



# Recipe Cards

## Orange Pork Chops

**Serving Size:** 1 chop  
**Yield:** 2 servings

### Ingredients:

- 2 pork chops
- 1 sweet potato, peeled
- 1/2 orange, sliced
- dash cinnamon
- dash salt
- dash black pepper

### Instructions:

Preheat oven to 350 degrees F.

1. In a medium skillet, brown pork chops in a small amount of oil.
2. Cut sweet potato into 1/2-inch slices.
3. Place meat and sweet potato slices in a baking dish and top with orange slices; sprinkle with seasonings.
4. Cover and bake for 1 hour until meat is tender.

For safety, cook pork to 160 degrees F.



+



Adapted from: Simply Seniors Cookbook, Utah State University Extension

Cut on dotted line



## Pineapple-Orange Frozen Yogurt

**Serving Size:** 1/3 of recipe  
**Yield:** 3 servings

### Ingredients:

- 1 cup yogurt, nonfat vanilla
- 1/2 cup orange juice
- 1 cup pineapple chunks, fresh or canned

### Instructions:

1. Place yogurt and fruit in large plastic bag, flatten, and freeze overnight.
2. Combine fruit, yogurt, and juice in food processor or blender and blend until smooth.
3. Serve right away or place back in the freezer to harden until ready to serve, up to 1 hour, stirring occasionally. Stir before serving.



+



Adapted from: Food and Health Communications, Inc



# Recipe Cards

## Chicken-Vegetable Soup With Kale



+



**Serving Size:** 1/3 of recipe  
**Yield:** 3 servings

### Ingredients:

- 2 teaspoons vegetable oil
- 1/2 cup onion, chopped
- 1/2 cup carrot, chopped
- 1 teaspoon dried thyme
- 2 garlic cloves, chopped
- 1/2 cup rice, cooked
- 1 cup kale, rinsed and chopped
- 1 cup chicken, chopped
- 3/4 cup tomatoes, chopped
- 2 cups water or chicken broth

### Instructions:

1. Heat oil in a medium sauce pan. Add onion and carrot. Saute until vegetables are tender, about 5-8 minutes.
2. Add thyme and garlic. Saute for 1 more minute.
3. Add water or broth, tomatoes, cooked rice, chicken, and kale.
4. Simmer for 5-10 minutes.

Adapted from: The Washington Senior Farmers Market Nutrition Program, Washington State University

Cut on dotted line

## Snappy Rice Dish



+



**Serving Size:** 1/2 of recipe  
**Yield:** 2 servings

### Ingredients:

- 1 cup frozen vegetables, or fresh, cut into bite size pieces
- 1/2 cup chicken broth, reduced salt, or use water
- 1 cup brown rice, cooked, or any other rice
- 1/2 can kidney beans, rinsed and drained (about 7 oz) or other canned bean
- dill weed (fresh-snipped or dry dill) to taste
- pepper to taste

### Instructions:

1. Cook the vegetables in the chicken broth (or water) using a small pan, pot, or electric skillet, on medium high heat.\*
  2. Cook the vegetables the way you like them (firm or soft), stirring gently. Add more broth as needed to keep the vegetables moist.
  3. Add the rice, canned beans, and seasonings. Cook until heated through.
- \* Microwave version: Follow the same steps above. Use a microwave-safe, covered dish. Stir the vegetables every 2 to 3 minutes. Just before they are fully cooked, add the rice, beans, and herbs. Cook until heated. Rotate the dish & stir gently.

Adapted from: Senior Nutrition Awareness Project (SNAP) Newsletter, University of Connecticut Family Nutrition Program