



Healthy Recipes on a Budget



Description

Indiana 4-H'er, Madison, had the opportunity to visit a ranch to learn more about global hunger and how to address hunger in her local community. With her fellow 4-H'ers, Madison developed an action plan for their community built around teaching people how to make healthy, simple and affordable meals in a hands-on workshop. She's sharing two recipes you can make with your family tonight!

Overnight Oats:

Recipe:

- 32 oz. plain Greek yogurt
- 2 cups of old fashioned oats
- 2 2/3 cups of milk or almond milk
- 6 tsp. chia seeds
- 1/4 cup honey

Preparation:

These can be eaten at any meal or as a snack; they are both filling and refreshing. We will make a batch in a large bowl and then fill in single-serving jars.

- Combine all ingredients and fill individual containers a little over 1/2 full (like mason jars or any other single-serving container you have in the house), seal and refrigerate overnight.
- For breakfast or snacks throughout the week, simply take out of the fridge and add any fresh fruit or toppings you like and enjoy!

Greek Spinach Pasta Salad:

Recipe:

- 1 package of whole wheat penne pasta
- 1 package (6 oz.) fresh baby spinach
- 1 pint of grape tomatoes, cut in half
- 6 oz. crumbled feta cheese
- 1/2 cup sliced Greek olives

For the salad vinaigrette:

- 1/2 cup olive oil
- 1/2 cup white wine vinegar
- 1/3 cup grated Parmesan cheese
- 1 tbsp. Dijon mustard
- 2 garlic cloves, minced
- 1 tsp. dried oregano
- 1/4 tsp. salt
- 1/4 tsp. pepper

Preparation:

This recipe makes 10 servings and stays fresh in the fridge for a week, making healthy eating easy to fit into our busy schedules.

- Cook the pasta according to the package and set aside to cool (with a little olive oil so it doesn't stick).
- Prepare the vinaigrette while the pasta is cooking: mix all ingredients in a resealable container and shake/stir (kids love to help here) until well blended.
- Combine the salad ingredients in a large bowl with the pasta.
- Add the vinaigrette and mix. Store sealed in a large bowl or individual containers for on-the-go for up to a week!