



★ GOOD FOOD ★ *for all*

Simple Recipes Including
Fruits and Veggies

BROUGHT TO YOU BY





Thank you for picking up this booklet!

From time constraints to cost, it can feel like there are lots of barriers to getting a nourishing, balanced meal on the table each night. This is especially true for millions of Americans, including children, who lack access to affordable, fruits and veggies in their communities.

Partnership for a Healthier America (PHA) is partnering with the **TRISCUIT** brand to support disadvantaged communities by providing fresh fruits and veggies that can help form the building blocks of balanced, delicious meals and snacks that don't need to be difficult or expensive to prepare.

Easy-to-prepare recipes that are also delicious and nutritious are sometimes hard to come by. With this booklet, you'll get ideas for exactly that. From satisfying snacks on a delicious, crunchy **TRISCUIT** Cracker, to simple yet well-balanced weeknight ideas from **Giant Food**,[®] this booklet contains recipes and tips that you and your family can make again and again.

We hope you enjoy!



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ahealthieramerica.org/dcespanol



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**Partnership For a Healthier America's
Good Food for All program has a simple vision:**

For **EVERY** family and **EVERY** person in the United States to
have ready and affordable access to fruits and veggies.

Fresh fruits and veggies not only help provide nutrition to our bodies,
but also, play a key role in helping families enjoy nutritious diets as
part of their overall wellbeing.

Today, 19 million Americans do not have access to the
variety of fresh foods needed for an overall balanced lifestyle.
Teaming up with brands like **TRISCUIT** and companies like **Giant Food**,
Partnership for a Healthier America is on a mission to
make fresh fruits and veggies accessible to all.

Learn more about Good Food For All at
ahealthieramerica.org

DELICIOUS BITES BROUGHT TO YOU BY triscuit

BRING
ON THE



For over 100 years, **TRISCUIT** Original Crackers have started with 100% whole grain wheat, oil and salt.

SPICY CAPRESE TRISCUIT TOPPERS

Serves 3, 2 topped crackers each | Prep Time: 15 min.

WHAT YOU NEED

- 6 **TRISCUIT** Rosemary & Olive Oil Crackers
- 9 small grape tomatoes, cut in half
- 1 oz. fresh mozzarella cheese, torn into small pieces
- 1/8 tsp. crushed red pepper

MAKE IT

1. Heat oven to 350°F.
2. Place crackers in single layer on baking sheet.
3. Top with tomatoes and cheese; sprinkle with red pepper.
4. Bake 5 to 7 min. or until cheese is melted.

NUTRITION INFORMATION

70 calories, 3.5g total fat, 1.5g saturated fat, 5mg cholesterol, 55mg sodium, 8g carbohydrate, 2g dietary fiber, 2g total sugars includes 0g added sugars, 3g protein



Tomatoes are full of lycopene. They are also a good source of vitamin C and potassium.¹⁻³

GRILLED VEGETABLE TRISCUIT "PANINIS"

Serves 9, 2 "paninis" each. | Prep Time: 30 min.

WHAT YOU NEED

- 1 small zucchini, cut into 18 slices
- 36 **TRISCUIT** Fire Roasted Tomato & Olive Oil Crackers
- 4 mozzarella cheese slices (2/3 oz. each), cut into 9 pieces each
- 18 thin roasted red pepper strips (1x1/4 inch)

MAKE IT

1. Heat oven to 350°F.
2. Cook zucchini in large nonstick skillet on medium-high heat 1 to 2 min. on each side or until tender.
3. Place 18 crackers on foil-covered baking sheet. Top with half the cheese, the zucchini, peppers and remaining cheese; cover with remaining crackers.
4. Bake 5 to 6 min. or until cheese is melted. Serve warm.

Use a Grill Pan or Cast-Iron Skillet: Heat grill pan or skillet on medium heat. Assemble cracker sandwiches and cook, 6 at a time, 3 to 4 min. on each side or until cheese is melted.

NUTRITION INFORMATION

110 calories, 4g total fat, 1g saturated fat, 5mg cholesterol, 180mg sodium, 15g carbohydrate, 2g dietary fiber <1g total sugars includes 0g added sugars, 4g protein



Sources: 1. Rao, A V, and S Agarwal. "Role of antioxidant lycopene in cancer and heart disease." Journal of the American College of Nutrition vol. 19,5 (2000): 563-9.
2. U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. Fdc.nal.usda.gov.
3. Partnership For A Healthier America

DELICIOUS BITES BROUGHT TO YOU BY triscuit



We're all about crafting delicious crackers, and we believe **TRISCUIT** Crackers can be paired with just about anything – especially fresh fruits and vegetables!

BARBECUE CHICKEN TRISCUIT TOPPERS

Serves 6, 3 topped crackers each | Prep Time: 15 min.

WHAT YOU NEED

- 2 oz. sharp cheddar cheese
- 18 TRISCUIT Crackers
- 1 cup shredded rotisserie chicken
- 3 Tbsp. barbecue sauce
- 3 Tbsp. finely chopped mixed green and red peppers

MAKE IT

1. Cut cheese into 9 slices, then cut each slice diagonally in half.
2. Top crackers with cheese and remaining ingredients.

NUTRITION INFORMATION

160 calories, 8g total fat, 3g saturated fat, 35mg cholesterol, 300mg sodium, 14g carbohydrate, 2g dietary fiber, 3g total sugars includes <1g added sugars, 8g protein



Focus on eating whole foods such as fruits, vegetables, nuts, beans, peas, veggies and grains.³⁻⁴

TURKEY & ROASTED RED PEPPER TRISCUIT TOPPERS

Serves 9, 4 topped crackers each | Prep Time: 10 min.

WHAT YOU NEED

- 36 TRISCUIT Cracked Pepper & Olive Oil Crackers
- 36 roasted red pepper pieces (1-inch squares)
- 9 deli-style roasted turkey breast slices (7 oz.), each cut into 4 pieces
- 3 Tbsp. creamy Italian dressing
- 1 Tbsp. sliced green onions

MAKE IT

1. Top crackers with peppers and turkey.
2. Drizzle with dressing.
3. Sprinkle with onions.

NUTRITION INFORMATION

120 calories, 4.5g total fat, 0.5g saturated fat, 10mg cholesterol, 350mg sodium, 14g carbohydrate, 2g dietary fiber, <1g total sugars includes 0g added sugars, 5g protein



Source: 3. Partnership For A Healthier America
4. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025.

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SWEET SWISS PEAR TRISCUIT BITES

Serves 2, 4 topped crackers each | Prep Time: 5 min.

WHAT YOU NEED

- 8 **TRISCUIT** Rosemary & Olive Oil Crackers
- 1 oz. reduced-fat Swiss cheese, cut into 8 thin slices
- ¼ small pear, cut into 8 thin slices
- 1 tsp. honey

MAKE IT

1. Top crackers with remaining ingredients.

NUTRITION INFORMATION

150 calories, 6g total fat, 2g saturated fat, 10mg cholesterol, 120mg sodium, 19g carbohydrate, 3g dietary fiber, 5g total sugars includes 3g added sugars, 6g protein



APPLE-CHEDDAR TRISCUIT TOPPERS

Serves 3, 5 topped crackers each | Prep Time: 10 min.

WHAT YOU NEED

- 15 **TRISCUIT** Crackers
- 3 Tbsp. shredded white cheddar cheese
- ½ apple, cut into 15 thin slices
- 2 tsp. brown sugar

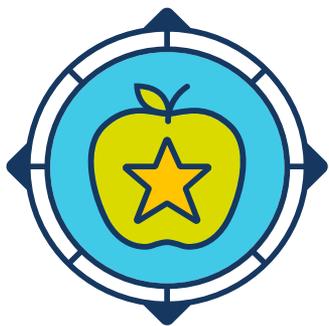
MAKE IT

1. Place cheese on crackers.
2. Toss apples with sugar.
3. Place on crackers.

NUTRITION INFORMATION

140 calories, 5g total fat, 1.5g saturated fat, 5mg cholesterol, 180mg sodium, 21g carbohydrate, 3g dietary fiber, 4g total sugars includes 2g added sugars, 4g protein





GUIDING STARS[®]

NUTRITIOUS CHOICES MADE SIMPLE

A FAST AND EASY WAY TO MAKE NUTRITIOUS CHOICES.

Guiding Stars is a nutrition rating system at **Giant Food[®]** that reads the food label so you don't have to! Items are awarded 1, 2, or 3 stars when they have more ingredients that are good for you (vitamins, minerals, fiber, omega 3's) and fewer ingredients that we want less of (saturated fat, added sugar, sodium).

When shopping in-store or online—or within this booklet!—look for the green apple logo with 1, 2, or 3 stars on the tag.

THE MORE STARS, THE HEALTHIER THE CHOICE!



RATATOUILLE VEGETABLE STEW

Serves 8 | Prep Time: 10 min. | Cook Time: 42 min.



WHAT YOU NEED

- 6 tbsp olive oil, divided
- 2 lbs eggplant, cut into ½-inch dice
- 2 medium onions, chopped
- 5 cloves garlic, finely chopped
- 2 tsp fresh thyme leaves
- 2 medium bell peppers, seeded and cut into ½-inch pieces
- 2 lbs ripe tomatoes, chopped
- 1 tbsp red wine vinegar
- 2 lbs zucchini and/or summer squash, cut into ½-inch pieces
- ½ cup fresh basil leaves
- Baguette, for serving

MAKE IT

1. In a wide-bottomed Dutch oven or large pot, heat 3 tbsp oil on medium-high. Add the eggplant and onions. Season with salt. Cook 7–8 min., stirring occasionally, until onions become translucent and eggplant begins to brown. Add the garlic and thyme and cook 2 min., stirring constantly.
2. To pot, add remaining 3 tbsp oil, peppers, and tomatoes. Season with salt. Cook 10–12 min., stirring often, until tomatoes begin to break down.
3. Stir in the vinegar and squash. Bring to a simmer, cover, and reduce heat to medium-low. Cook 15–20 min., stirring constantly, until vegetables are tender.
4. While vegetables cook, finely chop the basil. Season the vegetables with salt and pepper to taste. Garnish with basil and serve with the baguette.

NUTRITION INFORMATION

178 calories, 10.9g fat, 1.6g saturated fat, 19.4g carbs, 16mg sodium, 11.0g sugar, 6.6g fiber, 4.2g protein, 0mg cholesterol

SWEET POTATO AND CARROT SOUP

Serves 6 | Prep Time: 20 min. | Cook Time: 4 hrs 5 min.



WHAT YOU NEED

- 4 large shallots
- 1 lb carrots
- 2 lbs sweet potatoes
- 1 tbsp olive oil
- 2 tbsp butter
- 1 tsp dried thyme
- 6 cups water
- 1 tbsp apple cider vinegar
- 2 tbsp finely chopped fresh parsley

MAKE IT

1. Thinly slice the shallots and carrots. Peel and chop the sweet potatoes.
2. In a small skillet, heat the oil and butter on medium until butter melts. Add shallots and thyme. Cook 4 min., until shallots are golden, stirring often. Transfer to a slow cooker bowl. Add sweet potatoes, carrots, and water. Season with salt. Cover and cook on low 3–4 hours, until sweet potatoes are very tender.
3. In a blender in batches or with immersion blender, puree soup until smooth. Stir in the vinegar. Season with salt and pepper to taste. Garnish with the parsley.

NUTRITION INFORMATION

197 calories, 6.4g fat, 2.8g saturated fat, 33.3g carbs, 126mg sodium, 10.0g sugar, 6.2g fiber, 3.1g protein, 10mg cholesterol

FUSILLI WITH BUTTERNUT SQUASH AND SAUSAGE

Serves 6 | Prep Time: 5 min. | Cook Time: 25 min.



WHAT YOU NEED

- 1 (14 oz) pkg Nature's Promise® Organic Butternut Squash
- 2 tbsp butter, melted
- 1 (16 oz) box fusilli pasta
- 1 (5 oz) pkg baby spinach
- 1 (16 oz) pkg Nature's Promise® Mild Italian Chicken Sausage

MAKE IT

1. Bring a large pot of salted water to a boil on high. Cut the butternut squash chunks into even pieces. Add to pot and cook 10–12 min., until soft. Using a slotted spoon, transfer butternut squash from pot to blender. Add the butter, salt, and pepper to blender. Purée until smooth.
2. Meanwhile, add the fusilli to boiling water and cook according to package directions. Place the baby spinach in a colander in the sink. Reserve ½ cup cooking liquid, then drain pasta in colander, pouring over spinach to wilt. Return fusilli and spinach to pot.
3. Meanwhile, remove casings from sausage. Add sausage to a greased 12-inch nonstick skillet on medium-high. Cook until sausage is browned, 6–8 min., stirring and breaking up sausage with back of spoon.
4. When pasta and spinach are drained, return to pot on medium-high. Add sausage and butternut squash mixture. Add the pasta water, 2 tbsp at a time, until sauce is thickened. Season with salt and pepper to taste.

NUTRITION INFORMATION

472 calories, 12.0g fat, 5.0g saturated fat, 67.0g carbs, 557mg sodium, 6.0g sugar, 4.0g fiber, 23.0g protein, 71 mg cholesterol

ROASTED BRUSSELS SPROUTS AND BUTTERNUT SQUASH WITH PECANS

Serves 6 | Prep Time: 5 min. | Cook Time: 25 min.



WHAT YOU NEED

- 1 (12 oz) pkg Brussels sprouts
- 1 (12 oz) pkg cut butternut squash
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tbsp balsamic vinegar
- 2 tbsp honey
- ½ cup pecans
- ¼ cup dried cranberries

MAKE IT

1. Preheat oven to 425°F. Cut the Brussels sprouts in half and place in a single layer with the butternut squash on a large rimmed sheet tray.
2. Mix together the olive oil, garlic powder, balsamic vinegar and honey. Drizzle over top of the sprouts and squash and gently toss until coated. Season with salt and pepper.
3. Bake for 20 min. Remove from oven and add the pecans and cranberries to the pan. Toss, then place back in the oven for an additional 5 min. or until vegetables are tender.

NUTRITION INFORMATION

180 calories, 9.0g fat, 1.0g saturated fat, 25.0g carbs, 20mg sodium, 14.0g sugar, 5.0g fiber, 3.0g protein, 0mg cholesterol

SHEET PAN CHICKEN WITH SQUASH AND BRUSSELS SPROUTS

Serves 4 | Prep Time: 20 min. | Cook Time: 25 min.



WHAT YOU NEED

- 1 medium butternut squash
- 12 oz Brussels sprouts, trimmed and cut in halves
- 4 tbsp olive oil, divided
- 1 lb boneless, skinless chicken breasts, cut into 1-inch cubes
- 3 tbsp balsamic vinegar, divided
- 1 tsp dried thyme
- 1 tsp garlic powder

MAKE IT

1. Preheat oven to 425°F. With a very sharp chef's knife, trim the top and bottom from the butternut squash, then cut the neck from the bulb. With a vegetable peeler, peel the two pieces. Halve the bulb lengthwise and, with a spoon, scrape out seeds. Cut squash into ¾-inch cubes.
2. In a large bowl, toss the Brussels sprouts with 1 tbsp oil, salt, and pepper. Arrange in single layer on one side of a large rimmed baking sheet. To same bowl, add the squash and another 1 tbsp oil. Season with salt and pepper and toss to coat. Arrange in single layer on other side of same baking sheet. Roast 10 min.
3. To same bowl, add the chicken, remaining 2 tbsp oil, 2 tbsp balsamic vinegar, thyme, and garlic powder. Season with salt and pepper. Toss until well coated. After vegetables have roasted 10 min., add chicken to center of baking sheet in single layer, spacing pieces slightly apart. Drizzle any remaining liquid from bowl over chicken.
4. Roast 15–20 min., until chicken is cooked through and vegetables are tender. To serve, drizzle chicken with remaining 1 tbsp balsamic vinegar

NUTRITION INFORMATION

392 calories, 17.0g fat, 3.0g saturated fat, 33.0g carbs, 84mg sodium, 8.0g sugar, 7.0g fiber, 31.0g protein, 83mg cholesterol

BAKED SWEET POTATOES WITH MAPLE BUTTER

Serves 4 | Prep Time: 10 min. | Cook Time: 45 min.



WHAT YOU NEED

- 4 medium sweet potatoes, scrubbed
- ½ tbsp canola oil
- 2 tbsp unsalted butter, softened
- 1½ tsp maple syrup

MAKE IT

1. Preheat oven to 425°F. Line a baking sheet with parchment
2. Place the sweet potatoes on baking sheet and prick all over with a fork or tip of small knife. Brush all over with the oil. Bake 45–50 min., until sweet potatoes are tender, turning potatoes over halfway through.
3. Meanwhile, in a small bowl, combine the butter and maple syrup. Season with salt.
4. When sweet potatoes are done, let cool slightly and then split tops open. With fork, fluff insides of potatoes and season with salt and pepper. Top with maple butter.

NUTRITION INFORMATION

180 calories, 8.0g fat, 4.0g saturated fat, 28.0g carbs, 75mg sodium, 7.0g sugar, 4.0g fiber, 2.0g protein, 15mg cholesterol



Partnership for a Healthier America is proud to team up with **TRISCUIT**, **Giant Food**,[®] **Lancaster Foods**, and the **Capitol Area Food Bank** to provide fresh fruits and vegetables to families in Washington, D.C. Learn more about the **Good Food for All** program at: ahealthieramerica.org



At **TRISCUIT** we believe everyone should have access to fresh food. That's why we're on a mission to help improve access to a variety of nutritious, fresh foods in food desert communities across America. To learn more about **The Missing Ingredients Project** and our mission to expand access to fresh produce in communities nationwide, visit triscuit.com/missingingredients



At **Giant Food**,[®] we're committed to making a positive difference in the lives we touch. Since Giant's founding in 1936, fighting hunger and food insecurity has been our number one charitable pillar. As a local food retailer and member of communities around the region, we recognize the vital role we play. We are proud to work closely with our local partners and brands, like **TRISCUIT**, to make an impact for our neighbors.

Learn more at giantfood.com/pages/community



Learn more about the free Healthy Living services at Giant Food at www.giantfood.com/nutrition



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