

# Recipe Finder Cookbook



## Child Development

Suggested Nutritious Recipes for Children

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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# Any Days a Picnic Chicken Salad

Yield: 6 servings

Serving size: 1/6 of recipe

## Ingredients

- 2 1/2 cups chicken breast (cooked, diced)
- 1/2 cup celery (chopped)
- 1/4 cup onion (chopped)
- 2 tablespoons pickle relish
- 1/2 cup light mayonnaise

## Instructions

1. Combine all ingredients.
2. Refrigerate until ready to serve.
3. Use within 1-2 days. Chicken salad does not freeze well.

How to use:

1. Make chicken salad sandwiches.
2. Make a pasta salad by mixing with 2 cups cooked pasta.
3. Kids will love this salad served in a tomato or a cucumber boat.

<b>Nutrition Facts</b>			
Serving Size 1/6 of recipe (100g)			
Servings Per Container			
Amount Per Serving			
<b>Calories 160</b>	<b>Calories from Fat 80</b>		
% Daily Value*			
<b>Total Fat 8g</b>	<b>12%</b>		
Saturated Fat 1.5g	<b>8%</b>		
Trans Fat 0g			
<b>Cholesterol 50mg</b>	<b>17%</b>		
<b>Sodium 220mg</b>	<b>9%</b>		
<b>Total Carbohydrate 4g</b>	<b>1%</b>		
Dietary Fiber 0g	<b>0%</b>		
Sugars 2g			
<b>Protein 17g</b>			
Vitamin A 2%	• 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

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

## Cost

Per recipe: \$5.31

Per serving: \$0.89

# Apple Chunk Cake

Yield: 12 servings  
Serving size: 1 piece

## 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 Slice Pancakes

Yield: 6 servings  
Serving size: 2 pancakes

## Ingredients

- 1 Granny Smith apple
- 1 1/4 cup pancake mix (any type)
- 1/2 teaspoon cinnamon
- 1 egg
- 2 teaspoons canola oil
- 1 cup low-fat milk

## Instructions

1. Lightly coat a griddle or skillet with cooking spray and heat over medium heat.
2. Peel, core and thinly slice apple into rings.
3. In a large mixing bowl, combine ingredients for pancake batter. Stir until ingredients are evenly moist. (Small lumps are ok! Over-mixing makes pancakes tough.)
4. For each pancake, place apple ring on griddle and pour about 1/4 cup batter over apple ring, starting in the center and covering the apple.
5. Cook until bubbles appear. Turn and cook other side until lightly brown.

## Notes

To test the griddle to see if it is hot, sprinkle it with a few drops of water. When the drops sizzle and dance, you are ready to cook! The easiest way to pour the batter onto the hot griddle is to use a 1/4 cup measuring cup for each pancake. If the first pancake is too brown, lower the heat.

Nutrition Facts	
Serving Size 2 pancakes or 1/6 of recipe (101g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 160</b>	<b>Calories from Fat 35</b>
% Daily Value*	
<b>Total Fat 4g</b>	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 45mg</b>	<b>15%</b>
<b>Sodium 360mg</b>	<b>15%</b>
<b>Total Carbohydrate 24g</b>	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 4g	
<b>Protein 5g</b>	
Vitamin A 2%	• 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

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

## Cost

Per recipe: \$1.41  
Per serving: \$0.24



# Apple Tuna Sandwiches

Yield: 3 servings

Serving size: 1 sandwich

## Ingredients

- 1 can tuna, packed in water (6.5 ounces, drained)
- 1 apple
- 1/4 cup yogurt, lowfat vanilla
- 1 teaspoon mustard
- 1 teaspoon honey
- 6 slices whole wheat bread
- 3 lettuce leaves

## Instructions

1. Wash and peel the apple. Chop it into small pieces.
2. Drain the water from the can of tuna.
3. Put the tuna, apple, yogurt, mustard, and honey in a medium bowl. Stir well.
4. Spread 1/2 cup of the tuna mix onto each 3 slices of bread.
5. Top each sandwich with a washed lettuce leaf and a slice of bread.

<b>Nutrition Facts</b>	
Serving Size 1 sandwich or 1/3 of recipe (195g)	
Servings Per Container	
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 1g	5%
Trans Fat 0g	
<b>Cholesterol 15mg</b>	<b>5%</b>
<b>Sodium 360mg</b>	<b>15%</b>
<b>Total Carbohydrate 37g</b>	<b>12%</b>
Dietary Fiber 5g	20%
Sugars 13g	
<b>Protein 21g</b>	
Vitamin A 2%	Vitamin C 4%
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

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

## Cost

Per recipe: \$4.68  
Per serving: \$1.56

# Asian Peanut Butter Dip with Celery

Yield: 5 servings

Serving size: 1/5 of recipe

## Ingredients

- 3 tablespoons peanut butter (creamy)
- 2 tablespoons apple butter
- 2 tablespoons milk (skim)
- 1 tablespoon soy sauce (reduced sodium)
- 1 1/2 teaspoon lime juice
- 10 celery ribs (cut into fourths)

## Instructions

1. Combine peanut butter, apple butter, milk and soy sauce in a small bowl.
2. Wisk together until very smooth.
3. Store tightly, sealed in refrigerator.
4. Serve with celery or other crunchy fruits and vegetables.

Nutrition Facts			
Serving Size 1/5 of recipe (108g)			
Servings Per Container 5			
Amount Per Serving			
<b>Calories 90</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 0mg</b>	<b>0%</b>		
<b>Sodium 230mg</b>	<b>10%</b>		
<b>Total Carbohydrate 8g</b>	<b>3%</b>		
Dietary Fiber 2g	<b>8%</b>		
Sugars 5g			
<b>Protein 3g</b>			
Vitamin A 8%	• Vitamin C 6%		
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

University of Arkansas, Division of Agriculture, [Visit Website](#)

## Cost

Per recipe: \$1.65  
Per serving: \$0.33

# Awesome Granola

Yield: 10 servings  
Serving size: 1/2 cup

## Ingredients

- 3 cups oatmeal (uncooked)
- 1/2 cup coconut (shredded or flaked)
- 1 cup pecans (chopped, walnuts or peanuts)
- 1/4 cup honey
- 1/4 cup margarine (liquid)
- 1 1/2 teaspoon cinnamon
- 2/3 cups raisins

## Instructions

1. Heat oven to 350° F. Combine all ingredients in a large bowl, except raisins, mix well.
2. Bake in 13x9 inch baking pan at 350°F for 25- 30 minutes or until golden brown. Stir every 5 minutes.
3. Stir in raisins. Cool thoroughly. Store in tightly covered container.

### Electric Skillet Instructions:

1. Combine all ingredients except raisins in a large microwave safe bowl; mix well.
2. Set electric skillet at 300° F and stir mixture constantly until lightly browned.
3. Place in a bowl and stir in raisins. Cool thoroughly.
4. Store in tightly covered container.

### Microwave Instructions:

1. Combine all ingredients, except raisins in a large microwave safe bowl; mix well.
2. Place in 11x7 in glass baking dish.
3. Cook at HIGH about 8 minutes or until golden brown, stirring after every 2 minutes of cooking; stir in raisins.
4. Place onto un-greased cookie sheet or aluminum foil to cool. Cool thoroughly. Store in a tightly covered container.

Nutrition Facts	
Serving Size 1/2 cup (55g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories 250</b>	<b>Calories from Fat 120</b>
<small>% Daily Value*</small>	
<b>Total Fat 14g</b>	<b>22%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 50mg</b>	<b>2%</b>
<b>Total Carbohydrate 30g</b>	<b>10%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 14g	
<b>Protein 4g</b>	
Vitamin A 4%	• Vitamin C 0%
Calcium 2%	• Iron 8%
<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</small>
	<small>2,000</small>
	<small>2,500</small>
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
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

### Source

Texas AgriLife Extension,  
Expanded Nutrition Program -  
Hidalgo County

### Cost

Per recipe: \$2.01  
Per serving: \$0.20

# 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>
% Daily Value*	
<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

# Baked Beans

Yield: 6 servings  
 Serving size: 1/6 recipe

## Ingredients

- 1 1/2 cup navy, kidney or lima beans (dry, sorted and rinsed)
- 2 cups water
- 2 cups apple juice
- 1 teaspoon salt
- 2 tablespoons molasses
- 1/2 cup ketchup
- 2 teaspoons vinegar
- 1 teaspoon mustard, dried

## Instructions

1. Combine apple juice and water. Bring to a boil.
2. Add beans and simmer for 2 1/2 hours until beans are tender.
3. Drain beans, reserve the liquid.
4. Put beans and other ingredients in greased baking dish.
5. Cover and bake at 250° for 3 to 4 hours.
6. Uncover the last hour of baking and add some reserved liquid if beans become dry.

Nutrition Facts	
Serving Size 1/6 recipe (244g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 260</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 620mg</b>	<b>26%</b>
<b>Total Carbohydrate 53g</b>	<b>18%</b>
Dietary Fiber 8g	32%
Sugars 19g	
<b>Protein 11g</b>	
Vitamin A 4%	• Vitamin C 8%
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

Washington State WIC Program,  
[The Bold and Beautiful Book of Bean Recipes](#)

### Cost

Per recipe: \$1.58  
 Per serving: \$0.26

# Baked Chicken Nuggets

Yield: 4 servings  
 Serving size: 3 ounces  
 Cook time: 15 minutes

## Ingredients

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

## Instructions

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

### Microwave Method:

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

### Conventional Method:

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

## Notes

to remove bone from chicken thigh:

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

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

## Source

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

## Cost

Per recipe: \$4.44  
 Per serving: \$1.11

# Baked Pumpkin

Yield: 8 servings

Serving size: 1/8 of recipe

## Ingredients

- 1 pumpkin (small, peeled and cut into cubes)
- 1 cup sugar
- 1 teaspoon salt
- 1 teaspoon cinnamon

## Instructions

1. Preheat oven to 325 degrees Fahrenheit.
2. Place pumpkin cubes in a baking dish and sprinkle with sugar and salt.
3. Cover pan with foil and bake until soft.
4. Sprinkle with cinnamon.

<b>Nutrition Facts</b>	
Serving Size 1/8 recipe (84g)	
Servings Per Container 8	
<b>Amount Per Serving</b>	
<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	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 290mg</b>	<b>12%</b>
<b>Total Carbohydrate 29g</b>	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 26g	
<b>Protein 1g</b>	
<b>Vitamin A 90%</b>	<b>Vitamin C 8%</b>
<b>Calcium 2%</b>	<b>Iron 4%</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 Distribution  
 Program on Indian Reservations,  
[A River of Recipes](#)  
[Native American Recipes Using Commodity Foods](#)

## Cost

Per recipe: \$6.67  
 Per serving: \$0.83

# Banana Bread

Yield: 12 servings

Serving size: 3/4 inch slice or 1/12 recipe

Cook time: 15 minutes

## Ingredients

1 cup	banana (mashed)
2	egg
1/3 cup	lowfat buttermilk
2 cups	Master Mixes
1/4 teaspoon	baking soda
1/2 cup	sugar

## Instructions

1. Combine bananas, eggs, and milk.
2. Add Master Mix, baking soda, and sugar. Blend thoroughly.
3. Pour into a greased 9x5x3 inch loaf pan.
4. Bake in 350 degree oven for 45 to 50 minutes.
5. Remove from pan.

Nutrition Facts	
Serving Size 3/4 inch slice or 1/12 of recipe (61g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 150</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 1.5g	
<b>Cholesterol 30mg</b>	<b>10%</b>
<b>Sodium 210mg</b>	<b>9%</b>
<b>Total Carbohydrate 24g</b>	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 11g	
<b>Protein 3g</b>	
Vitamin A 0%	• Vitamin C 2%
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

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

## Cost

Per recipe: \$1.55  
Per serving: \$0.13



# 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

# Banana Pancakes with Apple Topping

Yield: 6 servings

Serving size: 1/6 of recipe

## Ingredients

2 egg  
 1 1/2 cup milk (1%)  
 1 tablespoon honey  
 3 tablespoons oil  
 3/4 cups whole wheat flour  
 3/4 cups flour (all purpose)  
 2 teaspoons baking powder  
 2 banana  
 3 apple  
 3 tablespoons sugar  
 1 teaspoon cinnamon  
 1/4 cup water

## Instructions

1. Beat eggs. Beat in milk, honey and oil.
2. Add flours and baking powder.
3. Slice bananas and add to mixture.
4. Coat a large, non-stick frying pan or griddle with non-stick cooking spray. Warm the pan over medium heat for 2 minutes.
5. Spoon 1/4 cup of the batter onto the heated griddle for each pancake (adjust more or less depending on pancake size).
6. Cook until the tops are bubbly and the pancakes are dry around the edges. Flip and cook for 2-3 minutes or until golden on both sides. Place pancakes on a platter and keep warm.
7. Repeat steps 5 and 6 until batter has been used, using more non-stick cooking spray as needed.

Apple Topping:

1. Wash apples, remove cores, and slice thinly with peel still on.
2. Combine apples with the sugar, cinnamon, and water.
3. Cook in skillet for 10 minutes and spoon on top of pancakes.

## Notes

Infants 12 months and under should NOT be given honey.

Nutrition Facts	
Serving Size 1/6 of recipe (246g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 330</b>	<b>Calories from Fat 90</b>
% Daily Value*	
<b>Total Fat 10g</b>	<b>15%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 75mg</b>	<b>25%</b>
<b>Sodium 220mg</b>	<b>9%</b>
<b>Total Carbohydrate 55g</b>	<b>18%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 24g	
<b>Protein 9g</b>	
Vitamin A 6%	• Vitamin C 10%
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

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

## Cost

Per recipe: \$2.80

Per serving: \$0.47

# Banana Split Oatmeal

Yield: 1 servings

Serving size: 1

## Ingredients

1/3 cup oatmeal, quick-cooking (dry)  
 1/8 teaspoon salt  
 3/4 cups water (very hot)  
 1/2 banana (sliced)  
 1/2 cup frozen yogurt, non-fat

## Instructions

1. In a microwave safe cereal bowl, mix together the oatmeal and salt. Stir in water.
2. Microwave on high power for 1 minute. Stir. Microwave on high power for another minute. Stir again.
3. Microwave an additional 30-60 seconds on high power until the cereal reaches the desired thickness. Stir again.
4. Top with banana slices and frozen yogurt.

## Notes

The banana split oatmeal can be a snack by itself.

<b>Nutrition Facts</b>	
Serving Size 1 full recipe (264g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 150</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 290mg</b>	<b>12%</b>
<b>Total Carbohydrate 30g</b>	<b>10%</b>
Dietary Fiber 4g	16%
Sugars 7g	
<b>Protein 4g</b>	
Vitamin A 0%	• Vitamin C 8%
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

University of Nebraska  
 Cooperative Extension, Recipe  
 Collection, p.14  
 Staff from the University of  
 Nebraska-Lincoln

## Cost

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

# Banana Walnut Oatmeal

Yield: 4 servings

Serving size: 1/4 recipe

## Ingredients

2/3 cups milk (Nonfat, dry)  
 1 pinch salt  
 2 3/4 cups water  
 2 cups quick oats  
 2 banana (very ripe, mashed)  
 2 tablespoons maple syrup  
 2 tablespoons walnuts (chopped)

## Instructions

1. In a small saucepan, combine reconstituted non-fat dry milk, salt, and additional water. Heat over medium heat until steaming hot, but not boiling.
2. Add oats and cook, stirring until creamy, 1 to 2 minutes.
3. Remove the pan from heat and stir in mashed banana and maple syrup. Divide between 4 bowls, garnish with walnuts, and serve.

## Notes

You can substitute 2 cups water for 2 cups skim milk for the reconstituted non-fat fry milk.

Nutrition Facts	
Serving Size 1/4 of recipe (298g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 340</b>	<b>Calories from Fat 50</b>
% Daily Value*	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 190mg</b>	<b>8%</b>
<b>Total Carbohydrate 60g</b>	<b>20%</b>
Dietary Fiber 6g	24%
Sugars 25g	
<b>Protein 14g</b>	
Vitamin A 10%	• Vitamin C 10%
Calcium 30%	• 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

United States Department of Agriculture, [USDA'S Collection of Nonfat Dry Milk \(NDM\) Recipes](#)

## Cost

Per recipe: \$2.10

Per serving: \$0.53

# Breakfast Burrito with Salsa

Yield: 4 servings  
 Serving size: 1 burrito  
 Cook time: 30 minutes

## Ingredients

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

## Instructions

Preheat oven to 350 degrees.

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

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

## Source

USDA, Food and Nutrition Service (FNS), [Food Family Fun](http://www.foodfamilyfun.gov)

## Cost

Per recipe: \$1.64  
 Per serving: \$0.41

# Breakfast Pumpkin Cookies

Yield: 48 servings  
Serving size: 1 cookie

## Ingredients

- 1 3/4 cup pumpkin (pureed, cooked)
- 1 1/2 cup brown sugar
- 2 egg
- 1/2 cup vegetable oil
- 1 1/2 cup flour
- 1 1/4 cup whole wheat flour
- 1 tablespoon baking powder
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- 1/2 teaspoon salt
- 1/4 teaspoon ground ginger
- 1 cup raisins
- 1 cup walnuts (chopped)

## Instructions

1. Preheat oven to 400 degrees.
2. Mix pumpkin, brown sugar, eggs, and oil thoroughly.
3. Blend dry ingredients and add to pumpkin mixture.
4. Add raisins and nuts.
5. Drop by teaspoonfuls on greased cookie sheet.
6. Bake 10-12 minutes until golden brown.

Nutrition Facts	
Serving Size 1 cookie (31g)	
Servings Per Container 48	
Amount Per Serving	
<b>Calories 90</b>	<b>Calories from Fat 35</b>
<b>% Daily Value*</b>	
<b>Total Fat 4g</b>	<b>6%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 60mg</b>	<b>3%</b>
<b>Total Carbohydrate 13g</b>	<b>4%</b>
Dietary Fiber 1g	4%
Sugars 7g	
<b>Protein 2g</b>	
Vitamin A 10%	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

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

## Cost

Per recipe: \$5.91  
Per serving: \$0.12

# Candied Yams

Yield: 6 servings  
Serving size: 1/4 Cup

## Ingredients

- 1 1/2 cup yams
- 1/4 cup brown sugar (packed)
- 1 teaspoon flour (sifted)
- 1/4 teaspoon salt
- 1/4 teaspoon cinnamon (ground)
- 1/4 teaspoon orange peel
- 1 teaspoon tub margarine (soft, unsalted)
- 1/2 cup orange juice

## Instructions

1. Preheat oven to 350 degrees Fahrenheit.
2. Cut yams in half and boil until tender, but firm (about 20 minutes). When cool enough to handle, peel and slice into 1/4-inch thickness.
3. Combine sugar, flour, salt, cinnamon, nutmeg, and grated orange peel.
4. Place half of sliced yams in medium-sized casserole dish. Sprinkle with spiced sugar mixture.
5. Dot with half the amount of margarine.
6. Add second layer of yams, using the rest of the ingredients in the order above. Add orange juice.
7. Bake uncovered for 20 minutes.

<b>Nutrition Facts</b>	
Serving Size 1/4 Cup (66g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 90</b>	<b>Calories from Fat 5</b>
<small>% Daily Value*</small>	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 105mg</b>	<b>4%</b>
<b>Total Carbohydrate 21g</b>	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 11g	
<b>Protein 1g</b>	
Vitamin A 2%	• Vitamin C 25%
Calcium 2%	• Iron 2%
<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	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
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

## 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: \$1.29  
Per serving: \$0.21

# Cherry Pineapple Delight

Yield: 12 servings  
 Serving size: 1/2 cup

## Ingredients

- 2 cups water (boiling)
- 1 package gelatin (8 serving size, cherry, sugar-free)
- 1/2 teaspoon cinnamon
- 1 can pineapple chunks (20 oz., in juice, not drained)
- 1 can mandarin orange (22 oz., in juice, drained)
- 16 ice cubes (large)

## Instructions

1. Pour boiling water into a large bowl. Add the gelatin and cinnamon to boiling water. Stir for at least 2 minutes until gelatin is completely dissolved.
2. Drain pineapple, reserving the juice. Add enough ice (or cold water) to the juice to measure 1 1/2 cups. Add the gelatin mixture and stir until the ice is completely melted.
3. Refrigerate for about 45 minutes or until the gelatin is slightly thickened (consistency of unbeaten egg white).
4. Reserve 1/4 cup each of the pineapple and orange. Add remaining pineapple and oranges to the gelatin. Pour into 1 1/2 quart serving bowl.
5. Refrigerate for 4 hours or until firm. Garnish with reserved pineapple and oranges.

Nutrition Facts	
Serving Size 1/2 cup (143g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories 45</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 50mg</b>	<b>2%</b>
<b>Total Carbohydrate 10g</b>	<b>3%</b>
Dietary Fiber 1g	4%
Sugars 9g	
<b>Protein 1g</b>	
Vitamin A 8%	Vitamin C 20%
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

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

## Cost

Per recipe: \$4.56  
 Per serving: \$0.38



# Chicken, Rice and Fruit Salad

Yield: 3 servings

Serving size: 1/3 of recipe

## Ingredients

1 cup	brown or white rice, cooked
2 teaspoons	parsley, dried (or 2 Tablespoons fresh, finely chopped)
1/2 teaspoon	black pepper (ground)
1/4	clove garlic (finely chopped)
1 tablespoon	ranch dressing, fat-free
2 tablespoons	mayonnaise, fat-free
1 cup	apple or cantaloupe (cut into chunks)
1/3 cup	grape halves (red or purple, cut into chunks)
1/2 cup	celery (chopped)
1 1/4 cup	chicken, cooked (cut into bite-size pieces)
6	lettuce leaves

## Instructions

1. Wash your hands and work area.
2. If not using leftover or "planned over" rice - cook rice according to package directions without adding salt. Chill.
3. In a serving bowl, mix parsley, black pepper, garlic, dressing, and mayonnaise together.
4. Add cooled rice, apple, grapes, celery, and chicken. Stir gently.
5. Serve cold on a bed of clean lettuce leaves, if desired.
6. Cover and refrigerate leftovers within 2 hours.

## Notes

A child could wash the fruit and help remove the seeds.

Nutrition Facts	
Serving Size 1/3 of recipe (250g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 230</b>	<b>Calories from Fat 30</b>
% Daily Value*	
<b>Total Fat 3.5g</b>	<b>5%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 50mg</b>	<b>17%</b>
<b>Sodium 210mg</b>	<b>9%</b>
<b>Total Carbohydrate 29g</b>	<b>10%</b>
Dietary Fiber 3g	12%
Sugars 10g	
<b>Protein 21g</b>	
Vitamin A 6%	Vitamin C 10%
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

Kansas State University  
Research and Extension, [Fix it Fresh! Recipe Series](#)

## Cost

Per recipe: \$3.59  
Per serving: \$1.20

# Chocolate Chip Yogurt Cookies

Yield: 36 servings  
Serving size: 1 cookie

## Ingredients

- 1/2 cup sugar
- 1/2 cup brown sugar (firmly packed)
- 1/2 cup margarine
- 1/2 cup yogurt (non-fat, plain)
- 1 1/2 teaspoon vanilla
- 3/4 cups flour (all-purpose)
- 1 cup flour (whole wheat)
- 1/2 teaspoon baking soda
- 1/2 cup chocolate chips (miniature, or carob chips)

## Instructions

1. Heat oven to 375° F.
2. In a large bowl combine sugar, brown sugar and margarine; beat until light and fluffy.
3. Add yogurt and vanilla; blend well. Stir in flour and baking soda; mix well. Stir in chocolate chips.
4. Drop dough by rounded teaspoonfuls 2 inches apart onto un-greased cookie sheets. Bake at 375° F for 8 to 12 minutes or until light and golden brown.
5. Cool 1 minute, remove from cookie sheets.

Nutrition Facts	
Serving Size 1 cookie (21g)	
Servings Per Container 36	
Amount Per Serving	
<b>Calories 80</b>	<b>Calories from Fat 30</b>
% Daily Value*	
<b>Total Fat 3.5g</b>	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 50mg</b>	<b>2%</b>
<b>Total Carbohydrate 12g</b>	<b>4%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 7g	
<b>Protein 1g</b>	
Vitamin A 2%	• Vitamin C 0%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories    2,000    2,500
Total Fat	Less Than 65g    80g
Saturated Fat	Less Than 20g    25g
Cholesterol	Less Than 300mg    300 mg
Sodium	Less Than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Source

Cornell University Cooperative Extension, Eat Smart New York!

## Cost

Per recipe: \$1.86  
Per serving: \$0.05

# Chocolate Peanut Butter Frozen Bars

Yield: 13 servings  
Serving size: 1 bar

## Ingredients

2 packages      sugar-free chocolate pudding (1.3 oz each, instant or cook and serve type)  
3 1/2 cups      skim milk  
1/4 cup          peanut butter  
27                graham cracker squares (2-1/2")

## Instructions

1. Mix pudding according to package directions, except use 3-1/2 cups milk. Beat in peanut butter.
2. Line a 9"x13" pan with half the graham cracker squares. Three squares will have to be cut in half to line the pan.
3. Spread pudding mixture over graham crackers. Top with remaining crackers.
4. Freeze for four hours.
5. Cut into squares and remove from pan.
6. Store in a plastic bag in the freezer.

<b>Nutrition Facts</b>	
Serving Size 1 bar (89g)	
Servings Per Container 13.5	
Amount Per Serving	
<b>Calories 130</b>	<b>Calories from Fat 35</b>
% Daily Value*	
<b>Total Fat 4g</b>	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 280mg</b>	<b>12%</b>
<b>Total Carbohydrate 19g</b>	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 8g	
<b>Protein 5g</b>	
Vitamin A 2%	• Vitamin C 0%
Calcium 8%	• 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

Dorothy C. Lee, CFCS and  
Linda K. Bowman, RD/LD/N  
University of Florida, IFAS  
Extension, Cooking Healthy with  
Diabetes

## Cost

Per recipe: \$4.70  
Per serving: \$0.36

# Corn Toasties

Yield: 18 servings  
 Serving size: 1/18 of recipe

## Ingredients

- 2 cups cornmeal
- 1 cup sifted (all-purpose flour)
- 2 tablespoons sugar
- 1 1/2 baking powder
- tablespoon
- 1/4 teaspoon salt
- 1/2 teaspoon baking soda
- 3/4 cups buttermilk (made from 2 teaspoons vinegar + 3/4 cup milk, made from non-fat dry milk powder)
- 1/4 cup egg mix (dry, mixed with 1/4 cup water)
- 2 tablespoons vegetable oil

## Instructions

1. In a large bowl, combine cornmeal, flour, sugar, baking powder, salt, and baking soda.
2. In another bowl, combine buttermilk, egg mix, and vegetable oil. Beat until well blended.
3. Add buttermilk mixture all at once to dry ingredients. Stir until well mixed.
4. Turn mixture onto a lightly floured board and knead only 10 times.
5. Roll out to a thickness of 1/4 inch and cut with a 3/4-inch-round cutter.
6. Cook on a warm ungreased griddle or frying pan for about 10 minutes on each side.

Nutrition Facts	
Serving Size 1 toastie (44g)	
Servings Per Container 18	
Amount Per Serving	
<b>Calories 120</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 120mg</b>	<b>5%</b>
<b>Total Carbohydrate 22g</b>	<b>7%</b>
Dietary Fiber 1g 4%	
Sugars 2g	
<b>Protein 3g</b>	
Vitamin A 2%	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

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

### Cost

Per recipe: \$1.61  
 Per serving: \$0.09

# 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	<b>8%</b>
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	<b>32%</b>
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

# Crunchy Vegetable Wraps

Yield: 4 servings

Serving size: 1/2 tortilla each

## Ingredients

4 tablespoons cream cheese, low fat (whipped)  
 2 flour tortillas  
 1/2 teaspoon ranch seasoning mix  
 1/4 cup broccoli (washed and chopped)  
 1/4 cup carrot (peeled and grated)  
 1/4 cup zucchini (washed and cut into small strips)  
 1/4 cup summer squash (yellow, washed and cut into small strips)  
 1/2 tomato (diced)  
 2 tablespoons green bell pepper (seeded and diced)  
 2 tablespoons chives (chopped fine)

## Instructions

1. In a small bowl, stir ranch seasoning into cream cheese, chill.
2. Wash and chop vegetables.
3. Steam broccoli in microwave for 1 minute with 1 tablespoon of water.
4. Spread cream cheese onto flour tortilla, staying one inch from edge. Sprinkle vegetables over cream cheese. Roll tortilla tightly.
5. Chill for 1-2 hours before serving (the wrap will hold its shape better). With a sharp knife slice into circles and serve.

## Notes

- Be creative. Try different vegetables, herbs and spices. Examples- green beans, lettuce, radishes, corn; dill, oregano, basil, mint, curry or chili powder.
- You can substitute pre-made flavored cream cheeses- chive, herb or vegetable.
- Try a sweet cream cheese and add fruit to your wrap for a different twist.
- This wrap is great with soup or salad or served as a cool summer appetizer!

Nutrition Facts	
Serving Size 1/2 tortilla each (94g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 110</b>	<b>Calories from Fat 35</b>
% Daily Value*	
<b>Total Fat 4g</b>	<b>6%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 220mg</b>	<b>9%</b>
<b>Total Carbohydrate 16g</b>	<b>5%</b>
Dietary Fiber 2g	8%
Sugars 2g	
<b>Protein 4g</b>	
Vitamin A 35%	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

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

## Cost

Per recipe: \$1.33  
 Per serving: \$0.33

# Curry Vegetable Dip

Yield: 16 servings  
 Serving size: 1 Tablespoon

## Ingredients

- 8 ounces yogurt (plain, low-fat)
- 1/4 cup carrot (shredded)
- 2 teaspoons green onion (minced)
- 1 tablespoon salad dressing (mayonnaise-type)
- 1 teaspoon sugar
- 1/4 teaspoon curry powder
- 1 dash pepper

## Instructions

1. Mix ingredients in a bowl.
2. Chill.
3. Serve with crisp raw vegetables pieces, such as celery, carrot, or summer squash sticks.

Nutrition Facts	
Serving Size 1/3 cup (70g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 60</b>	<b>Calories from Fat 20</b>
% Daily Value*	
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 70mg</b>	<b>3%</b>
<b>Total Carbohydrate 7g</b>	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 6g	
<b>Protein 3g</b>	
Vitamin A 25%	• Vitamin C 2%
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

USDA Food and Nutrition Service, [Pyramid Snacks](#)

[Team Nutrition](#)

### Cost

Per recipe: \$1.00  
 Per serving: \$0.06

# 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



# Easy Chicken Pot Pie

Yield: 6 servings

Serving size: 1/6 of pie

Cook time: 45 minutes

## Ingredients

1 2/3 cup	frozen mixed vegetables (thawed)
1 cup	cooked chicken (cut-up)
1 can	low fat cream of chicken soup (10-3/4 ounce, condensed)
1 cup	baking mix (reduced fat)
1/2 cup	milk
1	egg

## Instructions

1. Wash hands and any cooking surfaces.
2. Pre-heat oven to 400°F.
3. Mix vegetables, chicken and soup in ungreased, 9-inch pie plate
4. Stir remaining ingredients in a mixing bowl with fork until blended. Pour over vegetables and chicken in pie plate.
5. Bake 30 minutes or until golden brown.
6. Let cool for 5 minutes and serve.

Nutrition Facts	
Serving Size 1/6 of pie (155g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 190</b>	<b>Calories from Fat 35</b>
% Daily Value*	
<b>Total Fat 4g</b>	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 60mg</b>	<b>20%</b>
<b>Sodium 460mg</b>	<b>19%</b>
<b>Total Carbohydrate 25g</b>	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 4g	
<b>Protein 12g</b>	
Vitamin A 10%	• Vitamin C 2%
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

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

## Cost

Per recipe: \$3.47

Per serving: \$0.58

# Easy Eggplant Stir Fry

Yield: 4 servings

Serving size: 1/4 of recipe

## Ingredients

- 2 eggplant (peeled and cubed)
- 1 zucchini (thinly sliced)
- 1 cup green bell pepper (cut into strips)
- 2 onion (sliced)
- 3 tablespoons Italian salad dressing (low fat)
- 2 cups cherry tomatoes
- 2 cups brown rice (cooked)

## Instructions

1. Place eggplant, zucchini, green bell pepper, onions and salad dressing into a skillet.
2. Stir lightly to combine and cook over low heat until tender.
3. Stir in cherry tomatoes and cook for 3-5 minutes. Serve over cooked brown rice.

Nutrition Facts	
Serving Size 1/4 recipe (497g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 230</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 90mg</b>	<b>4%</b>
<b>Total Carbohydrate 51g</b>	<b>17%</b>
Dietary Fiber 9g	36%
Sugars 11g	
Protein 5g	
Vitamin A 25%	Vitamin C 70%
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, [Farm Fresh Summertime Recipes](#)

## Cost

Per recipe: \$7.48

Per serving: \$1.87

# Easy Fruit Salad

Yield: 14 servings  
 Serving size: 1/2 cup

## Ingredients

- 1 can fruit cocktail (16 ounce, drained)
- 2 banana (sliced)
- 2 orange (cut into bite-size pieces)
- 2 apple (cut into bite-size pieces)
- 8 ounces yogurt, lowfat pina colada

## Instructions

1. Mix fruit in a large bowl.
2. Add yogurt and mix well.
3. Chill in refrigerator before serving.

<b>Nutrition Facts</b>	
Serving Size 1/2 cup prepared fruit salad, 1/14 of recipe (107g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 70</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 10mg</b>	<b>0%</b>
<b>Total Carbohydrate 17g</b>	<b>6%</b>
Dietary Fiber 2g	8%
Sugars 12g	
<b>Protein 1g</b>	
Vitamin A 4%	• Vitamin C 25%
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 California,  
 Cooperative Extension Fresno  
 County, Easy and Nutritious  
 Family Recipes, p.3

## Cost

Per recipe: \$3.54  
 Per serving: \$0.25

# Easy Rice Pudding

Yield: 4 servings  
 Serving size: 2/3 cup  
 Cook time: 40 minutes

## Ingredients

- 2/3 cups white rice, uncooked
- 2 cups water (warm)
- 1 teaspoon butter or margarine (optional\*)
- 1/2 cup dry milk, non-fat
- 2 tablespoons sugar
- 1/2 teaspoon vanilla
- 1/2 teaspoon cinnamon
- 1 cup water
- 1/2 cup raisins (or other dried fruit)

## Instructions

1. Combine rice, water, and butter or margarine in large microwave safe dish. Cover loosely, so steam will escape.
2. Cook in microwave on high for 5 minutes or until mixture comes to a boil. Reduce setting to defrost (50% power), and cook an additional 10 minutes.
3. Mix other ingredients together while rice is cooking.
4. Without allowing rice to cool, remove cover and quickly stir milk-water-raisin mixture into hot rice. Cover loosely again and continue cooking on defrost (50% power) for 10 minutes. After cooking time is finished, let pudding sit, covered, for 10 minutes.
5. Stir gently and put in individual serving dishes.
6. Eat warm or cover and refrigerate immediately. Enjoy the refrigerated pudding within 2 days.

\* Used in Analysis

## Notes

A 9-10 year-old child can learn how to use measuring spoons and cups while helping make this recipe.

Nutrition Facts	
Serving Size 2/3 cup, 1/4 of recipe (245g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 240</b>	<b>Calories from Fat 10</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 55mg</b>	<b>2%</b>
<b>Total Carbohydrate 52g</b>	<b>17%</b>
Dietary Fiber 1g	4%
Sugars 23g	
<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 Minnesota,  
 Cooperative Extension Service,  
 Simply Good Eating Recipe  
 Cards: Vol. 1, 2000

## Cost

Per recipe: \$0.94  
 Per serving: \$0.23

# Enchilada Bake

Yield: 8 servings  
Serving size: 1 enchilada

## Ingredients

- 1 tablespoon oil
- 1 onion (large, chopped)
- 3 garlic (cloves, minced)
- 2 cups black beans (cooked see [recipe](#))
- 1 can kernel corn (7 ounces, drained and rinsed)
- 1 teaspoon cumin
- 2 cups prepared salsa (divided)
- 8 corn tortillas
- 1/2 cup Monterey Jack cheese (shredded)

## Instructions

1. In a large skillet heat oil over medium-high heat; sauté onion and garlic 2-3 minutes.
2. Add beans, corn, cumin and 1/2 cup salsa. Cook 3-4 minutes, coarsely mashing beans with back of spoon.
3. Spoon 1/3 cup filling onto each tortilla; roll up.
4. Spoon 1/2 cup salsa into 11 x 7 x 2-inch baking dish. Arrange tortillas seam side down; top with remaining 1 cup sauce.
5. Cover and bake in 350° degree oven for 15 to 20 minutes.
6. Uncover; top with cheese. Bake 2 minutes longer or until cheese is melted.

Nutrition Facts	
Serving Size 1 enchilada (255g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 210</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 520mg</b>	<b>22%</b>
<b>Total Carbohydrate 34g</b>	<b>11%</b>
Dietary Fiber 5g	20%
Sugars 5g	
<b>Protein 9g</b>	
Vitamin A 4%	• Vitamin C 8%
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

Washington State WIC Program,  
[The Bold and Beautiful Book of Bean Recipes](#)

## Cost

Per recipe: \$4.12  
Per serving: \$0.52

# English Muffin Veggie Pizza

Yield: 4 servings

Serving size: 2 pizzas (each made from 1/2 English muffin)

## Ingredients

- 1 cup broccoli (cooked chopped)
- 4 English muffins
- 1 cup pizza sauce (or spaghetti sauce)
- 1/2 cup mozzarella cheese, shredded, part skim
- 3 tablespoons carrot (shredded)
- 1 teaspoon parmesan cheese (grated)

## Instructions

1. Cut the broccoli to make 1 cup of chopped broccoli.
2. Put the broccoli in a saucepan with water. Cook on medium until tender.
3. Drain the water from the saucepan. Let the broccoli cool.
4. Cut 4 English muffins in half. Toast the 8 muffin halves.
5. Shred the mozzarella cheese to make 1/2 cup of shredded cheese.
6. Peel and shred the carrots to make 3 tablespoons shredded carrots.
7. Spoon 2 tablespoons pizza sauce over each English muffin half.
8. Sprinkle 1 tablespoon shredded mozzarella cheese on top of each half.
9. Put 2 tablespoons broccoli and 1 teaspoon shredded carrots on top of each half.
10. Sprinkle each half with 1 teaspoon grated parmesan cheese.
11. Toast in the toaster oven for 2 minutes, until the cheese melts.

<b>Nutrition Facts</b>			
Serving Size 2 pizzas (each made from 1/2 English muffin), 1/4 of recipe (185g)			
Servings Per Container			
Amount Per Serving			
<b>Calories 240</b>	<b>Calories from Fat 45</b>		
% Daily Value*			
<b>Total Fat 5g</b>	<b>8%</b>		
Saturated Fat 1.5g	<b>8%</b>		
Trans Fat 0g			
<b>Cholesterol 5mg</b>	<b>2%</b>		
<b>Sodium 340mg</b>	<b>14%</b>		
<b>Total Carbohydrate 40g</b>	<b>13%</b>		
Dietary Fiber 7g	<b>28%</b>		
Sugars 4g			
<b>Protein 13g</b>			
Vitamin A 40%	Vitamin C 60%		
Calcium 35%	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

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

## Cost

Per recipe: \$2.90  
Per serving: \$0.72

# Farmers Market Gazpacho

Yield: 4 servings

Serving size: 1/4 of recipe

## Ingredients

- 2 cucumber (diced into 1/4 inch pieces)
- 3 red bell pepper (seeded and diced into 1/4 inch pieces)
- 3 green pepper (seeded and diced into 1/4 inch pieces)
- 4 celery stalk (diced into 1/4 inch pieces)
- 2 tomatoes (diced into 1/4 inch pieces)
- 1 onion (medium, - diced into 1/4 inch pieces)
- 2 lemon
- 2 cups tomato juice, low sodium
- 3 garlic clove (fresh minced)
- 1 tablespoon cumin (ground)
- 1 cup cilantro (fresh chopped)
- salt and pepper (to taste)

## Instructions

1. Combine all ingredients except salt, pepper and lemons in a bowl.
2. Remove 2 cups of the mixture and reserve.
3. Using a blender or food processor, puree the remaining mixture in the bowl.
4. Add 2 cups of reserved mixture to the pureed mixture.
5. Season with salt, pepper and the juice from the lemons.
6. Cover mixture and refrigerate for at least 2 hours before serving.
7. Serve cold, garnished with chopped cilantro.

Nutrition Facts	
Serving Size 1/4 of recipe (628g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 140</b>	<b>Calories from Fat 15</b>
<b>% Daily Value*</b>	
<b>Total Fat 1.5g</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 65mg</b>	<b>3%</b>
<b>Total Carbohydrate 30g</b>	<b>10%</b>
Dietary Fiber 8g	<b>32%</b>
Sugars 17g	
<b>Protein 5g</b>	
Vitamin A 90%	• Vitamin C 500%
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

Johnson and Wales University and Rhode Island Department of Health WIC Program, Veggin' Out Recipe Book, page 42

## Cost

Per recipe: \$7.28  
Per serving: \$1.82

# Fiesta Hummus

Yield: 6 servings  
Serving size: 1/4 cup

## Ingredients

- 1 can garbanzo beans
- 1/2 teaspoon cumin
- 1/4 teaspoon salt
- 1 dash cayenne pepper
- 2 garlic clove (minced)
- 1/2 cup yogurt (plain, non-fat)
- 1 tablespoon lime juice
- 1 tablespoon sesame oil
- 1 jalapeno pepper (finely chopped)
- 2 tablespoons cilantro (chopped)

## Instructions

1. Drain and mash garbanzo beans in blender, food processor or with fork. Add remaining ingredients.
2. Blend until smooth. Chill one hour or overnight. Serve on crackers or tortilla chips. Promptly refrigerate leftovers.

<b>Nutrition Facts</b>	
Serving Size 1/4 cup (101g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 120</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 330mg</b>	<b>14%</b>
<b>Total Carbohydrate 18g</b>	<b>6%</b>
Dietary Fiber 3g	12%
Sugars 2g	
<b>Protein 5g</b>	
Vitamin A 2%	• Vitamin C 10%
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

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

## Cost

Per recipe: \$1.70  
Per serving: \$0.28



## Fiesta Mix

Yield: 4 servings

Serving size: 1/4 of recipe

### Ingredients

1 cup	cereal with fruit
1 cup	"chex" type bran cereal
1 cup	"O" type cereal
1/4 cup	raisins
1/4 cup	peanuts
1/4 cup	shredded coconut

### Instructions

1. Mix cereals together in a large bowl.
2. Add raisins, peanuts, and coconut; mix well.
3. Eat it dry or with milk.

<b>Nutrition Facts</b>			
Serving Size 1/4 of recipe (49g)			
Servings Per Container			
Amount Per Serving			
<b>Calories 210</b>	<b>Calories from Fat 80</b>		
% Daily Value*			
<b>Total Fat 9g</b>	<b>14%</b>		
Saturated Fat 4g	<b>20%</b>		
Trans Fat 0g			
<b>Cholesterol 0mg</b>	<b>0%</b>		
<b>Sodium 170mg</b>	<b>7%</b>		
<b>Total Carbohydrate 32g</b>	<b>11%</b>		
Dietary Fiber 3g	<b>12%</b>		
Sugars 11g			
<b>Protein 5g</b>			
Vitamin A 8%	• Vitamin C 6%		
Calcium 8%	• Iron 40%		
*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: \$1.31  
 Per serving: \$0.33

# Fiesta Rice Salad

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

## Ingredients

- 1 cup brown rice (cooked)
- 1 carrot (shredded)
- 1 cup broccoli (chopped fine)
- 1 red onion (small, chopped)
- 1 cup tomato (chopped)
- 1 bell pepper (sweet, green, red, yellow)
- 1 can kidney beans (15oz, drained, rinsed)
- 2 tablespoons cilantro (or other fresh herbs) (chopped fine)
- 2 tablespoons red wine vinegar (or white or cider)
- 1 tablespoon vegetable oil
- salt and pepper (to taste)

## Instructions

1. Wash and chop vegetables and mix with cooked rice.
2. In a small bowl, add vinegar, oil, dill, salt and pepper. (Or use your favorite dressing.) Pour over rice mixture.
3. Add beans and toss well. Serve cold and enjoy!

## Notes

Use your favorite vegetables- zucchini, summer squash, corn, greens, kohlrabi, cabbage or string beans. Use frozen or canned when fresh is unavailable. Grate, chop, cut into small thin strips for different shapes.

Be creative! Try different vinegars -- cider, red or white wine, balsamic, rice or white – or flavored vinegars.

Use low calorie salad dressing and leave out the vinegar and oil.

Try a squeeze of lemon or lime juice in place of vinegar!

Try different fresh herbs- cilantro, dill, basil, chives, tarragon, oregano, rosemary or mint to name a few. Or use dried herbs – but use less.

Nutrition Facts	
Serving Size 1 1/4 cup (359g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 270</b>	<b>Calories from Fat 40</b>
% Daily Value*	
<b>Total Fat 4.5g</b>	<b>7%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 25mg</b>	<b>1%</b>
<b>Total Carbohydrate 48g</b>	<b>16%</b>
Dietary Fiber 14g	56%
Sugars 8g	
<b>Protein 11g</b>	
Vitamin A 60%	Vitamin C 90%
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

Connecticut Food Policy Council, [Farm Fresh Summertime Recipes](#)

## Cost

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

# 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

# Food Group Funny Face

Yield: 1 servings  
 Serving size: 1 cracker

## Ingredients

- 1 tablespoon peanut butter
- 1 graham cracker (large, or use whole grain or saltine crackers)
- 1 tablespoon cheddar cheese (shredded)
- 3 raisins
- 2 peas (large green)
- 1 grape (cut in half)

## Instructions

1. Spread peanut butter on a cracker in the shape of a face.
2. Sprinkle grated cheese at top for hair.
3. Place raisins on cracker for mouth.
4. Use peas for eyes and 1/2 grape for nose.

## Notes

This snack is intended for children over age two. Do not serve to younger children who may choke.

<b>Nutrition Facts</b>	
Serving Size 1 Funny Face Cracker (47g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 190</b>	<b>Calories from Fat 110</b>
% Daily Value*	
<b>Total Fat 12g</b>	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 110mg</b>	<b>5%</b>
<b>Total Carbohydrate 16g</b>	<b>5%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 5g	
<b>Protein 7g</b>	
Vitamin A 2%	• Vitamin C 2%
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

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

## Cost

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

# Fresh Fruit with Cinnamon Yogurt Dip

Yield: 4 servings

Serving size: 1/4 of recipe

## Ingredients

- 1 apple
- 1 orange
- 1/4 cup orange juice
- 1 cup vanilla yogurt
- 1/2 teaspoon cinnamon

## Instructions

1. Core and slice the apple.
2. Slice banana into thin circles.
3. Peel the orange and break it into sections.
4. Pour the orange juice into a small bowl.
5. Dip the fruit pieces into the orange juice to prevent browning.
6. Arrange on a plate.
7. Mix the yogurt and cinnamon in a small bowl.
8. Put the bowl of yogurt and cinnamon next to the fruit. Use it as a dip for the fruit.

## Notes

Try making this with other favorite fruits.

<b>Nutrition Facts</b>	
Serving Size 1/4 of recipe (169g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 120</b>	<b>Calories from Fat 10</b>
<b>% Daily Value*</b>	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 40mg</b>	<b>2%</b>
<b>Total Carbohydrate 25g</b>	<b>8%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 20g	
<b>Protein 4g</b>	
Vitamin A 2%	• Vitamin C 35%
Calcium 10%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories    2,000    2,500
Total Fat	Less Than 65g    80g
Saturated Fat	Less Than 20g    25g
Cholesterol	Less Than 300mg    300 mg
Sodium	Less Than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

## Cost

Per recipe: \$1.73  
Per serving: \$0.43

# Fresh Tomato Sauce

Yield: 6 servings  
 Serving size: 1 1/2 cups

## Ingredients

- 8 tomatoes (ripe)
- 1 tablespoon vegetable oil
- 1/2 cup onion (chopped)
- 1/2 cup green pepper (chopped)
- 1/4 cup carrot (thinly sliced, or shredded)
- 1/2 teaspoon oregano (dried)
- 1 teaspoon dried basil (dried)
- 2 teaspoons garlic (minced or 1/2 teaspoon garlic powder)
- pepper (to taste)
- 6 cups pasta (cooked)
- 6 tablespoons parmesan cheese (grated)

## Instructions

1. Wash the ripe tomatoes. Cut out stem ends. Chop into small pieces and set aside in a large bowl.
2. In a large pan, heat the oil over medium high heat. Add onion, green pepper, carrots and garlic. Stir-fry until tender, about three minutes.
3. Add seasonings and tomatoes. Bring to a gentle boil.
4. Lower heat and simmer gently, uncovered, until tomatoes turn to a sauce, about 40 minutes. Serve over freshly cooked pasta.

Nutrition Facts	
Serving Size 1 1/2 cups (402g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 330</b>	<b>Calories from Fat 50</b>
<b>% Daily Value*</b>	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 90mg</b>	<b>4%</b>
<b>Total Carbohydrate 57g</b>	<b>19%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 8g	
<b>Protein 12g</b>	
Vitamin A 50%	• Vitamin C 80%
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

Connecticut Food Policy Council, [Farm Fresh Summer Recipes](#)

## Cost

Per recipe: \$7.58  
 Per serving: \$1.26

# Frozen Fruit Cups

Yield: 18 servings  
 Serving size: 1/18 of recipe

## Ingredients

- 3 banana
- 24 ounces yogurt, nonfat strawberry
- 10 ounces strawberries, frozen (thawed and undrained)
- 8 ounces crushed pineapple (undrained, canned)

## Instructions

1. Line 18 muffin-tin cups with paper baking cups.
2. Dice or mash bananas and place in a large mixing bowl.
3. Stir in remaining ingredients.
4. Spoon into muffin-tin cups and freeze at least 3 hours or until firm. Remove frozen cups and store in a plastic bag in freezer.
5. Before serving, remove paper cups and let stand 10 minutes.

<b>Nutrition Facts</b>	
Serving Size 1 fruit cup, 1/18 of recipe (86g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 50</b>	Calories from Fat 0
% 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 25mg</b>	<b>1%</b>
<b>Total Carbohydrate 12g</b>	<b>4%</b>
Dietary Fiber 1g	4%
Sugars 8g	
<b>Protein 2g</b>	
Vitamin A 0%	• Vitamin C 15%
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

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

### Cost

Per recipe: \$4.41  
 Per serving: \$0.24

# Frozen Fruit Pops

Yield: 4 servings  
 Serving size: 1 fruit pop

## Ingredients

- 8 ounces crushed pineapple
- 1 cup yogurt, lowfat fruit (8 ounces)
- 6 ounces orange juice, frozen concentrate (thawed)

## Instructions

1. Mix the ingredients in a medium-size bowl. Divide into 4 paper cups.
2. Freeze until slushy - about 60 minutes. Insert a wooden stick half way through the center of each fruit pop.
3. Freeze until hard or at least 4 hours. Peel away the paper cup before you eat the fruit pop.

## Notes

You can mix ingredients and freeze in ice cube tray instead of cups, making great "ice cubes" in fruit juice. Try other fruits or juice concentrates for variety.

<b>Nutrition Facts</b>	
Serving Size 1 fruit pop, 1/4 of recipe (167g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 180</b>	<b>Calories from Fat 5</b>
% Daily Value*	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 35mg</b>	<b>1%</b>
<b>Total Carbohydrate 41g</b>	<b>14%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 38g	
<b>Protein 4g</b>	
Vitamin A 4%	• Vitamin C 130%
Calcium 8%	• 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

USDA, Food and Nutrition Service (FNS) and Food and Drug Administration, DHHS, The Power of Choice

## Cost

Per recipe: \$1.99  
 Per serving: \$0.50



## 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.

<b>Nutrition Facts</b>	
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

# Fruit Dip

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

## Ingredients

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

## Instructions

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

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

### Source

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

### Cost

Per recipe: \$2.41  
 Per serving: \$0.60

# Fruit Dippers

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

## Ingredients

- 1/2 cup yogurt, lowfat vanilla
- 2 tablespoons peanuts (chopped)
- 2 cups fruit (grapes, banana slices, apple wedges, strawberries)

## Instructions

1. Combine yogurt and peanuts. Mix with a spoon.
2. Place a toothpick in the center of each fruit.
3. Dip fruit into the yogurt peanut mixture.

<b>Nutrition Facts</b>	
Serving Size 1/4 of recipe (102g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 100</b>	<b>Calories from Fat 25</b>
% Daily Value*	
<b>Total Fat 3g</b>	<b>5%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<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	8%
Sugars 13g	
<b>Protein 3g</b>	
Vitamin A 2%	• Vitamin C 10%
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

USDA, Food and Nutrition Service (FNS) and Food and Drug Administration, DHHS, The Power of Choice

### Cost

Per recipe: \$0.93  
 Per serving: \$0.23

# Fruit Juice Slush

Yield: 6 servings  
Serving size: 1 cup

## Ingredients

1 can fruit juice concentrate (12 ounce, 100%)  
12 ounces water  
3 cups ice

## Instructions

1. In a blender, place juice concentrate, water and half of ice.
2. To prevent spillage, do not pass the top line of the blender.
3. Blend while gradually adding remaining ice. Serve.

## Notes

Use any flavor of juice concentrate. If slush is too thick add more water.

<b>Nutrition Facts</b>	
Serving Size 1 cup prepared slush, 1/6 of recipe (156g) Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 90</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 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 22g</b>	<b>7%</b>
Dietary Fiber 0g	0%
Sugars 21g	
<b>Protein 1g</b>	
Vitamin A 4%	• Vitamin C 130%
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 Hawaii at Manoa,  
Cooperative Extension, [Lifeskills in Food Education Food Skills Cookbook](#)  
[Food Stamps Nutrition Education Program](#)

## Cost

Per recipe: \$0.92  
Per serving: \$0.15

# Fruit Kabobs with Yogurt Dip

Yield: 8 servings

Serving size: 1/8 of recipe

## Ingredients

- 1 cup watermelon (chunks)
- 1 cup pineapple (chunks)
- 1 cup grapes, red seedless
- 1 cup strawberries (stemmed)
- 2 kiwi (peeled and cut in quarters)
- 8 bamboo skewers (6 inches long)
- 1 cup yogurt, light strawberry

## Instructions

1. Place fruit chunks on bamboo skewers. Place fruit kabobs on platter.
2. Place nonfat light strawberry yogurt in bowl. Serve kabobs with yogurt on the side.

<b>Nutrition Facts</b>	
Serving Size 1/8 of recipe (124g)	
Servings Per Container	
Amount Per Serving	
<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	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 20mg</b>	<b>1%</b>
<b>Total Carbohydrate 14g</b>	<b>5%</b>
Dietary Fiber 1g	4%
Sugars 11g	
<b>Protein 2g</b>	
Vitamin A 4%	• Vitamin C 70%
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

Food and Health  
Communications, Inc, Cooking  
Demo II

## Cost

Per recipe: \$3.18  
Per serving: \$0.40

# Fruit Milk Shakes

Yield: 2 servings

Serving size: 1/2 recipe

## Ingredients

- 1 cup milk (or water)
- 1/2 cup nonfat dry milk
- 2 banana (ripe, or 1/3 cup orange juice concentrate)
- 1 teaspoon vanilla
- 10 large ice cubes

## Instructions

1. Place the following foods together in a blender. Blend for 30 seconds to 1 minute.

<b>Nutrition Facts</b>	
Serving Size 1/2 of recipe (386g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories 220</b>	<b>Calories from Fat 5</b>
% Daily Value*	
<b>Total Fat 0.5g</b>	<b>1%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 170mg</b>	<b>7%</b>
<b>Total Carbohydrate 43g</b>	<b>14%</b>
Dietary Fiber 3g	12%
Sugars 30g	
<b>Protein 12g</b>	
Vitamin A 15%	Vitamin C 20%
Calcium 40%	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, Cooking with What You Have

## Cost

Per recipe: \$0.75  
Per serving: \$0.38

# Fruit Salsa

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

## Ingredients

- 1 cup strawberries (diced)
- 1 banana (diced)
- 1 kiwi (peeled and diced)
- 1 apple (cored and diced)
- 2 tablespoons lemon juice
- 1/4 cup sugar
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cinnamon

## Instructions

Remember to wash your hands!

1. Combine fruits in a medium mixing bowl and add lemon juice.
2. Stir in sugar, nutmeg and cinnamon. Mix well.
3. Refrigerate until serving time.

Nutrition Facts	
Serving Size 1/4 of recipe (145g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 120</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 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 31g</b>	<b>10%</b>
Dietary Fiber 3g	12%
Sugars 24g	
<b>Protein 1g</b>	
Vitamin A 2%	• Vitamin C 80%
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

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

### Cost

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

# Fruit Slush

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

## Ingredients

- 2 2/3 cups cantaloupe or watermelon (coarsely chopped, - seeded, peeled)
- 1 2/3 cup kiwi (coarsely chopped, optional)
- 2 tablespoons sugar
- 2 tablespoons lime juice
- 2 cups water
- ice

## Instructions

1. In a blender, puree fruit with sugar and lime juice until smooth.
2. Combine fruit mixture and water in a large pitcher.
3. If desired, pour through a strainer to eliminate pulp.
4. Cover and refrigerate for up to a week.
5. To serve, stir well and pour into tall glasses over ice.

Nutrition Facts	
Serving Size 1/4 of recipe (239g)	
Servings Per Container	
Amount Per Serving	
<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	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 20mg</b>	<b>1%</b>
<b>Total Carbohydrate 16g</b>	<b>5%</b>
Dietary Fiber 1g	4%
Sugars 14g	
<b>Protein 1g</b>	
Vitamin A 70%	• Vitamin C 70%
Calcium 2%	• Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4

## Source

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

## Cost

Per recipe: \$1.41  
 Per serving: \$0.35



# Fruit Smoothie

Yield: 2 servings

Serving size: 1/2 of recipe

## Ingredients

- 1 banana (large)
- 1 cup fresh peaches or strawberries
- 1 carton vanilla yogurt (8 ounces)
- 1/2 cup fruit juice

## Instructions

1. Put all ingredients in a blender.
2. Blend on high until smooth.
3. Pour into 2 glasses. Serve right away.

<b>Nutrition Facts</b>			
Serving Size 1/2 of recipe (316g)			
Servings Per Container			
Amount Per Serving			
<b>Calories 210</b>	<b>Calories from Fat 15</b>		
<b>% Daily Value*</b>			
<b>Total Fat 2g</b>	<b>3%</b>		
Saturated Fat 1g	<b>5%</b>		
Trans Fat 0g			
<b>Cholesterol 5mg</b>	<b>2%</b>		
<b>Sodium 75mg</b>	<b>3%</b>		
<b>Total Carbohydrate 44g</b>	<b>15%</b>		
Dietary Fiber 3g	<b>12%</b>		
Sugars 35g			
<b>Protein 7g</b>			
Vitamin A 2%	• Vitamin C 90%		
Calcium 20%	• 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: \$1.49  
Per serving: \$0.75

# Fruit Yogurt Parfait

Yield: 1 servings

Serving size: 1 parfait

## Ingredients

- 1/2 cup yogurt, fruit-flavored
- 1/2 banana (medium)
- 1/2 cup grape
- 1/4 cup dry crunchy cereal (Grape Nuts or granola cereals are good)

## Instructions

1. Peel and slice the banana.
2. Spoon the grapes into a tall plastic cup.
3. Put 3 spoonfuls of yogurt on top of the grapes.
4. Spoon sliced bananas on top of the yogurt.
5. Add the rest of the yogurt.
6. Sprinkle the cereal on top.

<b>Nutrition Facts</b>	
Serving Size 1 parfait (281g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 340</b>	<b>Calories from Fat 50</b>
<b>% Daily Value*</b>	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 75mg</b>	<b>3%</b>
<b>Total Carbohydrate 69g</b>	<b>23%</b>
Dietary Fiber 7g	<b>28%</b>
Sugars 43g	
<b>Protein 11g</b>	
Vitamin A 2%	• Vitamin C 25%
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

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

## Cost

Per recipe: \$0.81  
Per serving: \$0.81

# Fruit Yogurt Pops

Yield: 14 servings  
 Serving size: 1 pop

## Ingredients

8 ounces yogurt, pina colada  
 20 ounces strawberries (sliced frozen, thawed)

## Instructions

1. Combine ingredients. Pour into 3 ounce paper cups.
2. Freeze about 30 minutes; then stick a wooden popsicle/craft stick in the center of each cup.
3. Freeze overnight until firm. To eat pops, peel off paper cups.
4. For variety, try other fruit flavored yogurts and frozen fruit or fruit juice concentrates.

<b>Nutrition Facts</b>	
Serving Size 1 yogurt pop, 1/14 of recipe (57g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 50</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 10mg</b>	<b>0%</b>
<b>Total Carbohydrate 12g</b>	<b>4%</b>
Dietary Fiber 1g	4%
Sugars 11g	
<b>Protein 1g</b>	
Vitamin A 0%	• Vitamin C 25%
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 California,  
 Cooperative Extension Fresno  
 County, Easy and Nutritious  
 Family Recipes

## Cost

Per recipe: \$4.58  
 Per serving: \$0.33

# Fruit and Yogurt Breakfast Shake

Yield: 2 servings

Serving size: 1/2 of recipe

## Ingredients

- 1 banana (medium, very ripe, peeled)
- 3/4 cups pineapple juice
- 1/2 cup yogurt, low fat vanilla
- 1/2 cup strawberries (remove stems and rinse)

## Instructions

1. Blend banana with pineapple juice, yogurt and strawberries in a blender.
2. Blend until smooth.
3. Divide shake between 2 glasses and serve immediately.

<b>Nutrition Facts</b>			
Serving Size 1/2 of recipe (250g)			
Servings Per Container			
Amount Per Serving			
<b>Calories 160</b>	<b>Calories from Fat 10</b>		
<b>% Daily Value*</b>			
<b>Total Fat 1g</b>	<b>2%</b>		
Saturated Fat 0.5g	<b>3%</b>		
Trans Fat 0g			
<b>Cholesterol 5mg</b>	<b>2%</b>		
<b>Sodium 45mg</b>	<b>2%</b>		
<b>Total Carbohydrate 37g</b>	<b>12%</b>		
Dietary Fiber 2g	<b>8%</b>		
Sugars 29g			
<b>Protein 4g</b>			
Vitamin A 2%	• Vitamin C 50%		
Calcium 15%	• Iron 2%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

## Source

University of Illinois, Extension Service, Recipes to Grow On

## Cost

Per recipe: \$1.15  
Per serving: \$0.58

# Garden Waldorf Salad

Yield: 4 servings

Serving size: 1-1/2 cups

## Ingredients

3 cups	broccoli florets
1 cup	carrot (grated)
1 1/2 cup	cauliflower (sliced)
1 cup	apple (chopped)
1/2 cup	green onion (chopped)
1 cup	non-fat vanilla yogurt
1/4 cup	peanuts

## Instructions

1. Toss all ingredients together in a large mixing bowl.
2. Refrigerate until ready to serve, up to 6 hours.
3. Serve chilled.

## Notes

This recipe looks great served in a small footed bowl or an elegant dessert plate.

Nutrition Facts	
Serving Size 1-1/2 cups (228g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 160</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 0mg</b>	<b>0%</b>
<b>Sodium 95mg</b>	<b>4%</b>
<b>Total Carbohydrate 24g</b>	<b>8%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 16g	
<b>Protein 8g</b>	
<b>Vitamin A 130%</b>	<b>Vitamin C 120%</b>
<b>Calcium 15%</b>	<b>Iron 8%</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

Dorothy C. Lee, CFCS and  
Linda K. Bowman, RD/LD/N  
University of Florida, IFAS  
Extension, Cooking Healthy with  
Diabetes

## Cost

Per recipe: \$2.85  
Per serving: \$0.71

# 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>	
<b>Vitamin A 8%</b>	<b>Vitamin C 0%</b>
<b>Calcium 2%</b>	<b>Iron 4%</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

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

## Cost

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

# Honeydew Summer Salad Wedges

Yield: 8 servings

Serving size: 1/8 of recipe

## Ingredients

- 1 honeydew melon
- 1 package gelatin, lemon flavored (3 ounce)
- 1/2 cup water (boiling)
- 1/2 cup water (iced)
- ice cubes
- 1 cup whole strawberries (hulled)

## Instructions

1. Cut melon in half; scoop out seeds.
2. Pat the inside of the melon dry using paper towels.
3. Dissolve gelatin in boiling water.
4. Combine ice water and ice cubes to make one cup.
5. Add to gelatin and stir until slightly thickened.
6. Remove any un-melted ice.
7. Place each melon half in a small bowl to hold straight and firm.
8. Place half of strawberries in each melon half.
9. Pour gelatin mixture over berries.
10. Cover with plastic wrap and chill until firm, about 3 hours.
11. To serve, cut into wedges.

<b>Nutrition Facts</b>	
Serving Size 1/8 of recipe (243g)	
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	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 105mg</b>	<b>4%</b>
<b>Total Carbohydrate 27g</b>	<b>9%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 25g	
<b>Protein 2g</b>	
Vitamin A 2%	• Vitamin C 70%
Calcium 0%	• 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

Iowa Nutrition Network, Pick a Better Snack: A Social Marketing Campaign, 2003

### Cost

Per recipe: \$3.43  
Per serving: \$0.43

# Lentil Tacos

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

## Ingredients

- 1 1/2 cup dry lentils (sorted and rinsed)
- 1/4 cup raisins
- 4 cups water
- 1/2 green pepper (chopped)
- 4 garlic (cloves, minced)
- 1/2 teaspoon hot pepper flakes (optional)
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1/2 teaspoon basil
- 2/3 cups tomato paste

## Instructions

1. Cook lentils in 3 cups water for 10 minutes.
2. Add remaining ingredients and simmer for 30 minutes (Add more water if necessary).
3. Serve with corn tortillas. Can also be served over rice or noodles.

Nutrition Facts	
Serving Size (283g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 170</b>	<b>Calories from Fat 15</b>
% Daily Value*	
<b>Total Fat 1.5g</b>	<b>2%</b>
Saturated Fat 0g <b>0%</b>	
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 260mg</b>	<b>11%</b>
<b>Total Carbohydrate 35g</b>	<b>12%</b>
Dietary Fiber 8g <b>32%</b>	
Sugars 9g	
<b>Protein 8g</b>	
Vitamin A 15% • Vitamin C 25%	
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

Washington State WIC Program,  
[The Bold and Beautiful Book of Bean Recipes](#)

## Cost

Per recipe: \$1.94  
 Per serving: \$0.32



# Microwave Baked Apple

Yield: 4 servings  
 Serving size: 1 apple

## Ingredients

- 4 apple (large, baking)
- 1/2 cup brown sugar
- 1 teaspoon cinnamon

## Instructions

1. Wash apples and remove core.
2. Cut a thin slice off bottom of each apple to form a flat surface. Place apples in a microwave safe baking dish.
3. Mix brown sugar and cinnamon in a small dish. Spoon mixture into center of apples.
4. Cover wax paper and microwave on high power 6 to 10 minutes or until apples are soft.

## Notes

One pound apples = 3 medium = 3 cups sliced. This is good information to know at the grocery store.

Favorite varieties of apples for baking are Jonathan, Granny Smith, Braeburn and Golden Delicious. Any tart apple works well.

Arrange the apples around the outside edge of the dish for more even cooking in the microwave.

**Safety Tips:** Wash the apples in clear running water before coring. If you have apples left, keep in the fridge for a handy snack later on.

Nutrition Facts	
Serving Size 1 baked apple, 1/4 of recipe (240g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 220</b>	<b>Calories from Fat 5</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 15mg</b>	<b>1%</b>
<b>Total Carbohydrate 57g</b>	<b>19%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 49g	
<b>Protein 1g</b>	
<b>Vitamin A 2%</b>	<b>Vitamin C 15%</b>
<b>Calcium 4%</b>	<b>Iron 6%</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

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

## Cost

Per recipe: \$2.88  
 Per serving: \$0.72

# Microwave Baked Potato

Yield: 1 servings  
Serving size: 1 potato

## Ingredients

1 potatoes

## 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

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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	
Protein 8g	
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

# Mock Southern Sweet Potato Pie

Yield: 16 servings  
Serving size: 1 slice

## Ingredients

	<b>Crust:</b>
1 1/4 cup	flour (all purpose)
1/4 teaspoon	sugar
1/3 cup	milk, nonfat
2 tablespoons	vegetable oil
	<b>Filling:</b>
1/4 cup	sugar (white)
1/4 cup	brown sugar
1/2 teaspoon	salt
1/4 teaspoon	nutmeg
3	egg (large, beaten)
1/4 cup	evaporated milk, nonfat (canned)
1 teaspoon	vanilla extract
3 cups	sweet potatoes, cooked, skin removed and mashed

## Instructions

Preheat oven to 350 degrees.

**Crust:**

1. Combine the flour and sugar in a bowl.
2. Add milk and oil to the flour mixture.
3. Stir with fork until well mixed and then form pastry into a smooth ball with your hands.
4. Roll the ball between two 12 inch squares of waxed paper using short, brisk, strokes until pastry reaches edge of paper.
5. Peel off top paper and invert crust into pie plate.

**Filling:**

1. Combine sugars, salt, spices and eggs.
2. Add milk and vanilla. Stir.
3. Add sweet potatoes and mix well.
4. Pour mixture into pie shell.
5. Bake for 60 minutes or until crust is golden brown.
6. Cool and cut into 16 slices.

Nutrition Facts	
Serving Size 1 slice, 1/16 of recipe (99g)	
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 0.5g	3%
Trans Fat 0g	
<b>Cholesterol 40mg</b>	<b>13%</b>
<b>Sodium 110mg</b>	<b>5%</b>
<b>Total Carbohydrate 26g</b>	<b>9%</b>
Dietary Fiber 2g	8%
Sugars 11g	
<b>Protein 4g</b>	
Vitamin A 200%	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

National Heart, Lung and Blood Institute (NHLBI), [Heart Healthy Home Cooking African American Style, p.24-25](#)

## Cost

Per recipe: \$2.75  
Per serving: \$0.17

# Mozz Totz

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

## Ingredients

- 12 ounces mozzarella string cheese (fat-free)
- 1/2 cup milk (1% low fat)
- 1/2 teaspoon oregano (dried)
- 1/2 teaspoon basil (dried)
- 1/2 cup bread crumbs
- 1/2 cup marinara sauce (prepared, warmed)
- cooking spray (non-stick)

## Instructions

1. Wash hands with warm water and soap.
2. Preheat oven to 350°.
3. Line a baking sheet with foil and spray lightly with cooking spray.
4. Remove cheese from package and cut into bite size pieces.
5. In a small non-stick skillet mix oregano and basil with bread crumbs.
6. Cook over medium heat, stirring occasionally until crumbs are lightly browned, about 5 minutes.
7. Dip each piece of cheese in milk and then into toasted bread crumbs, coating completely.
8. Place on baking sheet about 1 1/2 inches apart.
9. Spray string cheese lightly with non-stick cooking spray.
10. Bake 5-6 minutes or until heated through. (cheese may melt slightly and lose shape. Simply press it back into place).
11. Dip in warmed marinara sauce and enjoy.

Nutrition Facts	
Serving Size 1/12 of recipe (54g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories 70</b>	<b>Calories from Fat 5</b>
% Daily Value*	
<b>Total Fat 0.5g</b>	<b>1%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 300mg</b>	<b>13%</b>
<b>Total Carbohydrate 6g</b>	<b>2%</b>
Dietary Fiber 1g	4%
Sugars 2g	
<b>Protein 10g</b>	
Vitamin A 4%	Vitamin C 0%
Calcium 30%	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

Arizona Nutrition Network,  
[Champions for Change](#)

### Cost

Per recipe: \$4.48  
 Per serving: \$0.37

# 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.

<b>Nutrition Facts</b>	
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	<b>8%</b>
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	<b>8%</b>
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

# Oatmeal Cookies

Yield: 24 servings  
 Serving size: 1 cookie  
 Cook time: 20 minutes

## Ingredients

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

## Instructions

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

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

## Source

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

## Cost

Per recipe: \$1.13  
 Per serving: \$0.05

# One Pan Spaghetti

Yield: 10 servings  
Serving size: 1 cup

## Ingredients

- 1 pound ground beef (lean)
- 1 onion (medium, chopped)
- 3 1/2 cups water
- 1 can tomato sauce (15 ounces)
- 2 teaspoons dried oregano
- 1/2 teaspoon sugar
- 1/2 teaspoon garlic powder
- 1/2 teaspoon rosemary
- 1/4 teaspoon pepper
- 2 cups spaghetti noodles (broken)
- 1 cup Parmesan cheese (shredded)

## Instructions

1. Brown meat and onions in a large skillet over medium-high heat (300 degrees in an electric skillet.) Drain fat.
2. Stir in water, tomato sauce, and spices; bring to a boil.
3. Add spaghetti, cover pan, and simmer 10-15 minutes, stirring often to prevent sticking.
4. When spaghetti is tender, top with grated cheese.
5. Refrigerate leftovers with in 2-3 hours.

<b>Nutrition Facts</b>	
Serving Size 1 cup (238g)	
Servings Per Container 10	
Amount Per Serving	
<b>Calories 220</b>	<b>Calories from Fat 45</b>
<small>% Daily Value*</small>	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 2.5g <b>13%</b>	
Trans Fat 0g	
<b>Cholesterol 20mg</b>	<b>7%</b>
<b>Sodium 360mg</b>	<b>15%</b>
<b>Total Carbohydrate 29g</b>	<b>10%</b>
Dietary Fiber 2g <b>8%</b>	
Sugars 3g	
<b>Protein 13g</b>	
Vitamin A 4%	• Vitamin C 6%
Calcium 10%	• 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	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
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

### Source

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

### Cost

Per recipe: \$6.98  
Per serving: \$0.70



# Orange Banana Frosty

Yield: 2 servings  
 Serving size: 1/2 cup

## Ingredients

- 1 banana (frozen)
- 1/2 cup low-fat yogurt (plain)
- 1/2 cup orange juice (prepared)

## Instructions

1. Put all ingredients in a blender and mix well.
2. Add more liquid if you want the drink thinner.

<b>Nutrition Facts</b>	
Serving Size 1/2 Cup (179g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories 120</b>	<b>Calories from Fat 10</b>
<b>% Daily Value*</b>	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 45mg</b>	<b>2%</b>
<b>Total Carbohydrate 25g</b>	<b>8%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 19g	
<b>Protein 4g</b>	
Vitamin A 2%	• Vitamin C 10%
Calcium 10%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Source

University of Nebraska, Recipe Collection, p.5  
 Staff from the University of Nebraska-Lincoln Cooperative Extension

## Cost

Per recipe: \$1.84  
 Per serving: \$0.92

# Orange Cow

Yield: 3 servings  
 Serving size: 8 ounces

## Ingredients

- 2 cups orange juice (frozen, 1 6 oz. can)
- 2 cups water (cold)
- 1/3 cup milk (nonfat, dry)
- 1 teaspoon vanilla
- 1 cup ice (more)

## Instructions

1. Place all ingredients in blender or food processor.
2. Secure lid and blend until smooth. Serve immediately.

## Notes

Substitute 1 cup milk and 1 cup water for 2 cups water and ? cup nonfat dry milk

Nutrition Facts	
Serving Size 8 ounces (319g)	
Servings Per Container 3	
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 5mg</b>	<b>2%</b>
<b>Sodium 80mg</b>	<b>3%</b>
<b>Total Carbohydrate 34g</b>	<b>11%</b>
Dietary Fiber 1g	4%
Sugars 34g	
<b>Protein 7g</b>	
Vitamin A 10%	Vitamin C 160%
Calcium 20%	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

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

## Cost

Per recipe: \$0.79  
 Per serving: \$0.26

# Orange Delight Juice

Yield: 4 servings

Serving size: 1/4 of recipe

## Ingredients

- 1 cup orange juice
- 1/2 banana
- 1 cup apple juice
- 1 teaspoon honey
- 1/8 teaspoon cinnamon
- 1 cup ice (crushed)

## Instructions

1. Blend at high speed in blender until frothy.

<b>Nutrition Facts</b>	
Serving Size 1/4 serving (162g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 70</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 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 19g</b>	<b>6%</b>
Dietary Fiber 1g <b>4%</b>	
Sugars 15g	
<b>Protein 1g</b>	
Vitamin A 2%	• Vitamin C 60%
Calcium 0%	• 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

USDA Food Distribution  
 Program on Indian Reservations,  
[A River of Recipes](#)  
[Native American Recipes Using Commodity Foods](#)

## Cost

Per recipe: \$0.88  
 Per serving: \$0.22

# Oriental Sweet and Sour Vegetables

Yield: 6 servings

Serving size: 1/2 cup

## Ingredients

1 tablespoon honey  
 1 tablespoon lemon juice  
 1 teaspoon light soy sauce  
 1/4 teaspoon ginger  
 1 cup pineapple or orange juice  
 1 tablespoon cornstarch (for thickness)  
 2 teaspoons oil  
 1 pound frozen stir-fry vegetables (bag)

## Instructions

1. Combine all ingredients except vegetables into bowl, mix and set aside.
2. Heat 2 teaspoons of oil in skillet and add frozen vegetables. Cook for 3-4 minutes or until vegetables are crisp-tender.
3. Add sweet and sour sauce and cook for another 2 minutes or until mixture comes to a boil.
4. Serve immediately. This dish is great over pasta or brown rice.

Nutrition Facts	
Serving Size 1/2 cup (127g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 80</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 50mg</b>	<b>2%</b>
<b>Total Carbohydrate 13g</b>	<b>4%</b>
Dietary Fiber 1g	4%
Sugars 5g	
<b>Protein 1g</b>	
Vitamin A 10%	• Vitamin C 45%
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

Dorothy C. Lee, CFCS and  
 Linda K. Bowman, RD/LD/N  
 University of Florida, IFAS  
 Extension, Cooking Healthy with  
 Diabetes

## Cost

Per recipe: \$2.63  
 Per serving: \$0.44

# Peach Cooler

Yield: 2 servings  
Serving size: 1 cup

## Ingredients

2 cups lowfat milk  
1 cup canned peaches (drained, or 1 cup of sliced fresh peaches)  
1/2 teaspoon lemon juice  
1 dash nutmeg (of, if desired)

## Instructions

1. Put the ingredients in a blender. Blend well.
2. Sprinkle with nutmeg if you like.
3. Serve cold.

<b>Nutrition Facts</b>	
Serving Size 1 cup, 1/2 recipe (376g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 190</b>	<b>Calories from Fat 25</b>
<b>% Daily Value*</b>	
<b>Total Fat 2.5g</b>	<b>4%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 15mg</b>	<b>5%</b>
<b>Sodium 150mg</b>	<b>6%</b>
<b>Total Carbohydrate 32g</b>	<b>11%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 25g	
<b>Protein 9g</b>	
Vitamin A 20%	• Vitamin C 4%
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

Pennsylvania Nutrition  
Education Program,  
Pennsylvania Nutrition  
Education Network  
Website Recipes

## Cost

Per recipe: \$1.07  
Per serving: \$0.53

# Peachy Peanut Butter Pita Pockets

Yield: 4 servings

Serving size: 1/2 pita pocket

## Ingredients

- 2 pita pockets (medium, whole wheat)
- 1/4 cup peanut butter (reduced fat, chunky)
- 1/2 apple (cored and thinly sliced)
- 1/2 banana (thinly sliced)
- 1/2 peach (fresh, thinly sliced)

## Instructions

1. Cut pitas in half to make 4 pockets and warm in the microwave for about 10 seconds to make them more flexible.
2. Carefully open each pocket and spread a thin layer of peanut butter on the inside walls.
3. Fill with a combination of apple, banana, and peach slices. Serve at room temperature.

Nutrition Facts			
Serving Size 1/2 pita pocket (100g)			
Servings Per Container 4			
Amount Per Serving			
<b>Calories 210</b>	<b>Calories from Fat 60</b>		
% Daily Value*			
<b>Total Fat 7g</b>	<b>11%</b>		
Saturated Fat 1.5g	<b>8%</b>		
Trans Fat 0g			
<b>Cholesterol 0mg</b>	<b>0%</b>		
<b>Sodium 260mg</b>	<b>11%</b>		
<b>Total Carbohydrate 33g</b>	<b>11%</b>		
Dietary Fiber 4g	<b>16%</b>		
Sugars 7g			
<b>Protein 7g</b>			
Vitamin A 2%	• Vitamin C 6%		
Calcium 0%	• 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 Champions for Change, [Snack Recipes California Department of Public Health, Network for a Healthy California](#)

## Cost

Per recipe: \$2.00  
Per serving: \$0.50

# Peachy Pops

Yield: 6 servings  
 Serving size: 1 pop

## Ingredients

- 2 peaches
- 2/3 cups yogurt, lowfat vanilla
- 2 cups orange juice
- 6 paper cups
- 6 spoons

## Instructions

1. Use a knife to remove the skin from the peaches, and to chop the peaches.
2. Spoon the peaches into each of the 6 paper cups.
3. Place the yogurt in a medium mixing bowl.
4. Slowly pour and stir the orange juice into the yogurt. Mix well.
5. Pour some of the juice and yogurt mix into each cup to cover the peaches.
6. Place a spoon in the center of each cup.
7. Cut 6 squares of aluminum foil big enough to cover the tops of cups. Stab each spoon handle through each piece of foil. The foil will hold the spoon in the center of the cup.
8. Place cups in the freezer for at least 4 hours.
9. Just before serving, peel the paper cups away from the pops to eat.

Nutrition Facts	
Serving Size 1 prepared pop, 1/6 of recipe (155g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 90</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 20mg</b>	<b>1%</b>
<b>Total Carbohydrate 20g</b>	<b>7%</b>
Dietary Fiber 1g	4%
Sugars 17g	
Protein 2g	
Vitamin A 2%	Vitamin C 6%
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: \$1.98  
 Per serving: \$0.33

# Peanut Butter 'n Fruit-wich

Yield: 1 servings

Serving size: 1 open-faced sandwich

## Ingredients

- 1 slice whole wheat bread
- 2 tablespoons peanut butter
- 1/4 apple or banana (thinly sliced)
- 2 tablespoons carrot (sliced or grated, optional)

## Instructions

1. Spread 2 Tablespoons peanut butter on bread.
2. Place fruit slices on top.
3. Optional: Top with grated carrot.

## Notes

Instead of whole wheat bread try crunchy graham crackers or roll up the filling in a soft tortilla. Instead of fresh fruit use canned, drained pineapple.

<b>Nutrition Facts</b>	
Serving Size 1 open-faced sandwich (95g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 270</b>	<b>Calories from Fat 160</b>
<b>% Daily Value*</b>	
<b>Total Fat 17g</b>	<b>26%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 150mg</b>	<b>6%</b>
<b>Total Carbohydrate 24g</b>	<b>8%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 8g	
<b>Protein 11g</b>	
Vitamin A 0%	• Vitamin C 2%
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

USDA, Food and Nutrition Service (FNS) and Food and Drug Administration, DHHS, The Power of Choice

## Cost

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



# Peanut Butter Muffins

Yield: 12 servings  
 Serving size: 1 muffin

## Ingredients

3/4 cups peanut butter (chunky)  
 2 tablespoons honey  
 2 egg  
 1 cup milk  
 1 1/2 cup flour  
 1/2 cup cornmeal  
 3 tablespoons sugar  
 2 teaspoons baking powder  
 1/2 teaspoon salt

## Instructions

1. Preheat the oven to 375 degrees.
2. Line 12 muffin cups with paper baking cups (or grease the bottom of each cup with butter or margarine).
3. Put the peanut butter and honey in a mixing bowl. Beat until well blended.
4. Add the eggs 1 at a time, beating well after each egg.
5. Add the milk, and mix well.
6. Add the flour, cornmeal, sugar, baking powder, and salt. Stir just until they are moistened. Don't stir them too much.
7. Fill each muffin cup 2/3 full.
8. Bake for 20 to 25 minutes until golden brown.
9. Put on a wire rack.
10. Cool for at least 10 minutes before serving.

Nutrition Facts	
Serving Size 1 muffin, 1/12 of recipe (74g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 220</b>	<b>Calories from Fat 80</b>
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol 35mg</b>	<b>12%</b>
<b>Sodium 280mg</b>	<b>12%</b>
<b>Total Carbohydrate 27g</b>	<b>9%</b>
Dietary Fiber 2g	8%
Sugars 9g	
<b>Protein 8g</b>	
Vitamin A 2%	Vitamin C 0%
Calcium 8%	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: \$2.12  
 Per serving: \$0.18

# Peter Pumpkin Squares

Yield: 24 servings  
 Serving size: 1 bar

## Ingredients

- 1 can pumpkin (16 ounces)
- 1 1/2 cup brown sugar
- 4 egg
- 3/4 cups oil (cooking)
- 1 1/2 cup flour (all-purpose)
- 1 1/2 cup rolled oats
- 1 tablespoon cinnamon (ground)
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- Margarine or butter to grease the pan

## Instructions

1. Preheat oven to 350 degrees.
2. In a medium bowl, stir together the pumpkin, brown sugar, eggs, and oil. Mix well.
3. In a large bowl, mix the flour, oats, cinnamon, baking powder, and baking soda.
4. Add the pumpkin mix to the flour mix. Stir well.
5. Grease a 9" x 13" baking pan with butter or margarine.
6. Pour the batter into the greased baking pan.
7. Bake for 30 minutes.

Nutrition Facts	
Serving Size 1 bar, 1/24 of recipe (62g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 180</b>	<b>Calories from Fat 70</b>
% Daily Value*	
<b>Total Fat 8g</b>	<b>12%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 35mg</b>	<b>12%</b>
<b>Sodium 110mg</b>	<b>5%</b>
<b>Total Carbohydrate 25g</b>	<b>8%</b>
Dietary Fiber 2g	8%
Sugars 14g	
<b>Protein 3g</b>	
Vitamin A 60%	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

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

## Cost

Per recipe: \$3.06  
 Per serving: \$0.13

# Pineapple Orange Frozen Yogurt

Yield: 3 servings

Serving size: 1/3 of recipe

## Ingredients

- 1 cup yogurt, nonfat vanilla
- 1/2 cup orange juice
- 1 cup pineapple chunks, fresh or canned

## Instructions

1. Place yogurt and fruit in large plastic bag, flatten, and freeze overnight.
2. Combine fruit, yogurt, and juice in food processor or blender and blend until smooth.
3. Serve immediately or place back in the freezer to harden until ready to serve, up to 1 hour, stirring occasionally. Stir before serving.

<b>Nutrition Facts</b>	
Serving Size 1/3 of recipe (184g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 130</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 55mg</b>	<b>2%</b>
<b>Total Carbohydrate 28g</b>	<b>9%</b>
Dietary Fiber 1g	4%
Sugars 23g	
<b>Protein 5g</b>	
Vitamin A 2%	• Vitamin C 35%
Calcium 15%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Source

Food and Health Communications, Inc., [Visit Website](#)

## Cost

Per recipe: \$1.54  
Per serving: \$0.51

# Pocket Fruit Pies

Yield: 4 servings  
Serving size: 1 pie

## Ingredients

- 4 flour tortillas (8 inch)
- 2 peaches, pears, or apples (medium)
- 1/4 teaspoon cinnamon (ground)
- 2 tablespoons brown sugar
- 1/8 teaspoon nutmeg (ground)
- 2 tablespoons milk
- sugar (optional)

## Instructions

1. Warm tortillas in microwave or oven to make them easier to handle.
2. Peel and chop fruit into pieces.
3. Place 1/4 of the fruit on half of each tortilla.
4. In a small bowl, stir together brown sugar, cinnamon and nutmeg. Sprinkle over fruit.
5. Roll up the tortillas, starting at the end with the fruit.
6. Place on an un-greased baking sheet and make small slashes to allow steam to escape. Brush with milk and sprinkle with additional sugar, if desired.
7. Back at 350 degree in oven for 8-12 minutes or until lightly brown.
8. Serve warm or cool.

## Notes

This easy snack helps work fruit into a daily diet. Tortillas, with a variety of toppings, make great snack builders.

**Safety Tip:** Allow pie to cool slightly before tasting - the steam and sugar can burn.

Nutrition Facts	
Serving Size 1 prepared fruit pie, 1/4 of recipe (117g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 210</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 0mg</b>	<b>0%</b>
<b>Sodium 320mg</b>	<b>13%</b>
<b>Total Carbohydrate 40g</b>	<b>13%</b>
Dietary Fiber 3g	12%
Sugars 13g	
<b>Protein 4g</b>	
Vitamin A 0%	Vitamin C 4%
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

Kansas State University  
Cooperative Extension, Mission  
Nutrition: Cooking for Better  
Health and  
Kids a Cookin'

## Cost

Per recipe: \$1.41  
Per serving: \$0.35

# Pumpkin Pudding

Yield: 6 servings  
 Serving size: 3/4 cup

## Ingredients

- 1 can pumpkin (15 oz, or 2 cups cooked mashed squash such as Hubbard)
- 2 teaspoons pumpkin pie spice (or 1 teaspoon cinnamon, 1/2 teaspoon ginger, 1/4 teaspoon nutmeg and 1/4 teaspoon cloves)
- 1/8 teaspoon salt
- 1 1/2 cup milk (low-fat)
- 1 package vanilla pudding (instant)

## Instructions

1. Remember to start by washing your hands. In a large bowl mix pumpkin, salt and pumpkin spice together.
2. Slowly stir in milk and mix well. Add instant pudding mix and stir for 2 minutes until it thickens. Refrigerate until serving time.

Nutrition Facts	
Serving Size 3/4 cup (150g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 120</b>	<b>Calories from Fat 10</b>
% Daily Value*	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0.5g <b>3%</b>	
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 320mg</b>	<b>13%</b>
<b>Total Carbohydrate 25g</b>	<b>8%</b>
Dietary Fiber 2g <b>8%</b>	
Sugars 21g	
<b>Protein 3g</b>	
Vitamin A 220% • Vitamin C 6%	
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

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

### Cost

Per recipe: \$2.49  
 Per serving: \$0.42

# Purple Cow

Yield: 3 servings  
 Serving size: 8 ounces

## Ingredients

- 1 can grape juice (6 oz., frozen)
- 2 cups water (cold)
- 1/3 cup milk (nonfat, dry)
- 1 teaspoon vanilla
- 1 cup ice (or more)

## Instructions

1. Place all ingredients in blender or food processor.
2. Secure lid and blend until smooth. Serve immediately.

## Notes

Substitute 1 cup milk and 1 cup water for 2 cups water and 1/3 cup nonfat dry milk

Nutrition Facts	
Serving Size 8 ounces (317g)	
Servings Per Container 3	
Amount Per Serving	
<b>Calories 150</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 5mg</b>	<b>2%</b>
<b>Sodium 80mg</b>	<b>3%</b>
<b>Total Carbohydrate 31g</b>	<b>10%</b>
Dietary Fiber 0g <b>0%</b>	
Sugars 31g	
<b>Protein 6g</b>	
Vitamin A 6%	• Vitamin C 140%
Calcium 20%	• 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

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

## Cost

Per recipe: \$0.97  
 Per serving: \$0.32

## Quick Chili

Yield: 4 servings

Serving size: 3/4 cup

Cook time: 20 minutes

### Ingredients

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

### Instructions

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

<b>Nutrition Facts</b>	
Serving Size 3/4 cup prepared chili, 1/4 of recipe (233g) Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 230</b>	<b>Calories from Fat 60</b>
<b>% Daily Value*</b>	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol 35mg</b>	<b>12%</b>
<b>Sodium 460mg</b>	<b>19%</b>
<b>Total Carbohydrate 25g</b>	<b>8%</b>
Dietary Fiber 9g	<b>36%</b>
Sugars 4g	
<b>Protein 19g</b>	
<b>Vitamin A 25%</b>	<b>Vitamin C 15%</b>
<b>Calcium 6%</b>	<b>Iron 25%</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

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

### Cost

Per recipe: \$3.39  
 Per serving: \$0.85

# Rainbow Veggie Salad

Yield: 10 servings  
 Serving size: 2/3 Cup

## Ingredients

- 1 can red kidney beans (15.5 ounces, drained and rinsed)
- 1 can black beans (15.5 ounces, drained and rinsed)
- 3 carrot (scrubbed and sliced)
- 1 yellow squash (small, washed and sliced)
- 1 zucchini (small, washed and sliced)
- 1/2 cup light Italian dressing
- 1/2 teaspoon pepper

## Instructions

1. Mix all the vegetables together in a large bowl.
2. Pour dressing over vegetables.
3. Sprinkle with pepper.
4. Stir gently, coating all vegetables.
5. Cover and refrigerate at least 8 hours.

Nutrition Facts	
Serving Size 2/3 cup (106g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories 90</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 250mg</b>	<b>10%</b>
<b>Total Carbohydrate 14g</b>	<b>5%</b>
Dietary Fiber 5g	20%
Sugars 2g	
Protein 4g	
Vitamin A 50%	Vitamin C 8%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Source

Maryland Food Supplement  
 Nutrition Education program,  
 2009 Recipe Calendar

## Cost

Per recipe: \$3.30  
 Per serving: \$0.33



# Shake-A-Pudding

Yield: 8 servings

Serving size: 1/8 of recipe

## Ingredients

2 cups milk (skim or low-fat 1%)  
 1 carton pudding mix (3 1/2 ounces, instant vanilla)  
 2 banana (peeled, sliced or other sliced fruit)

## Instructions

1. Place 2 cups of milk in a quart jar with tight-fitting lid.
2. Add one small package of instant vanilla pudding mix to the jar; screw lid on jar.
3. Shake until mixture is smooth.
4. Place pieces of fruit in a serving bowl or paper cups.
5. Pour pudding over fruit and chill.

<b>Nutrition Facts</b>	
Serving Size 1/2 cup (103g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 100</b>	<b>Calories from Fat 5</b>
% Daily Value*	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 210mg</b>	<b>9%</b>
<b>Total Carbohydrate 21g</b>	<b>7%</b>
Dietary Fiber 1g	4%
Sugars 18g	
<b>Protein 2g</b>	
Vitamin A 2%	• Vitamin C 4%
Calcium 8%	• 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

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

### Cost

Per recipe: \$1.48  
 Per serving: \$0.18

# Simple Fish Tacos

Yield: 6 servings  
 Serving size: 2 tacos

## Ingredients

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

## Instructions

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

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

## Source

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

## Cost

Per recipe: \$9.58  
 Per serving: \$1.60

# Sloppy Garden Joes

Yield: 12 servings

Serving size: 1 open-faced sandwich

## Ingredients

- 1 yellow onion (chopped)
- 1 carrot (chopped or shredded)
- 1 green pepper (chopped)
- 1 pound ground turkey (or chicken)
- 1 can tomato sauce (8 ounces, unsalted)
- 1 can whole tomatoes (15 ounces, crushed)
- 1 can mushroom (8 ounces, drained)
- 1/4 cup barbecue sauce
- 6 whole wheat buns (split in half to make 12)

## Instructions

1. Saute` onions, carrots, green pepper and ground turkey or chicken in a pan over medium-heat for 5 minutes.
2. Add tomato sauce, crushed tomatoes, mushrooms, barbecue sauce, and seasonings and bring to boil.
3. Reduce heat and simmer for 10 minutes, stirring occasionally.
4. Uncover and cook for an additional 3 minutes or until thick.
5. Serve open-faced on toasted or plain whole-wheat buns.
6. Refrigerate leftovers within 2 hours.

<b>Nutrition Facts</b>	
Serving Size 1 sandwich (149g)	
Servings Per Container 12	
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 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 20mg</b>	<b>7%</b>
<b>Sodium 330mg</b>	<b>14%</b>
<b>Total Carbohydrate 18g</b>	<b>6%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 6g	
<b>Protein 7g</b>	
<b>Vitamin A 35%</b>	<b>Vitamin C 30%</b>
<b>Calcium 4%</b>	<b>Iron 8%</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: \$8.15  
Per serving: \$0.68

## Soft Pretzels

Yield: 12 servings  
Serving size: 1 pretzel

### Ingredients

1 package yeast (or one Tablespoon)  
warm water (100-110 degrees F)  
2 cups all-purpose flour  
1 1/2 cup whole wheat flour  
1 egg  
1 tablespoon sugar  
2 tablespoons sesame seeds (optional)

### Instructions

1. Preheat oven to 425°F. Lightly grease 2 baking sheets.
2. In large bowl, sprinkle yeast over warm water (if water is too hot, it will kill the yeast). Stir until well blended.
3. Combine white and wheat flour in a separate bowl.
4. Stir in sugar, ½ teaspoon salt and 2½ to 3 cups flour to make a soft, sticky dough. Turn dough onto well-floured surface.
5. To knead, fold dough in half and push dough flat with heels of hands. Turn dough 1/4 turn. Repeat for 5 to 7 minutes. If needed, add more flour until dough is smooth and elastic. Dough should not stick to hands or counter.
6. Cut dough into 12 even pieces (about golf-ball size).

To Form Pretzels:

1. Roll one piece of dough into 15 inch long rope.
2. Cross left side over middle, creating loop.
3. Fold right side of rope up and over first loop to form pretzel shape.

To Bake:

1. Place pretzels 3 inch apart on baking sheet. Enlarge holes in pretzels by inserting finger into holes. This will prevent them from closing during baking.
2. In small bowl, mix egg and 1 Tablespoon water together. Brush on pretzels. Sprinkle with sesame seeds.
3. Bake for 15 to 20 minutes or until golden brown. Best if eaten warm.

Nutrition Facts	
Serving Size 1 pretzel (68g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories 140</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 15mg</b>	<b>5%</b>
<b>Sodium 10mg</b>	<b>0%</b>
<b>Total Carbohydrate 28g</b>	<b>9%</b>
Dietary Fiber 3g	12%
Sugars 1g	
<b>Protein 5g</b>	
Vitamin A 0%	• Vitamin C 0%
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

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

### Cost

Per recipe: \$1.36  
Per serving: \$0.11

# Speedy Burritos

Yield: 9 servings

Serving size: 1/9 of recipe

## Ingredients

4 cups	potatoes (finely chopped)
1	onion (chopped)
1	bell pepper (red or green, chopped)
3	garlic clove (pressed or finely chopped)
2	egg (beaten)
1 teaspoon	black pepper
1/2 teaspoon	salt
1 tablespoon	vegetable oil
1/2 cup	cheese (grated, optional)
1	hot sauce (as needed, or salsa)
1 package	tortillas (flour or corn)

## Instructions

1. In a large skillet, heat oil on medium- high setting.
2. Add onion, green pepper, potatoes, and garlic. Cook until potatoes are tender, about 10 minutes. Raw potatoes may need longer; check if done with a fork.
3. Reduce heat to medium setting, spread potato mix out to the sides of the skillet, leaving a space in the middle for the eggs. Add the eggs and scramble them until cooked (do not mix potatoes until eggs are cooked firm). Stir all ingredients together.
4. Wrap tortillas around the filling and top with salsa and cheese.

Nutrition Facts	
Serving Size 1 burrito (153g)	
Servings Per Container 9	
Amount Per Serving	
<b>Calories 250</b>	<b>Calories from Fat 60</b>
% Daily Value*	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol 40mg</b>	<b>13%</b>
<b>Sodium 470mg</b>	<b>20%</b>
<b>Total Carbohydrate 41g</b>	<b>14%</b>
Dietary Fiber 3g	12%
Sugars 2g	
<b>Protein 7g</b>	
Vitamin A 2%	• Vitamin C 25%
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

Washington State University, [Eat Better. Eat Together](#)

## Cost

Per recipe: \$4.55

Per serving: \$0.51

# Springtime Cereal

Yield: 2 servings

Serving size: 1/2 of recipe

## Ingredients

- 3/4 cups wheat and barley nugget cereal
- 1/4 cup bran cereal (100%)
- 2 teaspoons sunflower seeds (toasted)
- 2 teaspoons almonds (toasted, sliced)
- 1 tablespoon raisins
- 1/2 cup banana (sliced)
- 1 cup strawberries (sliced)
- 1 cup yogurt (raspberry or strawberry, low-fat)

## Instructions

1. Mix the wheat and barley nugget cereal, bran cereal, sunflower seeds, and almonds in a medium bowl.
2. Add the raisins, the bananas, and halve the strawberries.
3. Gently stir in the yogurt and divide between two bowls.
4. Scatter the remaining strawberries over the top and enjoy!

<b>Nutrition Facts</b>	
Serving Size 1/2 of recipe (298g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories 380</b>	<b>Calories from Fat 45</b>
<small>% Daily Value*</small>	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 390mg</b>	<b>16%</b>
<b>Total Carbohydrate 77g</b>	<b>26%</b>
Dietary Fiber 11g	<b>44%</b>
Sugars 33g	
<b>Protein 13g</b>	
<b>Vitamin A 20%</b>	<b>Vitamin C 100%</b>
<b>Calcium 20%</b>	<b>Iron 90%</b>
<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</small>
	<small>2,000</small>
	<small>2,500</small>
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
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

## Source

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

## Cost

Per recipe: \$2.54  
Per serving: \$1.27

# 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.

<b>Nutrition Facts</b>	
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



# Summer Breeze Smoothies

Yield: 3 servings  
Serving size: 1 Cup

## Ingredients

- 1 cup yogurt (nonfat, plain)
- 6 strawberries (medium)
- 1 cup pineapple (crushed, canned in juice)
- 1 banana (medium)
- 1 teaspoon vanilla extract
- 4 ice cubes

## Instructions

1. Place all ingredients in blender and puree until smooth.
2. Serve in frosted glass.

<b>Nutrition Facts</b>	
Serving Size 1 Cup (252g)	
Servings Per Container 3	
Amount Per Serving	
<b>Calories 130</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 45mg</b>	<b>2%</b>
<b>Total Carbohydrate 30g</b>	<b>10%</b>
Dietary Fiber 2g	8%
Sugars 22g	
<b>Protein 4g</b>	
Vitamin A 8%	Vitamin C 50%
Calcium 10%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Source

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: \$1.81  
Per serving: \$0.60

# Sweet Potato Pie

Yield: 8 servings  
 Serving size: 1 piece

## Ingredients

- 4 egg whites
- 1/4 cup orange juice (fresh)
- 1 teaspoon cinnamon (ground)
- 1/4 teaspoon nutmeg (ground)
- 3/4 cups brown sugar
- 1/2 teaspoon orange rind
- 1/4 teaspoon allspice (ground)
- 1/2 cup skim milk
- 2 tablespoons unsalted margarine (melted)
- 1 pinch salt
- 2 cups sweet potatoes (mashed)
- 1 pie crust (9 inch, unbaked)

## Instructions

1. Beat egg whites well.
2. Add sugar, orange juice, orange rind, spices, margarine and salt.
3. Add mashed sweet potatoes and mix thoroughly.
4. Pour into pie shell and bake in preheated 350° oven for 1 hour or until firm.

<b>Nutrition Facts</b>	
Serving Size 1 piece or 1/8 of recipe (173g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 310</b>	<b>Calories from Fat 90</b>
% Daily Value*	
<b>Total Fat 10g</b>	<b>15%</b>
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 220mg</b>	<b>9%</b>
<b>Total Carbohydrate 54g</b>	<b>18%</b>
Dietary Fiber 3g	12%
Sugars 36g	
<b>Protein 5g</b>	
Vitamin A 270%	Vitamin C 25%
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

Ohio Commission on Minority Health Opening the Door to Good Health Cookbook, Healthy Recipes from Around the World

## Cost

Per recipe: \$3.63  
 Per serving: \$0.45

# Terrific Bean Taco

Yield: 8 servings

Serving size: 1/8 of recipe

## Ingredients

- 1 onion (small, chopped)
- 2 teaspoons vegetable oil
- 2 cups refried beans
- 8 taco shells (or flour tortillas, wheat or white)
- 1/4 head of lettuce (chopped)
- 2 tomatoes (chopped)
- 1 cup cheese (shredded)
- taco sauce (optional)

## Instructions

1. Stir fry chopped onion in vegetable oil.
2. Stir in refried beans. Heat thoroughly.
3. Spread refried bean mixture in taco shell or on tortilla.
4. Sprinkle with shredded cheese, lettuce, chopped tomatoes and taco sauce, as desired.

<b>Nutrition Facts</b>	
Serving Size 1/8 of recipe (155g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 190</b>	<b>Calories from Fat 90</b>
<b>% Daily Value*</b>	
<b>Total Fat 10g</b>	<b>15%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol 15mg</b>	<b>5%</b>
<b>Sodium 390mg</b>	<b>16%</b>
<b>Total Carbohydrate 21g</b>	<b>7%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 2g	
<b>Protein 8g</b>	
Vitamin A 10%	• Vitamin C 10%
Calcium 15%	• 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 Wisconsin,  
Cooperative Extension Service,  
A Family Living Program

### Cost

Per recipe: \$6.35  
Per serving: \$0.79

# Three-Grain Peanut Bread

Yield: 20 servings  
 Serving size: 1 1/2 ounce slice

## Ingredients

- 1 cup flour
- 1/2 cup oatmeal (quick cooking)
- 1/2 cup cornmeal
- 1/2 cup nonfat dry milk powder
- 1/2 cup sugar
- 1 tablespoon baking powder
- 3/4 teaspoons salt
- 2/3 cups peanut butter
- 1 egg
- 1 1/2 cup milk, nonfat

## Instructions

1. Preheat oven to 325 degrees.
2. Combine dry ingredients in a large bowl.
3. Using two knives, cut peanut butter into dry ingredients until it appears coarse and crumbly.
4. In a small bowl, beat together egg white and milk. Add to dry ingredients and mix well.
5. Spread mixture into a greased loaf pan. Bake at 325 degrees for 1 hour and 10 minutes.
6. Cool for 10 minutes and remove from pan.

Nutrition Facts	
Serving Size 1 1/2 ounce slice, 1/20 of recipe (49g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 130</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 10mg</b>	<b>3%</b>
<b>Sodium 180mg</b>	<b>8%</b>
<b>Total Carbohydrate 18g</b>	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 8g	
<b>Protein 5g</b>	
Vitamin A 2%	• Vitamin C 0%
Calcium 8%	• 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

Virginia Cooperative Extension,  
 Healthy Futures: Choosing  
 Healthy Foods

## Cost

Per recipe: \$1.95  
 Per serving: \$0.10

# Tropical Morning Treat

Yield: 4 servings  
 Serving size: 1/2 cup

## Ingredients

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

## Instructions

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

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

## Source

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

## Cost

Per recipe: \$1.05  
 Per serving: \$0.26

# 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

# Uncooked Tomato Sauce

Yield: 6 servings  
Serving size: 1.5 cups

## Ingredients

- 6 tomatoes (large, cut into chunks)
- 1 tablespoon garlic (minced)
- 1/2 onion, medium (finely chopped)
- 1/2 green pepper (finely chopped)
- 3 tablespoons fresh basil (chopped)
- 1/2 teaspoon dried oregano
- 1 tablespoon olive oil
- salt and pepper (to taste)
- 6 cups pasta (cooked)
- 6 tablespoons parmesan cheese (grated)

## Instructions

1. Chop tomatoes and mix with all the remaining ingredients in a large bowl.
2. Let the mixture stand at room temperature for about 20 minutes. Toss with hot cooked pasta or rice and top with grated Romano or Parmesan cheese.

## Notes

Add a can of white or black beans, drained, for extra protein before tossing with pasta or rice.

Nutrition Facts	
Serving Size 1.5 cups (386g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 320</b>	<b>Calories from Fat 50</b>
% Daily Value*	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 90mg</b>	<b>4%</b>
<b>Total Carbohydrate 54g</b>	<b>18%</b>
Dietary Fiber 6g	24%
Sugars 7g	
<b>Protein 12g</b>	
Vitamin A 40%	• Vitamin C 60%
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

Connecticut Food Policy Council, [Farm Fresh Summertime Recipes](#)

## Cost

Per recipe: \$8.75  
Per serving: \$1.46

# Vegetable Medley with Salsa Dip

Yield: 4 servings

Serving size: 1 cup vegetables and 1/2 cup salsa

## Ingredients

- 2 carrot (cut into 3-inch sticks)
- 2 celery stalk (cut into 3-inch sticks)
- 1/2 jicama (peeled and cut into 3-inch sticks)
- 1 bunch radishes (trimmed)
- 6 green onion (trimmed)
- 1 cup fat free sour cream
- 1 cup Fresh Salsa
- 2 tomatoes (chopped)
- 1/2 onion (chopped)
- 3 jalapeno chiles (finely chopped, - seeded if desired)
- 1/4 cup cilantro (chopped fresh)
- 1/4 teaspoon salt
- 1 lime (juiced)

## Instructions

1. Arrange vegetables on a platter.
2. In a small bowl, mix sour cream and salsa. Serve.

### Fresh Salsa Preparation:

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.

Nutrition Facts			
Serving Size (367g)			
Servings Per Container			
Amount Per Serving			
<b>Calories 150</b>	<b>Calories from Fat 5</b>		
% Daily Value*			
<b>Total Fat 0.5g</b>	<b>1%</b>		
Saturated Fat 0g	0%		
<b>Cholesterol 10mg</b>	<b>3%</b>		
<b>Sodium 290mg</b>	<b>12%</b>		
<b>Total Carbohydrate 30g</b>	<b>10%</b>		
Dietary Fiber 7g	28%		
Sugars 11g			
<b>Protein 5g</b>			
Vitamin A 110%	Vitamin C 80%		
Calcium 15%	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 5 A Day, It's So Easy  
Contra Costa Health Services

### Cost

Per recipe: \$7.07  
Per serving: \$1.77



## Vegetable Variety Pack

Yield: 5 servings

Serving size: 3/4 cup

### Ingredients

2	zucchini (small, washed and sliced)
2	yellow squash (small, washed and sliced)
4	potatoes (small, scrubbed and sliced)
1/2	onion (peeled and sliced)
1/2	green bell pepper (or red) (washed, seeded and sliced)
1/4 cup	Italian salad dressing (light)

### Instructions

1. Preheat oven to 350°F.
2. Stir vegetables and dressing in large bowl.
3. Spread vegetables in the center sheet of aluminum foil. Bring together and seal to make packet.
4. Bake for 20-30 minutes.

<b>Nutrition Facts</b>	
Serving Size 3/4 cup (234g)	
Servings Per Container 5	
Amount Per Serving	
<b>Calories 130</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 26g</b>	<b>9%</b>
Dietary Fiber 3g	12%
Sugars 5g	
Protein 3g	
Vitamin A 4%	• Vitamin C 60%
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

Maryland Food Supplement  
Nutrition Education program,  
2009 Recipe Calendar

### Cost

Per recipe: \$3.36  
Per serving: \$0.67

# 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.

Nutrition Facts	
Serving Size 3/4 cup (212g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 100</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 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%
*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), [Dash Eating Plan: Lower Your Blood Pressure](#)

## Cost

Per recipe: \$5.18

Per serving: \$0.86

# Wobbly Wonders

Yield: 20 servings  
 Serving size: 1/20 of recipe

## Ingredients

- 12 ounces gelatin (flavored, - choose your favorite)
- 2 cups water (boiling)
- 1 1/2 cup low-fat milk
- 1 package vanilla instant pudding (3 1/2 ounce)

## Instructions

1. In a medium bowl, dissolve gelatin in boiling water. Cool at least 30 minutes.
2. Pour milk into large mixing bowl and add pudding mix. Using an electric mixer, beat 1 minute.
3. Gradually add and beat in gelatin mixture. Pour into a 9x13 inch baking pan. Chill in fridge for several hours.
4. Cut fun shapes with cookie cutters or knife. Store in refrigerator.

<b>Nutrition Facts</b>	
Serving Size 1/20 of recipe (64g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 90</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 150mg</b>	<b>6%</b>
<b>Total Carbohydrate 20g</b>	<b>7%</b>
Dietary Fiber 0g	0%
Sugars 20g	
<b>Protein 2g</b>	
Vitamin A 0%	• Vitamin C 0%
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

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

### Cost

Per recipe: \$2.78  
 Per serving: \$0.14