

# Recipe Finder

## Cookbook



## More Great Recipes!

Lifetime Nutrition and Wellness

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/>.

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# A Simple Mexican Salad

Yield: 4 servings

Serving size: 1/4 of recipe

## Ingredients

- 2 cucumber
- 2 orange
- 1 lemon or lime (the juice)
- 1/2 teaspoon chili powder
- 1/2 teaspoon salt

## Instructions

1. Wash the cucumbers, oranges and lemon or lime under cold running water.
2. Slice the cucumbers. Peel and cut the oranges into small pieces.
3. Place cucumber and oranges in a medium size bowl. Add chili powder, lemon or lime juice and salt.

<b>Nutrition Facts</b>	
Serving Size 1/4 of recipe (221g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 50</b>	<b>Calories from Fat 5</b>
<b>% Daily Value*</b>	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 300mg</b>	<b>13%</b>
<b>Total Carbohydrate 12g</b>	<b>4%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 8g	
<b>Protein 1g</b>	
Vitamin A 6%	• Vitamin C 80%
Calcium 6%	• 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

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

## Cost

Per recipe: \$2.30  
 Per serving: \$0.57

# Ambrosia

Yield: 8 servings  
Serving size: 1 cup

## Ingredients

- 1 can pineapple chunks, in juice (20 oz., drained)
- 1 can mandarin orange (11 oz., drained)
- 1 banana (peeled and sliced)
- 1 1/2 cup grape (seedless)
- 3/4 cups marshmallows (miniature)
- 1/3 cup coconut (flaked)
- 1 carton vanilla yogurt (8 oz., low-fat)

## Instructions

1. Drain pineapple and oranges. Use juice as beverage.
2. Combine fruit with marshmallows and coconut.
3. Fold in yogurt.
4. Chill.
5. Serve.

<b>Nutrition Facts</b>	
Serving Size 1 cup each (191g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 140</b>	<b>Calories from Fat 15</b>
% Daily Value*	
<b>Total Fat 1.5g</b>	<b>2%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 35mg</b>	<b>1%</b>
<b>Total Carbohydrate 33g</b>	<b>11%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 27g	
<b>Protein 3g</b>	
<b>Vitamin A 10%</b>	<b>Vitamin C 40%</b>
<b>Calcium 6%</b>	<b>Iron 2%</b>
*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

Cornell Cooperative Extension of Onondaga County, A Holiday Dinner

## Cost

Per recipe: \$4.25  
Per serving: \$0.53

# Anytime Pizza

Yield: 2 servings

## Ingredients

- 1/2 loaf Italian or French bread (split lengthwise, or 2 split English muffins)
- 1/2 cup pizza sauce
- 1/2 cup cheese, low-fat shredded mozzarella or cheddar
- 3 tablespoons green pepper (chopped)
- 3 tablespoons mushrooms, fresh or canned (sliced)
- vegetable toppings (other, as desired optional)
- Italian seasoning (optional)

## Instructions

1. Toast the bread or English muffin until slightly brown.
2. Top bread or muffin with pizza sauce, vegetables and low-fat cheese.
3. Sprinkle with Italian seasonings as desired.
4. Return bread to toaster oven (or regular oven preheated to 350 degrees).
5. Heat until cheese melts.

<b>Nutrition Facts</b>	
Serving Size 1 slice, 1 English muffin or 1/2 of recipe (144g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 180</b>	<b>Calories from Fat 60</b>
% Daily Value*	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol 15mg</b>	<b>5%</b>
<b>Sodium 540mg</b>	<b>23%</b>
<b>Total Carbohydrate 21g</b>	<b>7%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 2g	
<b>Protein 12g</b>	
Vitamin A 15%	• Vitamin C 30%
Calcium 30%	• 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

University of Massachusetts, Extension Nutrition Education Program, Pumpkin Post/Banana Beat

### Cost

Per recipe: \$2.38  
Per serving: \$1.19



# Apple Chunk Cake

Yield: 12 servings

## Ingredients

- 1 1/4 cup sugar
- 1/4 cup vegetable oil
- 2 egg
- 2 cups flour
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon baking soda
- 4 cups apple (diced, chunks)
- 1/4 cup applesauce
- 2 cups apple (sliced, to place on cake)

## Instructions

1. Preheat oven to 350° F.
2. In a large bowl, mix sugar, oil and eggs together. Beat well.
3. In a separate bowl, combine flour, salt, cinnamon, and baking soda. Add to egg batter and mix well.
4. Add apple chunks and applesauce to the batter. Stir to combine.
5. Coat a baking pan with vegetable oil spray, and pour in batter. Bake until done, about 1 hour.
6. Place apple slices on top of apple cake and serve.

Nutrition Facts	
Serving Size 1 piece (1 1/2" x 2") (115g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories 240</b>	<b>Calories from Fat 50</b>
% Daily Value*	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol 30mg</b>	<b>10%</b>
<b>Sodium 310mg</b>	<b>13%</b>
<b>Total Carbohydrate 45g</b>	<b>15%</b>
Dietary Fiber 2g	8%
Sugars 27g	
<b>Protein 3g</b>	
Vitamin A 2%	• Vitamin C 4%
Calcium 2%	• 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

Chinatown Public Health Center, San Francisco Department of Public Health, [Healthy & Delicious--Simple Ways to Low Fat Chinese Cooking](#)

## Cost

Per recipe: \$2.92  
Per serving: \$0.24

# Apple Coffee Cake

Yield: 20 servings

Serving size: 3 1/2 by 2 1/2 inch piece

## Ingredients

- 5 cups apple (tart, cored, peeled, and chopped)
- 1 cup sugar
- 1 cup raisins (dark)
- 1/2 cup pecans (chopped)
- 1/4 cup vegetable oil
- 2 teaspoons vanilla
- 1 egg (beaten)
- 2 1/2 cups all-purpose flour (sifted)
- 1 1/2 teaspoon baking soda
- 2 teaspoons cinnamon (ground)

## Instructions

1. Preheat oven to 350°F.
2. Lightly oil a 13- by 9- by 2-inch pan.
3. In a large mixing bowl, combine apples with sugar, raisins, and pecans; mix well. Let stand 30 minutes.
4. Stir in oil, vanilla, and egg. Sift together flour, soda, and cinnamon; stir into apple mixture about 1/3 at a time, just enough to moisten dry ingredients.
5. Turn batter into pan. Bake 35-40 minutes. Cool cake slightly before serving.

Nutrition Facts	
Serving Size 3-1/2 by 2-1/2 inch piece (71g)	
Servings Per Container 20	
Amount Per Serving	
<b>Calories 180</b>	Calories from Fat 50
% Daily Value*	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 100mg</b>	<b>4%</b>
<b>Total Carbohydrate 33g</b>	<b>11%</b>
Dietary Fiber 1g	4%
Sugars 18g	
<b>Protein 3g</b>	
Vitamin A 0%	Vitamin C 2%
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

US Department of Health and Human Services, [A Healthier You](#)

### Cost

Per recipe: \$4.47  
Per serving: \$0.22

# Apple Crisp

Yield: 8 servings

Serving size: 1/8 of recipe

## Ingredients

- 4 apple (medium)
- 1/4 cup oatmeal (quick cooking)
- 1/4 cup flour
- 1/2 cup brown sugar
- 1 tablespoon cinnamon
- 1/4 cup margarine

## Instructions

1. Preheat the oven to 350 degrees F.
2. Grease the bottom and sides of the square pan.
3. Remove the cores from the apples. Slice the apples.
4. Spread the sliced apples on the bottom of the pan.
5. Cut the margarine into small pieces and put in a medium-sized bowl.
6. Add the oatmeal, flour, brown sugar and cinnamon.
7. Using two knives, cut the margarine into the mixture until it looks like small crumbs.
8. Sprinkle the mixture over the top of the apples.
9. Bake in the oven for about 20 minutes.

## Notes

For different tastes, try other fruits like cherries, pears, peaches, or plums.

Nutrition Facts	
Serving Size 1/8 of recipe (97g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 160</b>	<b>Calories from Fat 50</b>
% Daily Value*	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 1.5g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 50mg</b>	<b>2%</b>
<b>Total Carbohydrate 28g</b>	<b>9%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 21g	
<b>Protein 1g</b>	
Vitamin A 0%	• Vitamin C 6%
Calcium 2%	• 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

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

## Cost

Per recipe: \$2.28  
Per serving: \$0.29

# Banana Bread II

Yield: 12 servings  
 Serving size: 1 slice

## Ingredients

- 3 banana (large, well-ripened)
- 1 egg
- 2 tablespoons vegetable oil
- 1/3 cup milk
- 1/3 cup sugar
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 1/2 cup flour

## Instructions

1. Preheat the oven to 350 degrees.
2. Peel the bananas. Put them in a mixing bowl. Mash the bananas with a fork.
3. Add the egg, oil, milk, sugar, salt, baking soda, and baking powder. Mix well with the fork.
4. Slowly stir the flour into the banana mixture. Stir for 20 seconds until the flour is moistened.
5. Lightly grease the bread pan with a little oil -OR- cooking spray -OR- line it with wax paper.
6. Pour the batter into the bread pan.
7. Bake for 45 minutes until a toothpick inserted near the middle comes out clean.
8. Let the bread cool for 5 minutes before removing it from the pan.

## Notes

The key to good banana bread is to use well-ripened bananas that are covered with brown speckles. Try using half whole wheat flour to add some fiber.

Nutrition Facts	
Serving Size 1 slice or 1/12 of recipe (70g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 140</b>	<b>Calories from Fat 25</b>
% Daily Value*	
<b>Total Fat 3g</b>	<b>5%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 20mg</b>	<b>7%</b>
<b>Sodium 330mg</b>	<b>14%</b>
<b>Total Carbohydrate 26g</b>	<b>9%</b>
Dietary Fiber 1g	4%
Sugars 10g	
<b>Protein 3g</b>	
Vitamin A 2%	Vitamin C 4%
Calcium 2%	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

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

## Cost

Per recipe: \$1.11  
 Per serving: \$0.09

# Banana Cupcakes

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

## Ingredients

- 1/2 cup shortening (solid vegetable)
- 3/4 cups sugar
- 2 egg (large)
- 1 teaspoon vanilla extract
- 1 1/2 cup flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup banana (mashed)

## Instructions

1. Preheat oven to 350 degrees.
2. In a large mixing bowl, cream shortening and sugar using an electric mixer. Add eggs and vanilla, mixing well.
3. In a medium mixing bowl, combine flour, baking powder, baking soda, and salt.
4. Add dry ingredients (flour mixture) and bananas to creamed mixture (the egg mixture). Mix well until combined.
5. Place paper baking cups in muffin tin or lightly coat muffin tin with cooking spray. Fill muffin cups 2/3 full of batter.
6. Bake 20-22 minutes, until golden brown. Remove cupcakes from muffin tin and place on a rack to cool.

Nutrition Facts	
Serving Size 1/12 of recipe (65g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 210</b>	<b>Calories from Fat 80</b>
% Daily Value*	
<b>Total Fat 10g</b>	<b>15%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 3g	
<b>Cholesterol 35mg</b>	<b>12%</b>
<b>Sodium 200mg</b>	<b>8%</b>
<b>Total Carbohydrate 29g</b>	<b>10%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 15g	
<b>Protein 3g</b>	
Vitamin A 2%	• Vitamin C 2%
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

Kansas Family Nutrition Program, [Kids a Cookin'](#)

## Cost

Per recipe: \$1.57  
 Per serving: \$0.13

# 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	
<b>Calories 130</b>	<b>Calories from Fat 15</b>
<b>% Daily Value*</b>	
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol 15mg</b>	<b>5%</b>
<b>Sodium 360mg</b>	<b>15%</b>
<b>Total Carbohydrate 19g</b>	<b>6%</b>
Dietary Fiber 1g	4%
Sugars 4g	
<b>Protein 9g</b>	
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

# Blueberry Muffins

Yield: 12 servings  
 Serving size: 1 muffin

## Ingredients

- 1/2 cup vegetable oil
- 1 cup sugar
- 2 egg
- 1/2 cup lowfat milk
- 1 teaspoon vanilla
- 2 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 2 cups blueberries (fresh or frozen)

## Instructions

1. Preheat the oven to 375 degrees.
2. Grease the muffin pans.
3. In a large mixing bowl, stir the oil and sugar until creamy.
4. Add eggs, milk and vanilla. Mix until blended.
5. In a medium mixing bowl, stir together the flour, baking powder, and salt.
6. Add the flour mix to the oil and sugar in the large bowl. Stir together.
7. Stir the blueberries into the batter.
8. Fill each muffin cup 2/3 full with batter.
9. Bake for 25 to 30 minutes.

Nutrition Facts	
Serving Size 1 muffin, 1/12 of recipe (91g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 250</b>	<b>Calories from Fat 90</b>
% Daily Value*	
<b>Total Fat 11g</b>	<b>17%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 35mg</b>	<b>12%</b>
<b>Sodium 200mg</b>	<b>8%</b>
<b>Total Carbohydrate 37g</b>	<b>12%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 20g	
<b>Protein 4g</b>	
Vitamin A 2%	• Vitamin C 4%
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

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

## Cost

Per recipe: \$2.93  
 Per serving: \$0.24

# Broccoli and Corn Bake

Yield: 6 servings  
 Serving size: 1/6 of recipe

## Ingredients

- 1 can cream-style corn (15 ounce)
- 1 package broccoli (10 ounce frozen, - cooked)
- 1 egg (beaten)
- 1/2 cup cracker crumbs (crushed)
- 1/4 cup margarine
- 6 saltine crackers (crushed)
- 1 tablespoon margarine (melted)

## Instructions

1. Mix corn, broccoli, egg, cracker crumbs and margarine together in greased 1 1/2 quart casserole.
2. Mix topping ingredients together in small bowl. Sprinkle over corn mixture.
3. Bake at 350 degrees for 40 minutes.

<b>Nutrition Facts</b>	
Serving Size 1/6 of recipe (147g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 200</b>	<b>Calories from Fat 100</b>
% Daily Value*	
<b>Total Fat 11g</b>	<b>17%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 2.5g	
<b>Cholesterol 35mg</b>	<b>12%</b>
<b>Sodium 430mg</b>	<b>18%</b>
<b>Total Carbohydrate 21g</b>	<b>7%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 7g	
<b>Protein 4g</b>	
Vitamin A 15%	• Vitamin C 45%
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

University of Kentucky,  
 Cooperative Extension Service,  
 Food and Nutrition Calendar  
 2005  
 Kentucky Families on the Move

## Cost

Per recipe: \$2.21  
 Per serving: \$0.37



# Broccoli Rice Casserole

Yield: 12 servings

## Ingredients

- 1 1/2 cup rice
- 3 1/2 cups water
- 1 onion (medium, chopped)
- 1 can cream of mushroom, or chicken, or celery or cheese soup (10 3/4 ounce, condensed)
- 1 1/2 cup milk (1%)
- 20 ounces broccoli or cauliflower or mixed vegetables (frozen, chopped)
- 1/2 pound cheese (grated or sliced)
- 3 tablespoons margarine or butter

## Instructions

1. Preheat oven to 350 degrees and grease on 12x9x2x inch baking pan.
2. In a saucepan mix rice, salt, and 3 cups of water and bring to a boil.
3. Cover and simmer for 15 minutes. Remove saucepan from heat and set aside for additional 15 minutes.
4. Saute onions in margarine or butter until tender.
5. Mix soup, milk, 1/2 cup of water, onions, and rice. Spoon mixture into baking pan.
6. Thaw and drain the vegetables and then spread over the rice mixture.
7. Spread the cheese evenly over the top and bake at 350 degrees for 25-30 minutes until cheese is melted and rice is bubbly.

Nutrition Facts			
Serving Size 1/12 of recipe (191g)			
Servings Per Container			
Amount Per Serving			
<b>Calories 240</b>	<b>Calories from Fat 100</b>		
% Daily Value*			
<b>Total Fat 11g</b>	<b>17%</b>		
Saturated Fat 5g	<b>25%</b>		
Trans Fat 0g			
<b>Cholesterol 20mg</b>	<b>7%</b>		
<b>Sodium 340mg</b>	<b>14%</b>		
<b>Total Carbohydrate 26g</b>	<b>9%</b>		
Dietary Fiber 2g	<b>8%</b>		
Sugars 3g			
<b>Protein 9g</b>			
Vitamin A 15%	• Vitamin C 45%		
Calcium 20%	• 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

Ohio State University  
 Cooperative Extension, Quick  
 and Healthy Meals  
 Tips and Tools for Planning  
 Meals for Your Family  
 Cuyahoga County

## Cost

Per recipe: \$7.18  
 Per serving: \$0.60

## Bugs on a Log

Yield: 1 servings

Serving size: 1 3" segment

### Ingredients

cut in 3" pieces (Celery)  
 quartered and cored (Apples)  
 cut in 3" pieces (Carrot Sticks)  
 low-fat with pineapple (Cream Cheese)  
 low-fat with pimiento (Cheese)  
 regular or golden (Raisins)  
 unsweetened (Whole Grain Cereal)  
 chopped (Peanuts)

### Instructions

Choose one "log" option, top with a spread and sprinkle with a "bug."

\*Recipe cost and nutrient analysis are based on using 3" celery piece, 1 tablespoon low-fat cream cheese and pineapple spread and 1/2 tablespoon raisins.

<b>Nutrition Facts</b>	
Serving Size 1 3" celery log with spread and bugs (30g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 30</b>	<b>Calories from Fat 5</b>
% Daily Value*	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 35mg</b>	<b>1%</b>
<b>Total Carbohydrate 5g</b>	<b>2%</b>
Dietary Fiber 0g	0%
Sugars 4g	
<b>Protein 1g</b>	
Vitamin A 2%	• Vitamin C 2%
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

National Network for Childcare

### Cost

Per recipe: \$0.19

Per serving: \$0.19

# Carrot Raisin Salad

Yield: 4 servings

Serving size: 1/4 of recipe

## Ingredients

- 4 carrot (medium, peeled and grated)
- 1/4 cup raisins
- 2 teaspoons sugar
- juice of one lemon

## Instructions

1. In a medium bowl, thoroughly mix carrots, raisins, sugar and lemon juice.
2. Serve chilled.

<b>Nutrition Facts</b>	
Serving Size 1/4 of recipe (85g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 70</b>	<b>Calories from Fat 0</b>
<b>% Daily Value*</b>	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 45mg</b>	<b>2%</b>
<b>Total Carbohydrate 17g</b>	<b>6%</b>
Dietary Fiber 2g	8%
Sugars 11g	
<b>Protein 1g</b>	
Vitamin A 210%	Vitamin C 15%
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 Wyoming,  
Cooperative Extension,  
[Cent\\$ible Nutrition Cook Book](#)  
[p.s-20](#)

## Cost

Per recipe: \$0.98  
Per serving: \$0.24

# Chapatis Flatbread

Yield: 6 servings  
Serving size: 1/6th of recipe

## Ingredients

2 cups whole wheat flour  
2/3 cups water (warm)  
2 teaspoons vegetable oil  
1 pinch salt (of)

## Instructions

1. Place the flour in a large mixing bowl. Add water, oil, and salt. Mix with fork and then with hands. Keep mixing until you can make a ball.
2. Knead the dough for about 10 minutes. Let rest for 30 minutes in the bowl, covered with a damp cloth.
3. Roll the ball into a 12-inch log and cut into 6 chunks.
4. Roll each chunk into a very thin pancake, about 7-inches in diameter. Don't worry about making the dough into a perfect circle-just try to get it as thin as you can.
5. Heat a cast iron skillet (lightly greased) on medium-high heat. Place one chapati in the skillet and cook for 30 seconds.
6. Use a spatula to lift bread. When chapati gets brown spots and bubbles, flip it over and cook for another 30 seconds.
7. Wrap the cooked chapati in a cloth napkin while cooking the rest.
8. Eat them right away with a little butter or margarine, or use as scoops for eating other dishes.

Nutrition Facts	
Serving Size 1 chapati, 1/6 of recipe (68g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 150</b>	<b>Calories from Fat 20</b>
% Daily Value*	
<b>Total Fat 2.5g</b>	<b>4%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 50mg</b>	<b>2%</b>
<b>Total Carbohydrate 29g</b>	<b>10%</b>
Dietary Fiber 5g	20%
Sugars 0g	
<b>Protein 5g</b>	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	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 Illinois, Extension Service, [Wellness Ways Resource Book: Taste of the World](#)

## Cost

Per recipe: \$0.59  
Per serving: \$0.10

# Cheesy Chicken, Broccoli and Rice Bake

Yield: 12 servings  
Serving size: 1 cup

## Ingredients

- 5 cups water
- 2 1/2 cups rice
- 1/4 cup onion (chopped)
- 1 garlic clove (chopped)
- 1 cup milk (skim)
- 1 can cream of mushroom soup (10.75 ounces, condensed, 98% fat-free)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 3/4 cups low-fat cheddar cheese (grated)
- 2 cups chicken (shredded, cooked)
- 2 cups broccoli (pieces)

## Instructions

1. Preheat oven to 350° F. In large saucepan bring water to boil. Add rice, onion, and garlic. Cook for about 20 minutes or until rice is soft.
2. While rice is cooking combine milk, soup, salt, and pepper, mix well. When rice is done combine with milk mixture, chicken and broccoli, mix well.
3. Grease 9 x 13 pan and pour mixture into pan. Bake in the preheated oven for 18 minutes. Sprinkle with cheese. Bake for another 6 minutes or until cheese is melted. Serve immediately.

Nutrition Facts	
Serving Size 1 cup (324g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories 240</b>	<b>Calories from Fat 25</b>
<b>% Daily Value*</b>	
<b>Total Fat 2.5g</b>	<b>4%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 25mg</b>	<b>8%</b>
<b>Sodium 320mg</b>	<b>13%</b>
<b>Total Carbohydrate 39g</b>	<b>13%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 2g	
<b>Protein 13g</b>	
<b>Vitamin A 10%</b>	<b>Vitamin C 30%</b>
<b>Calcium 8%</b>	<b>Iron 10%</b>
*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: \$5.33  
Per serving: \$0.44

# Chicken Ratatouille

Yield: 4 servings  
 Serving size: 1 1/2 cups

## Ingredients

- vegetable oil (1)
- 4 chicken breasts halves (medium, skinned, fat removed, boned, and cut into 1-inch pieces)
- 2 zucchini (7 inches long, unpeeled and thinly sliced)
- 1 eggplant (small, peeled and cut into 1-inch cubes)
- 1 onion (medium, thinly sliced)
- 1 green pepper (medium, cut into 1-inch pieces)
- 1/2 pound mushroom (fresh, sliced)
- 1 can tomatoes (16 oz, whole, cut up)
- 1 garlic clove (minced)
- 1 1/2 teaspoon basil (dried, crushed)
- 1 tablespoon parsley (fresh, minced)
- black pepper (to taste)

## Instructions

1. Heat oil in large non-stick skillet. Add chicken and sauté about 3 minutes, or until lightly browned.
2. Add zucchini, eggplant, onion, green pepper, and mushrooms. Cook about 15 minutes, stirring occasionally.
3. Add tomatoes, garlic, basil, parsley, and pepper; stir and continue cooking about 5 minutes, or until chicken is tender.

Nutrition Facts	
Serving Size 1-1/2 cups (531g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 270</b>	<b>Calories from Fat 70</b>
% Daily Value*	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol 75mg</b>	<b>25%</b>
<b>Sodium 240mg</b>	<b>10%</b>
<b>Total Carbohydrate 21g</b>	<b>7%</b>
Dietary Fiber 8g	32%
Sugars 10g	
<b>Protein 32g</b>	
Vitamin A 10%	Vitamin C 100%
Calcium 10%	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

US Department of Health and Human Services, [A Healthier You](#)

## Cost

Per recipe: \$7.90  
 Per serving: \$1.97

# Chicken Spanish Rice

Yield: 4 servings  
Serving size: 1 cup

## Ingredients

- 1/2 cup onion (chopped)
- 1/2 cup green pepper (chopped)
- 1/3 cup celery (sliced)
- 1/2 cup rice (uncooked)
- 1 teaspoon vegetable oil
- 1 can tomatoes (16 oz)
- 1 1/2 cup chicken (canned)
- 3/4 cups water
- 1/2 teaspoon chili powder
- 1/4 teaspoon pepper

## Instructions

1. Cook onion, green pepper, celery, and rice in vegetable oil at medium heat in a large saucepan until soft, about 5 minutes.
2. Drain tomatoes and save the liquid.
3. Chop tomatoes into small pieces.
4. Add tomatoes, liquid, chicken, water, chili powder, and pepper to rice mixture.
5. Bring to a boil and stir. Cover and cook on low heat. Cook until rice is tender (about 25 minutes).

Nutrition Facts	
Serving Size 1 cup (354g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 220</b>	<b>Calories from Fat 30</b>
% Daily Value*	
<b>Total Fat 3g</b>	<b>5%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 35mg</b>	<b>12%</b>
<b>Sodium 450mg</b>	<b>19%</b>
<b>Total Carbohydrate 24g</b>	<b>8%</b>
Dietary Fiber 2g	8%
Sugars 5g	
<b>Protein 26g</b>	
Vitamin A 8%	• Vitamin C 45%
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

USDA, FNS, Food Distribution Program on Indian Reservations, [Healthy Eating in Indian Country: Exercise](#)

## Cost

Per recipe: \$4.94  
Per serving: \$1.24

# Chili and Spice Seasoning

Yield: 5 servings  
 Serving size: 1 Tablespoon

## Ingredients

- 1/4 cup paprika
- 2 tablespoons oregano (dried, crushed)
- 2 teaspoons chili powder
- 1 teaspoon garlic powder
- 1 teaspoon pepper (black)
- 1/2 teaspoon cayenne pepper (red)
- 1/2 teaspoon dry mustard

## Instructions

1. Mix together all ingredients. Store in airtight container.

Nutrition Facts	
Serving Size 1 Tbsp (6g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 20</b>	<b>Calories from Fat 5</b>
% Daily Value*	
<b>Total Fat 0.5g</b>	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 10mg</b>	<b>0%</b>
<b>Total Carbohydrate 3g</b>	<b>1%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 1g	
<b>Protein 1g</b>	
Vitamin A 40%	• Vitamin C 6%
Calcium 2%	• 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

US Department of Health and Human Services, [A Healthier You](#)

## Cost

Per recipe: \$1.37  
 Per serving: \$0.27



# Chili Popcorn

Yield: 4 servings  
Serving size: 1 cup

## Ingredients

4 cups popped corn  
1 tablespoon margarine (melted)  
1 teaspoon chili powder  
1 dash garlic powder

## Instructions

1. Mix popcorn and margarine in a bowl.
2. Mix seasonings thoroughly and sprinkle over popcorn. Mix well.
3. Serve immediately and enjoy with family and friends.

<b>Nutrition Facts</b>	
Serving Size 1 cup popcorn, 1/4 of recipe (13g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 60</b>	<b>Calories from Fat 30</b>
<b>% Daily Value*</b>	
<b>Total Fat 3g</b>	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0.5g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 30mg</b>	<b>1%</b>
<b>Total Carbohydrate 7g</b>	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 0g	
<b>Protein 1g</b>	
<b>Vitamin A 4%</b>	<b>Vitamin C 0%</b>
<b>Calcium 0%</b>	<b>Iron 2%</b>
*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), [Eat Smart. Play Hard.™](#)

## Cost

Per recipe: \$0.40  
Per serving: \$0.10

# Classic Honey Flan

Yield: 4 servings  
Serving size: 1/2 cup

## Ingredients

- 1 egg (large, whole)
- 1/2 cup egg substitute
- vegetable oil spray (non-stick)
- 1 1/2 cup milk (fat-free)
- 7 tablespoons honey
- 1 teaspoon vanilla
- 1/2 teaspoon lemon zest (grated)
- 1/2 teaspoon cinnamon (ground)

## Instructions

1. Preheat oven to 325 F.
2. Place saucepan with water on stove over medium-high heat and allow to come to a boil.
3. Spray four ovenproof custard cups with vegetable oil spray.
4. Combine the whole egg, egg substitute, milk, 1/4 cup plus 1 tablespoon of honey, grated lemon zest, and vanilla. Beat until mixed but not foamy.
5. In a separate bowl, combine 2 tablespoons of honey and cinnamon, and mix to blend.
6. Place the custard cups in a baking dish large enough to accommodate them, plus the water bath. Spoon 1/2 tablespoon of honey and cinnamon into each custard cup. Divide the egg mixture equally into each custard cup.
7. Place the baking dish on the rack in the middle of the oven and pour the boiling water into the baking dish to a depth of 1 inch, taking care not to let the water splash the flan. Bake for 45 minutes or until the knife blade comes out clean when inserted.
8. Serve warm or cold. Before serving, loosen the edges with a knife or spatula and invert onto individual dessert plates.

Nutrition Facts	
Serving Size 1/2 cup (176g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 200</b>	<b>Calories from Fat 20</b>
% Daily Value*	
<b>Total Fat 2.5g</b>	<b>4%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol 55mg</b>	<b>18%</b>
<b>Sodium 125mg</b>	<b>5%</b>
<b>Total Carbohydrate 36g</b>	<b>12%</b>
Dietary Fiber 0g	0%
Sugars 35g	
<b>Protein 9g</b>	
Vitamin A 8%	Vitamin C 2%
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

National Heart, Lung and Blood Institute (NHLBI), [Delicious Heart Healthy Latino Recipes/Platillos latinos sabrosos y saludables](#)

## Cost

Per recipe: \$2.78  
Per serving: \$0.69

# Corn Bread

Yield: 12 servings  
 Serving size: 2 inch square

## Ingredients

- 1 cup cornmeal
- 1 cup flour (all purpose)
- 2 tablespoons sugar
- 1 tablespoon baking powder
- 1 egg
- 1/4 cup vegetable oil
- 1 cup skim-milk

## Instructions

1. Heat oven to 425 degrees. Grease 8- or 9-inch square pan.
2. Measure cornmeal, flour, sugar, and baking powder into a large mixing bowl. Stir to combine ingredients.
3. Crack egg into a small bowl and beat with a fork to combine white and yolk.
4. Add egg, oil, and milk to flour mixture. Mix until ingredients are well blended.
5. Pour batter into prepared pan.
6. Bake 20 to 25 minutes, until firm to touch or wooden pick inserted in the center comes out clean.

### Create-a-Flavor Changes:

**Buttermilk Corn Bread.** Use only 2 teaspoons baking powder and add 1/4 teaspoon baking soda. Substitute 1 cup buttermilk for skim milk.

**Whole Wheat Corn Bread.** Use 1/2 cup all purpose flour and 1/2 cup whole wheat flour.

**Corny Corn Bread.** Add 1 cup kernels (fresh, frozen, or canned, well drained) with the milk.

**Cheesy Corn Bread.** Add 1/2 cup shredded cheddar cheese with the milk.

**Chili Cheese Corn Bread.** Add 1/2 teaspoon chili powder to the flour mixture. Drain one 4-ounce can chopped green chilies. Add chilies and 1/4 cup shredded Monterey jack cheese with the milk.

**Blueberry Corn Bread.** Fold 1 cup blueberries (fresh, frozen, or canned, well drained) into the batter.

**Corn Bread Muffins.** Pour batter into prepared muffin cups. Bake 20 minutes at

Nutrition Facts	
Serving Size 2" square of cornbread, 1/12 of recipe (54g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 140</b>	<b>Calories from Fat 45</b>
% Daily Value*	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 20mg</b>	<b>7%</b>
<b>Sodium 140mg</b>	<b>6%</b>
<b>Total Carbohydrate 20g</b>	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 3g	
<b>Protein 3g</b>	
Vitamin A 0%	• Vitamin C 0%
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

Cornell Cooperative Extension,  
 Division of Nutritional Sciences,  
 Cooking Up Fun - Muffins &  
 More

### Cost

Per recipe: \$1.12  
 Per serving: \$0.09

More Great Recipes!

400 degrees.

# Corn Tortillas

Yield: 12 servings  
 Serving size: 1 tortilla

## Ingredients

2 cups masa harina (instant)  
 1/4 teaspoon salt  
 2 tablespoons unsalted butter (at room temperature)  
 1 1/2 cup water (warm)

## Instructions

1. Measure the masa harina and salt into a large bowl. Cut the butter into tablespoon-sized pieces and work it into the dry ingredients using the back of a wooden spoon. Add the water and mix with a wooden spoon or with your hands until a soft dough forms. Cover the dough with a clean cloth and let rest for 5 minutes.
2. Divide the dough into 12 pieces and roll each piece into a ball.
3. To keep the dough from sticking to the tortilla press, put a piece of plastic wrap (or a plastic bag) on the bottom surface of the press. Put a ball of dough in the center of the plastic. Then place another piece of plastic wrap on the top of the dough. Press the dough flat in the press.
4. Pick up the tortilla with the plastic on both sides. Peel off one piece of plastic (which can be reused). Flip the tortilla off of the plastic onto a hot griddle. Cook for 1 to 2 minutes, until the bottom of the tortilla becomes golden. Flip the tortilla and press lightly with a spatula, which will make the tortilla puff slightly. Cook for one to two minutes more, until the tortilla appears to be done.

<b>Nutrition Facts</b>	
Serving Size 1 tortilla, 1/12 of recipe (53g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 90</b>	<b>Calories from Fat 25</b>
% Daily Value*	
<b>Total Fat 3g</b>	<b>5%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 50mg</b>	<b>2%</b>
<b>Total Carbohydrate 16g</b>	<b>5%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 0g	
<b>Protein 2g</b>	
Vitamin A 2%	Vitamin C 0%
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

New Mexico State University  
 Cooperative Extension Service,  
 Cooking with Kids  
 Lynn Walters and Jane Stacey  
 USDA Food and Nutrition  
 Service Food Stamp Nutrition  
 Education Program

## Cost

Per recipe: \$0.37  
 Per serving: \$0.03

# Crispy Taquitos

Yield: 4 servings

Serving size: 3 taquitos

## Ingredients

2 cups pico de gallo  
 1/2 cup chicken (cooked, finely chopped)  
 1/2 cup corn (no salt added, canned or frozen, thawed)  
 1/4 cup green onion (chopped)  
 1/4 cup bell pepper (green, chopped)  
 1/2 cup cheddar cheese (shredded, reduced fat, or Monterey jack or queso fresco)  
 12 corn tortillas  
 2 teaspoons vegetable oil

## Instructions

1. Heat oven to 425°F. In a medium bowl, combine 1 cup Pico de Gallo, chicken, corn, green onion, bell pepper, and cheese.
2. Soften tortillas on the stovetop or in the microwave oven, and spoon a heaping tablespoon of filling onto the center of each tortilla. Roll up tightly and secure each with a toothpick.
3. Place rolled tortillas seam side down on a baking sheet and brush each lightly with oil. Bake for 10 to 15 minutes or until crisp and lightly browned.
4. Place 3 taquitos on each plate and serve with remaining Pico de Gallo.

Nutrition Facts	
Serving Size 3 taquitos (289g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 300</b>	<b>Calories from Fat 60</b>
% Daily Value*	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol 20mg</b>	<b>7%</b>
<b>Sodium 240mg</b>	<b>10%</b>
<b>Total Carbohydrate 49g</b>	<b>16%</b>
Dietary Fiber 8g	32%
Sugars 6g	
<b>Protein 15g</b>	
Vitamin A 15%	• Vitamin C 45%
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

California Champions for Change, [Lunch Recipes California Department of Public Health, Network for a Healthy California](#)

## Cost

Per recipe: \$3.58  
 Per serving: \$0.89

# Delicious Oven French Fries

Yield: 5 servings  
Serving size: 1 cup

## Ingredients

2 pounds potatoes (large)  
8 cups water (ice)  
1 teaspoon garlic powder  
1 teaspoon onion powder  
1/4 teaspoon salt  
1 teaspoon pepper (white)  
1/4 teaspoon allspice  
1 teaspoon pepper flakes (hot)  
1 tablespoon vegetable oil

## Instructions

1. Scrub potatoes and cut into 1/2 inch strips.
2. Place potato strips into ice water, cover, and chill for 1 hour or longer.
3. Remove potatoes and dry strips thoroughly.
4. Place garlic powder, onion powder, salt, white pepper, allspice and pepper flakes in plastic bag.
5. Toss potatoes in spice mixture.
6. Brush potatoes with oil.
7. Place potatoes in nonstick shallow baking pan.
8. Cover with aluminum foil and place in 475° F oven for 15 minutes.
9. Remove foil and continue baking uncovered for additional 15-20 minutes or until golden brown. Turn fries occasionally to brown on all sides.

Nutrition Facts	
Serving Size 1 cup (623g)	
Servings Per Container 5	
Amount Per Serving	
<b>Calories 250</b>	<b>Calories from Fat 30</b>
% Daily Value*	
<b>Total Fat 3g</b>	<b>5%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 150mg</b>	<b>6%</b>
<b>Total Carbohydrate 52g</b>	<b>17%</b>
Dietary Fiber 6g	24%
Sugars 3g	
<b>Protein 6g</b>	
Vitamin A 4%	• Vitamin C 40%
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

US Department of Health and Human Services, [SmallStep.gov](http://SmallStep.gov)  
[Step 2: Eat Better](#)

## Cost

Per recipe: \$2.12  
Per serving: \$0.42

# Flour Tortillas

Yield: 10 servings  
 Serving size: 1 tortilla

## Ingredients

- 2 cups flour (all-purpose, or 1 1/2 cup all purpose flour and 1/2 cup whole wheat flour)
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 2 tablespoons vegetable oil (or shortening)
- 3/4 cups water (warm, 105-110 degrees F)

## Instructions

1. In a large bowl, combine flour, baking powder, and salt.
2. Add oil and mix until crumbly.
3. Start with 1/2 cup of water and add 1 Tablespoon at a time until mixture forms a loose crumbly ball.
4. Turn onto a lightly floured surface; knead 6 to 8 times or until smooth.
5. Divide into 10 balls. Roll each piece into an 8 inch circle.
6. Heat a 12 inch dry skillet over medium-high heat. Place one tortilla at a time into skillet and cook until light brown spots appear on bottom. Turn over and cook on other side until lightly browned.

Nutrition Facts	
Serving Size 1 tortilla (44g)	
Servings Per Container 10	
Amount Per Serving	
<b>Calories 120</b>	<b>Calories from Fat 25</b>
% Daily Value*	
<b>Total Fat 3g</b>	<b>5%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 170mg</b>	<b>7%</b>
<b>Total Carbohydrate 19g</b>	<b>6%</b>
Dietary Fiber 1g	4%
Sugars 0g	
<b>Protein 3g</b>	
Vitamin A 0%	Vitamin C 0%
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

Montana State University  
 Extension, Nutrition Education  
 Programs, [Montana State University Recipes](#)

### Cost

Per recipe: \$0.29  
 Per serving: \$0.03



# French Salad Dressing

Yield: 5 servings

Serving size: 2 Tablespoons

## Ingredients

- 2 tablespoons vegetable oil
- 1/4 cup ketchup
- 1 teaspoon sugar
- 1 tablespoon vinegar
- 1/2 teaspoon paprika
- 1 tablespoon onion (grated)
- 1 tablespoon lemon juice

## Instructions

1. Put all the ingredients in a jar or bottle with a lid.
2. Put on the lid. Shake well.
3. Chill in the fridge for at least 1 hour before serving.

## Notes

Try this dressing on cut vegetables or salad. After serving, keep any leftover dressing in the fridge.

<b>Nutrition Facts</b>	
Serving Size 2 tablespoons prepared dressing, 1/5 of recipe (27g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 70</b>	<b>Calories from Fat 50</b>
% Daily Value*	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 135mg</b>	<b>6%</b>
<b>Total Carbohydrate 4g</b>	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 4g	
<b>Protein 0g</b>	
Vitamin A 4%	• Vitamin C 6%
Calcium 0%	• 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

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

## Cost

Per recipe: \$0.49  
Per serving: \$0.10

## Fresh Salsa

Yield: 4 servings  
Serving size: 1/2 cup

### Ingredients

2 tomatoes (chopped)  
1/2 onion (chopped)  
3 jalapeno chiles (finely chopped, seeded if desired)  
1/4 cup cilantro (chopped)  
1/4 teaspoon salt  
1 lime (juiced)

### Instructions

1. In a medium bowl, mix all ingredients.
2. Serve or store salsa in refrigerator for up to three days in a covered plastic or glass container.

<b>Nutrition Facts</b>	
Serving Size 1/2 cup prepared salsa, 1/4 of recipe (126g) Servings Per Container	
Amount Per Serving	
<b>Calories 30</b>	<b>Calories from Fat 0</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 150mg</b>	<b>6%</b>
<b>Total Carbohydrate 6g</b>	<b>2%</b>
Dietary Fiber 2g	8%
Sugars 3g	
<b>Protein 1g</b>	
Vitamin A 20%	• Vitamin C 35%
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: \$1.54  
Per serving: \$0.38

## Fruit Cole Slaw

Yield: 6 servings

Serving size: 1/6 of recipe

### Ingredients

1/2 cabbage (head of, shredded 2 quarts)  
 1 can fruit cocktail (16 ounce, juice packed, drained)  
 1 cup non-fat plain yogurt  
 lemon (juice of 1)  
 1/2 cup honey  
 1/4 cup vinegar  
 1 banana (sliced)  
 1/2 teaspoon salt  
 1/8 teaspoon pepper

### Instructions

1. Shred cabbage.
2. Combine all ingredients in a large bowl.

Nutrition Facts	
Serving Size 1/6 of recipe (243g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 170</b>	<b>Calories from Fat 0</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 250mg</b>	<b>10%</b>
<b>Total Carbohydrate 42g</b>	<b>14%</b>
Dietary Fiber 3g	12%
Sugars 34g	
<b>Protein 3g</b>	
Vitamin A 6%	• Vitamin C 90%
Calcium 10%	• 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

University of Vermont,  
 Extension, Making It Fit: Piecing  
 Together Your Food Needs

### Cost

Per recipe: \$4.43

Per serving: \$0.74

## Glazed Carrots

Yield: 6 servings

Serving size: 1/6 of recipe

### Ingredients

2 tablespoons margarine  
 1 1/2 pound carrot  
 1 cup water  
 1/4 teaspoon pepper  
 2 teaspoons sugar

### Instructions

1. Peel the carrots. Cut in half lengthwise, then cut into 1 inch pieces.
2. Melt the margarine in a heavy saucepan on low heat.
3. Add the carrots. Stir to coat them with the margarine.
4. Add the water, salt and pepper.
5. Cover and simmer for about 15 minutes until tender.
6. Drain the water.
7. Add the sugar.
8. Cover the pan.
9. Shake the pan back and forth on the burner for 1 minute.
10. Cook for 1 more minute, until the carrots are glazed but not brown.

<b>Nutrition Facts</b>	
Serving Size 1/6 of recipe (159g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 80</b>	<b>Calories from Fat 35</b>
<b>% Daily Value*</b>	
<b>Total Fat 4g</b>	<b>6%</b>
Saturated Fat 0.5g	3%
Trans Fat 1g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 210mg</b>	<b>9%</b>
<b>Total Carbohydrate 12g</b>	<b>4%</b>
Dietary Fiber 3g	12%
Sugars 7g	
<b>Protein 1g</b>	
Vitamin A 380%	Vitamin C 10%
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

Pennsylvania Nutrition  
 Education Program,  
 Pennsylvania Nutrition  
 Education Network  
 Website Recipes

### Cost

Per recipe: \$1.79  
 Per serving: \$0.30

# Grandma's Stuffing

Yield: 8 servings

Serving size: 1/8 of recipe

## Ingredients

- 10 cups whole wheat bread cubes (or white bread or buns, dry)
- 1/3 cup water
- 1/2 cup onion (chopped)
- 1/2 cup celery (chopped)
- 1 teaspoon parsley, dried (or 1 Tbsp fresh parsley chopped)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 1/2 cup milk
- 1 egg (lightly beaten)
- 2 apple (medium, pared, cored and chopped, or 1/4 cup raisins optional)

## Instructions

1. Preheat oven to 350 degrees.
2. Put cubes in a large bowl. Set aside.
3. Put water in medium saucepan. Add onion, celery, parsley, salt and pepper. Cook for 5 minutes. Do not drain. Pour over bread cubes.
4. Stir in milk and egg. Gently stir in apples, and raisins, if desired.
5. Spoon into a greased 2-quart baking dish. Bake at 350 degrees for 1 hour.

<b>Nutrition Facts</b>	
Serving Size 1/8 of recipe (124g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 150</b>	<b>Calories from Fat 25</b>
<b>% Daily Value*</b>	
<b>Total Fat 2.5g</b>	<b>4%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 30mg</b>	<b>10%</b>
<b>Sodium 410mg</b>	<b>17%</b>
<b>Total Carbohydrate 26g</b>	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 5g	
<b>Protein 6g</b>	
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

University of Wisconsin,  
Cooperative Extension Service,  
A Family Living Program

### Cost

Per recipe: \$3.13  
Per serving: \$0.39

## Granola Bars

Yield: 24 servings  
 Serving size: 1 bar

### Ingredients

1 cup honey  
 1 cup peanut butter  
 3 1/2 cups rolled oats  
 1/2 cup raisins  
 1/2 cup carrot (grated)  
 1/2 cup coconut

### Instructions

1. Preheat oven to 350 degrees.
2. Peel and grate the carrots.
3. Put the honey and peanut butter in a large saucepan. Cook on low heat until they melt.
4. Remove the pan from the heat. Turn off the burner.
5. Add oatmeal, raisins, carrots, and coconut to the saucepan. Stir well, and let it cool until you can safely touch it with your hands.
6. Put the mix in the baking pan.
7. Press the mix firmly into the bottom of the pan.
8. Bake for 25 minutes.
9. Cut into 24 bars.

Nutrition Facts	
Serving Size 1 bar, 1/24 of recipe (43g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 160</b>	<b>Calories from Fat 60</b>
% Daily Value*	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 5mg</b>	<b>0%</b>
<b>Total Carbohydrate 25g</b>	<b>8%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 15g	
<b>Protein 4g</b>	
Vitamin A 8%	• Vitamin C 0%
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

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

### Cost

Per recipe: \$6.93  
 Per serving: \$0.29

# Grilled Vegetable Packets

Yield: 5 servings  
Serving size: 3/4 cup

## Ingredients

- 2 zucchinis, small (sliced)
- 2 yellow squash, small (sliced)
- 4 red potatoes, small (scrubbed well and sliced)
- 1/2 red onion (sliced)
- 1/2 bell pepper (red or green) (seeded and sliced)
- 1/4 cup Italian salad dressing, light
- 1 salt and pepper (to taste)

## Instructions

1. Heat grill to Medium heat or 350 degrees.
2. Wash vegetables and slice.
3. Toss in a large bowl. Add dressing and toss until all vegetables are coated.
4. Tear 2 large squares of aluminum foil and place half of the vegetable mixture on each piece. Place an equal piece of foil over the top of vegetable mixture and fold bottom piece with top sheet to form a packet.
5. Place on heated grill for 20-30 minutes or until the potatoes are tender. If you don't have a grill bake Veggie Packets in the oven at 400 degrees for 20-30 minutes.
6. Before you open the packets, poke holes in the foil with a fork. Be very careful opening the foil as the steam will be very hot and could burn you!
7. Empty vegetables onto serving plate or serve from foil packets.

## Notes

Try different vegetables- Tomatoes, green beans, sweet potatoes, mushrooms, broccoli, carrots, corn or your favorites.

Use herbs or spices in place of dressing-Chili power, Italian or oriental seasoning, basil, oregano, curry powder-be creative!

Nutrition Facts	
Serving Size 3/4 cup (316g)	
Servings Per Container 5	
Amount Per Serving	
<b>Calories 160</b>	<b>Calories from Fat 25</b>
% Daily Value*	
<b>Total Fat 2.5g</b>	<b>4%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 170mg</b>	<b>7%</b>
<b>Total Carbohydrate 31g</b>	<b>10%</b>
Dietary Fiber 4g	16%
Sugars 5g	
Protein 4g	
Vitamin A 40%	Vitamin C 110%
Calcium 4%	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

Connecticut Food Policy Council, [Visit Website](#)

## Cost

Per recipe: \$2.91  
Per serving: \$0.58

# Ground Beef Stew

Yield: 4 servings  
 Serving size: 1 cup  
 Cook time: 55 minutes

## Ingredients

- 1/2 pound ground beef, or ground turkey, or venison
- 1/8 teaspoon salt (optional)
- 1/8 teaspoon pepper (optional)
- 1 can tomato soup, condensed (10 3/4 ounce)  
 water, one soup can full
- 6 carrot (medium, diced or sliced)
- 2 potatoes (medium, diced or sliced)
- 1 cup onion (diced)

## Instructions

1. Brown meat. Drain fat, if any. Season lightly with salt and pepper (optional).
2. Add soup and 1 can of water to fry pan. Add vegetables.
3. Bring to a boil, then simmer, covered, about 25 minutes or until tender. Remove from heat, cover for last 10 minutes to thicken.
4. Serve. Refrigerate leftovers.

Nutrition Facts	
Serving Size 1 cup prepared stew, 1/4 of recipe (415g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 250</b>	<b>Calories from Fat 70</b>
% Daily Value*	
<b>Total Fat 8g</b>	<b>12%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol 50mg</b>	<b>17%</b>
<b>Sodium 540mg</b>	<b>23%</b>
<b>Total Carbohydrate 27g</b>	<b>9%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 13g	
<b>Protein 20g</b>	
Vitamin A 310%	• Vitamin C 50%
Calcium 6%	• 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

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

## Cost

Per recipe: \$4.18  
 Per serving: \$1.05



# Homemade Mashed Potatoes

Yield: 8 servings  
 Serving size: 1/2 cup

## Ingredients

- 2 pounds potatoes (6 medium)
- 1 cup lowfat milk
- 3 tablespoons margarine or butter
- 1 teaspoon salt
- 1/2 teaspoon pepper (ground)

## Instructions

1. Peel the potatoes, and cut them into chunks.
2. Put the potatoes in a medium saucepan with enough water to cover them.
3. Cook the potatoes on medium heat for 15 minutes or until tender.
4. Remove the potatoes from the heat. Drain the water off the potatoes.
5. Mash the potatoes with a fork or potato masher.
6. Stir in enough milk to make the potatoes smooth and creamy.
7. Add the butter, salt and pepper.

<b>Nutrition Facts</b>	
Serving Size 1/2 cup prepared potatoes or 1/8 of recipe (151g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 80</b>	<b>Calories from Fat 40</b>
% Daily Value*	
<b>Total Fat 4.5g</b>	<b>7%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 1g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 350mg</b>	<b>15%</b>
<b>Total Carbohydrate 7g</b>	<b>2%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 3g	
<b>Protein 3g</b>	
Vitamin A 2%	• Vitamin C 30%
Calcium 6%	• 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

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

## Cost

Per recipe: \$2.11  
 Per serving: \$0.26

# Homestyle Biscuits

Yield: 15 servings  
 Serving size: 1 biscuit

## Ingredients

2 cups flour (all purpose)  
 2 teaspoons baking powder  
 1/4 teaspoon baking soda  
 1/4 teaspoon salt  
 2 tablespoons sugar  
 2/3 cups buttermilk (low-fat)  
 3 tablespoons vegetable oil  
 1 teaspoon vegetable oil

## Instructions

1. Preheat oven to 450 degrees Fahrenheit.
2. In medium bowl, combine flour, baking powder, baking soda, salt, and sugar.
3. In small bowl, stir together buttermilk and oil.
4. Pour over flour mixture and stir until well mixed.
5. On lightly floured surface, knead dough gently for 10–12 strokes.
6. Roll or pat dough to 3/4-inch thickness.
7. Cut with a 2-inch round biscuit or cookie cutter, dipping cookie cutter in flour between cuts.
8. Transfer biscuits to an ungreased baking sheet.
9. Bake for 12 minutes or until golden brown.
10. Serve warm.

<b>Nutrition Facts</b>	
Serving Size 1 biscuit (33g)	
Servings Per Container 15	
Amount Per Serving	
<b>Calories 100</b>	<b>Calories from Fat 30</b>
% Daily Value*	
<b>Total Fat 3.5g</b>	<b>5%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 135mg</b>	<b>6%</b>
<b>Total Carbohydrate 15g</b>	<b>5%</b>
Dietary Fiber 0g	0%
Sugars 2g	
<b>Protein 2g</b>	
Vitamin A 0%	Vitamin C 0%
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

US Department of Health and Human Services  
 National Institutes of Health  
 National Heart, Lung and Blood Institute, Heart Healthy Home Cooking: African American Style

## Cost

Per recipe: \$0.65  
 Per serving: \$0.04

# Honey Lemon Chicken

Yield: 8 servings  
Serving size: 1 piece

## Ingredients

1 tablespoon vegetable oil  
4 pounds chicken (cut into 8 pieces)  
1/2 cup flour (all purpose)  
1 teaspoon salt  
1/4 cup honey  
1/4 cup lemon juice

## Instructions

1. Preheat oven to 375 degrees. Line a baking pan with foil for easy clean up. Lightly oil the foil.
2. Combine flour and salt in a plastic bag. Shake chicken pieces in flour mixture, remove from bag and place on prepared pan.
3. Bake for 45 minutes.
4. Combine honey and lemon. Spoon mixture over chicken to glaze chicken pieces. Bake another 15 minutes. Juices should run clear when pierced with a fork.

Nutrition Facts	
Serving Size 1 chicken piece (average), 1/8 of recipe (240g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 330</b>	<b>Calories from Fat 70</b>
% Daily Value*	
<b>Total Fat 8g</b>	<b>12%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol 150mg</b>	<b>50%</b>
<b>Sodium 160mg</b>	<b>7%</b>
<b>Total Carbohydrate 15g</b>	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 9g	
<b>Protein 46g</b>	
Vitamin A 2%	• Vitamin C 15%
Calcium 2%	• 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

Montana State University  
Extension Service, [Montana Extension Nutrition Education Program Website Recipes](#)

## Cost

Per recipe: \$4.08  
Per serving: \$0.51

# 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	
<b>Calories 230</b>	<b>Calories from Fat 90</b>
% Daily Value*	
<b>Total Fat 10g</b>	<b>15%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol 220mg</b>	<b>73%</b>
<b>Sodium 360mg</b>	<b>15%</b>
<b>Total Carbohydrate 21g</b>	<b>7%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 4g	
<b>Protein 14g</b>	
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: \$2.85  
 Per serving: \$0.71

# Jamaican Jerk Chicken

Yield: 10 servings

Serving size: 1/2 breast or 2 small drumsticks

## Ingredients

- 1/2 teaspoon cinnamon (ground)
- 1 1/2 teaspoon allspice (ground)
- 1 1/2 teaspoon black pepper (ground)
- 1 teaspoon hot pepper (crushed, dried)
- 2 teaspoons oregano (crushed)
- 1 tablespoon hot pepper (chopped)
- 2 teaspoons thyme (chopped)
- 1/2 teaspoon salt
- 6 garlic clove (finely chopped)
- 1 cup onion (pureed or finely chopped)
- 1/4 cup vinegar
- 3 tablespoons brown sugar
- 8 chicken (pieces, skinless 4 drumsicks, 4 breasts)

## Instructions

1. Preheat oven to 350 degrees Fahrenheit.
2. Combine all ingredients except chicken in large bowl. Rub seasonings over chicken and marinate in refrigerator for 6 hours or longer.
3. Space chicken evenly on nonstick or lightly greased baking pan.
4. Cover with aluminum foil and bake for 40 minutes. Remove foil and continue baking for an additional 30–40 minutes or until the meat can easily be pulled away from the bone with a fork.

Nutrition Facts	
Serving Size 1/2 breast or 2 small drumsticks (83g)	
Servings Per Container 10	
Amount Per Serving	
<b>Calories 120</b>	<b>Calories from Fat 20</b>
% Daily Value*	
<b>Total Fat 2.5g</b>	<b>4%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol 45mg</b>	<b>15%</b>
<b>Sodium 160mg</b>	<b>7%</b>
<b>Total Carbohydrate 7g</b>	<b>2%</b>
Dietary Fiber 1g	4%
Sugars 5g	
<b>Protein 16g</b>	
Vitamin A 2%	Vitamin C 8%
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

US Department of Health and Human Services  
 National Institutes of Health  
 National Heart, Lung and Blood Institute, Heart Healthy Home Cooking: African American Style

## Cost

Per recipe: \$5.56  
 Per serving: \$0.56

# Layered Black Bean Dip

Yield: 16 servings  
 Serving size: 2 Tablespoons

## Ingredients

- 1 can black beans (15 ounce, drained and rinsed)
- 1/4 teaspoon onion powder
- 1/4 teaspoon dried oregano
- 1/8 teaspoon garlic powder
- 1/8 teaspoon cayenne pepper
- 1/2 cup salsa (thick and chunky)
- 1/2 cup sour cream (light)
- 1/4 cup green onion (chopped)
- 2 ounces reduced-fat cheddar cheese (grated)

## Instructions

1. Mash beans and mix with onion powder, dried oregano, garlic powder and cayenne pepper. Spread on a serving dish.
2. Top with salsa, sour cream, green onions and grated cheese.

Nutrition Facts	
Serving Size 2 Tablespoons (39g)	
Servings Per Container 16	
Amount Per Serving	
<b>Calories 40</b>	<b>Calories from Fat 15</b>
% Daily Value*	
<b>Total Fat 1.5g</b>	<b>2%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 150mg</b>	<b>6%</b>
<b>Total Carbohydrate 4g</b>	<b>1%</b>
Dietary Fiber 1g	4%
Sugars 0g	
Protein 2g	
Vitamin A 2%	Vitamin C 0%
Calcium 6%	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

Cornell Cooperative Extension of Onondaga County, Good Food Cookbook

## Cost

Per recipe: \$2.48  
 Per serving: \$0.15

# Lemonade

Yield: 1 servings  
Serving size: 1 glass

## Ingredients

1 lemon  
3/4 cups water  
2 tablespoons sugar

## Instructions

1. Cut lemon in half crosswise.
2. Place lemon half on juicer. Push and twist to squeeze out the juice.
3. Pour juice into glass. Add about 3/4 cup water.
4. Add sugar, stirring to mix ingredients.

### Create-a-Flavor Changes

- Squeeze one-half each lemon and lime.
- Squeeze one-half each lemon and orange.
- Add 1/4 cup apple juice concentrate and leave out the sugar.
- Use 1/4 cup seltzer water and 1/2 cup water.

<b>Nutrition Facts</b>	
Serving Size 1 glass lemonade approx. 1 cup (248g) Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 60</b>	<b>Calories from Fat 0</b>
<b>% Daily Value*</b>	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 10mg</b>	<b>0%</b>
<b>Total Carbohydrate 17g</b>	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 13g	
<b>Protein 0g</b>	
Vitamin A 0%	• Vitamin C 40%
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

Cornell Cooperative Extension,  
Division of Nutritional Sciences,  
Cooking Up Fun - A Pyramid of  
Snacks

### Cost

Per recipe: \$0.26  
Per serving: \$0.26

# Lisa's Famous Dessert

Yield: 8 servings  
 Serving size: 1/8 of recipe

## Ingredients

- 1 carton instant pudding mix, banana or vanilla (3.5 ounce)
- 2 cups non-fat or low-fat (1%) milk
- 8 ounces yogurt, fat free (or non-dairy whipped topping)
- 2 banana (sliced, or other sliced fruit)

## Instructions

1. In a medium bowl, combine milk and pudding. Beat with wooden spoon, wire whisk, or electric mixer on lowest speed for 2 minutes
2. Gently mix yogurt (or whipped topping) with pudding mixture. Refrigerate for 30 minutes.
3. Layer fruit slices in the bottom of 8 dessert cups.
4. Pour the pudding mixture over sliced fruit.
5. Refrigerate until ready to serve, at least 5 minutes, though it's better if it's refrigerated longer.

<b>Nutrition Facts</b>	
Serving Size 1/8 of recipe (132g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 110</b>	<b>Calories from Fat 5</b>
<b>% Daily Value*</b>	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 230mg</b>	<b>10%</b>
<b>Total Carbohydrate 24g</b>	<b>8%</b>
Dietary Fiber 1g	4%
Sugars 18g	
<b>Protein 4g</b>	
Vitamin A 2%	• Vitamin C 8%
Calcium 10%	• 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 Massachusetts,  
 Extension Nutrition Education  
 Program, Choices: Steps  
 Toward Health

### Cost

Per recipe: \$1.88  
 Per serving: \$0.24



# Manly Muffin Meat Loaf

Yield: 6 servings  
 Serving size: 2 muffins

## Ingredients

- 1 egg
- 1/2 cup non-fat milk
- 3/4 cups oats
- 1 pound lean ground beef
- 3 tablespoons onion (chopped)
- 1/2 teaspoon salt
- 1/2 cup cheese (any variety) (grated)

## Instructions

1. Preheat oven to 350 degrees.
2. Combine all ingredients and mix well.
3. Spoon mixture into greased muffin cups.
4. Bake for 1 hour, or until temperature in center of meat loaf is 160 degrees.
5. Cool slightly before removing from muffin cups.

## Notes

Combine meat loaf ingredients until well mixed, but don't over mix; too much mixing can make a meat loaf tough.

**Safety Tip:** Cook your meat loaves to 160 degrees. Use a meat thermometer to test the temperature. You will know that your loaves will be completely and safely cooked without being dried out from overheating.

Nutrition Facts	
Serving Size 2 muffin meatloaves, 1/6 of recipe (130g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 230</b>	<b>Calories from Fat 110</b>
% Daily Value*	
<b>Total Fat 12g</b>	<b>18%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol 95mg</b>	<b>32%</b>
<b>Sodium 330mg</b>	<b>14%</b>
<b>Total Carbohydrate 9g</b>	<b>3%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 1g	
<b>Protein 21g</b>	
Vitamin A 4%	• Vitamin C 0%
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

Kansas Family Nutrition Program, [Kids a Cookin'](#)

## Cost

Per recipe: \$4.34  
 Per serving: \$0.72

## Marinated Beef

Yield: 4 servings

Serving size: 1/4 of recipe

### Ingredients

12 ounces beef round steak  
 1 garlic clove  
 2 tablespoons lemon juice  
 4 tablespoons vegetable-oil  
 1/2 teaspoon salt  
 1/2 teaspoon black pepper

### Instructions

- Using a cutting board and sharp knife, cut round steak across the grain into thin strips about 1/2 inch wide and 2 to 3 inches long.
- In a medium glass mixing bowl, combine garlic, lemon juice, 2 Tablespoons of vegetable oil, salt and pepper.
- Add beef strips and stir to coat with the oil mixture (marinade sauce). Cover bowl with plastic wrap and refrigerate for about 2 hours.
- In a medium skillet over medium-high heat, heat 2 Tablespoons of the oil for 1-2 minutes until hot.
- Drain marinade from beef. Put beef in skillet, stir and cook for 5 to 7 minutes or until meat is thoroughly browned.

Nutrition Facts	
Serving Size 1/4 of recipe (108g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 240</b>	<b>Calories from Fat 150</b>
% Daily Value*	
<b>Total Fat 17g</b>	<b>26%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol 45mg</b>	<b>15%</b>
<b>Sodium 200mg</b>	<b>8%</b>
<b>Total Carbohydrate 1g</b>	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein 20g</b>	
Vitamin A 0%	• Vitamin C 6%
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

Kansas Family Nutrition Program, [Kids a Cookin'](#)

### Cost

Per recipe: \$3.46  
 Per serving: \$0.86

# Mashed Sweet Potatoes

Yield: 4 servings

Serving size: 1/4 of recipe

## Ingredients

- 4 sweet potatoes (small to medium)
- 3/4 teaspoons thyme (dried)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

## Instructions

1. Wash and peel the potatoes. Cut them into slices that are 3/4 inch thick.
2. Put them in a saucepan with enough water to cover the potatoes.
3. Bring the water to a boil on medium heat.
4. Cook the potatoes for 20 to 25 minutes until they're soft.
5. Drain the water. Put the potatoes in a medium bowl.
6. Use a fork or potato masher to mash the potatoes.
7. Mix in the thyme, salt, and pepper.

<b>Nutrition Facts</b>	
Serving Size 1/4 of recipe (131g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 110</b>	<b>Calories from Fat 0</b>
<b>% Daily Value*</b>	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 220mg</b>	<b>9%</b>
<b>Total Carbohydrate 26g</b>	<b>9%</b>
Dietary Fiber 4g	16%
Sugars 5g	
<b>Protein 2g</b>	
Vitamin A 370%	Vitamin C 6%
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

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

## Cost

Per recipe: \$1.49  
Per serving: \$0.37

# Mexican Chicken Soup

Yield: 6 servings  
Serving size: 1 cup

## Ingredients

3 pounds chicken pieces, skin removed  
2 cups tomatoes (chopped)  
1 garlic clove (minced)  
1/2 cup onion (chopped)  
1/4 cup mild chiles (canned and diced)  
2 cups pinto or garbanzo beans, canned, drained or cooked and drained  
salt and pepper (to taste optional)

## Instructions

1. Place chicken pieces in a large saucepan and add enough water to cover.
2. Cook until tender, about 25 minutes.
3. Remove chicken pieces from the broth.
4. Add tomatoes, garlic, onion, and chiles.
5. Remove chicken meat from the bones and return meat to broth.
6. Add beans and salt and pepper to taste. Simmer for about 15 minutes.

Nutrition Facts	
Serving Size 1 cup prepared soup, 1/6 of recipe (383g) Servings Per Container	
Amount Per Serving	
<b>Calories 400</b>	<b>Calories from Fat 130</b>
% Daily Value*	
<b>Total Fat 14g</b>	<b>22%</b>
Saturated Fat 3.5g	18%
Trans Fat 0g	
<b>Cholesterol 185mg</b>	<b>62%</b>
<b>Sodium 480mg</b>	<b>20%</b>
<b>Total Carbohydrate 16g</b>	<b>5%</b>
Dietary Fiber 5g	20%
Sugars 1g	
<b>Protein 49g</b>	
Vitamin A 20%	Vitamin C 20%
Calcium 10%	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

University of Massachusetts,  
Extension Nutrition Education  
Program, Pumpkin Post/Banana  
Beat

## Cost

Per recipe: \$8.49  
Per serving: \$1.41

# Mexican Rice

Yield: 8 servings

Serving size: 1/8 of recipe

## Ingredients

- 2 tablespoons vegetable oil
- 2 cups rice, long-grain white, uncooked
- 3 cups chicken broth, low sodium
- 1 1/2 cup onion (finely chopped white)
- 2 teaspoons garlic (minced)
- 1 can Mexican or Italian style tomatoes (14 1/2 ounce)
- 1/2 teaspoon salt
- 1 green bell pepper (seeded and chopped)

## Instructions

1. Heat oil in medium-size saucepan over medium heat. Saute the rice until just golden, about 5 minutes. Add 1/2 cup of chicken broth if moisture is needed.
2. Add onions and garlic and saute for a minute or two.
3. Stir in the tomatoes and their juice, the rest of the chicken broth, salt and bell pepper. Bring to a boil.
4. Reduce heat to low. Cover and simmer for about 20-25 minutes, or until the broth is absorbed.

<b>Nutrition Facts</b>	
Serving Size 1/8 of recipe (237g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 250</b>	<b>Calories from Fat 40</b>
<b>% Daily Value*</b>	
<b>Total Fat 4.5g</b>	<b>7%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 340mg</b>	<b>14%</b>
<b>Total Carbohydrate 46g</b>	<b>15%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 5g	
<b>Protein 6g</b>	
Vitamin A 6%	• Vitamin C 30%
Calcium 4%	• 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, [Celebrate Health with a Lowfat Fiesta](#)  
[California Project LEAN](#)

## Cost

Per recipe: \$3.96  
 Per serving: \$0.49

## Mexican Rice II

Yield: 6 servings  
Serving size: 1 cup

### Ingredients

1 cup rice  
1 yellow onion (medium, chopped)  
1 garlic clove (chopped)  
2 chicken bouillon cubes, low sodium  
1 can tomato sauce (8 ounces)  
3 1/3 cups vegetables (frozen, peas and carrots)  
2 tablespoons cilantro (chopped fresh)

### Instructions

1. Lightly spray a large saucepan with nonstick cooking spray.
2. Add rice to saucepan. Cook over medium heat, stirring occasionally, until lightly browned. Stir in onion and garlic. Cook for 2 to 3 minutes. Add hot water, bouillon cubes and tomato sauce, stirring until bouillon cubes are dissolved. Reduce heat to low. Cover and simmer for 20 minutes.
3. Add frozen vegetables. Cover and simmer for an additional 10 minutes or until all moisture is absorbed.
4. Sprinkle cilantro on top of cooked rice. Serve.

Nutrition Facts	
Serving Size 1 cup prepared rice, 1/6 of recipe (252g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 180</b>	<b>Calories from Fat 10</b>
% Daily Value*	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 280mg</b>	<b>12%</b>
<b>Total Carbohydrate 40g</b>	<b>13%</b>
Dietary Fiber 4g	16%
Sugars 3g	
<b>Protein 6g</b>	
Vitamin A 150%	Vitamin C 25%
Calcium 4%	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 5 A Day, It's So Easy  
Contra Costa Health Services

### Cost

Per recipe: \$3.46  
Per serving: \$0.58

# Microwave Baked Potato

Yield: 1 servings

## Ingredients

1 potato

## Instructions

1. Scrub potato. Prick several times with a fork or knife.
2. Place on microwave safe plate.
3. Cook according to table below. Turn over halfway through cooking

Number of Potatoes	Time
1	7-8 minutes or until soft
2	10-12 minutes or until soft
4	14-18 minutes or until soft

3. Turn over halfway through cooking.

4. Let potato rest for 1-3 minutes

Nutrition Facts	
Serving Size 1 potato (299g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 290</b>	<b>Calories from Fat 5</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat --g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 40mg</b>	<b>2%</b>
<b>Total Carbohydrate 64g</b>	<b>21%</b>
Dietary Fiber 7g	28%
Sugars 3g	
<b>Protein 8g</b>	
Vitamin A 0%	• Vitamin C 60%
Calcium 6%	• 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

Montana State University Extension, Nutrition Education Programs, [Buy Better. Eat Better. recipes](#)

## Cost

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

## Mixed Grain Bread

Yield: 20 servings  
Serving size: 1 slice

### Ingredients

1/4 cup	cornmeal (yellow)
1/4 cup	brown sugar (packed)
1 teaspoon	salt
2 tablespoons	vegetable oil
1 cup	water (boiling)
1 package	dry yeast (active)
1/4 cup	water (warm 105 - 115 degrees)
1/3 cup	whole wheat flour
1/4 cup	rye flour
2 3/4 cups	flour (all purpose)

### Instructions

1. Mix cornmeal, brown sugar, salt and oil with boiling water, cool to lukewarm (105 - 115 degrees).
2. Dissolve yeast in 1/4 cup warm water; stir into cornmeal mixture. Add whole wheat and rye flours and mix well. Stir in enough all purpose flour to make dough stiff enough to knead.
3. Turn dough onto lightly floured surface. Knead until smooth and elastic, about 5 to 10 minutes.
4. Place dough in lightly oiled bowl, turning oil top. Cover with clean towel; let rise in warm place until double, about 1 hour.
5. Punch dough down; turn onto clean surface. Cover with clean towel; let rest 10 minutes. Shape dough and place in greased 9 x 5 inch pan. Cover with clean towel; let rise until almost double, about 1 hour.
6. Preheat oven to 375 degrees. Bake 35 to 45 minutes or until bread sounds hollow when tapped. Cover with aluminum foil during baking if bread is browning too quickly. Remove bread from pan and cool on wire rack.

Nutrition Facts	
Serving Size 1 slice, 1/20 of recipe (39g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 90</b>	<b>Calories from Fat 15</b>
% Daily Value*	
<b>Total Fat 1.5g</b>	<b>2%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 120mg</b>	<b>5%</b>
<b>Total Carbohydrate 17g</b>	<b>6%</b>
Dietary Fiber 1g	4%
Sugars 3g	
<b>Protein 2g</b>	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	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

Cornell Cooperative Extension,  
Division of Nutritional Sciences,  
Cooking Up Fun - Yeast Breads

### Cost

Per recipe: \$1.20  
Per serving: \$0.06



# No Bake Breakfast Cookies

Yield: 12 servings  
 Serving size: 2, 2 1/2 inch cookies

## Ingredients

- 1/2 cup honey (or light corn syrup)
- 1/2 cup nonfat dry milk (instant)
- 1/2 cup raisins (or chopped dates)
- 1/2 cup creamy peanut butter
- 2 1/2 cups flaked cereal (coarsely crushed)

## Instructions

1. Heat honey and peanut butter in a medium saucepan over low heat. Stir until blended.
2. Remove from heat. Stir in dry milk.
3. Fold in cereal and raisins. Drop by heaping Tablespoons onto waxed paper to form mounds.
4. Cool to room temperature. Store in refrigerator.

Nutrition Facts	
Serving Size 2 cookies (40g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories 160</b>	<b>Calories from Fat 50</b>
% Daily Value*	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 120mg</b>	<b>5%</b>
<b>Total Carbohydrate 26g</b>	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 19g	
<b>Protein 4g</b>	
Vitamin A 4%	• Vitamin C 0%
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

Montana State University  
 Extension, Nutrition Education  
 Programs, [Buy Better. Eat Better. recipes](#)

## Cost

Per recipe: \$2.68  
 Per serving: \$0.22

# No-Bake Cookies

Yield: 36 servings  
 Serving size: 1 cookie

## Ingredients

- 2 cups sugar
- 3 tablespoons cocoa powder (unsweetened)
- 1/2 teaspoon salt
- 1/2 cup margarine
- 1 cup peanut butter
- 1/2 cup water
- 4 cups rolled oats
- 1 cup nonfat dry milk
- 1 cup raisins
- 1 teaspoon vanilla

## Instructions

1. In large sauce pan, bring the first six ingredients to a full, rolling boil for 1 minute, stirring as needed.
2. Remove from heat. Add oats, dry milk, and raisins and vanilla to boiled mixture.
3. Mix well.
4. Drop by Tablespoons onto waxed paper and let stand until cool, about 15-20 minutes.

Nutrition Facts	
Serving Size 1 cookie or 1/36 of recipe (42g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 170</b>	<b>Calories from Fat 60</b>
% Daily Value*	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 1.5g	8%
Trans Fat 0.5g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 65mg</b>	<b>3%</b>
<b>Total Carbohydrate 25g</b>	<b>8%</b>
Dietary Fiber 2g	8%
Sugars 15g	
<b>Protein 4g</b>	
Vitamin A 0%	Vitamin C 0%
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

Washington State University Extension, Favorite Recipes for Family Meals

## Cost

Per recipe: \$4.58  
 Per serving: \$0.13

# One Pan Potatoes & Chicken

Yield: 6 servings

Serving size: 1/6 of recipe

## Ingredients

- 4 potatoes (medium, - cut into 3/4 in cubes, microwaved 8-10 minutes until tender or cooked on the top of the stove about 15 minutes until tender)
- 1 pound chicken breasts, boned and skinned (cut into 3/4 inch cubes)
- 2 tablespoons oil
- 1 cup salsa
- 1 can whole kernel corn (15 ounce, drained)

## Instructions

1. Cook potatoes as directed.
2. In a large skillet, brown chicken in oil on high for 5 minutes.
3. Add potatoes; cook until potatoes are lightly browned.
4. Add salsa and corn. Cook until heated through.

<b>Nutrition Facts</b>	
Serving Size 1/6 of recipe (291g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 220</b>	<b>Calories from Fat 50</b>
<b>% Daily Value*</b>	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol 45mg</b>	<b>15%</b>
<b>Sodium 410mg</b>	<b>17%</b>
<b>Total Carbohydrate 15g</b>	<b>5%</b>
Dietary Fiber 4g	16%
Sugars 6g	
<b>Protein 21g</b>	
Vitamin A 0%	• Vitamin C 35%
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

University of Kentucky,  
 Cooperative Extension Service,  
 Food and Nutrition Calendar  
 2005  
 Kentucky Families on the Move

### Cost

Per recipe: \$6.35  
 Per serving: \$1.06

# Oprah's Outtasight Salad

Yield: 4 servings  
 Serving size: 1 cup

## Ingredients

- 2 cups salad greens (of your choice)
- 1 cup vegetables (tomatoes, cucumbers, carrots, green beans) (chopped)
- 1 cup pineapple chunks, drained (canned in juice, or fresh orange segments)
- 1/4 cup Dynamite Dressing
- 2 tablespoons raisins (or dried cranberries)
- 2 tablespoons nuts, any kind (chopped)
- 1/4 cup yogurt, nonfat, fruit-flavored
- 1 tablespoon orange juice
- 1 1/2 teaspoon white vinegar

## Instructions

1. Put mixed salad greens on a large platter or in a salad bowl.
2. In a large bowl, mix chopped vegetables and orange segments. Add dressing and stir. Spoon mixture over salad greens.
3. Top with raisins and nuts. Serve.

### DYNAMITE DRESSING PREPARATION:

1. In a small bowl, mix all ingredients. Refrigerate until ready to serve.

Nutrition Facts	
Serving Size 1 cup prepared salad, 1/4 of recipe (140g) Servings Per Container	
Amount Per Serving	
<b>Calories 100</b>	<b>Calories from Fat 25</b>
% Daily Value*	
<b>Total Fat 2.5g</b>	<b>4%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 30mg</b>	<b>1%</b>
<b>Total Carbohydrate 18g</b>	<b>6%</b>
Dietary Fiber 2g	8%
Sugars 14g	
<b>Protein 2g</b>	
Vitamin A 70%	Vitamin C 20%
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

California 5 A Day, It's So Easy  
 Contra Costa Health Services

## Cost

Per recipe: \$1.70  
 Per serving: \$0.42

## Oriental Rice

Yield: 4 servings

Serving size: 1/4 of recipe

### Ingredients

- 1 tablespoon vegetable-oil
- 2 egg (beaten)
- 3 1/2 cups rice, cooked
- 1 cup chicken breast, ham or pork, cooked (and chopped)
- 1 cup mixed vegetables, cooked (and chopped)
- 2 green onion (sliced)
- soy sauce or hot sauce to taste (optional)

### Instructions

1. Heat pan. Add 1 teaspoon of oil. Add eggs and scramble.
2. Remove cooked eggs and set aside.
3. Add the rest of oil (2 teaspoons) to pan. Stir fry rice, breaking up lumps by pressing rice against pan.
4. Add leftover meat and/or vegetables. Stir-fry until heated.
5. Add green onions, reserved eggs and sauce to taste. Serve hot.
6. Cover and refrigerate leftovers within 2 hours.

<b>Nutrition Facts</b>	
Serving Size 1/4 of recipe (239g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 310</b>	<b>Calories from Fat 70</b>
<b>% Daily Value*</b>	
<b>Total Fat 8g</b>	<b>12%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol 135mg</b>	<b>45%</b>
<b>Sodium 120mg</b>	<b>5%</b>
<b>Total Carbohydrate 40g</b>	<b>13%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 1g	
<b>Protein 17g</b>	
Vitamin A 25%	• Vitamin C 15%
Calcium 2%	• 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

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

### Cost

Per recipe: \$2.89  
 Per serving: \$0.72

## 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: \$7.54  
 Per serving: \$1.26

# Peach Crisp

Yield: 6 servings

Serving size: 1/6 of recipe

## Ingredients

- 4 peaches (4 cups sliced)
- 2 tablespoons margarine
- 3/4 cups quick-cooking oats
- 1/2 cup sugar
- 1/4 cup flour
- 2 teaspoons cinnamon
- 1 teaspoon lemon juice

## Instructions

1. Preheat the oven to 375 degrees F.
2. Slice the peaches.
3. Spread the peach slices on the bottom of the baking pan.
4. Melt the margarine in a saucepan.
5. In a small bowl, mix everything but the peaches. Stir until the mix is well blended.
6. Sprinkle the oat mix on top of the peaches.
7. Bake for 20 minutes.

## Notes

Serve the peach crisp either hot or cold. To remove the peach fuzz, you can rub the washed peach gently with a paper towel.

Nutrition Facts	
Serving Size 1/6 of recipe (136g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 200</b>	<b>Calories from Fat 40</b>
% Daily Value*	
<b>Total Fat 4.5g</b>	<b>7%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 1g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 30mg</b>	<b>1%</b>
<b>Total Carbohydrate 40g</b>	<b>13%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 22g	
<b>Protein 3g</b>	
Vitamin A 6%	• Vitamin C 10%
Calcium 2%	• 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

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

## Cost

Per recipe: \$1.79  
Per serving: \$0.30

# Peanut Butter Bread

Yield: 10 servings  
Serving size: 1/10 of loaf

## Ingredients

2 egg  
1 1/2 cup milk  
1/3 cup sugar (granulated)  
1 cup peanut butter  
1 3/4 cup flour (all purpose)  
1 tablespoon baking powder  
1/2 teaspoon salt

## Instructions

1. Preheat oven to 350 degrees. Lightly grease or spray with non-stick spray, a loaf pan.
2. In large bowl, beat eggs. Add milk, sugar and peanut butter. Mix well.
3. In a separate bowl combine flour, baking powder, and salt. Mix thoroughly.
4. Add dry ingredients to wet ingredients. Mix only enough to moisten all ingredients.
5. Pour into prepared pan. (Pan will be half full). Bake for 1 hour.

Nutrition Facts	
Serving Size 1 slice, 1/10 of recipe (96g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 260</b>	<b>Calories from Fat 130</b>
% Daily Value*	
<b>Total Fat 14g</b>	<b>22%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol 45mg</b>	<b>15%</b>
<b>Sodium 300mg</b>	<b>13%</b>
<b>Total Carbohydrate 24g</b>	<b>8%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 4g	
<b>Protein 11g</b>	
Vitamin A 2%	• Vitamin C 0%
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

Montana State University  
Extension Service, [Montana Extension Nutrition Education Program Website Recipes](#)

## Cost

Per recipe: \$2.10  
Per serving: \$0.21



# 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	
<b>Calories 220</b>	<b>Calories from Fat 60</b>
% Daily Value*	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol 60mg</b>	<b>20%</b>
<b>Sodium 760mg</b>	<b>32%</b>
<b>Total Carbohydrate 24g</b>	<b>8%</b>
Dietary Fiber 4g	16%
Sugars 6g	
<b>Protein 16g</b>	
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: \$5.49  
 Per serving: \$0.91

# Pineapple Zucchini Cake

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

## Ingredients

- 3 egg
- 2 cups sugar
- 2 teaspoons vanilla
- 1 cup vegetable-oil
- 2 cups zucchini (peeled, grated)
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 teaspoon baking soda
- 3 cups flour (all purpose)
- 1 cup pineapple, crushed, drained
- 1/2 cup raisins (optional)
- 1 cup pecans (optional) (chopped)

## Instructions

1. Preheat oven to 350 degrees. Grease or lightly spray with non-stick cooking spray, a 9 x 13 inch pan.
2. In a large bowl, beat eggs, sugar, vanilla, and oil. Add zucchini.
3. In a separate bowl, combine baking powder salt, baking soda and flour. Add dry ingredients to creamed mixture.
4. Stir in fruit and nuts.
5. Bake for 45 to 50 minutes, or until cake springs back when lightly pressed with your finger.

Nutrition Facts	
Serving Size 1 3x3.25" piece of cake, 1/12 of recipe (135g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 440</b>	<b>Calories from Fat 170</b>
% Daily Value*	
<b>Total Fat 20g</b>	<b>31%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol 55mg</b>	<b>18%</b>
<b>Sodium 360mg</b>	<b>15%</b>
<b>Total Carbohydrate 61g</b>	<b>20%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 36g	
<b>Protein 5g</b>	
Vitamin A 2%	• Vitamin C 8%
Calcium 4%	• 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

Montana State University  
 Extension Service, [Montana Extension Nutrition Education Program Website Recipes](#)

## Cost

Per recipe: \$3.49  
 Per serving: \$0.29

# Popcorn Treats

Yield: 2 servings  
 Serving size: 1/2 of recipe

## Ingredients

- 2 tablespoons margarine (melted, or butter)
- 5 cups popcorn (popped)
- 3/4 cups raisins
- 1 cup shredded wheat (bite-size)
- 1 tablespoon sugar (brown or white)
- 1 1/4 teaspoon cinnamon

## Instructions

1. Pop popcorn.
2. Mix popped corn, raisins, and cereal in a large bowl.
3. Mix sugar and cinnamon in small dish.
4. Drizzle melted margarine or butter over mixture.
5. Add sugar and cinnamon mixture.
6. Shake or stir until all ingredients are evenly distributed.

<b>Nutrition Facts</b>	
Serving Size 1/2 of recipe (129g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories 480</b>	<b>Calories from Fat 110</b>
% Daily Value*	
<b>Total Fat 13g</b>	<b>20%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 150mg</b>	<b>6%</b>
<b>Total Carbohydrate 93g</b>	<b>31%</b>
Dietary Fiber 9g	<b>36%</b>
Sugars 44g	
<b>Protein 7g</b>	
Vitamin A 10%	• Vitamin C 4%
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

Montana State University  
 Extension, Nutrition Education  
 Programs, [Buy Better. Eat Better. recipes](#)

### Cost

Per recipe: \$1.87  
 Per serving: \$0.93

# Pumpkin Bread

Yield: 32 servings  
 Serving size: 1 slice

## Ingredients

- 1 can pumpkin (15 ounce)
- 1 cup sugar
- 1/4 cup vegetable oil
- 1 cup yogurt, plain lowfat
- 1 1/2 cup flour (all purpose)
- 1 1/2 cup whole wheat flour
- 2 teaspoons baking powder
- 2 teaspoons baking soda
- 2 teaspoons cinnamon
- 1/2 teaspoon salt
- 1 cup raisins

## Instructions

Preheat oven to 350 degrees.

1. In a large mixing bowl, beat together pumpkin, sugar, oil, and yogurt.
2. In a medium bowl, combine the flours, baking powder, soda, cinnamon, and salt; add to pumpkin mixture, stirring until just moistened.
3. Stir in raisins.
4. Pour into 2 greased 9x5x3 inch loaf pans and bake for about 1 hour.
5. Cool on a wire rack for 10 minutes; remove from pan and cool completely.

## Notes

Substituting yogurt for eggs and oil reduces fat and cholesterol.

Nutrition Facts	
Serving Size 1 slice, 1/32 of recipe (46g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 110</b>	<b>Calories from Fat 20</b>
% Daily Value*	
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 150mg</b>	<b>6%</b>
<b>Total Carbohydrate 21g</b>	<b>7%</b>
Dietary Fiber 1g	4%
Sugars 10g	
<b>Protein 2g</b>	
Vitamin A 40%	Vitamin C 2%
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

Iowa State University Extension,  
 Food for Fitness and Fun,  
 November 2000

## Cost

Per recipe: \$3.52  
 Per serving: \$0.11

# Quesadilla con Huevos

Yield: 4 servings  
 Serving size: 1 quesadilla

## Ingredients

- 1/2 cup cheddar or cojack cheese (grated)
- 2 egg (scrambled)
- 4 flour tortillas (6 - 8 inch)
- 4 tablespoons salsa (optional)

## Instructions

1. Put 2 Tablespoons cheese and 1/4 of the scrambled eggs on each tortilla.
2. Heat 2 quesadillas at a time in microwave on high for 30 to 45 seconds or until cheese melts.
3. Top with salsa and fold tortilla in half to serve.

## Notes

Kids can make these as plain as they like or can add ingredients such as peppers, tomatoes, mushrooms or onions. Quesadillas make a great breakfast or lunch that's easy and quick. Instead of using a microwave, you can heat the tortillas on a skillet or griddle until the cheese melts.

**Safety Tips:** The melted cheese is hot, so wait a minute before eating. Use a knife or pizza wheel to cut the quesadilla into wedges for serving.

Nutrition Facts	
Serving Size 1 prepared quesadilla, 1/4 of recipe (87g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 200</b>	<b>Calories from Fat 90</b>
% Daily Value*	
<b>Total Fat 10g</b>	<b>15%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat --g	
<b>Cholesterol 120mg</b>	<b>40%</b>
<b>Sodium 420mg</b>	<b>18%</b>
<b>Total Carbohydrate 18g</b>	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 1g	
<b>Protein 10g</b>	
Vitamin A 6%	• Vitamin C 0%
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

Kansas Family Nutrition Program, [Kids a Cookin'](#)

## Cost

Per recipe: \$1.28  
 Per serving: \$0.32

# Quick Tuna Casserole

Yield: 6 servings

Serving size: 1/6 of recipe

## Ingredients

- 4 cups water
- 5 ounces egg noodles (wide)
- 10 ounces cream of mushroom soup (low-sodium)
- 1/3 cup skim milk
- 1 can tuna (6.5 ounces, packed in water, drained)
- 1 cup green peas (frozen)
- 1 cup bread crumbs (fresh)

## Instructions

1. Preheat oven to 350 degrees.
2. Bring 1 quart of water to a boil in a large pot and cook the egg noodles in the water for 2 minutes.
3. Then, cover the pot, remove from heat and let stand for 10 minutes.
4. In the meantime, mix the soup and milk together in a bowl.
5. Combine tuna and peas with the mixture and pour into a 1-quart casserole dish.
6. Drain the noodles well and combine with the tuna mixture.
7. Sprinkle the top with bread crumbs.
8. Bake for 30 minutes.

Nutrition Facts	
Serving Size 1/6 of recipe (356g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 240</b>	<b>Calories from Fat 40</b>
% Daily Value*	
<b>Total Fat 4.5g</b>	<b>7%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 30mg</b>	<b>10%</b>
<b>Sodium 290mg</b>	<b>12%</b>
<b>Total Carbohydrate 35g</b>	<b>12%</b>
Dietary Fiber 3g	12%
Sugars 4g	
<b>Protein 15g</b>	
Vitamin A 10%	Vitamin C 8%
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

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

## Cost

Per recipe: \$3.58  
Per serving: \$0.60

# Roasted Herb Potatoes

Yield: 6 servings  
Serving size: 1/2 cup

## Ingredients

- vegetable cooking spray
- 1 pound potatoes (3 medium or 3 cups cubed)
- 2 teaspoons vegetable-oil
- 1/2 teaspoon rosemary
- 1/2 teaspoon salt

## Instructions

1. Preheat the oven to 450 degrees.
2. Coat a baking sheet with vegetable cooking spray.
3. Wash and peel the potatoes.
4. Cut the potatoes into 1/2-inch cubes, and put them in a large bowl.
5. Put the oil, rosemary, and salt in a small bowl. Stir together.
6. Pour the oil mix over the potatoes. Stir to coat the potatoes evenly.
7. Spread the potatoes on the baking sheet.
8. Bake for 25 to 30 minutes, or until lightly browned.

Nutrition Facts	
Serving Size 1/2 cup prepared potatoes, 1/6 of recipe (78g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 35</b>	<b>Calories from Fat 15</b>
% Daily Value*	
<b>Total Fat 1.5g</b>	<b>2%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 200mg</b>	<b>8%</b>
<b>Total Carbohydrate 4g</b>	<b>1%</b>
Dietary Fiber 2g	8%
Sugars 1g	
<b>Protein 2g</b>	
Vitamin A 0%	Vitamin C 20%
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

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

## Cost

Per recipe: \$1.07  
Per serving: \$0.18

# Salt-free All Purpose Blend

Yield: 79 servings  
 Serving size: 1/4 tsp

## Ingredients

- 2 tablespoons onion (dried)
- 2 tablespoons garlic powder
- 1 tablespoon paprika
- 1 1/2 teaspoon thyme
- 1/4 teaspoon black pepper

## Instructions

1. Mix all ingredients in a small bowl, using a spoon.
2. Place mix into a container that allows you to shake to dispense.

<b>Nutrition Facts</b>			
Serving Size 0.25 tsp (0.5g)			
Servings Per Container 79			
Amount Per Serving			
<b>Calories 0</b>	<b>Calories from Fat 0</b>		
<b>% Daily Value*</b>			
<b>Total Fat 0g</b>	<b>0%</b>		
Saturated Fat 0g <b>0%</b>			
Trans Fat 0g			
<b>Cholesterol 0mg</b>	<b>0%</b>		
<b>Sodium 0mg</b>	<b>0%</b>		
<b>Total Carbohydrate 0g</b>	<b>0%</b>		
Dietary Fiber 0g <b>0%</b>			
Sugars 0g			
<b>Protein 0g</b>			
Vitamin A 0%	• Vitamin C 0%		
Calcium 0%	• 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

Cornell University Cooperative Extension, Eat Smart New York!

## Cost

Per recipe: \$0.95  
 Per serving: \$0.01



# 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	
<b>Calories 180</b>	<b>Calories from Fat 45</b>
% Daily Value*	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol 35mg</b>	<b>12%</b>
<b>Sodium 480mg</b>	<b>20%</b>
<b>Total Carbohydrate 19g</b>	<b>6%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 5g	
<b>Protein 15g</b>	
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: \$5.94  
 Per serving: \$0.74

# Skinny French Fries

Yield: 8 servings

Serving size: 1/8 of recipe

## Ingredients

- 4 potatoes (medium, - cut into strips great with sweet potatoes!)
- 2 tablespoons vegetable oil

## Instructions

1. Preheat oven to 450 degrees. Lightly oil a 9 x 13 inch pan.
2. Cut potatoes and pat dry on towels.
3. Spread strips of potatoes in one layer in pan.
4. Distribute remaining oil evenly over potatoes.
5. Bake for 30 to 40 minutes until potatoes are golden brown and tender. Turn frequently.
6. Season to taste.

Nutrition Facts	
Serving Size 1/8 of recipe (78g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 50</b>	<b>Calories from Fat 30</b>
<b>% Daily Value*</b>	
<b>Total Fat 3.5g</b>	<b>5%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 150mg</b>	<b>6%</b>
<b>Total Carbohydrate 4g</b>	<b>1%</b>
Dietary Fiber 2g	8%
Sugars 1g	
<b>Protein 2g</b>	
Vitamin A 0%	• Vitamin C 20%
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

Montana State University  
 Extension Service, [Montana Extension Nutrition Education Program Website Recipes](#)

## Cost

Per recipe: \$1.68  
 Per serving: \$0.21

## South of the Border Dip

Yield: 16 servings  
 Serving size: 2 tablespoons

### Ingredients

1 cup sour cream, nonfat  
 1 cup yogurt, nonfat plain  
 1 cup salsa

### Instructions

1. Mix the sour cream, yogurt, and salsa.
2. Store the dip in a covered container if you don't plan to eat it right away.
3. Keep the dip in the fridge until you serve it.

### Notes

Serve with baked tortilla chips, crackers, or bite sized vegetables.

<b>Nutrition Facts</b>	
Serving Size 2 tablespoons prepared dip, 1/16 of recipe (45g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 25</b>	<b>Calories from Fat 0</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 85mg</b>	<b>4%</b>
<b>Total Carbohydrate 5g</b>	<b>2%</b>
Dietary Fiber 0g	0%
Sugars 2g	
<b>Protein 1g</b>	
Vitamin A 4%	• Vitamin C 4%
Calcium 4%	• 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

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

### Cost

Per recipe: \$2.96  
 Per serving: \$0.19

# Spanish Omelet

Yield: 5 servings

Serving size: 1/5 of omelet

## Ingredients

- 5 potatoes (small, peeled and sliced)
- 1 tablespoon olive oil (or vegetable cooking spray)
- 1/2 onion (medium, minced)
- 1 zucchini (small, sliced)
- 1 1/2 cup green/red peppers (sliced thin)
- 5 mushroom (medium, sliced)
- 3 egg (whole, beaten)
- 5 egg whites (beaten)
- Pepper and garlic salt with herbs (to taste)
- 3 ounces part skim mozzarella cheese (shredded)
- 1 tablespoon parmesan cheese

## Instructions

1. Preheat oven to 375°F.
2. Cook potatoes in boiling water until tender.
3. In a nonstick pan, add oil or vegetable spray and warm at medium heat.
4. Add the onion and sauté until brown. Add vegetables and sauté until tender but not brown.
5. In a medium mixing bowl, slightly beat the eggs and egg whites, pepper, garlic salt, and mozzarella cheese. Stir egg cheese mixture into the cooked vegetables.
6. Oil or spray a 10-inch pie pan or ovenproof skillet. Transfer potatoes and eggs mixture to pan. Spread with parmesan cheese and bake omelet until firm and brown on top, about 20-30 minutes.

Nutrition Facts	
Serving Size 1/5 of omelet (297g)	
Servings Per Container 5	
Amount Per Serving	
<b>Calories 250</b>	<b>Calories from Fat 80</b>
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol 125mg</b>	<b>42%</b>
<b>Sodium 220mg</b>	<b>9%</b>
<b>Total Carbohydrate 30g</b>	<b>10%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 3g	
<b>Protein 15g</b>	
Vitamin A 15%	• Vitamin C 60%
Calcium 20%	• 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 Diabetes Education Program, National Institutes of Health, Centers for Disease Control and Prevention., Control Your Diabetes. For Life. Recipes and Meal Planner Guide

## Cost

Per recipe: \$5.45  
Per serving: \$1.09

# Spicy Baked Fish

Yield: 4 servings  
 Serving size: 4 ounces

## Ingredients

- 1 pound salmon or any white fish, fresh or frozen
- 1/4 teaspoon paprika
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/8 teaspoon black pepper
- 1/8 teaspoon oregano (dried)
- 1/8 teaspoon thyme (dried)
- 1 tablespoon lemon juice
- 1 1/2 tablespoons margarine (soft melted)

## Instructions

1. If using frozen fish, thaw in refrigerator according to package directions.
2. Preheat oven to 350 degrees.
3. Separate (or cut) fish into 4 pieces. Place fish in a 9x13x2 inch baking pan.
4. Combine paprika, garlic and onion powder, pepper, oregano, and thyme in a small bowl.
5. Sprinkle herb mixture (step 4 mixture) and lemon juice evenly over the fish. Then drizzle melted margarine on top.
6. Bake until fish flakes easily with a fork, about 20 to 25 minutes.

Nutrition Facts	
Serving Size 4 oz. prepared fish or 1/4 of recipe (123g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 250</b>	<b>Calories from Fat 150</b>
% Daily Value*	
<b>Total Fat 16g</b>	<b>25%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0.5g	
<b>Cholesterol 65mg</b>	<b>22%</b>
<b>Sodium 105mg</b>	<b>4%</b>
<b>Total Carbohydrate 1g</b>	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein 23g</b>	
Vitamin A 6%	• Vitamin C 10%
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

University of Massachusetts, Extension Nutrition Education Program, Pumpkin Post/Banana Beat

## Cost

Per recipe: \$6.82  
 Per serving: \$1.71

# 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	
<b>Calories 240</b>	<b>Calories from Fat 100</b>
% Daily Value*	
<b>Total Fat 11g</b>	<b>17%</b>
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol 35mg</b>	<b>12%</b>
<b>Sodium 410mg</b>	<b>17%</b>
<b>Total Carbohydrate 15g</b>	<b>5%</b>
Dietary Fiber 6g	24%
Sugars 5g	
<b>Protein 23g</b>	
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

# Sugarless Oatmeal Cookies

Yield: 15 servings  
Serving size: 2 cookies

## Ingredients

- 3 banana (ripe)
- 1/3 cup margarine
- 2 cups quick-cooking oats (uncooked)
- 1/4 cup skim milk
- 1/2 cup raisins
- 1 teaspoon vanilla extract

## Instructions

1. Preheat oven to 350 degrees.
2. Put the margarine in a small saucepan. Melt it on low heat.
3. Put all the ingredients in a mixing bowl. Mix really well.
4. Let the mix stand for about 5 minutes, until the oats are wet.
5. Lightly grease the cookie sheet.
6. For each cookie, spoon out about 1 tablespoon of dough and drop it onto the greased cookie sheet.
7. Bake the cookies for 15 to 20 minutes.
8. Let the cookies cool on the cookie sheet for about 1 minute.
9. Move the cookies to wire racks or a towel. Let them cool completely.

Nutrition Facts	
Serving Size 2 cookies or 1/15 of recipe (49g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 110</b>	<b>Calories from Fat 40</b>
% Daily Value*	
<b>Total Fat 4.5g</b>	<b>7%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 1g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 35mg</b>	<b>1%</b>
<b>Total Carbohydrate 17g</b>	<b>6%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 7g	
<b>Protein 2g</b>	
Vitamin A 0%	• Vitamin C 4%
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

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

## Cost

Per recipe: \$2.33  
Per serving: \$0.16

# Sweetened Condensed Milk

Yield: 12 servings  
Serving size: 2 Tablespoons

## Ingredients

1 cup hot water  
2 cups sugar  
2 tablespoons margarine  
4 cups dry milk powder, nonfat

## Instructions

1. In order listed, put ingredients into a blender and blend until smooth.
2. Store in the refrigerator for up to one week.

<b>Nutrition Facts</b>	
Serving Size 2 tablespoons or 1/12 of recipe (78g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 230</b>	<b>Calories from Fat 20</b>
<b>% Daily Value*</b>	
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 140mg</b>	<b>6%</b>
<b>Total Carbohydrate 45g</b>	<b>15%</b>
Dietary Fiber 0g	0%
Sugars 45g	
<b>Protein 8g</b>	
Vitamin A 10%	• Vitamin C 2%
Calcium 30%	• 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

Washington State University  
Extension, Favorite Recipes for  
Family Meals

## Cost

Per recipe: \$1.33  
Per serving: \$0.11



# Taco Flavored Potatoes

Yield: 5 servings  
 Serving size: 6 wedges  
 Cook time: 40 minutes

## Ingredients

- 4 new potatoes (medium, rose or white)
- 2 tablespoons olive-oil
- 2 tablespoons taco seasoning (1/2 package)
- 3 tablespoons corn meal

## Instructions

1. Preheat oven to 400 degrees.
2. Wash and scrub potatoes well. Cut the potatoes in half, lengthwise and then into quarters and again into eight pieces.
3. Place potatoes in large mixing bowl, toss with the olive oil until potatoes are well coated.
4. Sprinkle the seasonings and corn meal over potatoes, toss again until coated.
5. Arrange the potatoes on a nonstick baking sheet and bake for approximately 30 minutes until potatoes are golden brown.

<b>Nutrition Facts</b>	
Serving Size 6 potato wedges, 1/5 of recipe (132g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 110</b>	Calories from Fat 50
% Daily Value*	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 190mg</b>	<b>8%</b>
<b>Total Carbohydrate 11g</b>	<b>4%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 2g	
<b>Protein 3g</b>	
Vitamin A 0%	• Vitamin C 30%
Calcium 2%	• 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

California Health Department -  
 Los Angeles County, Es Facil  
 Campaign  
 Submitted by Maria Cisneros

## Cost

Per recipe: \$2.11  
 Per serving: \$0.42

# Thousand Island Dressing

Yield: 8 servings  
 Serving size: 2 Tablespoons

## Ingredients

- 1/2 cup yogurt, nonfat plain
- 1/2 cup mayonnaise, reduced-fat
- 1/4 cup chili sauce
- 2 tablespoons sweet pickle relish
- 1 tablespoon onion (finely chopped)
- 1 tablespoon celery (finely chopped)
- 1 teaspoon lemon (or lime) juice
- 1/8 teaspoon black pepper

## Instructions

1. Wash hands well with soap and warm water.
2. Mix ingredients together.
3. Chill and serve over vegetables or on a salad.

<b>Nutrition Facts</b>	
Serving Size 2 tablespoons dressing, 1/8 of recipe (46g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 70</b>	<b>Calories from Fat 45</b>
% Daily Value*	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 380mg</b>	<b>16%</b>
<b>Total Carbohydrate 7g</b>	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 4g	
<b>Protein 1g</b>	
Vitamin A 8%      • Vitamin C 4%	
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

Rutgers Cooperative Extension,  
[Food Wise Learn at Home Print Materials](#)

## Cost

Per recipe: \$1.41  
 Per serving: \$0.18

# Tortilla Chips and Bean Dip

Yield: 4 servings  
 Serving size: 8 pieces

## Ingredients

- 4 corn tortillas
- 1 can kidney beans (16 ounce)
- 1/4 cup salsa
- 1/4 cup sour cream, nonfat
- 1/2 cup cheddar cheese (shredded)
- 1 cup lettuce (shredded)

## Instructions

1. Preheat oven to 400 degrees.
2. Place tortillas in a stack on cutting board. With a sharp knife, cut stack into eight pieces, forming triangles or wedges.
3. Lay tortillas pieces out in single layer on baking sheet. Set aside while making dip.
4. Open can beans. Pour beans in colander; rinse and drain. Place beans in a small mixing bowl and mash with a potato masher. Spread beans over bottom of baking dish.
5. Measure salsa and spread over beans.
6. Measure sour cream and spread over beans.
7. Grate and measure cheese; sprinkle over bean mixture.
8. Place lettuce wedge on cutting board. Slice into thin strips; set aside.
9. Place both the baking sheet with rotilla pieces and the dip in preheated oven. Bake about 8 minutes or until tortilla pieces are crisp and dip is bubbly. Sprinkle lettuce over dip and serve with tortilla chips.

### Create-a-Flavor Changes

- Use Monterey Jack or another cheese.
- Substitute black beans for kidney beans.
- Substitute 1/4 cup chopped fresh tomatoes for taco sauce.
- Spread one small can chopped green chilis over beans.

Nutrition Facts	
Serving Size 1 prepared pizza, 1/6 of recipe (297g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 290</b>	<b>Calories from Fat 45</b>
% Daily Value*	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 550mg</b>	<b>23%</b>
<b>Total Carbohydrate 55g</b>	<b>18%</b>
Dietary Fiber 10g	<b>40%</b>
Sugars 5g	
<b>Protein 12g</b>	
Vitamin A 180%	• Vitamin C 25%
Calcium 20%	• 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

Cornell Cooperative Extension,  
 Division of Nutritional Sciences,  
 Cooking Up Fun - A Pyramid of  
 Snacks

### Cost

Per recipe: \$2.65  
 Per serving: \$0.66

# 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	
<b>Calories 250</b>	<b>Calories from Fat 45</b>
% Daily Value*	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 650mg</b>	<b>27%</b>
<b>Total Carbohydrate 39g</b>	<b>13%</b>
Dietary Fiber 6g	24%
Sugars 2g	
<b>Protein 12g</b>	
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

# 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	
<b>Calories 250</b>	<b>Calories from Fat 80</b>
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol 25mg</b>	<b>8%</b>
<b>Sodium 550mg</b>	<b>23%</b>
<b>Total Carbohydrate 26g</b>	<b>9%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 4g	
<b>Protein 17g</b>	
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: \$3.40  
 Per serving: \$0.57

# Tuna Quesadillas

Yield: 4 servings  
 Serving size: 1/4 of recipe

## Ingredients

- 1 can tuna fish, packed in water (drained)
- 1 tablespoon mayonnaise, light
- 4 flour tortillas
- 1/2 cup cheddar cheese, lowfat (grated)

## Instructions

1. Mix tuna with mayonnaise.

Microwave:

1. Spoon filling onto half of each tortilla. Top filling with cheese and fold tortilla in half. Microwave on high for 60 seconds. Turn the plate halfway through cooking time.

Stove:

1. Divide mixture onto two tortillas. Top with cheese and the remaining two tortillas. Spray a skillet with non-stick cooking spray. Brown quesadillas on both sides.

2. Cut in half before serving.

Nutrition Facts	
Serving Size 1 prepared tortilla, 1/4 of recipe (91g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 180</b>	<b>Calories from Fat 45</b>
% Daily Value*	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol 15mg</b>	<b>5%</b>
<b>Sodium 330mg</b>	<b>14%</b>
<b>Total Carbohydrate 17g</b>	<b>6%</b>
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein 17g</b>	
Vitamin A 2%	Vitamin C 0%
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

Utah State University  
 Cooperative Extension, [Visit Website](#)

## Cost

Per recipe: \$2.11  
 Per serving: \$0.53

# Turkey Gravy

Yield: 6 servings  
 Serving size: 1/6 of recipe

## Ingredients

- 2 tablespoons margarine (or butter or turkey drippings)
- 3 tablespoons flour
- 1/4 teaspoon salt
- 1 1/2 cup chicken or turkey broth
- 1/2 cup giblets (cooked and chopped)

## Instructions

1. Melt margarine in skillet over low heat. Mix in flour and salt. Stir and heat until bubbly.
2. Add broth slowly, stirring constantly. Cook over low heat for 5- 10 minutes.
3. Add the cooked giblets. Heat a few minutes to blend flavors.
4. Store leftovers in refrigerator within 2 hours.

<b>Nutrition Facts</b>	
Serving Size 1/6 of recipe (72g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 70</b>	<b>Calories from Fat 40</b>
% Daily Value*	
<b>Total Fat 4.5g</b>	<b>7%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 1g	
<b>Cholesterol 55mg</b>	<b>18%</b>
<b>Sodium 370mg</b>	<b>15%</b>
<b>Total Carbohydrate 3g</b>	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein 4g</b>	
Vitamin A 15%	• Vitamin C 2%
Calcium 0%	• 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

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

## Cost

Per recipe: \$1.07  
 Per serving: \$0.18

# Turkey Tostadas

Yield: 4 servings  
Serving size: 1 tostada

## Ingredients

- 2 cups cooked turkey (cut into bite-size pieces, or 2 cups ground turkey, browned in a skillet and drained)
- 2 tablespoons taco seasoning (chili)
- 1 1/2 cup water
- 4 corn tortillas
- 1/4 cup refried beans (low-fat or fat-free)
- 1/4 cup Cheddar or Monterey Jack cheese (shredded, low-fat)
- 1/2 cup tomatoes (chopped)
- 1/2 cup lettuce (shredded)
- 2 tablespoons onion (chopped)
- 1/2 cup taco sauce
- plain yogurt (low-fat or fat-free optional)
- guacamole (or mashed avacado optional)

## Instructions

1. Wash and prepare vegetables.
2. In a large skillet over medium heat, combine turkey, taco seasoning, and water.
3. Bring mixture to boil, reduce heat and simmer 5 minutes, stirring occasionally.
4. Place tortillas on a cooking sheet. Bake at 375° for 4-7 minutes or until tortillas are crispy.
5. Spread tortillas with a tablespoon of beans. Top with 1/4 meat mixture and cheese.
6. Return tortillas to oven to cook for 2-3 minutes or until cheese is melted.
7. Top with tomatoes, lettuce, onions and taco sauce. Garnish with yogurt and guacamole, if desired.

## Notes

Recipe analysis includes light meat turkey without skin.

Nutrition Facts	
Serving Size 1 tostada (276g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 240</b>	<b>Calories from Fat 35</b>
% Daily Value*	
<b>Total Fat 4g</b>	<b>6%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 50mg</b>	<b>17%</b>
<b>Sodium 420mg</b>	<b>18%</b>
<b>Total Carbohydrate 21g</b>	<b>7%</b>
Dietary Fiber 3g	12%
Sugars 3g	
<b>Protein 26g</b>	
Vitamin A 4%	Vitamin C 6%
Calcium 8%	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

UMass Extension Nutrition Education Program, [CHOICES Steps Toward Health](#)

## Cost

Per recipe: \$3.56  
Per serving: \$0.89



# Vegetarian Spaghetti Sauce

Yield: 6 servings  
Serving size: 3/4 cup

## Ingredients

- 2 tablespoons olive oil
- 2 onion (small, chopped)
- 3 garlic clove (chopped)
- 1 1/4 cup zucchini (sliced)
- 1 tablespoon oregano (dried)
- 1 tablespoon basil (dried)
- 1 can tomato sauce (8 oz)
- 1 can tomato paste (6 oz)
- 2 tomatoes (medium, chopped)
- 1 cup water

## Instructions

1. In a medium skillet, heat oil. Saute onions, garlic and zucchini in oil for 5 minutes on medium heat.
2. Add remaining ingredients and simmer covered for 45 minutes. Serve over spaghetti.

<b>Nutrition Facts</b>	
Serving Size 3/4 cup (212g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 100</b>	<b>Calories from Fat 45</b>
<small>% Daily Value*</small>	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 0.5g <b>3%</b>	
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 430mg</b>	<b>18%</b>
<b>Total Carbohydrate 14g</b>	<b>5%</b>
Dietary Fiber 4g <b>16%</b>	
Sugars 8g	
<b>Protein 3g</b>	
Vitamin A 25% • Vitamin C 40%	
Calcium 6% • Iron 10%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories 2,000 2,500</small>
Total Fat	<small>Less Than 65g 80g</small>
Saturated Fat	<small>Less Than 20g 25g</small>
Cholesterol	<small>Less Than 300mg 300 mg</small>
Sodium	<small>Less Than 2,400mg 2,400mg</small>
Total Carbohydrate	<small>300g 375g</small>
Dietary Fiber	<small>25g 30g</small>
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

## Source

National Heart, Lung and Blood Institute (NHLBI), [Dash Eating Plan: Lower Your Blood Pressure](#)

## Cost

Per recipe: \$5.18  
Per serving: \$0.86

# Veggie Dip

Yield: 8 servings  
 Serving size: 2 tablespoons

## Ingredients

- 1 cup cottage cheese
- 1 tablespoon onion (chopped very fine)
- 1/4 teaspoon salt
- 1/2 teaspoon garlic powder
- 2 teaspoons parsley flakes

## Instructions

1. Measure cottage cheese and put in bowl or blender.
2. Beat with a fork or mixer, or in a blender, until cottage cheese is smooth.
3. Add the other ingredients. Stir together.
4. Store the dip in the fridge for 1 to 2 hours to let the flavors blend.

## Notes

Serve with slices of row vegetables such as carrots, celery, cucumbers, zucchini, broccoli, turnips, cauliflower, or green pepper.

Nutrition Facts	
Serving Size 2 tablespoons dip, 1/8 of recipe (30g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 20</b>	<b>Calories from Fat 5</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 190mg</b>	<b>8%</b>
<b>Total Carbohydrate 1g</b>	<b>0%</b>
Dietary Fiber 0g	0%
Sugars 1g	
<b>Protein 4g</b>	
Vitamin A 0%	Vitamin C 2%
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

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

## Cost

Per recipe: \$1.34  
 Per serving: \$0.17

# Zero Calorie Dressing

Yield: 4 servings  
 Serving size: 2 Tablespoons

## Ingredients

- 1/2 cup juice, tomato
- 2 tablespoons juice, lemon (or vinegar)
- 1 teaspoon onion (grated)
- 1/2 teaspoon worcestershire sauce
- 1/4 teaspoon salt
- 1/4 teaspoon prepared mustard

## Instructions

1. Combine all ingredients.
2. Store in refrigerator.

<b>Nutrition Facts</b>	
Serving Size 2 tablespoons dressing, 1/4 of recipe (40g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 10</b>	<b>Calories from Fat 0</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 160mg</b>	<b>7%</b>
<b>Total Carbohydrate 2g</b>	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 1g	
<b>Protein 0g</b>	
<b>Vitamin A 2%</b>	<b>• Vitamin C 15%</b>
<b>Calcium 0%</b>	<b>• Iron 0%</b>
*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

Washington State University  
 Extension, Favorite Recipes for  
 Family Meals

## Cost

Per recipe: \$0.25  
 Per serving: \$0.06

## Zesty Herb Salad Dressing

Yield: 5 servings  
Serving size: 2 Tablespoons

### Ingredients

1 tablespoon vegetable oil  
2 tablespoons vinegar  
1/3 cup tomato or orange juice  
1/2 teaspoon oregano  
1/2 teaspoon basil  
1/4 teaspoon black pepper  
1/4 teaspoon salt

### Instructions

1. Put all the ingredients in a jar or bottle with a lid.
2. Put on the lid. Shake well.
3. Chill in the fridge for at least 1 hour before serving.

### Notes

Try this dressing on cut vegetables or salad.  
After serving, keep any leftover dressing in the fridge.

<b>Nutrition Facts</b>	
Serving Size 2 tablespoons dressing, 1/5 of recipe (26g) Servings Per Container	
Amount Per Serving	
<b>Calories 35</b>	<b>Calories from Fat 25</b>
% Daily Value*	
<b>Total Fat 3g</b>	<b>5%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 115mg</b>	<b>5%</b>
<b>Total Carbohydrate 2g</b>	<b>1%</b>
Dietary Fiber 0g	0%
Sugars 2g	
<b>Protein 0g</b>	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• 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

Pennsylvania Nutrition  
Education Program,  
Pennsylvania Nutrition  
Education Network  
Website Recipes

### Cost

Per recipe: \$0.54  
Per serving: \$0.11

# 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.

<b>Nutrition Facts</b>	
Serving Size 3/4 cup or 1/7 of recipe (91g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 40</b>	<b>Calories from Fat 20</b>
% Daily Value*	
<b>Total Fat 2.5g</b>	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 55mg</b>	<b>2%</b>
<b>Total Carbohydrate 4g</b>	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 2g	
<b>Protein 2g</b>	
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: \$1.84  
 Per serving: \$0.26

# Zucchini Bread

Yield: 16 servings  
 Serving size: 1 slice

## Ingredients

- 3 egg
- 1 cup sugar
- 1/4 cup vegetable-oil
- 2 cups zucchini (grated)
- 1 teaspoon vanilla
- 1 1/2 cup flour (all purpose)
- 1 1/2 cup whole wheat flour
- 1 teaspoon salt
- 2 teaspoons baking soda
- 2 teaspoons cinnamon
- 1/2 teaspoon baking powder
- 1/2 cup raisins

## Instructions

1. Lightly grease and flour a 9 x 5 loaf pan.
2. In a large mixing bowl, beat eggs lightly. Add sugar, oil, zucchini, and vanilla and beat.
3. In a separate bowl, measure dry ingredients and stir to combine. Add nuts and raisins, if desired.
4. Add dry ingredients to the egg mixture. Stir just until all ingredients are moistened.
5. Spoon into loaf pan.
6. Bake at 325 degrees for 50 minutes. Test for doneness by inserting a toothpick in the center. It should come out dry.
7. Allow loaf to cool 5 to 10 minutes before turning out onto a cooling rack.
8. Serve warm or allow to cool before slicing.

Nutrition Facts	
Serving Size 1 slice, 1/16 of recipe (71g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 190</b>	<b>Calories from Fat 40</b>
% Daily Value*	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol 40mg</b>	<b>13%</b>
<b>Sodium 330mg</b>	<b>14%</b>
<b>Total Carbohydrate 35g</b>	<b>12%</b>
Dietary Fiber 2g	8%
Sugars 16g	
Protein 4g	
Vitamin A 2%	Vitamin C 4%
Calcium 2%	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

Washington State University Extension, Favorite Recipes for Family Meals

## Cost

Per recipe: \$2.60  
 Per serving: \$0.16

## Zucchini Stir Fry

Yield: 4 servings  
 Serving size: 1/2 cup

### Ingredients

- 1 tablespoon vegetable-oil
- 1 onion (medium)
- 1 yellow squash
- 1 zucchini (medium)
- 1 red pepper
- 1/2 teaspoon black pepper
- 1/4 teaspoon basil
- 1/4 teaspoon oregano

### Instructions

1. Peel the onion. Cut it into thin slices.
2. Slice the yellow squash into thin round pieces.
3. Slice the zucchini into thin round pieces.
4. Chop the red pepper into small pieces.
5. Heat the oil in a frying pan or stir-fry pan. Add the onion slices.
6. Cook over medium heat, stirring quickly for 1 minute.
7. Add the spices and stir a few times.
8. Cook for 3 to 5 minutes till vegetables are just tender.

Nutrition Facts	
Serving Size 1 1/2 cup prepared stir fry, 1/4 of recipe (162g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 70</b>	<b>Calories from Fat 30</b>
% Daily Value*	
<b>Total Fat 3.5g</b>	<b>5%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 15mg</b>	<b>1%</b>
<b>Total Carbohydrate 8g</b>	<b>3%</b>
Dietary Fiber 3g	12%
Sugars 5g	
<b>Protein 2g</b>	
Vitamin A 20%	Vitamin C 110%
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

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

### Cost

Per recipe: \$2.07  
 Per serving: \$0.52