

Recipe Finder

Cookbook



Lifetime Nutrition and Wellness

Suggested Fast and Easy Recipes

Created by: Compiled by the Statewide Instructional Resources Development Center with permission from USDA

This custom cookbook was created using recipes from the *SNAP-Ed Connection Recipe Finder Database*. Recipes included in the database have been reviewed by nutrition professionals at the SNAP-Ed Connection using specific cost and nutrition criteria. Recipes are consistent with the current Dietary Guidelines for Americans and MyPlate. Nutrition educators in the Supplemental Nutrition Assistance Program (SNAP) and other Food and Nutrition Service (FNS) nutrition assistance programs and their partners are encouraged to use the database to support their nutrition education program goals.

For additional recipes and more information about the *SNAP-Ed Connection Recipe Finder Database*, please visit the Web site at <http://recipefinder.nal.usda.gov/>.

This material was funded by USDA's Supplemental Nutrition Assistance Program.

The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689 for the contact information for your local SNAP office or visit the Web site at <http://www.fns.usda.gov/SNAP/>.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800)795-3272 (voice) or (202)720-6382 (TTY). USDA is an equal opportunity provider and employer.

Table Of Contents

20-Minute Chicken Creole	4
Asian Coleslaw	5
BBQ Chicken Pizza	6
Baked Chicken Nuggets	7
Baked Lemon Chicken	8
Breakfast Burrito with Salsa	9
Butterfly Bite	10
Citrus Vegetables	11
Corn and Green Chili Salad	12
Cucumber Salad	13
Easy Red Beans and Rice	14
Fruit Dip	15
Green Beans and New Potatoes	16
Grilled Vegetables	17
Huevos Rancheros with Fresh Salsa	18
Italian Broccoli and Pasta	19
Italian Style Vegetables	20
Migas "Crumbs"	21
Oatmeal Cookies	22
Old Fashioned Bread Pudding	23
Party-Time Pasta	24
Picadillo	25
Pico de Gallo	26
Polenta with Pepper and Cheese	27
Quick Chili	28
Rise and Shine Cobbler	29
Salmon Patties	30
Seared Greens	31
Simple Fish Tacos	32
Skillet Noodles and Beef	33
Spinach and Meat Cakes	34
Stir Fry Vegetables and Beef	35
Summer Fruit Salad	36
Ten Minute Corn Chowder	37
Tortilla Pizzas	38
Tostadas Delgadas	39
Tropical Morning Treat	40
Tuna Melt Burger	41
Veggie Bean Wrap	42
Zucchini Au Gratin	43

20-Minute Chicken Creole

Yield: 8 servings

Serving size: 1 cup

Ingredients

1 tablespoon	vegetable oil
2	chicken breast (whole, skinless, boneless)
1 can	diced tomatoes (14 1/2 oz., with juice)
1 cup	chili sauce (low sodium)
1	green pepper (chopped, large)
2	celery ribs (chopped)
1	onion (chopped, small)
2	garlic clove (minced)
1 teaspoon	dried basil
1 teaspoon	parsley (dried)
1/4 teaspoon	cayenne pepper
1/4 teaspoon	salt

Instructions

1. Heat pan over medium-high heat (350 degrees in an electric skillet). Add vegetable oil and chicken and cook until no longer pink when cut (3-5 minutes).
2. Reduce heat to medium (300 degrees in electric skillet).
3. Add tomatoes with juice, chili sauce, green pepper, celery, onion, garlic, basil, parsley, cayenne pepper, and salt.
4. Bring to a boil; reduce heat to low and simmer, covered for 10-15 minutes.
5. Serve over hot, cooked rice or whole wheat pasta.
6. Refrigerate leftovers within 2-3 hours.

Nutrition Facts	
Serving Size 1 cup (170g)	
Servings Per Container 8	
Amount Per Serving	
Calories 130	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 260mg	11%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 9g	
Vitamin A 8%	• Vitamin C 50%
Calcium 6%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Oregon State University
Cooperative Extension Service,
[Healthy Recipes](#)

Cost

Per recipe: \$6.06

Per serving: \$0.76

Asian Coleslaw

Yield: 12 servings
 Serving size: 1/12 of recipe

Ingredients

- 1 pound shredded cabbage (/ 16 ounce bag of coleslaw mix)
- 1 can mandarin oranges (11 ounces, drained)
- 1/2 cup peanuts (optional)
- Dressing Ingredients:
- 2/3 cups light Italian dressing
- 2 tablespoons soy sauce (low-sodium)

Instructions

1. Mix together the coleslaw mix, nuts and mandarin oranges in a large bowl.
2. Stir in the Italian dressing and soy sauce.

Nutrition Facts	
Serving Size 1/2 cup (79g)	
Servings Per Container 12	
Amount Per Serving	
Calories 45	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 1g	
Vitamin A 8%	• Vitamin C 40%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Maryland Food Supplement
 Nutrition Education program,
 2009 Recipe Calendar

Cost

Per recipe: \$2.54
 Per serving: \$0.21

BBQ Chicken Pizza

Yield: 12 servings
 Serving size: 1 pizza (1/2 english muffin)
 Cook time: 20 minutes

Ingredients

- 6 English muffins
- 3/4 cups barbecue sauce
- 1 1/2 cup cooked chicken (cut-up)
- 3/4 cups cheddar cheese (shredded smoked or regular)
- 1 bell pepper (chopped)

Instructions

1. Wash hands and any cooking surface
2. Heat oven to 450°F
3. Slice English muffins in half and place on ungreased, large cookie sheet.
4. Cut-up bell pepper
5. Spread barbecue sauce on English muffins to within ¼ inch of edges. Top with chicken, cheese and bell pepper.
6. Bake 7 to 12 minutes or until cheese is melted.

* Substitutions:

English muffins = Pizza bread

Chicken = Pinto beans, chopped tomatoes and chopped onions

Nutrition Facts	
Serving Size 1 pizza (1/2 of an English muffin) (79g)	
Servings Per Container 12	
Amount Per Serving	
Calories 130	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 360mg	15%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 9g	
Vitamin A 2%	Vitamin C 15%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Texas Cooperative Extension,
 The Texas A&M University
 System, Expanded Nutrition
 Program

Cost

Per recipe: \$5.24
 Per serving: \$0.44

Baked Chicken Nuggets

Yield: 4 servings

Serving size: 3 ounces

Cook time: 15 minutes

Ingredients

1 1/2 pound chicken thighs, boneless, skinless
 1 cup cereal crumbs, cornflake type
 1/2 teaspoon Italian herb seasoning
 1/4 teaspoon garlic powder
 1/4 teaspoon onion powder
 1 teaspoon paprika

Instructions

1. Remove skin and bone; cut thighs into bite-sized pieces.
2. Place cornflakes in plastic bag and crush by using a rolling pin.
3. Add remaining ingredients to crushed cornflakes. Close bag tightly and shake until blended.
4. Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly.

Microwave Method:

1. Lightly grease an 8x12 inch baking dish.
2. Place chicken pieces on baking dish so they are not touching. Cover with waxed paper and cook on high.
3. Rotate chicken every 2 to 3 minutes. Cook until tender, about 6-8 minutes.

Conventional Method:

1. Preheat oven to 400 degrees. Lightly grease a cooking sheet.
2. Place chicken pieces on cooking sheet so they are not touching.
3. Bake until golden brown, about 12-14 minutes.

Notes

to remove bone from chicken thigh:

1. Place chicken on cutting board. Remove skin from thighs.
2. Turn chicken thighs over.
3. Cut around bone and remove it.

Nutrition Facts	
Serving Size 3 oz. or 1/4 of recipe (178g)	
Servings Per Container	
Amount Per Serving	
Calories 230	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 140mg	47%
Sodium 240mg	10%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 34g	
Vitamin A 10%	• Vitamin C 4%
Calcium 2%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

USDA, Center for Nutrition Policy and Promotion (CNPP), [Recipes and Tips for Healthy, Thrifty Meals, 2000](#)

Cost

Per recipe: \$4.31
 Per serving: \$1.08

Baked Lemon Chicken

Yield: 5 servings

Serving size: 2 pieces

Cook time: 30 minutes

Ingredients

3 1/2 pounds chicken (skinned and cut into 10 pieces)
 1/4 teaspoon salt
 1/4 teaspoon pepper
 1 1/2 cloves of garlic (thinly sliced, or 1 tsp garlic powder)
 4 thyme sprigs (fresh, or 1 tsp dried thyme)
 3 cups onion (thinly sliced)
 1 1/2 cup chicken stock (or water)
 1/4 cup lemon juice
 1 lemon (sliced into 10 slices, seeds removed)

Instructions

1. Combine salt, pepper, garlic, and thyme.
2. Lay chicken pieces into a 11x13 baking pan. Sprinkle seasonings over chicken.
3. Combine onions, stock, and lemon juice in a sauce pan. Heat to a boil.
4. Pour hot lemon mixtue around chicken. Top each chicken piece with a lemon slice.
5. Bake for 30 minutes at 400 degrees until golden brown and juices are clear colored.

Nutrition Facts	
Serving Size 1/5 of recipe (521g)	
Servings Per Container	
Amount Per Serving	
Calories 450	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 225mg	75%
Sodium 470mg	20%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 71g	
Vitamin A 4%	• Vitamin C 60%
Calcium 8%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

USDA, Team Nutrition, [Food Family Fun](#)

Cost

Per recipe: \$5.42
 Per serving: \$1.08

Breakfast Burrito with Salsa

Yield: 4 servings

Serving size: 1 burrito

Cook time: 30 minutes

Ingredients

4 egg (large)
 2 tablespoons corn (frozen)
 1 tablespoon milk (1%)
 2 tablespoons green pepper (diced)
 1/4 cup onion (minced)
 1 tablespoon tomatoes (diced fresh)
 1 teaspoon mustard
 1/4 teaspoon garlic (granulated)
 1/4 teaspoon hot pepper sauce (optional)
 4 flour tortillas (8 inch)
 1/4 cup salsa (canned)

Instructions

Preheat oven to 350 degrees.

1. In a large mixing bowl, blend the eggs, corn, milk, green peppers, onions, tomatoes, mustard, garlic, hot pepper sauce, and salt for 1 minute until eggs are smooth.
2. Pour egg mixture into a lightly oiled 9x9x2 inch baking dish and cover with foil.
3. Bake for 20-25 minutes until eggs are set and thoroughly cooked.
4. Wrap tortillas in plastic and microwave for 20 seconds until warm. Be careful when unwrapping the tortillas. The steam can be hot.
5. Cut baked egg mixture into 4 equal pieces and roll 1 piece of cooked egg in each tortilla.
6. Serve each burrito topped with 2 Tablespoons of salsa.

Nutrition Facts	
Serving Size 1 burrito, 1/4 of recipe (160g)	
Servings Per Container	
Amount Per Serving	
Calories 250	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 210mg	70%
Sodium 600mg	25%
Total Carbohydrate 31g	10%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 11g	
Vitamin A 8%	Vitamin C 10%
Calcium 10%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

USDA, Food and Nutrition Service (FNS), [Food Family Fun](#)

Cost

Per recipe: \$1.56
 Per serving: \$0.39

Butterfly Bite

Yield: 6 servings
 Serving size: 1 "butterfly"
 Cook time: 7 minutes

Ingredients

- 3 celery (stalks)
- 12 twist pretzels (large)
- 6 tablespoons creamy peanut butter
- 3 tablespoons raisins

Instructions

1. Wash hands and cooking area.
2. Clean celery with vegetable brush under cool running water.
3. Cut celery in half cross wise.
4. Fill center of each celery stick with one tablespoon of peanut butter. This is the body of the butterfly
5. Add two pretzels to form the butterfly's wings.
6. Use extra pretzel pieces for antenna and raisins for decoration.

Nutrition Facts	
Serving Size 1 butterfly bite (47g)	
Servings Per Container 6	
Amount Per Serving	
Calories 130	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 5g	
Vitamin A 2%	• Vitamin C 2%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Source

Texas Cooperative Extension,
 The Texas A&M University
 System, Expanded Nutrition
 Program

Cost

Per recipe: \$1.27
 Per serving: \$0.21

Citrus Vegetables

Yield: 4 servings

Serving size: 1/4 of recipe

Ingredients

2 tablespoons lime juice (fresh)
 1/2 tablespoon olive oil
 1/2 teaspoon oregano (fresh, chopped)
 4 cups mixed vegetables such as zucchini, corn, and tomatoes (sliced, steamed)

Instructions

1. Slice vegetables and steam in a small amount of water.
2. Drain, and place in a bowl to cool.
3. Mix lime juice with oil. Add oregano and combine.
4. Pour lime juice mixture over cool vegetables and mix well.
5. Serve.

Nutrition Facts	
Serving Size 1/4 of recipe (192g)	
Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 24g	8%
Dietary Fiber 8g	32%
Sugars 6g	
Protein 5g	
Vitamin A 160% • Vitamin C 15%	
Calcium 4% • Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

National Cancer Institute (NCI),
[5-A-Day Web site](#)

Cost

Per recipe: \$1.85
 Per serving: \$0.46

Corn and Green Chili Salad

Yield: 4 servings
 Serving size: 3/4 cup
 Cook time: 10 minutes

Ingredients

- 2 cups corn (frozen and thawed)
- 1 can diced tomatoes with green chilies (10 ounce)
- 1/2 tablespoon vegetable oil
- 1 tablespoon lime juice
- 1/3 cup green onion (sliced)
- 2 tablespoons cilantro (fresh chopped)

Instructions

1. Combine all ingredients in a medium bowl.
2. Mix well.

Nutrition Facts	
Serving Size 3/4 cup prepared salad, 1/4 of recipe (167g)	
Servings Per Container	
Amount Per Serving	
Calories 120	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 25g	8%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 3g	
Vitamin A 8%	• Vitamin C 25%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

California Department of Health Services, Healthy Latino Recipes: Made with Love California Latino 5-a-Day Campaign

Cost

Per recipe: \$1.68
 Per serving: \$0.42

Cucumber Salad

Yield: 2 servings
 Serving size: 1 cup

Ingredients

- 1 cucumber (large, peeled and thinly sliced)
- 2 tablespoons yogurt, lowfat
- 1 tablespoon vinegar
- 1 tablespoon vegetable oil
- 1 tablespoon water
- 1 teaspoon dill weed (optional)
- 1 dash pepper (of)

Instructions

1. Peel and thinly slice cucumber.
2. Mix all other ingredients in the mixing bowl.
3. Add cucumber slices and stir until coated.
4. Chill until serving.

Nutrition Facts	
Serving Size 1 cup prepared salad, 1/2 of recipe (178g) Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 2g	
Vitamin A 2%	• Vitamin C 8%
Calcium 4%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Michigan State University
 Cooperative Extension Service,
 Eating Right is Basic
 Nutrition Education Program

Cost

Per recipe: \$0.88
 Per serving: \$0.44

Easy Red Beans and Rice

Yield: 8 servings
Serving size: 1 cup

Ingredients

- cooking oil spray, as needed (non-stick)
- 1 onion (large, peeled and chopped)
- 1 green bell pepper (medium, washed, seeded and chopped)
- 1 teaspoon garlic powder
- 2 cans diced tomatoes (14.5 ounces)
- 1 can kidney beans (15.5 oz, drained and rinsed)
- 6 cups cooked brown rice

Instructions

1. Spray skillet with cooking oil spray.
2. Cook onion and pepper over medium heat for 5 minutes or until tender.
3. Add garlic powder, tomatoes, and kidney beans.
4. Bring mixture to a boil.
5. Reduce heat to low and simmer for 5 minutes.
6. Serve over rice.

Nutrition Facts	
Serving Size 1 cup (330g)	
Servings Per Container 8	
Amount Per Serving	
Calories 270	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g 0%	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 55g	18%
Dietary Fiber 10g 40%	
Sugars 3g	
Protein 10g	
Vitamin A 15%	Vitamin C 30%
Calcium 6%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Maryland Food Supplement
Nutrition Education program,
2009 Recipe Calendar

Cost

Per recipe: \$4.37
Per serving: \$0.55

Fruit Dip

Yield: 4 servings
 Serving size: 1/4 of recipe
 Cook time: 15 minutes

Ingredients

8 ounces yogurt, lowfat vanilla
 2 tablespoons orange juice, 100% juice, frozen concentrate (thawed)
 1 tablespoon lime juice
 1/2 tablespoon brown sugar
 2 apple (red, cored and sliced)
 1 pear (cored and sliced)
 1 peach (pitted and sliced)

Instructions

1. In a small bowl, combine yogurt, orange juice concentrate, lime juice and brown sugar.
2. Mix well.
3. Place bowl containing dip on a large plate and surround with fruit.

Nutrition Facts	
Serving Size 1/4 of recipe (214g)	
Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 40mg	2%
Total Carbohydrate 32g	11%
Dietary Fiber 3g	12%
Sugars 24g	
Protein 3g	
Vitamin A 4%	• Vitamin C 25%
Calcium 10%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

California Department of Health Services, Discover the Secret to Healthy Living
 California 5-a-Day—For Better Health! Campaign

Cost

Per recipe: \$2.31
 Per serving: \$0.58

Green Beans and New Potatoes

Yield: 6 servings
 Serving size: 1/6 of recipe
 Cook time: 20 minutes

Ingredients

16 ounces frozen green beans
 8 potatoes (small, washed, peeled, and halved)
 1 onion (medium, chopped)
 1/4 teaspoon salt

Instructions

1. Add all ingredients to a large stock pot and cover with water.
2. Bring to a boil and reduce to medium heat.
3. Cook until green beans and potatoes are tender.

Nutrition Facts	
Serving Size 1/6 of recipe (259g)	
Servings Per Container 6	
Amount Per Serving	
Calories 170	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 40g	13%
Dietary Fiber 6g	24%
Sugars 3g	
Protein 4g	
Vitamin A 8%	• Vitamin C 25%
Calcium 4%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Tara Caulder, Soaad Ali, and Laide Bello
 (Supervised by Dr. Mira Mehta and Terri Kieckhefer), Healthy Cookbook for African American Populations

Cost

Per recipe: \$4.50
 Per serving: \$0.75

Grilled Vegetables

Yield: 6 servings

Serving size: 1/6 of recipe

Ingredients

2 tablespoons vegetable oil
 2 garlic clove (finely chopped)
 3 sweet potatoes (cut into 1-inch slices)
 3 corn cobs (cut into 2-inch sections)
 1 eggplant (cut into 1/2-inch slices)
 12 green onion (trimmed)

Instructions

1. Mix oil and garlic in a large bowl. Add vegetables and toss.
2. Place vegetable on broiler pan or grill. Cook 10 minutes, turning twice until vegetables are tender.
3. Place vegetables on platter. Serve.

Nutrition Facts	
Serving Size 1/6 of recipe (263g)	
Servings Per Container 6	
Amount Per Serving	
Calories 210	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 37g	12%
Dietary Fiber 7g	28%
Sugars 9g	
Protein 5g	
Vitamin A 190%	Vitamin C 20%
Calcium 6%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Centers for Disease Control and Prevention, [More Matters Recipes](#)

Cost

Per recipe: \$5.69

Per serving: \$0.95

Huevos Rancheros with Fresh Salsa

Yield: 4 servings

Serving size: 1 tortilla

Cook time: 30 minutes

Ingredients

4 corn tortillas (6 inch)
 1/2 tablespoon vegetable oil
 nonstick cooking spray
 4 egg whites (medium)
 4 egg (medium)
 1/8 teaspoon black pepper (ground)
 4 tablespoons cheese, shredded cheddar or monterey jack
 2 cups fresh salsa

Instructions

1. Preheat oven to 450 degrees.
2. Lightly brush tortillas with oil on both sides and place on a baking sheet.
3. Bake for 5 to 10 minutes or until tortillas are crisp on the edges and starting to brown.
4. Remove from oven and set aside.
5. Spray a large skillet with nonstick cooking spray over medium heat.
6. Drop 4 egg whites into skillet, then, break whole eggs over whites to make 4 separate servings.
7. Cook for 2-3 minutes per side until eggs are cooked.
8. Place one egg on each tortilla shell and top each with 1 tablespoon cheese.
9. Place under the broiler for about 2 minutes until cheese is melted.
10. Spoon 1/2 cup fresh salsa around the edge of each shell.

Notes

Recipe for [fresh salsa](#) is included in this database

Nutrition Facts	
Serving Size 1/4 of recipe (247g)	
Servings Per Container	
Amount Per Serving	
Calories 230	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 220mg	73%
Sodium 360mg	15%
Total Carbohydrate 21g	7%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 14g	
Vitamin A 30%	• Vitamin C 35%
Calcium 10%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

California Department of Health Services, Discover the Secret to Healthy Living
 California 5-a-Day—For Better Health! Campaign

Cost

Per recipe: \$2.73
 Per serving: \$0.68

Italian Broccoli and Pasta

Yield: 4 servings
 Serving size: 1 1/4 cups
 Prep time: 10 minutes
 Cook time: 15 minutes

Ingredients

- 2 cups fettucini noodles, uncooked
- 3 tablespoons green onion (chopped, also called scallions)
- 2 cups broccoli florets
- 1/2 teaspoon thyme (dried)
- 1/2 teaspoon oregano (dried)
- 1/2 teaspoon black pepper
- 1 can stewed tomatoes (14.5 ounce)
- 2 teaspoons parmesan cheese (grated)

Instructions

1. Cook noodles according to package instructions (do not include oil or salt), and drain.
2. Spray a medium skillet with nonstick cooking spray; stir-fry onion and broccoli for 3 minutes over medium heat.
3. Add seasonings (but not the Parmesan cheese) and tomatoes; simmer until heated through.
4. Spoon vegetable mixture over noodles and top with Parmesan cheese.

Nutrition Facts	
Serving Size 1 1/4 cups prepared pasta, 1/4 of recipe (200g)	
Servings Per Container	
Amount Per Serving	
Calories 240	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 48g	16%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 9g	
Vitamin A 25%	• Vitamin C 70%
Calcium 8%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

California Department of Health Services, Discover the Secret to Healthy Living
 California 5-a-Day—For Better Health! Campaign

Cost

Per recipe: \$3.52
 Per serving: \$0.88

Italian Style Vegetables

Yield: 8 servings

Serving size: 1/2 cup

Ingredients

2 zucchini (small, - cut into 1/2 inch pieces)
 1/2 pound green beans (snapped into pieces)
 1/2 cabbage (small, - sliced thin or shredded)
 2 cups corn kernels (or combination of favorite vegetables)
 1 onion (medium, sliced)
 1 garlic clove (minced, optional)
 2 tablespoons olive-oil
 1 cup fresh or canned tomatoes (chopped)
 1/2 teaspoon oregano (dry)

Instructions

1. Wash and trim vegetables. Slice zucchini into 1/2 inch pieces; snap beans into pieces; thinly slice or shred cabbage.
2. Heat oil in frying pan; cook onion over medium heat until soft.
3. Add vegetables and oregano.
4. Cook over medium heat for 5 to 7 minutes or until tender. Add chopped tomatoes at the last minute of cooking. Stir occasionally.
5. Serve immediately.
6. Refrigerate leftovers within 2 hours.

Notes

If using fresh green beans, cook for 2 minutes before adding onion.

Nutrition Facts	
Serving Size 1/2 cup vegetables, 1/8 of recipe (183g)	
Servings Per Container	
Amount Per Serving	
Calories 100	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 2g	
Vitamin A 6%	• Vitamin C 40%
Calcium 4%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Oregon State University
 Cooperative Extension Service,
 Pictorial Recipes
 Lynn Myers Steele, 2000
 Oregon Family Nutrition
 Program

Cost

Per recipe: \$3.79
 Per serving: \$0.47

Migas "Crumbs"

Yield: 4 servings
 Serving size: 1/4 of recipe
 Cook time: 20 minutes

Ingredients

- 4 tortillas (large)
- 3 tablespoons canola oil
- 1/4 cup bell pepper
- 1/4 cup onion
- 4 egg (lightly beaten)
- 4 tablespoons low fat cheddar cheese (grated)

Instructions

1. Wash hands and cooking area.
2. Tear tortillas into small pieces.
3. Heat oil in a medium-sized pan.
4. Add tortillas and stir until pieces begin to brown.
5. Add peppers and onion; sauté until soft.
6. Add eggs; stir until the eggs are cooked.
7. Remove from heat and sprinkle on the grated cheese.
8. Cover the pan and let cheese melt.
9. Serve immediately.

Nutrition Facts	
Serving Size 1/4 recipe (138g)	
Servings Per Container 4	
Amount Per Serving	
Calories 340	Calories from Fat 180
% Daily Value*	
Total Fat 20g	31%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 215mg	72%
Sodium 430mg	18%
Total Carbohydrate 28g	9%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 12g	
Vitamin A 6%	• Vitamin C 10%
Calcium 10%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Texas Cooperative Extension,
 The Texas A&M University
 System, Expanded Nutrition
 Program

Cost

Per recipe: \$1.56
 Per serving: \$0.39

Oatmeal Cookies

Yield: 24 servings

Serving size: 1 cookie

Cook time: 20 minutes

Ingredients

1 cup Master Mixes (Oregon)
 1/2 cup sugar
 3/4 cups oatmeal (uncooked)
 1/2 teaspoon cinnamon
 1/8 teaspoon cloves (ground, optional)
 3 tablespoons water
 1 egg
 1/4 cup raisins

Instructions

1. Combine dry ingredients ([Master Mixes](#), oatmeal, sugar, and spices).
2. Beat egg, and add water; mix.
3. Combine with dry ingredients and mix thoroughly.
4. Add raisins. Stir until blended.
5. Drop on greased baking sheet 2 inches apart, using a teaspoon.
6. Bake in 400 degrees oven for 10 to 12 minutes.

Nutrition Facts	
Serving Size 1 cookie, 1/24 of recipe (17g)	
Servings Per Container	
Amount Per Serving	
Calories 60	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 45mg	2%
Total Carbohydrate 10g	3%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Clemson University Division of Public Service & Agriculture, You Can Learn to Cook (Adapted from: Eating Right is Basic, 3rd edition Michigan State University Extension)

Cost

Per recipe: \$1.09
 Per serving: \$0.05

Old Fashioned Bread Pudding

Yield: 6 servings

Serving size: 1/2 cup

Cook time: 25 minutes

Ingredients

5 slices bread, white or wheat
 2 tablespoons margarine or butter
 1/4 teaspoon cinnamon
 1/3 cup sugar, white or brown
 1/2 cup raisins
 3 egg (or 1 egg + 2 egg whites)
 1 1/2 cup nonfat milk
 1/4 teaspoon salt
 1 teaspoon vanilla extract

Instructions

1. Spread one side of bread with margarine or butter. Sprinkle with cinnamon.
2. Cut into 1-inch cubes.
3. In lightly sprayed casserole dish, combine bread, sugar, and raisins. Then follow microwave or oven method below.

Microwave method:

1. In bowl, blend eggs, milk, salt and vanilla. Pour liquid over bread mixture; lightly blend.
2. Cover, microwave on HIGH for 5 minutes. Turn dish 1/4 turn. Microwave on HIGH for 3-5 minutes longer (pudding is done when edges are firm and center is almost set).
3. Let sit covered for 10 minutes before serving. Serve warm or cold. Refrigerate leftovers.

Oven method:

1. Preheat oven to 350 degrees. In bowl, blend eggs, 2 cups (instead of 1 1/4 cups for microwaving) milk, salt, and vanilla. Pour liquid over bread mixture; lightly blend.
2. Bake uncovered for 1 hour (pudding is done when a table knife inserted in the pudding comes out clean).
3. Serve warm or cold. Refrigerate leftovers.

Nutrition Facts	
Serving Size 1/2 cup, 1/6 of recipe (138g)	
Servings Per Container	
Amount Per Serving	
Calories 230	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 1g	
Cholesterol 105mg	35%
Sodium 340mg	14%
Total Carbohydrate 36g	12%
Dietary Fiber 1g	4%
Sugars 23g	
Protein 7g	
Vitamin A 4%	Vitamin C 2%
Calcium 10%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

University of Minnesota,
 Cooperative Extension Service,
 Simply Good Eating Recipe
 Cards, Vol. 1, 2000

Cost

Per recipe: \$1.95
 Per serving: \$0.33

Party-Time Pasta

Yield: 6 servings
 Serving size: 1 cup
 Cook time: 30 minutes

Ingredients

- 1/2 pound turkey, lean ground
 - 1 teaspoon paprika
 - 1 can tomatoes, crushed (14 1/2 ounces)
 - 1 can chicken broth, reduced sodium (14 1/2 ounces)
 - 2 cups pasta, bow-tie, uncooked
 - 3 cups frozen vegetables such as carrots, broccoli and cauliflower, thawed
- Tasty Topping:
- 1/2 cup parsley (chopped fresh or dried)
 - 1/4 cup bread crumbs, seasoned, dry
 - 1/4 cup parmesan cheese (grated)

Instructions

1. Heat a large nonstick pan over medium heat. Add ground turkey and paprika. Cook and stir until meat is brown and no longer pink, about 5 minutes.
2. Stir in tomatoes, chicken broth and pasta. Bring mixture to a boil. Reduce heat to medium-low. Cover and simmer until pasta is almost tender, about 10-15 minutes.
3. Remove lid. Place vegetables on top of pasta. Replace lid. Cook until vegetables are tender, about 5 minutes.
4. Prepare the Tasty Topping. Mix parsley, bread crumbs and Parmesan cheese. Sprinkle over vegetables in skillet. Cover and let sit for 3 minutes before serving.

Nutrition Facts	
Serving Size 1 cup prepared pasta, 1/6 of recipe (268g)	
Servings Per Container	
Amount Per Serving	
Calories 210	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 410mg	17%
Total Carbohydrate 26g	9%
Dietary Fiber 5g	20%
Sugars 3g	
Protein 14g	
Vitamin A 45%	• Vitamin C 30%
Calcium 8%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

Source

California Department of Health Services, Kids...Get Cooking! California Children's 5-a-Day Power Play Campaign

Cost

Per recipe: \$7.32
 Per serving: \$1.22

Picadillo

Yield: 6 servings

Serving size: 1 cup

Cook time: 25 minutes

Ingredients

1 pound	turkey, ground
1	onion (chopped)
5	carrot (small, diced)
2	zucchini (medium, or other squash)
2	potatoes (medium, diced)
1 teaspoon	salt
	black pepper (to taste)
1/2 teaspoon	cumin
1 can	Mexican style tomato sauce (10 1/2 ounces)
1 teaspoon	cornstarch

Instructions

1. Brown ground turkey in a non-stick frying pan.
2. Add onions, carrots, squash, potatoes, salt, pepper, and cumin. Sauté for about 5 minutes.
3. Add tomato sauce and just enough water to cover. Bring to a boil, then lower heat and simmer, uncovered, until vegetables are tender.
4. Dissolve cornstarch in about 1 Tablespoon of cold water, add to mixture, bring back to a boil until gravy thickens. Serve.

Nutrition Facts	
Serving Size 1 cup prepared picadillo, 1/6 of recipe (304g) Servings Per Container	
Amount Per Serving	
Calories 220	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 760mg	32%
Total Carbohydrate 24g	8%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 16g	
Vitamin A 150%	Vitamin C 45%
Calcium 6%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

Source

California Health Department -
Los Angeles County, Es Facil
Campaign
Submitted by Cristina Pacheco

Cost

Per recipe: \$5.29
Per serving: \$0.88

Pico de Gallo

Yield: 6 servings
 Serving size: 1/2 cup
 Cook time: 20 minutes

Ingredients

- 1 pound tomatoes (chopped ripe)
- 1 1/2 cup onion (chopped)
- 1/3 cup cilantro (chopped, fresh)
- 3 jalapeno pepper (seeded and chopped)
- 2 tablespoons lime juice
- 2 garlic clove (minced)
- 1/4 teaspoon salt

Instructions

1. Combine all ingredients in a medium bowl.
2. Serve immediately or cover and refrigerate for up to 3 days.

Notes

Use to season your family meals or serve with tortilla chips.

Nutrition Facts	
Serving Size 1/2 cup prepared pico de gallo, 1/6 of recipe (130g)	
Servings Per Container	
Amount Per Serving	
Calories 35	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 1g	
Vitamin A 15%	• Vitamin C 30%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

California Department of Health Services, Healthy Latino Recipes Made with Love California Latino 5-A-Day Campaign

Cost

Per recipe: \$2.81
 Per serving: \$0.47

Polenta with Pepper and Cheese

Yield: 8 servings
 Serving size: 1 cup
 Cook time: 23 minutes

Ingredients

- 4 cups water
- 1 1/2 cup corn meal, or polenta uncooked
- 1 can whole kernel corn mixed with green and red peppers (11 ounces, drained)
- 1 can green chiles (7 ounces)
- 1/2 teaspoon salt
- 1 tablespoon margarine or butter
- 6 ounces cheese, cheddar, reduced fat, shredded
- 1 can black or pinto beans (15 ounces, rinsed)
- Garnish:
 - cilantro sprigs
 - 1 red bell pepper (cut into rings)

Instructions

1. In a medium sauce pan, bring the water to a boil. Gradually add the cornmeal or polenta. Reduce heat to low.
2. Continue stirring, add the corn, chiles and the salt. Cook 6-8 minutes or until mixture thickens, stirring occasionally.
3. Gently stir in the margarine, cheese and beans.
4. Remove from the heat and transfer to a serving dish.
5. Garnish with red bell pepper rings and cilantro.

Nutrition Facts	
Serving Size 1 cup prepared polenta, 1/8 of recipe (299g)	
Servings Per Container	
Amount Per Serving	
Calories 240	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 580mg	24%
Total Carbohydrate 37g	12%
Dietary Fiber 7g	28%
Sugars 5g	
Protein 11g	
Vitamin A 20%	• Vitamin C 70%
Calcium 15%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

California Health Department -
 Los Angeles County, Es Facil
 Campaign
 Submitted by Gloria Vargas

Cost

Per recipe: \$4.38
 Per serving: \$0.55

Quick Chili

Yield: 4 servings

Serving size: 3/4 cup

Cook time: 20 minutes

Ingredients

1/2 pound ground beef
 1 can kidney beans (15 1/2 ounces, with liquid)
 1 cup tomato sauce, no salt added
 1 tablespoon onion, instant minced
 1 1/2 chili powder
 tablespoon

Instructions

1. Thoroughly cook ground beef in skillet until browned (160 degrees). Be sure all pink color is gone from meat and juices. Do not undercook ground beef. Carefully wash your hands and any surfaces that have come in contact with raw meat.
2. Drain off fat into container.
3. Stir in kidney beans with liquid, tomato sauce, onion, and chili powder.
4. Bring to a boil. Reduce heat, cover, and simmer for 10 minutes.
5. Refrigerate or freeze leftovers within 2 hours of cooking. Use refrigerated leftovers within 4 days.

Nutrition Facts	
Serving Size 3/4 cup prepared chili, 1/4 of recipe (233g) Servings Per Container	
Amount Per Serving	
Calories 230	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 460mg	19%
Total Carbohydrate 25g	8%
Dietary Fiber 9g	36%
Sugars 4g	
Protein 19g	
Vitamin A 25%	• Vitamin C 15%
Calcium 6%	• Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

University of Minnesota,
 Cooperative Extension Service,
[Simply Good Eating Recipe
 Cards, Vol. 1, 2000](#)

Cost

Per recipe: \$3.20
 Per serving: \$0.80

Rise and Shine Cobbler

Yield: 4 servings

Serving size: 3/4 cup

Cook time: 17 minutes

Ingredients

1 cup peaches (canned, drained and sliced)
 1 cup pear halves (canned, drained and sliced)
 6 prunes (pitted, - each cut in half)
 1/4 teaspoon vanilla extract
 1 orange
 1 cup granola, lowfat

Instructions

1. In a large microwave-safe bowl, mix peaches, pears, prunes, and vanilla extract.
2. Rub an orange against a grater to remove 1 teaspoon of the orange peel. Then, cut the orange in half and squeeze 1/4 cup orange juice. Add orange peel and juice to fruit mixture. Stir.
3. Top with granola.
4. Microwave on high for 5 minutes. Let stand for 2 minutes.
5. Spoon into 4 bowls and serve warm.

Nutrition Facts	
Serving Size 3/4 cup prepared cobbler, 1/4 of recipe (200g)	
Servings Per Container	
Amount Per Serving	
Calories 280	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 67g	22%
Dietary Fiber 6g	24%
Sugars 40g	
Protein 3g	
Vitamin A 25%	• Vitamin C 40%
Calcium 2%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

California Department of Health Services, Kids...Get Cooking! California Children's 5-a-Day Power Play Campaign

Cost

Per recipe: \$2.50

Per serving: \$0.62

Salmon Patties

Yield: 9 servings

Serving size: 1/9 of recipe

Ingredients

1 can salmon (15 1/2 ounce, drained)
 1 cup cereal or crackers (whole-grain, crushed)
 2 egg (large, - lightly beaten)
 1/2 cup milk (1%)
 1/8 teaspoon black pepper
 1 tablespoon vegetable oil

Instructions

1. Use a fork or clean fingers to flake salmon until very fine.
2. Crumble cereal or crackers into crumbs.
3. Add cereal or cracker crumbs, eggs, milk, and pepper to salmon.
4. Mix thoroughly.
5. Shape into 9 patties.
6. Heat oil in a skillet.
7. Over medium heat, carefully brown both the sides until patty is thoroughly cooked.

Notes

Replace the salmon with canned tuna fish. For fun, do a combination of the two!

Nutrition Facts	
Serving Size 1/9 of recipe (77g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 270mg	11%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 12g	
Vitamin A 2%	Vitamin C 0%
Calcium 15%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Missouri Nutrition Network, Eat for Health Toolkit

Cost

Per recipe: \$3.44
 Per serving: \$0.38

Seared Greens

Yield: 6 servings

Serving size: 1 cup

Cook time: 15 minutes

Ingredients

1 1/2 pound kale or collard greens
 2 tablespoons vegetable-oil (or olive oil)
 4 garlic clove (chopped)
 1 cup water
 1/4 teaspoon salt
 1 teaspoon black pepper
 2 tablespoons vinegar, cider

Instructions

1. Clean the greens thoroughly and cut stems away. Dry well and tear into salad pieces or slice across leaf into 1/2 inch pieces.
2. In a large deep pot or skillet with a cover, sauté garlic in oil. Add greens in pan with 1 cup water.
3. Cover pan and steam for 4 minutes.
4. Uncover, stir constantly until greens shrink. Add salt and pepper and continue to stir on high until mixture is thoroughly wet.
5. Sprinkle cider vinegar on mixture. Cover.
6. Turn off heat. Let stand until ready to serve.

Nutrition Facts	
Serving Size 1 cup, 1/6 of recipe (165g)	
Servings Per Container	
Amount Per Serving	
Calories 100	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 4g	
Vitamin A 350%	Vitamin C 230%
Calcium 15%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

USDA, Team Nutrition, [Food Family Fun](#)

Cost

Per recipe: \$4.07

Per serving: \$0.68

Simple Fish Tacos

Yield: 6 servings

Serving size: 2 tacos

Ingredients

1/2 cup	sour cream (non-fat)
1/4 cup	mayonnaise (fat-free)
1/2 cup	fresh cilantro (chopped)
1/2 package	taco seasoning (package low-sodium, divided)
1 pound	cod or white fish fillets (cut into 1 inch pieces)
1 tablespoon	olive oil
2 tablespoons	lemon juice
2 cups	red and green cabbage (shredded)
2 cups	tomato (diced)
12	corn tortillas (6-inch, warmed)
	lime wedges (for serving)

Instructions

1. In a small bowl, combine sour cream, mayonnaise, cilantro, and 2 Tbsp seasoning mix.
2. In a medium bowl, combine cod, vegetable oil, lemon juice, and remaining seasoning mix; pour into large skillet. Cook stirring constantly, over medium-high heat for 4-5 minutes or until cod flakes easily when tested with a fork.
3. Fill warm tortillas with fish mixture.
4. Top with cabbage, tomato, sour cream mixture, lime wedges, and taco sauce.

Nutrition Facts	
Serving Size 1/6 of recipe (252g)	
Servings Per Container 6	
Amount Per Serving	
Calories 240	Calories from Fat 50
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 350mg	15%
Total Carbohydrate 32g	11%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 18g	
Vitamin A 15%	• Vitamin C 35%
Calcium 10%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Centers for Disease Control and Prevention, [More Matters Recipes](#)

Cost

Per recipe: \$9.58

Per serving: \$1.60

Skillet Noodles and Beef

Yield: 8 servings

Serving size: 1 1/2 cup

Cook time: 30 minutes

Ingredients

1/2 pound	ground beef
1/2 cup	onion (chopped)
1 can	tomato sauce (15 ounce)
1 1/2 cup	water
1/4 teaspoon	garlic powder
1/4 teaspoon	oregano
1/4 teaspoon	basil
3 cups	noodles, uncooked, 1/2 inch wide
1 package	spinach, frozen, chopped (10 ounce)
1 cup	cottage cheese, nonfat
1/2 cup	cheese, part-skim mozzarella, shredded

Instructions

1. Brown ground beef in a large skillet. Drain and rinse to remove fat.
2. Add onion, tomato sauce, water, and spices. Cover and bring to a boil.
3. Add noodles. Cover and simmer for 5 minutes.
4. Defrost spinach in the microwave. Stir spinach into skillet mixture. Cover and simmer for 5 minutes.
5. Stir mixture. Spoon cottage cheese on top and sprinkle with shredded mozzarella. Cover and simmer for 10 minutes. Add water if mixture gets too dry.

Nutrition Facts	
Serving Size 1 1/2 cups, 1/8 of recipe (224g)	
Servings Per Container	
Amount Per Serving	
Calories 180	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 480mg	20%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 15g	
Vitamin A 90%	• Vitamin C 20%
Calcium 15%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

University of New Hampshire,
Cooperative Extension

Cost

Per recipe: \$5.60

Per serving: \$0.70

Spinach and Meat Cakes

Yield: 6 servings

Serving size: 2 meat cakes

Cook time: 25 minutes

Ingredients

- 1 pound ground beef, or turkey, 7% fat (93% lean)
- 2 bunches spinach (washed and cut into pieces may substitute a 1-pound bag of frozen chopped spinach, thawed and well drained)
- 1/2 onion (small, finely chopped)
- 2 garlic clove (minced)
- 1/2 teaspoon salt
- black pepper (to taste)
- 3 cups brown rice

Instructions

1. Preheat frying pan (no oil).
2. Combine all ingredients except brown rice in a large mixing bowl. Mix well.
3. Form mixture into 12 small balls. Place in frying pan and flatten into patties using a spatula.
4. Cook over medium heat until cooked on both sides.
5. Serve over brown rice.

Nutrition Facts	
Serving Size 2 meat cakes, 1/6 of recipe (294g)	
Servings Per Container	
Amount Per Serving	
Calories 270	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 340mg	14%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 21g	
Vitamin A 210% • Vitamin C 50%	
Calcium 15% • Iron 30%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

California Health Department -
Los Angeles County, Es Facil
Campaign
Submitted by Brenda Grajeda

Cost

Per recipe: \$5.96
Per serving: \$0.99

Stir Fry Vegetables and Beef

Yield: 4 servings

Serving size: 2 ounces of beef, 1 cup of cooked vegetables

Cook time: 30 minutes

Ingredients

- 1/2 teaspoon ground ginger
- 1/8 teaspoon garlic powder
- 1 teaspoon soy sauce
- 1/3 cup water
- 1 cup carrot (sliced)
- 2 cups broccoli
- 1 bell pepper (chopped)
- 1 onion (chopped)
- 1 package fresh mushrooms (sliced)
- 2 tablespoons oil
- 8 ounces sliced beef

Instructions

1. Wash hands and any cooking surface.
2. Mix spices, soy sauce and water; set aside.
3. Wash vegetables. Slice carrots, broccoli and mushrooms. Chop onions and bell peppers.
4. Heat oil in large frying pan and add meat when oil is hot; stir until brown.
5. Push meat to the side and in the middle of the pan add carrots, onions and peppers. Cook them for one minute 6. Add mushrooms and broccoli. Cook until they are tender.
6. Add liquid mixture and cook until bubbly.
7. Reduce heat, cover pan and cook for two more minutes.
8. Serve over whole wheat pasta or brown rice.

Nutrition Facts	
Serving Size 1/4 recipe (298g)	
Servings Per Container 4	
Amount Per Serving	
Calories 240	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 410mg	17%
Total Carbohydrate 15g	5%
Dietary Fiber 6g	24%
Sugars 5g	
Protein 23g	
Vitamin A 160%	Vitamin C 120%
Calcium 6%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Texas Cooperative Extension,
The Texas A&M University
System, Expanded Nutrition
Program

Cost

Per recipe: \$5.15
Per serving: \$1.29

Summer Fruit Salad

Yield: 4 servings

Serving size: 1/4 of recipe

Cook time: 15 minutes

Ingredients

- 1 cup strawberries (diced, fresh or frozen)
- 1 cup watermelon (cubed)
- 1 cup pineapple chunks, fresh or canned packed in natural juice (and do not drain)

Instructions

1. Stir fruit together in a medium sized bowl.
2. Cover and chill. Serve as soon as possible.

Notes

Refrigerate leftovers (or try freezing for a slush).

Nutrition Facts	
Serving Size 3/4 cup fruit salad, 1/4 of recipe (115g)	
Servings Per Container	
Amount Per Serving	
Calories 40	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Sugars 8g	
Protein 1g	
Vitamin A 4%	• Vitamin C 70%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

University of Nebraska, Recipe Collection, p.85
 Staff from the University of Nebraska-Lincoln Cooperative Extension

Cost

Per recipe: \$1.36
 Per serving: \$0.34

Ten Minute Corn Chowder

Yield: 4 servings
 Serving size: 1 1/4 cup

Ingredients

- 1 teaspoon oil
- 1/2 onion (chopped)
- 1 teaspoon garlic (minced)
- 4 tablespoons flour (all purpose)
- 3 cups nonfat milk
- 2 teaspoons mustard
- 1/4 teaspoon thyme (dried)
- black pepper (to taste)
- 2 cups corn kernels (frozen)
- 4 tablespoons cheddar cheese, shredded reduced fat

Instructions

1. Heat a large nonstick skillet over medium-high. Add the oil and saute the onion and garlic until golden, about 2 minutes.
2. Meanwhile, place the flour, milk, mustard and seasonings in a small bowl and mix well.
3. Add the milk mixture to the skillet followed by the corn; mix well until the mixture comes to a boil and thickens, about 3 minutes. Stir frequently to keep the mixture from burning.
4. Divide into four bowls and top each with 1 Tablespoon of shredded cheese.

Nutrition Facts	
Serving Size 1 1/4 cup chowder, 1/4 of recipe (304g)	
Servings Per Container	
Amount Per Serving	
Calories 210	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 170mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 3g	12%
Sugars 10g	
Protein 12g	
Vitamin A 0%	Vitamin C 15%
Calcium 25%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Food and Health
 Communications, Inc, Cooking
 Demo II, p.56

Cost

Per recipe: \$2.16
 Per serving: \$0.54

Tortilla Pizzas

Yield: 6 servings

Serving size: 1 pizza

Cook time: 25 minutes

Ingredients

12	flour or corn tortillas (small)
	vegetable oil or margarine
1 can	refried beans (16 ounce)
1/4 cup	onion (chopped)
2 ounces	fresh or canned green chili peppers (diced)
6 tablespoons	red taco sauce
3 cups	vegetables, such as broccoli, mushrooms, spinach, and red bell pepper (chopped)
1/2 cup	cheese, shredded part-skim mozzarella
1/2 cup	cilantro (chopped, fresh)

Instructions

1. Brush one side of each of two tortillas with water. Press the wet sides of the tortillas together to form a thick crust for the pizza.
2. Brush the outside of the tortillas with a small amount of oil or margarine. Evenly brown both sides in a heated frying pan. Repeat with the rest of the tortillas. Set aside.
3. Heat refried beans, onion, and half of the chili peppers together in a medium saucepan, stirring occasionally. Remove from heat.
4. Spread about 1/3 cup of the bean mixture on each tortilla pizza. Sprinkle with 1 Tablespoon taco sauce, then top with 1/2 cup of the chopped vegetables, 1 teaspoon chili peppers, and 1 Tablespoon cheese for each pizza.
5. Return to frying pan and heat until cheese melts. Top with cilantro, if desired. Serve immediately.

Nutrition Facts	
Serving Size 1 prepared pizza, 1/6 of recipe (309g)	
Servings Per Container	
Amount Per Serving	
Calories 370	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 950mg	40%
Total Carbohydrate 63g	21%
Dietary Fiber 9g	36%
Sugars 6g	
Protein 15g	
Vitamin A 180%	Vitamin C 25%
Calcium 20%	Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

Source

California Department of Health Services, Healthy Latino Recipes Made with Love California Latino 5-A-Day Campaign

Cost

Per recipe: \$4.24
Per serving: \$0.71

Tostadas Delgadas

Yield: 8 servings
 Serving size: 1 tostada
 Cook time: 17 minutes

Ingredients

- 8 flour tortillas
- 2 cups refried beans (fat-free)
- 2 cups lettuce (shredded)
- 1 cup tomatoes (diced)
- 1 cup cheese (grated)

Instructions

1. Wash hands and cooking area.
2. Turn on oven to 350°F.
3. Place tortillas on a cookie sheet and put in oven for 10 minutes or until crispy.
4. Wash and cut your lettuce and tomatoes.
5. Spread two large tablespoons of refried beans on each tortilla.
6. Top with shredded lettuce, diced tomatoes, and grated cheese.
7. Serve immediately and refrigerate leftovers.

Nutrition Facts	
Serving Size 1 tostada (162g)	
Servings Per Container 8	
Amount Per Serving	
Calories 250	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 650mg	27%
Total Carbohydrate 39g	13%
Dietary Fiber 6g	24%
Sugars 2g	
Protein 12g	
Vitamin A 20%	• Vitamin C 10%
Calcium 15%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Texas Cooperative Extension,
 The Texas A&M University
 System, Expanded Nutrition
 Program

Cost

Per recipe: \$3.90
 Per serving: \$0.49

Tropical Morning Treat

Yield: 4 servings
 Serving size: 1/2 cup

Ingredients

- 1/4 cup orange juice
- 1 apple
- 1 orange
- 1 banana

Instructions

1. Place orange juice in bowl.
2. Wash apple and dry. Remove the seeds and dice. Coat apple surfaces with orange juice to prevent browning.
3. Peel orange and break into sections. Cut sections into small pieces.
4. Peel and slice banana into 1/4 inch circles.
5. Combine all fruit and orange juice lightly in a bowl and mix together. Chill or serve immediately.

Nutrition Facts	
Serving Size 1/2 cup, 1/4 of recipe (112g)	
Servings Per Container	
Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 12g	
Protein 1g	
Vitamin A 2%	• Vitamin C 35%
Calcium 2%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

University of Wyoming,
 Cooperative Extension,
 Cent\$ible Nutrition Cook Book,
 p.fv-21

Cost

Per recipe: \$1.01
 Per serving: \$0.25

Tuna Melt Burger

Yield: 6 servings
 Serving size: 1 sandwich
 Cook time: 30 minutes

Ingredients

- 1 can tuna (6 ounce)
- 2 celery (medium stalks, chopped)
- 1/2 cup processed American cheese (low sodium, diced)
- 1/4 cup light mayonnaise
- 1 tablespoon instant minced onion
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 12 whole wheat bread (slices)

Instructions

1. Wash hands and cooking area.
2. Preheat oven to 350°F.
3. Drain tuna and break the meat apart with a fork 4. Wash and chop the celery and dice the cheese.
5. Mix tuna, celery, cheese, light mayonnaise, dried onion, salt, and pepper into a medium mixing bowl with a wooden spoon.
6. Spread tuna mixture on six of the pieces of whole wheat bread and place a single slice of bread on top of each (you will make a total of 6 sandwiches).
7. Put each sandwich on a square of aluminum foil, then wrap the foil around sandwiches, folding edges securely 8. Bake about 20 minutes or until hot in the middle. Cool slightly before serving.

Nutrition Facts	
Serving Size 1 sandwich (120g)	
Servings Per Container 6	
Amount Per Serving	
Calories 250	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 550mg	23%
Total Carbohydrate 26g	9%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 17g	
Vitamin A 4%	• Vitamin C 2%
Calcium 15%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Texas Cooperative Extension,
 The Texas A&M University
 System, Expanded Nutrition
 Program

Cost

Per recipe: \$3.38
 Per serving: \$0.56

Veggie Bean Wrap

Yield: 4 servings
 Serving size: 1 wrap
 Cook time: 25 minutes

Ingredients

- 2 green or red bell pepper (seeded and chopped)
- 1 onion (peeled and sliced)
- 1 can black beans, 50% less salt (15 ounce, drained and rinsed)
- 2 mango (chopped)
- 1 lime, juiced
- 1/2 cup fresh cilantro (chopped)
- 1 avocado (peeled and diced)
- 4 flour tortillas, fat free (10 inch)

Instructions

1. In a nonstick pan, sauté bell peppers and onion for 5 minutes over medium heat. Add beans, stir well. Reduce heat to low and simmer about 5 minutes.
2. In a small bowl, combine mangos, lime juice, cilantro, and avocado. Reserve 1/2 mixture for topping.
3. Fill warmed tortillas with 1/4 bean mixture and 1/4 mango mixture.
4. Fold ends of the tortillas over. Roll up to make wraps. Top veggie bean wraps with remaining mango mixture.

Nutrition Facts	
Serving Size 1 prepared wrap, 1/4 of recipe (440g)	
Servings Per Container	
Amount Per Serving	
Calories 460	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 690mg	29%
Total Carbohydrate 80g	27%
Dietary Fiber 14g	56%
Sugars 22g	
Protein 13g	
Vitamin A 25%	Vitamin C 150%
Calcium 15%	Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

California Department of Health Services, Healthy Latino Recipes Made with Love California Latino 5-A-Day Campaign

Cost

Per recipe: \$3.88
 Per serving: \$0.97

Zucchini Au Gratin

Yield: 7 servings
 Serving size: 3/4 cup
 Cook time: 20 minutes

Ingredients

- 4 cups zucchini (thinly sliced)
- 1/2 cup onion (sliced)
- 2 tablespoons water
- 1 tablespoon margarine
- pepper to taste
- 3 tablespoons parmesan cheese (grated)

Instructions

1. Wash and slice vegetables. Place zucchini, onion, water, margarine, and pepper in a frying pan. Cover and cook over medium heat for one minute.
2. Remove cover and cook until crisp-tender, about 10 minutes.
3. Turn with large spoon to cook evenly.
4. Sprinkle with cheese; toss lightly.
5. Serve at once.

Notes

Can be served over rice or noodles. Green pepper can be used instead of onion. Summer squash can be used instead of zucchini.

Nutrition Facts	
Serving Size 3/4 cup or 1/7 of recipe (91g)	
Servings Per Container	
Amount Per Serving	
Calories 40	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 2g	
Vitamin A 4%	• Vitamin C 20%
Calcium 4%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Michigan State University
 Cooperative Extension Service,
 Eating Right is Basic
 Nutrition Education Program

Cost

Per recipe: \$1.73
 Per serving: \$0.25