

Healthy Choices

April 2025

Commodities

Applesauce
Macaroni Pasta
Beef Stew
Peaches
Salmon Canned
Red Kidney Beans
Fish Fillets Frz.
Chicken Leg
Green Beans
Turkey Breast Deli slice
Canned Spinach
Smooth Peanut Butter
Haddock Fillets
Cranberry Apple Juice

**Some may not receive
all commodities due
to availability**

Baked Chicken Leg Quarters

Serves 4

Ingredients:

4 chicken leg quarters
1/4 cup olive oil
1 teaspoons paprika
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
3/4 teaspoon salt
1/4 teaspoon black pepper



Source: Adapted from
WholesomeYum

Directions:

1. Wash hands with soap and water.
2. Preheat the oven to 400 degrees. Line a baking sheet with foil and place an oven safe rack on top.
3. Pat the chicken leg quarters with paper towels, which will help them get crispy.
4. Brush the chicken quarters with olive oil on both sides. Season both sides with paprika, garlic powder, onion powder, salt and pepper.
5. Arrange the chicken on the rack, skin side down. Bake the chicken in the oven for 15 minutes. Flip and bake for another 20-30 minutes, until the internal temperature reaches 170 degrees, and crispy.
6. Rest for 5 minutes before serving.

Nutrition Information: Serving size 1 chicken quarter, Total Calories 440, Fat 37g, Total Carbohydrate 1g, Protein 23g

Wildcat Extension District 620-331-2690

<http://www.wildcatdistrict.k-state.edu> Serving: Crawford, Labette, Montgomery,
& Wilson Counties

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Spinach Dip

Serves 12

Ingredients:

- 1 can spinach(14 ounce), drained
- 1/2 cup low-fat sour cream
- 1 cup plain Greek yogurt
- 1 package vegetable dip mix, 1 ounce
- 1 teaspoon dill weed

Vegetables for dipping, such as carrots, bell pepper slices, celery, and broccoli



Source: Adapted from Mississippi State University Extension

Directions:

1. Wash hands with soap and water.
2. Squeeze spinach with paper towels to remove extra liquid.
3. Mix together all ingredients.
4. Cover and chill for 20 minutes. Serve.

Lemon Bars

Serves 9

Ingredients:

- 1 cup all-purpose flour
- 1/2 cup butter, softened
- 1/4 cup confectioners sugar

Filling

- 2 large eggs
- 1 cup sugar
- 2 tablespoons all- purpose flour
- 1/2 teaspoon baking powder
- 2 tablespoon lemon juice
- 1 teaspoon grated lemon zest

Directions:

1. Wash hands with soap and water.
2. In a bowl, combine the flour, butter and confectioners' sugar. Pat into an ungreased 8 inch square baking pan. Bake at 350 degrees for 20 minutes.
3. For filling, in a small bowl, beat eggs. Add the sugar, flour, baking powder, lemon juice and zest; beat until frothy. Pour over the crust. Bake 25 minutes longer or until light or until golden brown. Cool on a wire rack. Dust with confectioners' sugar. Cut into bars.

Nutrition Information: Serving 1 bar, Total Calories 263, Total Fat 11g, Cholesterol 74mg, Sodium 140mg, Carbohydrates 38g, Sugar 25g, Protein 3g