

# Recipe Finder

# Cookbook



## Recipes from the Kitchen of a Frugal Non-Cook

More easy recipes with a bit of humor and a few stories

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

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

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

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

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# Baked Beans

Yield: 6 servings

## Ingredients

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

## Instructions

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

## Nutrition Facts

Serving Size 1/6 recipe (234g)  
 Servings Per Container 6

Amount Per Serving	
<b>Calories</b> 230	Calories from Fat 5
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 630mg	<b>26%</b>
<b>Total Carbohydrate</b> 45g	<b>15%</b>
Dietary Fiber 11g	<b>44%</b>
Sugars 19g	
<b>Protein</b> 11g	
Vitamin A 4%	• Vitamin C 8%
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

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

## Cost

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

# Baked Lentils Casserole

Yield: 5 servings

## Ingredients

- 1 cup lentils (rinsed)
- 3/4 cups water
- 1/2 teaspoon salt
- 1/4 teaspoon pepper (optional)
- 1/2 cup onion (chopped)
- 1/4 teaspoon garlic powder (optional)
- 1 can tomatoes (16 ounces)
- 2 carrot (thinly sliced)
- 1/2 cup cheddar cheese (shredded)

## Instructions

1. Combine lentils, water, seasonings, onion, and tomatoes.
2. Place in 2 quart casserole dish.
3. Cover tightly with lid or foil.
4. Bake at 350 degrees for 30 minutes.
5. Remove from oven and add carrots. Stir.
6. Cover and bake 30 minutes longer.
7. Remove cover and sprinkle cheese on top.
8. Bake, uncovered 5 minutes, until cheese melts.

## Nutrition Facts

Serving Size 1/5 of recipe (216g)  
 Servings Per Container 5

Amount Per Serving	
<b>Calories</b> 210	<b>Calories from Fat</b> 35
% Daily Value*	
<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 32g	<b>11%</b>
Dietary Fiber 14g	<b>56%</b>
Sugars 5g	
<b>Protein</b> 13g	
Vitamin A 90%	• 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

University of Wisconsin,  
 Cooperative Extension Service,  
 Let's Make Meatless Meals

## Cost

Per recipe: \$3.40  
 Per serving: \$0.68

# Baked Pumpkin

Yield: 8 servings

## Ingredients

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

## Instructions

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

## Nutrition Facts

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

### Amount Per Serving

**Calories 110**      **Calories from Fat 0**

% Daily Value\*

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 290mg**      **12%**

**Total Carbohydrate 29g**      **10%**

Dietary Fiber 0g      **0%**

Sugars 26g

**Protein 1g**

Vitamin A 90%      • Vitamin C 8%

Calcium 2%      • Iron 2%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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: \$6.35  
 Per serving: \$0.79

## 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	
<b>Amount Per Serving</b>	
<b>Calories 100</b>	<b>Calories from Fat 40</b>
<b>% Daily Value*</b>	
<b>Total Fat 4.5g</b>	<b>7%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 710mg</b>	<b>30%</b>
<b>Total Carbohydrate 4g</b>	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 1g	
<b>Protein 9g</b>	
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

# Banana Bread II

Yield: 12 servings

## Ingredients

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

## Instructions

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

## Notes

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

## Nutrition Facts

Serving Size 1 slice, 1/12 of recipe (70g)			
Servings Per Container 12			
<b>Amount Per Serving</b>			
<b>Calories</b> 140	<b>Calories from Fat</b> 25		
<b>% Daily Value*</b>			
<b>Total Fat</b> 3g			<b>5%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol</b> 15mg			<b>5%</b>
<b>Sodium</b> 330mg			<b>14%</b>
<b>Total Carbohydrate</b> 26g			<b>9%</b>
Dietary Fiber 1g			<b>4%</b>
Sugars 10g			
<b>Protein</b> 3g			
Vitamin A 2%		Vitamin C 4%	
Calcium 2%		Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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: \$1.13  
Per serving: \$0.09

# Banana Split Oatmeal

Yield: 1 servings

## Ingredients

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

## Instructions

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

## Notes

The banana split oatmeal can be a snack by itself.

## Nutrition Facts

Serving Size 1 full recipe (357g)  
 Servings Per Container 1

Amount Per Serving			
Calories 260		Calories from Fat 20	
		% Daily Value*	
<b>Total Fat</b>	2g		<b>3%</b>
Saturated Fat	0g		<b>0%</b>
Trans Fat	0g		
<b>Cholesterol</b>	5mg		<b>2%</b>
<b>Sodium</b>	380mg		<b>16%</b>
<b>Total Carbohydrate</b>	55g		<b>18%</b>
Dietary Fiber	4g		<b>16%</b>
Sugars	29g		
<b>Protein</b>	9g		
Vitamin A	0%	Vitamin C	10%
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

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

## Cost

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





# Berry Bread Pudding

Yield: 2 servings

## Ingredients

- 1 1/2 cup berries (frozen blueberries, sliced strawberries, or raspberries, thawed)
- 5 slices whole wheat bread (crusts removed)
- 1/2 teaspoon sugar (optional)
- vanilla yogurt (optional, low-fat)

## Instructions

1. Combine the thawed berries and sugar (if you choose to use the sugar).
2. Layer a spoonful of berries on the bottom of a small 2 cup deep dish. Cover the berries and the bottom of the dish with a layer of bread. Continue layering berries and bread until the dish is full, finishing with a layer of bread.
3. Cover the dish with plastic wrap and place a plate or bowl over the top of the berry dish that fits just inside of it. Place a heavy object on top to press down on the fruit and bread layers.
4. Refrigerate overnight. Check the dish to be sure juice does not run over the top. You may need to replace the heavy object with a lighter one to prevent spills.
5. Serve with a dollop of vanilla yogurt or a sprinkle of powdered sugar.

## Notes

In summer fresh berries can be used.

## Nutrition Facts

Serving Size 1 cup, 1/2 of recipe (169g)			
Servings Per Container 2			
<b>Amount Per Serving</b>			
<b>Calories</b> 180	Calories from Fat 20		
% Daily Value*			
<b>Total Fat</b> 2g			<b>3%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 270mg			<b>11%</b>
<b>Total Carbohydrate</b> 34g			<b>11%</b>
Dietary Fiber 6g			<b>24%</b>
Sugars 9g			
<b>Protein</b> 8g			
Vitamin A 2%		Vitamin C 80%	
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

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

## Cost

Per recipe: \$2.03  
Per serving: \$1.01

# Breakfast Pumpkin Cookies

Yield: 48 servings

## Ingredients

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

## Instructions

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

## Nutrition Facts

Serving Size 1 cookie (31g)  
Servings Per Container 48

Amount Per Serving	
<b>Calories</b> 90	<b>Calories from Fat</b> 35
% Daily Value*	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 60mg	<b>3%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 7g	
<b>Protein</b> 2g	
Vitamin A 10%	• 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

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

## Cost

Per recipe: \$6.05  
Per serving: \$0.13

# Brown Rice Pilaf with Sage, Walnuts and Dried Fruit

Yield: 8 servings

## Ingredients

- 1 canola cooking spray (as needed)
- 1 onion (medium, chopped)
- 1 celery (medium stalk, ends trimmed and chopped)
- 2 cups rice (brown, uncooked)
- 2 1/2 cups water
- 2 cups vegetable broth (fat-free, reduced sodium)
- 1/4 cup raisins (dark)
- 1/4 cup apricots (dried, chopped)
- 4 cups walnuts (chopped, optional)
- 1 teaspoon sage (dried)
- 2 tablespoons sage (fresh, chopped)
- salt (to taste, optional)
- pepper (to taste, optional)

## Instructions

1. Spray the large skillet with canola cooking spray. Heat skillet over medium heat.
2. Sauté onion and celery until tender, about 5 minutes. Add brown rice and sauté for 5 minutes.
3. Add water, broth, raisins, and apricots; heat to boiling. Reduce heat to low, cover and simmer until rice is tender and liquid is absorbed, about 50 minutes.
4. Stir in walnuts if desired, sage, salt and pepper.
5. Transfer to serving dish. Garnish with fresh sage and serve immediately.

## Nutrition Facts

Serving Size 1/8 of recipe (320g)  
Servings Per Container 8

Amount Per Serving			
<b>Calories 220</b>		<b>Calories from Fat 15</b>	
		% Daily Value*	
<b>Total Fat</b>	1.5g		<b>2%</b>
Saturated Fat	0g		<b>0%</b>
Trans Fat	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	130mg		<b>5%</b>
<b>Total Carbohydrate</b>	47g		<b>16%</b>
Dietary Fiber	4g		<b>16%</b>
Sugars	3g		
<b>Protein</b>	5g		
Vitamin A	4%	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

American Institute for Cancer Research, Diet & Cancer

## Cost

Per recipe: \$3.03  
Per serving: \$0.38

## Brussels Sprouts with Mushroom Sauce

Yield: 2 servings

### Ingredients

1/2 pound	brussels sprouts (or broccoli, cabbage, kale, collards, or turnips)
1/2 cup	chicken broth, low-sodium
1 teaspoon	lemon juice
1 teaspoon	brown mustard (spicy)
1/2 teaspoon	thyme (dried)
1/2 cup	mushroom (sliced)

### Instructions

1. Trim brussels sprouts and cut in half. Steam until tender - about 6 to 10 minutes, or microwave on high for 3 to 4 minutes.
2. In a non-stick pot bring the broth to a boil.
3. Mix in the lemon juice, mustard, and thyme. Add the mushrooms.
4. Boil until the broth is reduced by half, about 5 to 8 minutes.
5. Add the brussels sprouts (or other cooked vegetable).
6. Toss well to coat with the sauce.

### Nutrition Facts

Serving Size 1/2 of recipe (196g)  
Servings Per Container 2

Amount Per Serving	
<b>Calories</b> 70	<b>Calories from Fat</b> 10
% Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 10g	<b>3%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 3g	
<b>Protein</b> 4g	
Vitamin A 10%	Vitamin C 160%
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 Connecticut, Family Nutrition Program, Senior Nutrition Awareness Project (SNAP) Newsletters

### Cost

Per recipe: \$1.59  
Per serving: \$0.79

# Bulgur Chickpea Salad

Yield: 6 servings

## Ingredients

- 1 1/4 cup water
- 1 cup bulgur (coarse, available in bulk from natural foods stores)
- 1 teaspoon dried parsley
- 1 teaspoon minced onion
- 1 teaspoon soy sauce
- 1/2 cup scallions (chopped, green onions)
- 1/2 cup raisins
- 1/2 cup carrot (chopped)
- 3/4 cups canned chickpeas (garbanzo beans, drained and rinsed)
- 2 tablespoons oil
- 2 tablespoons lemon juice
- 1 tablespoon soy sauce
- 1 garlic clove (minced)
- black pepper (to taste)

## Instructions

1. Bring water to boil in medium saucepan. Stir in bulgur, parsley, minced onion, and soy sauce. Cover and reduce heat; simmer 15-20 minutes (until all water is absorbed and bulgur is not too crunchy). Do not overcook.
2. Remove from heat and allow to cool; fluff with fork.
3. Combine dressing ingredients; stir well. Pour over bulgur mixture and mix well.
4. Stir in scallions, raisins, carrots, and chickpeas. Cover and chill for several hours. Store in refrigerator.

## Nutrition Facts

Serving Size 1/6 of recipe (212g)  
Servings Per Container 6

Amount Per Serving	
<b>Calories</b> 190	Calories from Fat 50
% Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 320mg	<b>13%</b>
<b>Total Carbohydrate</b> 33g	<b>11%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 9g	
<b>Protein</b> 5g	
Vitamin A 35%	• 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

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

## Cost

Per recipe: \$1.98  
Per serving: \$0.33

# Cafe Mocha

Yield: 2 servings

## Ingredients

- 1/3 cup milk (non-fat, dry)
- 1 cup water
- 1 cup coffee (brewed)
- 4 tablespoons hot chocolate mix
- whipped topping (non-fat, optional)
- cinnamon (optional)

## Instructions

1. Heat reconstituted non-fat dried milk in saucepan until warm; do not boil.
2. Add coffee and hot chocolate mix. Stir well and heat to desired temperature.
3. Divide coffee mixture between two mugs. Top with non-fat whipped topping and cinnamon, if desired.

## Notes

You can substitute 1 cup skim milk for the reconstituted non-fat dried milk.

## Nutrition Facts

Serving Size 1/2 of recipe (297g)  
 Servings Per Container 2

### Amount Per Serving

**Calories 180**      **Calories from Fat 5**

% Daily Value\*

**Total Fat 1g**      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 5mg**      **2%**

**Sodium 180mg**      **8%**

**Total Carbohydrate 38g**      **13%**

Dietary Fiber 1g      **4%**

Sugars 34g

**Protein 9g**

Vitamin A 8%      • 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

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

## Cost

Per recipe: \$0.91

Per serving: \$0.46

# Candied Yams

Yield: 6 servings

## Ingredients

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

## Instructions

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

## Nutrition Facts

Serving Size 1/4 Cup (66g)  
Servings Per Container 6

### Amount Per Serving

**Calories 90**      **Calories from Fat 5**

% Daily Value\*

**Total Fat 1g**      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 100mg**      **4%**

**Total Carbohydrate 21g**      **7%**

Dietary Fiber 1g      **4%**

Sugars 11g

**Protein 1g**

Vitamin A 2%      • Vitamin C 25%

Calcium 2%      • Iron 2%

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

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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: \$1.27  
Per serving: \$0.21

# Catfish Stew and Rice

Yield: 4 servings

## Ingredients

- 2 potatoes (medium)
- 1 can tomatoes, cut up (14.5 oz)
- 1 cup onion (chopped)
- 1 cup clam juice (8-oz bottle, or water)
- 1 cup water
- 2 garlic (cloves, minced)
- 1/2 head of cabbage (coarsely chopped)
- 1 pound catfish fillets
- green onion (sliced, as needed)
- 1 1/2 Chili and Spice Seasoning (see [recipe](#))
- tablespoon
- 2 cups rice, white (or brown, cooked)

## Instructions

1. Peel potatoes and cut into quarters.
2. In large pot, combine potatoes, tomatoes and their juice, onion, clam juice, water, and garlic. Bring to boil and reduce heat. Cook covered over medium-low heat for 10 minutes.
3. Add cabbage and return to boil. Reduce heat. Cook covered over medium-low heat for 5 minutes, stirring occasionally.
4. Meanwhile, cut fillets into 2-inch lengths. Coat with [Chili and Spice Seasoning](#).
5. Add fish to vegetables. Reduce heat and simmer covered for 5 minutes or until fish flakes easily with fork.
6. Serve in soup plates. Garnish with sliced green onion, if desired. Serve with scoop of hot cooked rice.

\*Reduce the sodium by using low- or no-added-sodium canned tomatoes.

Nutrition Facts	
Serving Size 1 cup stew with 1/2 cup rice (635g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 380</b>	Calories from Fat 60
% Daily Value*	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 55mg</b>	<b>18%</b>
<b>Sodium 400mg</b>	<b>17%</b>
<b>Total Carbohydrate 59g</b>	<b>20%</b>
Dietary Fiber 7g	<b>28%</b>
Sugars 6g	
<b>Protein 22g</b>	
Vitamin A 20%	• Vitamin C 110%
Calcium 15%	• Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 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: Based on the Dietary Guidelines for Americans](#)

## Cost

Per recipe: \$9.76  
Per serving: \$2.44

# Cheesy Chicken, Broccoli and Rice Bake

Yield: 12 servings

## Ingredients

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

## Instructions

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

## Nutrition Facts

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

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

## Cost

Per recipe: \$5.33  
Per serving: \$0.44

# Chicken Vegetable Soup with Kale

Yield: 3 servings

## Ingredients

- 2 teaspoons vegetable oil
- 1/2 cup onion (chopped)
- 1/2 cup carrot (chopped)
- 1 teaspoon thyme (ground)
- 2 garlic clove (minced)
- 2 cups water (or chicken broth)
- 3/4 cups tomatoes (diced)
- 1 cup chicken, cooked, skinned and cubed
- 1/2 cup brown rice, cooked (or white rice)
- 1 cup kale (chopped, about one large leaf)

## Instructions

1. Heat oil in a medium sauce pan. Add onion and carrot. Saute until vegetables are tender, about 5-8 minutes.
2. Add thyme and garlic. Saute for one more minute.
3. Add water or broth, tomatoes, cooked rice, chicken and kale.
4. Simmer for 5-10 minutes.

## Nutrition Facts

Serving Size 1/3 of recipe (353g)  
 Servings Per Container 3

Amount Per Serving	
<b>Calories</b> 180	<b>Calories from Fat</b> 45
% Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 2g	
<b>Protein</b> 17g	
Vitamin A 150%	• Vitamin C 60%
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

Washington State University,  
[The Washington Senior Farmers Market Nutrition Program Puyallup Research and Extension Center](#)

## Cost

Per recipe: \$3.33  
 Per serving: \$1.11

## 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

# Chinese Chicken Salad

Yield: 8 servings

## Ingredients

- 1 Ramen noodles (oriental flavored)
- 16 ounces cabbage (shredded or cabbage salad mix)
- 1/4 cup scallions (minced)
- 1/2 cup bell pepper (red or green)
- 2 chicken breast (cooked, and chilled, cut into cubes)
- 1/2 cup peanuts (dry roasted, unsalted)
- Dressing:
- 1 teaspoon sugar (optional)
- 1 tablespoon olive oil
- 1/4 cup vinegar (rice or white wine)
- 1 Ramen noodle flavor packet

## Instructions

1. Rinse coleslaw and drain, set aside.
2. Break up noodles. Set aside.
3. In a small bowl make dressing with sugar, vinegar, olive oil and flavor packet. Stir well.
4. In a large bowl, add peppers, scallions, unsalted peanuts and other vegetables if you like. Add cooked chicken and coleslaw.
5. Pour on the dressing and combine. Sprinkle noodles on top.
6. Serve cold.

## Nutrition Facts

Serving Size 1/2 cup (125g)  
Servings Per Container 8

### Amount Per Serving

**Calories 190**    **Calories from Fat 90**

% Daily Value\*

**Total Fat 10g**                      **15%**

    Saturated Fat 2g                 **10%**

    Trans Fat 0g

**Cholesterol 20mg**                 **7%**

**Sodium 360mg**                     **15%**

**Total Carbohydrate 16g**         **5%**

    Dietary Fiber 3g                 **12%**

    Sugars 3g

**Protein 11g**

Vitamin A 2%                      • Vitamin C 50%

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

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

## Cost

Per recipe: \$6.27  
Per serving: \$0.78



## Cooked Beans

Yield: 12 servings

### Ingredients

1 pound dried beans  
10 cups water

### Instructions

- Sort: Before soaking beans, pick them over and remove any damaged beans, small stones or dirt.
- Soak: Most beans will rehydrate to triple their dry size, so be sure to start with a large enough pot. Choose one of the following ways to soak your beans:
  - Hot Soak: Hot soaking helps reduce intestinal gas. For each pound of dry beans, add 10 cups hot water; heat to boiling and let boil 2 to 3 minutes. Remove from heat, cover and set aside for up to 4 hours.
  - Quick Soak: For each pound of dry beans, add 10 cups hot water; heat to boiling and let boil 2 to 3 minutes. Remove from heat, cover and set aside for at least one hour.
  - Overnight Soak: For each pound (2 cups) dry beans, add 10 cups cold water and let soak overnight, or at least 8 hours.
- Cook: Drain soaking water and rinse beans. Cover beans with fresh water. Simmer for 1-1/2 to 2 hours until tender.

### Notes

- To avoid broken or mushy beans, boil gently and stir very little.
- Taste-test beans often for desired tenderness.
- Foods containing acid such as tomatoes, chili sauce, lemon juice, vinegar or catsup will slow the cooking and softening of the beans. Add these items last so they will not add to the cooking time.
- Any of the following can be added during the last half hour of cooking: minced onion, garlic or green pepper, diced carrots or celery, chopped tomatoes or cooked meat.

## Nutrition Facts

Serving Size 1/2 cup (235g)  
Servings Per Container 12

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 20mg 1%

Total Carbohydrate 22g 7%

Dietary Fiber 9g 36%

Sugars 2g

Protein 9g

Vitamin A 0% • Vitamin C 2%

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

Washington State Department of Health, Washington State WIC Program., [Beans: The Bold and Beautiful Book of Bean Recipes](#)

### Cost

Per recipe: \$1.02

Per serving: \$0.09

# 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*	
<b>Total Fat</b>	1g		<b>2%</b>
Saturated Fat	0g		<b>0%</b>
Trans Fat	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	210mg		<b>9%</b>
<b>Total Carbohydrate</b>	17g		<b>6%</b>
Dietary Fiber	4g		<b>16%</b>
Sugars	4g		
<b>Protein</b>	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

# Creamy Chicken Hash

Yield: 4 servings

## Ingredients

- 1 russet potato (scrubbed, medium 6 ounce)
- 2 tablespoons butter (or canola oil, divided)
- 1/2 onion (small, finely chopped)
- 1/4 cup green bell pepper (finely chopped)
- 1/4 cup red bell pepper (finely chopped)
- 1/4 cup celery (finely chopped)
- 1 garlic clove (small, finely chopped)
- canola cooking spray
- 2 cups skinless cooked chicken breast (diced)
- 2 tablespoons milk, 2%
- cayenne pepper (pinch of, or to taste)
- salt (and freshly ground black pepper, to taste)
- 4 tablespoons barbecue sauce (prepared)

## Instructions

1. Shred the potato and set aside. (It will darken in color, but this will not affect hash.)
2. Heat 1 tbsp. butter or oil in a medium/large non-stick skillet. Add onion, bell peppers, celery and garlic. Sauté until lightly browned, 5 minutes. Push vegetables to one side of pan. Add remaining butter or oil. Add potatoes and mix with oil to coat them. Mix and combine well with the vegetables. Cook 3 minutes. If potatoes stick, scrape pan vigorously and move contents around pan to spray the bottom with cooking spray.
3. Mix in chicken, milk, cayenne, salt and pepper. Spread and flatten out the mixture into a thick cake. Use the edge of a pancake turner to cut it into 4 sections. (Or, hash can be broken into rough pieces while cooking.) Cover the pan. Cook until potatoes are tender and hash is lightly browned, 3 to 5 minutes, turning so bottom sides can also brown. (Spray pan with oil spray if necessary while turning hash.)
4. When hash is done, divide equally among four plates. Serve with barbecue sauce drizzled on top or around each portion. (If desired, sauce can first be thinned, by mixing 4 tablespoons sauce with 4 tablespoons milk.)

## Nutrition Facts

Serving Size 1/4 of recipe (178g)  
Servings Per Container 4

Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 80
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 75mg	<b>25%</b>
<b>Sodium</b> 270mg	<b>11%</b>
<b>Total Carbohydrate</b> 18g	<b>6%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 6g	
<b>Protein</b> 23g	
Vitamin A 15%	• Vitamin C 40%
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

American Institute for Cancer Research, [Recipe Corner](#)

## Cost

Per recipe: \$3.54  
Per serving: \$0.89

# Crust-less Spinach Pie

Yield: 2 servings

## Ingredients

- 2 tablespoons butter
- 2 egg (large)
- 1/2 cup flour
- 1/2 cup milk (1%)
- 2 garlic clove (minced, or 1/2 teaspoon garlic powder)
- 1/2 teaspoon baking powder
- 4 ounces mozzarella
- 2 cups spinach (chopped, fresh)

## Instructions

1. Preheat oven to 350 degrees.
  
2. Melt butter or margarine in an 8 inch baking pan.
  
3. Beat eggs well. Add flour, milk, garlic and baking powder. Pour into baking pan. Stir in cheese and spinach.
  
4. Bake for 30-35 minutes or until firm and the cheese is slightly golden brown.

## Nutrition Facts

Serving Size 1/3 of recipe (165g)	
Servings Per Container 3	
<b>Amount Per Serving</b>	
<b>Calories 310</b>	<b>Calories from Fat 140</b>
<b>% Daily Value*</b>	
<b>Total Fat 16g</b>	<b>25%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol 145mg</b>	<b>48%</b>
<b>Sodium 410mg</b>	<b>17%</b>
<b>Total Carbohydrate 29g</b>	<b>10%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 11g	
<b>Protein 13g</b>	
Vitamin A 60%	• Vitamin C 10%
Calcium 35%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000      2,500
Total Fat	Less than 65g      80g
Saturated Fat	Less than 20g      25g
Cholesterol	Less than 300mg      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,  
[Farmers Market Nutrition Program](#)

## Cost

Per recipe: \$2.10  
 Per serving: \$1.05

# Dutch Apple Yogurt Dessert

Yield: 2 servings

## Ingredients

- 1/2 cup yogurt, non-fat vanilla
- 1/2 cup applesauce, unsweetened
- 1 tablespoon raisins (seedless)
- 1/8 teaspoon cinnamon (ground)
- 1 teaspoon brown sugar
- 1 tablespoon nuts (as topping or crunchy cereal)

## Instructions

1. Wash hands thoroughly with warm water and soap.
2. Combine all ingredients in a small bowl.
3. Cover and refrigerate until chilled.
4. Eat and enjoy as a snack or as a dessert.

## Nutrition Facts

Serving Size 1/2 of recipe (130g)  
Servings Per Container 2

Amount Per Serving			
Calories	130	Calories from Fat	20
		% Daily Value*	
<b>Total Fat</b>	2.5g		<b>4%</b>
Saturated Fat	0g		<b>0%</b>
Trans Fat	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	50mg		<b>2%</b>
<b>Total Carbohydrate</b>	24g		<b>8%</b>
Dietary Fiber	1g		<b>4%</b>
Sugars	21g		
<b>Protein</b>	4g		
Vitamin A	2%	•	Vitamin C 2%
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

Arizona Nutrition Network, Fun Food News

## Cost

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

# Easy Chicken and Dumplings

Yield: 2 servings

## Ingredients

2 tablespoons non-fat milk  
 2 tablespoons flour (all purpose)  
 2 tablespoons water  
 1 cup chicken broth  
 1 cup chicken, cooked and diced  
 1/4 teaspoon salt  
 1 dash black pepper  
 Dumplings:  
 1/3 cup flour (all purpose)  
 1/2 teaspoon baking powder  
 1/4 teaspoon salt

## Instructions

- Mix 2 tablespoons flour and water in a pan until smooth.
  - Slowly stir in broth.
  - Cook over medium heat until thickened.
  - Add chicken, salt and pepper.
- Make Dumplings:
- Combine 1/3 cup flour, baking powder, and salt in a small bowl. Stir in milk until dough forms.
  - Drop dumpling dough from a Tablespoon onto gently boiling chicken mixture, making 4 dumplings.
  - Cover pan tightly and cook slowly for 15 minutes without lifting the lid.

## Nutrition Facts

Serving Size 1/2 of recipe (257g)  
 Servings Per Container 2

Amount Per Serving			
Calories 290		Calories from Fat 80	
% Daily Value*			
<b>Total Fat</b>	8g		<b>12%</b>
Saturated Fat	2.5g		<b>13%</b>
Trans Fat	0g		
<b>Cholesterol</b>	65mg		<b>22%</b>
<b>Sodium</b>	1560mg		<b>65%</b>
<b>Total Carbohydrate</b>	24g		<b>8%</b>
Dietary Fiber	1g		<b>4%</b>
Sugars	1g		
<b>Protein</b>	28g		
Vitamin A	2%	Vitamin C	0%
Calcium	10%	Iron	15%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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: \$1.68  
 Per serving: \$0.84

# 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	
<b>Amount Per Serving</b>	
<b>Calories 80</b>	<b>Calories from Fat 60</b>
<b>% Daily Value*</b>	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 290mg</b>	<b>12%</b>
<b>Total Carbohydrate 4g</b>	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 2g	
<b>Protein 2g</b>	
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 Rice Pudding

Yield: 4 servings  
Cook time: 40 minutes

## Ingredients

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

## Instructions

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

\* Used in Analysis

## Notes

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

## Nutrition Facts

Serving Size 2/3 cup, 1/4 of recipe (246g)	
Servings Per Container 4	
<b>Amount Per Serving</b>	
<b>Calories 240</b>	<b>Calories from Fat 10</b>
<b>% Daily Value*</b>	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 55mg</b>	<b>2%</b>
<b>Total Carbohydrate 52g</b>	<b>17%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 23g	
<b>Protein 6g</b>	
Vitamin A 4%	• Vitamin C 2%
Calcium 15%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    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: \$0.97  
Per serving: \$0.24



# 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:

		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 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 220		Calories from Fat 5	
		% Daily Value*	
<b>Total Fat</b>	0.5g		1%
Saturated Fat	0g		0%
Trans Fat	0g		
<b>Cholesterol</b>	5mg		2%
<b>Sodium</b>	170mg		7%
<b>Total Carbohydrate</b>	43g		14%
Dietary Fiber	3g		12%
Sugars	30g		
<b>Protein</b>	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 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	
<b>Calories</b> 60	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 14g	
<b>Protein</b> 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

# Fudgy Fruit

Yield: 4 servings

## Ingredients

- 2 tablespoons chocolate chips (semi-sweet)
- 2 banana (large, peeled and cut into quarters)
- 8 strawberries (large)
- 1/4 cup peanuts (chopped, unsalted)

## Instructions

1. Place chocolate chips in a small microwave safe bowl. Heat on high for 10 seconds and stir. Repeat until chocolate is melted, about 30 seconds.
2. Place fruit on a small tray covered with a piece of waxed paper. Use a spoon to drizzle the melted chocolate on top of the fruit.
3. Sprinkle the fruit with chopped nuts.
4. Cover the fruit and place in the refrigerator for 10 minutes or until the chocolate hardens. Serve chilled.

## Nutrition Facts

Serving Size 1/2 banana and 2 strawberries (118g)  
 Servings Per Container 4

### Amount Per Serving

**Calories 150**    Calories from Fat 50

% Daily Value\*

**Total Fat 6g** **9%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

**Cholesterol 0mg** **0%**

**Sodium 0mg** **0%**

**Total Carbohydrate 23g** **8%**

Dietary Fiber 3g **12%**

Sugars 13g

**Protein 3g**

Vitamin A 0%    • 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

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

## Cost

Per recipe: \$1.22  
 Per serving: \$0.31



# 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	
<b>Calories</b> 100	<b>Calories from Fat</b> 50
% Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 10g	<b>3%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 3g	
<b>Protein</b> 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

# Homestyle Biscuits

Yield: 15 servings

## Ingredients

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

## Instructions

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

## Nutrition Facts

Serving Size 1 biscuit (33g)  
Servings Per Container 15

Amount Per Serving	
<b>Calories</b> 100	<b>Calories from Fat</b> 30
% Daily Value*	
<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 135mg	<b>6%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 2g	
<b>Protein</b> 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000      2,500
Total Fat	Less than 65g      80g
Saturated Fat	Less than 20g      25g
Cholesterol	Less than 300mg      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: \$0.65  
Per serving: \$0.04

# Indian Pudding

Yield: 8 servings

## Ingredients

2 1/2 cups non-fat milk  
 1/2 cup cornmeal  
 1/2 cup non-fat milk (cold)  
 1 tablespoon margarine  
 1/2 cup molasses  
 1/2 teaspoon ginger  
 1/2 teaspoon cinnamon

## Instructions

1. Preheat oven to 325 degrees. Lightly grease 1-quart baking pan.
2. In a saucepan, heat 2 1/2 cups of milk to a simmer.
3. In a bowl, mix together the other 1/2 cup cold milk with cornmeal.
4. Add cornmeal mixture to warm milk, stir well.
5. Cook 20 minutes over low-medium heat. Stir often to prevent scorching. Cook until thickened.
6. Remove pudding from heat. Stir in margarine, molasses, ginger and cinnamon.
7. Pour into the greased baking pan.
8. Bake for 55 to 60 minutes. When a knife is inserted and comes out clean, the pudding is done.
9. Cut into 8 squares before serving. Serve warm.

## Nutrition Facts

Serving Size 1 square, 1/8 of recipe (114g)	
Servings Per Container 8	
<b>Amount Per Serving</b>	
<b>Calories 110</b>	<b>Calories from Fat 15</b>
<b>% Daily Value*</b>	
<b>Total Fat 1.5g</b>	<b>2%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 55mg</b>	<b>2%</b>
<b>Total Carbohydrate 20g</b>	<b>7%</b>
Dietary Fiber 0g	0%
Sugars 10g	
<b>Protein 4g</b>	
Vitamin A 0%	• Vitamin C 0%
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

Indian Health Service Division of Diabetes Treatment and Prevention, Honor the Gift of Food: Learn at Home Lessons

## Cost

Per recipe: \$2.05  
 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*	
<b>Total Fat</b>	1g		<b>2%</b>
Saturated Fat	0g		<b>0%</b>
Trans Fat	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	75mg		<b>3%</b>
<b>Total Carbohydrate</b>	4g		<b>1%</b>
Dietary Fiber	2g		<b>8%</b>
Sugars	2g		
<b>Protein</b>	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

# Lo's Blueberry Coffee Cake

Yield: 8 servings

## Ingredients

- 1 egg
  - 1/2 cup non-fat milk
  - 1/2 cup yogurt, non-fat vanilla
  - 3 tablespoons canola oil
  - 1/4 teaspoon cinnamon
  - 2 teaspoons lemon peel (grated, yellow only)
  - 2 cups flour
  - 1/2 cup sugar
  - 4 teaspoons baking powder
  - 1/2 teaspoon salt
  - 1 1/2 cup fresh (or frozen unsweetened) blueberries
- Topping Ingredients:
- 3 tablespoons sugar
  - 2 tablespoons walnuts (coarsely chopped)

## Instructions

1. Preheat oven to 400 degrees. Position rack in the center of the oven.
2. In a large bowl whisk together the egg, milk, yogurt, oil and lemon peel.
3. Sift the flour, sugar, baking powder and salt onto the liquid ingredients. Using a fork, stir very lightly, just until ingredients are combined.
4. Gently fold in the blueberries. Pour the batter into an 8- or 9-inch baking pan coated with nonstick spray.
5. In a small bowl combine the topping ingredients. Sprinkle evenly over the cake batter.
6. Bake a 400 degrees for 30 to 35 minutes or until the top is lightly browned and a wooden toothpick inserted in the center comes out clean.
7. Allow the cake to cool in the baking pan on a wire rack for at least 10 minutes.
8. Serve warm or at room temperature.

## Notes

When tightly wrapped in plastic wrap, this coffee cake will keep for 3 to 4 days in the refrigerator. It also freezes very well.

## Nutrition Facts

Serving Size 1/8 of recipe (129g)  
Servings Per Container 8

Amount Per Serving			
Calories 310		Calories from Fat 80	
% Daily Value*			
<b>Total Fat</b>	9g		<b>14%</b>
Saturated Fat	1g		<b>5%</b>
Trans Fat	0g		
<b>Cholesterol</b>	25mg		<b>8%</b>
<b>Sodium</b>	420mg		<b>18%</b>
<b>Total Carbohydrate</b>	54g		<b>18%</b>
Dietary Fiber	2g		<b>8%</b>
Sugars	28g		
<b>Protein</b>	6g		
Vitamin A	2%	•	Vitamin C 6%
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

California Department of Health Services, [California's Chefs Cook Lean](#)  
[California Project LEAN](#)

## Cost

Per recipe: \$2.35  
Per serving: \$0.29

# Marinated Three-Bean Salad

Yield: 4 servings

Cook time: 70 minutes

## Ingredients

- 1 can lima beans (8.5 ounce)
- 1 can cut green beans (8 ounce)
- 1 can red kidney beans (8 ounce)
- 1 onion (medium, thinly sliced and separated into two rings)
- 1/2 cup bell pepper (chopped sweet green)
- 8 ounces Italian salad dressing (fat-free)

## Instructions

1. Wash hands and cooking area.
2. Drain the canned beans
3. Peel and slice the onion and separate into rings
4. In a large bowl, combine the lima beans, green beans, kidney beans, onion rings, and green bell pepper.
5. Pour the Italian dressing over the vegetables and toss lightly.
6. Cover the bowl and marinate in the refrigerator for at least one hour. The salad can be left in the refrigerator over night.
7. Drain before serving.

## Nutrition Facts

Serving Size 1 1/3 cup (230g)  
 Servings Per Container 4

Amount Per Serving	
<b>Calories</b> 170	Calories from Fat 5
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 690mg	<b>29%</b>
<b>Total Carbohydrate</b> 35g	<b>12%</b>
Dietary Fiber 8g	<b>32%</b>
Sugars 10g	
<b>Protein</b> 7g	
Vitamin A 4%	• Vitamin C 30%
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

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

## Cost

Per recipe: \$3.16  
 Per serving: \$0.79



# Okra and Greens

Yield: 5 servings

## Ingredients

- 1 onion (small, finely chopped)
- 2 tablespoons corn oil
- 1 pound greens (shredded)
- 16 okra
- 4 chili peppers (finely chopped and crushed)
- 1 lemon
- 1/4 cup water

## Instructions

1. In a large heavy pan sauté onions in oil until golden brown.
2. Add remaining ingredients and about ¼ cup of water. Simmer over low heat, covered, until greens are tender.
3. Squeeze lemon juice before serving.

## Nutrition Facts

Serving Size 1/5 of recipe (203g)  
 Servings Per Container 5

**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 30mg**      **1%**

**Total Carbohydrate 12g**      **4%**

    Dietary Fiber 5g      **20%**

    Sugars 4g

**Protein 4g**

Vitamin A 200%      •      Vitamin C 190%

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:

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

## Cost

Per recipe: \$5.16  
 Per serving: \$1.03

# One Pan Spaghetti

Yield: 10 servings

## Ingredients

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

## Instructions

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

## Notes

For 2 cups of broken spaghetti noodles, use about 1/3 of a one pound box.

## Nutrition Facts

Serving Size 1 cup (239g)  
Servings Per Container 10

Amount Per Serving

**Calories 220**      **Calories from Fat 45**

% Daily Value\*

**Total Fat 5g**      **8%**

Saturated Fat 2.5g      **13%**

Trans Fat 0g

**Cholesterol 20mg**      **7%**

**Sodium 360mg**      **15%**

**Total Carbohydrate 29g**      **10%**

Dietary Fiber 2g      **8%**

Sugars 3g

**Protein 13g**

Vitamin A 6%      • Vitamin C 6%

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

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

## Cost

Per recipe: \$7.25  
Per serving: \$0.73

# 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



# 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*			
<b>Total Fat</b> 1.5g			<b>2%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 45mg			<b>2%</b>
<b>Total Carbohydrate</b> 14g			<b>5%</b>
Dietary Fiber 1g			<b>4%</b>
Sugars 8g			
<b>Protein</b> 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

# Parmesan Chive Biscuits

Yield: 12 servings

## Ingredients

- 2 cups biscuit mix
- 2/3 cups milk (2% or fat-free)
- 1/4 cup butter (melted)
- 3/4 cups Parmesan cheese (freshly grated)
- 1/2 cup chives (finely chopped, fresh)

## Instructions

1. Combine all ingredients in a large bowl.
2. Stir together to mix well. Do not over mix.
3. Turn out onto a floured board. Roll to a 1-inch thick square.
4. Cut into 12 squares. Bake on a cookie sheet, spaced slightly apart, in a 400° F oven for 12 to 15 minutes.

## Nutrition Facts

Serving Size 1 biscuit (45g)  
Servings Per Container 12

Amount Per Serving		% Daily Value*	
<b>Calories</b>	150	<b>Calories from Fat</b>	80
<hr/>			
<b>Total Fat</b>	9g		<b>14%</b>
Saturated Fat	4.5g		<b>23%</b>
Trans Fat	0g		
<b>Cholesterol</b>	15mg		<b>5%</b>
<b>Sodium</b>	340mg		<b>14%</b>
<b>Total Carbohydrate</b>	14g		<b>5%</b>
Dietary Fiber	0g		<b>0%</b>
Sugars	3g		
<b>Protein</b>	4g		
<hr/>			
Vitamin A	6%	Vitamin C	2%
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 Arkansas, Division of Agriculture, [Cooperative Extension Service, Expanded Food and Nutrition Education Program](#)

## Cost

Per recipe: \$2.67  
Per serving: \$0.22

## Pasta Primavera

Yield: 3 servings

### Ingredients

1 cup noodles, uncooked  
 1 tablespoon vegetable oil  
 2 cups mixed vegetables (chopped)  
 1 cup tomatoes (chopped)  
 1 tablespoon margarine  
 1/4 teaspoon garlic powder  
 1/8 teaspoon black pepper  
 3 tablespoons Parmesan cheese

### Instructions

1. Cook noodles according to package directions.
2. While noodles are cooking, heat oil in a skillet.
3. Add vegetables and saute until tender; stir constantly.
4. Add tomato and saute 2 more minutes.
5. Toss vegetables with noodles and margarine.
6. Add seasonings; sprinkle with Parmesan cheese.

### Nutrition Facts

Serving Size 1/3 of recipe (180g)  
 Servings Per Container 3

Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 100
% Daily Value*	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0.5g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 200mg	<b>8%</b>
<b>Total Carbohydrate</b> 29g	<b>10%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 2g	
<b>Protein</b> 8g	
Vitamin A 25%	• Vitamin C 20%
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

Utah State University  
 Cooperative Extension, Simply  
 Seniors Cookbook, p.43  
 Utah Family Nutrition Program

### Cost

Per recipe: \$1.60  
 Per serving: \$0.53

# 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

# Peter Pumpkin Squares

Yield: 24 servings

## Ingredients

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

## Instructions

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

## Nutrition Facts

Serving Size 1 bar, 1/24 of recipe (62g)	
Servings Per Container 24	
<b>Amount Per Serving</b>	
<b>Calories 180</b>	<b>Calories from Fat 70</b>
<b>% Daily Value*</b>	
<b>Total Fat 8g</b>	<b>12%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 30mg</b>	<b>10%</b>
<b>Sodium 110mg</b>	<b>5%</b>
<b>Total Carbohydrate 25g</b>	<b>8%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 14g	
<b>Protein 3g</b>	
Vitamin A 45%	• Vitamin C 0%
Calcium 4%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    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: \$3.17  
Per serving: \$0.13

# Pineapple Orange Frozen Yogurt

Yield: 3 servings

## Ingredients

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

## Instructions

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

## Nutrition Facts

Serving Size 1/3 of recipe (177g)  
 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 60mg**      **3%**

**Total Carbohydrate 28g**      **9%**

Dietary Fiber 1g      **4%**

Sugars 25g

**Protein 5g**

Vitamin A 4%      • Vitamin C 35%

Calcium 15%      • Iron 2%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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: \$1.58  
 Per serving: \$0.53

# Potato Cakes

Yield: 7 servings

## Ingredients

2 cups potatoes (cold, mashed, made from instant potato flakes)  
 1/2 cup flour (all-purpose, unsifted)  
 2 tablespoons onion (finely chopped)  
 2 tablespoons vegetable oil

## Instructions

1. Put mashed potatoes into a bowl.
2. Add flour and onion. Mix well.
3. Pat potato mixture on a lightly floured board until 1/2 inch thick.
4. Cut with a 3-inch-round cutter.
5. Place on a baking sheet, cover and refrigerate until just before cooking.
6. Heat oil in a frying pan or griddle.
7. Fry cakes over medium heat, turning to brown on both sides. Serve immediately.

## Nutrition Facts

Serving Size 1 3" pancake (96g)  
 Servings Per Container 7

### Amount Per Serving

**Calories 120**    **Calories from Fat 40**

% Daily Value\*

**Total Fat 4.5g**    **7%**

Saturated Fat 0g    **0%**

Trans Fat 0g

**Cholesterol 0mg**    **0%**

**Sodium 210mg**    **9%**

**Total Carbohydrate 17g**    **6%**

Dietary Fiber 1g    **4%**

Sugars 1g

**Protein 2g**

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

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

## Cost

Per recipe: \$0.49  
 Per serving: \$0.07

# Pumpkin Pudding

Yield: 6 servings

## Ingredients

- 1 can pumpkin (15 oz, or 2 cups cooked mashed squash such as Hubbard)
- 2 teaspoons pumpkin pie spice (or 1 teaspoon cinnmamon, 1/2 teaspoon ginger, 1/4 teaspoon nutmeg and 1/4 teaspoon cloves)
- 1/8 teaspoon salt
- 1 1/2 cup milk (low-fat)
- 1 package vanilla pudding (instant, 3.5 oz)

## Instructions

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

## Nutrition Facts

Serving Size 3/4 cup (150g)	
Servings Per Container 6	
<b>Amount Per Serving</b>	
<b>Calories</b> 120	<b>Calories from Fat</b> 10
<small>% Daily Value*</small>	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 320mg	<b>13%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 21g	
<b>Protein</b> 3g	
Vitamin A 220% • Vitamin C 6%	
Calcium 10% • Iron 6%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000    2,500</small>
Total Fat	<small>Less than 65g    80g</small>
Saturated Fat	<small>Less than 20g    25g</small>
Cholesterol	<small>Less than 300mg    300mg</small>
Sodium	<small>Less than 2,400mg    2,400mg</small>
Total Carbohydrate	<small>300g    375g</small>
Dietary Fiber	<small>25g    30g</small>
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

### Source

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

### Cost

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

# Pumpkin Soup

Yield: 4 servings

## Ingredients

- 1 can white beans (15 ounce, rinsed and drained)
- 1 onion (small, or 2 tsp. onion powder)
- 1 cup water
- 1 can pumpkin (15 ounces, plain)
- 1 can chicken or vegetable broth, low-salt (14.5 ounces)
- 1/2 teaspoon thyme (or tarragon)
- salt and pepper (optional, to taste)

## Instructions

1. Blend white beans, onion, and water.
2. In a soup pot, mix bean puree with pumpkin, broth, and spices.
3. Cover and cook over low heat about 15 to 20 minutes until warmed through.

## Nutrition Facts

Serving Size 1 1/2 cups prepared soup, 1/4 of recipe (392g)  
 Servings Per Container 4

Amount Per Serving		% Daily Value*	
<b>Calories</b>	150	<b>Calories from Fat</b>	10
<b>Total Fat</b>	1g		<b>2%</b>
Saturated Fat	0g		<b>0%</b>
Trans Fat	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	320mg		<b>13%</b>
<b>Total Carbohydrate</b>	27g		<b>9%</b>
Dietary Fiber	10g		<b>40%</b>
Sugars	6g		
<b>Protein</b>	11g		
Vitamin A	260%	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

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

## Cost

Per recipe: \$3.29  
 Per serving: \$0.82

# Quick Tuna Casserole

Yield: 6 servings

## Ingredients

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

## Instructions

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

## Nutrition Facts

Serving Size 1/6 of recipe (355g)  
 Servings Per Container 6

Amount Per Serving	
<b>Calories</b> 240	Calories from Fat 40
% Daily Value*	
<b>Total Fat</b> 4.5g	<b>7%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 280mg	<b>12%</b>
<b>Total Carbohydrate</b> 35g	<b>12%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 4g	
<b>Protein</b> 15g	
Vitamin A 10%	• Vitamin C 8%
Calcium 8%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000      2,500
Total Fat	Less than 65g      80g
Saturated Fat	Less than 20g      25g
Cholesterol	Less than 300mg      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: \$3.69  
 Per serving: \$0.61

# Rice Pudding

Yield: 8 servings

Cook time: 55 minutes

## Ingredients

- 1 cup milk, whole
- 1 cup water
- 1 cup rice, uncooked
- 2 egg (large)
- 1 cup milk, evaporated
- 1 teaspoon vanilla
- 1/4 cup sugar
- 1/8 teaspoon cinnamon (ground)

## Instructions

1. In a saucepan, heat milk and water.
2. Add rice, bring to a boil, lower heat to simmer; stir mixture every 10 minutes. Cook covered until rice is tender, about 30 minutes. Make sure heat is very low for this step and watch for boil-overs.
3. In a large bowl, mix eggs, 3/4 cup evaporated milk, vanilla, and sugar. Set aside.
4. Add remaining 1/4 cup evaporated milk to rice mixture.
5. Spoon 1 cup of rice mixture into egg mixture and stir. Pour egg-rice mixture into remaining rice.
6. Heat pudding until it boils, stirring continuously. Remove from heat, and sprinkle with cinnamon.

## Nutrition Facts

Serving Size 1/4 cup prepared rice pudding, 1/8 of recipe (134g)  
Servings Per Container 8

Amount Per Serving			
<b>Calories 190</b>		<b>Calories from Fat 40</b>	
		% Daily Value*	
<b>Total Fat</b> 4.5g			<b>7%</b>
Saturated Fat 2.5g			<b>13%</b>
Trans Fat 0g			
<b>Cholesterol</b> 60mg			<b>20%</b>
<b>Sodium</b> 65mg			<b>3%</b>
<b>Total Carbohydrate</b> 29g			<b>10%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars 11g			
<b>Protein</b> 6g			
Vitamin A 2%		• Vitamin C 0%	
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

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

## Cost

Per recipe: \$1.74

Per serving: \$0.22

# Roasted Tomatoes with Herbs

Yield: 6 servings  
Cook time: 40 minutes

## Ingredients

- cooking oil spray, as needed (non-stick)
- 6 tomatoes (washed)
- 2 tablespoons olive oil (or canola oil)
- 1/2 teaspoon pepper
- 1 tablespoon dried parsley
- 1 tablespoon garlic (minced)
- 2 tablespoons Parmesan cheese

## Instructions

1. Preheat oven to 425 degrees.
2. Spray a large baking sheet with cooking oil spray.
3. Cut each tomato in half. Place tomatoes on the sheet, cut side up.
4. Drizzle tomatoes with 1/2 of the oil and season with pepper.
5. Cook for 30 minutes, or until tomatoes are beginning to brown on the bottom.
6. Mix the remaining oil, parsley, garlic, and cheese in a small bowl.
7. Remove tomatoes from the oven and sprinkle the herb mixture over the tomatoes.
8. Return to oven for another 10 minutes, or until spices begin to brown.

## Nutrition Facts

Serving Size 1 tomato (156g)  
Servings Per Container 6

Amount Per Serving	
<b>Calories</b> 80	Calories from Fat 45
% Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 45mg	<b>2%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 3g	
<b>Protein</b> 2g	
Vitamin A 20%	• Vitamin C 40%
Calcium 4%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000      2,500
Total Fat	Less than 65g      80g
Saturated Fat	Less than 20g      25g
Cholesterol	Less than 300mg      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: \$5.55  
Per serving: \$0.93

# Shake-A-Pudding

Yield: 8 servings

## Ingredients

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

## Instructions

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

## Nutrition Facts

Serving Size 1/2 cup (103g)  
 Servings Per Container 8

### Amount Per Serving

**Calories 100**      **Calories from Fat 5**

% Daily Value\*

**Total Fat 1g**      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 5mg**      **2%**

**Sodium 210mg**      **9%**

**Total Carbohydrate 21g**      **7%**

Dietary Fiber 1g      **4%**

Sugars 18g

**Protein 2g**

Vitamin A 2%      • Vitamin C 4%

Calcium 8%      • Iron 0%

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

		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: \$1.48  
 Per serving: \$0.18

## Skillet Meals

Yield: 4 servings

### Ingredients

- 1 package mustard greens, or collard greens, spinach, or broccoli (10 ounce, frozen)
- 1 can stewed tomatoes, no salt added (32 ounces)
- 1 cup brown rice (cooked)
- 1 can white beans (15 ounces, rinsed and drained)
- pepper (to taste)
- oregano, basil, or hot pepper (other spices to taste, optional)

### Instructions

1. Steam greens in the stewed tomatoes using a small pan, pot, or electric skillet on medium-high heat.
2. Cook greens 10 to 20 minutes, until they are as soft as you like them. Stir gently.
3. Add the rice, canned beans, and seasonings.
4. Cook until heated through.

### Nutrition Facts

Serving Size 1 1/2 cups, 1/4 of recipe (453g)  
 Servings Per Container 4

#### Amount Per Serving

**Calories 250**    **Calories from Fat 10**

% Daily Value\*

**Total Fat 1g** **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol 0mg** **0%**

**Sodium 55mg** **2%**

**Total Carbohydrate 49g** **16%**

Dietary Fiber 12g **48%**

Sugars 10g

**Protein 13g**

Vitamin A 90%    •    Vitamin C 70%

Calcium 25%    •    Iron 40%

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

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	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: \$4.39  
 Per serving: \$1.10

# Snappy Rice Dish

Yield: 2 servings

## Ingredients

- 1 cup vegetables, frozen or fresh (cut into bite size pieces)
- 1/2 cup chicken broth, reduced sodium (or use water)
- 1 cup brown rice, cooked, or any other rice
- 1/2 can kidney beans (about 7 oz) or chick peas, pink beans, kidney beans
- dill weed (fresh snipped or dry, to taste)
- pepper (to taste)

## Instructions

1. Steam fry the vegetables in the chicken broth (or water) using a small pan, pot, or electric skillet, on medium high heat.\*
2. Cook the vegetables the way you like them (firm or soft), stirring gently. Add more broth as needed to keep the vegetables moist.
3. Add the rice, canned beans and seasonings. Steam fry until heated through.

\* Microwave version: Follow the same steps above. Use a microwave safe, covered dish. Stir the vegetables every 2 to 3 minutes. Just before they are cooked, add the rice, beans and herbs. Cook until heated. Rotate the dish & stir gently.

## Nutrition Facts

Serving Size 1/2 of recipe (355g)  
 Servings Per Container 2

Amount Per Serving			
<b>Calories</b>	260	<b>Calories from Fat</b>	15
		% Daily Value*	
<b>Total Fat</b>	2g		3%
Saturated Fat	0g		0%
Trans Fat	0g		
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	330mg		14%
<b>Total Carbohydrate</b>	51g		17%
Dietary Fiber	11g		44%
Sugars	5g		
<b>Protein</b>	12g		
Vitamin A	80%	Vitamin C	6%
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

University of Connecticut, Family Nutrition Program, Senior Nutrition Awareness Project(SNAP) Summer 1999 Newsletter

## Cost

Per recipe: \$1.60  
 Per serving: \$0.80

# Spanish Omelet

Yield: 5 servings

## Ingredients

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

## Instructions

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

## Nutrition Facts

Serving Size 1/5 of omelet (298g)  
 Servings Per Container 5

Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 80
% Daily Value*	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 110mg	<b>37%</b>
<b>Sodium</b> 220mg	<b>9%</b>
<b>Total Carbohydrate</b> 30g	<b>10%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 3g	
<b>Protein</b> 15g	
Vitamin A 15%	• Vitamin C 60%
Calcium 20%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 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 Diabetes Education Program, National Institutes of Health, Centers for Disease Control and Prevention., Control Your Diabetes. For Life. Recipes and Meal Planner Guide

## Cost

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

## Spicy Okra

Yield: 10 servings

### Ingredients

20 ounces frozen cut okra  
 1 tablespoon vegetable oil  
 1 onion (medium, coarsely chopped)  
 1 can tomatoes (14.5 ounces, diced, unsalted)  
 1 jalapeno pepper (fresh, or habanero chile, pierced 3 times with fork)  
 1/2 teaspoon salt  
 1/4 teaspoon black pepper

### Instructions

1. Rinse okra in a colander under hot water.
2. Heat oil in a 10-inch heavy skillet over moderately high heat. Saute onion for about 3 minutes.
3. Add tomatoes (including juice) and chile, and boil. Stir the mixture for 8 minutes.
4. Add okra and cook, gently stirring, until okra is tender, about 5 minutes.
5. Stir in salt and pepper and discard the chile.

## Nutrition Facts

Serving Size 1/2 Cup (108g)  
 Servings Per Container 10

Amount Per Serving

**Calories 40**      **Calories from Fat 15**

% Daily Value\*

**Total Fat 1.5g**      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 125mg**      **5%**

**Total Carbohydrate 6g**      **2%**

Dietary Fiber 2g      **8%**

Sugars 3g

**Protein 1g**

Vitamin A 8%      • 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

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: \$2.78  
 Per serving: \$0.28

# Spring Vegetable Soup

Yield: 4 servings

## Ingredients

- 1 tablespoon extra virgin olive oil
- 1/4 red cabbage (medium head, about 2 cups, finely shredded)
- 2 ripe tomatoes (medium, seeded and chopped)
- 1/2 cup canned artichoke hearts (drained and chopped)
- 1 cup green peas (frozen or fresh)
- 2 1/2 cups vegetable juice (low-sodium tomato)
- 1 cup water
- 2 teaspoons dried basil
- salt and pepper (freshly ground black pepper, optional, to taste)

## Instructions

1. In large soup pot, heat oil over medium heat. Saute cabbage, tomatoes, artichoke hearts and peas for 10 minutes.
2. Add tomato juice and water. Bring to boil. Reduce heat, add basil and simmer for 10 minutes, or until all vegetables are tender and soup is piping hot.
3. Serve in individual serving bowls. Season to taste with salt and pepper.

## Nutrition Facts

Serving Size 1/4 recipe (400g)	
Servings Per Container 4	
<b>Amount Per Serving</b>	
<b>Calories 130</b>	<b>Calories from Fat 35</b>
<b>% Daily Value*</b>	
<b>Total Fat 4g</b>	<b>6%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 230mg</b>	<b>10%</b>
<b>Total Carbohydrate 20g</b>	<b>7%</b>
Dietary Fiber 5g	20%
Sugars 11g	
<b>Protein 5g</b>	
Vitamin A 80%	• Vitamin C 150%
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

American Institute for Cancer Research, [Recipe Corner](#)

## Cost

Per recipe: \$3.13  
Per serving: \$0.78

## 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	
<b>Calories</b> 130	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 45mg	<b>2%</b>
<b>Total Carbohydrate</b> 30g	<b>10%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 22g	
<b>Protein</b> 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 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	
<b>Calories</b> 110	Calories from Fat 80
% Daily Value*	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 115mg	<b>5%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 2g	
<b>Protein</b> 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

## Three Bean Salad

Yield: 6 servings

### Ingredients

1 cup	kidney beans, cooked (see <a href="#">recipe</a> )
1 cup	green beans (cut, canned or cooked)
2 cups	yellow wax beans (canned or cooked)
1	green pepper (diced)
2/3 cups	onion (thinly sliced)
1/2 cup	celery (thinly sliced)
2	garlic (cloves, whole)
1/2 cup	wine vinegar
1/4 cup	oil
1/4 cup	sugar
1/4 teaspoon	oregano
1 teaspoon	salt
1/4 teaspoon	pepper

### Instructions

1. Mix beans, vegetables and garlic cloves in a large bowl.
2. Mix vinegar, oil, and sugar in a saucepan. Heat until sugar dissolves. Cool slightly.
3. Stir seasonings into vinegar mixture. Pour over vegetables. Toss lightly. Chill overnight.
4. Remove garlic before serving.

### Nutrition Facts

Serving Size 1/6 recipe (250g)  
Servings Per Container 6

Amount Per Serving	
<b>Calories</b> 190	Calories from Fat 80
% Daily Value*	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 410mg	<b>17%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 11g	
<b>Protein</b> 5g	
Vitamin A 6%	• Vitamin C 35%
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 WIC Program,  
[The Bold and Beautiful Book of Bean Recipes](#)

### Cost

Per recipe: \$3.14  
Per serving: \$0.52



# Tofu Salad

Yield: 4 servings

## Ingredients

- 3/4 pounds tofu (firm)
- 2 tablespoons mayonnaise, reduced calorie
- 3 teaspoons brown mustard
- 1/2 teaspoon soy sauce, low-sodium
- 1/2 cup celery (diced)
- 1 tablespoon onion (diced)
- 1/2 green pepper (seeded and diced)
- 1 tablespoon parsley (minced)

## Instructions

1. Prepare tofu by draining the water from the package and placing tofu between two plates. Put a heavy object on top and let stand for 10 to 15 minutes. Drain the water that collects on the bottom plate every few minutes.
2. In a small bowl, mix the mayonnaise, mustard and soy sauce.
3. In a medium bowl, combine the diced tofu, celery, onion, pepper, and parley; stir in the mayonnaise mixture and toss gently to coat.
4. Refrigerate covered until the flavors are blended - at least one hour.
5. Use as a sandwich filling or on top of whole grain crackers.

## Notes

You may substitute yellow mustard for brown mustard.

## Nutrition Facts

Serving Size 3/4 cup prepared salad,  
1/4 of recipe (127g)  
Servings Per Container 4

Amount Per Serving		% Daily Value*	
<b>Calories</b> 90	<b>Calories from Fat</b> 45		
<b>Total Fat</b> 5g			<b>8%</b>
Saturated Fat 0.5g			<b>3%</b>
Trans Fat 0g			
<b>Cholesterol</b> 5mg			<b>2%</b>
<b>Sodium</b> 160mg			<b>7%</b>
<b>Total Carbohydrate</b> 4g			<b>1%</b>
Dietary Fiber 1g			<b>4%</b>
Sugars 2g			
<b>Protein</b> 6g			
Vitamin A 4%		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

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

## Cost

Per recipe: \$2.38  
Per serving: \$0.59

# Tomato Basil and Bean Pasta Salad

Yield: 12 servings

## Ingredients

- 1 pound ziti pasta (or bow tie pasta)
- 2 tablespoons vegetable oil
- 1/4 cup vinegar
- 2 teaspoons Dijon mustard
- 1/4 teaspoon pepper
- 1 cup fresh basil leaves (chopped)
- 3 tomatoes (large, coarsely chopped)
- 1 cup kidney beans (cooked or canned drained, or try garbanzo beans or black beans)
- 1 cup mozzarella (or provolone cheese, cubed or shredded, optional)
- 1/2 cup walnuts (chopped, optional)

## Instructions

1. Cook pasta according to package directions. Drain and cool.
2. In a small mixing bowl, whisk together vegetable oil, vinegar, Dijon-style mustard and pepper to make vinaigrette.
3. In a large mixing bowl, combine pasta, beans, basil and tomatoes. Pour vinaigrette over top and toss together. Cover and chill at least 1 hour.
4. If desired, add nuts and cheese just before serving, tossing again to combine.

## Notes

- Optional ingredients, walnuts and mozzarella, are not included in nutrition analysis and cost estimate.
- Add other fresh chopped vegetables such as cucumbers, peppers, small summer squash, carrots, broccoli or cauliflower.
- Use your favorite salad dressing instead of making your own.
- Use cooked rice or cooked, cut up potatoes in place of pasta.

## Nutrition Facts

Serving Size 1/2 cup (184g)  
Servings Per Container 12

Amount Per Serving			
Calories	220	Calories from Fat	30
		% Daily Value*	
<b>Total Fat</b>	3.5g		<b>5%</b>
Saturated Fat	0g		<b>0%</b>
Trans Fat	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	25mg		<b>1%</b>
<b>Total Carbohydrate</b>	39g		<b>13%</b>
Dietary Fiber	4g		<b>16%</b>
Sugars	2g		
<b>Protein</b>	8g		
Vitamin A	10%	Vitamin C	10%
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

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

## Cost

Per recipe: \$3.98  
Per serving: \$0.33

# Tomato and Garlic Omelet

Yield: 1 servings

## Ingredients

- 1/2 slice bread (whole wheat)
- 1/2 teaspoon olive oil
- 1 garlic clove (finely chopped)
- 1 cooking spray (as needed, nonstick)
- 3/4 cups egg substitute
- 2 tablespoons mozzarella cheese (part skim, grated)
- 1 tomato (large, chopped)
- 1 teaspoon basil (dried)

## Instructions

1. Preheat oven to 300°F.
2. Cut the bread into cubes; toss with oil and garlic in a small bowl. Spread the cubes in a single layer on a baking sheet and toast in the oven for 15 to 25 minutes, or until golden brown, tossing once or twice. Transfer to a plate to cool.
3. Spray a medium pan with nonstick cooking spray and heat over medium-high heat. Pour in egg substitute.
4. When the egg begins to set, spread evenly across the bottom of the pan and reduce the heat to low.
5. Once the top layer of egg is almost cooked, sprinkle the cheese and basil on top and scatter the tomatoes and bread over half of the omelet; fold the unfilled omelet half over the filling. Slide the omelet on a plate and serve.

## Nutrition Facts

Serving Size 1 omelet (407g)  
Servings Per Container 1

Amount Per Serving

**Calories 300**    **Calories from Fat 110**

% Daily Value\*

**Total Fat 12g**                      **18%**

    Saturated Fat 3.5g                **18%**

    Trans Fat 0g

**Cholesterol 10mg**                    **3%**

**Sodium 510mg**                        **21%**

**Total Carbohydrate 16g**            **5%**

    Dietary Fiber 4g                    **16%**

    Sugars 7g

**Protein 30g**

Vitamin A 45%                      • Vitamin C 45%

Calcium 30%                        • Iron 35%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on 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, [Breakfast Recipes](#)  
[California Department of Public Health, Network for a Healthy California](#)

## Cost

Per recipe: \$2.15  
Per serving: \$2.15

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



# Turkey Stuffed Cabbage

Yield: 5 servings

## Ingredients

- 1 head of cabbage
- 1/2 pound lean ground beef
- 1/2 pound ground turkey
- 1 onion (small, minced)
- 1 slice whole wheat bread (stale, crumbled)
- 1 tablespoon lemon juice
- 1/4 cup water
- 1/8 teaspoon black pepper
- 1 can diced tomatoes (16 oz)
- 1 onion (small, sliced)
- 1 cup water
- 1 carrot (medium, sliced)
- 1 tablespoon lemon juice
- 2 tablespoons brown sugar
- 1 tablespoon corn starch

## Instructions

1. Rinse and core cabbage. Carefully remove 10 outer leaves, place in saucepan, and cover with boiling water. Simmer 5 minutes. Remove and drain cooked cabbage leaves on paper towels.
2. Shred 1/2 cup of raw cabbage and set aside.
3. Brown ground beef and turkey and minced onion in skillet. Drain fat.
4. Place cooked and drained meat mixture, bread crumbs, water, and pepper into mixing bowl.
5. Drain tomatoes, reserving liquid, and add 1/2 cup of tomato juice from can to meat mixture. Mix well; then place 1/4 cup of filling on each parboiled, drained cabbage leaf. Place folded side down in skillet.
6. Add tomatoes, sliced onion, water, shredded cabbage, and carrot. Cover and simmer about 1 hour (or until cabbage is tender), basting occasionally.
7. Remove cabbage rolls to serving platter; keep warm.
8. Mix lemon juice, brown sugar, and cornstarch together in small bowl. Add to vegetables and liquid in skillet, and cook, stirring occasionally, until thickened and clear. Serve over cabbage rolls.

## Nutrition Facts

Serving Size 2 rolls each (454g)	
Servings Per Container 5	
<b>Amount Per Serving</b>	
<b>Calories 230</b>	<b>Calories from Fat 50</b>
% Daily Value*	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol 45mg</b>	<b>15%</b>
<b>Sodium 320mg</b>	<b>13%</b>
<b>Total Carbohydrate 28g</b>	<b>9%</b>
Dietary Fiber 7g	<b>28%</b>
Sugars 16g	
<b>Protein 17g</b>	
Vitamin A 50%	• Vitamin C 140%
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

US Department of Health and Human Services, [A Healthier You: Based on the Dietary Guidelines for Americans](#)

## Cost

Per recipe: \$5.32  
Per serving: \$1.06

# Uncooked Tomato Sauce

Yield: 6 servings

## Ingredients

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

## Instructions

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

## Notes

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

## Nutrition Facts

Serving Size 1 1/2 cups (386g)  
Servings Per Container 6

Amount Per Serving		% Daily Value*	
<b>Calories</b>	310	<b>Calories from Fat</b>	50
<b>Total Fat</b>	6g		<b>9%</b>
Saturated Fat	1.5g		<b>8%</b>
Trans Fat	0g		
<b>Cholesterol</b>	5mg		<b>2%</b>
<b>Sodium</b>	90mg		<b>4%</b>
<b>Total Carbohydrate</b>	54g		<b>18%</b>
Dietary Fiber	6g		<b>24%</b>
Sugars	7g		
<b>Protein</b>	12g		
Vitamin A	40%	Vitamin C	60%
Calcium	10%	Iron	15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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: \$8.49  
Per serving: \$1.41

# Vegetable Stew

Yield: 8 servings

## Ingredients

- 3 cups water
- 1 vegetable bouillon (low sodium, cube)
- 2 cups white potatoes (cut into 2-inch strips)
- 2 cups carrot (sliced)
- 4 cups summer squash (cut into 1-inch chunks)
- 1 cup summer squash (cut into 4 chunks)
- 1 can sweet corn (15 ounces, rinsed and drained)
- 1 teaspoon thyme
- 2 garlic (cloves, minced)
- 1 green onion (stalk, chopped)
- 1/2 green chile pepper (small, chopped)
- 1 cup onion (coarsley chopped)
- 1 cup tomatoes (diced)

## Instructions

1. Put water and bouillon in large pot and bring to a boil.
2. Add potatoes and carrots and simmer for 5 minutes.
3. Add remaining ingredients, except for tomatoes, and continue cooking for 15 minutes over medium heat.
4. Remove 4 chunks of squash and puree in blender.
5. Return pureed mixture to pot and let cook for 10 minutes more.
6. Add tomatoes and cook for another 5 minutes.
7. Remove from heat and let sit for 10 minutes to allow stew to thicken.

## Nutrition Facts

Serving Size 1 1/4 cup (394g)  
Servings Per Container 8

Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 10
% Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 8g	
<b>Protein</b> 4g	
Vitamin A 140%	Vitamin C 50%
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

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: \$4.09  
Per serving: \$0.51

## Vegetable Variety Pack

Yield: 5 servings

### Ingredients

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

### Instructions

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

### Nutrition Facts

Serving Size 3/4 cup (234g)  
Servings Per Container 5

Amount Per Serving

**Calories 120**    **Calories from Fat 15**

% Daily Value\*

**Total Fat 1.5g**    **2%**

Saturated Fat 0g    **0%**

Trans Fat 0g

**Cholesterol 0mg**    **0%**

**Sodium 120mg**    **5%**

**Total Carbohydrate 26g**    **9%**

Dietary Fiber 3g    **12%**

Sugars 5g

**Protein 3g**

Vitamin A 4%    • Vitamin C 60%

Calcium 2%    • Iron 4%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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: \$3.22  
Per serving: \$0.64

# Zucchini Bread

Yield: 16 servings

## Ingredients

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

## Instructions

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

<b>Nutrition Facts</b>			
Serving Size 1 slice, 1/16 of recipe (71g)			
Servings Per Container 16			
Amount Per Serving			
<b>Calories</b> 190	Calories from Fat 40		
% Daily Value*			
<b>Total Fat</b> 5g			<b>8%</b>
Saturated Fat 1g			<b>5%</b>
Trans Fat 0g			
<b>Cholesterol</b> 35mg			<b>12%</b>
<b>Sodium</b> 330mg			<b>14%</b>
<b>Total Carbohydrate</b> 35g			<b>12%</b>
Dietary Fiber 2g			<b>8%</b>
Sugars 16g			
<b>Protein</b> 4g			
Vitamin A 2%		Vitamin C 4%	
Calcium 2%		Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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: \$2.63  
Per serving: \$0.16

# Zucchini Casserole

Yield: 6 servings

## Ingredients

- 1 pound sausage (ground)
- 1 onion (small, diced)
- 3 zucchini (small, diced)
- 3 squash (small, yellow, diced)
- 3 potatoes (medium, peeled and diced)
- 1 can tomatoes (Italian stewed, cut up)

## Instructions

1. Brown sausage and onion together in a skillet; drain. Mix all ingredients together and place in a casserole dish.
2. Cover with foil and bake at 350 degrees for 45 minutes.

## Notes

Instead of using the Italian stewed tomatoes, you could use fresh diced tomatoes with some Italian spices added.

<b>Nutrition Facts</b>	
Serving Size 1/6 of recipe (292g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 220	Calories from Fat 80
% Daily Value*	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 460mg	<b>19%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 7g	
<b>Protein</b> 11g	
Vitamin A 20%	• Vitamin C 35%
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

Ohio State University  
Cooperative Extension, [Recipes - Ross County](#)

## Cost

Per recipe: \$7.29  
Per serving: \$1.21