



CENTER ON
**NUTRITION
& DISABILITY**

(800) 372-6510

www.NutritionAndDisability.org

Recommendations are Based on NJ Demographics:
Recipe Ideas for Families

Italian Recipes

Breakfast: Very Berry Muesli ('mew-slee')

<https://www.mainesnap-ed.org/recipes/very-berry-muesli-mew-slee/>



<https://wasnap-ed.org/resources/recipes/>

Lunch: Pasta e Fagioli Soup

<https://www.cookingwithnonna.com/italian-cuisine/classic-pasta-e-fagioli.html>



Dinner:

Lentil Spaghetti <https://www.canr.msu.edu/recipes/lentil->



[spaghetti](#)

Baked Meatball: <https://www.snap4ct.org/baked-meatballs.html>



Snack:

Eggplant Pizza Bites: <https://web.uri.edu/community-nutrition/eggplant-pizza-bites/>



Pea Pesto: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/pea-pesto>



Other Resources

Healthy Thrifty Holiday Menus

<https://snaped.fns.usda.gov/nutrition-education/healthy-thrifty-holiday-menus>



SNAP Recipes in Spanish, English and Russian

<https://wasnap-ed.org/resources/recipes/>



USDA Pictorial Recipes

<https://snaped.fns.usda.gov/library/materials/spanishenglish-pictorial-recipes>



Asian Recipes

SNAP-Ed Asian Recipe Cookbook: <https://snaped.fns.usda.gov/library/materials/asian-recipe-cookbook-0>

(Available in English, Vietnamese, Chinese, and Hmong)



SNAP-Ed Healthy Chinese Cuisine: <https://snaped.fns.usda.gov/library/materials/healthy-chinese-cuisine>



Breakfast: 1. Summer Fruit Salad: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/summer-fruit-salad>



2. Apple Sandwiches:

https://www.youtube.com/watch?v=hko2a_ON8mQ&list=PLznIM6zoMsNmBovULatcEn7ZJYBGliLEQ&index=13



3. Sizzling Sauteed Apples:

<https://www.youtube.com/watch?v=aXVxnctniHo&list=PLznIM6zoMsNmBovULatcEn7ZJYBGliLEQ&index=25>



Lunch: 1. Mango Cucumber Wrap (refer to SNAP-Ed Healthy Chinese Cuisine, page 16)



2. Apple Carrot Soup (refer to SNAP-Ed Healthy Chinese Cuisine, page 22)



3. Lotus Root Mushroom Vegetable Soup (refer to SNAP-Ed Healthy Chinese Cuisine, page 23)



Dinner: 1. Asian Rice: <https://www.mainesnap-ed.org/recipes/asian-rice/>



2. California Avocado Super Summer Wrap: <https://www.myplate.gov/recipes/myplate-cnpp/california-avocado-super-summer-wrap>



3. Chicken Broccoli Stir-Fry: <https://s3.wp.wsu.edu/uploads/sites/2073/2020/08/Week-2-Chicken--Broccoli-Stir-Fry.pdf>



4. Garden Stir-fry Vegetables and Tofu: <https://www.youtube.com/watch?v=MZZcYT18Lvg&list=PLznIM6zoMsNmBovULatcEn7ZJYBGiLEQ&index=3>



Snacks: 1. Baby Tomato Bites (refer to SNAP-Ed Healthy Chinese Cuisine, page 17)



2. Rainbow Cups (refer to SNAP-Ed Healthy Chinese Cuisine, page 19)



Korean Recipes:

Breakfast: Korean Rolled Egg Omelette (Gaeran Mari)

(<https://www.thespruceeats.com/korean-rolled-egg-omelette-gaeran-mari-recipe-2118828>)



4 Korean Breakfast Recipes: <https://www.youtube.com/watch?v=fvuHXumNbus>



Lunch: Soondubu Jjigae Recipe (High Protein: 32g P)
(<https://www.youtube.com/watch?v=fabDknFaQUk>)



Dinner:
Snacks:

Asian Indian Recipes:

Breakfast: Scrambled Tofu (<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/scrambled-tofu>) (no picture available)

Lunch: Lentils and Pasta (<https://www.mainesnap-ed.org/recipes/indian-lentils-and-pasta/>)



Dinner: Vegetable and Rice Skillet Meal (<https://www.mainesnap-ed.org/recipes/indian-vegetable-and-rice-skillet-meal/>)



Snacks: Cabbage Stir-Fry (<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/cabbage-stir-fry>) (no picture available)

Filipino Recipes:

CHOOSING HEALTHY FOODS ON HOLIDAYS AND SPECIAL OCCASIONS: Tips for Filipino Americans with Diabetes (<https://www.cdc.gov/diabetes/ndep/pdfs/choosing-healthy-foods-filipino-americans.pdf>)

Tasty and Healthy — Heart Healthy Filipino Recipes

<https://www.nhlbi.nih.gov/health/educational/healthdisp/pdf/recipes/Recipes-Filipino.pdf>

Breakfast: Pinakbet (<https://asianfoodnetwork.com/en/videos/series/home-cooked-philippines/pinakbet.html>)

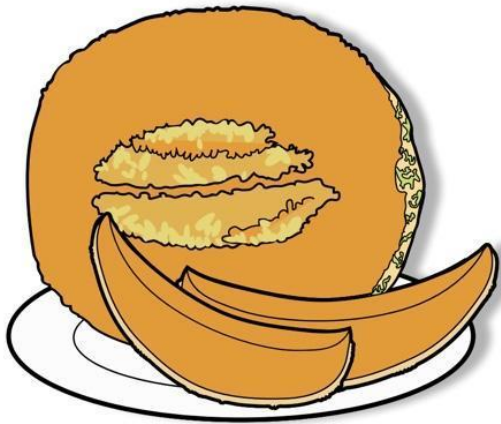


Lunch: Munggo Guisado (Sautéed Mung Beans)- (Tasty and Healthy — Heart Healthy Filipino Recipes, page 5) (no picture available)

Dinner: Pesang Isda (Fish Simmered With Ginger and Tomatoes)- (Tasty and Healthy — Heart Healthy Filipino Recipes, page 4)



Snacks: Cantaloupe Fresh (Tasty and Healthy — Heart Healthy Filipino Recipes, page 7)



African American Recipes

<https://oldwayspt.org/programs/african-heritage-health>

Breakfast:

1. Breakfast Quinoa with figs and honey
(<https://oldwayspt.org/recipes/breakfast-quinoa-figs-and-honey>)



2. Harissa Hummus Breakfast Tartine
(<https://oldwayspt.org/recipes/harissa-hummus-breakfast-tartine>)



3. Plantain Pancakes
(<https://oldwayspt.org/recipes/plantain-pancakes>)



Lunch:

1. Sweet Kale Salad
(<https://oldwayspt.org/recipes/sweet-kale-salad>)



2. South African Cucumber Salad
(<https://oldwayspt.org/recipes/south-african-cucumber-sambal>)



3. Ghanaian Red Red (Bean Stew)
(<https://oldwayspt.org/recipes/ghanaian-red-red-bean-stew>)



Dinner:
Option A:

1. Braised Collard Greens (<https://oldwayspt.org/recipes/braised-collard-greens>)



2. Brown Rice & Red Beans in Light Coconut Milk (<https://oldwayspt.org/recipes/brown-rice-red-beans-light-coconut-milk>)



3. Pecan Crusted Catfish (<https://oldwayspt.org/recipes/pecan-crusted-catfish>)



Illustration by George M. H. H. H.

Option B:

1. Oldways Braised Purple Cabbage (<https://oldwayspt.org/recipes/oldways-braised-purple-cabbage>)



2. Oldways Sweet Potato Peanut Stew (Mafe in West Africa) (<https://oldwayspt.org/recipes/oldways-sweet-potato-peanut-stew-or-mafe-west-africa>)



3. Shrimp Creole (<https://oldwayspt.org/recipes/shrimp-creole>)



Option C:

1. Slow Cooker Sorghum Jambalaya with Chicken (<https://oldwayspt.org/recipes/slow-cooker-sorghum-jambalaya-chicken>)



2. Carrot Salad (<https://oldwayspt.org/recipes/carrot-salad>)



Snacks:

1. Cucumber Salad (<https://oldwayspt.org/recipes/cucumber-salad>)



2. Teff and Cocoa Bites (<https://oldwayspt.org/recipes/teff-and-cocoa-energy-bites>)



Mediterranean:

Breakfast: Apple-Cinnamon Oatmeal with an Egg Boost

(<https://oldwayspt.org/recipes/apple-cinnamon-oatmeal-egg-boost>)



Lunch: Falafel Panzanella

(<https://oldwayspt.org/recipes/falafel-panzanella>)



Dinner: Whole Grain Spaghetti with Fresh Vegetables

(<https://oldwayspt.org/recipes/whole-grain-spaghetti-fresh-vegetables>)



Snack: Parmesan Herbed Walnuts

(<https://oldwayspt.org/recipes/parmesan-herbed-walnuts>)



Additional Recipes:

https://oldwayspt.org/recipes/search?keys=&diet%5B%5D=96&items_per_page=12

Latin/Hispanic:

Breakfast: Edamame, Sweet Pea, and Egg Breakfast Tortillas

(<https://oldwayspt.org/recipes/edamame-sweet-pea-and-egg-breakfast-tortillas>)



Lunch: “Three Sisters” Wild Rice Salad

(<https://oldwayspt.org/recipes/three-sisters-wild-rice-salad>)



Dinner: Farfalle with Avocado Sauce
(<https://oldwayspt.org/recipes/farfalle-avocado-sauce>)



Snack: Black Bean Guacamole
(<https://oldwayspt.org/recipes/black-bean-guacamole>)



Additional Recipes:
https://oldwayspt.org/recipes/search?keys=&diet%5B%5D=98&meal%5B%5D=snacks&items_per_page=12

Religion Recipes

Hindu:

Breakfast: Masala Omelet

(<https://realfood.tesco.com/recipes/indian-masala-omelette.html>)



Lunch: Low Fat Dahi Chicken

(<https://food.ndtv.com/recipe-low-fat-dahi-chicken-376491>)



Dinner: Malai Kofta

(<https://www.tasteofhome.com/recipes/malai-kofta/>)



Snack: Corn Chaat

(<https://www.indianhealthyrecipes.com/corn-chat-easy-healthy-corn-recipe-corn-salad/>)



Buddhist:

Breakfast: Breakfast Smoothie

(<https://www.thebuddhistichef.com/recipe/breakfast-smoothie-bowl/>)



Lunch: Butternut Squash Chili

(<https://www.thebuddhistichef.com/recipe/butternut-squash-chili/>)



Dinner: One Pot Vegan Burrito Bowl

(<https://www.thebuddhistichef.com/recipe/one-pot-vegan-burrito-bowl/>)



Snack: Popcorn

(<https://www.thebuddhistchef.com/recipe/popcorn/>)



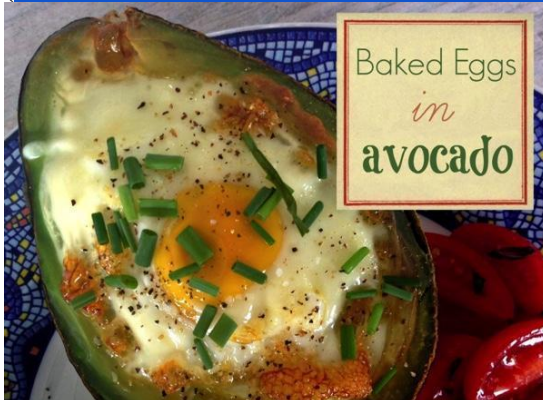
Additional Recipes:

(<https://www.thebuddhistchef.com/recipes/>)

Mormon:

Breakfast: Baked Eggs in Avocado

(<https://www.mormonmavens.com/baked-eggs-in-avocado/>)



Lunch: Black Bean Lime Salad

[\(https://www.mormonmavens.com/black-bean-lime-salad/\)](https://www.mormonmavens.com/black-bean-lime-salad/)



Dinner: Chicken Divan

[\(https://www.mormonmavens.com/chicken-divan-2/\)](https://www.mormonmavens.com/chicken-divan-2/)



Snack: Veggie Shots

[\(https://www.mormonmavens.com/veggie-shooters/\)](https://www.mormonmavens.com/veggie-shooters/)



Seventh Day Adventist:

Breakfast: Egg, Tomato, and Scallion Sandwich

[\(https://www.seventhdayadventistdiet.com/egg-tomato-and-scallion-sandwich/\)](https://www.seventhdayadventistdiet.com/egg-tomato-and-scallion-sandwich/)



Lunch: Mediterranean Chickpea Salad

(<https://www.seventhdayadventistdiet.com/mediterranean-chickpea-salad/>)



Dinner: Satay Sweet Potato Curry

(<https://www.seventhdayadventistdiet.com/satay-sweet-potato-curry/>)



Snack: Spinach Avocado Quinoa Balls

(<https://www.seventhdayadventistdiet.com/spinach-avocado-quinoa-balls/>)



Additional Recipes:

[\(https://www.seventhdayadventistdiet.com/recipes/\)](https://www.seventhdayadventistdiet.com/recipes/)

Jewish:

Passover Recipe Suggestions (<https://snaped.fns.usda.gov/nutrition-education/healthy-thrifty-holiday-menus/passover>)

Breakfast: Breakfast Parfait

[\(https://thejewishkitchen.com/breakfast-parfait-healthy-option/\)](https://thejewishkitchen.com/breakfast-parfait-healthy-option/)



Lunch: Quinoa and Black Beans

[\(https://www.allrecipes.com/recipe/49552/quinoa-and-black-beans/\)](https://www.allrecipes.com/recipe/49552/quinoa-and-black-beans/)



Dinner: Tuna and Veggie Pasta Salad

<https://www.thespruceeats.com/tuna-and-veggie-pasta-salad-2121993>



Snack: Simple Granola Bars

(<https://www.kosher.com/recipe/simple-granola-bars-10885>)



Muslim:

Breakfast: Breakfast Eggs with Turkish Sucuk and Fresh Herbs

(<https://myhalalkitchen.com/breakfast-eggs-with-sucuk-fresh-herbs/>)



Lunch: Thai Red Curry Chicken and Vegetables Stir Fry

[\(https://myhalalkitchen.com/thai-red-curry-chicken-vegetables/\)](https://myhalalkitchen.com/thai-red-curry-chicken-vegetables/)



Dinner: Baked Shrimp with Garlic, Fresh Herbs, and Red Pepper Paste

[\(https://myhalalkitchen.com/baked-shrimp-with-garlic-fresh-herbs-and-red-pepper-paste/\)](https://myhalalkitchen.com/baked-shrimp-with-garlic-fresh-herbs-and-red-pepper-paste/)



Snack: Pine Nut, Honey, and Strawberry Dish

[\(https://myhalalkitchen.com/pine-nut-honey-strawberry-dish/\)](https://myhalalkitchen.com/pine-nut-honey-strawberry-dish/)



Additional Recipes:

[\(https://myhalalkitchen.com/category/food/all-recipes/\)](https://myhalalkitchen.com/category/food/all-recipes/)

