frequently until the meat is browned; drain fat.
3. Add garlic, chili powder and cumin, cook until fragrant (15 seconds).
4. Stir in salsa and bring to a boil.
5. Reduce heat and simmer; cover and cook 10-15 minutes, stirring occasionally.
6. Add beans and cook until heated.

Fresh Fruit with Cinnamon Yogurt Dip

Make: 4 servings

Ingredients:

1 apple
1 banana
1 orange
1/4 cup orange juice
1 cup vanilla yogurt (low-fat)
1/2 teaspoon cinnamon

Directions:

1. Wash hands with soap and water.
2. Core and slice the apple.
3. Slice banana into thin circles.
4. Peel the orange and break it into sections.
5. Pour the orange juice into a small bowl.
6. Dip the fruit pieces into the orange juice to prevent browning.
7. Arrange on a plate.
8. Mix the yogurt and cinnamon in a small bowl.
9. Put the bowl of yogurt and cinnamon next to the fruit. Use it as a dip for the fruit.

Grilled Fruit

Make: 3 Servings

Ingredient:

1 cup pineapple chunks
1 peach (cubed)
1 banana (sliced)

Directions:

1. Wash hands with soap and water.
2. Place fruit chunks on a skewer to make kabobs.
3. Grill or broil on low heat until the fruit is hot and slightly golden.

Grilled Vegetable Packets

Make: 5 servings

Ingredients:

2 zucchini, small (sliced)
2 yellow squash, small (sliced)
4 red potatoes, small (scrubbed well and sliced)
1/2 red onion (sliced)
1/2 bell pepper (red or green, seeded and sliced)
1/4 cup Italian salad dressing, light
salt and pepper (optional, to taste)

Directions:

1. Wash hands with soap and water.
2. Heat grill to medium heat or 350 degrees.
3. Wash vegetables and slice.
4. Toss in a large bowl. Add dressing and toss until all vegetables are coated.
5. Tear 2 large squares of aluminum foil and place half of the vegetable mixture on each piece. Place an equal piece of foil over the top of vegetable mixture and fold bottom piece with top sheet to form a packet.
6. Place on heated grill for 20-30 minutes or until the potatoes are tender. If you don't have a grill bake Veggie Packets in the oven at 400 degrees for 20-30 minutes.
7. Before you open the packets, poke holes in the foil with a fork. Be very careful opening the foil as the steam will be very hot and could burn you!
8. Empty vegetables onto serving plate or serve from foil packets.

Vegetarian Chili

Make: 4 servings

Ingredients:

2 onion (large, cut into 1/4 inch pieces)
1 green bell pepper (cut into 1/4 inch pieces)
3 garlic clove
2 jalapeno chilis (fresh, diced)
2 tablespoons vegetable oil
1 tablespoon chili powder
1 tablespoon cumin (ground)
2 cans whole tomatoes, low sodium (28 ounces total - cut into 1/4 inch pieces or 8 medium fresh tomatoes)
2 zucchini (medium - cut into 1/4 inch pieces)
2 summer squash (medium - cut in to 1/4 inch pieces)
1 can kidney beans (16 ounce, rinsed)
1 cup cilantro (or coriander) (chopped, fresh)
salt and pepper (to taste, optional)

Directions:

1. Wash hands with soap and water.
2. In a large pot saute onions, bell pepper, garlic, and jalapeno in oil over medium high heat for about 5 minutes - stirring often.
3. Add chili powder, cumin, half of the chopped cilantro, salt and pepper, and continue cooking for another 3 minutes, stirring occasionally.
4. Add the tomatoes, zucchini, squash, and bring mixture to a simmer.
5. Simmer for 15 minutes, stirring occasionally.
6. Add beans, and continue to simmer for another 5 minutes.
7. Serve the mixture hot. Put remaining cilantro on top.