

Recipe Finder Cookbook



Cook it Fast!

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

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

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

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

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

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

Table Of Contents

2-Step Chicken	10
20-Minute Chicken Creole	11
5 A Day Salad	12
A Simple Mexican Salad	13
Angel Food Pastry with Fresh Berries and Whipped Cream	14
Apple Coleslaw	16
Apple Cranberry Salad Toss	17
Apple Tuna Sandwiches	18
Apple-Stuffed Squash	19
Applesauce Pancakes	20
Apricot & Lemon Chicken	21
Asian Coleslaw	22
Asian Peanut Butter Dip with Celery	23
Asian Salad Dressing	24
Asparagus with Gremolata Sauce	25
Autumn Vegetable Succotash	26
BBQ Chicken Pizza	27
Baked Chicken Nuggets	28
Baked Lemon Chicken	29
Baked Potatoes Primavera	30
Baked Tofu	31
Baked Tortilla Chips	32
Banana Waldorf	33
Basic Steamed Collards	34
Berries with Banana Cream	35
Better Baking Mix	36
Black Beans	37
Breakfast Burrito	38
Breakfast Burrito with Salsa	39
Breakfast Parfait	40
Broccoli Alfredo	41
Broiled Tomatoes and Cheese	42
Bugs on a Log	43
Butterfly Bite	44
Cabbage Stir-Fry	45
Cantaloupe Cooler	46
Caribbean Bean Salad	47
Carrot Raisin Salad	48
Carrots with Tomatoes and Macaroni	49
Chicken Apple Salad Sandwich	50

Chicken Rice Salad	51
Chicken and Cranberry Salad	52
Chickpea Dip	53
Chili Bean Dip	54
Chili Popcorn	55
Chili Tomato Macaroni	56
Chili and Spice Seasoning	57
Chunky Garbanzo Bean Dip	58
Citrus Salad	59
Citrus Vegetables	60
Coffee Cooler	61
Confetti Bean Salsa	62
Confetti Slaw	63
Corn Salad	64
Corn and Bean Medley	65
Corn and Green Chili Salad	66
Couscous with Peas and Onions	67
Cowboy Caviar (Bean Salsa)	68
Cranberry Wojapi	69
Cream of Broccoli Soup II	70
Creamy Dill Dip	71
Creamy Peanut Dip	72
Creamy Vegetable Dip	73
Crunchy Berry Parfait	74
Cuban Beans and Rice	75
Cucumber Salad	76
Cucumber Yogurt Dip	77
Cucumber Yogurt Dip II	78
Curry Dip	79
Curry Vegetable Dip	80
Dilled Fish Fillets	81
Dutch Green Beans	82
Eagle Nest	83
Easy Eggplant Stir Fry	84
Easy Greek Salad	85
Easy Mango Salsa	86
Easy Red Beans and Rice	87
Fall Veggie Casserole	88
Farmers Market Salsa	89
Fiesta Hummus	90
Fiesta Mix	91
Fiesta Rice Salad	92
Food Group Funny Face	93

Fresh Fruit with Cinnamon Yogurt Dip	94
Fresh Salsa	95
Fried Rice	96
Fruit Cole Slaw	97
Fruit Dip	98
Fruit Dippers	99
Fruit Juice Slush	100
Fruit Kabobs with Yogurt Dip	101
Fruit Milk Shakes	102
Fruit Pizza To Go	103
Fruit Salad with Jicama	104
Fruit Salsa	105
Fruit Slush	106
Fruit Smoothie	107
Fruit Snake	108
Fruit Yogurt Parfait	109
Fruit and Peanut Butter Dip	110
Fruit and Yogurt Breakfast Shake	111
Fruity Homemade Oatmeal	112
Fudgy Fruit	113
Glazed Carrots	114
Grapefruit Spinach Salad Oriental	115
Green Bean Saute	116
Green Bean and Mushroom Medley	117
Green Beans and New Potatoes	118
Green Beans with Tomatoes and Basil	119
Grilled Fruit	120
Grilled Vegetables	121
Harvest Vegetable Salad	122
Hearty Vegetable Beef Soup	123
Herbed Dip	124
Herbed Vegetables	125
Hiding Rabbits	126
Homemade Cranberry Sauce	127
Hooked on Salmon Sticks	128
Hoppin' John (Sausage, Black-Eyed Peas, and Rice)	129
Hot 'N Spicy Seasoning	130
Hot Cornmeal Cereal	131
Huevos Rancheros with Fresh Salsa	132
Hummus	133
Italian Broccoli and Pasta	134
Italian Style Vegetables	135
Italian Vegetables	136

Kale Chips	137
Kale with Nuts and Raisins	138
Layered Black Bean Dip	139
Leaf Finger Salad	140
Leafy Tofu	141
Lemon Spinach	142
Lemon Velvet Supreme	143
Lemonade	144
Lite Fried Okra	145
Lite Italian Dressing	146
Low Fat Creamy Dressing	147
Low Fat Ranch Dip	148
Mac and Beans Medley	149
Macaroni & Cheese with Broccoli	150
Macaroni Chick-Pea Soup	151
Magical Fruit Salad	152
Main Dish Salad	153
Mango Salsa	154
Mango Shake	155
Maple Sweet Potatoes	156
Meatloaf in a Mug	157
Mexican Pinwheels	158
Mexican Vegetables	159
Microwave Baked Apple	160
Microwave Baked Potato	161
Microwave Cauliflower and Peas in Cream Sauce	162
Microwave Potato Corn Chowder	163
Migas "Crumbs"	164
Minestrone Soup	165
Misickquatash (Indian Succotash)	166
Mock Sour Cream	167
Okra and Greens	168
Old Fashioned Bread Pudding	169
Oprah's Outtasight Salad	170
Orange Banana Frosty	171
Orange Cow	172
Orange Delight Juice	173
Oriental Rice	174
Oriental Sweet and Sour Vegetables	175
Panned Cabbage	176
Party-Time Pasta	177
Pea Pesto	178
Peach Cooler	179

Peachy Peanut Butter Pita Pockets	180
Peanut Butter 'n Fruit-wich	181
Peanut Butter Banana Breakfast Shake	182
Peanut Butter Bananas	183
Peanut Butter and Apple Wraps	184
Pear Kabobs with Strawberry Dipping Sauce	185
Pear Rabbit	186
Pears in a Pod	187
Picadillo	188
Pico de Gallo	189
Pineapple Pork	190
Pizza Eggburger	191
Pocket Fruit Pies	192
Polenta with Pepper and Cheese	193
Popcorn Treats	194
Pumpkin Mac & Cheese for One	195
Pumpkin and Bean Soup	196
Purple Cow	197
Quick Chicken & Vegetable Soup	198
Quick Chili	199
Rice Dessert	200
Rice Salad	201
Rise and Shine Cobbler	202
Roasted Pumpkin Seed Snack Mix	203
Salata Ma Jibna (Salad with Parmesan Cheese)	204
Salmon Patties	205
Salmon Spread	206
Salsa Fresca	207
Salsa Pinto Beans	208
Salt-free All Purpose Blend	209
Sanchico Atun Salad	210
Scrambled Tofu	211
Seared Greens	212
Simple Fish Tacos	213
Skillet Noodles and Beef	214
Skillet Pasta Dinner	215
Spanish Baked Fish	216
Spanish Rice II	217
Speedy Burritos	218
Spicy Carrots and Squash	219
Spinach Black Bean Salad	220
Spinach Salad with Apples and Raisins	221
Spinach and Meat Cakes	222

Spinach, Tomatoes, and Corn	223
Spring Vegetable Saute	224
Springtime Cereal	225
Squash Salsa	226
Stir Fried Beef	227
Stir Fry Vegetables and Beef	228
Strawberry S'Mores	229
Summer Breeze Smoothies	230
Summer Fruit Salad	231
Summer Salad	232
Summer Squash Stir Fry	233
Summer Squash, Italian Style	234
Sweet Potato Patties	235
Sweetened Condensed Milk	236
Taco Salad	237
Taco Salad II	238
Tangy Dressing	239
Tangy Jicama Slaw	240
Tasty Fish and Veggie Packets	241
Tasty Low-Fat Cream Soup	243
Tasty Veggie Dip	244
Ten Minute Corn Chowder	245
Terrific Bean Taco	246
Tofu Eggless Salad	247
Tofu, Tomato and Spinach Soup	248
Tomato Basil Bruschetta	249
Tortilla Chips and Bean Dip	250
Tortilla Pizzas	251
Tostadas Delgadas	252
Trail Treat	253
Tropical Morning Treat	254
Tuna Apple Salad	255
Tuna Melt Burger	256
Tuna Pasta	257
Tuna Quesadillas	258
Tuna Salad II	259
Tuna Salad on Greens	260
Turkey Gravy	261
Turkey Salad with Orange Vinaigrette	262
Turkey Tostadas	263
Turtle Apple	264
Vegetable Dipping Sauce	265
Vegetable Medley with Salsa Dip	266

Vegetable Snake	267
Vegetable and Turkey Stir Fry	268
Veggie Bean Wrap	269
Veggie Chow Mein	270
Veggie Dip	271
Veggie Pizza Pita Pockets	272
Veggie Quesadillas	273
Veggie Stir-Fry	274
Veggie Stuffed Pita	275
White Sauce - Thin	276
Yogurt Berry Parfait	277
Zero Calorie Dressing	278
Zesty Orange Carrots	279
Zesty Skillet Zucchini	280
Zucchini Au Gratin	281
Zucchini Pancakes	282

20-Minute Chicken Creole

Yield: 8 servings

Cook time: 20 minutes

Ingredients

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

Instructions

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

Nutrition Facts

Serving Size 1 cup (170g)
Servings Per Container 8

Amount Per Serving	
Calories	130
Calories from Fat 25	
% Daily Value*	
Total Fat	3g 5%
Saturated Fat	0g 0%
Trans Fat	0g
Cholesterol	20mg 7%
Sodium	230mg 10%
Total Carbohydrate	19g 6%
Dietary Fiber	2g 8%
Sugars	7g
Protein	9g
Vitamin A	10%
Vitamin C	45%
Calcium	4%
Iron	6%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

Oregon State University
Cooperative Extension Service,
[Visit Web site.](#)

Cost

Per recipe: \$6.47
Per serving: \$0.81

A Simple Mexican Salad

Yield: 4 servings

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/4 of recipe (221g)	
Servings Per Container 4	
Amount Per Serving	
Calories 50	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	12%
Sugars 9g	
Protein 1g	
Vitamin A 6%	• Vitamin C 80%
Calcium 6%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 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

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

Cost

Per recipe: \$2.24
 Per serving: \$0.56

- 3 tablespoons angel food cake mix
- 2 tablespoons yogurt, low-fat vanilla
- 3 raspberries
- 2 strawberries, sliced
- 1 1/2 tablespoon non-fat whipped topping (can use 1-2 Tablespoons)

Instructions

1. Scoop 3 Tablespoons of angel food cake mix into a microwave-safe cup or mug.
2. Add 2 Tablespoons of vanilla yogurt and stir.
3. Place in the center of the microwave oven and microwave for 1 minute.
4. Take out of microwave and let cool for 1 minute. **5. Using a knife, cut around the sides of the cup to loosen the cake and "dump" it on a plate.**
- 6. Dole 1 Tablespoon of whipped topping on top of the cake.**
- 7. Sprinkle raspberries around the angel cake and add sliced strawberries to top.**
- 8. Enjoy.**

Nutrition Facts	
Serving Size 1 Angel Food Pastry (134g)	
Servings Per Container 1	
Amount Per Serving	
Calories 200	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 330mg	14%
Total Carbohydrate 42g	14%
Dietary Fiber 2g	8%
Sugars 31g	
Protein 5g	
Vitamin A 2%	• Vitamin C 60%
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 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

CSAAC (Community Services for Autistic Adults and Children), [Visit Web site.](#)

Cost

Cook it Fast!

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

Apple Coleslaw

Yield: 4 servings

Ingredients

2 cups cabbage
 1 carrot (medium, grated)
 1/2 green pepper (chopped)
 1 apple (chopped)
 5 tablespoons yogurt, low-fat
 1 tablespoon mayonnaise, low-fat
 1 teaspoon lemon juice
 1/4 teaspoon dill weed

Instructions

1. Wash the cabbage. Cut it into fine shreds, until you have 2 cups of cabbage.
2. Peel the carrot. Grate it with a grater.
3. Chop half a green pepper into small pieces.
4. Remove the core, and chop the apple.
5. Put the cabbage, carrot, green pepper, and apple in a large mixing bowl. Stir together.
6. Put the yogurt, mayonnaise, lemon juice, and dill weed in a small bowl. Stir together to make a dressing.
7. Pour the dressing over the salad. Toss to mix.

Notes

Add salt and pepper to taste.

Nutrition Facts

Serving Size 1/4 of recipe (126g)
 Servings Per Container 4

Amount Per Serving

Calories 60 **Calories from Fat 10**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 60mg **3%**

Total Carbohydrate 11g **4%**

Dietary Fiber 2g **8%**

Sugars 8g

Protein 2g

Vitamin A 50% • Vitamin C 45%

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	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

Pennsylvania Nutrition
 Education Program,
 Pennsylvania Nutrition
 Education Network
 Website Recipes

Cost

Per recipe: \$1.44
 Per serving: \$0.36

Apple Cranberry Salad Toss

Yield: 8 servings

Ingredients

1	head of lettuce (about 10 cups)
2	apple (medium, sliced)
1/2 cup	walnuts (chopped)
1 cup	dried cranberries
1/2 cup	green onion (sliced)
3/4 cups	vinaigrette dressing

Instructions

1. Toss lettuce, apples, walnuts, cranberries, and onions in large bowl.
2. Add dressing; toss to coat. Serve immediately.

Nutrition Facts	
Serving Size 1/8 of recipe (157g)	
Servings Per Container 8	
Amount Per Serving	
Calories 140	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	12%
Sugars 19g	
Protein 2g	
Vitamin A 8%	• Vitamin C 8%
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 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 Food and Nutrition Service, Creative Recipes for Less Familiar USDA Commodities Used by Household Programs Food Distribution Service

Cost

Per recipe: \$4.76
Per serving: \$0.59

Apple Tuna Sandwiches

Yield: 3 servings

Ingredients

1 can tuna, packed in water (6.5 ounces, drained)
 1 apple
 1/4 cup yogurt, low-fat 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.

Nutrition Facts

Serving Size 1 sandwich or 1/3 of recipe (199g)
 Servings Per Container 3

Amount Per Serving		% Daily Value*	
Calories	250	Calories from Fat	25
Total Fat	2.5g		4%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	15mg		5%
Sodium	330mg		14%
Total Carbohydrate	35g		12%
Dietary Fiber	5g		20%
Sugars	13g		
Protein	23g		
Vitamin A	2%	Vitamin C	4%
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	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

Pennsylvania Nutrition
 Education Program,
 Pennsylvania Nutrition
 Education Network
 Website Recipes

Cost

Per recipe: \$4.63
 Per serving: \$1.54

Apple-Stuffed Squash

Yield: 8 Servings

Ingredients

4 acorn squash (washed)
 1 tablespoon butter (or margarine)
 2 apples (chopped)
 2 tablespoons brown sugar
 1/2 teaspoon cinnamon

Instructions

1. Cut squash into halves and remove seeds. Place in a glass dish, cover with plastic wrap and microwave on high for 5 minutes.
2. Melt butter in a separate bowl in the microwave. Mix in apples, sugar, and cinnamon. Microwave for 1½ minutes.
3. Spoon apple filling into each squash half. Cover and microwave on high for 3-5 minutes until squash and apples are tender. Serve warm.

Nutrition Facts

Serving Size 1/2 squash with filling,
 1/8 of recipe (265g)
 Servings Per Container 8

Amount Per Serving		% Daily Value*	
Calories	130	Calories from Fat	15
Total Fat	1.5g		2%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	10mg		0%
Total Carbohydrate	31g		10%
Dietary Fiber	4g		16%
Sugars	12g		
Protein	2g		
Vitamin A	15%	Vitamin C	45%
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	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

University of Maryland
 Extension.
[Eat Smart. Be Fit.](#) Recipes.

Cost

Per recipe: \$7.42
 Per serving: \$0.93

Applesauce Pancakes

Yield: 6 Servings

Ingredients

1 cup	applesauce
1/4 cup	dry milk powder, non-fat instant
1 cup	water
2	eggs
1 tablespoon	canola oil
2 cups	all-purpose flour
2 tablespoons	sugar
1/2 teaspoon	cinnamon
2 teaspoons	baking powder

Instructions

1. Wash hands and clean food preparation area.
2. In a medium mixing bowl, combine applesauce, dry milk powder, water, eggs, and oil.
3. Add flour, sugar, cinnamon, and baking powder.
4. Stir until mixture has only small lumps.
5. Place large skillet on medium-high heat.
6. Spray skillet with non-stick cooking spray.
7. Pour 1/2 cup batter onto skillet.
8. Turn pancake when bubbles form on top of batter.
9. Cook the other side for about 1 minute or until golden brown.

Nutrition Facts

Serving Size 1/6 of recipe (150g)
Servings Per Container 6

Amount Per Serving

Calories 240 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 60mg **20%**

Sodium 250mg **10%**

Total Carbohydrate 43g **14%**

Dietary Fiber 2g **8%**

Sugars 10g

Protein 8g

Vitamin A 2% • Vitamin C 2%

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	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

Tennessee State University
Cooperative Extension Service.
[Visit Web site.](#)

Cost

Per recipe: \$1.63
Per serving: \$0.27

Apricot & Lemon Chicken

Yield: 4 Servings

Ingredients

4 chicken breasts, boneless & skinless (medium)
 1 teaspoon cumin
 1/3 cup apricot spread
 1 fresh lemon, juiced
 2 tablespoons water

Instructions

1. Rub cumin over chicken and place in skillet.
2. Cook on medium-high for 6 minutes on each side, or until cooked through. Remove from pan and keep warm.
3. Add apricot spread, lemon juice, and water to skillet. On medium heat, stir until smooth.
4. Spoon sauce over chicken and serve warm.

Notes

May substitute approximately 3 Tablespoons of lemon juice for 1 fresh lemon, juiced.

Nutrition Facts

Serving Size 1 chicken breast with sauce (1/4 of recipe) (141g)
 Servings Per Container 4

Amount Per Serving		% Daily Value*	
Calories	210	Calories from Fat	25
Total Fat	3g		5%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	75mg		25%
Sodium	70mg		3%
Total Carbohydrate	18g		6%
Dietary Fiber	0g		0%
Sugars	12g		
Protein	28g		
Vitamin A	2%	Vitamin C	10%
Calcium	2%	Iron	6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

ONIE Project - Oklahoma Nutrition Information and Education. [Simple Healthy Recipes](#).

Cost

Per recipe: \$8.08
 Per serving: \$2.02

Asian Coleslaw

Yield: 12 servings

Ingredients

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

Instructions

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

Nutrition Facts

Serving Size 1/2 cup (79g)
 Servings Per Container 12

Amount Per Serving

Calories 45 **Calories from Fat 25**

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 210mg **9%**

Total Carbohydrate 6g **2%**

Dietary Fiber 1g **4%**

Sugars 4g

Protein 1g

Vitamin A 8% • Vitamin C 40%

Calcium 2% • Iron 2%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

Maryland Food Supplement
 Nutrition Education program,
 2009 Recipe Calendar

Cost

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

Asian Peanut Butter Dip with Celery

Yield: 5 servings

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 stalk (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 (107g)
 Servings Per Container 5

Amount Per Serving	
Calories 90	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 3g	
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 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

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

Cost

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

Asian Salad Dressing

Yield: 5 servings

Ingredients

2 tablespoons vegetable oil
 3 tablespoons red vinegar
 2 teaspoons soy sauce, low-sodium
 2 tablespoons brown sugar
 2 tablespoons lemon juice
 1/2 teaspoon garlic powder

Instructions

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

Notes

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

Nutrition Facts

Serving Size 1/5 of recipe (35g)
 Servings Per Container 5

Amount Per Serving

Calories 70 **Calories from Fat 50**

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 80mg **3%**

Total Carbohydrate 6g **2%**

Dietary Fiber 0g **0%**

Sugars 6g

Protein 0g

Vitamin A 0% • Vitamin C 4%

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	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

Pennsylvania Nutrition
 Education Program,
 Pennsylvania Nutrition
 Education Network
 Website Recipes

Cost

Per recipe: \$0.35

Per serving: \$0.07

Asparagus with Gremolata Sauce

Yield: 6 servings

Ingredients

- 2 pounds asparagus (washed and trimmed)
- 2 tablespoons margarine (or butter)
- 2 teaspoons lemon peel (grated)
- 1 garlic clove (large, minced)
- 2 tablespoons lemon juice (fresh)

Instructions

1. Cook asparagus in a large pot of boiling water until tender, about 4 minutes.
2. Drain: rinse with cold water to cool quickly, and drain again.
3. Pat dry; wrap in a paper towel and then plastic wrap and refrigerate.
4. Melt margarine in a heavy large skillet over medium-high heat.
5. Add lemon peel and garlic and stir for 30 seconds.
6. Add asparagus and toss to coat.
7. Sprinkle with lemon juice. Sauté until asparagus is heated through and coated with Gremolata sauce, about 3 minutes.
8. Transfer to platter. Sprinkle with parsley and serve.

Nutrition Facts

Serving Size 6 ounces (158g)	
Servings Per Container 6	
Amount Per Serving	
Calories 70	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 25%	• Vitamin C 20%
Calcium 4%	• 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 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

Cornell University Cooperative Extension, Eat Smart New York!

Cost

Per recipe: \$5.08
 Per serving: \$0.85

Autumn Vegetable Succotash

Yield: 8 servings

Ingredients

1/4 cup olive oil
 1 cup onion (diced)
 2 garlic clove (finely chopped)
 2 cups bell pepper (red, diced)
 2 cups zucchini (diced)
 2 cups summer squash (yellow, diced)
 3 cups lima beans (frozen)
 3 cups corn kernels (frozen)
 2 tablespoons sage (fresh, coarsely chopped)

Instructions

1. In a skillet over medium-high heat, add oil
2. Add onion; cook until translucent (2 minutes). Add garlic, bell peppers, zucchini, squash, lima beans, and corn.
3. Season as desired; cook, stirring, until vegetables are tender (10 minutes). Stir in sage and serve.

Nutrition Facts

Serving Size 1/8 of recipe (226g)
 Servings Per Container 8

Amount Per Serving			
Calories	170	Calories from Fat	70
		% Daily Value*	
Total Fat	8g		12%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	10mg		0%
Total Carbohydrate	25g		8%
Dietary Fiber	4g		16%
Sugars	7g		
Protein	4g		
Vitamin A	35%	•	Vitamin C 120%
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	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

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

Cost

Per recipe: \$6.48
 Per serving: \$0.81

BBQ Chicken Pizza

Yield: 12 servings
 Prep time: 15 minutes
 Cook time: 12 minutes

Ingredients

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

Instructions

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

* Substitutions:
 English muffins = Pizza bread
 Chicken = Pinto beans, chopped tomatoes and chopped onions

Nutrition Facts

Serving Size 1 pizza (1/2 of an English muffin) (79g)
 Servings Per Container 12

Amount Per Serving			
Calories 130		Calories from Fat 15	
		% Daily Value*	
Total Fat	2g		3%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	15mg		5%
Sodium	320mg		13%
Total Carbohydrate	19g		6%
Dietary Fiber	1g		4%
Sugars	4g		
Protein	9g		
Vitamin A	2%	•	Vitamin C 15%
Calcium	4%	•	Iron 6%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

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

Cost

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

Baked Chicken Nuggets

Yield: 4 servings

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
(106g)

Servings Per Container 4

Amount Per Serving

Calories 200	Calories from Fat 70
---------------------	-----------------------------

% Daily Value*

Total Fat 8g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 130mg	43%
Sodium 180mg	8%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Sugars 1g	

Protein 24g

Vitamin A 8%	• Vitamin C 2%
Calcium 2%	• Iron 20%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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: \$4.66

Per serving: \$1.17

Baked Lemon Chicken

Yield: 5 servings

Cook time: 30 minutes

Ingredients

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

Instructions

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

Nutrition Facts

Serving Size 1/5 of recipe (521g)
Servings Per Container 5

Amount Per Serving

Calories 450 **Calories from Fat 100**

% Daily Value*

Total Fat 11g **17%**

 Saturated Fat 3g **15%**

 Trans Fat 0g

Cholesterol 225mg **75%**

Sodium 470mg **20%**

Total Carbohydrate 15g **5%**

 Dietary Fiber 3g **12%**

 Sugars 6g

Protein 71g

Vitamin A 4% • Vitamin C 60%

Calcium 8% • Iron 20%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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, Team Nutrition, [Food Family Fun](#)

Cost

Per recipe: \$5.78

Per serving: \$1.16

Baked Potatoes Primavera

Yield: 4 servings

Ingredients

4 potatoes (medium)
 4 cups mixed vegetables (frozen)
 1 1/4 cup sour cream, non-fat
 1/2 teaspoon oregano (dried)
 1/2 teaspoon basil (dried)
 black pepper (to taste)

Instructions

1. Pierce each potato several times with a fork. Microwave on high until tender, about 3-4 minutes per potato.
2. Steam mixed vegetables until hot.
3. Mix the sour cream with the herbs and pepper.
4. Split the potatoes in the center and fill with steamed veggies. Top with sour cream and serve hot.

Nutrition Facts

Serving Size 1 potato with 1/4 of
 topping, 1/4 of recipe (475g)
 Servings Per Container 4

Amount Per Serving		% Daily Value*	
Calories	360	Calories from Fat	5
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	10mg		3%
Sodium	180mg		8%
Total Carbohydrate	74g		25%
Dietary Fiber	13g		52%
Sugars	12g		
Protein	12g		
Vitamin A	170%	Vitamin C	80%
Calcium	20%	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	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

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

Cost

Per recipe: \$4.65
 Per serving: \$1.16

Baked Tofu

Yield: 4 servings

Ingredients

2 tablespoons soy sauce
 1 clove garlic (minced, or 1/4 teaspoon garlic powder)
 1 teaspoon fresh ginger (minced, optional)
 1 teaspoon vegetable oil
 1 package tofu (firm or extra firm, water packed, 16 ounces, drained)

Instructions

1. Preheat oven to 350 degrees. Line a rimmed baking sheet with foil.
2. Drain water from tofu. Wrap tofu in paper towels. Let set for about 5 minutes.
3. While tofu is draining, combine soy sauce, garlic, ginger and vegetable oil in a small bowl.
4. Slice tofu into 1/2 inch thick slices. Place tofu slices on foil lined baking sheet.
5. Pour soy sauce mixture over tofu. Using a spatula or pancake turner, gently turn slices over to coat both sides with sauce.
6. Bake tofu for 15 minutes. Turn slices over and bake for another 15 minutes. Tofu should be light golden brown and firm. Serve hot in place of meat or cut into slices or cubes and add to a stir-fry, fried rice, soup or salad.

Nutrition Facts

Serving Size 2 slices, 1/4 of recipe
 (124g)

Servings Per Container 4

Amount Per Serving

Calories 100 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 710mg **30%**

Total Carbohydrate 4g **1%**

Dietary Fiber 0g **0%**

Sugars 1g

Protein 9g

Vitamin A 0% • Vitamin C 0%

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 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

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

Cost

Per recipe: \$2.50

Per serving: \$0.62

Baked Tortilla Chips

Yield: 6 Servings

Ingredients

- 3 flour tortillas (10-inch, whole wheat)
 cooking oil spray
 salt (optional)

Instructions

- 1) Preheat oven or toaster oven to 400°F.
- 2) Lightly grease a baking sheet with the cooking spray.
- 3) Cut tortillas into 8 sections (as if you were cutting a pizza) and place on baking sheet.
- 4) Spray tops of tortilla sections with cooking spray and lightly salt, if desired.
- 5) Bake for 10 minutes, until crisp and light brown, watching closely so the chips don't burn.

Notes

Corn tortillas may also be used for less calories and fat.

Nutrition Facts

Serving Size 4 chips (1/6 of recipe)

(54g)

Servings Per Container 6

Amount Per Serving

Calories 160 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 200mg **8%**

Total Carbohydrate 25g **8%**

Dietary Fiber 2g **8%**

Sugars 1g

Protein 5g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 6%

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

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 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

Colorado State University and
 University of California at Davis.

[Eating Smart Being Active](#)

Recipes.

Cost

Per recipe: \$0.36

Per serving: \$0.06

Banana Waldorf

Yield: 4 servings

Ingredients

- 3 banana (peeled and sliced)
- 1 apple (cored and sliced, with peel)
- 4 cups yogurt (nonfat vanilla)
- 1 pinch cinnamon
- 2 tablespoons walnuts (ground)

Instructions

1. Mix all ingredients together in large mixing bowl.
2. Place in individual serving dishes and chill until ready to serve, up to 1 hour.
3. This dessert looks great when topped with a sprinkle of ground cinnamon.

Nutrition Facts	
Serving Size 1/4 of recipe (373g)	
Servings Per Container 4	
Amount Per Serving	
Calories 240	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 140mg	6%
Total Carbohydrate 48g	16%
Dietary Fiber 3g	12%
Sugars 31g	
Protein 9g	
Vitamin A 2%	• 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 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

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

Cost

Per recipe: \$3.89
Per serving: \$0.97

Basic Steamed Collards

Yield: 5 Servings

Ingredients

1 bunch collards, washed and cut
salt and pepper (to taste, optional)

Instructions

1. Wash and cut 5 large collard leaves, removing the thick stems.
2. Place greens in a pot with about 1 inch of water, cover with a lid, and bring to a boil.
3. After water boils, reduce to low heat and steam for about 3-5 minutes.
4. Add salt and pepper, to taste.

Nutrition Facts

Serving Size 1/5 of recipe (25g)
Servings Per Container 5

Amount Per Serving

Calories 10 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 1g **0%**

Dietary Fiber 1g **4%**

Sugars 0g

Protein 1g

Vitamin A 40% • Vitamin C 8%

Calcium 4% • Iron 2%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

University of Maryland
Extension. [Food Supplement
Nutrition Education Program.](#)

Cost

Per recipe: \$0.86
Per serving: \$0.17

Berries with Banana Cream

Yield: 4 Servings

Ingredients

- 1/3 cup yogurt, low-fat plain
- 1/2 banana (ripe)
- 1 tablespoon fruit juice (orange works well)
- 2 cups sliced strawberries
- 1 teaspoon honey
- 1 dash cinnamon

Instructions

1. Combine yogurt, banana, and juice and mash with a fork until most chunks are gone.
2. Wash and slice berries.
3. Top the berries with the yogurt banana mixture.
4. Top with honey and cinnamon.

Nutrition Facts

Serving Size 1/4 of recipe (122g)
 Servings Per Container 4

Amount Per Serving

Calories 60 **Calories from Fat** 5

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 13g **4%**

Dietary Fiber 2g **8%**

Sugars 9g

Protein 2g

Vitamin A 2% • Vitamin C 90%

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	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

Iowa Department of Public Health. [Iowa Nutrition Network](#).

Cost

Per recipe: \$2.68
 Per serving: \$0.67

Better Baking Mix

Yield: 9 Servings

Ingredients

4 cups all-purpose flour
 4 cups quick rolled oats (or whole wheat flour)
 1 1/3 cup non-fat dry milk
 4 teaspoons baking powder
 1 teaspoon salt

Instructions

1. In a large mixing bowls, stir all ingredients until well mixed.
2. Store in a closed, covered can or rigid plastic container, or sealed heavy plastic bag.
3. Label and date the container. Use within 6 months.
4. Stir lightly before use in recipes.

Better Baking Mix used in the following recipes:

a. [Drop Biscuits](#) b. [Easy-As-A-Mix Pizza](#) c. [Muffins](#) d. [Pancakes](#) e. [Sugar and Spice Cookies](#)

Notes

To use old fashioned oats, whirl the oats in a blender about 30 seconds to make smaller flakes.

Nutrition Facts

Serving Size 1 cup, 1/9 of recipe
 (110g)
 Servings Per Container 9

Amount Per Serving		% Daily Value*	
Calories	390	Calories from Fat	30
Total Fat	3g		5%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	970mg		40%
Total Carbohydrate	75g		25%
Dietary Fiber	6g		24%
Sugars	7g		
Protein	15g		
Vitamin A	0%	Vitamin C	4%
Calcium	50%	Iron	30%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

Washington State University
 Extension. [Visit Web site.](#)

Cost

Per recipe: \$2.30
 Per serving: \$0.26

Black Beans

Yield: 4 servings

Ingredients

2 cans black beans (15 ounce)
 1/2 onion (medium)
 2 garlic clove
 2 tablespoons vegetable oil
 1/2 teaspoon cumin (ground)
 1/2 teaspoon salt
 1/4 teaspoon oregano (fresh or dried)

Instructions

1. Carefully drain the juice from one can of black beans. Pour the drained black beans into a bowl. Use a potato masher to mash the beans until they are no longer whole. Set the mashed beans aside.
2. Chop the onion in to 1/4-inch pieces. Set it aside. Peel the garlic cloves and mince them finely. Set the garlic aside.
3. In a medium saucepan, heat the oil over medium high heat. Add the onions and sauté for 1 to 2 minutes. Stir in the garlic and cumin and cook for 30 seconds more. Stir in the mashed black beans and the second can of black beans, including the juice. When the beans begin to boil, reduce the heat to low, stir in the salt and oregano and simmer for 10 minutes, uncovered.

Nutrition Facts

Serving Size 1/6 of recipe (157g)
 Servings Per Container 6

Amount Per Serving			
Calories	150	Calories from Fat	45
		% Daily Value*	
Total Fat	5g		8%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	700mg		29%
Total Carbohydrate	23g		8%
Dietary Fiber	8g		32%
Sugars	1g		
Protein	8g		
Vitamin A	0%	•	Vitamin C 2%
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	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

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

Cost

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

Breakfast Parfait

Yield: 4 servings

Ingredients

- 2 cups pineapple, canned and chopped
- 1 cup berries, frozen (thawed)
- 1 cup yogurt, low-fat vanilla
- 1 banana (peeled and sliced)
- 1/3 cup raisins

Instructions

1. In glasses or bowls, layer pineapple, berries, yogurt, banana, and raisins.

Nutrition Facts	
Serving Size 1/4 of recipe (235g)	
Servings Per Container 4	
Amount Per Serving	
Calories 190	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 40mg	2%
Total Carbohydrate 44g	15%
Dietary Fiber 3g	12%
Sugars 35g	
Protein 4g	
Vitamin A 2%	• Vitamin C 45%
Calcium 15%	• 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 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

University of Illinois, Extension Service, [Recipes to Grow On](#)

Cost

Per recipe: \$4.39
Per serving: \$1.10

Broccoli Alfredo

Yield: 4 Servings

Ingredients

4 cups broccoli, cooked
 4 cups cooked whole wheat pasta
 2 cups milk, 1% (or non-fat)
 1 cup fat-free parmesan cheese
 1 teaspoon basil
 1/2 teaspoon garlic powder
 2 tablespoons cornstarch
 pepper (to taste, optional)

Instructions

1. Heat milk over medium heat and then add basil and garlic powder. When hot, add Parmesan cheese.
2. Mix cornstarch with 2 or 3 Tbsp of milk and add to hot mixture. Heat until thickened.
3. Pour mixture over pasta and broccoli. Serve.

Nutrition Facts

Serving Size 1/4 of recipe (443g)
 Servings Per Container 4

Amount Per Serving			
Calories	360	Calories from Fat	30
		% Daily Value*	
Total Fat	3.5g		5%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	10mg		3%
Sodium	330mg		14%
Total Carbohydrate	63g		21%
Dietary Fiber	9g		36%
Sugars	11g		
Protein	24g		
Vitamin A	50%	•	Vitamin C 210%
Calcium	40%	•	Iron 25%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

ONIE Project - Oklahoma Nutrition Information and Education. [Simple Healthy Recipes.](#)

Cost

Per recipe: \$4.27
 Per serving: \$1.07

Broiled Tomatoes and Cheese

Yield: 3 servings

Ingredients

3 tomatoes (large, firm)
 8 ounces cottage cheese, low-fat
 1/2 teaspoon basil (dried)
 1/8 teaspoon black pepper
 1/4 cup bread crumbs (plain)
 cooking spray (or vegetable oil)

Instructions

1. Wash tomatoes and cut in half.
2. Mix cottage cheese, basil and pepper.
3. Spread cheese on tomato halves.
4. Sprinkle with bread crumbs and spray with cooking spray.
5. Spray broiler pan with cooking spray. Place prepared tomatoes on a pan and broil about 10 minutes.

Nutrition Facts

Serving Size 2 prepared tomato halves, 1/3 of recipe (267g)
 Servings Per Container 3

Amount Per Serving		% Daily Value*	
Calories	120	Calories from Fat	15
Total Fat	1.5g		2%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	380mg		16%
Total Carbohydrate	16g		5%
Dietary Fiber	3g		12%
Sugars	7g		
Protein	12g		
Vitamin A	30%	Vitamin C	40%
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	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

University of Massachusetts,
 Extension Nutrition Education
 Program, Choices: Steps
 Toward Health

Cost

Per recipe: \$3.68
 Per serving: \$1.23

Bugs on a Log

Yield: 1 servings

Ingredients

Bug Options:

- raisins (regular or golden)
- whole grain cereal (unsweetened)
- peanuts (chopped)

Log Options:

- celery (cut in 3" pieces)
- apples (quartered and cored)
- carrot sticks (cut in 3" pieces)

Spread Options:

- cream cheese (low-fat with pineapple)
- cheese (low-fat with pimiento)

Instructions

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

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

Nutrition Facts

Serving Size 1 3" celery log with spread and bugs (29g)
Servings Per Container 1

Amount Per Serving			
Calories 30		Calories from Fat 5	
		% Daily Value*	
Total Fat	0.5g		1%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	35mg		1%
Total Carbohydrate	5g		2%
Dietary Fiber	0g		0%
Sugars	4g		
Protein	1g		
Vitamin A	2%	Vitamin C	2%
Calcium	2%	Iron	0%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

National Network for Childcare

Cost

Per recipe: \$0.19

Per serving: \$0.19

Butterfly Bite

Yield: 6 servings
Cook time: 7 minutes

Ingredients

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

Instructions

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

Nutrition Facts			
Serving Size 1 butterfly bite (47g)			
Servings Per Container 6			
Amount Per Serving			
Calories	140	Calories from Fat 80	
			% Daily Value*
Total Fat	8g		12%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	210mg		9%
Total Carbohydrate	13g		4%
Dietary Fiber	2g		8%
Sugars	5g		
Protein	5g		
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	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

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

Cost

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

Cabbage Stir-Fry

Yield: 6 Servings

Prep time: 10 minutes

Cook time: 10 minutes

Ingredients

1 tablespoon vegetable oil
 1 cup chopped onion
 2 green peppers, medium (chopped)
 1 small head cabbage (chopped)
 2 cloves garlic (chopped)
 2 tablespoons soy sauce, low-sodium (to taste)

Instructions

1. Wash green peppers and cabbage before chopping.
2. Heat oil in a large skillet.
3. Add onions, peppers, cabbage, and garlic to skillet and cook over medium heat until vegetables are tender.
4. Add soy sauce and stir until sauce boils.
5. Refrigerate leftovers.

Notes

2 cloves garlic and 2 Tablespoons soy sauce used in nutrition analysis.

Nutrition Facts

Serving Size 1 cup, 1/6 of recipe
(195g)

Servings Per Container 6

Amount Per Serving

Calories 80 **Calories from Fat 20**

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 260mg **11%**

Total Carbohydrate 12g **4%**

Dietary Fiber 4g **16%**

Sugars 6g

Protein 3g

Vitamin A 6% • Vitamin C 130%

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	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

Colorado State University and
University of California at Davis.

[Eating Smart Being Active](#)

Recipes.

Cost

Per recipe: \$2.77

Per serving: \$0.46

Cantaloupe Cooler

Yield: 8 servings

Ingredients

1 cantaloupe (ripe)
 2 1/2 cups orange juice (cold)
 2 tablespoons sugar (granulated)
 ice (crushed)

Instructions

1. Cut melon in half. Scoop out seeds, remove rind and discard. Cut melon into 1-inch cubes.
2. In blender or food processor, blend melon cubes with 1/2 cup orange juice until smooth.
3. Pour puree into pitcher and stir in the remaining orange juice and the sugar. Stir until sugar is dissolved.
4. Pour into glasses filled with crushed ice.

Notes

For a new twist, try other melons or strawberries in place of the cantaloupe.

Nutrition Facts

Serving Size 1/8 of recipe (210g)
 Servings Per Container 8

Amount Per Serving			
Calories	70	Calories from Fat	0
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	15mg		1%
Total Carbohydrate	18g		6%
Dietary Fiber	1g		4%
Sugars	17g		
Protein	1g		
Vitamin A	45%	•	Vitamin C 40%
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	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

California Department of Health Services, [Celebrate Health with a Lowfat Fiesta](#)
[California Project LEAN](#)

Cost

Per recipe: \$2.20
 Per serving: \$0.27

Caribbean Bean Salad

Yield: 4 servings

Ingredients

- 4 cups romaine lettuce (chopped)
- 1/4 cup red onion
- 1 cup black beans (canned, drained and rinsed)
- 1 orange (peeled and diced)
- 1 tomato (diced)
- 1 tablespoon olive oil
- 3 tablespoons red wine vinegar
- 1 teaspoon oregano (dried)
- black pepper (to taste)

Instructions

1. Toss all ingredients together in large salad bowl.
2. Serve immediately or refrigerate up to one hour.

Nutrition Facts

Serving Size 1 cup prepared bean salad, 1/4 of recipe (206g)
 Servings Per Container 4

Amount Per Serving		% Daily Value*	
Calories	100	Calories from Fat	30
Total Fat	3.5g		5%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	270mg		11%
Total Carbohydrate	16g		5%
Dietary Fiber	5g		20%
Sugars	5g		
Protein	4g		
Vitamin A	90%	Vitamin C	45%
Calcium	6%	Iron	10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

Food and Health
 Communications, Inc., Cooking
 Demo II

Cost

Per recipe: \$2.26
 Per serving: \$0.56

Carrot Raisin Salad

Yield: 4 servings

Ingredients

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

Instructions

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

Nutrition Facts

Serving Size 1/4 of recipe (85g)
 Servings Per Container 4

Amount Per Serving

Calories 70 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 45mg **2%**

Total Carbohydrate 17g **6%**

Dietary Fiber 2g **8%**

Sugars 11g

Protein 1g

Vitamin A 200% • Vitamin C 15%

Calcium 2% • Iron 2%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

University of Wyoming,
 Cooperative Extension,
[Cent\\$ible Nutrition Cook Book](#)
[p.s-20](#)

Cost

Per recipe: \$0.96
 Per serving: \$0.24

Carrots with Tomatoes and Macaroni

Yield: 4 servings

Ingredients

1 tablespoon	olive oil
1	onion (small, chopped)
4	plum tomatoes (chopped, from a can)
1/2 cup	tomato juice (from a can)
6	carrot (large, peeled and sliced)
1/4 teaspoon	salt
1/4 teaspoon	black pepper
1/4 teaspoon	sugar
2 tablespoons	fresh parsley (chopped, or 1 teaspoon dried)
1 teaspoon	butter
1 cup	elbow macaroni, cooked

Instructions

1. In a saucepan, cook the onion in the oil until soft but not brown. Add the tomatoes, carrots, salt, pepper and sugar.
2. Cover and cook over low heat for 5 minutes. Remove the cover and cook over low heat, stirring often, for another 5 minutes, or until the carrots are tender and the tomatoes are cooked down to a sauce.
3. Stir in the parsley. Mix the butter with the cooked elbows. Stir in the carrot mixture and serve.

Nutrition Facts

Serving Size 1/4 of recipe (248g)
Servings Per Container 4

Amount Per Serving	
Calories	160
Calories from Fat 45	
% Daily Value*	
Total Fat	5g 8%
Saturated Fat	1g 5%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	240mg 10%
Total Carbohydrate	27g 9%
Dietary Fiber	5g 20%
Sugars	9g
Protein	4g
Vitamin A	370%
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 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

University of Rhode Island,
Cooperative Extension, The
Expanded Food and Nutrition
Education Program

Cost

Per recipe: \$2.28
Per serving: \$0.57

Chicken Rice Salad

Yield: 4 servings

Ingredients

- 4 cups lettuce
- 2 cups brown rice (cooked)
- 2 cups chicken breast, skinless roasted
- 1 tomato (cored and diced)
- 1 green pepper (cored and diced)
- 1 tablespoon olive oil
- 1 juice of one lemon
- 2 tablespoons vinegar (flavored)
- 1 dash hot pepper sauce (optional)
- Italian herb mix and black pepper to taste (optional)

Instructions

1. Toss all ingredients together in a large salad bowl.
2. Use personal taste preferences to determine the amounts of seasonings.
3. Serve immediately. This salad looks great when served on a large plate with a few of the seasonings sprinkled on top.

Nutrition Facts	
Serving Size 2 cups prepared salad, 1/4 of recipe (312g) Servings Per Container	
Amount Per Serving	
Calories 280	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 65mg	3%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 25g	
Vitamin A 15%	Vitamin C 60%
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

Food and Health
Communications, Inc., Cooking
Demo II

Cost

Per recipe: \$7.79
Per serving: \$1.95

Chicken and Cranberry Salad

Yield: 4 servings

Ingredients

12 ounces chicken, cooked and diced (1 1/2 cups)
 1/2 cup vinaigrette dressing
 1 cup dried cranberries (or cherries)
 2 tablespoons almonds (sliced)
 1 head of lettuce (of, - chopped)

Instructions

1. Toss chicken, cranberries, and almonds with dressing.
2. Serve on a mound of chopped lettuce.

Nutrition Facts	
Serving Size 1/4 of recipe (285g)	
Servings Per Container 4	
Amount Per Serving	
Calories 290	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 80mg	3%
Total Carbohydrate 34g	11%
Dietary Fiber 4g	16%
Sugars 27g	
Protein 28g	
Vitamin A 15%	• Vitamin C 6%
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 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 Food and Nutrition Service, Creative Recipes for Less Familiar USDA Commodities Used by Household Programs Food Distribution Service

Cost

Per recipe: \$7.04
 Per serving: \$1.76

Chickpea Dip

Yield: 4 servings

Ingredients

- 3 garlic clove
- 1/4 cup yogurt (plain, low-fat)
- 1 tablespoon lemon juice (fresh)
- 1 teaspoon olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon paprika
- 1/4 teaspoon pepper
- 1 can chickpeas (19oz, drained garbanzo beans)

Instructions

1. Put all ingredients into a food processors and blend until smooth.
2. Serve at room temperature with pita chips, crackers, carrots or other dipping vegetables.

Nutrition Facts			
Serving Size 1/4 of recipe (158g)			
Servings Per Container 4			
Amount Per Serving			
Calories	160	Calories from Fat 20	
		% Daily Value*	
Total Fat	2.5g		4%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	190mg		8%
Total Carbohydrate	26g		9%
Dietary Fiber	5g		20%
Sugars	2g		
Protein	8g		
Vitamin A	2%	•	Vitamin C 4%
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	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

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

Cost

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

Chili Bean Dip

Yield: 15 servings

Ingredients

- 1 can pinto beans (16 ounce, or 2 cups cooked dried beans)
- 2 tablespoons onion (chopped)
- 1 teaspoon chili powder
- 1/2 cup cheese (shredded)

Instructions

1. Mash beans in a bowl.
2. Add onion and chili powder and shredded cheese.
3. Serve warm or cold with raw vegetables or tortilla chips.

Nutrition Facts

Serving Size 2 tablespoons prepared dip, 1/15 of recipe (36g)
 Servings Per Container 15

Amount Per Serving		% Daily Value*	
Calories	40	Calories from Fat	15
Total Fat	1.5g		2%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	105mg		4%
Total Carbohydrate	5g		2%
Dietary Fiber	1g		4%
Sugars	0g		
Protein	2g		
Vitamin A	2%	Vitamin C	0%
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	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

University of Wisconsin,
 Cooperative Extension Service,
 Healthy Snacks

Cost

Per recipe: \$1.45
 Per serving: \$0.10

Chili Popcorn

Yield: 4 servings

Ingredients

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

Instructions

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

Nutrition Facts

Serving Size 1 cup popcorn, 1/4 of recipe (13g)
 Servings Per Container 4

Amount Per Serving			
Calories 60		Calories from Fat 30	
		% Daily Value*	
Total Fat	3.5g		5%
Saturated Fat	0.5g		3%
Trans Fat	0.5g		
Cholesterol	0mg		0%
Sodium	35mg		1%
Total Carbohydrate	7g		2%
Dietary Fiber	1g		4%
Sugars	0g		
Protein	1g		
Vitamin A	4%	•	Vitamin C 0%
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	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, Food and Nutrition Service (FNS), [Eat Smart. Play Hard.™](#)

Cost

Per recipe: \$0.42
 Per serving: \$0.10

Chili and Spice Seasoning

Yield: 5 servings

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1 Tbsp (6g)	
Servings Per Container 8	
Amount Per Serving	
Calories 20	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 1g	
Vitamin A 40%	• 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 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

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

Cost

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

Chunky Garbanzo Bean Dip

Yield: 8 Servings

Prep time: 10 minutes

Ingredients

1 can garbanzo beans (15 ounces)
 2 tablespoons vegetable oil
 2 tablespoons chopped onion
 lemon pepper (to taste)
 salt (to taste)

Instructions

1. Drain and rinse the beans and mash in a small bowl with a fork or potato masher until most of the beans have been crushed. If you have a food processor, you can use it for this step.
2. Stir in oil and onion along with lemon pepper and salt to taste. The mixture will be chunky, not smooth.

Notes

Suggest serving with vegetables like carrots, pea pods, and celery.

Nutrition Facts

Serving Size 1/8 of recipe (43g)
 Servings Per Container 8

Amount Per Serving	
Calories 60	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 2g	
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 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

Iowa Department of Public Health. [Iowa Nutrition Network](#).

Cost

Per recipe: \$1.11

Per serving: \$0.14

Citrus Salad

Yield: 8 servings

Ingredients

- 1 grapefruit (peeled)
- 1 orange (peeled)
- 10 cups fresh greens (lettuce)
- 1 red onion (small, sliced thin)
- 2 tablespoons cider vinegar
- 1 tablespoon lime juice
- 1 tablespoon vegetable oil
- 1 tablespoon water
- 1/4 teaspoon black pepper
- 1/4 teaspoon cumin

Instructions

1. Cut fruit into bite size pieces.
2. Toss with lettuce and onion. Mix remaining ingredients for dressing. Drizzle over salad and toss just before serving.

Nutrition Facts

Serving Size 1 1/2 cups prepared salad, 1/8 of recipe (153g)
 Servings Per Container 8

Amount Per Serving			
Calories	60	Calories from Fat	15
		% Daily Value*	
Total Fat	2g		3%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	25mg		1%
Total Carbohydrate	10g		3%
Dietary Fiber	3g		12%
Sugars	7g		
Protein	1g		
Vitamin A	60%	Vitamin C	45%
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	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

Ponichtera, Brenda RD
 ScaleDown Publishing, Inc.,
 Quick and Healthy, Vol.II, 1995,
 p.100

Cost

Per recipe: \$2.93
 Per serving: \$0.37

Citrus Vegetables

Yield: 4 servings

Ingredients

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

Instructions

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

Nutrition Facts

Serving Size 1/4 of recipe (192g)
 Servings Per Container 4

Amount Per Serving			
Calories	140	Calories from Fat	15
		% Daily Value*	
Total Fat	2g		3%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	65mg		3%
Total Carbohydrate	24g		8%
Dietary Fiber	8g		32%
Sugars	6g		
Protein	5g		
Vitamin A 160%		• Vitamin C 15%	
Calcium 4%		• Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

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

Cost

Per recipe: \$1.87
 Per serving: \$0.47

Coffee Cooler

Yield: 1 Servings

Ingredients

1/2 cup milk, 1%
 1/2 cup low-fat vanilla frozen yogurt
 1/2 cup coffee (cooled to room temperature)
 3 ice cubes
 1 teaspoon sugar

Instructions

1. In a blender, combine all ingredients, puree until smooth.
2. Pour into a chilled glass and sprinkle with cinnamon, cocoa, or nutmeg if you like.

Nutrition Facts

Serving Size 1 drink (351g)
 Servings Per Container 1

Amount Per Serving

Calories 270 **Calories from Fat 50**

% Daily Value*

Total Fat 6g **9%**

 Saturated Fat 3.5g **18%**

 Trans Fat 0g

Cholesterol 70mg **23%**

Sodium 110mg **5%**

Total Carbohydrate 41g **14%**

 Dietary Fiber 0g **0%**

 Sugars 31g

Protein 13g

Vitamin A 8% • Vitamin C 0%

Calcium 40% • 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	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

University of Wyoming
 Cooperative Extension,
[Cent\\$ible Nutrition Program](#),
 Cooking for You or Two, p. 116.

Cost

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

Confetti Bean Salsa

Yield: 6 servings

Ingredients

1 can black or red beans (15 ounce)
 1 can corn (12 ounce)
 1 cup salsa

Instructions

1. Drain and rinse the beans. Drain the corn.
2. Combine beans, corn, and salsa in a medium-size bowl. Mix.

Notes

Like it hot? Add a few drops of hot sauce or chopped green chilis. Try chopped cilantro, parsley or green pepper, too.

Nutrition Facts

Serving Size 1/2 cup prepared salsa,
 1/6 of recipe (149g)
 Servings Per Container 6

Amount Per Serving		% Daily Value*	
Calories 90		Calories from Fat 5	
Total Fat 0.5g		1%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 540mg		23%	
Total Carbohydrate 18g		6%	
Dietary Fiber 4g		16%	
Sugars 2g			
Protein 5g			
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	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, Food and Nutrition Service (FNS) and Food and Drug Administration, DHHS, The Power of Choice

Cost

Per recipe: \$2.66
 Per serving: \$0.44

Confetti Slaw

Yield: 8 servings

Ingredients

1/4	head of cabbage (green)
2	carrot
1/4 cup	raisins
1/4 cup	peanuts
1/2 cup	yogurt, low-fat vanilla
1 tablespoon	orange juice

Instructions

1. Slice and cut cabbage into thin strips. Place pieces in large mixing bowl.
2. Peel and grate carrots. Add to mixing bowl.
3. Measure raisins and peanuts. Add to mixing bowl.
4. Mix all ingredients together.
5. Combine yogurt and orange juice in small bowl.
6. Add yogurt mixture to cabbage mixture, stirring to combine ingredients thoroughly.

Create-a-Flavor Changes

- Combine 1/8 head each red and green cabbage.
- Add 2 tablespoons mini-marshmallows.
- Try a different flavor yogurt and juice.

Nutrition Facts

Serving Size 1/2 cup prepared slaw,
1/8 of recipe (74g)
Servings Per Container 8

Amount Per Serving		% Daily Value*	
Calories 70	Calories from Fat 25		
Total Fat 2.5g			4%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 30mg			1%
Total Carbohydrate 11g			4%
Dietary Fiber 2g			8%
Sugars 7g			
Protein 2g			
Vitamin A 50%		Vitamin C 30%	
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	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

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

Cost

Per recipe: \$1.32
Per serving: \$0.16

Corn Salad

Yield: 6 servings

Ingredients

2 cups	whole kernel corn (fresh or frozen, - cooked and drained)
3/4 cups	tomato (chopped)
1/2 cup	green pepper (chopped)
1/2 cup	celery (chopped)
1/4 cup	onion (chopped)
1/4 cup	Ranch dressing, fat-free

Instructions

1. In bowl, combine vegetables.
2. Stir in dressing.
3. Cover and refrigerate until ready to serve.

Nutrition Facts

Serving Size 1/6 of recipe (116g)
Servings Per Container 6

Amount Per Serving

Calories 80 **Calories from Fat 5**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 120mg **5%**

Total Carbohydrate 19g **6%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 2g

Vitamin A 6% • Vitamin C 30%

Calcium 2% • Iron 2%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

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

Cost

Per recipe: \$2.26
Per serving: \$0.38

Corn and Bean Medley

Yield: 4 servings

Ingredients

3 tablespoons corn (liquid drained from canned)
 1/4 cup onion (chopped)
 1 cup corn (canned, whole-kernel, drained)
 3/4 cups kidney beans (dry, cooked)
 3/4 teaspoons chili powder
 1/4 teaspoon pepper flakes (hot red, optional)

Instructions

1. Heat 3 tablespoons of liquid from canned corn in saucepan.
2. Cook onion in liquid until soft, about 2 minutes.
3. Add corn, kidney beans, chili powder, and hot red pepper flakes to onion mixture.
4. Cook over low heat for about 10 minutes.

Nutrition Facts

Serving Size 1/2 cup (121g)
 Servings Per Container 4

Amount Per Serving			
Calories	100	Calories from Fat	10
		% Daily Value*	
Total Fat	1g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	210mg		9%
Total Carbohydrate	17g		6%
Dietary Fiber	4g		16%
Sugars	4g		
Protein	4g		
Vitamin A	4%	•	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	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, FNS, Food Distribution Program on Indian Reservations, [Healthy Eating In Indian Country: Diabetes](#)

Cost

Per recipe: \$0.83
 Per serving: \$0.21

Corn and Green Chili Salad

Yield: 4 servings

Cook time: 10 minutes

Ingredients

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

Instructions

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

Nutrition Facts

Serving Size 3/4 cup prepared salad,
 1/4 of recipe (168g)
 Servings Per Container 4

Amount Per Serving

Calories 120 Calories from Fat 20

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 230mg **10%**

Total Carbohydrate 25g **8%**

Dietary Fiber 4g **16%**

Sugars 4g

Protein 3g

Vitamin A 8% • Vitamin C 25%

Calcium 2% • Iron 8%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

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

Cost

Per recipe: \$1.73

Per serving: \$0.43

Couscous with Peas and Onions

Yield: 4 servings

Ingredients

1 cup onion (finely chopped)
 1/2 teaspoon sage (ground)
 1 teaspoon olive oil
 1 1/3 cup water
 1 cup green peas (frozen)
 1 cup couscous
 1/2 teaspoon salt (optional)

Instructions

1. Combine oil and onions in heavy skillet.
2. Sauté for 5-10 minutes until lightly browned.
3. Add the peas, sage, water, couscous, and salt if desired.
4. Cover and cook on low for about 5 minutes or until peas are tender but still bright green and all of the water is absorbed.
5. Fluff with fork.

Notes

Serve with lemon wedges or balsamic vinegar.

Nutrition Facts

Serving Size 1 cup (275g)
 Servings Per Container 4

Amount Per Serving

Calories 190 **Calories from Fat** 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 45mg **2%**

Total Carbohydrate 37g **12%**

Dietary Fiber 4g **16%**

Sugars 3g

Protein 7g

Vitamin A 15% • 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	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

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

Cost

Per recipe: \$1.78
 Per serving: \$0.44

Cowboy Caviar (Bean Salsa)

Yield: 16 Servings

Prep time: 10 minutes

Ingredients

- 1 can kidney beans, drained (15 ounces)
- 1 can black beans, drained (15 ounces)
- 1 can corn, drained (15 ounces)
- 1 can crushed tomatoes (15 ounces)
- 1 can chopped green chilies, drained (4 ounces)
- 1/4 cup finely chopped onion
- 1 tablespoon oil
- 3 limes, juiced (optional)
- salt (to taste, optional)
- pepper (to taste, optional)

Instructions

- 1) Mix kidney beans, black beans, corn, tomatoes, chilies, and onion in a large bowl.
- 2) Add lime juice, oil, salt, and pepper; toss gently to combine.
- 3) Serve by itself or with corn chips.

Nutrition Facts

Serving Size 1/2 cup, 1/16 of recipe (91g)

Servings Per Container 16

Amount Per Serving

Calories 60 **Calories from Fat 10**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 230mg **10%**

Total Carbohydrate 12g **4%**

Dietary Fiber 3g **12%**

Sugars 2g

Protein 3g

Vitamin A 2% • Vitamin C 10%

Calcium 2% • Iron 6%

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

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	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

Colorado State University and University of California at Davis. [Eating Smart Being Active](#) Recipes.

Cost

Per recipe: \$4.44

Per serving: \$0.28

Cranberry Wojapi

Yield: 6 Servings

Ingredients

1 cup dried cranberries
 2 cups water
 4 tablespoons sugar
 2 tablespoons cornstarch (mixed with 3/4 cup water)

Instructions

1. In a large saucepan, combine ingredients and bring to a boil. Reduce heat and simmer until mixture is thickened and cranberries are plumed.

Notes

Cranberry Wojapi is a Native American dish.

Nutrition Facts

Serving Size 1/5 of recipe (168g)
 Servings Per Container 5

Amount Per Serving			
Calories	130	Calories from Fat	5
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	5mg		0%
Total Carbohydrate	33g		11%
Dietary Fiber	1g		4%
Sugars	26g		
Protein	0g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	0%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

[North Dakota Food and Culture: A Taste of World Cuisine](#). North Dakota State University Extension Service. Recipe on p. 19.

Cost

Per recipe: \$1.64
 Per serving: \$0.27

Cream of Broccoli Soup II

Yield: 4 Servings

Prep time: 10 minutes

Cook time: 10 minutes

Ingredients

1 package frozen, chopped broccoli (10 ounces)
 1 can carrots or mixed vegetables, drained (8 ounces)
 1 can cream of mushroom soup (10 ounces)
 1 soup can of milk
 1/3 cup grated cheddar cheese, low-fat (can use 1/4 to 1/2 cup)

Instructions

1. In saucepan, prepare broccoli according to directions. Drain off water.
2. Add carrots, cream of mushroom soup, and one soup can full of milk to the broccoli. Stir over low heat until steaming hot and vegetables are cooked. Add cheese, stirring until melted.
3. Serve hot.
4. Refrigerate leftovers.

Nutrition Facts

Serving Size 1 cup, 1/4 of recipe
(279g)

Servings Per Container 4

Amount Per Serving

Calories 120 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 260mg **11%**

Total Carbohydrate 13g **4%**

Dietary Fiber 3g **12%**

Sugars 7g

Protein 8g

Vitamin A 140% • Vitamin C 70%

Calcium 20% • 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:

		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

Colorado State University and
 University of California at Davis.
[Eating Smart Being Active](#)
 Recipes.

Cost

Per recipe: \$3.32

Per serving: \$0.83

Creamy Dill Dip

Yield: 16 servings

Ingredients

1 cup sour cream, non-fat
 1 cup yogurt, non-fat plain
 2 tablespoons dill (dried)

Instructions

1. Put the sour cream, yogurt, and dill in a medium bowl. Stir together.
2. Store the dip in a covered container if you don't plan to eat it right away.
3. Keep the dip in the fridge until you serve it.

Notes

Serve with cucumber slices. If you want a creamy salad dressing, add a few tablespoons of water to the dip.

Nutrition Facts

Serving Size 2 tablespoons prepared dip, 1/16 of recipe (31g)
 Servings Per Container 16

Amount Per Serving			
Calories 20	Calories from Fat 0		
% Daily Value*			
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 5mg			2%
Sodium 30mg			1%
Total Carbohydrate 4g			1%
Dietary Fiber 0g			0%
Sugars 2g			
Protein 1g			
Vitamin A 4%		Vitamin C 2%	
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	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

Pennsylvania Nutrition
 Education Program,
 Pennsylvania Nutrition
 Education Network
 Website Recipes

Cost

Per recipe: \$3.87
 Per serving: \$0.24

Creamy Peanut Dip

Yield: 6 servings

Ingredients

1/4 cup peanut butter (creamy)
 2 tablespoons orange juice
 1/2 cup yogurt, low-fat vanilla

Instructions

1. In a small bowl, mix the peanut butter and orange juice until smooth.
2. Stir in the vanilla yogurt.
3. Cover and put in the fridge until chilled.

Notes

Serve with fresh apples, pears, carrot sticks or celery sticks.

Nutrition Facts

Serving Size 2 tablespoons prepared dip, 1/6 of recipe (34g)
 Servings Per Container 6

Amount Per Serving			
Calories 80		Calories from Fat 50	
		% Daily Value*	
Total Fat	5g		8%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	15mg		1%
Total Carbohydrate	6g		2%
Dietary Fiber	1g		4%
Sugars	5g		
Protein	4g		
Vitamin A	0%	•	Vitamin C 0%
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	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

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Cost

Per recipe: \$0.90
 Per serving: \$0.15

Creamy Vegetable Dip

Yield: 12 Servings

Ingredients

2 cups	yogurt, low-fat plain (or small curd or creamed cottage cheese)
1/4 teaspoon	black pepper
1/2 teaspoon	garlic powder
2 tablespoons	dried, minced onion
1 tablespoon	dried parsley flakes
1/2 teaspoon	salt (optional)
1/2 teaspoon	dill weed (optional)

Instructions

1. In a medium-sized bowl, combine yogurt (or cottage cheese), pepper, garlic powder, dried onion, dried parsley, salt, and dill (if used). Beat until smooth.
2. Chill dip in refrigerator until ready to serve. Serve with raw vegetables.

Notes

Suggested approximately 6 cups of vegetables for serving including: broccoli florets, cauliflower florets, carrot sticks, celery sticks, jicama, sliced bell pepper, or sliced cucumber.

Nutrition Facts

Serving Size 2 Tablespoons, 1/12 of recipe (29g)
Servings Per Container 12

Amount Per Serving		% Daily Value*	
Calories 20		Calories from Fat 0	
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 115mg			5%
Total Carbohydrate 3g			1%
Dietary Fiber 0g			0%
Sugars 2g			
Protein 1g			
Vitamin A 2%		• Vitamin C 10%	
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	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

Colorado State University and University of California at Davis. [Eating Smart Being Active](#) Recipes.

Cost

Per recipe: \$1.62
Per serving: \$0.14

Crunchy Berry Parfait

Yield: 1 Parfait

Prep time: 5 minutes

Ingredients

1/2 cup yogurt, non-fat vanilla
 1 cup blueberries or strawberries (fresh or frozen thawed)
 1/2 cup low-fat granola (or crunchy cereal)

Instructions

Spoon yogurt into glass, then top with fruit and granola.

Notes

Can use fortified soy yogurt

1/4 cup blueberries and 1/4 cup strawberries used for nutrition analysis.

Frozen berries used for costing.

Nutrition Facts

Serving Size 1 parfait (244g)

Servings Per Container 1

Amount Per Serving

Calories 340	Calories from Fat 30
---------------------	-----------------------------

% Daily Value*

Total Fat 3g	5%
---------------------	-----------

Saturated Fat 0.5g	3%
--------------------	-----------

Trans Fat 0g	
--------------	--

Cholesterol 5mg	2%
------------------------	-----------

Sodium 210mg	9%
---------------------	-----------

Total Carbohydrate 68g	23%
-------------------------------	------------

Dietary Fiber 8g	32%
------------------	------------

Sugars 34g	
------------	--

Protein 13g	
--------------------	--

Vitamin A 15%	• Vitamin C 50%
---------------	-----------------

Calcium 25%	• 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	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

Saint Joseph College SNAP-Ed
 Nutrition Education Team (NET)

Cost

Per recipe: \$1.66

Per serving: \$1.66

Cuban Beans and Rice

Yield: 4 servings

Ingredients

- 1 teaspoon olive oil
- 1 tablespoon garlic (minced)
- 1 cup onion (chopped)
- 1 cup green bell pepper (diced)
- 3 cups black beans (cooked)
- 2 cups chicken broth (low sodium)
- 1 tablespoon vinegar
- 1/2 teaspoon oregano (dried)
- black pepper (to taste)
- 3 cups brown rice (cooked)

Instructions

1. Heat the olive oil in a large nonstick skillet. Sauté the garlic, onion, and green bell pepper until golden, about 3 minutes.
2. Stir in the beans, broth, vinegar and seasoning, bring to a boil then lower to a simmer; cook covered for 5 minutes.
3. Spoon over cooked rice and serve.

Nutrition Facts	
Serving Size 1 1/2 cups prepared beans and rice, 1/4 of recipe (510g)	
Servings Per Container	
Amount Per Serving	
Calories 390	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 80mg	3%
Total Carbohydrate 71g	24%
Dietary Fiber 15g	60%
Sugars 4g	
Protein 18g	
Vitamin A 4%	• Vitamin C 50%
Calcium 6%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Food and Health Communications, Inc, Cooking Demo II

Cost

Per recipe: \$3.69
Per serving: \$0.92

Cucumber Salad

Yield: 2 servings

Ingredients

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

Instructions

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

Nutrition Facts

Serving Size 1 cup prepared salad,
1/2 of recipe (177g)
Servings Per Container 2

Amount Per Serving			
Calories 90		Calories from Fat 60	
		% Daily Value*	
Total Fat	7g		11%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	15mg		1%
Total Carbohydrate	4g		1%
Dietary Fiber	1g		4%
Sugars	3g		
Protein	2g		
Vitamin A	2%	Vitamin C	8%
Calcium	4%	Iron	2%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

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

Cost

Per recipe: \$0.90
Per serving: \$0.45

Cucumber Yogurt Dip

Yield: 6 servings

Ingredients

2 cups	yogurt (plain, low-fat)
2	cucumber (large, peeled, seeded, and grated)
1/2 cup	sour cream (non-fat)
1 tablespoon	lemon juice
1 tablespoon	dill (fresh)
1	garlic clove (chopped)
1 cup	cherry tomatoes
1 cup	broccoli florets
1 cup	carrot (baby)

Instructions

1. Peel, seed, and grate one cucumber. Slice other cucumber and set aside.
2. Mix yogurt, grated cucumber, sour cream, lemon juice, dill, and garlic in a serving bowl. Chill for 1 hour.
3. Arrange tomatoes, cucumbers, broccoli, and carrots on a colorful platter. Serve with cucumber dip.

Nutrition Facts

Serving Size 1/6 of recipe (272g)
Servings Per Container 6

Amount Per Serving

Calories 100 **Calories from Fat** 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 120mg **5%**

Total Carbohydrate 16g **5%**

Dietary Fiber 2g **8%**

Sugars 10g

Protein 6g

Vitamin A 120% • Vitamin C 35%

Calcium 20% • 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	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

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

Cost

Per recipe: \$3.41
Per serving: \$0.57

Cucumber Yogurt Dip II

Yield: 8 Servings

Prep time: 7 minutes

Ingredients

1 cup yogurt, low-fat plain (softened)
 4 ounces cream cheese, low-fat
 1 cup cucumber (seeded and diced)
 1 clove garlic (chopped small)
 salt and lemon pepper, to taste (optional)

Instructions

1. Stir yogurt and cream cheese until smooth.
3. Rinse the cucumber under running water.
4. Slice the cucumber in half the long way and run a spoon down the middle to remove the seeds.
5. Chop the cucumber into small pieces.
6. Stir the cucumber, chopped garlic and seasonings into the yogurt mixture.

Notes

To quickly soften cream cheese, microwave for approximately 20 seconds.

Nutrition Facts

Serving Size 1/8 of recipe (52g)
 Servings Per Container 8

Amount Per Serving			
Calories 50	Calories from Fat 25		
% Daily Value*			
Total Fat 2.5g			4%
Saturated Fat 1.5g			8%
Trans Fat 0g			
Cholesterol 10mg			3%
Sodium 90mg			4%
Total Carbohydrate 4g			1%
Dietary Fiber 0g			0%
Sugars 3g			
Protein 3g			
Vitamin A 2%		Vitamin C 0%	
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	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

Iowa Department of Public Health. [Iowa Nutrition Network](#).

Cost

Per recipe: \$2.23

Per serving: \$0.28

Curry Dip

Yield: 16 servings

Ingredients

1 cup sour cream, non-fat
 1 cup yogurt, non-fat plain
 1 tablespoon curry powder

Instructions

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

Notes

Serve with bite-size raw vegetables, crackers, or pita bread.

Nutrition Facts

Serving Size 2 tablespoons prepared dip, 1/16 of recipe (31g)
 Servings Per Container 16

Amount Per Serving			
Calories 20	Calories from Fat 0		
% Daily Value*			
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 5mg			2%
Sodium 30mg			1%
Total Carbohydrate 4g			1%
Dietary Fiber 0g			0%
Sugars 2g			
Protein 1g			
Vitamin A 4%		Vitamin C 2%	
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	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

Pennsylvania Nutrition
 Education Program,
 Pennsylvania Nutrition
 Education Network
 Website Recipes

Cost

Per recipe: \$2.28
 Per serving: \$0.14

Curry Vegetable Dip

Yield: 16 servings

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			
Calories	60	Calories from Fat	20
		% Daily Value*	
Total Fat	2g		3%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	70mg		3%
Total Carbohydrate	7g		2%
Dietary Fiber	0g		0%
Sugars	6g		
Protein	3g		
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	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 Food and Nutrition Service, [Pyramid Snacks](#)

[Team Nutrition](#)

Cost

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

Dilled Fish Fillets

Yield: 4 servings

Ingredients

- 1 pound haddock or cod fillets (frozen)
- 1 tablespoon lemon juice
- 1/8 teaspoon dill weed (dried)
- 1/8 teaspoon salt
- 1 dash black pepper (optional)

Instructions

1. Thaw frozen fish in refrigerator overnight or thaw in microwave oven. Then, separate into 4 fillets or pieces
2. Place fish in a glass-baking dish. Cover with wax paper.
3. Cook at "medium" power in the microwave for 3 minutes. Remove cover, turn fish over, and sprinkle with lemon juice and seasonings.
4. Cover and continue cooking at "medium" power for 3 minutes or until fish flakes with a fork.

Skillet method:

1. Separate into four fillets or pieces.
2. Place fish in heated fry pan. Sprinkle with lemon juice and seasonings.
3. Cover and cook over moderate heat until fish flakes when tested with a fork, about 5 minutes.

Nutrition Facts

Serving Size 4 oz. piece of fish, 1/4 of recipe (83g)
 Servings Per Container 4

Amount Per Serving		% Daily Value*	
Calories	100	Calories from Fat	10
<hr/>			
Total Fat	1g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	65mg		22%
Sodium	150mg		6%
Total Carbohydrate	0g		0%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	20g		
<hr/>			
Vitamin A	2%	Vitamin C	2%
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	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

University of Illinois, Extension Service, Microwave Recipes

Cost

Per recipe: \$8.19
 Per serving: \$2.05

Dutch Green Beans

Yield: 4 servings

Ingredients

1 can green beans (15 ounces)
 1/4 cup brown sugar
 1 teaspoon cornstarch
 1/3 cup vinegar
 1 onion (small, sliced)

Instructions

1. Drain the beans, and save the liquid from the can in small bowl.
2. Pour 1/2 cup bean liquid into the saucepan.
3. Add the cornstarch in the bean liquid. Stir well.
4. Add the vinegar and brown sugar.
5. Put on medium heat and bring to a boil.
6. Turn the heat to low.
7. Add the green beans and onions. Heat and serve.

Nutrition Facts

Serving Size 1/4 of recipe (158g)
 Servings Per Container 4

Amount Per Serving			
Calories	80	Calories from Fat	0
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	360mg		15%
Total Carbohydrate	20g		7%
Dietary Fiber	1g		4%
Sugars	16g		
Protein	1g		
Vitamin A	6%	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	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

Pennsylvania Nutrition
 Education Program,
 Pennsylvania Nutrition
 Education Network
 Website Recipes

Cost

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

Eagle Nest

Yield: 1 Servings
 Prep time: 5 minutes

Ingredients

- 2 canned peach halves
- 2 tablespoons cottage cheese, low-fat (1 ounce)
- 6 raisins

Instructions

1. Wash hands; get out ingredients and utensils.
2. Place one peach half, cut side up, in center of plate for nest.
3. Place 1 Tablespoon of cottage cheese in center of nest.
4. Place raisins on cottage cheese to make eggs.
5. Enjoy your Eagle Nest.

Notes

Adults: If preparing with children, use a can opener to open peaches. Drain juice and discard sharp edged lid.

Nutrition Facts

Serving Size 2 Eagle's Nests (227g)			
Servings Per Container 1			
Amount Per Serving			
Calories	120	Calories from Fat 5	
% Daily Value*			
Total Fat	0g	0%	
Saturated Fat	0g	0%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	125mg	5%	
Total Carbohydrate	26g	9%	
Dietary Fiber	3g	12%	
Sugars	23g		
Protein	5g		
Vitamin A	15%	• Vitamin C 10%	
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	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

Chickasaw Nation Get Fresh!
[Nutrition Education Program.](#)

Cost

Per recipe: \$0.73
 Per serving: \$0.73

Easy Eggplant Stir Fry

Yield: 4 servings

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			
Calories	230	Calories from Fat 20	
% Daily Value*			
Total Fat	2.5g		4%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	90mg		4%
Total Carbohydrate	50g		17%
Dietary Fiber	9g		36%
Sugars	11g		
Protein	6g		
Vitamin A	30%	•	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	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

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

Cost

Per recipe: \$7.17
Per serving: \$1.79

Easy Greek Salad

Yield: 6 servings

Ingredients

- 6 romaine lettuces leaves (torn into 1 1/2 inch pieces)
- 1 cucumber (medium, peeled and sliced)
- 1 tomato (medium, chopped)
- 1/2 cup red onion (sliced)
- 1/3 cup feta cheese (crumbled)
- 2 tablespoons olive oil (extra-virgin)
- 2 tablespoons lemon juice
- 1 teaspoon oregano (dried)
- 1/2 teaspoon salt

Instructions

1. Combine lettuce, cucumber, tomato, onion and cheese in large serving bowl. Whisk together oil, lemon juice, oregano and salt in small bowl.
2. Pour over lettuce mixture; toss until coated. Serve immediately.

Nutrition Facts

Serving Size 1 cup (93g)	
Servings Per Container 6	
Amount Per Serving	
Calories 80	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 290mg	12%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 2g	
Vitamin A 15%	• 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 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

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

Cost

Per recipe: \$2.61
 Per serving: \$0.43

Easy Mango Salsa

Yield: 4 Servings

Prep time: 10 minutes

Ingredients

- 1 mango (peeled and chopped)
- 1/4 cup chopped green bell pepper
- 1 green onion, chopped
- 1 lime, juiced (1-2 Tablespoons)

Instructions

1. Peel and chop the mango, be sure to remove the seed.
2. Cut the pepper and onion into small pieces.
3. Mix all the ingredients together.

Nutrition Facts

Serving Size 1/4 of recipe (108g)
 Servings Per Container 4

Amount Per Serving

Calories 60 **Calories from Fat 5**

% Daily Value*

Total Fat 0g **0%**

 Saturated Fat 0g **0%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 14g **5%**

 Dietary Fiber 2g **8%**

 Sugars 12g

Protein 1g

Vitamin A 20% • 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	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

Iowa Department of Public Health. [Iowa Nutrition Network](#).

Cost

Per recipe: \$1.29
 Per serving: \$0.32

Easy Red Beans and Rice

Yield: 8 servings

Ingredients

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

Instructions

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

Nutrition Facts

Serving Size 1 cup (330g)
Servings Per Container 8

Amount Per Serving			
Calories	270	Calories from Fat	20
		% Daily Value*	
Total Fat	2g		3%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	140mg		6%
Total Carbohydrate	55g		18%
Dietary Fiber	10g		40%
Sugars	7g		
Protein	10g		
Vitamin A	6%	•	Vitamin C 30%
Calcium	6%	•	Iron 10%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

Maryland Food Supplement
Nutrition Education program,
2009 Recipe Calendar

Cost

Per recipe: \$4.56
Per serving: \$0.57

Fall Veggie Casserole

Yield: 8 servings

Ingredients

- 1 eggplant (medium)
- 4 tomatoes
- 1 green pepper
- 1 onion
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 3 tablespoons vegetable oil
- 1 garlic clove
- 2 tablespoons Parmesan cheese (grated)

Instructions

1. Remove the skin from the eggplant. Cut the eggplant into cubes.
2. Chop the tomatoes into small pieces.
3. Cut the green pepper in half. Remove the seeds and cut it into small pieces.
4. Chop the onion into small pieces.
5. Cut the garlic into tiny pieces.
6. Cook the first 8 ingredients in a large skillet until tender.
7. Top with the Parmesan cheese and serve.

Nutrition Facts

Serving Size 1/8 of recipe (172g)
Servings Per Container 8

Amount Per Serving

Calories 90 **Calories from Fat 50**

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 320mg **13%**

Total Carbohydrate 8g **3%**

Dietary Fiber 3g **12%**

Sugars 4g

Protein 2g

Vitamin A 10% • Vitamin C 45%

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	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

Pennsylvania Nutrition
Education Program,
Pennsylvania Nutrition
Education Network
Website Recipes

Cost

Per recipe: \$4.78
Per serving: \$0.60

Farmers Market Salsa

Yield: 8 servings

Ingredients

1/2 cup	corn (fresh cooked or frozen)
1 can	black beans (15 ounce, drained and rinsed)
1 cup	tomatoes (fresh diced)
1/2 cup	onion (diced)
1/2 cup	green pepper (diced)
2 tablespoons	lime juice
2	garlic clove (finely chopped)
1/2 cup	picante sauce

Instructions

1. Combine all ingredients in a large bowl. Chill until serving time.
2. Drain before serving.
3. Serve with low-fat baked tortilla chips or fresh vegetables.

Notes

This salsa uses fresh vegetables that are available year-round and add flavor and beautiful color. Kids and grown-ups alike can't resist how good it tastes. If you have a hand-held chopper, this is an easy task for kids in helping with the recipe.

Safety Tip: If cutting the corn off the cob, adult supervision is a good idea.

Nutrition Facts

Serving Size 1/8 of recipe (123g)
Servings Per Container 8

Amount Per Serving			
Calories	70	Calories from Fat	5
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	230mg		10%
Total Carbohydrate	13g		4%
Dietary Fiber	3g		12%
Sugars	2g		
Protein	3g		
Vitamin A	4%	•	Vitamin C 25%
Calcium	2%	•	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

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

Cost

Per recipe: \$2.81
Per serving: \$0.35

Fiesta Hummus

Yield: 6 servings

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.

Nutrition Facts

Serving Size 1/4 cup (101g)
Servings Per Container 6

Amount Per Serving			
Calories	100	Calories from Fat	35
		% Daily Value*	
Total Fat	4g		6%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	310mg		13%
Total Carbohydrate	12g		4%
Dietary Fiber	3g		12%
Sugars	2g		
Protein	5g		
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	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

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

Cost

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

Fiesta Rice Salad

Yield: 4 servings

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, optional)

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 (363g)
 Servings Per Container 4

Amount Per Serving			
Calories	270	Calories from Fat	40
		% Daily Value*	
Total Fat	4.5g		7%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	25mg		1%
Total Carbohydrate	48g		16%
Dietary Fiber	14g		56%
Sugars	9g		
Protein	11g		
Vitamin A	60%	Vitamin C	100%
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	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

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

Cost

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

Food Group Funny Face

Yield: 1 servings

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.

Nutrition Facts	
Serving Size 1 Funny Face Cracker (47g)	
Servings Per Container 1	
Amount Per Serving	
Calories 190	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 110mg	5%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 7g	
Vitamin A 2%	• Vitamin C 0%
Calcium 6%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 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

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

Cost

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

Fresh Salsa

Yield: 4 servings

Ingredients

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

Instructions

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

Nutrition Facts

Serving Size 1/2 cup prepared salsa,
1/4 of recipe (128g)
Servings Per Container 4

Amount Per Serving		% Daily Value*	
Calories	30	Calories from Fat	0
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	150mg		6%
Total Carbohydrate	6g		2%
Dietary Fiber	2g		8%
Sugars	4g		
Protein	1g		
Vitamin A	20%	Vitamin C	50%
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	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

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

Cost

Per recipe: \$1.47
Per serving: \$0.37

Fruit Cole Slaw

Yield: 6 servings

Ingredients

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

Instructions

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

Nutrition Facts

Serving Size 1/6 of recipe (243g)
 Servings Per Container 6

Amount Per Serving

Calories 170 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 250mg **10%**

Total Carbohydrate 42g **14%**

Dietary Fiber 3g **12%**

Sugars 34g

Protein 3g

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	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

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

Cook time: 15 minutes

Ingredients

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

Instructions

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

Nutrition Facts

Serving Size 1/4 of recipe (223g)
 Servings Per Container 4

Amount Per Serving

Calories 140 **Calories from Fat 10**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 40mg **2%**

Total Carbohydrate 32g **11%**

Dietary Fiber 4g **16%**

Sugars 27g

Protein 4g

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	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

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

Cost

Per recipe: \$2.45
 Per serving: \$0.61

Fruit Juice Slush

Yield: 6 servings

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.

Nutrition Facts

Serving Size 1 cup prepared slush,
 1/6 of recipe (156g)
 Servings Per Container 6

Amount Per Serving		% Daily Value*	
Calories	90	Calories from Fat	0
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	22g		7%
Dietary Fiber	0g		0%
Sugars	21g		
Protein	1g		
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	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

University of Hawaii at Manoa,
 Cooperative Extension, [Lifeskills
 in Food Education Food Skills
 Cookbook](#)
[Food Stamps Nutrition
 Education Program](#)

Cost

Per recipe: \$0.93
 Per serving: \$0.15

Fruit Kabobs with Yogurt Dip

Yield: 8 servings

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 light strawberry yogurt in bowl. Serve kabobs with yogurt on the side.

Nutrition Facts	
Serving Size 1/8 of recipe (122g)	
Servings Per Container 8	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 11g	
Protein 2g	
Vitamin A 2%	• 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 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

Food and Health
Communications, Inc, Cooking
Demo II

Cost

Per recipe: \$3.24
Per serving: \$0.41

Fruit Milk Shakes

Yield: 2 servings

Ingredients

1 cup milk (or water)
 1/2 cup non-fat 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.

Nutrition Facts

Serving Size 1/2 of recipe (386g)
 Servings Per Container 2

Amount Per Serving		Calories from Fat 5	
		% Daily Value*	
Calories	220		
Total Fat	0.5g		1%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	170mg		7%
Total Carbohydrate	43g		14%
Dietary Fiber	3g		12%
Sugars	30g		
Protein	12g		
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	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

Cornell Cooperative Extension of Onondaga County, Cooking with What You Have

Cost

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

Fruit Pizza To Go

Yield: 1 Servings

Ingredients

1 English muffin
 2 tablespoons whipped fat-free strawberry cream cheese
 2 strawberries, sliced
 2 grapes, sliced
 2 slices canned mandarin oranges

Instructions

1. Toast the English muffin until golden brown. Spread cream cheese on toasted muffin.
2. Arrange sliced strawberries, grapes, and orange slices on top of the cream cheese.

Notes

This recipe can be made with any flavor of cream cheese and any fruit you like.

Nutrition Facts

Serving Size 1 fruit pizza (145g)
 Servings Per Container 1

Amount Per Serving

Calories 200 **Calories from Fat 10**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 460mg **19%**

Total Carbohydrate 38g **13%**

Dietary Fiber 2g **8%**

Sugars 9g

Protein 9g

Vitamin A 15% • Vitamin C 40%

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	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

University of Maryland
 Extension.
[Eat Smart. Be Fit.](#) Recipes.

Cost

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

Fruit Salad with Jicama

Yield: 7 servings

Ingredients

1	jicama (small)
2 cups	watermelon (cut into pieces)
1	mango
1	papaya (small)
1	lime
2	kiwi
1 teaspoon	lime or orange juice
1/4 teaspoon	salt
1/4 teaspoon	chili powder

Instructions

1. Wash, peel, and cut the jicama into thin slices.
2. Wash, peel, and cut the rest of the fruit into slices or medium sized pieces.
3. On a large plate, arrange the fruit. Sprinkle the lime or orange juice over the fruit.
4. In a small bowl, mix the salt and chili powder. Sprinkle over the fruit and serve.
5. Refrigerate leftovers within 2 hours.

Nutrition Facts

Serving Size 1/7 of recipe (203g)
Servings Per Container 7

Amount Per Serving			
Calories	90	Calories from Fat	5
		% Daily Value*	
Total Fat	0.5g		1%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	90mg		4%
Total Carbohydrate	22g		7%
Dietary Fiber	5g		20%
Sugars	14g		
Protein	1g		
Vitamin A	20%	•	Vitamin C 120%
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	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

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

Cost

Per recipe: \$5.89
Per serving: \$0.84

Fruit Salsa

Yield: 4 servings

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 (146g)
Servings Per Container 4

Amount Per Serving			
Calories	120	Calories from Fat	5
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	31g		10%
Dietary Fiber	3g		12%
Sugars	24g		
Protein	1g		
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	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

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

Cost

Per recipe: \$1.50
Per serving: \$0.38

Fruit Slush

Yield: 4 servings

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 4

Amount Per Serving			
Calories 60	Calories from Fat 0		
		% Daily Value*	
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 20mg			1%
Total Carbohydrate 16g			5%
Dietary Fiber 1g			4%
Sugars 14g			
Protein 1g			
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	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

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

Cost

Per recipe: \$1.43
 Per serving: \$0.36

Fruit Smoothie

Yield: 2 servings

Ingredients

1 banana (large)
 1 cup fresh peaches or strawberries
 1 carton vanilla yogurt (8 ounces, low-fat)
 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.

Nutrition Facts

Serving Size 1/2 of recipe (316g)
 Servings Per Container 2

Amount Per Serving

Calories 210 **Calories from Fat 15**

% Daily Value*

Total Fat 2g **3%**

 Saturated Fat 1g **5%**

 Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 75mg **3%**

Total Carbohydrate 44g **15%**

 Dietary Fiber 3g **12%**

 Sugars 35g

Protein 7g

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	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

Pennsylvania Nutrition
 Education Program,
 Pennsylvania Nutrition
 Education Network
 Website Recipes

Cost

Per recipe: \$1.51
 Per serving: \$0.76

Fruit Snake

Yield: 2 Servings
 Prep time: 5 minutes

Ingredients

- 2 bananas (small)
- 4 raisins

Instructions

1. Wash hands; get out ingredients and utensils.
2. Peel banana and use butter knife to cut banana in half lengthwise.
3. Place 2 banana halves on small plate end to end, in an "s" shape.
4. Add raisins to the top of banana as eyes.
5. Enjoy your Fruit Snake.

Nutrition Facts

Serving Size 1 snake (102g)	
Servings Per Container 2	
Amount Per Serving	
Calories 90	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	12%
Sugars 13g	
Protein 1g	
Vitamin A 2%	• Vitamin C 15%
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 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

Eagle Adventure Recipes
 Eagle Adventure Team
 Chickasaw Nation Get Fresh!
 Nutrition Education Program

Cost

Per recipe: \$0.43
 Per serving: \$0.21

Fruit Yogurt Parfait

Yield: 1 servings

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.

Nutrition Facts

Serving Size 1 parfait (276g)
 Servings Per Container 1

Amount Per Serving			
Calories	330	Calories from Fat	50
		% Daily Value*	
Total Fat	6g		9%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	75mg		3%
Total Carbohydrate	68g		23%
Dietary Fiber	7g		28%
Sugars	42g		
Protein	11g		
Vitamin A	2%	•	Vitamin C 15%
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	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

Pennsylvania Nutrition
 Education Program,
 Pennsylvania Nutrition
 Education Network
 Website Recipes

Cost

Per recipe: \$0.82
 Per serving: \$0.82

Fruit and Peanut Butter Dip

Yield: 6 Servings

Ingredients

1 cup	apple slices
1 cup	banana slices
1 cup	pear slices
1 cup	grapes
1 cup	strawberries
1 cup	melon slices
1/2 cup	yogurt, non-fat plain
1/2 teaspoon	vanilla
1/3 cup	peanut butter

Instructions

1. Prepare fruit by washing and slicing if necessary.
2. Arrange fruit on a plate around a small bowl.
3. To make dip, combine yogurt, vanilla and peanut butter in a small bowl.
4. Mix well.
5. Chill dip in refrigerator until ready to serve.

Notes

Can use six cups of any washed fruit.

Nutrition Facts

Serving Size 1 cup fruit, 2
tablespoons dip (171g)
Servings Per Container 6

Amount Per Serving			
Calories 170		Calories from Fat 70	
		% Daily Value*	
Total Fat	7g		11%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	85mg		4%
Total Carbohydrate	23g		8%
Dietary Fiber	4g		16%
Sugars	16g		
Protein	6g		
Vitamin A	20%	•	Vitamin C 50%
Calcium	6%	•	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

Colorado State University and
University of California at Davis.
[Eating Smart Being Active](#)
Recipes.

Cost

Per recipe: \$2.83
Per serving: \$0.47

Fruit and Yogurt Breakfast Shake

Yield: 2 servings

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.

Nutrition Facts

Serving Size 1/2 of recipe (250g)
 Servings Per Container 2

Amount Per Serving			
Calories	160	Calories from Fat	10
		% Daily Value*	
Total Fat	1g		2%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	45mg		2%
Total Carbohydrate	37g		12%
Dietary Fiber	2g		8%
Sugars	29g		
Protein	4g		
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	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

University of Illinois, Extension Service, Recipes to Grow On

Cost

Per recipe: \$1.17
 Per serving: \$0.58

Fruity Homemade Oatmeal

Yield: 2 servings

Ingredients

3/4 cups old-fashioned rolled oats
 2 tablespoons raisins or currants
 1 apple (cored and chopped)
 1 teaspoon cinnamon

Instructions

1. Use a vegetable peeler to remove the skin from the apple.
2. Cut the core out of the apple. Chop the apple into small pieces.
3. Put the water in the saucepan.
4. Bring the water to a boil on medium heat.
5. Stir in oatmeal, raisins, chopped apple, and cinnamon.
6. Turn heat to low.
7. Cook 5 minutes, stirring often.

Nutrition Facts

Serving Size 1/2 of recipe (294g)
 Servings Per Container 2

Amount Per Serving	
Calories	Calories from Fat
190	20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 40g	13%
Dietary Fiber 6g	24%
Sugars 15g	
Protein 4g	
Vitamin A 0%	Vitamin C 6%
Calcium 2%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 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

Pennsylvania Nutrition
 Education Program,
 Pennsylvania Nutrition
 Education Network
 Website Recipes

Cost

Per recipe: \$0.76
 Per serving: \$0.38

Glazed Carrots

Yield: 6 servings

Ingredients

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

Instructions

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

Nutrition Facts

Serving Size 1/6 of recipe (159g)
 Servings Per Container 6

Amount Per Serving	
Calories 90	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0.5g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 1g	
Vitamin A 380%	• Vitamin C 10%
Calcium 4%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 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

Pennsylvania Nutrition
 Education Program,
 Pennsylvania Nutrition
 Education Network
 Website Recipes

Cost

Per recipe: \$1.73
 Per serving: \$0.29

Grapefruit Spinach Salad Oriental

Yield: 6 Servings

Ingredients

10 ounces	fresh spinach, washed and drained (about 4 1/2 cups)
1 can	sliced mushrooms, drained (4 ounces)
1 can	water chestnuts, diced (5 ounces)
2	grapefruits, sectioned and diced
1/4 cup	vegetable oil
1 tablespoon	vinegar
2 tablespoons	grapefruit juice
1 tablespoon	soy sauce, low-sodium
1/4 teaspoon	hot pepper sauce
1/4 teaspoon	salt
1 teaspoon	dry mustard

Instructions

1. Tear spinach coarsely and place in large salad bowl.
2. Add mushrooms, water chestnuts, and grapefruit.
3. Mix together oil, vinegar, grapefruit juice, soy sauce, hot pepper sauce, salt, and dry mustard.
4. Toss dressing with spinach mixture and serve.

Modification to [North Dakota State University recipe](#) includes changing soy sauce to low-sodium soy sauce.

Nutrition Facts

Serving Size 1/6 recipe (195g)
Servings Per Container 6

Amount Per Serving

Calories 140 **Calories from Fat 80**

% Daily Value*

Total Fat 10g **15%**

 Saturated Fat 1g **5%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 310mg **13%**

Total Carbohydrate 12g **4%**

 Dietary Fiber 3g **12%**

 Sugars 7g

Protein 3g

Vitamin A 100% • Vitamin C 70%

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	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

[NDSU Recipe link](#)

Original Publication: Prarie Fair,
May 4, 1999.

Cost

Per recipe: \$5.57

Per serving: \$0.93

Green Bean Saute

Yield: 6 servings

Ingredients

1 cup onion (chopped)
 1 cup mushroom (sliced)
 1 teaspoon garlic (minced)
 1 can green beans (16 ounce, drained, cut)

Instructions

1. Spray a skillet with non-stick cooking spray.
2. Sauté onions, mushrooms, and garlic.
3. Add green beans and heat thoroughly.

Nutrition Facts

Serving Size 1/2 cup, 1/6 of recipe
(114g)

Servings Per Container 6

Amount Per Serving

Calories 35 **Calories from Fat 5**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 190mg **8%**

Total Carbohydrate 6g **2%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 2g

Vitamin A 6% • Vitamin C 8%

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	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

Ponichtera, Brenda RD
 ScaleDown Publishing, Inc.,
 Quick and Healthy, Vol.II, 1995,
 p.93

Cost

Per recipe: \$2.26

Per serving: \$0.38

Green Bean and Mushroom Medley

Yield: 8 servings

Ingredients

1 1/2 pound green beans (fresh, cut into 1-inch lengths)
 2 carrot (cut into thick strips)
 3 tablespoons olive oil
 1 onion (large, sliced)
 1 pound mushroom (fresh, sliced)
 1 teaspoon lemon pepper seasoning (Mrs. Dash)
 1/2 tablespoon garlic salt
 1/4 cup almonds (toasted, slivered)

Instructions

1. Place green beans and carrots in 1 inch of boiling water. Cover, and cook until tender but still firm. Drain.
2. Add oil to heated skillet. Sauté onions and mushrooms until almost tender. Reduce heat, cover, and simmer 3 minutes. Stir in green beans, carrots, Lemon pepper, and garlic salt. Cover, and cook for 5 minutes over medium heat.

Nutrition Facts

Serving Size 1/8 of recipe (160g)
 Servings Per Container 8

Amount Per Serving			
Calories	100	Calories from Fat	50
		% Daily Value*	
Total Fat	5g		8%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	70mg		3%
Total Carbohydrate	10g		3%
Dietary Fiber	4g		16%
Sugars	3g		
Protein	4g		
Vitamin A	50%	•	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	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

North Carolina Cooperative
 Extension, Wayne County,
[Healthy Recipes: Tested, Tried
 & True](#)

Cost

Per recipe: \$7.08
 Per serving: \$0.88

Green Beans and New Potatoes

Yield: 6 servings

Cook time: 20 minutes

Ingredients

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

Instructions

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

Nutrition Facts

Serving Size 1/6 of recipe (259g)
 Servings Per Container 6

Amount Per Serving	
Calories 170	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 40g	13%
Dietary Fiber 6g	24%
Sugars 3g	
Protein 4g	
Vitamin A 8%	• Vitamin C 25%
Calcium 4%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 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

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

Cost

Per recipe: \$4.60
 Per serving: \$0.77

Green Beans with Tomatoes and Basil

Yield: 6 Servings

Ingredients

1 pound green beans (ends snipped)
 1 tablespoon olive oil
 1 onion (small, finely chopped)
 1 can tomatoes (14-oz can, drained and chopped)
 1 tablespoon basil (fresh or 1/2 teaspoon dried)
 1 tablespoon parsley (fresh or 1/2 teaspoon dried)
 salt and pepper (to taste, optional)

Instructions

1. Cook beans in a large saucepan of boiling water for 5 minutes; beans will still be crisp. Drain and rinse under cold running water. Set aside.
2. In a large frying pan, heat olive oil over medium heat. Add onion and cook 2-3 minutes until softened.
3. Add tomatoes, basil and parsley. Cook 3 minutes to heat and combine flavors.
4. Stir beans into pan and cook 5-6 minutes. Season with salt and pepper (optional).

Nutrition Facts

Serving Size 1/6 of recipe (156g)
 Servings Per Container 6

Amount Per Serving			
Calories	60	Calories from Fat	20
		% Daily Value*	
Total Fat	2.5g		4%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	100mg		4%
Total Carbohydrate	9g		3%
Dietary Fiber	3g		12%
Sugars	5g		
Protein	2g		
Vitamin A	10%	•	Vitamin C 25%
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	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

University of Maryland
 Extension.
[Eat Smart. Be Fit.](#) Recipes.

Cost

Per recipe: \$3.97
 Per serving: \$0.66

Grilled Fruit

Yield: 3 Servings

Ingredients

1 cup pineapple chunks
1 peach (cubed)
1 banana (sliced)

Instructions

1. Place fruit chunks on a skewer to make kabobs.
2. Grill or broil on low heat until the fruit is hot and slightly golden.

Notes

If using wooden skewers, thoroughly soak skewers in water prior to using to prevent burning (approximately 30 minutes).

Nutrition Facts

Serving Size 1/3 of recipe (144g)
Servings Per Container 3

Amount Per Serving

Calories 80 Calories from Fat 5

% Daily Value*

Total Fat 0g **0%**

 Saturated Fat 0g **0%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 21g **7%**

 Dietary Fiber 3g **12%**

 Sugars 14g

Protein 1g

Vitamin A 4% • Vitamin C 60%

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	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

University of Wyoming
Cooperative Extension,
[Cent\\$ible Nutrition Program](#).
Cooking for You or Two, p. 196.

Cost

Per recipe: \$1.84
Per serving: \$0.61

Grilled Vegetables

Yield: 6 servings

Ingredients

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

Instructions

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

Nutrition Facts

Serving Size 1/6 of recipe (254g)
 Servings Per Container 6

Amount Per Serving			
Calories	190	Calories from Fat	45
		% Daily Value*	
Total Fat	5g		8%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	45mg		2%
Total Carbohydrate	36g		12%
Dietary Fiber	8g		32%
Sugars	6g		
Protein	5g		
Vitamin A	190%	•	Vitamin C 25%
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	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

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

Cost

Per recipe: \$5.70
 Per serving: \$0.95

Harvest Vegetable Salad

Yield: 4 servings

Ingredients

2 cups	romaine lettuce (washed)
1 cup	cilantro leaves (washed)
1 cup	parsnips (peeled)
1 cup	carrot (peeled)
1 cup	turnips (peeled)
	Dressing:
1/4 cup	lime juice
1/2 teaspoon	lime zest (grated)
1 teaspoon	sugar
1/4 teaspoon	chili powder
1 tablespoon	olive oil

Instructions

1. Combine romaine lettuce and cilantro, and divide onto four plates.
2. Place parsnips, carrots and turnips into 1 quart of boiling water. Return water to a simmer, cook vegetables for 2 minutes. Strain into a colander.
3. Mix ingredients for the dressing right before use.
4. Place hot vegetables on top of greens and top with homemade dressing.

Nutrition Facts

Serving Size 1/4 of recipe (145g)
Servings Per Container 4

Amount Per Serving			
Calories	90	Calories from Fat	35
		% Daily Value*	
Total Fat	3.5g		5%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	55mg		2%
Total Carbohydrate	15g		5%
Dietary Fiber	4g		16%
Sugars	6g		
Protein	1g		
Vitamin A 150% • Vitamin C 35%			
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	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

National Center for Chronic Disease Prevention and Health Promotion (CDC), [5 A Day: Eat 5 to 9 Fruits and Vegetables](#)

Cost

Per recipe: \$1.97
Per serving: \$0.49

Hearty Vegetable Beef Soup

Yield: 4 servings

Ingredients

1 can	chicken broth (unsalted, 10 1/2 oz)
1/2 cup	water
2 cups	mixed vegetables (frozen, for soup)
1 can	tomatoes (16 oz, broken up)
1 cup	beef (cooked and diced)
1 teaspoon	thyme leaves (crushed)
1 dash	pepper
1/4 teaspoon	salt
1	bay leaf
1 1/4 cup	noodles (narrow-width, uncooked)

Instructions

1. Heat broth and water. Add vegetables, meat and seasonings. Bring to boil, reduce heat and boil gently, uncovered, for 15 minutes.
2. Add noodles. Cook until noodles are tender, about 10 minutes
3. Remove bay leaf.

Nutrition Facts

Serving Size 1 cup (401g)
Servings Per Container 4

Amount Per Serving

Calories 320 **Calories from Fat 110**

% Daily Value*

Total Fat 12g **18%**

 Saturated Fat 4.5g **23%**

 Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 390mg **16%**

Total Carbohydrate 32g **11%**

 Dietary Fiber 7g **28%**

 Sugars 8g

Protein 23g

Vitamin A 80% • Vitamin C 25%

Calcium 8% • Iron 25%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

North Dakota State University
Extension Service, [Creative
Vegetable Cookery](#)

Cost

Per recipe: \$4.38

Per serving: \$1.10

Herbed Dip

Yield: 10 servings

Ingredients

1 cup cottage cheese, low-fat
 4 tablespoons yogurt, low-fat plain
 1 tablespoon onion (chopped, or chives)
 1 teaspoon parsley (dried)
 1/4 teaspoon dill (dried)

Instructions

1. Place all the ingredients in a blender.
2. Blend all the ingredients thoroughly.
3. Pour the mixture into a clean container.
4. Cover and chill.

Notes

Serve on crackers, or as dip for fresh raw vegetables

Nutrition Facts

Serving Size 2 tablespoons, 1/10 of recipe (29g)
 Servings Per Container 10

Amount Per Serving			
Calories 20	Calories from Fat 5		
% Daily Value*			
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 95mg			4%
Total Carbohydrate 1g			0%
Dietary Fiber 0g			0%
Sugars 1g			
Protein 3g			
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	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

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Cost

Per recipe: \$1.56
 Per serving: \$0.16

Herbed Vegetables

Yield: 6 servings

Ingredients

1 can vegetables (any combination green or yellow beans, carrots, corn, mixed, etc.) (16 ounce)
 1/4 cup onion (chopped)
 1/2 teaspoon Italian herbs, basil or rosemary (dried, crushed)
 1 tablespoon margarine or butter

Instructions

1. Drain vegetables, saving 2 Tablespoons liquid.
2. Cook onion, herbs, and garlic in the margarine/butter in a small saucepan until onion is tender.
3. Stir in the vegetables and liquid.
4. Cook and stir until heated through.

Nutrition Facts

Serving Size 1/6 of recipe (85g)
 Servings Per Container 6

Amount Per Serving

Calories 60 **Calories from Fat 20**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 130mg **5%**

Total Carbohydrate 8g **3%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 2g

Vitamin A 180% • Vitamin C 8%

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	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

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

Cost

Per recipe: \$1.24
 Per serving: \$0.21

Hiding Rabbits

Yield: 2 Servings

Ingredients

- 2 celery stalks
- 2 small cauliflower florets
- 2 tablespoons peanut butter

Instructions

1. Wash hands; get out ingredients and utensils.
2. Wash ingredients.
3. Place on piece of celery in center of place with the center facing up.
4. Use butter knife to spread peanut butter on top edges.
5. Place second piece of celery on top, forming a log.
6. Place cauliflower florets on ends of log, securing with remaining peanut butter.
7. Enjoy your Hiding Rabbits.

Notes

Adults: If this recipe is being prepared by children, use a sharp knife to cut off the ends of celery, cut each celery stalk in half, and cut the cauliflower floret in half.

Nutrition Facts

Serving Size 1 Hiding Rabbit (69g)	
Servings Per Container 2	
Amount Per Serving	
Calories 100	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 5g	
Vitamin A 4%	• Vitamin C 15%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 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

Eagle Adventure Recipes
 Eagle Adventure Team
 Chickasaw Nation Get Fresh!
 Nutrition Education Program

Cost

Per recipe: \$0.89
 Per serving: \$0.44

Homemade Cranberry Sauce

Yield: 8 Servings

Ingredients

1 package fresh cranberries (12 ounces, can also use frozen)
 1 orange
 1 cup sugar

Instructions

1. Place all ingredients in a blender and blend until mixed well.
2. Heat up and serve over turkey, ice cream sandwiches, etc.

Notes

1 cup white grape juice concentrate can be substituted for 1 cup sugar.

Nutrition Facts

Serving Size 1/8 of recipe (84g)
 Servings Per Container 8

Amount Per Serving			
Calories	120	Calories from Fat	0
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	32g		11%
Dietary Fiber	2g		8%
Sugars	28g		
Protein	0g		
Vitamin A	2%	• Vitamin C	25%
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	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

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

Cost

Per recipe: \$3.42
 Per serving: \$0.43

Hooked on Salmon Sticks

Yield: 8 servings

Ingredients

1 can pink salmon (14.75 ounces, drained)
 1/2 cup saltine crackers (crushed, about 16 crackers)
 1 egg
 1 tablespoon vegetable oil
 non-stick cooking spray

Instructions

1. In a large mixing bowl, combine salmon, cracker crumbs and egg.
2. Divide mixture into 8 balls and shaped into sticks about 4 inches long.
3. Lightly coat a skillet with cooking spray. Add oil and preheat the skillet on medium for 1 to 2 minutes. Add fish sticks and cook for 3 minutes.
4. Flip over and cook about 3 minutes or until golden brown.

Notes

Canned pink salmon contains soft bones that are a great source of calcium. Take out any large, hard bones, and then mash the small bones with a fork. You can do this and you will never know the bones are there once the fish is cooked. Pink salmon is "swimming" with omega-3 fatty acids -- a "good" thing for your heart. So it's a good idea to get hooked on salmon.

Rinsing your hands in lemon juice and water will get rid of the fishy smell after preparing fish.

Nutrition Facts

Serving Size 1/8 of recipe (66g)
 Servings Per Container 8

Amount Per Serving			
Calories	120	Calories from Fat	60
		% Daily Value*	
Total Fat	7g		11%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	55mg		18%
Sodium	300mg		13%
Total Carbohydrate	5g		2%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	11g		
Vitamin A	0%	•	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	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

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

Cost

Per recipe: \$2.85
 Per serving: \$0.36

Hoppin' John (Sausage, Black-Eyed Peas, and Rice)

Yield: 4 Servings

Ingredients

1/2 cup	brown rice, instant uncooked (or white rice)
1 teaspoon	canola oil (or corn oil)
3 ounces	low-fat smoked turkey sausage ring, quartered lengthwise and cut into 1/4-inch pieces (lowest fat and sodium available)
1/2	red bell pepper, medium chopped
1	jalapeño pepper, medium (seeded and finely chopped)
1 can	black eyed peas, no salt added (rinsed and drained)
1/2 cup	water
1/4 teaspoon	salt

Instructions

1. Prepare the rice using the package directions, omitting the salt and butter/margarine.
2. Meanwhile, in a medium non-stick skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the sausage for 3 minutes or until richly browned, stirring frequently.
3. Stir in the bell pepper and jalapeño pepper. Cook for 1 minute.
4. Stir in the peas, water, and salt. Cook for 2 minutes, or until the mixture is thickened slightly but some liquid remains. Remove from the heat.
5. Let stand, covered, for 5 minutes so the flavors bend. Stir in the rice. Transfer to a serving bowl.

Nutrition Facts

Serving Size 1 cup, 1/4 of recipe
(225g)
Servings Per Container 4

Amount Per Serving

Calories 190 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 340mg **14%**

Total Carbohydrate 30g **10%**

Dietary Fiber 4g **16%**

Sugars 2g

Protein 9g

Vitamin A 10% • Vitamin C 40%

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	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

Publications International, Ltd.,
[Visit Web site.](#)
Power to End Stroke: 46 Healthy
Soul Food Recipes Cookbook, p.
38

Cost

Per recipe: \$2.22
Per serving: \$0.56

Hot 'N Spicy Seasoning

Yield: 32 servings

Ingredients

1 1/2 teaspoon white pepper
 1/2 teaspoon cayenne pepper
 1/2 teaspoon black pepper
 1 teaspoon onion powder
 1 1/4 teaspoon garlic powder
 1 tablespoon basil (dried)
 1 tablespoon thyme (dried)

Instructions

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

Nutrition Facts	
Serving Size 1/2 tsp (1.5g)	
Servings Per Container 12	
Amount Per Serving	
Calories 5	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 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

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

Cost

Per recipe: \$1.04
 Per serving: \$0.03

Hot Cornmeal Cereal

Yield: 6 servings

Ingredients

1 cup cornmeal
 1 teaspoon salt
 1 cup cold water
 3 cups boiling water

Instructions

1. Mix the cornmeal, salt and cold water.
2. Pour into the boiling water, stirring occasionally.
3. Cook until thickened, stirring often.
4. Cover and cook over low heat about 15 minutes.
5. Serve hot with milk and sugar.

Nutrition Facts

Serving Size 1/6 of recipe (185g)
 Servings Per Container 6

Amount Per Serving			
Calories	100	Calories from Fat	5
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	390mg		16%
Total Carbohydrate	21g		7%
Dietary Fiber	1g		4%
Sugars	0g		
Protein	2g		
Vitamin A	2%	• Vitamin C	0%
Calcium	0%	• Iron	6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

Pennsylvania Nutrition
 Education Program,
 Pennsylvania Nutrition
 Education Network
 Website Recipes

Cost

Per recipe: \$0.31
 Per serving: \$0.05

Huevos Rancheros with Fresh Salsa

Yield: 4 servings

Cook time: 30 minutes

Ingredients

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

Instructions

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

Notes

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

Nutrition Facts

Serving Size 1/4 of recipe (248g)
 Servings Per Container 4

Amount Per Serving

Calories 230 **Calories from Fat 90**

% Daily Value*

Total Fat 10g **15%**

 Saturated Fat 3.5g **18%**

 Trans Fat 0g

Cholesterol 195mg **65%**

Sodium 360mg **15%**

Total Carbohydrate 21g **7%**

 Dietary Fiber 3g **12%**

 Sugars 4g

Protein 14g

Vitamin A 25% • Vitamin C 50%

Calcium 10% • Iron 8%

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

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	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

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

Cost

Per recipe: \$2.89

Per serving: \$0.72

Hummus

Yield: 8 Servings

Ingredients

2 cups garbanzo beans ((chickpeas) cooked)
 2 cloves garlic (minced)
 1/4 cup lemon juice
 1 tablespoon sesame tahini ((sesame paste) or substitute peanut butter for a sweet taste)
 2 tablespoons olive oil

Instructions

1. Mash the garbanzo beans until smooth (if you have a blender, put the beans and lemon juice into it and process).
2. Add the garlic, lemon juice, tahini and oil. Mix well.

Notes

Serve hummus with fresh raw vegetables, on a piece of pita bread or flour tortilla, on any cracker, or as a sandwich filling on toasted bread.

Nutrition Facts

Serving Size 1/8 of recipe (74g)
 Servings Per Container 8

Amount Per Serving

Calories 100 **Calories from Fat** 50

% Daily Value*

Total Fat 6g **9%**

 Saturated Fat 1g **5%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 170mg **7%**

Total Carbohydrate 9g **3%**

 Dietary Fiber 3g **12%**

 Sugars 0g

Protein 3g

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	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

ONIE Project - Oklahoma Nutrition Information and Education. [Simple Healthy Recipes.](#)

Cost

Per recipe: \$1.83
 Per serving: \$0.23

Italian Style Vegetables

Yield: 8 servings

Ingredients

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

Instructions

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

Notes

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

Nutrition Facts

Serving Size 1/2 cup vegetables, 1/8 of recipe (183g)
Servings Per Container 8

Amount Per Serving		% Daily Value*	
Calories	100	Calories from Fat	35
Total Fat	4g		6%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	180mg		8%
Total Carbohydrate	13g		4%
Dietary Fiber	3g		12%
Sugars	6g		
Protein	2g		
Vitamin A	6%	Vitamin C	45%
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	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

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

Cost

Per recipe: \$3.87
Per serving: \$0.48

Italian Vegetables

Yield: 6 Servings

Ingredients

2 cups	water
1 cup	broccoli florets
1 cup	cauliflower florets
2	zucchini, small (sliced)
1	onion, small (diced)
3	celery stalks (chopped)
1 can	tomato sauce (8 ounces)
2 teaspoons	basil
1 teaspoon	salt (optional)
1 pound	package of pasta, any shape (cooked)

Instructions

1. Put 1 cup of hot water in a saucepan.
2. Add vegetables and cook for 5 minutes.
3. Add tomato sauce, remaining cup of water, basil and salt.
4. Simmer until heated thoroughly.
5. Serve with cooked pasta.
6. Refrigerate leftovers.

Nutrition Facts

Serving Size 1/6 of recipe (402g)
Servings Per Container 6

Amount Per Serving			
Calories	320	Calories from Fat	20
		% Daily Value*	
Total Fat	2g		3%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	230mg		10%
Total Carbohydrate	64g		21%
Dietary Fiber	6g		24%
Sugars	5g		
Protein	13g		
Vitamin A	15%	Vitamin C	50%
Calcium	6%	Iron	20%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

Colorado State University and
University of California at Davis.
[Eating Smart Being Active](#)
Recipes.

Cost

Per recipe: \$3.55
Per serving: \$0.59

Kale Chips

Yield: 6 Servings

Ingredients

1 bunch kale (or chard, spinach, or collards)
 1 1/2 olive oil
 tablespoon

Instructions

1. Line a cookie sheet with parchment paper (optional).
2. Wash and dry kale. With a knife or kitchen scissors, carefully remove the leaves from the thick stems. Tear into bite-size pieces.
3. Place kale pieces on cookie sheet.
4. Drizzle olive oil over kale and then sprinkle with seasonings of choice.
5. Bake 10 to 15 minutes or until kale is crisp and edges are brown but not burned.

Notes

Seasoning suggestions: salt, pepper, onion powder, garlic powder, chili powder, cumin, turmeric, and Parmesan cheese.

Nutrition Facts

Serving Size 1/6 of recipe (37g)
 Servings Per Container 6

Amount Per Serving

Calories 45 **Calories from Fat 35**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 3g **1%**

Dietary Fiber 1g **4%**

Sugars 0g

Protein 1g

Vitamin A 70% • 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	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

Del Norte DHHS.
 University of Kentucky EFNEP.

Cost

Per recipe: \$0.77
 Per serving: \$0.13

Kale with Nuts and Raisins

Yield: 5 Servings

Ingredients

1/4 cup nuts, chopped
 2 tablespoons vegetable oil
 2 cloves garlic, chopped
 1 bunch kale, stems removed and chopped
 1/2 cup raisins
 salt (optional, to taste)

Instructions

1. Heat oven to 350°F.
2. On a baking sheet, toast nuts for 5 minutes.
3. Heat oil in frying pan on medium heat.
4. Add garlic and kale to frying pan and cook for 4 minutes.
5. Add raisins and nuts and cook for 1 minute more.
6. Add salt to taste (optional)

Notes

Walnuts used for costing and nutrition analysis.

Nutrition Facts

Serving Size 1/5 of recipe (96g)
 Servings Per Container 5

Amount Per Serving

Calories 170 **Calories from Fat 90**

% Daily Value*

Total Fat 10g **15%**

 Saturated Fat 1g **5%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 20g **7%**

 Dietary Fiber 2g **8%**

 Sugars 10g

Protein 4g

Vitamin A 130% • Vitamin C 140%

Calcium 10% • Iron 8%

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

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	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

University of Maryland
 Extension.
[Eat Smart. Be Fit.](#) Recipes.

Cost

Per recipe: \$1.36
 Per serving: \$0.27

Layered Black Bean Dip

Yield: 16 servings

Ingredients

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

Instructions

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

Nutrition Facts

Serving Size 2 Tablespoons (39g)
Servings Per Container 16

Amount Per Serving

Calories 40 **Calories from Fat 15**

% Daily Value*

Total Fat 1.5g **2%**

 Saturated Fat 1g **5%**

 Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 150mg **6%**

Total Carbohydrate 4g **1%**

 Dietary Fiber 1g **4%**

 Sugars 0g

Protein 2g

Vitamin A 2% • Vitamin C 0%

Calcium 6% • Iron 2%

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

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

Cornell Cooperative Extension of
Onondaga County, Good Food
Cookbook

Cost

Per recipe: \$2.48

Per serving: \$0.15

Leaf Finger Salad

Yield: 2 Servings

Ingredients

4	iceberg lettuce leaves (large)
1	cucumber (sliced)
1	beet (shredded)
1	carrot, medium (shredded)
6 teaspoons	sunflower seeds
2 teaspoons	olive oil
2 teaspoons	balsamic vinegar

Instructions

1. Lay lettuce leaves on a flat surface. Top each leaf with all ingredients: cucumbers, carrots, beets, and sunflower seeds.
2. Drizzle each leaf with olive oil and balsamic vinegar.
3. Slowly roll the leaf with all ingredients.

Nutrition Facts

Serving Size 2 wraps, 1/2 of recipe
(220g)

Servings Per Container 2

Amount Per Serving

Calories 140 **Calories from Fat** 90

% Daily Value*

Total Fat 10g **15%**

 Saturated Fat 1g **5%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 60mg **3%**

Total Carbohydrate 13g **4%**

 Dietary Fiber 4g **16%**

 Sugars 7g

Protein 3g

Vitamin A 110% • Vitamin C 15%

Calcium 4% • Iron 8%

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

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	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

University of California, Davis.
[Children's Garden Program.](#)

Cost

Per recipe: \$1.31

Per serving: \$0.66

Lemon Spinach

Yield: 4 servings

Ingredients

1 bunch spinach (1 pound, fresh)
 1/4 teaspoon black pepper
 1 tablespoon lemon juice

Instructions

1. Wash the spinach. Trim off the stems.
2. Put the spinach, black pepper, and lemon juice in a pan.
3. Cook over medium heat. Let the spinach boil for about 3 minutes, until just tender.

Nutrition Facts			
Serving Size 1/4 cup, 1/4 of recipe (117g)			
Servings Per Container 4			
Amount Per Serving			
Calories 25		Calories from Fat 5	
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	90mg		4%
Total Carbohydrate	4g		1%
Dietary Fiber	3g		12%
Sugars	1g		
Protein	3g		
Vitamin A 210% • 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	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

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Cost

Per recipe: \$1.42
 Per serving: \$0.36

Lemonade

Yield: 1 servings

Ingredients

1 lemon
 3/4 cups water
 2 tablespoons sugar

Instructions

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

Create-a-Flavor Changes

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

Nutrition Facts

Serving Size 1 glass lemonade
 approx. 1 cup (248g)
 Servings Per Container 1

Amount Per Serving			
Calories 60	Calories from Fat 0		
		% Daily Value*	
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 10mg			0%
Total Carbohydrate 18g			6%
Dietary Fiber 1g			4%
Sugars 14g			
Protein 0g			
Vitamin A 0%		Vitamin C 40%	
Calcium 2%		Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

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

Cost

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

Lite Fried Okra

Yield: 4 servings

Ingredients

2 cups okra (fresh, sliced)
 3/4 teaspoons vegetable oil
 1/8 teaspoon salt
 1/8 teaspoon pepper
 cooking spray (nonstick, as needed)

Instructions

1. Wash hands with warm water and soap.
2. In a bowl, mix sliced okra, oil, salt and pepper.
3. Coat a large fry pan with cooking spray.
4. Heat over medium heat, and add okra mixture, turning often with a wooden spoon or spatula.
5. Cook until okra is browned, about 10 minutes.
6. Serve with hot sauce or favorite relish.

Nutrition Facts

Serving Size 1/4 recipe (81g)
 Servings Per Container 4

Amount Per Serving			
Calories 25	Calories from Fat 10		
% Daily Value*			
Total Fat 1g			2%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 75mg			3%
Total Carbohydrate 4g			1%
Dietary Fiber 2g			8%
Sugars 2g			
Protein 2g			
Vitamin A 4%		• Vitamin C 20%	
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	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

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

Cost

Per recipe: \$1.40
 Per serving: \$0.35

Lite Italian Dressing

Yield: 8 servings

Ingredients

1/2 teaspoon	garlic powder (or 1 fresh clove, minced)
1 teaspoon	Italian herb mix
1 tablespoon	Parmesan cheese
1/4 teaspoon	black pepper (ground)
1/2 teaspoon	celery salt
1/2 cup	vinegar
1/4 cup	vegetable oil
1/2 cup	water

Instructions

1. Combine all ingredients in a pint sized jar with tight fitting lid.
2. Shake vigorously to blend ingredients.
3. Store refrigerated.

Nutrition Facts

Serving Size 2 tablespoons prepared dressing, 1/8 of recipe (38g)
Servings Per Container 8

Amount Per Serving			
Calories 70		Calories from Fat 60	
		% Daily Value*	
Total Fat	7g		11%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	80mg		3%
Total Carbohydrate	0g		0%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	0g		
Vitamin A	0%	•	Vitamin C 0%
Calcium	0%	•	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

Washington State University
Extension, Favorite Recipes for
Family Meals

Cost

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

Low Fat Creamy Dressing

Yield: 8 servings

Ingredients

1/2 cup mayonaise, reduced fat
 1/2 cup yogurt, non-fat plain
 1/4 teaspoon dill weed
 1/2 teaspoon celery salt
 2 tablespoons cucumber (chopped, optional)

Instructions

1. Combine all ingredients in small container.
2. Store covered in refrigerator and use within 1 week.

Nutrition Facts

Serving Size 2 tablespoons dressing,
 1/8 of recipe (29g)
 Servings Per Container 8

Amount Per Serving		% Daily Value*	
Calories 50	Calories from Fat 45		
		% Daily Value*	
Total Fat 5g			8%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 5mg			2%
Sodium 170mg			7%
Total Carbohydrate 2g			1%
Dietary Fiber 0g			0%
Sugars 1g			
Protein 1g			
Vitamin A 2%		• Vitamin C 2%	
Calcium 2%		• Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

Washington State University
 Extension, Favorite Recipes for
 Family Meals

Cost

Per recipe: \$0.96
 Per serving: \$0.12

Low Fat Ranch Dip

Yield: 4 servings

Ingredients

1 can	great northern beans (15 ounce, rinsed and drained)
1/4 cup	water
1/2 cup	yogurt, low-fat plain
1/2 teaspoon	garlic powder
1/8 teaspoon	cayenne pepper
1/4 teaspoon	black pepper
1 tablespoon	chives (fresh, chopped)
1 tablespoon	parsley (fresh, chopped)
1/4 teaspoon	tarragon (dried)
1/4 teaspoon	salt
1 tablespoon	lemon juice

Instructions

1. Blend the beans and garlic in a blender, adding enough water for the desired consistency.
2. Blend for 2 minutes to make it silky smooth.
3. Use a spatula to scrape the mixture into a medium bowl.
4. Stir in the yogurt, cayenne, chives, parsley, and tarragon, salt and lemon juice. Serve in a bowl.

Nutrition Facts

Serving Size 1/2 cup prepared dip,
1/4 of recipe (158g)
Servings Per Container 4

Amount Per Serving		% Daily Value*	
Calories	150	Calories from Fat	10
Total Fat	1g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	170mg		7%
Total Carbohydrate	26g		9%
Dietary Fiber	6g		24%
Sugars	2g		
Protein	10g		
Vitamin A	6%	Vitamin C	10%
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	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

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

Cost

Per recipe: \$1.31
Per serving: \$0.33

Mac and Beans Medley

Yield: 4 servings

Ingredients

4	garlic clove
1	bell pepper (green, red, yellow, or orange)
2 tablespoons	oil
1 can	tomatoes (14-15 ounces, diced)
1 can	beans (14-15 ounces, black, kidney, pinto or other, drained and rinsed)
1 teaspoon	red pepper flakes (crushed)
2 cups	macaroni (cooked, without salt or fat added or other pasta)

Instructions

1. Wash hands with warm water and soap.
2. Peel and finely chop the garlic. Core, seed, and finely chop the bell pepper.
3. Heat oil in large skillet over medium-high heat. Add garlic and bell pepper. Cook for one minute. Do not let garlic brown. Add diced tomatoes (do not drain) and red pepper flakes.
4. Cover the skillet and lower heat. Cook for 10 minutes or until sauce is slightly thickened.
5. Add beans and cooked macaroni to skillet and cook 5 minutes or until heated through.
6. Serve hot.

Nutrition Facts

Serving Size 1/4 of recipe (316g)
Servings Per Container 4

Amount Per Serving	
Calories 330	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 52g	17%
Dietary Fiber 13g	52%
Sugars 6g	
Protein 13g	
Vitamin A 10%	• Vitamin C 60%
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 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

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

Cost

Per recipe: \$2.58
Per serving: \$0.65

Macaroni & Cheese with Broccoli

Yield: 6 Servings

Prep time: 5 minutes

Cook time: 25 minutes

Ingredients

2 cups uncooked elbow macaroni
 4 tablespoons flour
 2 cups milk
 2 cups cheddar cheese, low-fat shredded
 1/2 teaspoon pepper
 2 cups broccoli (cooked and chopped)

Instructions

1. Cook macaroni, following the instructions on the package.
2. Drain the cooked macaroni and return to the pan.
3. While the macaroni is still warm, sprinkle in the flour and stir thoroughly.
4. Over medium heat, slowly stir the milk into the macaroni.
5. Add the cheese and pepper.
6. Stir over medium heat until the milk and cheese thicken into a creamy sauce, approximately 7-10 minutes.
7. Stir in the broccoli; heat thoroughly.
8. Taste; add a small amount of salt, if needed.
9. Refrigerate leftovers.

Nutrition Facts

Serving Size 1 cup, 1/6 of recipe
(262g)

Servings Per Container 6

Amount Per Serving

Calories 270 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 290mg **12%**

Total Carbohydrate 39g **13%**

Dietary Fiber 3g **12%**

Sugars 5g

Protein 19g

Vitamin A 20% • Vitamin C 60%

Calcium 30% • 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	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

Colorado State University and
 University of California at Davis.
[Eating Smart Being Active](#)
 Recipes.

Cost

Per recipe: \$4.01

Per serving: \$0.67

Macaroni Chick-Pea Soup

Yield: 4 servings

Ingredients

3 1/2 cups chicken broth, fat-free, low sodium
 1 cup water
 1 3/4 cup macaroni (dry)
 1/2 teaspoon celery flakes (or onion powder)
 1/2 teaspoon oregano
 1 cup stewed tomatoes, no-salt
 1 cup green beans
 1 can chick-peas (garbanzo beans)
 1/4 teaspoon garlic powder

Instructions

1. In a large saucepan, bring broth and water to a boil. Reduce heat to low. Add macaroni, celery flakes, and oregano. Simmer 4 minutes, stirring occasionally.
2. Add stewed tomatoes, green beans, chick-peas (drained), and garlic powder. Simmer 5 minutes, or until macaroni and beans are tender.

Nutrition Facts

Serving Size 1 1/2 cups prepared soup, 1/4 of recipe (536g)
 Servings Per Container 4

Amount Per Serving		% Daily Value*	
Calories	340	Calories from Fat	40
Total Fat	4.5g		7%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	500mg		21%
Total Carbohydrate	59g		20%
Dietary Fiber	9g		36%
Sugars	5g		
Protein	17g		
Vitamin A	8%	Vitamin C	10%
Calcium	10%	Iron	25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

University of Connecticut, Family Nutrition Program, Senior Nutrition Awareness Project (SNAP) Newsletters

Cost

Per recipe: \$4.46
 Per serving: \$1.12

Magical Fruit Salad

Yield: 12 servings

Ingredients

1 can pineapple chunks (20 ounce)
 1/2 pound grapes, seedless, red or green
 2 bananas
 1 3/4 cup milk, non-fat or low-fat
 1 package pudding mix, instant, lemon or vanilla (3 1/2 ounce)

Instructions

1. Drain off the juice. Put chunks in a large bowl.
2. Rinse the grapes and drain. Add the grapes to the bowl.
3. Peel the bananas and cut into bite-sized pieces. Add to the bowl.
4. Pour the milk over the fruit. While slowly stirring the fruit mixture, sprinkle in the pudding mix.
5. Let the mixture stand for 5 minutes and serve.
6. Refrigerate leftovers within 2 hours.

Nutrition Facts

Serving Size 1/12 of recipe (130g)
 Servings Per Container 12

Amount Per Serving		% Daily Value*	
Calories	100	Calories from Fat	0
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	140mg		6%
Total Carbohydrate	24g		8%
Dietary Fiber	1g		4%
Sugars	21g		
Protein	2g		
Vitamin A	2%	Vitamin C	10%
Calcium	4%	Iron	2%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

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

Cost

Per recipe: \$3.99
 Per serving: \$0.33

Main Dish Salad

Yield: 12 servings

Ingredients

1/2	head of red cabbage
1/2	head of romaine lettuce
3	carrot (medium)
1	cucumber
1	green pepper
2	broccoli stalks
3	tomatoes (medium)
32 ounces	kidney beans or garbanzo beans (cans)
6 ounces	cheese, grated low-fat cheddar
1/4 cup	salad dressing, non-fat

Instructions

1. Wash and drain all vegetables well.
2. Thickly slice red cabbage, tear lettuce into pieces, peel and grate (or slice) carrots and cucumber, cut broccoli into florets and tomato into wedges.
3. Combine all salad ingredients in a bowl.
4. Add salad dressing and toss together lightly just before serving.

Nutrition Facts

Serving Size 1 cup prepared salad,
1/12 of recipe (222g)
Servings Per Container 12

Amount Per Serving			
Calories 130		Calories from Fat 15	
		% Daily Value*	
Total Fat	2g		3%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	310mg		13%
Total Carbohydrate	20g		7%
Dietary Fiber	6g		24%
Sugars	5g		
Protein	9g		
Vitamin A	70%	•	Vitamin C 70%
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	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

University of Illinois, Extension Service, [Wellness Ways Resource Book](#)

Cost

Per recipe: \$8.98
Per serving: \$0.75

Mango Salsa

Yield: 8 Servings
 Serving size: 2 Tablespoons
 Prep time: 10 minutes

Ingredients

1 mango (peeled, pitted and diced (or 1 cup thawed frozen chunks))
 1 tablespoon onion, red (diced)
 1 tablespoon cilantro (optional, fresh or dried)
 1/4 teaspoon salt
 2 tablespoons lime juice (bottled or fresh)

Instructions

1. Combine all ingredients in a bowl.
2. Serve with baked tortilla chips.

Nutrition Facts

Serving Size 2 Tablespoons, 1/8 of recipe (47g)
 Servings Per Container 8

Amount Per Serving			
Calories 25	Calories from Fat 0		
% Daily Value*			
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 75mg			3%
Total Carbohydrate 7g			2%
Dietary Fiber 1g			4%
Sugars 6g			
Protein 0g			
Vitamin A 10%		Vitamin C 25%	
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	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

Colorado State University and University of California at Davis. [Eating Smart Being Active](#) Recipes.

Cost

Per recipe: \$1.19
 Per serving: \$0.15

Mango Shake

Yield: 4 servings

Ingredients

2 cups milk (low-fat 1%)
 4 tablespoons mango juice (or 1 fresh pitted mango) (frozen)
 1 banana (small)
 2 ice cubes

Instructions

1. Put all ingredients into a blender. Blend until foamy. Serve immediately.

Nutrition Facts

Serving Size 3/4 cup (174g)
 Servings Per Container 4

Amount Per Serving

Calories 80 **Calories from Fat 10**

% Daily Value*

Total Fat 1.5g **2%**

 Saturated Fat 1g **5%**

 Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 55mg **2%**

Total Carbohydrate 14g **5%**

 Dietary Fiber 1g **4%**

 Sugars 11g

Protein 4g

Vitamin A 8% • Vitamin C 8%

Calcium 15% • 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	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

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

Cost

Per recipe: \$1.06
 Per serving: \$0.27

Maple Sweet Potatoes

Yield: 2 servings

Ingredients

2 sweet potatoes (large)
 2 tablespoons yogurt, non-fat
 1 tablespoon maple syrup
 1 tablespoon orange juice

Instructions

1. Prick potato skins with a fork. Microwave on high for 3 to 4 minute until soft and easily pierced with a knife.
2. Scoop out the pulp into a medium bowl. Mash the pulp and stir in the yogurt, maple syrup, and orange juice. Transfer to a microwave safe serving bowl and microwave for 1 to 2 minutes to heat through.

Nutrition Facts	
Serving Size 1/2 of recipe (162g)	
Servings Per Container 2	
Amount Per Serving	
Calories 150	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 35g	12%
Dietary Fiber 4g	16%
Sugars 13g	
Protein 3g	
Vitamin A 370%	• Vitamin C 6%
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 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

University of Connecticut, Family Nutrition Program, Senior Nutrition Awareness Project (SNAP) Newsletters

Cost

Per recipe: \$1.32
 Per serving: \$0.66

Mexican Vegetables

Yield: 7 servings

Ingredients

1 cup	cucumber (chopped, with peel)
1 can	corn (8 3/4 ounce, drained)
1 can	stewed tomatoes (16 ounces)
2 tablespoons	red pepper (chopped)
2 tablespoons	green pepper (chopped)
2 tablespoons	red wine vinegar
1/2 teaspoon	garlic powder
1/2 teaspoon	cumin (ground)
1/4 teaspoon	cilantro or coriander (dried)
1/8 teaspoon	black pepper

Instructions

1. Combine ingredients and mix well.
2. Serve cold.

Nutrition Facts

Serving Size 1/2 cup prepared vegetables, 1/7 of recipe (126g)
Servings Per Container 7

Amount Per Serving			
Calories 50		Calories from Fat 5	
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	320mg		13%
Total Carbohydrate	12g		4%
Dietary Fiber	1g		4%
Sugars	4g		
Protein	2g		
Vitamin A	8%	Vitamin C	25%
Calcium	2%	Iron	4%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

Ponichtera, Brenda RD
ScaleDown Publishing, Inc.,
Quick and Healthy, Vol.II, 1995,
p.88

Cost

Per recipe: \$2.19
Per serving: \$0.31

Microwave Baked Apple

Yield: 4 servings

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 apple, 1/4 of recipe (210g)
 Servings Per Container 4

Amount Per Serving			
Calories 200		Calories from Fat 5	
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	10mg		0%
Total Carbohydrate	53g		18%
Dietary Fiber	5g		20%
Sugars	46g		
Protein	1g		
Vitamin A	2%	Vitamin C	15%
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	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

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

Cost

Per recipe: \$2.91
 Per serving: \$0.73

Microwave Baked Potato

Yield: 1 servings

Ingredients

1 potato

Instructions

1. Scrub potato. Prick several times with a fork or knife.
 2. Place on microwave safe plate.
 3. Cook according to table below. Turn over halfway through cooking
- | Numb | Time |
|-------|-----------------------------|
| er of | |
| Potat | |
| oes - | |
| 1 - | 7-8 minutes or until soft |
| 2 - | 10-12 minutes or until soft |
| 4 - | 14-18 minutes or until soft |
4. Let potato rest for 1-3 minutes

Nutrition Facts

Serving Size 1 potato (299g)
Servings Per Container 1

Amount Per Serving	
Calories 290	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat --g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 64g	21%
Dietary Fiber 7g	28%
Sugars 3g	
Protein 8g	
Vitamin A 0%	• Vitamin C 40%
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 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

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

Cost

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

Microwave Cauliflower and Peas in Cream Sauce

Yield: 6 servings

Ingredients

1/4 cup onion (chopped)
 1 1/2 teaspoon butter (or margarine)
 1 tablespoon flour (all-purpose)
 1/2 cup milk (skim)
 1 tablespoon pimiento (chopped, optional)
 1/2 teaspoon parsley flakes
 1/2 teaspoon bouillon granules (instant chicken)
 1/8 teaspoon salt
 1 dash pepper
 2 cups cauliflower
 1 cup peas (fresh or frozen)
 2 tablespoons water

Instructions

1. Combine cauliflower, peas and water in a 1-quart casserole. Cover. Microwave at High 6 to 8 minutes, or until fork tender, stirring after half the time. Let stand, covered.

2. Place onion and butter or margarine in 2-cup measure. Microwave at High 1 to 1 1/2 minutes, or until onion is tender. Stir in flour. Microwave a few seconds until flour mixture starts to bubble. Add remaining ingredients. Microwave at High 1 1/2 to 2 minutes, or until thickened, stirring every minute. Drain vegetables. (Freeze drained liquid for use in soups later.) Pour sauce over vegetables and stir to coat.

Options: Vegetables may be boiled or steamed and sauce prepared on top of a range if a microwave is not available.

Variations: Use other combinations of vegetables, such as green beans and cauliflower; broccoli and carrots; or peas and carrots.

Nutrition Facts

Serving Size 1/2 cup (95g)
 Servings Per Container 6

Amount Per Serving

Calories 50 **Calories from Fat 10**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 110mg **5%**

Total Carbohydrate 8g **3%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 3g

Vitamin A 6% • Vitamin C 45%

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	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

North Dakota State University
 Extension Service, [Creative
 Vegetable Cookery](#)

Cost

Per recipe: \$2.34

Per serving: \$0.39

Migas "Crumbs"

Yield: 4 servings

Cook time: 20 minutes

Ingredients

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

Instructions

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

Nutrition Facts

Serving Size 1/4 recipe (138g)
Servings Per Container 4

Amount Per Serving

Calories 330 **Calories from Fat 170**

% Daily Value*

Total Fat 19g **29%**Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 185mg **62%****Sodium 450mg** **19%****Total Carbohydrate 27g** **9%**Dietary Fiber 1g **4%**

Sugars 3g

Protein 12g

Vitamin A 6%

• Vitamin C 10%

Calcium 10%

• Iron 15%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

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

Cost

Per recipe: \$1.56

Per serving: \$0.39

Minestrone Soup

Yield: 6 servings

Ingredients

16 ounces	frozen vegetables, any type
30 ounces	stewed tomatoes, canned, low-sodium
28 ounces	broth, any flavor, canned, low sodium
15 ounces	beans, canned, any type
1 cup	pasta, dry, any type

Instructions

This recipe is developed for a child to help an adult in the kitchen. Directions are written to different audiences:

1. Adult and child: Wash hands well with soap and hot water.
2. Child: In a large pot, combine frozen vegetables, tomatoes, broth and beans.
3. Adult: Bring the soup to a boil and add the pasta. Then reduce to low heat. Let simmer for 6-8 minutes or until the pasta and vegetables are tender.

Nutrition Facts

Serving Size 1 cup, 1/6 of recipe
(514g)
Servings Per Container 6

Amount Per Serving		% Daily Value*	
Calories	240	Calories from Fat	10
Total Fat	1.5g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	530mg		22%
Total Carbohydrate	45g		15%
Dietary Fiber	9g		36%
Sugars	13g		
Protein	12g		
Vitamin A	40%	• Vitamin C	70%
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	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

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

Cost

Per recipe: \$6.51
Per serving: \$1.08

Misickquatash (Indian Succotash)

Yield: 6 servings

Ingredients

1 cup	lean ground beef
1 cup	lima beans (frozen, cooked and drained)
1 can	corn (15 1/2 ounce, drained)
1 can	tomatoes (15 1/2 ounce, broken up)
1/4 teaspoon	salt
1/4 teaspoon	pepper
1/8 teaspoon	nutmeg

Instructions

1. Brown ground beef in pan. Drain excess liquid.
2. Add remaining ingredients except nutmeg. Cover and simmer 5 minutes or until thoroughly heated.
3. Sprinkle with nutmeg before serving.

Nutrition Facts

Serving Size 1/6 of recipe (205g)
Servings Per Container 6

Amount Per Serving			
Calories	160	Calories from Fat	35
		% Daily Value*	
Total Fat	3.5g		5%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	20mg		7%
Sodium	420mg		18%
Total Carbohydrate	19g		6%
Dietary Fiber	4g		16%
Sugars	7g		
Protein	10g		
Vitamin A	4%	• Vitamin C	15%
Calcium	4%	• Iron	15%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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 Food Distribution
Program on Indian Reservations,
A River of Recipes
Native American Recipes Using
Commodity Foods

Cost

Per recipe: \$4.03
Per serving: \$0.67

Mock Sour Cream

Yield: 10 servings

Ingredients

1 cup cottage cheese, low-fat or non-fat
 2 tablespoons skim milk
 1 tablespoon lemon juice

Instructions

1. Combine all in the blender and blend until smooth.

Nutrition Facts	
Serving Size 2 Tablespoons (27g)	
Servings Per Container 10	
Amount Per Serving	
Calories 20	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 3g	
Vitamin A 0%	• Vitamin C 2%
Calcium 2%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 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

North Dakota State University
 Extension Service, [Creative
 Vegetable Cookery](#)

Cost

Per recipe: \$1.00
 Per serving: \$0.10

Old Fashioned Bread Pudding

Yield: 6 servings

Cook time: 25 minutes

Ingredients

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

Instructions

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

Microwave method:

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

Oven method:

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

Nutrition Facts

Serving Size 1/2 cup, 1/6 of recipe (139g)

Servings Per Container 6

Amount Per Serving

Calories 230	Calories from Fat 60
---------------------	-----------------------------

% Daily Value*

Total Fat 7g	11%
---------------------	------------

Saturated Fat 1.5g	8%
--------------------	-----------

Trans Fat 0.5g	
----------------	--

Cholesterol 95mg	32%
-------------------------	------------

Sodium 300mg	13%
---------------------	------------

Total Carbohydrate 36g	12%
-------------------------------	------------

Dietary Fiber 1g	4%
------------------	-----------

Sugars 23g	
------------	--

Protein 8g

Vitamin A 6%	• Vitamin C 2%
--------------	----------------

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	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

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

Cost

Per recipe: \$2.12

Per serving: \$0.35

Oprah's Outtasight Salad

Yield: 4 servings

Ingredients

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

Instructions

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

DYNAMITE DRESSING PREPARATION:

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

Nutrition Facts

Serving Size 1 cup prepared salad,
1/4 of recipe (168g)
Servings Per Container 4

Amount Per Serving			
Calories 100		Calories from Fat 25	
		% Daily Value*	
Total Fat	2.5g		4%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	40mg		2%
Total Carbohydrate	18g		6%
Dietary Fiber	3g		12%
Sugars	14g		
Protein 2g			
Vitamin A 100%		• 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	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

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

Cost

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

Orange Banana Frosty

Yield: 2 servings

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.

Nutrition Facts			
Serving Size 1/2 Cup (179g)			
Servings Per Container 2			
Amount Per Serving			
Calories	120	Calories from Fat 10	
			% Daily Value*
Total Fat	1g		2%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	45mg		2%
Total Carbohydrate	25g		8%
Dietary Fiber	2g		8%
Sugars	19g		
Protein	4g		
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	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

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

Cost

Per recipe: \$1.86
 Per serving: \$0.93

Orange Delight Juice

Yield: 4 servings

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.

Nutrition Facts

Serving Size 1/4 of recipe (162g)
 Servings Per Container 4

Amount Per Serving

Calories 70 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 19g **6%**

Dietary Fiber 1g **4%**

Sugars 15g

Protein 1g

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

Cost

Per recipe: \$0.90
 Per serving: \$0.22

Oriental Rice

Yield: 4 servings

Ingredients

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

Instructions

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

Nutrition Facts

Serving Size 1/4 of recipe (241g)
 Servings Per Container 4

Amount Per Serving			
Calories	310	Calories from Fat	70
		% Daily Value*	
Total Fat	7g		11%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	120mg		40%
Sodium	70mg		3%
Total Carbohydrate	41g		14%
Dietary Fiber	2g		8%
Sugars	2g		
Protein	18g		
Vitamin A	15%	Vitamin C	6%
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	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

Oregon State University
 Cooperative Extension Service,
 Pictorial Recipes
 Lynn Myers Steele, 2000
 Oregon Family Nutrition
 Program
 and
 ONIE - Oklahoma Nutrition
 Information and Education,
 Simple Healthy Recipes..

Cost

Per recipe: \$2.94
 Per serving: \$0.74

Oriental Sweet and Sour Vegetables

Yield: 6 servings

Ingredients

1 tablespoon	honey
1 tablespoon	lemon juice
1 teaspoon	soy sauce (low sodium)
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			
Calories	80	Calories from Fat	15
		% Daily Value*	
Total Fat	1.5g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	45mg		2%
Total Carbohydrate	14g		5%
Dietary Fiber	1g		4%
Sugars	8g		
Protein	1g		
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	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

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

Panned Cabbage

Yield: 4 servings

Ingredients

1 1/2 teaspoon butter (or margarine)
 4 cups cabbage (finely shredded)
 1/8 teaspoon salt
 1 pepper (to taste)
 2 tablespoons water
 1 tablespoon lemon juice

Instructions

1. Melt butter or margarine in a heavy saucepan or skillet.
2. Add cabbage and sprinkle with salt and pepper. Add water.
3. Cover pan with a tight-fitting lid to hold in steam.
4. Cook over low heat until cabbage is tender (6 to 8 minutes), stirring occasionally to prevent sticking.
5. Add lemon juice and serve.

Nutrition Facts

Serving Size 1/2 cup (83g)
 Servings Per Container 4

Amount Per Serving			
Calories	30	Calories from Fat	15
		% Daily Value*	
Total Fat	1.5g		2%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	85mg		4%
Total Carbohydrate	4g		1%
Dietary Fiber	2g		8%
Sugars	2g		
Protein	1g		
Vitamin A	2%	•	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	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

North Dakota State University
 Extension Service, [Creative
 Vegetable Cookery](#)

Cost

Per recipe: \$0.42
 Per serving: \$0.11

Party-Time Pasta

Yield: 6 servings

Cook time: 30 minutes

Ingredients

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

Instructions

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

Nutrition Facts

Serving Size 1 cup prepared pasta,
1/6 of recipe (265g)
Servings Per Container 6

Amount Per Serving			
Calories 220		Calories from Fat 50	
		% Daily Value*	
Total Fat	6g		9%
Saturated Fat	2g		10%
Trans Fat	0g		
Cholesterol	35mg		12%
Sodium	330mg		14%
Total Carbohydrate	27g		9%
Dietary Fiber	4g		16%
Sugars	4g		
Protein	14g		
Vitamin A	30%	Vitamin C	25%
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	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

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

Cost

Per recipe: \$7.83

Per serving: \$1.31

Pea Pesto

Yield: 8 Servings
 Prep time: 5 minutes

Ingredients

1 cup frozen peas (can also use fresh or canned)
 1/2 cup grated Parmesan cheese
 1 cup basil leaves
 1/2 cup walnuts
 2 cloves garlic
 1/4 cup extra virgin olive oil
 1/4 cup water
 1/4 teaspoon salt
 1/4 teaspoon black pepper

Instructions

1. For the pesto, add peas, Parmesan cheese, basil, spinach, walnuts and garlic into a food processor or blender.
2. Add in water, oil, salt and pepper. Blend until the ingredients are combined to form a thick sauce.
3. Place pesto in an airtight container. Refrigerate until needed.

Notes

If using canned peas and spinach, remember to rinse them to lower salt content.
 Great served over vegetables or pasta - serve hot or cold.
 Switch out mayonnaise for pesto on sandwiches.
 Try as a dip with carrots and broccoli.

Nutrition Facts

Serving Size 1/8 of recipe (64g)
 Servings Per Container 8

Amount Per Serving

Calories 130 **Calories from Fat 100**

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 115mg **5%**

Total Carbohydrate 4g **1%**

Dietary Fiber 2g **8%**

Sugars 1g

Protein 3g

Vitamin A 70% • Vitamin C 6%

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	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

Cooking Matters Colorado.

Cost

Per recipe: \$5.71

Per serving: \$0.71

Peach Cooler

Yield: 2 servings

Ingredients

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

Instructions

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

Nutrition Facts

Serving Size 1 cup, 1/2 recipe (376g)
 Servings Per Container 2

Amount Per Serving

Calories 190 **Calories from Fat 25**

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 150mg **6%**

Total Carbohydrate 32g **11%**

Dietary Fiber 1g **4%**

Sugars 25g

Protein 9g

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	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

Pennsylvania Nutrition
 Education Program,
 Pennsylvania Nutrition
 Education Network
 Website Recipes

Cost

Per recipe: \$1.10
 Per serving: \$0.55

Peachy Peanut Butter Pita Pockets

Yield: 4 servings

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 (101g)
Servings Per Container 4

Amount Per Serving			
Calories	210	Calories from Fat	60
		% Daily Value*	
Total Fat	7g		11%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	260mg		11%
Total Carbohydrate	32g		11%
Dietary Fiber	4g		16%
Sugars	8g		
Protein	7g		
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	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

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

Peanut Butter 'n Fruit-wich

Yield: 1 servings

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.

Nutrition Facts

Serving Size 1 open-faced sandwich (97g)
 Servings Per Container 1

Amount Per Serving		% Daily Value*	
Calories	280	Calories from Fat	150
Total Fat	17g		26%
Saturated Fat	3.5g		18%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	140mg		6%
Total Carbohydrate	23g		8%
Dietary Fiber	5g		20%
Sugars	8g		
Protein	12g		
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	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, 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 Banana Breakfast Shake

Yield: 1 servings

Ingredients

1 cup milk (fat free or 1%)
 1/2 cup banana (frozen, slices)
 1 tablespoon peanut butter
 1/4 teaspoon cinnamon (ground)
 1/2 teaspoon vanilla extract
 1 cocoa powder (as needed, sweet, optional)

Instructions

1. Combine all ingredients in a blender and blend until smooth and creamy.
2. Pour into a tall glass and garnish with a sprinkle of cocoa powder, if desired.

Nutrition Facts

Serving Size 1 shake (342g)
 Servings Per Container 1

Amount Per Serving			
Calories	260	Calories from Fat	70
		% Daily Value*	
Total Fat	8g		12%
Saturated Fat	2g		10%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	200mg		8%
Total Carbohydrate	34g		11%
Dietary Fiber	3g		12%
Sugars	23g		
Protein	14g		
Vitamin A	10%	•	Vitamin C 15%
Calcium	25%	•	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	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

University of Nebraska,
 Cooperative Extension, [Healthy Eating Recipes](#)

Cost

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

Pear Kabobs with Strawberry Dipping Sauce

Yield: 6 Kabobs

Prep time: 15 minutes

Ingredients

1 cup yogurt, low-fat vanilla
 4 tablespoons strawberry preserves
 2 pears (cored and cut into 1-inch cubes)
 2 cups strawberries (stems removed)
 2 bananas (cut into 1-inch slices)
 1 can pineapple chunks, drained

Instructions

1. In a small bowl, combine the vanilla yogurt and strawberry preserves. Set aside.
2. Thread the fruits by alternating the pears, strawberries, bananas, and pineapple onto the skewers.
3. Serve the fruit skewers with a dollop of the strawberry sauce on the side.

Notes

Other materials needed: six wooden skewers, small bowl, cutting board, can opener, paring knife, measuring spoons, and platter or large plate.

Nutrition Facts

Serving Size 1 kabob, 1/6 of recipe (248g)

Servings Per Container 6

Amount Per Serving

Calories 180 Calories from Fat 10

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 30mg 1%

Total Carbohydrate 43g 14%

Dietary Fiber 4g 16%

Sugars 33g

Protein 3g

Vitamin A 2% • Vitamin C 60%

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	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

[USA Pears](#). Pear Bureau Northwest.

Cost

Per recipe: \$5.58

Per serving: \$0.93

Pear Rabbit

Yield: 1 Pear Rabbit
Prep time: 5 minutes

Ingredients

3 canned pear halves
1 raisin

Instructions

1. Wash hands; get out ingredients and utensils.
2. Place 2 pear halves, flat side down, on a small plate to make the body.
3. Use butter knife to cut a tail, ears and feet from another pear half. Add each part to the body.
4. Use butter knife to cut one raisin in half and place on small end for eyes.
5. Enjoy your pear rabbit.

Notes

Adults: If cooking with kids, use can opener, open pear halves and discard sharp edged lid.

Nutrition Facts

Serving Size 1 pear rabbit (229g)
Servings Per Container 1

Amount Per Serving			
Calories	120	Calories from Fat	0
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	10mg		0%
Total Carbohydrate	30g		10%
Dietary Fiber	4g		16%
Sugars	22g		
Protein	1g		
Vitamin A	0%	•	Vitamin C 6%
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	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

Chickasaw Nation Get Fresh!
[Nutrition Education Program.](#)

Cost

Per recipe: \$0.62
Per serving: \$0.62

Picadillo

Yield: 6 servings

Cook time: 25 minutes

Ingredients

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

Instructions

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

Nutrition Facts

Serving Size 1 cup, 1/6 of recipe
(304g)

Servings Per Container

Amount Per Serving

Calories 210	Calories from Fat 60
---------------------	-----------------------------

% Daily Value*

Total Fat 6g	9%
---------------------	-----------

Saturated Fat 1.5g	8%
--------------------	-----------

Trans Fat 0g	
--------------	--

Cholesterol 50mg	17%
-------------------------	------------

Sodium 730mg	30%
---------------------	------------

Total Carbohydrate 23g	8%
-------------------------------	-----------

Dietary Fiber 4g	16%
------------------	------------

Sugars 6g	
-----------	--

Protein 18g	
--------------------	--

Vitamin A 150%	•	Vitamin C 50%
----------------	---	---------------

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	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

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

Cost

Per recipe: \$5.57

Per serving: \$0.93

Pico de Gallo

Yield: 6 servings

Cook time: 20 minutes

Ingredients

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

Instructions

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

Notes

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

Nutrition Facts

Serving Size 1/2 cup, 1/6 of recipe
(130g)

Servings Per Container 6

Amount Per Serving

Calories 35	Calories from Fat 0
--------------------	----------------------------

% Daily Value*

Total Fat 0g	0%
---------------------	-----------

Saturated Fat 0g	0%
------------------	-----------

Trans Fat 0g	
--------------	--

Cholesterol 0mg	0%
------------------------	-----------

Sodium 105mg	4%
---------------------	-----------

Total Carbohydrate 8g	3%
------------------------------	-----------

Dietary Fiber 2g	8%
------------------	-----------

Sugars 4g	
-----------	--

Protein 1g

Vitamin A 15%	• Vitamin C 40%
---------------	-----------------

Calcium 2%	• Iron 2%
------------	-----------

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

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

Cost

Per recipe: \$2.82

Per serving: \$0.47

Pocket Fruit Pies

Yield: 4 servings

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 (109g)
Servings Per Container 4

Amount Per Serving		% Daily Value*	
Calories 200	Calories from Fat 30		
Total Fat 3.5g			5%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 340mg			14%
Total Carbohydrate 39g			13%
Dietary Fiber 2g			8%
Sugars 14g			
Protein 4g			
Vitamin A 0% • Vitamin C 4%			
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	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

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

Cost

Per recipe: \$1.44
Per serving: \$0.36

Popcorn Treats

Yield: 2 servings

Ingredients

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

Instructions

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

Nutrition Facts

Serving Size 1/2 of recipe (129g)
 Servings Per Container 2

Amount Per Serving	
Calories 480	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 93g	31%
Dietary Fiber 9g	36%
Sugars 44g	
Protein 8g	
Vitamin A 10%	• Vitamin C 2%
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 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

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

Cost

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

Pumpkin Mac & Cheese for One

Yield: 1 Servings

Ingredients

3/4 cups cooked pasta (in any shape)
 1 1/2 cheddar cheese soup (from can)
 tablespoon
 2 tablespoons pumpkin puree
 1 1/2 milk, 1%
 tablespoon
 3/4 tablespoons cheese, low-fat
 1 teaspoon deli mustard

Instructions

1. Boil a pot of water and cook the pasta for 8 to 10 minutes; drain when finished and let cool to room temperature.
2. In a separate cup, stir the "wet" ingredients (soup, pumpkin puree, milk, and mustard), and heat in microwave for 45-60 seconds; stir again until creamy.
3. Use a spoon to pour hot cream mixture over pasta and sprinkle cheese on top.
4. Stir pasta, cream mixture, and cheese until cheese melts into the pasta.
5. Eat and enjoy!

Notes

Low-fat cheddar cheese used in nutrition analysis and for costing purposes.
Why add pumpkin? Adding pumpkin mixture in addition to the cheese soup lowers the total calories and boosts nutritional fiber and Vitamin A.

Nutrition Facts

Serving Size 1 recipe (194g)
 Servings Per Container 1

Amount Per Serving			
Calories	220	Calories from Fat	25
		% Daily Value*	
Total Fat	3g		5%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	230mg		10%
Total Carbohydrate	38g		13%
Dietary Fiber	3g		12%
Sugars	3g		
Protein	10g		
Vitamin A	100%	Vitamin C	2%
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	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

CSAAC (Community Services for Autistic Adults and Children),
[Visit Web site.](#)

Cost

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

Pumpkin and Bean Soup

Yield: 6 servings

Ingredients

- 1 can white beans
- 1 onion (small, finely chopped)
- 1 cup water
- 1 can pumpkin (15 ounce)
- 1 1/2 cup apple juice
- 1/2 teaspoon cinnamon
- 1/8 teaspoon nutmeg, allspice, or ginger
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt

Instructions

1. Blend white beans, onion, and water with a potato masher or blender till smooth.
2. In a large pot, add the pumpkin, juice, cinnamon, nutmeg, black pepper, and salt. Stir.
3. Add the blended bean mix to the pot.
4. Cook over low heat for 15-20 minutes, until warmed through.

Nutrition Facts

Serving Size 1 cup prepared soup,
1/6 of recipe (255g)
Servings Per Container 6

Amount Per Serving			
Calories	140	Calories from Fat	5
		% Daily Value*	
Total Fat	0.5g		1%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	110mg		5%
Total Carbohydrate	28g		9%
Dietary Fiber	7g		28%
Sugars	9g		
Protein	7g		
Vitamin A	170%	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	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

Pennsylvania Nutrition
Education Program,
Pennsylvania Nutrition
Education Network
Website Recipes

Cost

Per recipe: \$2.45
Per serving: \$0.41

Purple Cow

Yield: 3 servings

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 ? cup nonfat dry milk

Nutrition Facts

Serving Size 8 ounces (317g)	
Servings Per Container 3	
Amount Per Serving	
Calories 150	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 80mg	3%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 31g	
Protein 6g	
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 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

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

Cost

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

Quick Chicken & Vegetable Soup

Yield: 4 servings

Ingredients

1 onion (chopped)
 1 can tomatoes (16 ounce, broken up)
 1 can chicken broth, low-sodium (13.75 ounce)
 1/2 cup chicken, cooked and chopped
 1 package mixed vegetables (10 ounce frozen)
 1/4 teaspoon thyme
 1/8 teaspoon pepper
 1/8 teaspoon salt

Instructions

1. Use only cooked chicken for this recipe.
2. Peel and chop the onion, to make 1 tablespoon of chopped onion.
3. Use a fork to pierce the tomatoes and break them up into pieces.
4. Put the tomatoes and broth in the pan. Cook on medium heat until they boil.
5. Add the onion. Turn the heat to low, and simmer for 5 minutes.
6. Add the remaining ingredients.
7. Cover the pan.
8. Cook for 10 minutes over low heat until vegetables are tender.

Notes

This easy recipe has much less sodium than canned soups.

Nutrition Facts

Serving Size 1 cup prepared soup,
 1/4 of recipe (302g)
 Servings Per Container 4

Amount Per Serving		% Daily Value*	
Calories	110	Calories from Fat	20
Total Fat	2.5g		4%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	15mg		5%
Sodium	310mg		13%
Total Carbohydrate	16g		5%
Dietary Fiber	4g		16%
Sugars	3g		
Protein	10g		
Vitamin A	70%	Vitamin C	30%
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	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

Pennsylvania Nutrition
 Education Program,
 Pennsylvania Nutrition
 Education Network
 Website Recipes

Cost

Per recipe: \$3.81
 Per serving: \$0.95

Rice Salad

Yield: 6 Servings

Ingredients

2 cups	cooked brown rice
1/2 cup	frozen green peas, cooked
1 cup	diced celery
1/2 cup	diced bell peppers
1/4 cup	raisins
2 tablespoons	mayonnaise
2 tablespoons	French dressing
1/2 teaspoon	salt (optional)

Instructions

1. Mix rice, vegetables, and raisins in a medium sized bowl.
2. Mix mayonnaise, dressing and salt in a small bowl. Stir into rice/vegetable mixture.
3. Refrigerate leftovers.

Nutrition Facts

Serving Size 1/2 cup, 1/6 of recipe
(114g)
Servings Per Container 6

Amount Per Serving

Calories 150 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 100mg **4%**

Total Carbohydrate 25g **8%**

Dietary Fiber 2g **8%**

Sugars 7g

Protein 3g

Vitamin A 6% • Vitamin C 20%

Calcium 2% • Iron 4%

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

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	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

Colorado State University and
University of California at Davis.
[Eating Smart Being Active](#)
Recipes.

Cost

Per recipe: \$2.36

Per serving: \$0.39

Rise and Shine Cobbler

Yield: 4 servings

Cook time: 17 minutes

Ingredients

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

Instructions

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

Nutrition Facts

Serving Size 1/4 of recipe (201g)
Servings Per Container 4

Amount Per Serving

Calories 290 **Calories from Fat 15**

% Daily Value*

Total Fat 1.5g **2%**Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%****Sodium 65mg** **3%****Total Carbohydrate 68g** **23%**Dietary Fiber 6g **24%**

Sugars 39g

Protein 4g

Vitamin A 25% • Vitamin C 35%

Calcium 2% • Iron 10%

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

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

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

Cost

Per recipe: \$2.66

Per serving: \$0.67

Roasted Pumpkin Seed Snack Mix

Yield: 8 Servings

Ingredients

2 cups	crispy rice or wheat cereal squares
1/2 cup	roasted whole pumpkin seeds
1/3 cup	slivered almonds
1/2 cup	dried cranberries
1/2 cup	raisins

Instructions

1. Mix all ingredients together and serve.

Nutrition Facts

Serving Size 1/2 cup, 1/8 of recipe (32g)	
Servings Per Container 8	
Amount Per Serving	
Calories 120	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Sugars 11g	
Protein 2g	
Vitamin A 4%	• Vitamin C 8%
Calcium 2%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 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

[Regional Mental Health Center.](#)
Regional Mental Health Center
Cookbook.

Cost

Per recipe: \$2.56
Per serving: \$0.32

Salata Ma Jibna (Salad with Parmesan Cheese)

Yield: 8 Servings

Ingredients

1 cup	onions, cut into slivers or thin slices
1 cup	cabbage, cut into slivers or thin slices
1/2 cup	carrots, cut into very thin slices
1 cup	tomatoes, diced
1/4 cup	olive oil
1/4 cup	lemon juice
2 tablespoons	white vinegar
1 teaspoon	salt
1/4 teaspoon	black pepper
1 clove	garlic, minced
1/4 cup	parmesan cheese, grated

Instructions

1. In a salad bowl, combine onions, cabbage, carrots, and tomatoes.
2. Toss with olive oil, lemon juice, vinegar, salt, and pepper.
3. Sprinkle garlic and Parmesan over salad.

Notes

Salata Ma Jibna is a Sudanese dish.

Nutrition Facts

Serving Size 1/8 of recipe (83g)
Servings Per Container 8

Amount Per Serving			
Calories	90	Calories from Fat	70
		% Daily Value*	
Total Fat	8g		12%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	390mg		16%
Total Carbohydrate	5g		2%
Dietary Fiber	1g		4%
Sugars	2g		
Protein	2g		
Vitamin A	30%	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	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

[North Dakota Food and Culture: A Taste of World Cuisine.](#)

North Dakota State University
Extension Service.

Recipe on p. 26.

Cost

Per recipe: \$2.90

Per serving: \$0.36

Salmon Patties

Yield: 9 servings

Ingredients

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

Instructions

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

Notes

Replace the salmon with canned tuna fish. For fun, do a combination of the two!
Other optional additions to patties: 1/2 teaspoon lemon pepper, 1/4 cup finely minced celery, 1 Tablespoon finely minced bell pepper, 1/3 cup chopped onion, and/or 4 green onions, finely chopped.

Nutrition Facts

Serving Size 1/9 of recipe (77g)
Servings Per Container 9

Amount Per Serving		% Daily Value*	
Calories	110	Calories from Fat	40
Total Fat	4.5g		7%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	20mg		7%
Sodium	270mg		11%
Total Carbohydrate	5g		2%
Dietary Fiber	1g		4%
Sugars	1g		
Protein	12g		
Vitamin A	2%	Vitamin C	0%
Calcium	15%	Iron	2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

Missouri Nutrition Network, Eat for Health Toolkit
Optional Additions from: ONIE Project & Colorado State University Extension

Cost

Per recipe: \$3.78
Per serving: \$0.42

Salmon Spread

Yield: 7 servings

Ingredients

- 1 can salmon (15 1/2 ounce)
- 1 tablespoon lemon juice
- 1 tablespoon horseradish
- 8 ounces yogurt, fat-free plain
- 1 tablespoon dill weed (dried)
- 4 green onion (chopped, or 1/4 cup onion, or onion powder to taste)
- parsley (for garnish)

Instructions

1. Drain salmon and flake with a fork into a bowl.
2. Mix in all other ingredients.
3. Serve on bread, crackers, or a rice cake.
4. Sprinkle chopped parsley to garnish.

Nutrition Facts	
Serving Size 1/4 cup prepared spread, 1/7 of recipe (103g)	
Servings Per Container 7	
Amount Per Serving	
Calories 100	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 270mg	11%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 17g	
Vitamin A 4%	• Vitamin C 6%
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 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

University of Connecticut, Family Nutrition Program, Senior Nutrition Awareness Project (SNAP) Newsletters

Cost

Per recipe: \$7.49
Per serving: \$1.07

Salsa Fresca

Yield: 7 servings

Ingredients

5	tomatoes (medium)
2	jalapeño
2	garlic clove
1/4	red onion (medium)
3 tablespoons	lime juice (fresh)
1/2 teaspoon	salt
1/4 teaspoon	black pepper
1 tablespoon	cilantro (fresh, leaves)

Instructions

1. Wash the vegetables. Cut the tomatoes into 1/2-inch pieces and put into a medium bowl. Because they can burn the skin, an adult should seed and mince the jalapenos and add them to the tomatoes.
2. Peel the garlic and mince. Peel the onion and cut into 1/4-inch pieces. Add the onion and garlic to the tomato mixture.
3. Stir in the lime juice, salt and pepper. Chop the cilantro and stir only until combined.

Nutrition Facts

Serving Size 1/2 cup prepared salsa,
1/7 of recipe (104g)
Servings Per Container 7

Amount Per Serving			
Calories 20	Calories from Fat 0		
		% Daily Value*	
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 170mg			7%
Total Carbohydrate 5g			2%
Dietary Fiber 1g			4%
Sugars 3g			
Protein 1g			
Vitamin A 15%		Vitamin C 30%	
Calcium 2%		Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

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

Cost

Per recipe: \$2.94
Per serving: \$0.42

Salsa Pinto Beans

Yield: 7 servings

Ingredients

1 tablespoon olive oil (or canola oil)
 1 onion (small, chopped)
 1 garlic clove (minced, or 1/8 t of garlic powder)
 2 cans pinto beans (15 ounces each, drained and rinsed)
 1 cup salsa

Instructions

1. Heat the oil in a skillet over medium heat.
2. Add the onion and garlic and cook until tender.
3. Stir in the beans and salsa.
4. Cook for 10 minutes.
5. Serve over rice, pasta, or baked potato.

Nutrition Facts

Serving Size 1/2 cup (123g)
 Servings Per Container 7

Amount Per Serving			
Calories	90	Calories from Fat	20
		% Daily Value*	
Total Fat	2.5g		4%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	420mg		18%
Total Carbohydrate	15g		5%
Dietary Fiber	4g		16%
Sugars	2g		
Protein	4g		
Vitamin A	2%	• Vitamin C	4%
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	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

Maryland Food Supplement
 Nutrition Education program,
 2009 Recipe Calendar

Cost

Per recipe: \$2.79
 Per serving: \$0.40

Salt-free All Purpose Blend

Yield: 79 servings

Ingredients

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

Instructions

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

Nutrition Facts			
Serving Size 1/4 teaspoon (0.6g)			
Servings Per Container 79			
Amount Per Serving			
Calories 0	Calories from Fat 0		
% Daily Value*			
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 0mg			0%
Total Carbohydrate 0g			0%
Dietary Fiber 0g			0%
Sugars 0g			
Protein 0g			
Vitamin A 0%		• Vitamin C 0%	
Calcium 0%		• Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

Cornell University Cooperative
 Extension, Eat Smart New York!

Cost

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

Sanchico Atun Salad

Yield: 4 Servings

Ingredients

1/2 pound chunk light tuna (in water)
 1 cup Roma tomatoes (diced)
 1/4 cup red onions (diced)
 1 large avocado (diced)
 2 teaspoons lime juice
 1 teaspoon crushed red pepper
 1/4 teaspoon salt
 1/2 large mango (firm)

Instructions

1. Drain tuna. Transfer to a mixing bowl and mix well with avocado for texture.
2. Add tomatoes, onion, pepper, lime juice, salt, mango.

Nutrition Facts

Serving Size 1/4 of recipe (259g)
 Servings Per Container 4

Amount Per Serving

Calories 210 **Calories from Fat 80**

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 400mg **17%**

Total Carbohydrate 21g **7%**

Dietary Fiber 6g **24%**

Sugars 14g

Protein 15g

Vitamin A 30% • Vitamin C 70%

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	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

[Houston Food Bank](#). Chef Jose Montoya

Cost

Per recipe: \$3.27
 Per serving: \$0.82

Scrambled Tofu

Yield: 4 servings

Ingredients

1 package tofu (20 ounces)
 1 tablespoon butter
 2 egg
 salt and pepper (optional, to taste)
 bean sprouts or chop suey mix, garlic, watercress, mushrooms,
 cheese, bell pepper, green onions (optional)

Instructions

1. Drain tofu.
2. In small bowl, dice or mash tofu. For optional ingredients, crush garlic and/or slice watercress, mushrooms, cheese, bell peppers, and green onions.
3. In a pan, melt butter. Add tofu. Add optional ingredients. Saute over medium heat until lightly browned.
4. Beat eggs and add to tofu mixture. Cook until firm.
5. Sprinkle with salt and pepper to taste.
6. Stir and cook until firm.

Nutrition Facts

Serving Size 1/4 of recipe (114g)
 Servings Per Container 4

Amount Per Serving			
Calories	140	Calories from Fat	90
		% Daily Value*	
Total Fat	10g		15%
Saturated Fat	3.5g		18%
Trans Fat	0g		
Cholesterol	100mg		33%
Sodium	60mg		3%
Total Carbohydrate	1g		0%
Dietary Fiber	1g		4%
Sugars	0g		
Protein	13g		
Vitamin A	4%	•	Vitamin C 0%
Calcium	10%	•	Iron 10%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

University of Hawaii at Manoa,
 Cooperative Extension, [Lifeskills
 in Food Education, Food Skills
 Cookbook](#)
[Food Stamps Nutrition
 Education Program](#)

Cost

Per recipe: \$3.28
 Per serving: \$0.82

Seared Greens

Yield: 6 servings

Cook time: 15 minutes

Ingredients

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

Instructions

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

Nutrition Facts

Serving Size 1/6 of recipe (165g)
 Servings Per Container 6

Amount Per Serving	
Calories 100	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 4g	
Vitamin A 350%	• Vitamin C 230%
Calcium 15%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 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, Team Nutrition, [Food Family Fun](#)

Cost

Per recipe: \$4.09

Per serving: \$0.68

Simple Fish Tacos

Yield: 6 servings

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 (247g)
Servings Per Container 6

Amount Per Serving			
Calories	230	Calories from Fat	40
		% Daily Value*	
Total Fat	4.5g		7%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	35mg		12%
Sodium	350mg		15%
Total Carbohydrate	32g		11%
Dietary Fiber	5g		20%
Sugars	4g		
Protein	18g		
Vitamin A	15%	•	Vitamin C 35%
Calcium	10%	•	Iron 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	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

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

Cost

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

Skillet Noodles and Beef

Yield: 8 servings

Cook time: 30 minutes

Ingredients

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

Instructions

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

Nutrition Facts

Serving Size 1 1/2 cups, 1/8 of recipe (224g)

Servings Per Container 8

Amount Per Serving

Calories 170	Calories from Fat 45
---------------------	-----------------------------

% Daily Value*

Total Fat 5g	8%
---------------------	-----------

Saturated Fat 2g	10%
------------------	------------

Trans Fat 0g	
--------------	--

Cholesterol 35mg	12%
-------------------------	------------

Sodium 480mg	20%
---------------------	------------

Total Carbohydrate 18g	6%
-------------------------------	-----------

Dietary Fiber 2g	8%
------------------	-----------

Sugars 5g	
-----------	--

Protein 15g	
--------------------	--

Vitamin A 90%	•	Vitamin C 10%
---------------	---	---------------

Calcium 15%	•	Iron 15%
-------------	---	----------

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

Calories:	2,000	2,500
-----------	-------	-------

Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

University of New Hampshire,
Cooperative Extension

Cost

Per recipe: \$6.15

Per serving: \$0.77

Skillet Pasta Dinner

Yield: 6 Servings

Ingredients

1/2 pound	ground turkey, 85% lean (or ground sausage or beef)
1	medium onion, chopped
2	garlic cloves, minced (approximately 1 teaspoon)
1 can	tomatoes (15 ounces)
1 can	tomato sauce (8 ounce)
1 cup	water
8 ounces	uncooked tube pasta (ziti, penne, macaroni)
2 cups	fresh or frozen vegetables (try zucchini and carrots)

Instructions

1. Brown the ground meat, onion, and garlic in a skillet or heavy saucepan. Drain off any grease.
2. Add the tomatoes, tomato sauce, water, and uncooked pasta.
3. Cover and simmer for 10 minutes.
4. Add the fresh or frozen vegetables, stir and continue cooking until the pasta and vegetables are tender (about 10 more minutes).

Notes

Frozen vegetables used for nutritional analysis and costing purposes.

Nutrition Facts

Serving Size 1/4 of recipe (359g)
Servings Per Container 4

Amount Per Serving		% Daily Value*	
Calories	300	Calories from Fat	60
Total Fat	7g		11%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	35mg		12%
Sodium	350mg		15%
Total Carbohydrate	44g		15%
Dietary Fiber	6g		24%
Sugars	7g		
Protein	16g		
Vitamin A	60%	Vitamin C	20%
Calcium	8%	Iron	20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

ONIE Project - Oklahoma Nutrition Information and Education. [Simple Healthy Recipes.](#)

Cost

Per recipe: \$3.87
Per serving: \$0.64

Spanish Rice II

Yield: 6 Servings

Ingredients

1 pound ground turkey, 85% lean (or ground beef)
 1 cup chopped onion
 1 package taco seasoning mix
 1 can tomatoes and green chiles (15 ounces)
 3 cups cooked rice
 1/2 cup shredded cheese, low-fat

Instructions

1. In a large skillet or pot, brown ground turkey and cook onion. When done, use paper towel to soak up any grease.
2. Add remaining ingredients except cheese and mix together.
3. Heat until very hot.
4. Top with cheese before serving.

Notes

Cheddar cheese used for nutritional analysis and costing.

Nutrition Facts

Serving Size 1/6 of recipe (248g)
 Servings Per Container 6

Amount Per Serving

Calories 310 **Calories from Fat 100**

% Daily Value*

Total Fat 11g **17%**

 Saturated Fat 3g **15%**

 Trans Fat 0g

Cholesterol 65mg **22%**

Sodium 210mg **9%**

Total Carbohydrate 31g **10%**

 Dietary Fiber 1g **4%**

 Sugars 3g

Protein 20g

Vitamin A 10% • Vitamin C 15%

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	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

ONIE Project - Oklahoma Nutrition Information and Education. [Simple Healthy Recipes.](#)

Cost

Per recipe: \$5.12
 Per serving: \$0.85

Speedy Burritos

Yield: 9 servings

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			
Calories	240	Calories from Fat	50
		% Daily Value*	
Total Fat	6g		9%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	35mg		12%
Sodium	490mg		20%
Total Carbohydrate	41g		14%
Dietary Fiber	3g		12%
Sugars	4g		
Protein	7g		
Vitamin A	2%	•	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	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

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

Cost

Per recipe: \$4.55
Per serving: \$0.51

Spicy Carrots and Squash

Yield: 4 servings

Ingredients

2 cups carrots, cut into 2 inch sticks
 1 1/2 cup squash, cut into 2 inch sticks
 1 teaspoon vinegar
 2 tablespoons vegetable broth, fat free
 1 teaspoon brown sugar
 1 1/2 teaspoon Dijon or spicy mustard

Instructions

1. Wash, peel and cut carrots. Wash and cut up squash.
2. Combine carrots and broth in saucepan. Cover and cook over medium heat about 5 minutes.
3. Add squash and cook 5 more minutes or until vegetables are just tender. Add more broth, if necessary, to keep from burning.
4. Stir vinegar, brown sugar and mustard into vegetables.
5. Cook for a few minutes over medium heat until most of the liquid cooks off.

Nutrition Facts

Serving Size 1/2 cup (157g)
 Servings Per Container 4

Amount Per Serving

Calories 50 **Calories from Fat 5**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 100mg **4%**

Total Carbohydrate 11g **4%**

Dietary Fiber 3g **12%**

Sugars 6g

Protein 1g

Vitamin A 270% • Vitamin C 10%

Calcium 4% • Iron 2%

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

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

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

Cost

Per recipe: \$1.13
 Per serving: \$0.28

Spinach Black Bean Salad

Yield: 3 servings

Ingredients

2 tablespoons vinegar
 1 tablespoon vegetable oil
 1 tablespoon mustard (Dijon or other)
 1 teaspoon garlic powder
 1/2 teaspoon dried oregano
 1/2 teaspoon dried basil
 1/8 teaspoon nutmeg (optional)
 2 cups spinach (washed)
 1 1/2 cup black beans (unsalted, fat free)
 2 tomatoes (chopped)
 1 red onion (small, chopped)

Instructions

1. In a large bowl, combine vinegar, oil, mustard, garlic, oregano, basil and nutmeg.
2. Wash, drain and chop spinach.
3. Add spinach, black beans, tomatoes and onions to vinegar and oil. Toss well and serve.

Notes

Top your salad with other vegetables (mushrooms, peppers, cucumbers, zucchini, yellow squash, red onions etc.)

Add cooked chicken, egg or tuna for more protein!

Add cubes of cheddar, Swiss or smoked Gouda cheese.

Fruit makes a great addition- try dried cranberries, cherries, raisins or apricots or fresh berries in season.

Nutrition Facts	
Serving Size 1 cup (298g)	
Servings Per Container 3	
Amount Per Serving	
Calories 190	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 28g	9%
Dietary Fiber 8g	32%
Sugars 4g	
Protein 9g	
Vitamin A 50%	Vitamin C 40%
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: \$2.97
 Per serving: \$0.99

Spinach, Tomatoes, and Corn

Yield: 5 servings

Ingredients

1 can canned spinach (15.5 ounces, unsalted)
 1 can canned diced tomatoes (15.5 ounces, unsalted)
 1 can canned corn (15.5 ounces, drained)
 3 cups water
 1 tablespoon margarine

Instructions

1. Place all ingredients in a saucepan. Cover.
2. Heat thoroughly, about 10 minutes. Add seasonings to taste.

Nutrition Facts	
Serving Size 1/5 recipe (409g)	
Servings Per Container 5	
Amount Per Serving	
Calories 130	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 610mg	25%
Total Carbohydrate 23g	8%
Dietary Fiber 5g	20%
Sugars 5g	
Protein 5g	
Vitamin A 180%	• Vitamin C 60%
Calcium 15%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 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 Food and Nutrition Service, [Creative RecipesFor Less Familiar USDA Commodities Used By Household Programs](#)

Cost

Per recipe: \$2.70
 Per serving: \$0.54

Spring Vegetable Saute

Yield: 4 servings

Ingredients

1 teaspoon	olive oil
1/2 cup	sweet onion (sliced)
1	garlic clove (finely chopped)
3	new potatoes (tiny, quartered)
3/4 cups	carrot (sliced)
3/4 cups	asparagus pieces
3/4 cups	sugar snap peas, or green beans
1/2 cup	radishes (quartered)
1/4 teaspoon	salt
1/4 teaspoon	black pepper
1/2 teaspoon	dill (dried)

Instructions

1. Heat the oil in a skillet. Cook the onion 2 minutes, add the garlic and cook another minute
2. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about 4 minutes.
3. If the vegetables start to brown, add a Tablespoon or 2 of water.
4. Now add the asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender - about 4 minutes more.
5. Serve immediately.

Nutrition Facts

Serving Size 1/4 of recipe (133g)
Servings Per Container 4

Amount Per Serving	
Calories 70	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 2g	
Vitamin A 80%	• Vitamin C 25%
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 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

National Cancer Institute (NCI).
5-A-Day campaign.

Cost

Per recipe: \$2.17
Per serving: \$0.54

Springtime Cereal

Yield: 2 servings

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!

Nutrition Facts

Serving Size 1/2 of recipe (298g)
Servings Per Container 2

Amount Per Serving			
Calories	380	Calories from Fat	45
		% Daily Value*	
Total Fat	5g		8%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	10mg		3%
Sodium	340mg		14%
Total Carbohydrate	76g		25%
Dietary Fiber	11g		44%
Sugars	33g		
Protein	14g		
Vitamin A	25%	•	Vitamin C 100%
Calcium	20%	•	Iron 110%

*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	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

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

Cost

Per recipe: \$2.55
Per serving: \$1.28

Squash Salsa

Yield: 12 Servings

Ingredients

1 can	black beans (rinsed)
6	tomatoes, seeded and diced
1/2	green pepper, seeded and diced
1	medium red onion (minced)
1	summer squash, large (peeled, seeds removed, diced)
2 tablespoons	red wine vinegar
1 teaspoon	Adobo seasoning (combination of garlic, coriander, salt, and cumin)
2 tablespoons	lemon or lime juice (optional)
4 tablespoons	mozzarella cheese, part skim
	fresh cilantro or dried parsley (optional)

Instructions

1. Combine all ingredients except cheese. Let sit for 30 minutes.
2. Spoon over tortilla chips, cooked rice, or noodles.
3. Top with grated, part-skim mozzarella cheese. Serve hot or cold!

Notes

Out of season idea - Use 1 can diced tomatoes in place of fresh tomatoes.

Quick salsa - combine black beans, chopped summer squash, and a jar or your favorite salsa.

Hot Salsa - Add chopped, fresh hot peppers or canned jalapeño peppers.

Remember to wash your hands well after handling hot peppers.

Note: Nutrient analysis and costing for recipe does not include cooked rice, tortilla chips, or noodles.

Nutrition Facts

Serving Size 1/2 cup, 1/12 of recipe
(143g)
Servings Per Container 12

Amount Per Serving		% Daily Value*	
Calories	60	Calories from Fat	5
Total Fat	0.5g		1%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	200mg		8%
Total Carbohydrate	10g		3%
Dietary Fiber	4g		16%
Sugars	3g		
Protein	4g		
Vitamin A	10%	Vitamin C	30%
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	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

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

Cost

Per recipe: \$5.89

Per serving: \$0.49

Stir Fried Beef

Yield: 6 servings

Ingredients

1 1/2 pound	steak (sirloin)
2 teaspoons	vegetable oil
1	garlic clove (minced)
1 teaspoon	vinegar
1/8 teaspoon	salt
1/8 teaspoon	pepper
2	onion (large, sliced)
1	tomato (large, sliced)
3 cups	potatoes (boiled, diced)

Instructions

1. Trim fat from steak and cut steak into small, thin pieces.
2. In a large skillet, heat oil and sauté garlic until garlic is golden.
3. Add steak, vinegar, salt, and pepper. Cook for 6 minutes, stirring beef until brown.
4. Add onion and tomato. Cook until onion is transparent. Serve with boiled potatoes.

Nutrition Facts

Serving Size 1 1/4 Cup (219g)
Servings Per Container 6

Amount Per Serving			
Calories	280	Calories from Fat	90
		% Daily Value*	
Total Fat	10g		15%
Saturated Fat	3.5g		18%
Trans Fat	0g		
Cholesterol	75mg		25%
Sodium	110mg		5%
Total Carbohydrate	20g		7%
Dietary Fiber	2g		8%
Sugars	3g		
Protein	27g		
Vitamin A	2%	• Vitamin C	20%
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	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

US Department of Health and Human Services
National Institutes of Health
National Heart, Lung and Blood Institute, Delicious Heart-Healthy Latino Recipes/Platillos latinos sabrosos y saludables

Cost

Per recipe: \$9.95
Per serving: \$1.66

Stir Fry Vegetables and Beef

Yield: 4 servings

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.
7. Add liquid mixture and cook until bubbly.
8. Reduce heat, cover pan and cook for two more minutes.
9. Serve over whole wheat pasta or brown rice.

Nutrition Facts

Serving Size 1/4 recipe (298g)
 Servings Per Container 4

Amount Per Serving

Calories 240 **Calories from Fat 100**

% Daily Value*

Total Fat 11g **17%**

 Saturated Fat 2g **10%**

 Trans Fat 0g

Cholesterol 55mg **18%**

Sodium 410mg **17%**

Total Carbohydrate 15g **5%**

 Dietary Fiber 6g **24%**

 Sugars 5g

Protein 23g

Vitamin A 160% • Vitamin C 120%

Calcium 6% • Iron 15%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

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

Cost

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

Strawberry S'Mores

Yield: 1 Serving

Prep time: 5 minutes

Ingredients

2 strawberries
 1 graham cracker (broken in half)
 2 tablespoons yogurt, low-fat vanilla

Instructions

1. Rinse the strawberries in water.
2. Slice the strawberries.
3. Add the yogurt and strawberries to 1/2 of graham cracker.
4. Top with the other 1/2 of graham cracker.
5. Enjoy immediately.

Notes

Substitute any desired low-fat yogurt flavor.
 Try other fruits like blueberries, bananas, etc.

Nutrition Facts

Serving Size 1 Strawberry S'More
 (18g)

Servings Per Container 1

Amount Per Serving

Calories 40 **Calories from Fat 10**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 45mg **2%**

Total Carbohydrate 7g **2%**

Dietary Fiber 0g **0%**

Sugars 2g

Protein 1g

Vitamin A 0% • Vitamin C 4%

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 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

University of Maryland
 Extension.
[Eat Smart. Be Fit.](#) Recipes.

Cost

Per recipe: \$0.39

Per serving: \$0.39

Summer Breeze Smoothies

Yield: 3 servings

Ingredients

1 cup	yogurt (non-fat, 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.

Nutrition Facts

Serving Size 1 Cup (252g)
Servings Per Container 3

Amount Per Serving			
Calories	130	Calories from Fat	0
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	45mg		2%
Total Carbohydrate	30g		10%
Dietary Fiber	2g		8%
Sugars	22g		
Protein	4g		
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	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

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

Summer Fruit Salad

Yield: 4 servings

Cook time: 15 minutes

Ingredients

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

Instructions

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

Notes

Refrigerate leftovers (or try freezing for a slush).

Nutrition Facts

Serving Size 3/4 cup fruit salad, 1/4 of recipe (117g)
 Servings Per Container 4

Amount Per Serving			
Calories 45		Calories from Fat 0	
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	11g		4%
Dietary Fiber	1g		4%
Sugars	8g		
Protein	1g		
Vitamin A	4%	•	Vitamin C 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	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

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

Cost

Per recipe: \$1.44
 Per serving: \$0.36

Summer Salad

Yield: 8 servings

Ingredients

8 cups salad greens
 6 green onion (thinly sliced, with tops)
 6 mushroom (large, fresh, thinly sliced)
 1/4 cup walnuts (coarsely chopped)
 3/4 cups parsley (fresh, finely chopped)
 3/4 cups dressing (Tangy, see [recipe](#))

Instructions

1. Wash and dry greens. Tear into bite-sized pieces and place in large salad bowl.
2. Add onion, mushrooms, walnuts and parsley. Just before serving, toss with dressing.

Nutrition Facts

Serving Size 1 cup (93g)
 Servings Per Container 8-9

Amount Per Serving			
Calories	70	Calories from Fat	25
		% Daily Value*	
Total Fat	2.5g		4%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	25mg		1%
Total Carbohydrate	10g		3%
Dietary Fiber	2g		8%
Sugars	7g		
Protein	3g		
Vitamin A	60%	•	Vitamin C 60%
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	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

North Dakota State University
 Extension Service, [Creative
 Vegetable Cookery](#)

Cost

Per recipe: \$3.49
 Per serving: \$0.44

Summer Squash Stir Fry

Yield: 4 Servings

Ingredients

1 tablespoon olive oil (or other vegetable oil)
 1 small onion, chopped
 2 cups summer squash (washed and cut into chunks)
 1 cup carrots, thinly sliced
 seasonings, to taste (optional)

Instructions

1. In a skillet (the larger the better), heat oil on medium-high heat.
2. Add onion and stir fry until onion is clear and begins to brown.
3. Add carrots and stir until carrots are tender and crisp. Add squash and cook for about 2 minutes. Lower heat.
4. Add seasonings of choice. Cook for 2 more minutes. Serve as a side dish.

Notes

Suggested seasonings (if using): garlic powder, pepper, cumin, thyme, basil, or oregano

Fresh basil is wonderful with this.

Nutrition Facts

Serving Size 1/2 cup, 1/4 of recipe
(109g)

Servings Per Container 4

Amount Per Serving

Calories 60 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 7g **2%**

Dietary Fiber 2g **8%**

Sugars 4g

Protein 1g

Vitamin A 110% • 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 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

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

Cost

Per recipe: \$1.17

Per serving: \$0.29

Summer Squash, Italian Style

Yield: 4 servings

Ingredients

2 tablespoons vegetable oil
 1 summer squash (large, thinly sliced)
 1 tablespoon water
 salt and pepper (optional, to taste)
 1 teaspoon sweet basil, fresh
 6 tablespoons Parmesan cheese or Romano cheese (grated)

Instructions

1. Using a large, ovenproof frying pan, heat 1 Tablespoon of oil to medium high.
2. Arrange squash in pan, add water and season lightly with salt, pepper and basil.
3. Cover and cook over medium heat for 5 minutes, or until tender crisp.
4. Sprinkle with cheese and drizzle with remaining oil. Place under a preheated broiler and broil until cheese melts and browns slightly.

Tip: Add cut up fresh tomatoes, green peppers, green beans, eggplant, onions, or other vegetables in season.

Nutrition Facts

Serving Size 1/2 cup (108g)
 Servings Per Container 4

Amount Per Serving			
Calories	110	Calories from Fat	80
		% Daily Value*	
Total Fat	9g		14%
Saturated Fat	2g		10%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	115mg		5%
Total Carbohydrate	4g		1%
Dietary Fiber	1g		4%
Sugars	2g		
Protein	4g		
Vitamin A	6%	•	Vitamin C 8%
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	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

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

Cost

Per recipe: \$0.98
 Per serving: \$0.25

Sweet Potato Patties

Yield: 6 servings

Ingredients

3 sweet potatoes
 1 cup bread crumbs (crushed)
 1 tablespoon vegetable oil

Instructions

1. Wash the sweet potatoes.
2. Bake the sweet potatoes in a microwave until they are soft.
3. Remove the peels from the sweet potatoes.
4. Put the sweet potatoes in a medium bowl. Mash them with a fork.
5. Crush the bread crumbs on a cutting board with a rolling pin or jar.
6. Put the crushed bread crumbs in a small bowl.
7. Shape sweet potato into 6 small patties.
8. Roll each patty in the crushed crumbs.
9. Heat the oil in a frying pan on medium heat.
10. Brown each patty on both sides in the oil.

Notes

For variety, add some finely chopped apple.

Nutrition Facts

Serving Size 1 patty, 1/6 of recipe
 (85g)
 Servings Per Container 6

Amount Per Serving		% Daily Value*	
Calories	150	Calories from Fat	30
Total Fat	3.5g		5%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	170mg		7%
Total Carbohydrate	26g		9%
Dietary Fiber	3g		12%
Sugars	4g		
Protein	3g		
Vitamin A	180%	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	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

Pennsylvania Nutrition
 Education Program,
 Pennsylvania Nutrition
 Education Network
 Website Recipes

Cost

Per recipe: \$1.60
 Per serving: \$0.27

Sweetened Condensed Milk

Yield: 12 servings

Ingredients

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

Instructions

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

Nutrition Facts

Serving Size 2 tablespoons, 1/12 of recipe (79g)
 Servings Per Container 12

Amount Per Serving

Calories 230 Calories from Fat 20

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 140mg **6%**

Total Carbohydrate 46g **15%**

Dietary Fiber 0g **0%**

Sugars 45g

Protein 8g

Vitamin A 10% • Vitamin C 2%

Calcium 30% • Iron 0%

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

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	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

Washington State University
 Extension, Favorite Recipes for
 Family Meals

Cost

Per recipe: \$1.37

Per serving: \$0.11

Taco Salad

Yield: 6 servings

Cook time: 55 minutes

Ingredients

- 1 butter lettuce (head, or any other small lettuce, torn into small pieces)
- 2 tomatoes (chopped, fresh)
- 1/2 cup green pepper (chopped)
- 1 pound ground turkey or ground beef
- 1 onion (small, chopped)
- 1 can pinto beans (15 1/2 ounce, drained)
- 3/4 cups salsa (or taco sauce)

Instructions

1. Put lettuce in large bowl. Add tomatoes and green pepper.
2. Brown meat and onion in fry pan. Drain off fat and liquid.
3. Mix meat, beans and salsa. Add to salad mixture.
4. Serve with additional salsa. Refrigerate leftovers.

Nutrition Facts	
Serving Size 2 cups salad, 1/6 of recipe (279g)	
Servings Per Container	
Amount Per Serving	
Calories 200	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 480mg	20%
Total Carbohydrate 18g	6%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 18g	
Vitamin A 30%	• Vitamin C 35%
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

University of Minnesota,
Cooperative Extension Service,
Simply Good Eating Recipe
Cards, Vol. 1, p.23-24

Cost

Per recipe: \$7.39

Per serving: \$1.23

Tangy Dressing

Yield: 20 servings

Ingredients

1/2 cup milk (evaporated skim)
 1 can juice concentrate (6 oz., frozen orange/pineapple, thawed)
 1 pinch nutmeg (ground)

Instructions

1. Mix milk, concentrate and nutmeg. Shake well before using.

Notes

Use this dressing on your favorite salad, as a dip, or as an ingredient in this [Summer Salad!](#)

Nutrition Facts

Serving Size 1 Tablespoon (17g)
 Servings Per Container 20

Amount Per Serving			
Calories	20	Calories from Fat	0
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	10mg		0%
Total Carbohydrate	5g		2%
Dietary Fiber	0g		0%
Sugars	5g		
Protein	1g		
Vitamin A	2%	•	Vitamin C 25%
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	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

North Dakota State University
 Extension Service, [Creative
 Vegetable Cookery](#)

Cost

Per recipe: \$1.28
 Per serving: \$0.06

Tangy Jicama Slaw

Yield: 6 Servings

Ingredients

2 cups jicama, peeled and chopped
 1 can mandarin oranges, canned in light syrup (11 ounces)
 1 1/2 lime juice (juice of one lime)
 tablespoon salt (to taste, optional)
 cilantro (optional)

Instructions

1. Cut the jicama in half so you have a flat side for stability.
2. Peel the jicama using a small sharp knife.
3. Cut the jicama in small strips or grate it using a large hand grater.
4. Stir all the ingredients together in a bowl and enjoy.

Nutrition Facts

Serving Size 1/6 of recipe (100g)
 Servings Per Container 6

Amount Per Serving			
Calories	50	Calories from Fat	0
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	13g		4%
Dietary Fiber	3g		12%
Sugars	9g		
Protein	1g		
Vitamin A	8%	•	Vitamin C 35%
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	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

Iowa Department of Public Health. [Iowa Nutrition Network](#).

Cost

Per recipe: \$4.04
 Per serving: \$0.67

4	cod fillets (4 ounce each, can also use tilapia, sole, hake, flounder, or other white fish)
1/4	red onion (or scallions)
1	carrot
1	red pepper
1	celery stalk
1/2	zucchini (optional)
2	Roma tomatoes (optional)
1/2	fennel (1/2 bulb)
1 clove	garlic
2 tablespoons	parsley (chopped)
	thyme (fresh springs, optional)
	basil (chopped, optional)
	ginger (minced, optional)
2 teaspoons	olive oil
4 teaspoons	lemon juice
1/8 teaspoon	salt (to taste, optional)
1/8 teaspoon	pepper (to taste, optional)

Instructions

1. Preheat oven to 400 degrees F.
2. Cut four large rectangles of parchment paper or aluminum foil and fold in half; unfold.
3. Put each fish fillet in a large square of parchment paper and season with salt and pepper.
4. Top fish with your choice of vegetables and seasonings.
5. Drizzle each packet with ½ teaspoon oil and 1 teaspoon lemon juice.
6. Fold the parchment paper or foil in half and then crimp around the edges tightly in 1/4-inch folds to create a half moon shape.
7. Using a spatula, transfer the packets to a baking sheet. Bake until the fish is cooked to an internal temperature of 145 degrees F, about 10-12 minutes, depending the thickness of the fish.

Note: *Optional ingredients are not included in the nutrient or cost analysis.*

Notes

For a video demonstration of the preparation of this recipe, see:
<http://www.nutrition.gov/life-stages/children/kids-kitchen>.

Nutrition Facts	
Serving Size 1 packet, 1/4 of recipe (195g)	
Servings Per Container 4	
Amount Per Serving	
Calories 130	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 390mg	16%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 19g	
Vitamin A 70% • Vitamin C 80%	
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 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

Food and Nutrition Information Center

Cost

Per recipe: \$8.13
Per serving: \$2.03

Tasty Low-Fat Cream Soup

Yield: 2 servings

Ingredients

1 1/2 cup chicken broth, low-sodium
 4 teaspoons flour
 2 tablespoons onion (chopped)
 2/3 cups non-fat dry milk powder
 4 tablespoons celery (chopped)
 black pepper (to taste)

Instructions

1. Peel and chop the onion.
2. Chop the celery into small pieces.
3. Put the celery and onion in a saucepan.
4. Add 1/2 cup chicken broth (save the other cup of chicken broth for later.)
5. Cook these ingredients on low heat. Let the broth simmer for 2-3 minutes.
6. In a small bowl, mix the dry milk, flour, and pepper. Add them into the 1 cup of chicken broth that hasn't been cooked yet. Beat till smooth.
7. Add this mix to the celery, onion, and broth.
8. Cook over medium heat till the soup thickens.

Nutrition Facts

Serving Size 1 1/4 cup soup, 1/2 of recipe (231g)
 Servings Per Container 2

Amount Per Serving

Calories 140 **Calories from Fat** 10

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 190mg **8%**

Total Carbohydrate 19g **6%**

Dietary Fiber 1g **4%**

Sugars 13g

Protein 12g

Vitamin A 10% • Vitamin C 4%

Calcium 30% • 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	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

University of Connecticut, Family Nutrition Program, Senior Nutrition Awareness Project (SNAP)

Cost

Per recipe: \$1.04

Per serving: \$0.52

Tasty Veggie Dip

Yield: 4 Servings

Ingredients

8 ounces yogurt, non-fat plain
2 tablespoons taco seasoning, reduced sodium

Instructions

1. Mix together ingredients.
2. Keep this simple dip in the fridge.

Notes

A tasty addition to fresh veggies or a good sauce for tacos.

Nutrition Facts

Serving Size 1/6 of recipe (345g)
Servings Per Container 6

Amount Per Serving			
Calories	360	Calories from Fat	60
		% Daily Value*	
Total Fat	7g		11%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	25mg		8%
Sodium	390mg		16%
Total Carbohydrate	50g		17%
Dietary Fiber	4g		16%
Sugars	4g		
Protein	23g		
Vitamin A	6%	• Vitamin C	35%
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	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

Iowa Department of Public Health. [Iowa Nutrition Network](#).

Cost

Per recipe: \$1.45
Per serving: \$0.36

Ten Minute Corn Chowder

Yield: 4 servings

Ingredients

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

Instructions

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

Nutrition Facts

Serving Size 1 1/4 cup chowder, 1/4 of recipe (305g)
 Servings Per Container 4

Amount Per Serving		% Daily Value*	
Calories	210	Calories from Fat	25
Total Fat	3g		5%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	150mg		6%
Total Carbohydrate	37g		12%
Dietary Fiber	3g		12%
Sugars	10g		
Protein	12g		
Vitamin A	2%	• Vitamin C	15%
Calcium	25%	• Iron	6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

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

Cost

Per recipe: \$2.26
 Per serving: \$0.57

Terrific Bean Taco

Yield: 8 servings

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.

Nutrition Facts

Serving Size 1/8 of recipe (155g)
Servings Per Container 8

Amount Per Serving

Calories 190 **Calories from Fat** 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 400mg **17%**

Total Carbohydrate 20g **7%**

Dietary Fiber 4g **16%**

Sugars 2g

Protein 8g

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	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

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

Cost

Per recipe: \$6.43

Per serving: \$0.80

Tofu Eggless Salad

Yield: 8 servings

Ingredients

1 pound	tofu (firm)
1/2 cup	scallions (diced)
1/2 cup	celery (diced)
1/2 cup	carrot (diced)
2 tablespoons	yellow mustard
1/2 teaspoon	turmeric
1 teaspoon	onion powder
1 teaspoon	garlic powder
1/2 cup	mayonnaise (low-fat)

Instructions

1. Drain tofu. Wrap in layers of paper towels to dry.
2. Place a heavy object on top of tofu (like a skillet) and let it sit while you prepare other ingredients.
3. Wash and dice vegetables, if desired.
4. Mash tofu well with fork. Stir in spices and mayonnaise. Then gently stir in vegetables.
5. Use as a sandwich spread or serve on a bed of crisp greens.

Tip: Use a variety of chopped vegetables for different tastes and textures.

Nutrition Facts

Serving Size 1/2 cup prepared salad,
1/8 of recipe (96g)
Servings Per Container 8

Amount Per Serving			
Calories 100		Calories from Fat 70	
		% Daily Value*	
Total Fat	7g		11%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	160mg		7%
Total Carbohydrate	4g		1%
Dietary Fiber	1g		4%
Sugars	2g		
Protein	5g		
Vitamin A	30%	Vitamin C	4%
Calcium	15%	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	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

University of Massachusetts,
Extension Nutrition Education
Program, Choices: Steps
Toward Health

Cost

Per recipe: \$3.60
Per serving: \$0.45

Tofu, Tomato and Spinach Soup

Yield: 4 servings

Ingredients

1 teaspoon	vegetable oil
1/2 cup	onion (chopped)
1	garlic clove (minced)
6 cups	water (or chicken broth or 4 teaspoons or cubes chicken bouillon)
1 package	tofu, silken, firm or extra firm (10.5 ounce, - patted dry and cut into ½ inch cubes)
2	tomatoes (chopped)
3	green onions (chopped, optional)
4 cups	spinach leaves (fresh, - washed and dried, torn or cut if large or 1- 10 ounce box frozen chopped spinach, thawed and squeezed dry)
1 tablespoon	soy sauce
1/4 teaspoon	pepper
1/4 cup	cilantro leaves (optional)

Instructions

1. Heat a 3 quart saucepan over medium heat; add oil and chopped onion. Cook onion until softened, but not brown. Stir in garlic and cook just until fragrant.
2. Add chicken broth. Bring to a boil. Add tomatoes and tofu. Lower heat and simmer until tomatoes are soft but not mushy (this takes just a couple of minutes).
3. Stir in green onions (optional), spinach, ground pepper and cilantro. Cook just until spinach is wilted.
4. Remove from heat. Taste for seasoning. Serve hot.

Nutrition Facts

Serving Size 1/4 of recipe (605g)
Servings Per Container 4

Amount Per Serving			
Calories	160	Calories from Fat	50
		% Daily Value*	
Total Fat	6g		9%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	360mg		15%
Total Carbohydrate	14g		5%
Dietary Fiber	4g		16%
Sugars	4g		
Protein	16g		
Vitamin A 180% • Vitamin C 25%			
Calcium 15% • Iron 20%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

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

Cost

Per recipe: \$3.22
Per serving: \$0.81

Tomato Basil Bruschetta

Yield: 12 servings

Ingredients

8	tomatoes (ripe, Roma plum, chopped)
2	garlic clove (minced)
1/2	red onion (chopped)
6	basil leaves (fresh)
2 tablespoons	olive oil (extra-virgin)
	salt (optional, to taste)
	pepper (optional, to taste)
1 loaf	French bread (Italian or, cut into 1/2 inch diagonal slices)

Instructions

1. Preheat oven to 400 degrees F.
2. Combine tomatoes, garlic, onion, basil and olive oil in a bowl. Season with salt and freshly ground black pepper, to taste (optional). Set aside.
3. Arrange bread on a baking sheet in a single layer. Bake about 5 to 7 minutes until it begins to brown slightly.
4. Remove bread from oven and transfer to a serving platter.
5. Serve the tomato mixture in a bowl with a serving spoon and let everyone help themselves. Or place some on each slice of bread before serving. If adding the tomato mixture yourself, add it at the last minute or the bread may become soggy.

Nutrition Facts

Serving Size 1 piece (69g)
Servings Per Container 12

Amount Per Serving

Calories 80 **Calories from Fat 25**

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 120mg **5%**

Total Carbohydrate 12g **4%**

Dietary Fiber 1g **4%**

Sugars 1g

Protein 2g

Vitamin A 8% • Vitamin C 10%

Calcium 2% • Iron 4%

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

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

University of Nebraska,
Cooperative Extension, [Healthy Eating Recipes](#)

Cost

Per recipe: \$3.39

Per serving: \$0.28

Tortilla Chips and Bean Dip

Yield: 4 servings

Ingredients

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

Instructions

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

Create-a-Flavor Changes

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

Nutrition Facts

Serving Size 1/4 of recipe (200g)
Servings Per Container 4

Amount Per Serving			
Calories	240	Calories from Fat	70
		% Daily Value*	
Total Fat	8g		12%
Saturated Fat	5g		25%
Trans Fat	0g		
Cholesterol	25mg		8%
Sodium	450mg		19%
Total Carbohydrate	30g		10%
Dietary Fiber	8g		32%
Sugars	4g		
Protein	11g		
Vitamin A	6%	• Vitamin C	4%
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	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

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

Cost

Per recipe: \$2.71
Per serving: \$0.68

Tortilla Pizzas

Yield: 6 servings

Cook time: 25 minutes

Ingredients

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

Instructions

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

Nutrition Facts

Serving Size 1 prepared pizza, 1/6 of recipe (215g)

Servings Per Container 6

Amount Per Serving		% Daily Value*	
Calories	270	Calories from Fat	80
Total Fat 9g 14%			
Saturated Fat 1.5g		8%	
Trans Fat 0g			
Cholesterol 5mg		2%	
Sodium 450mg		19%	
Total Carbohydrate 38g		13%	
Dietary Fiber 7g		28%	
Sugars 2g			
Protein 10g			
Vitamin A 6%		Vitamin C 70%	
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	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

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

Cost

Per recipe: \$4.45

Per serving: \$0.74

Tostadas Delgadas

Yield: 8 servings

Cook time: 17 minutes

Ingredients

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

Instructions

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

Nutrition Facts

Serving Size 1 tostada (160g)

Servings Per Container 8

Amount Per Serving

Calories 240	Calories from Fat 40
---------------------	-----------------------------

% Daily Value*

Total Fat 4.5g	7%
-----------------------	-----------

Saturated Fat 1.5g	8%
--------------------	-----------

Trans Fat 0g	
--------------	--

Cholesterol 5mg	2%
------------------------	-----------

Sodium 670mg	28%
---------------------	------------

Total Carbohydrate 39g	13%
-------------------------------	------------

Dietary Fiber 5g	20%
------------------	------------

Sugars 3g	
-----------	--

Protein 12g	
--------------------	--

Vitamin A 25%	• Vitamin C 6%
---------------	----------------

Calcium 15%	• Iron 20%
-------------	------------

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

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

Cost

Per recipe: \$3.90

Per serving: \$0.49

Trail Treat

Yield: 4 Servings

Ingredients

	Choose Two of These:
1 cup	pretzels
1 cup	square corn, rice or wheat cereal
1 cup	round oat cereal
1 cup	popcorn
1 cup	goldfish crackers
	Choose Two of These:
1/4 cup	raisins
1/4 cup	dried cranberries
1/4 cup	dried banana chips
1/4 cup	dried pineapple
1/4 cup	peanuts
1/4 cup	soy nuts

Instructions

1. Wash hands; get out utensils.
2. Choose the ingredients you want to use.
3. Measure the suggested amounts of chosen ingredients and add to mixing bowl.
4. Mix ingredients using stirring spoon and divide evenly into 4 storage bags.
5. Enjoy your Trail Treat.

Notes

Ingredients used for costing and nutritional analysis: Round oat cereal Popcorn Raisins Peanuts

Nutrition Facts

Serving Size 1/4 of recipe (27g)
Servings Per Container 4

Amount Per Serving	
Calories 110	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 4g	
Vitamin A 4%	• Vitamin C 2%
Calcium 4%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 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

Chickasaw Nation Get Fresh!
[Nutrition Education Program.](#)

Cost

Per recipe: \$0.62
Per serving: \$0.16

Tropical Morning Treat

Yield: 4 servings

Ingredients

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

Instructions

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

Nutrition Facts

Serving Size 1/2 cup, 1/4 of recipe
 (114g)

Servings Per Container 4

Amount Per Serving

Calories 70 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 18g **6%**

Dietary Fiber 2g **8%**

Sugars 12g

Protein 1g

Vitamin A 2% • Vitamin C 35%

Calcium 2% • Iron 0%

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

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 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

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

Cost

Per recipe: \$1.06

Per serving: \$0.26

Tuna Apple Salad

Yield: 4 servings

Ingredients

1 can tuna, packed in water (12 ounces)
 2 tablespoons red onion (minced)
 1 apple (cored and chopped)
 1 cup celery (chopped)
 1 cup golden raisins
 5 tablespoons Italian dressing, light
 2 cups salad greens
 2 Pita bread (cut in half)

Instructions

1. In a small bowl, stir together tuna, onion, apple, celery, raisins, and 2 Tablespoons of dressing.
2. In another bowl, toss together salad greens with remaining dressing.
3. Carefully open pita breads and fill with equal amounts of greens and tuna salad.

Nutrition Facts

Serving Size 1/2 pita, 1/4 of recipe (221g)

Servings Per Container 4

Amount Per Serving

Calories 270 **Calories from Fat 35**

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 360mg **15%**

Total Carbohydrate 33g **11%**

Dietary Fiber 3g **12%**

Sugars 13g

Protein 25g

Vitamin A 25% • Vitamin C 4%

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	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

California Department of Health Services, Discover the Secret to Healthy Living

California 5-a-Day—For Better Health! Campaign

Cost

Per recipe: \$5.53

Per serving: \$1.38

Tuna Melt Burger

Yield: 6 servings

Cook time: 30 minutes

Ingredients

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

Instructions

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

Nutrition Facts

Serving Size 1 sandwich (120g)
Servings Per Container 6

Amount Per Serving

Calories 250 **Calories from Fat 80**

% Daily Value*

Total Fat 9g **14%**Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 25mg **8%****Sodium 550mg** **23%****Total Carbohydrate 26g** **9%**Dietary Fiber 4g **16%**

Sugars 4g

Protein 17g

Vitamin A 4% • Vitamin C 2%

Calcium 15% • Iron 10%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

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

Cost

Per recipe: \$3.41

Per serving: \$0.57

Tuna Pasta

Yield: 4 Servings
 Prep time: 10 minutes
 Cook time: 10 minutes

Ingredients

8 ounces uncooked spaghetti (or other pasta)
 1 tablespoon vegetable oil (or canola oil)
 1 small onion, chopped
 1/2 cup chopped broccoli (or zucchini)
 1 1/2 cup tomato-based pasta sauce
 1 can tuna, drained (5 ounces)
 salt & pepper (to taste, optional)
 2 tablespoons Parmesan cheese (optional)

Instructions

1. Cook spaghetti according to package, drain.
2. Heat oil in a large skillet or pan over medium heat. Add onion and broccoli (or zucchini). Cook until softened.
3. Stir in tomato-based pasta sauce. Bring to a boil. Turn heat to low and simmer for 3 minutes.
4. Add drained tuna into the sauce mixture. Stir just enough to heat the tuns.
5. Add salt and pepper to taste (optional). Add cooked spaghetti to the sauce. Stir the pasta and sauce mixture until mixed together uniformly.
6. Optional: Add 2 Tablespoons Parmesan cheese to cooked mixture of pasta and sauce.
7. Serve hot.

Notes

Optional: Add 2 Tablespoons Parmesan cheese to cooked mixture of pasta and sauce.

Nutrition Facts

Serving Size 1 1/2 cups, 1/4 of recipe (302g)
 Servings Per Container 4

Amount Per Serving

Calories 350 **Calories from Fat 60**

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 190mg **8%**

Total Carbohydrate 53g **18%**

Dietary Fiber 5g **20%**

Sugars 7g

Protein 18g

Vitamin A 15% • Vitamin C 20%

Calcium 4% • Iron 15%

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

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	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

Colorado State University and University of California at Davis. [Eating Smart Being Active](#) Recipes.

Cost

Per recipe: \$4.36
 Per serving: \$1.09

Tuna Quesadillas

Yield: 4 servings

Ingredients

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

Instructions

1. Mix tuna with mayonnaise.

Microwave:

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

Stove:

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

2. Cut in half before serving.

Nutrition Facts

Serving Size 1 prepared tortilla, 1/4 of recipe (89g)
 Servings Per Container 4

Amount Per Serving

Calories 170 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 340mg **14%**

Total Carbohydrate 16g **5%**

Dietary Fiber 1g **4%**

Sugars 2g

Protein 16g

Vitamin A 2% • Vitamin C 0%

Calcium 10% • Iron 10%

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

Calories: 2,000 2,500

Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

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

Cost

Per recipe: \$2.16

Per serving: \$0.54

Tuna Salad II

Yield: 7 Servings

Ingredients

2 cans	tuna, drained (5 ounces each)
1 cup	celery, chopped
1/8 cup	mayonnaise
1/8 cup	yogurt, low-fat plain
1 cup	grapes, seedless (cut in half)
7	lettuce leaves, washed and separated

Instructions

1. In a medium-sized bowl, combine drained tuna, celery, mayonnaise and yogurt and stir.
2. Add grapes to mixture and stir gently.
3. Cover and chill until ready to serve.
4. Serve over lettuce leaves.

Notes

Optional: Try apples or mandarin oranges instead of grapes.
Add shredded carrots.
May also serve on crackers, tortillas, or bread.

Nutrition Facts

Serving Size 1/2 cup, 1/7 of recipe
(100g)
Servings Per Container 7

Amount Per Serving		% Daily Value*	
Calories	100	Calories from Fat	30
Total Fat	3.5g		5%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	15mg		5%
Sodium	60mg		3%
Total Carbohydrate	5g		2%
Dietary Fiber	1g		4%
Sugars	4g		
Protein	11g		
Vitamin A	4%	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	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

Colorado State University and
University of California at Davis.
[Eating Smart Being Active](#)
Recipes.

Cost

Per recipe: \$2.56
Per serving: \$0.37

Tuna Salad on Greens

Yield: 4 servings

Ingredients

4	whole grain crackers
4 cups	romaine lettuce (chopped)
1	carrot (peeled and grated)
1	tomato (chopped)
1/4	red onion (chopped)
1 tablespoon	olive oil
3 tablespoons	vinegar (red wine)
1 teaspoon	Italian seasoning
	black pepper (fresh cracked)
6 ounces	tuna, low sodium, canned in water (drained)
1/3 cup	mayonnaise, low-fat
1/4 cup	celery (chopped)
1/4 cup	green onion (chopped)

Instructions

1. Place lettuce, vegetables, oil, vinegar and herbs in a large salad bowl. Toss together.
2. Mix ingredients for tuna salad in another medium sized mixing bowl.
3. Assemble salad by placing greens on a large plate. Top with a scoop of tuna salad.

Nutrition Facts

Serving Size 2 cups, 1/4 of recipe
(203g)

Servings Per Container 4

Amount Per Serving

Calories 190 **Calories from Fat 90**

% Daily Value*

Total Fat 10g **15%**Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 20mg **7%****Sodium 180mg** **8%****Total Carbohydrate 12g** **4%**Dietary Fiber 2g **8%**

Sugars 4g

Protein 13g

Vitamin A 140% • Vitamin C 20%

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 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

Food and Health
Communications, Inc., Cooking
Demo II, p.233

Cost

Per recipe: \$3.47

Per serving: \$0.87

Turkey Gravy

Yield: 6 servings

Ingredients

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

Instructions

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

Nutrition Facts

Serving Size 1/6 of recipe (72g)
 Servings Per Container 6

Amount Per Serving

Calories 70 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

 Saturated Fat 1g **5%**

 Trans Fat 0.5g

Cholesterol 55mg **18%**

Sodium 370mg **15%**

Total Carbohydrate 3g **1%**

 Dietary Fiber 0g **0%**

 Sugars 0g

Protein 4g

Vitamin A 15% • Vitamin C 2%

Calcium 0% • Iron 6%

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

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	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

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

Cost

Per recipe: \$1.11
 Per serving: \$0.19

Turkey Tostadas

Yield: 4 servings

Ingredients

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

Instructions

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

Notes

Recipe analysis includes light meat turkey without skin.

Nutrition Facts

Serving Size 1 tostada (276g)
Servings Per Container 4

Amount Per Serving			
Calories	230	Calories from Fat	35
		% Daily Value*	
Total Fat	4g		6%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	50mg		17%
Sodium	420mg		18%
Total Carbohydrate	20g		7%
Dietary Fiber	3g		12%
Sugars	3g		
Protein	26g		
Vitamin A	4%	•	Vitamin C 6%
Calcium	8%	•	Iron 10%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

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

Cost

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

Turtle Apple

Yield: 1 Servings

Prep time: 5 minutes

Ingredients

1 apple, small or medium
1 can mandarin oranges, drained

Instructions

1. Wash hands; get out ingredients and utensils.
2. Wash apple. Cut in half (see notes).
3. Place apple half in center of small plate.
4. Put mandarin oranges next to apple for arms, legs, and head.
5. Enjoy your Turtle Apple.

Notes

Adults: Make sure you use sharp knife to cut apple in half, remove core and discard. Using can opener, open mandarin oranges and discard sharp edged lid.

Nutrition Facts

Serving Size 2 turtle apples (324g)
Servings Per Container 1

Amount Per Serving			
Calories	150	Calories from Fat	5
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	10mg		0%
Total Carbohydrate	38g		13%
Dietary Fiber	6g		24%
Sugars	31g		
Protein	2g		
Vitamin A	40%	•	Vitamin C 90%
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	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

Chickasaw Nation Get Fresh!
[Nutrition Education Program.](#)

Cost

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

Vegetable Dipping Sauce

Yield: 4 servings

Ingredients

1/4 cup yogurt, non-fat plain
 1/4 cup sour cream, light
 2 teaspoons honey
 2 teaspoons brown mustard (spicy)

Instructions

1. Mix together all ingredients.

Serving suggestions:

Good with carrot sticks, broccoli, cauliflower, tomatoes or any of your favorite vegetables.

Nutrition Facts

Serving Size 1/4 of recipe (36g)
 Servings Per Container 4

Amount Per Serving

Calories 35 **Calories from Fat 10**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 55mg **2%**

Total Carbohydrate 6g **2%**

Dietary Fiber 0g **0%**

Sugars 5g

Protein 1g

Vitamin A 4% • Vitamin C 2%

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	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

University of Illinois, Extension Service, [Wellness Ways: Milk, Yogurt and Cheese Group](#)

Cost

Per recipe: \$0.68

Per serving: \$0.17

Vegetable Medley with Salsa Dip

Yield: 4 servings

Ingredients

1	lime (juiced)
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	sour cream, fat free
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

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 tomatoes, onions, jalapeño chiles, cilantro, and salt.
2. Serve or store salsa in refrigerator for up to three days in a covered plastic or glass container.

Nutrition Facts

Serving Size 1 cup vegetables and
1/2 cup salsa dip, 1/4 of recipe (355g)
Servings Per Container 4

Amount Per Serving			
Calories	140	Calories from Fat	5
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	10mg		3%
Sodium	300mg		13%
Total Carbohydrate	29g		10%
Dietary Fiber	8g		32%
Sugars	12g		
Protein	4g		
Vitamin A	140%	Vitamin C	90%
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	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

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

Cost

Per recipe: \$6.79
Per serving: \$1.70

Vegetable Snake

Yield: 2 Servings

Prep time: 5 minutes

Ingredients

- 1 cucumber, small
- 1 tomato, small (or 2 grape tomatoes)

Instructions

1. Wash hands; get out ingredients and utensils.
2. Wash ingredients.
3. Put cucumber slices (see notes) on a small plate to form a snake.
4. Add 2 slices of tomatoes for eyes.
5. Enjoy your Vegetable Snake.

Notes

Adults: Use a sharp knife to slice the cucumber and tomato into thin slices crosswise.

Nutrition Facts

Serving Size 1 vegetable snake, 1/2 of recipe (125g)
Servings Per Container 2

Amount Per Serving

Calories 20 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 3g **1%**

Dietary Fiber 1g **4%**

Sugars 2g

Protein 1g

Vitamin A 8% • Vitamin C 15%

Calcium 2% • Iron 2%

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

Calories: 2,000 2,500

Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

Chickasaw Nation Get Fresh!
[Nutrition Education Program.](#)

Cost

Per recipe: \$1.07

Per serving: \$0.53

Vegetable and Turkey Stir Fry

Yield: 4 servings

Ingredients

1 tablespoon vegetable oil
 1/2 teaspoon salt
 2 ginger root (thin slices, minced)
 1 garlic clove (peeled and minced)
 2 cups turkey (cooked, cut into 1/2 inch cubes)
 1/2 teaspoon sugar
 1 pound vegetables, fresh or frozen (chopped)
 water (optional)

Instructions

1. Heat fry pan. Add oil and heat on high temperature.
2. Add ginger, garlic, turkey and vegetables. Stir fry about 1 minute to coat with oil.
3. Adjust heat to prevent scorching. Add sugar. If vegetables are tender, stop cooking at this time.
4. If the vegetables are firm, add 1-2 tablespoons of water, cover and cook for 2 minutes or until tender.
5. Serve at once, or if you wish to add a gravy:
6. Mix the gravy ingredients well, pour over vegetables and turkey, cook for 30 seconds.
7. Refrigerate leftovers within 2 hours.

Nutrition Facts

Serving Size 1/4 of recipe (196g)
 Servings Per Container 4

Amount Per Serving

Calories 220 **Calories from Fat 35**

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 65mg **22%**

Sodium 360mg **15%**

Total Carbohydrate 17g **6%**

Dietary Fiber 3g **12%**

Sugars 1g

Protein 26g

Vitamin A 25% • Vitamin C 8%

Calcium 4% • Iron 10%

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

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	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

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

Cost

Per recipe: \$3.67

Per serving: \$0.92

Veggie Chow Mein

Yield: 6 servings

Ingredients

6 ounces	rice noodles (or thin flat egg noodles)
4 teaspoons	oil
1	onion (medium, finely chopped)
2	garlic clove (finely chopped)
1 cup	carrot (grated)
2 teaspoons	chicken bouillon
1 teaspoon	hot pepper sauce
1 cup	broccoli (cut into small pieces)
1 cup	celery (chopped)
1 cup	bell pepper (green or red, finely chopped)
4 teaspoons	soy sauce

Instructions

1. Prepare noodles according to package directions. Drain and set aside.
2. Saute onion and garlic with oil in frying pan for 1 minute over medium/high heat.
3. Add carrot, chicken bouillon, and pepper sauce. Stir.
4. Add broccoli, celery, and bell pepper and continue to stir.
5. Reduce heat to low and add noodles and soy sauce. Mix well over low heat for 3 to 5 minutes.
6. Add salt and pepper to taste.

Nutrition Facts

Serving Size 1/6 of recipe (122g)
Servings Per Container 6

Amount Per Serving			
Calories	90	Calories from Fat	30
		% Daily Value*	
Total Fat	3.5g		5%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	280mg		12%
Total Carbohydrate	14g		5%
Dietary Fiber	2g		8%
Sugars	3g		
Protein	2g		
Vitamin A	70%	•	Vitamin C 60%
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	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

University of Illinois, Extension Service, [Wellness Ways Resource Book: Taste of the World](#)

Cost

Per recipe: \$2.78
Per serving: \$0.46

Veggie Dip

Yield: 8 servings

Ingredients

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

Instructions

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

Notes

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

Nutrition Facts

Serving Size 2 tablespoons dip, 1/8 of recipe (30g)
 Servings Per Container 8

Amount Per Serving			
Calories 20		Calories from Fat 5	
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	190mg		8%
Total Carbohydrate	1g		0%
Dietary Fiber	0g		0%
Sugars	1g		
Protein	4g		
Vitamin A	0%	Vitamin C	2%
Calcium	2%	Iron	0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

Pennsylvania Nutrition
 Education Program,
 Pennsylvania Nutrition
 Education Network
 Website Recipes

Cost

Per recipe: \$1.37
 Per serving: \$0.17

Veggie Quesadillas

Yield: 4 servings

Ingredients

	cooking oil spray
1	small zucchini (small, washed and chopped)
1/2	broccoli head (washed and chopped)
1	green bell pepper (washed, seeded and chopped)
1	onion (small, peeled and chopped)
1	carrot (scrubbed and shredded)
4	whole wheat tortillas (10-inch)
1 cup	cheddar cheese (shredded low-fat)
1/2 cup	salsa

Instructions

1. Spray pan with cooking oil spray.
2. Cook vegetables on medium heat for 4-5 minutes, stirring frequently. Remove from pan.
3. Spray pan with cooking spray. Place tortilla in the pan. Sprinkle with half the vegetables and half of the cheese.
4. Place the other tortilla on top. Cook on medium heat for 4-6 minutes or until the cheese starts to melt and the bottom tortilla starts to brown.
5. Flip quesadilla. Cook for 4 minutes or until tortilla browns.
6. Repeat steps 3-5.
7. Cut each quesadilla in half. Serve with salsa.

Nutrition Facts

Serving Size 1 quesadilla (273g)
Servings Per Container 4

Amount Per Serving		% Daily Value*	
Calories	240	Calories from Fat	50
Total Fat	6g		9%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	380mg		16%
Total Carbohydrate	34g		11%
Dietary Fiber	6g		24%
Sugars	5g		
Protein	14g		
Vitamin A	70%	Vitamin C	170%
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	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

Maryland Food Supplement
Nutrition Education program,
2009 Recipe Calendar

Cost

Per recipe: \$4.22
Per serving: \$1.05

Veggie Stir-Fry

Yield: 6 servings

Ingredients

1 teaspoon	margarine
1/2	onion (chopped)
1	tomato (diced)
2	ears of corn (or cut from cob)
10	okra (sliced)
3	yellow squash (sliced)

Instructions

1. In a frying pan over medium heat, cook margarine, onion, corn, squash and okra for 5 minutes until tender.
2. Add diced tomatoes and continue cooking for 3 minutes.

Nutrition Facts

Serving Size 1/2 cup prepared stir-fry,
1/6 of recipe (191g)
Servings Per Container 6

Amount Per Serving		% Daily Value*	
Calories 70	Calories from Fat 10		
Total Fat 1.5g			2%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 20mg			1%
Total Carbohydrate 13g			4%
Dietary Fiber 3g			12%
Sugars 6g			
Protein 3g			
Vitamin A 10%		Vitamin C 45%	
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	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

University of Kentucky,
Cooperative Extension Service,
Food and Nutrition Calendar
2004
Fresh Ideas for Fit Families

Cost

Per recipe: \$3.30
Per serving: \$0.55

Veggie Stuffed Pita

Yield: 12 servings

Ingredients

2 zucchini (medium, 2 1/2 cups chopped)
 4 carrot (medium, 1 1/4 cups grated)
 2 cups broccoli (chopped)
 12 ounces cheddar cheese, low-fat
 1/2 teaspoon oregano
 1/4 teaspoon black pepper
 1/4 teaspoon garlic powder
 1/4 teaspoon onion powder
 2 tablespoons vegetable oil
 12 mini pitas (6 inch)

Instructions

1. Wash vegetables.
2. Remove the broccoli flowers from stems, cut the flowers into small florets and put into mixing bowl.
3. Peel carrots and cut off the ends. Grate carrots and put into mixing bowl.
4. Slice the zucchini into thin slices. Cut each slice into quarters and put into bowl.
5. Grate the cheese and put into a separate bowl.
6. Measure oregano, pepper, garlic powder, onion powder and mix together.
7. Heat oil in a skillet. Put the spices in the heated oil and then add the mixture of vegetables to the pan. Stir vegetables with a wooden spoon and saute about 5 minutes. When the vegetables are slightly tender, remove from heat.
8. Spoon vegetable mixture into the pita. Top the hot vegetables with 1 ounce grated cheese.

Notes

Substitute green pepper, mushrooms or onions in place of listed vegetables.

Nutrition Facts

Serving Size 1 prepared pita, 1/12 of recipe (143g)
 Servings Per Container 12

Amount Per Serving

Calories 250 **Calories from Fat 45**

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 510mg **21%**

Total Carbohydrate 37g **12%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 13g

Vitamin A 40% • Vitamin C 30%

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	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

University of Illinois, Extension Service, [Wellness Ways Resource Book](#)

Cost

Per recipe: \$9.53

Per serving: \$0.79

White Sauce - Thin

Yield: 1 servings

Ingredients

1 tablespoon butter
 1 tablespoon flour
 salt and pepper (optional, to taste)
 1 cup milk, non-fat (or 1/3 cup powdered milk and water to equal 1 cup)

Instructions

1. In a small pot, melt butter over low heat.
2. Add flour, salt, and pepper to mixture.
3. Add milk gradually.
4. Heat to boiling, stir constantly until mixture is smooth and bubbly. (The consistency should be like thin cream.)
5. Remove from heat.

Notes

Use for cream soups and stews.

Nutrition Facts

Serving Size variable, label is for entire recipe (271g)
 Servings Per Container Variable

Amount Per Serving	
Calories 220	Calories from Fat 100
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 230mg	10%
Total Carbohydrate 19g	6%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 10g	
Vitamin A 15%	• Vitamin C 2%
Calcium 25%	• 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 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

University of Hawaii at Manoa,
 Cooperative Extension, [Lifeskills in Food Education Food Skills Cookbook](#)
[Food Stamps Nutrition Education Program](#)

Cost

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

Yogurt Berry Parfait

Yield: 4 servings

Prep time: 5 minutes

Ingredients

2 cups	yogurt (low-fat or fat-free, plain or vanilla*)
1 cup	banana (sliced)
1/2 cup	blueberries (fresh)
1/2 cup	strawberries (fresh, sliced)
	other optional fruit (raspberries, peaches, pineapple and/or mangos)
1 cup	granola

Instructions

1. Line up 4 parfait or other tall glasses.
2. Spoon about 1/4 cup of yogurt into each glass.
3. Top with about 1/4 cup of fruit.
4. Next sprinkle with 2 tablespoons of granola.
5. Repeat the process.

*Low-fat vanilla yogurt used for costing and nutrient analysis.

Note: *Optional ingredients are not included in the nutrient or cost analysis.*

Notes

For a video demonstration of the preparation of this recipe, see:

www.nutrition.gov/life-stages/children/kids-kitchen.

Nutrition Facts

Serving Size 1 parfait, 1/4 of recipe
(214g)

Servings Per Container 4

Amount Per Serving

Calories 220 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 90mg **4%**

Total Carbohydrate 40g **13%**

Dietary Fiber 3g **12%**

Sugars 27g

Protein 9g

Vitamin A 2% • Vitamin C 30%

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	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

Food and Nutrition Information Center

Cost

Per recipe: \$3.83

Per serving: \$0.96

Zero Calorie Dressing

Yield: 4 servings

Ingredients

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

Instructions

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

Nutrition Facts

Serving Size 2 tablespoons dressing,
 1/4 of recipe (40g)
 Servings Per Container 4

Amount Per Serving		% Daily Value*	
Calories	10	Calories from Fat	0
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	160mg		7%
Total Carbohydrate	2g		1%
Dietary Fiber	0g		0%
Sugars	1g		
Protein	0g		
Vitamin A	2%	• Vitamin C	15%
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	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

Washington State University
 Extension, Favorite Recipes for
 Family Meals

Cost

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

Zesty Orange Carrots

Yield: 4 Servings

Ingredients

16 ounces carrots, peeled
 1/4 teaspoon ground cinnamon
 1/2 orange
 1 tablespoon honey
 1 tablespoon butter alternative spread (0 g trans fat)
 1 tablespoon parsley, fresh (for appearance, optional)

Instructions

1. Bring about 2 cups of water to a gentle boil in saucepan.
2. Add carrots and cinnamon. Cook for about 10 minutes, until just tender.
3. While carrots are cooking, wash an orange and cut in half.
4. Squeeze juice out of the orange (remove seeds).
5. Use a sharp paring knife to carefully remove the orange 'zest' from the peel. Try not to get any of the white part as it will taste bitter. Cut the zest into small slices.
6. When carrots are done, drain well.
7. Add the honey, margarine and orange zest and toss into mix. Serve while hot.

Nutrition Facts

Serving Size 1/4 of recipe (133g)
 Servings Per Container 4

Amount Per Serving

Calories 80 **Calories from Fat 15**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 100mg **4%**

Total Carbohydrate 16g **5%**

Dietary Fiber 3g **12%**

Sugars 11g

Protein 1g

Vitamin A 380% • Vitamin C 20%

Calcium 4% • Iron 2%

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

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	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

ONIE Project - Oklahoma
 Nutrition Information and
 Education. [Simple Healthy
 Recipes.](#)

Cost

Per recipe: \$1.35
 Per serving: \$0.34

Zesty Skillet Zucchini

Yield: 6 servings

Ingredients

1/2 cup	tomato juice, low-sodium (low sodium V8)
1/4 teaspoon	black pepper
1	onion (medium)
1	tomato (medium)
1 cup	mushroom (canned)
2	zucchini (medium)
1 teaspoon	basil

Instructions

1. Peel the onion. Chop it into small pieces.
2. Chop the tomato.
3. Drain the water from the can of mushrooms.
4. Cut each zucchini into thin slices.
5. Put the tomato juice and pepper in a skillet or pan. Cook on high heat for 3 minutes.
6. Add the onion, tomato, and mushrooms.
7. Reduce the heat to medium-high. Cover and cook for 5 minutes.
8. Add the zucchini. Cover and cook for another 5 to 7 minutes.

Notes

Serve this dish over rice or noodles, or eat it “as is.”

Nutrition Facts

Serving Size 1/6 of recipe (161g)
Servings Per Container 6

Amount Per Serving			
Calories	35	Calories from Fat	5
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	130mg		5%
Total Carbohydrate	7g		2%
Dietary Fiber	2g		8%
Sugars	5g		
Protein	2g		
Vitamin A	10%	•	Vitamin C 40%
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	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

Pennsylvania Nutrition
Education Program,
Pennsylvania Nutrition
Education Network
Website Recipes

Cost

Per recipe: \$4.20
Per serving: \$0.70

Zucchini Au Gratin

Yield: 7 servings

Cook time: 20 minutes

Ingredients

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

Instructions

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

Notes

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

Nutrition Facts

Serving Size 3/4 cup, 1/7 of recipe (91g)

Servings Per Container 7

Amount Per Serving

Calories 40 Calories from Fat 20

% Daily Value*

Total Fat 2.5g 4%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 50mg 2%

Total Carbohydrate 3g 1%

Dietary Fiber 1g 4%

Sugars 2g

Protein 2g

Vitamin A 4% • Vitamin C 25%

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	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

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

Cost

Per recipe: \$1.76

Per serving: \$0.25

Zucchini Pancakes

Yield: 2 Servings

Ingredients

2 cups grated zucchini
 1 tablespoon finely chopped onion
 1 egg, beaten
 1 1/2 flour
 tablespoon
 1 tablespoon Parmesan cheese
 1/4 teaspoon minced parsley
 1/2 teaspoon garlic powder
 salt and pepper (to taste, optional)
 1 tablespoon olive oil (or cooking spray)

Instructions

1. Grate zucchini and mix with the other ingredients, except the oil. Blend well.
2. Form the mixture into patties 3-4 inches in diameter.
3. Heat the oil. Cook pancakes for 3-4 minutes per side. Remove and drain on paper towels.

Nutrition Facts

Serving Size 1/2 of recipe (120g)
 Servings Per Container 2

Amount Per Serving			
Calories	140	Calories from Fat	90
		% Daily Value*	
Total Fat	10g		15%
Saturated Fat	2g		10%
Trans Fat	0g		
Cholesterol	95mg		32%
Sodium	80mg		3%
Total Carbohydrate	8g		3%
Dietary Fiber	1g		4%
Sugars	2g		
Protein	6g		
Vitamin A	6%	•	Vitamin C 25%
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	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

University of Wyoming,
[Cent\\$ible Nutrition Program](#),
 Cooking For Your or Two p.220

Cost

Per recipe: \$1.13
 Per serving: \$0.56