



GET
Inspiralized

Pear & Yogurt **PARFAIT**

Ingredients

- $\frac{3}{4}$ cup diced fruit (bananas, blueberries or strawberries)
- Greek yogurt - vanilla, blueberry, or strawberry
- 1 cup favorite granola
- 2 medium pears (bosc or anjou)

Instructions

1. Divide your diced fruit at the bottom of three mason jars.
2. Top fruit with about $\frac{3}{4}$ cup Greek yogurt.
3. Top Greek yogurt with $\frac{1}{3}$ cup of granola per mason jar.
4. Top granola with 2 spiralized pear noodles in each mason jar.
5. Serve with a spoon.



The image shows four small, white ceramic bowls with gold-colored rims, arranged on a light-colored, marbled surface. Each bowl contains a different vegetable spiralized into thin, curly strands. The top bowl contains a blue circular graphic with white text. The bottom-left bowl contains pale yellow-green zucchini spirals. The bottom-center bowl contains bright orange carrot spirals. The bottom-right bowl contains vibrant green cucumber spirals. The top bowl contains a blue circle with the text "GET Inspiralized RECIPE".

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RECIPE

Sweet Potato, White Bean **& KALE BAKE**

Ingredients

- 1 large sweet potato, noodles trimmed
- salt and pepper
- ½ teaspoon garlic powder
- 3-4 cups chopped kale
- 14.5oz can white beans
- 14.5oz can diced tomatoes, drained
- ½ teaspoon thyme
- ½ teaspoon oregano
- ¾ cup shredded mozzarella cheese (or preferred cheese)
- 1 tablespoon olive oil

Instructions

1. Preheat the oven to 400 degrees.
2. Heat the oil in a 12" large oven-safe skillet over medium-high heat. Once oil is hot, add the sweet potato noodles and season with salt, pepper, and garlic powder. Cook until mostly wilted. Add the kale, white beans, tomatoes, thyme, oregano, and season with salt and pepper. Toss until kale is slightly wilted.
3. Remove the skillet from heat and sprinkle with the cheese. Transfer to the oven and bake for 10 minutes or until cheese is melted through. Serve.



Quinoa & Sweet Potato

STUFFED BELL PEPPERS



Ingredients

- 6 medium-large bell peppers (pick the colors you like best!), halved, seeds removed fully
- 1 large sweet potato peeled, noodles trimmed
- 1.5 cups cooked red quinoa
- 14.5oz can diced tomatoes
- ¼ teaspoon cayenne pepper
- ¼ teaspoon paprika
- ¼ teaspoon onion powder
- 1 teaspoon cumin
- ½ teaspoon chili powder
- ½ teaspoon garlic powder
- 15oz can black beans, drained and rinsed
- 1 cup whole kernel corn (from a can), drained
- salt
- ½ cup shredded Mexican cheese blend
- 2 tablespoons minced cilantro
- 2 avocados, peeled, pitted and sliced

Quinoa & Sweet Potato

STUFFED BELL PEPPERS



Instructions

1. Preheat the oven to 375 degrees. Lightly grease a 9 x 13 baking dish or rimmed baking sheet. Spritz the peppers with the cooking spray and lay out in the dish/sheet.
2. Place a large skillet over medium-high heat and add the olive oil. Once oil is hot, add the sweet potato noodles and season with salt and pepper. Cook for 5-7 minutes or until mostly wilted (they don't need to be fully cooked, because they will cook longer in the peppers.)
Add the quinoa, tomatoes, cayenne, paprika, onion powder, cumin, chili powder, garlic powder, black beans, and corn. Season with salt. Mix together.
3. Stuff the peppers with the quinoa mixture until all peppers are filled. If using cheese, sprinkle each pepper with cheese. Once peppers are filled to your preference, cover the dish with foil.
4. Bake the peppers for 20 minutes and then remove the foil and bake for another 10-15 minutes or until peppers start to slightly brown.
5. Remove the peppers from the oven, garnish with cilantro, and serve with avocado.

Apple SPAGHETTI

Ingredients

- 2 apples
- 1 lemon
- ½ carton strawberries
- ½ of a watermelon
- 1 piece of white chocolate bark

Instructions

1. Spiralize 2 apples. Toss in the juice of half of a lemon to prevent browning.
2. Rinse the strawberries and remove the stems. Add strawberries to a high power blender or food processor. Squeeze in the other half of the lemon and blend.
3. Using a melon baller, create 5-10 balls of watermelon.
4. Assemble your spaghetti by pouring strawberry sauce on top of the apple noodles. Add melon balls.
5. Finely grate white chocolate bark on top of the spaghetti and enjoy!



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RECIPES

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