Mitten Eats

FRESH MICHIGAN RECIPES

COOKBOOK: VOLUME 1





EASY RECIPES.
EVERYDAY INGREDIENTS.
MICHIGAN GROWN.

BREAKFAST 4

DESSERTS 10

DIPS AND SPREADS 15

DRESSINGS AND MARINADES 21

DRINKS AND SMOOTHIES 25

MAIN DISHES 29

SALADS 36

SAUCES 42

SIDES 48

SNACKS 54

SOUPS AND STEWS 60

SPICE BLENDS 66

MICHIGAN GROWN



Mitten Eats is a collection of affordable, easy-to-make recipes inspired by seasonal, Michigan-grown fruits and vegetables to support healthy eating.

This cookbook features recipes created and curated by a team of registered dietitian nutritionists, nutrition educators, and the culinary team at Michigan Fitness Foundation.

BREAKFAST



BAKED PEACHES AND OATMEAL

A comforting breakfast that combines tender baked peaches with hearty oatmeal.

Michigan Harvest of the Month

PREP : 10 MIN / **COOK :** 50 MIN / **SERVINGS :** 4



INGREDIENTS

Cooking spray

1 ½ cups peaches, peeled and sliced, or canned in its own juice, drained

¼ cup sugar

2 egg whites

2 tsp vanilla extract

3 cups skim milk

1 ½ cups rolled oats

DIRECTIONS

STEP 1
Preheat oven to 350 F. Lightly coat an 8-by-8-inch baking pan with cooking spray.

STEP 2
Combine oats, peaches, and sugar in a medium bowl.

STEP 3
Add egg whites, vanilla, and milk to a small bowl and whisk until combined.

STEP 4
Add wet ingredients to the oat mixture and mix until blended.

STEP 5
Pour mixture into prepared pan and bake for 50 minutes. Serve.

CHEESY POTATO AND BROCCOLI EGG BAKE

A brunch-friendly casserole with tender potatoes and broccoli.

Michigan Harvest to Table

PREP : 15 MIN / **COOK :** 1 HR / **SERVINGS :** 8



INGREDIENTS

Cooking spray

2 medium potatoes, thinly sliced

1 tbsp olive oil

½ tsp kosher salt, divided

½ tsp pepper, divided

One (10- or 12-ounce) bag frozen broccoli, thawed

1 cup low-fat cheddar cheese, shredded

8 eggs

½ small onion, diced

1 tsp Italian seasoning

CHANGE IT UP:
Use a mixture of white and sweet potatoes.
Add a can of mushrooms, drained.
Try pepperjack cheese or mozzarella cheese.
Add finely chopped fresh herbs such as basil, cilantro, or parsley.

DIRECTIONS

STEP 1
Preheat oven to 375 F. Lightly coat a 7-by-11-inch baking dish with cooking spray.

STEP 2
Mix the potato slices with olive oil and half the salt and pepper in a baking dish.

STEP 3
Bake potatoes for 30 minutes. Remove baking dish from oven.

STEP 4
Reduce oven temperature to 350 F.

STEP 5
Pat broccoli dry and cut into small pieces. Spread over potatoes and top with shredded cheese.

STEP 6
Whisk eggs, onion, Italian seasoning, and remaining salt and pepper in a bowl.

STEP 7
Pour the egg mixture over broccoli.

STEP 8
Bake 20-30 minutes, or until eggs are set. Serve hot.



HUEVOS RANCHEROS WITH FRESH SALSA

A classic Mexican dish featuring eggs, salsa, and cheese on a corn tortilla.

Michigan Harvest of the Month

PREP : 5 MIN / **COOK :** 15 MIN / **SERVINGS :** 4



INGREDIENTS

½ tbsp vegetable oil

Four (6-inch) corn tortillas

Cooking spray

1 ½ cups egg substitute (or 6 large eggs, beaten)

2 tbsp cheese, shredded

2 cups fresh salsa (Pico de Gallo)

1/8 tsp black pepper

DIRECTIONS

STEP 1
Preheat oven to 450 F.

STEP 2
Lightly brush tortillas with oil on both sides. Place tortillas on baking sheet and bake for 5-10 minutes or until tortillas are crisp on the edges. Set aside.

STEP 3
Spray a large skillet with cooking spray.

DIRECTIONS

STEP 4
Add egg substitute to skillet and cook over medium heat for 2 to 3 minutes, until eggs are set.

STEP 5
Place equal amounts of egg on each tortilla. Top with ½ tablespoon cheese.

STEP 6
Place under the broiler for about 2 minutes, until cheese is melted.

STEP 7
Spoon ½ cup fresh salsa over each tortilla and top with ground black pepper. Serve warm.

CHANGE IT UP:
Add other vegetables to this recipe, like chopped bell peppers or black beans.



DESSERTS



CIDERSICLES

A fun fall frozen treat made with cider.

Kid Approved: Healthy Snacks

PREP : 10 MIN / **FREEZE :** 4 HRS / **SERVING :** 12



INGREDIENTS

½ gallon pasteurized apple cider

EQUIPMENT NEEDED:

12 small plastic cups

12 food safe craft or popsicle sticks

Foil

DIRECTIONS

STEP 1
Pour 4 ounces of cider into each cup. Cover each cup with foil.

STEP 2
Poke a hole in the foil with a sharp knife and insert a stick into each cup.

STEP 3
Place cups on an even surface in the freezer and freeze until solid, at least 4 hours.

STEP 4
When ready to eat, remove cidersicles from freezer and let stand for a few minutes at room temperature to allow for easy release from the cup.

FAST MELON SORBET

A refreshing frozen dessert made with creamy yogurt and sweet melon.

Leanne Brown, Good and Cheap

PREP : 5 MIN / **FREEZE :** 4 HRS / **SERVINGS :** 4



INGREDIENTS

2 cups frozen melon, any kind

½ cup plain yogurt

¼ cup sugar

1 tsp vanilla or lime juice (optional)

DIRECTIONS

STEP 1
Add all the ingredients to a food processor and blend until just smooth. Don't blend too much, or the sorbet will become too soft.

STEP 2
Serve immediately for a softer consistency or place in freezer for at least 4 hours to enjoy later.

Equipment needed: food processor

PEACH COBBLER

A traditional peach cobbler with brown sugar and spices, baked in a flaky crust.

Healthy Food, Healthy Soul

PREP : 30 MIN / **COOK :** 1 HR / **SERVINGS :** 12



INGREDIENTS

5 (15-ounce) cans sliced peaches with juice

1 ½ cups sugar

1 cup brown sugar

3 tbsp low-fat margarine, cold

3 tbsp cinnamon

½ tsp nutmeg

1 tsp salt substitute

4 tbsp all-purpose flour

Four (9-inch) premade pie crusts

Cooking spray

DIRECTIONS

STEP 1
Preheat oven to 425 F.

STEP 2
Drain and discard about half of the juice from the cans. Put the peaches and the rest of the juice in a large mixing bowl and set aside..

STEP 3
Mix sugars, spices, flour, and salt substitute in a bowl. Add to peaches. Mix well.

STEP 4
Line a 9- by 13-inch baking pan with two of the pie crusts. Pour the peaches into the pan.

STEP 5
Scatter the cold margarine over the peach mixture, then place the two remaining crusts over the peaches. Pierce the top crust with slits to allow steam to escape.

STEP 6
Spray the top of the cobbler with cooking spray. Bake for 15 minutes at 425 F, then reduce the oven temperature to 350 F. Bake for another 45 minutes, until the cobbler is brown and bubbly.



DIPS AND SPREADS



BEET BUTTER

A creamy and slightly sweet plant-based spread with beets, walnuts, vanilla, and maple syrup.

Nina Shirley, The Dirt Academy

PREP : 10 MIN / **COOK :** 20 MIN / **SERVINGS :** 8



INGREDIENTS

8 dark red beets, scrubbed clean

1 cup walnuts

2 tbsp olive oil

½ tsp sea salt

1 tsp vanilla extract

2 tbsp maple syrup

Equipment needed: food processor

DIRECTIONS

STEP 1
Cube the beets and boil for for 20 minutes, until fork tender.

STEP 2
Blend beets and all other ingredients in the food processor until completely smooth.

STEP 3
Serve with crackers or bread.

COWBOY CAVIAR

Tangy bean salad marinated in a lime vinaigrette dressing.

Beth Moncel, Budget Bytes

PREP : 20 MIN / **CHILL :** 30 MIN / **SERVINGS :** 10



INGREDIENTS

Lime Vinaigrette:

2 tbsp olive oil

1 lime (about 2 tablespoons of juice)

½ tbsp balsamic vinegar

½ tsp chili powder

1 tsp cumin

½ tsp salt

½ tsp granulated sugar

Salad:

One (15-ounce) can black beans, drained and rinsed

One (15-ounce) can black-eyed peas, drained and rinsed

1 bell pepper (any color), diced small

2 Roma tomatoes (about 1 cup), diced small

1 jalapeño pepper (about ¼ cup), diced small

¼ red onion (about 1 cup), diced small

¼ bunch fresh cilantro, chopped

DIRECTIONS

STEP 1
Whisk together the olive oil, 2 tbsp of juice from the lime, balsamic vinegar, chili powder, cumin, salt, and sugar in a small bowl. Set aside.

STEP 2
Add both cans of beans to a large bowl.

STEP 3
Add the chopped vegetables and cilantro. Add corn, if using.

STEP 4
Pour the dressing over the salad, then stir until well coated.

STEP 5
Serve immediately or allow to chill and marinate for at least 30 minutes. Add avocado before serving.

OPTIONAL SALAD ADD-ONS:
Fresh corn kernels (or frozen, thawed)
Avocado, diced



FRESH PEA HUMMUS

A twist on traditional hummus with fresh peas, chickpeas, and garlic.

Farmers Market Food Navigator

PREP : 10 MIN / **COOK :** 0 MIN / **SERVINGS :** 4



INGREDIENTS

1 lb fresh raw pea pods or 1 cup shelled green peas (or frozen, thawed)

½ cup chickpeas (garbanzo beans)

1 clove garlic, or 1-1 ½ teaspoons jarred chopped garlic

1 tbsp olive oil

¼ tsp salt

⅛ tsp pepper

Equipment needed: food processor or blender

DIRECTIONS

STEP 1
Combine green peas, chickpeas, garlic, olive oil, salt, and pepper in a food processor or blender.

STEP 2
Process until completely smooth, about 4-5 minutes.

STEP 3
If mixture is too thick, add water or more olive oil to thin until desired consistency.

STEP 4
Serve or store in an airtight container in the refrigerator.

QUICK TIP:
Keep refrigerated in a sealed container for up to four days.
Serve with veggie sticks, crackers, or spread on toast.



DRESSINGS AND MARINADES



HOMEMADE GREEN GODDESS DRESSING

Creamy mayo-based dressing with zesty lemon and fresh herbs.

Jess Rice, Budget Bytes

PREP : 10 MIN / **COOK :** 0 MIN / **SERVINGS :** 16



INGREDIENTS

3 green onions
½ cup fresh cilantro
1 tsp dried dill
1 cup fresh spinach
¼ cup lemon juice
2 large cloves garlic (about 1 tablespoon minced)
1 tsp salt
½ tsp black pepper
½ cup mayonnaise
½ tbsp honey*
⅓ cup olive oil

Equipment needed: food processor

DIRECTIONS

STEP 1
Add all ingredients to the food processor except for mayonnaise, honey, and oil.

STEP 2
Process until all ingredients are finely chopped. Add mayonnaise and honey and blend until creamy.

STEP 3
With the food processor running, slowly stream in oil until it's all gone and the dressing is emulsified.

STEP 4
Serve or store in an airtight container in the refrigerator.

*Avoid giving honey to children under one year of age.

HOMEMADE POPPY SEED DRESSING

Red wine vinegar adds a hint of color to this sweet and tangy dressing.

Adapted from Meggan Hill, Culinary Hill

PREP : 5 MIN / **COOK :** 0 MIN / **SERVINGS :** 8



INGREDIENTS

1/2 cup olive oil, or other vegetable oil

¼ cup red wine vinegar

¼ cup sugar

1 tsp poppy seeds

1 tsp dried mustard

1 tsp salt

DIRECTIONS

STEP 1
Add all ingredients to a small bowl or jar with a tight-fitting lid.

STEP 2
Whisk together or shake ingredients in jar until well combined.

HOMEMADE RANCH DRESSING

Classic ranch dressing with a savory blend of herbs and spices.

Michigan Fitness Foundation

PREP : 10 MIN / **CHILL :** 20 MIN / **SERVINGS :** 4



INGREDIENTS

1 tbsp Ranch Seasoning Mix

¼ cup mayonnaise

¼ cup plain yogurt

1 tsp lemon juice

1 green onion, chopped (optional)

1 tbsp milk (optional)

DIRECTIONS

STEP 1
Add all ingredients to a jar with a tight-fitting lid. Cover with lid and shake until well combined.

STEP 2
Chill in refrigerator for at least 20 minutes before serving.

DRINKS AND SMOOTHIES



BANANA BERRY SMOOTHIE

A healthy and refreshing smoothie featuring bananas and your choice of berries.

Michigan Harvest of the Month

PREP : 5 MIN / **COOK :** 0 MIN / **SERVING :** 4



INGREDIENTS

1 large banana, peeled

1 cup low-fat or nonfat milk, or non-dairy beverage

1 cup 100% orange juice

2 cups unsweetened blueberries, strawberries, or blackberries, fresh or frozen

Equipment needed:
blender

DIRECTIONS

STEP 1
Place ingredients in blender.

STEP 2
Blend until smooth and serve.

CHANGE IT UP:
Experiment using different fruits. Try peaches in place of berries.

Pour into molds or paper cups and freeze for homemade popsicles.

GREEN SMOOTHIES

An energizing green smoothie made with fresh fruit, spinach, and creamy yogurt.

MyGarden

PREP : 5 MIN / **COOK :** 0 MIN / **SERVINGS :** 8



INGREDIENTS

4 large bananas, peeled

4 cups grapes

24 oz vanilla yogurt

2 apples, cored and chopped

6 cups fresh spinach leaves

1 cup ice

Equipment needed: blender

DIRECTIONS

STEP 1
Place ingredients in blender.

STEP 2
Blend until smooth and serve.

PREP TIP:
Best prepared in two batches.

WATERMELON SLUSHIE

A refreshing beverage made with fresh watermelon and honey.

Michigan Harvest of the Month

PREP : 10 MIN / **COOK :** 0 MIN / **SERVINGS :** 4



INGREDIENTS

7 ice cubes

2 cups watermelon, seeds removed, cut into chunks

1 tsp honey* (optional)

DIRECTIONS

STEP 1
Place the ice cubes into a blender. Cover, and pulse until crushed.

STEP 2
Add the watermelon and blend for about 1 minute, until slushy.

STEP 3
Add honey and blend for about 10 seconds. Serve.

Equipment needed: blender

*Avoid giving honey to children under one year of age.

MAIN DISHES



FRESH COAST BEEF KABOBS

Tender beef sirloin marinated in savory spices and grilled with fresh, seasonal Michigan vegetables.

Michigan Fitness Foundation

PREP : 4 HRS 20 MIN / **COOK :** 10 MIN / **SERVINGS :** 4



INGREDIENTS

1 lb beef sirloin tip steak, cut into 1-inch cubes

1 medium sweet onion, cut into ¾-inch wedges

1 small yellow squash, cut lengthwise in half, then crosswise into 1-inch slices

1 small zucchini squash, cut lengthwise in half, then crosswise into 1-inch slices

3 small bell peppers, any color, cut into 1-inch pieces

1 lb medium red skin potatoes, cut into 1-inch pieces

12 medium mushrooms, cleaned and stems removed

Marinade:

2 tbsp water

2 tbsp red wine vinegar

1 tbsp Dijon mustard (optional)

1 tbsp brown sugar

2 cloves garlic, minced or ½ teaspoon garlic powder

1 tsp Italian seasoning

2 tsp vegetable oil

½ tsp coarse ground black pepper

DIRECTIONS

STEP 1
If using wood skewers, soak in water for at least 10 minutes. Flip after 5 minutes if not fully submerged.

STEP 2
Combine marinade ingredients in small bowl. Place beef and marinade in food-safe plastic bag. Close bag securely and marinate in refrigerator 4 hours or overnight, turning occasionally.

STEP 3
Place potatoes in microwave-safe dish and cover with vented plastic wrap. Microwave on high for 5 minutes or until just tender, stirring once. Cool slightly.

STEP 4
Fire up the grill while potatoes are cooking.

STEP 5
If using wood skewers, remove skewers from water.

STEP 6
Remove beef from marinade and place in bowl. Discard marinade.

STEP 7
Alternately thread beef, onion, pepper, squash, beef, mushroom, potato, onion, etc., onto skewers, or invite everyone to build their own kabobs.

STEP 8
Place kabobs on grill. Grill covered, turning every 3-4 minutes on each side or until desired doneness is reached (see recipe notes for how to measure doneness).

STEP 9
Let beef rest for a few minutes before serving. For extra tender kabobs, rest for 3-5 minutes wrapped in foil before serving.

EQUIPMENT NEEDED:
Twelve 9-inch wood or metal skewers
BBQ grill
Food-safe plastic bag
Microwave-safe dish
Microwave
Instant-read thermometer



Created in collaboration with the Michigan Beef Industry Commission

PESTO CHICKEN BAKE

Baked chicken topped with basil pesto, tomatoes, and mozzarella.

Michigan Fitness Foundation

PREP : 5 MIN / **COOK :** 40 MIN / **SERVINGS :** 4



INGREDIENTS

3-4 boneless, skinless chicken breasts

4 tbsp prepared pesto

2 tomatoes

1 cup mozzarella cheese, shredded

DIRECTIONS

STEP 1
Preheat oven to 400 F.

STEP 2
Lay chicken breasts in a baking dish in a single layer.

STEP 3
Spread 1 tablespoon of the pesto on top of each chicken breast.

STEP 4
Cut the tomato into ½-inch thick slices and lay 2 slices on top of each chicken breast.

DIRECTIONS

STEP 5
Sprinkle the cheese over the top of the chicken.

STEP 6
Bake for 40 minutes or until the chicken is done and the juices run clear.

STEP 7
Serve over brown rice or whole-grain pasta.

PREP TIP:
If the chicken breasts vary in thickness, place them between sheets of plastic wrap and gently pound to an even thickness using a meat mallet, rolling pin, or the bottom of a sturdy pan.

CHANGE IT UP:
Add sliced zucchini, bell peppers, or mushrooms around the chicken before baking. For an extra veggie twist, swap basil pesto for Zesty Kale Pesto.



SLOW COOKER PULLED PORK W/CHERRY BBQ SAUCE

Tender slow cooked pulled pork in a sweet, smoky sauce.

Michigan Fitness Foundation

PREP : 15 MIN / **COOK :** 4 HRS / **SERVINGS :** 8



INGREDIENTS

3 lb pork butt (or shoulder)

4 cloves garlic, chopped

Spice Rub:

2 tsp paprika

1 tsp smoked paprika

2 tbsp brown sugar

1 tsp onion powder

2 tsp salt

½ tsp fresh black pepper

Cherry BBQ Sauce:

1 medium onion, chopped

2 tbsp butter

2 cloves garlic, minced

2 cups fresh Michigan cherries (or fresh or frozen dark, sweet cherries), coarsely chopped

1 cup ketchup

⅔ cup packed brown sugar

¼ cup apple cider vinegar

1 tbsp Worcestershire sauce

2 tsp pepper

⅛ tsp Liquid Smoke (optional)

Equipment needed: slow cooker

DIRECTIONS

STEP 1
Combine the spices for the spice rub in a bowl.

STEP 2
Cut the pork butt into large chunks. If the pork butt has a bone you can either remove it before cooking or wait until you are shredding the cooked meat to remove it. Pork will require extra cooking time if cooking with the bone in.

STEP 3
Add the pork pieces to a large bowl and sprinkle the spice rub over top. Toss until the pork is evenly coated in spices.

STEP 4
Place the seasoned pork inside the slow cooker then add the garlic on top.

STEP 5
Place the lid on the slow cooker and cook on high for 4 hours or low for 8 hours. Test the pork with a fork to make sure the meat is tender. It should shred easily with a fork. If not, cook for an hour longer. Total cooking time will depend on the size.

STEP 6
While pork is cooking, in a large saucepan, sauté onion in butter until tender.

STEP 7
Add garlic and cook 1 minute longer. Stir in the remaining ingredients.

STEP 8
Cook, uncovered, over medium-low heat for 20 minutes, or until cherries are tender and sauce is thickened, stirring occasionally. Set aside.

STEP 9
Once the pork is tender, use two forks to shred the meat.

STEP 10
Add BBQ sauce to pork and stir until pork is coated.



SALADS



MEDITERRANEAN RAINBOW PEPPER SALAD

A Greek-inspired salad in a light citrus-herb dressing.

Farmers Market Food Navigator

PREP : 10 MIN / **CHILL :** 2 HRS / **SERVINGS :** 6



INGREDIENTS

1 cup quinoa, couscous, or farro, cooked

1 medium red bell pepper, chopped

1 medium yellow bell pepper, chopped

½ cup cherry tomatoes, quartered lengthwise

½ cup cucumber, chopped

1 bunch green onions, sliced

One (15.5-ounce) can garbanzo beans, drained and rinsed

2 tbsp lemon juice

¼ cup olive oil

1 tsp cumin

¼ cup parsley, chopped

Salt and pepper, to taste

DIRECTIONS

STEP 1
Add quinoa, red and yellow bell peppers, tomatoes, cucumber, green onions, and garbanzo beans to a large serving bowl.

STEP 2
Add lemon juice, olive oil, cumin, and parsley to a small bowl. Whisk until well combined.

STEP 3
Pour dressing over salad and mix until well coated.

STEP 4
Season with salt and pepper.

STEP 5
Chill in refrigerator for 1-2 hours to let flavors develop. Serve cold.

CHANGE IT UP:
Try adding sliced green or black olives, or avocado.
Top with crumbled feta cheese or toasted almonds.



MICHIGAN BLUEBERRY SALAD

Fresh blueberries, mixed salad greens, and almonds lightly dressed in poppy seed dressing.

Michigan Harvest of the Month

PREP : 10 MIN / **COOK :** 0 MIN / **SERVINGS :** 6



INGREDIENTS

1 head lettuce (romaine, red leaf, green leaf)

1 ½ cups fresh blueberries

½ cup sliced almonds

6 tbsp poppy seed dressing

DIRECTIONS

STEP 1
Tear lettuce into bite-sized pieces and place into a large bowl.

STEP 2
Add blueberries and almonds and mix gently.

STEP 3
Drizzle with dressing and lightly toss to coat. Serve.

CHANGE IT UP:
Pair blueberries with other fresh or dried fruits like strawberries, raspberries, oranges, or raisins.
Add color and crunch with carrot strips or shredded purple cabbage.

ZESTY PEACH, CORN AND TOMATO SALAD

A refreshing summer salad featuring juicy peaches, sweet corn, and ripe tomatoes, drizzled with a cider vinegar and honey vinaigrette.

Michigan Harvest to Table

PREP : 15 MIN / **COOK :** 0 MIN / **SERVINGS :** 6



INGREDIENTS

3 tbsp apple cider vinegar

2 tbsp vegetable oil

2 tsp honey* or sugar

¼ tsp pepper

2 medium peaches or nectarines, sliced

1 ½ cups cherry or grape tomatoes, halved lengthwise

2-3 tbsp fresh basil leaves, torn (optional)

1 cup fresh or frozen sweet corn, cooked according to package directions and cooled

½ cup onion, sliced thin

2-3 tbsp onion, sliced thin

*Avoid giving honey to children under one year of age.

DIRECTIONS

STEP 1
Whisk together vinegar, oil, honey or sugar, salt, and pepper in a serving bowl.

STEP 2
Add peaches, tomatoes, corn, and onions. Mix gently.

STEP 3
Top with chopped basil, if using. Serve.

CHANGE IT UP:
Add fresh mozzarella, ciliegine or pearls, and swap the apple cider vinegar for balsamic.
Use chopped cucumbers instead of corn.
Add chopped avocado, thinly sliced jalapeño, and replace basil with cilantro.



SAUCES



CHIMICHURRI

Traditional South American sauce with fresh herbs, garlic, and savory spices.

Beth Moncel, Budget Bytes

PREP : 10 MIN / **COOK :** 0 MIN / **SERVINGS :** 6



INGREDIENTS

1 cup Italian parsley

½ cup fresh cilantro

½ cup olive oil

¼ cup red wine vinegar

3 cloves garlic

1 tsp dried oregano

½ tsp ground cumin

¼ tsp crushed red pepper

½ tsp salt

DIRECTIONS

STEP 1
Rinse the parsley and cilantro well to remove any dirt or debris. Shake as much water off the leaves as possible. Pull the parsley and cilantro leaves from their stems, then chop them finely. Mince the garlic.

STEP 2
Combine the olive oil, red wine vinegar, garlic, oregano, cumin, crushed red pepper, salt, chopped parsley, and chopped cilantro in a bowl. Stir to combine.

STEP 3
Use the sauce immediately or refrigerate until ready to use.

EASY MEAT SAUCE

Hearty tomato-based pasta sauce.

Beth Moncel, Budget Bytes

PREP : 5 MIN / **COOK :** 40 MIN / **SERVINGS :** 6



INGREDIENTS

1 lb ground beef (or turkey)

1 tbsp olive oil

1 small onion, diced

2 cloves garlic, minced

2 tbsp butter

One (28-ounce) can crushed tomatoes

½ tsp Italian seasoning

Salt and pepper, to taste

DIRECTIONS

STEP 1
Heat olive oil in a pot over medium heat. Add ground beef and cook until browned. If using a higher fat content beef, drain excess fat from pot.

STEP 2
Add onion, garlic, and butter to beef and sauté until onion is soft, about 5 minutes.

STEP 3
Add tomatoes, Italian seasoning, and pepper to the pot. Stir to combine.

STEP 4
Cover with a lid and allow sauce to come to a simmer. Once simmering, reduce heat to low and let sauce simmer for 30 minutes.

STEP 5
After 30 minutes, add salt. Stir to combine.

STEP 6
Serve over pasta.



HOMEMADE CRANBERRY SAUCE

A classic holiday condiment with tangy cranberries and citrus.

Beth Moncel, Budget Bytes

PREP : 5 MIN / **COOK :** 15 MIN / **SERVINGS :** 6



INGREDIENTS

½ cup sugar

1 cup water

12 oz fresh or frozen cranberries

1 small orange

DIRECTIONS

STEP 1
Add the sugar and water to a medium saucepot. Stir to combine. Bring the water to a boil over medium heat, stirring to dissolve the sugar.

STEP 2
Rinse the cranberries, then add them to the boiling sugar water and place a lid on top. Allow the water to come back up to a boil, at which point the cranberries will begin to pop.

DIRECTIONS

STEP 3
Once all the cranberries have popped, remove the lid, give it a stir, and turn the heat down to medium low. Let the pot continue to simmer over medium-low heat for 5-7 minutes, stirring occasionally, or until the cranberries have completely broken down and the mixture has thickened. Simmer longer if an extra thick cranberry sauce is preferred.

STEP 4
While the cranberries simmer, zest and juice the orange.

STEP 5
Once the cranberry sauce has thickened, remove it from the heat and stir in 2 tablespoons orange juice and 1/4 teaspoon zest to the sauce. Allow the sauce to cool slightly, then serve.

TRY THIS:
Add a dash of cinnamon, nutmeg, or clove for a hint of holiday spice.



SIDES



GRILLED ASPARAGUS WITH LEMON

Tender crisp asparagus spears dressed with tangy lemon.

Michigan Fitness Foundation

PREP : 5 MIN / **COOK :** 10 MIN / **SERVINGS :** 4



INGREDIENTS

1 lb fresh asparagus, woody ends trimmed

1 tbsp olive oil

½ tsp salt

¼ tsp black pepper

1 medium lemon, cut into wedges

Equipment needed: grill

DIRECTIONS

STEP 1
Preheat the grill to medium-high heat.

STEP 2
Place asparagus, olive oil, salt, and pepper into a large bowl or platter. Toss asparagus until evenly coated.

STEP 3
Carefully place the asparagus on the grill.

STEP 4
Grill for 8-10 minutes, turning occasionally, until tender and slightly charred.

STEP 5
Squeeze fresh lemon juice over the asparagus before serving.

MAPLE SOY GLAZED ROASTED CARROTS

Roasted carrots with a sweet and savory glaze.

Michigan Harvest to Table

PREP : 15 MIN / **COOK :** 30 MIN / **SERVINGS :** 8



INGREDIENTS

2 lbs carrots (about 8-12)

3 tbsp olive oil, divided

2 tbsp maple syrup

2 tbsp low-sodium soy sauce

¼ tsp red pepper flakes (optional)

DIRECTIONS

STEP 1
Preheat oven to 400 F.

STEP 2
Peel, trim ends, and cut carrots into equal-sized pieces about 2 inches long.

STEP 3
Place carrots on a 9-by-13-inch baking sheet, leaving a little space between each carrot. Drizzle with 2 tablespoons olive oil and mix to coat.

STEP 4
Sprinkle with red pepper flakes, if using.

DIRECTIONS

STEP 5
Place carrots in oven and roast for 15 minutes.

STEP 6
While roasting, whisk together the maple syrup, soy sauce, and remaining olive oil in a small bowl.

STEP 7
Remove carrots from oven and drizzle with the maple syrup mixture. Turn carrots gently to coat.

STEP 8
Return carrots to oven. Roast 10-15 minutes longer, or until carrots are tender. Carrots are done when a fork can be inserted easily.

STEP 9
Serve immediately or cover and refrigerate for up to two days.

CHANGE IT UP:
Replace the soy sauce with balsamic vinegar.

Sprinkle with 2 tablespoons dried fresh thyme or sprigs of fresh thyme before roasting.

Skip the maple syrup mixture in Step 7. Halfway through cooking, toss the carrots with ⅓ cup grated Parmesan cheese and 2 teaspoons minced garlic.



MEXICAN STREET CORN

Savory broiled corn on the cob topped with Cotija cheese, spices, and lime.

Leanne Brown, Good and Cheap

PREP : 10 MIN / **COOK :** 10 MIN / **SERVINGS :** 4



INGREDIENTS

4 ears fresh corn

4 tbsp mayonnaise

½ cup Cotija, queso blanco, feta, Parmesan or Romano cheese, grated

Chile powder to taste

1 lime, sliced into 4 wedges

DIRECTIONS

STEP 1
Set oven broiler to high.

STEP 2
Peel off the outer layers of the corn and clean off all the corn silk. Leave the green ends attached for a convenient handhold.

DIRECTIONS

STEP 3
Place the cobs on a baking pan under the broiler for 2-3 minutes, then rotate them and repeat until they're brown and toasty on all sides, about 10 minutes.

STEP 4
Working quickly, spread a tablespoon of mayonnaise over each cob, lightly coating every kernel. Next, sprinkle the cheese all over the corn. It should stick fairly easily to the mayonnaise, but you'll probably get a little messy coating them thoroughly.

STEP 5
Sprinkle chile powder over the corn, but not too heavy or it will be gritty. Use any chile powder you like; ancho or cayenne are great.

STEP 6
Squeeze lime juice over corn. Serve hot.



SNACKS



CUCUMBER TOWERS

Thin crackers topped with layers of hummus and cucumber.

Kid Approved: Healthy Snacks

PREP : 10 MIN / **COOK :** 0 MIN / **SERVINGS :** 12



INGREDIENTS

4 oz hummus

36 round rice crackers

2-3 cucumbers, sliced into rounds

DIRECTIONS

STEP 1
Spread a thin layer of hummus on crackers.

STEP 2
Arrange in this order: cucumber, cracker with hummus then cucumber. Repeat as many times as desired.

PREP TIP:
Don't cut the cucumbers too thick or the stacks will fall over.

CHANGE IT UP:
Use zucchini or yellow summer squash in place of cucumbers.

EASY BAKED PEARS

Sweet oven-baked pears topped with brown sugar and vanilla yogurt.

Michigan Harvest of the Month

PREP : 5 MIN / **COOK :** 20 MIN / **SERVINGS :** 4



INGREDIENTS

4 ripe pears, peeled

2 tbsp brown sugar

1 tsp ground cinnamon

1 tbsp butter

½ (5.3-ounce) container low-fat vanilla yogurt (optional)

DIRECTIONS

STEP 1
Preheat oven to 350 F

STEP 2
Add brown sugar and cinnamon to a small bowl. Stir until combined.

STEP 3
Cut each pear in half. Sprinkle with brown sugar mixture. Dot with butter.

DIRECTIONS

STEP 4
Wrap each pear half in foil, cut side up, and place on a baking tray.

STEP 5
Bake for 15-20 minutes or until fork tender.

STEP 6
Top with yogurt, if using. Serve hot.

PREP TIP:
Any pear from the grocery store works here. Bosc and Anjou hold their shape best when baked, while Bartlett gets extra soft and sweet.



HIGH-ENERGY SNACK BARS

A satisfying snack made with wholesome oats, creamy peanut butter, sweet raisins, carrots and coconut.

Kid Approved: Healthy Snacks

PREP : 25 MIN / **COOK :** 20 MIN / **SERVINGS :** 24



INGREDIENTS

1 cup honey*

1 cup peanut butter

3 ½ cups quick oats

½ cup raisins

½ cup carrots, shredded

½ cup shredded unsweetened coconut

DIRECTIONS

STEP 1
Preheat oven to 350 F.

STEP 2
Add honey and peanut butter to a large saucepan and cook on low heat until melted. Remove from heat.

STEP 3
Add oats, raisins, carrots, and coconut to the saucepan. Mix well and let cool slightly.

*Avoid giving honey to children under one year of age.

DIRECTIONS

STEP 4
Pour mixture into a 9-by-13-inch baking pan. Press firmly into bottom of the pan.

STEP 5
Bake for 20-25 minutes, until golden brown.

STEP 6
Remove from oven and let cool for 15-20 minutes. Cut into bars. Serve and store remaining bars in refrigerator.

PREP TIP:
Any kind of dried fruit can be used in this recipe. Try dried diced apricots or cranberries.
Substitute any nut butter for peanut butter.



SOUPS AND STEWS



CURRIED SWEET POTATO SOUP

Creamy sweet potato soup seasoned with Indian-inspired spices.

Leanne Brown, From Scratch

PREP : 15 MIN / **COOK :** 30 MIN / **SERVINGS :** 4



INGREDIENTS

2 tsp butter or olive oil

1 small onion, diced

2-3 cloves garlic, diced

1 tbsp curry powder (or paste)

½ jalapeño pepper, seeded and finely diced

1 centimeter fresh ginger, peeled and grated

1 large sweet potato, peeled and diced

2-3 cups vegetable broth

Salt and pepper, to taste

Equipment needed: food processor or blender

DIRECTIONS

STEP 1
Heat butter or oil in a pot over medium heat. Add onion and cook until soft. Stir in garlic and curry and cook 1 minute.

STEP 2
Add jalapeño and sweet potato. Stir until well coated.

STEP 3
Add enough broth to cover the vegetables. Bring to a boil then reduce heat and simmer for 20 minutes, or until the sweet potato is tender.

STEP 4
Add salt and pepper to taste. Remove from heat and purée with a blender or food processor until smooth.

SPICY VENISON CHILI

A spicy twist on classic venison chili featuring chorizo and brewed coffee.

Michigan Fitness Foundation

PREP : 15 MIN / **COOK :** 40 MIN / **SERVINGS :** 12



INGREDIENTS

1 tbsp vegetable oil

1 large yellow or white onion, diced

6 cloves garlic, minced

½ lb Mexican-style chorizo (optional)

2-3 lbs venison, ground or diced

3 tbsp tomato paste

1 ½ tbsp Homemade Taco Seasoning

3-4 tbsp Homemade Chili Seasoning

1 cup brewed black coffee

2 tbsp honey*, maple syrup, or molasses

1 quart broth (beef, vegetable, or venison)

One (28-ounce) can diced tomatoes

Three (15-ounce) cans whole kidney, pinto, or black beans, drained and rinsed

Salt, to taste

*Avoid giving honey to children under one year of age.

DIRECTIONS

STEP 1
In a large pot over medium heat, add oil, onions and garlic and cook until translucent.

STEP 2
Add chorizo, if using, and cook until browned. Remove chorizo with a slotted spoon, place in a bowl, and set aside.

STEP 3
Add venison, increase heat to medium high, and cook until browned.

STEP 4
Reduce heat, add cooked chorizo, tomato paste, and seasonings. Mix thoroughly.

STEP 5
Add coffee, honey, maple syrup or molasses, and broth.

STEP 6
Stir to combine and bring to a light boil. Reduce to simmer, cover partially, stirring occasionally until chili cooks down and the sauce thickens, about 15 minutes.

STEP 7
Add beans and cook until heated through and chili is thick, about 10 minutes.

STEP 8
Serve as is, or over cooked rice or mashed potatoes



TUSCAN SPINACH AND WHITE BEAN SOUP

A hearty blend of cannellini beans, fresh spinach, and herbs in a tomato broth.

Michigan Harvest to Table

PREP : 10 MIN / **COOK :** 20 MIN / **SERVINGS :** 4



INGREDIENTS

2 tsp vegetable oil

1 small onion, diced

2 medium carrots, peeled and diced

1 celery stalk, diced

1 clove garlic, minced, or 1 teaspoon garlic powder

2 cups tomatoes, diced or one (14.5-ounce) can reduced or low-sodium, or no salt added diced tomatoes

One (15.5-ounce) can reduced or low-sodium or no salt added cannellini beans, drained and rinsed

1 tsp fresh thyme or ½ teaspoon dried thyme

¼ tsp kosher salt

¼ tsp pepper

4 cups low sodium vegetable or chicken broth

1 bay leaf

3 cups fresh spinach

¼ cup Parmesan cheese

DIRECTIONS

STEP 1
Preheat oil in stockpot on medium heat. Add onions and sauté about 3 minutes, or until translucent.

STEP 2
Add carrots, celery, and garlic and sauté about 3 minutes to soften.

STEP 3
Add tomatoes, beans, thyme, salt, and pepper. Let cook for about 1 minute.

STEP 4
Add broth and bay leaf, bring heat up to medium high. As soup begins to boil, reduce heat to low, cover, and let simmer for about 15 minutes.

STEP 5
If using large flat or curly leaf spinach, remove leaves from stem and tear into bite-sized pieces.

STEP 6
Add spinach and stir gently until just wilted.

STEP 7
Remove and discard bay leaf. Add Parmesan and serve.



SPICE BLENDS



HOMEMADE TACO SEASONING

A blend of smoky spices including cumin, coriander, garlic, and paprika.

Michigan Fitness Foundation

PREP : 5 MIN / **COOK :** 0 MIN / **YIELD :** 1/3 CUP



INGREDIENTS

6 tbsp chili powder

6 tsp ground cumin

3 tsp ground coriander

3 tsp smoked paprika

3 tsp garlic powder

3 tsp onion powder

3 tsp dried oregano

3 tsp kosher salt (or 1 ½ teaspoons table salt) to taste

3 tsp cayenne pepper (adjust to your preferred amount of heat)

EQUIPMENT NEEDED:
Small jar with lid or airtight container

DIRECTIONS

STEP 1
Add ingredients to jar. Cover with lid and shake until combined.

PUMPKIN SPICE

An aromatic blend of cinnamon, clove, nutmeg and other spices.

Michigan Fitness Foundation

PREP : 5 MIN / **COOK :** 0 MIN / **YIELD :** 1/3 CUP



INGREDIENTS

2 tsp ground cinnamon

1 tsp nutmeg

1 tsp ground ginger

1 tsp ground allspice

1 tsp ground cloves

DIRECTIONS

STEP 1
Add ingredients to jar. Cover with lid and shake until combined..

NOTES:
Store in a labeled airtight container away from heat and sunlight.
Use within 6 months

EQUIPMENT NEEDED:
Small jar with lid or airtight container

RANCH SEASONING MIX

Savory herb blend with dill, garlic, and parsley.

Michigan Fitness Foundation

PREP : 5 MIN / **COOK :** 0 MIN / **YIELD :** 1/3 CUP



INGREDIENTS

1 tbsp dried parsley

1 tsp garlic powder

1 tsp onion powder

1 tsp dried dill

1 tsp black pepper

EQUIPMENT NEEDED:
Airtight container

DIRECTIONS

STEP 1
Add ingredients to jar. Cover with lid and shake until combined.

STEP 2
Mix with Greek yogurt to serve with salads and fresh veggies, or use as a seasoning for popcorn.

NOTES:
Store away from heat and sunlight.
Use within 6 months.

Mitten Eats is presented by Michigan Fitness Foundation. Michigan Fitness Foundation imagines a world in which all people have the opportunity, ability, and knowledge to be healthy and achieve their fullest potential.

Mitten Eats was developed, in whole or in part, with funding from USDA's Supplemental Nutrition Assistance Program Education, Michigan Department of Health and Human Services, and Michigan Fitness Foundation.

© 2026 Michigan Fitness Foundation | This institution is an equal opportunity provider.
michiganfitness.org