

Recipe Finder Cookbook



Lifetime Nutrition and Wellness

Suggested Fruit and Vegetable Recipes

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

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

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

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

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

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5 A Day Bulgur Wheat

Yield: 8 servings

Serving size: 1/8 of recipe

Ingredients

1	onion (medium, chopped)
1 cup	broccoli (chopped)
1 cup	carrot (shredded)
1	green pepper (small, chopped, - may use red or yellow pepper)
1/3 cup	fresh parsley (chopped, or 2 Tablespoons dried)
1 teaspoon	canola oil
1 1/2 cup	bulgur (dry)
2 cups	chicken broth, low-sodium
8 ounces	chickpeas (canned, drained)

Instructions

1. Wash and chop fresh onion, broccoli, carrots, pepper and parsley (if using fresh parsley).
2. Heat canola oil in a large skillet. Add onions and cook until soft.
3. Add bulgur and stir to coat. Add 2 cups chicken broth to the skillet, bring to a boil.
4. Lower the heat, add remaining vegetables and chickpeas. Cook for 10 minutes or until the liquid is absorbed.
5. Add parsley and stir. Serve warm or cold.

Notes

Bulgur comes from wheat. It is actually the kernel of wheat, cracked for cooking. It has a nutty, chewy flavor that is sure to please the healthy appetite, and contains fiber. Canola oil is a healthy choice for vegetable oil.

Nutrition Facts	
Serving Size 1/8 of recipe (188g)	
Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 31g	10%
Dietary Fiber 7g	28%
Sugars 3g	
Protein 6g	
Vitamin A 50%	Vitamin C 45%
Calcium 4%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$3.46
Per serving: \$0.43

5 A Day Salad

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

Ingredients

4 cups	spinach (fresh)
4 cups	Romaine lettuce
2 cups	green pepper (chopped, or use red, yellow, or orange)
2 cups	cherry tomatoes
1 cup	broccoli (chopped)
1 cup	cauliflower (chopped)
1 cup	yellow squash (sliced)
2 cups	cucumber (sliced)
2 cups	carrot (chopped)
1 cup	zucchini (sliced)

Instructions

1. Wash all of the vegetables and mix them together in a large mixing bowl. Top this colorful meal with the nonfat or low-fat dressing of your choice.

Notes

The dressing is not included in the nutritional analysis.

Each serving = 5 cups of vegetables (Eight 5-A-Day servings).

Nutrition Facts	
Serving Size 1/4 of recipe (435g)	
Servings Per Container	
Amount Per Serving	
Calories 100	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g 0%	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 22g	7%
Dietary Fiber 8g 32%	
Sugars 11g	
Protein 5g	
Vitamin A 400% • Vitamin C 330%	
Calcium 10% • Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Centers for Disease Control, [5 A Day for Better Health Program](#)

Cost

Per recipe: \$5.90
Per serving: \$1.47

A Simple Mexican Salad

Yield: 4 servings

Serving size: 1/4 of recipe

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/4 of recipe (221g)	
Servings Per Container	
Amount Per Serving	
Calories 50	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	12%
Sugars 8g	
Protein 1g	
Vitamin A 6%	• Vitamin C 80%
Calcium 6%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$2.19
 Per serving: \$0.55

Ambrosia

Yield: 8 servings
Serving size: 1 cup

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1 cup each (191g)	
Servings Per Container 8	
Amount Per Serving	
Calories 140	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 33g	11%
Dietary Fiber 2g	8%
Sugars 27g	
Protein 3g	
Vitamin A 10%	• Vitamin C 40%
Calcium 6%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Cornell Cooperative Extension of Onondaga County, A Holiday Dinner

Cost

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

Apple Carrot Soup

Yield: 8 servings
Serving size: 1 cup

Ingredients

1 pound pork (lean, cut into chunks)
4 apple (with skin, cored and quartered)
4 carrot (large, peeled and cut into chunks)
1 orange peel (dried, optional)
4 slices ginger
1/2 teaspoon salt
20 cups water

Instructions

1. In a large pot over high heat, combine all ingredients, bring to a boil.
2. Reduce heat to medium and simmer until soup reduces to about 8 cups of liquid, about 3 to 4 hours.
3. Skim fat from surface and serve.
4. Store leftover soup covered in refrigerator for up to 3 days.

Nutrition Facts	
Serving Size 1 cup (723g)	
Servings Per Container 8	
Amount Per Serving	
Calories 110	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 200mg	8%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 9g	
Protein 10g	
Vitamin A 100%	Vitamin C 8%
Calcium 4%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$3.59
Per serving: \$0.45

Apple Coleslaw

Yield: 4 servings
Serving size: 1/2 cup

Ingredients

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

Instructions

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

Notes

Add salt and pepper to taste.

Nutrition Facts	
Serving Size 1/2 cup or 1/4 of recipe (123g)	
Servings Per Container	
Amount Per Serving	
Calories 60	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 2g	
Vitamin A 50%	• Vitamin C 45%
Calcium 6%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Cost

Per recipe: \$1.38
Per serving: \$0.34

Apple Cranberry Salad Toss

Yield: 8 servings

Serving size: 1/8 of recipe

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/8 of recipe (155g)	
Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	12%
Sugars 18g	
Protein 2g	
Vitamin A 8%	Vitamin C 8%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

USDA Food and Nutrition Service, Creative Recipes for Less Familiar USDA Commodities Used by Household Programs Food Distribution Service

Cost

Per recipe: \$4.45
Per serving: \$0.56

Apple Salad

Yield: 8 servings
 Serving size: 1/2 cup

Ingredients

- 2 cups apple (diced)
- 1 cup celery (diced)
- 1/2 cup raisins
- 1/2 cup nuts
- 2 tablespoons salad dressing (or mayonnaise)
- 1 tablespoon orange juice

Instructions

1. Mix orange juice with salad dressing or mayonnaise.
2. Toss apples, celery, raisins and nuts with the dressing mixture.

Nutrition Facts	
Serving Size 1/2 cup or 1/8 of recipe (73g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 11g	
Protein 2g	
Vitamin A 2%	• Vitamin C 4%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

University of Kentucky,
 Cooperative Extension Service,
 Food and Nutrition Calendar
 2004
 Fresh Ideas for Fit Families

Cost

Per recipe: \$1.95
 Per serving: \$0.24

Applesauce

Yield: 10 servings
 Serving size: 1/2 cup
 Cook time: 35 minutes

Ingredients

7 apple (cut in quarters)
 1/2 cup water
 1/4 cup sugar

Instructions

1. Wash and then cut apples in quarters. Apples can be peeled, but fiber will be decreased.
2. Combine apples and water in saucepan. Heat to boiling. Turn heat to low as soon as the water is boiling.
3. Simmer over low heat for 15 to 20 minutes or until apples are tender. Stir occasionally to prevent sticking.
4. Stir in sugar and heat until sugar is dissolved.
5. Serving suggestion - add 1 Tablespoon cinnamon and stir before serving.

Notes

Additional sugar can be added to increase sweetness. Brown sugar can be used instead of white.

Nutrition Facts	
Serving Size 1/10 of recipe (113g)	
Servings Per Container	
Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Sugars 15g	
Protein 0g	
Vitamin A 2%	Vitamin C 8%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$2.44
 Per serving: \$0.24

Asparagus with Gremolata Sauce

Yield: 6 servings

Serving size: 6 ounces

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 6 ounces (158g)	
Servings Per Container 6	
Amount Per Serving	
Calories 70	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 25%	Vitamin C 20%
Calcium 4%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Cornell University Cooperative Extension, Eat Smart New York!

Cost

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

Autumn Vegetable Succotash

Yield: 8 servings

Serving size: 1/8 of recipe

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/8 of recipe (226g)	
Servings Per Container 8	
Amount Per Serving	
Calories 170	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 25g	8%
Dietary Fiber 4g	16%
Sugars 7g	
Protein 4g	
Vitamin A 50%	Vitamin C 120%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

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

Baked Apples and Sweet Potatoes

Yield: 6 servings

Serving size: 1/6 of recipe

Ingredients

5 sweet potatoes (cooked)
 4 apple
 1/2 cup brown sugar
 1/2 teaspoon salt
 1/4 cup margarine
 1 teaspoon nutmeg
 1/4 cup hot water
 2 tablespoons honey

Instructions

1. Boil 5 sweet potatoes in water until they are almost tender.
2. After the sweet potatoes cool, peel and slice them.
3. Peel the apples. Remove the cores, and slice the apples.
4. Preheat the oven to 400 degrees.
5. Grease the casserole dish with butter or margarine.
6. Put a layer of sweet potatoes on the bottom of the dish.
7. Add a layer of apple slices.
8. Add some sugar, salt, and tiny pieces of margarine to the apple layer.
9. Repeat steps 6, 7, and 8 to make more layers of sweet potatoes, apples, and sugar/salt.
10. On the top layer of apples, sprinkle the rest of the brown sugar and margarine pieces.
11. Sprinkle the top layer with nutmeg.
12. Mix the hot water and honey together. Pour the mix over the top layer.
13. Bake for about 30 minutes until apples are tender.

Nutrition Facts	
Serving Size 1/6 of recipe (246g)	
Servings Per Container	
Amount Per Serving	
Calories 300	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 2g	
Cholesterol 0mg	0%
Sodium 320mg	13%
Total Carbohydrate 59g	20%
Dietary Fiber 6g	24%
Sugars 38g	
Protein 2g	
Vitamin A 310% • Vitamin C 10%	
Calcium 6% • Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition
 Education Program,
 Pennsylvania Nutrition
 Education Network
 Website Recipes

Cost

Per recipe: \$4.38
 Per serving: \$0.73

Baked Beans

Yield: 6 servings

Serving size: 1/6 recipe

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/6 recipe (244g)	
Servings Per Container 6	
Amount Per Serving	
Calories 260	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 620mg	26%
Total Carbohydrate 53g	18%
Dietary Fiber 8g	32%
Sugars 19g	
Protein 11g	
Vitamin A 4%	• Vitamin C 8%
Calcium 10%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$1.58

Per serving: \$0.26

Baked Potatoes Primavera

Yield: 4 servings

Serving size: 1 potato with 1/4 of topping

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1 potato with 1/4 of topping or 1/4 of recipe (475g)	
Servings Per Container	
Amount Per Serving	
Calories 360	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 180mg	8%
Total Carbohydrate 74g	25%
Dietary Fiber 13g	52%
Sugars 12g	
Protein 12g	
Vitamin A 170%	Vitamin C 80%
Calcium 20%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$4.43
Per serving: \$1.11

Bean Dip

Yield: 6 servings
Serving size: 1/2 cup

Ingredients

- 2 cups kidney beans (canned)
- 1 tablespoon vinegar
- 3/4 teaspoons chili powder
- 1/8 teaspoon cumin (ground)
- 2 teaspoons onion (finely chopped)
- 1 cup cheddar cheese (grated)

Instructions

1. Drain the kidney beans, but save the liquid in a small bowl
2. Place the beans, vinegar, chili powder and cumin in a blender. Blend until smooth. Add enough saved bean liquid to make the dip easy to spread.
3. Stir in the chopped onion and grated cheese.
4. Store in a tightly covered container and place in the fridge
5. Serve with raw vegetable sticks or crackers.

Notes

If you don't have a blender, you can mix the first 4 ingredients in a medium bowl and mash with a fork. Then stir in the onion and cheese.

You can store this dip in the fridge for up to 4 or 5 days.

Nutrition Facts	
Serving Size 1/2 cup dip, 1/6 of recipe (108g)	
Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 410mg	17%
Total Carbohydrate 14g	5%
Dietary Fiber 6g	24%
Sugars 0g	
Protein 9g	
Vitamin A 6%	• Vitamin C 2%
Calcium 15%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Cost

Per recipe: \$2.45
Per serving: \$0.41

Bean and Rice Burritos

Yield: 8 servings
 Serving size: 1 burrito

Ingredients

- 2 cups rice (cooked)
- 1 onion (small, chopped)
- 2 cups kidney beans (cooked, or one 15 ounce can, drained)
- 8 flour tortillas (10 inch)
- 1/2 cup salsa
- 1/2 cup grated cheese

Instructions

1. Preheat the oven to 300 degrees.
2. Peel the onion, and chop it into small pieces.
3. Drain the liquid from the cooked (or canned) kidney beans.
4. Mix the rice, chopped onion, and beans in a bowl.
5. Put each tortilla on a flat surface.
6. Put 1/2 cup of the rice and bean mix in the middle of each tortilla.
7. Fold the sides of the tortilla to hold the rice and beans.
8. Put each filled tortilla (burrito) in the baking pan.
9. Bake for 15 minutes.
10. While the burritos are baking, grate 1/2 cup cheese.
11. Pour the salsa over the baked burritos. Add cheese.
12. Serve the burritos warm.

Nutrition Facts	
Serving Size 1 burrito, 1/8 of recipe (187g)	
Servings Per Container	
Amount Per Serving	
Calories 370	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 560mg	23%
Total Carbohydrate 60g	20%
Dietary Fiber 5g	20%
Sugars 2g	
Protein 13g	
Vitamin A 2%	• Vitamin C 4%
Calcium 15%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Cost

Per recipe: \$3.02
 Per serving: \$0.38

Berry Bread Pudding

Yield: 2 servings
Serving size: 1 cup

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)
- yogurt, lowfat vanilla (optional)

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	
Amount Per Serving	
Calories 180	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 37g	12%
Dietary Fiber 6g	24%
Sugars 9g	
Protein 6g	
Vitamin A 2%	Vitamin C 80%
Calcium 6%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$1.90
Per serving: \$0.95

Black Bean and Rice Salad

Yield: 3 servings

Serving size: 1 cup

Ingredients

1/2 cup onion (chopped)
 1/2 cup green or red bell pepper (chopped)
 1 cup brown or white rice (cooked and cooled)
 1 can black beans (15 ounce, drained and rinsed)
 1/4 cup rice vinegar (or white wine vinegar or lemon juice)
 1/2 teaspoon mustard powder (optional) (dry)
 1 clove garlic (chopped, or 1/2 teaspoon garlic powder)
 1/2 teaspoon salt
 1/4 teaspoon pepper
 2 tablespoons vegetable oil

Instructions

1. In a mixing bowl, stir together onion, red or green pepper, rice and beans.
2. In a jar with a tight fitting lid, add vinegar, dry mustard, garlic, salt, pepper and vegetable oil. Shake until dressing is evenly mixed.
3. Pour dressing over bean mixture and stir to mix evenly. Chill for at least one hour. Serve cold as a side dish or main dish.

Nutrition Facts	
Serving Size 1 cup, 1/3 of recipe (289g)	
Servings Per Container	
Amount Per Serving	
Calories 290	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 830mg	35%
Total Carbohydrate 38g	13%
Dietary Fiber 10g	40%
Sugars 2g	
Protein 10g	
Vitamin A 2%	• Vitamin C 35%
Calcium 6%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$1.67
 Per serving: \$0.56

Black Beans

Yield: 4 servings

Serving size: 1/4 to 1/6 of recipe

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/6 of recipe (157g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 700mg	29%
Total Carbohydrate 23g	8%
Dietary Fiber 8g	32%
Sugars 1g	
Protein 8g	
Vitamin A 0%	Vitamin C 2%
Calcium 4%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

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

Breakfast Burrito

Yield: 4 servings
 Serving size: 1 burrito

Ingredients

- 1 1/3 cup black beans (cooked, - mashed with 1 teaspoon canola oil, or use canned vegetarian refried beans)
- 4 tortillas, corn
- 2 tablespoons red onion (chopped)
- 1/2 cup tomatoes (chopped)
- 1/2 cup salsa, low sodium
- 4 tablespoons non-fat yogurt, plain
- 2 tablespoons cilantro (chopped)

Instructions

1. Mix beans with onion and tomatoes.
2. Microwave tortillas between the two sheets of slightly damp white paper towels on high for 15 seconds.
3. Divide bean mixture between the tortillas.
4. Fold each tortilla to enclose filling.
5. Place on microwave-safe dish and spoon salsa over each burrito.
6. Microwave on high for 15 seconds.
7. Serve topped with yogurt and cilantro.

Nutrition Facts	
Serving Size (160g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 30g	10%
Dietary Fiber 7g	28%
Sugars 3g	
Protein 8g	
Vitamin A 8%	• Vitamin C 15%
Calcium 10%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Michigan Department of Community Health, Healthy Recipes

Cost

Per recipe: \$1.92
 Per serving: \$0.48

Breakfast Parfait

Yield: 4 servings

Serving size: 1/4 of recipe

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/4 of recipe (235g)	
Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 40mg	2%
Total Carbohydrate 44g	15%
Dietary Fiber 3g	12%
Sugars 35g	
Protein 4g	
Vitamin A 2%	• Vitamin C 45%
Calcium 15%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$4.10
Per serving: \$1.02

Broccoli Potato Soup

Yield: 4 servings

Serving size: 1/4 of recipe

Ingredients

- 4 cups broccoli (chopped)
- 1 onion (small, chopped)
- 4 cups chicken or vegetable broth, low sodium
- 1 cup evaporated milk, nonfat
- 1 cup mashed potatoes, instant (prepared in water)
- salt and pepper (to taste)
- 1/4 cup cheese, shredded cheddar (or American)

Instructions

1. Wash hands.
2. Combine broccoli, onion, and broth in large sauce pan.
3. Bring to a boil.
4. Reduce heat. Cover and simmer about 10 minutes or until vegetables are tender.
5. Add milk to soup. Slowly stir in potatoes.
6. Cook, stirring constantly, until bubbly and thickened.
7. Season with salt and pepper; stir in a little more milk or water if soup starts to become too thick.
8. Ladle into serving bowls.
9. Sprinkle about 1 Tablespoon cheese over each serving.

Nutrition Facts	
Serving Size 1/4 of recipe (452g)	
Servings Per Container	
Amount Per Serving	
Calories 200	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 350mg	15%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 10g	
Protein 15g	
Vitamin A 15%	• Vitamin C 110%
Calcium 30%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Arizona Nutrition Network, Don't Play With Your Food: Fall and Winter Cookbook

Cost

Per recipe: \$4.35
Per serving: \$1.09

Broccoli Salad

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

Ingredients

- 6 cups broccoli (chopped)
- 1 cup raisins
- 1 red onion (medium, peeled and diced)
- 2 tablespoons sugar
- 8 bacon slices (cooked and crumbled, optional)
- 2 tablespoons lemon juice
- 3/4 cups mayonnaise, lowfat

Instructions

1. Combine all ingredients in a medium bowl.
2. Mix well.
3. Chill for 1 to 2 hours.
4. Serve.

Nutrition Facts	
Serving Size 1/8 of recipe (116g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 170mg	7%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	8%
Sugars 18g	
Protein 2g	
Vitamin A 8%	• Vitamin C 80%
Calcium 4%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Arizona Nutrition Network,
 Healthy Lifestyles 2003
 In the Kitchen with Chef
 Stephanie Green

Cost

Per recipe: \$3.37
 Per serving: \$0.42

Broccoli and Corn Bake

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

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/6 of recipe (147g)	
Servings Per Container	
Amount Per Serving	
Calories 200	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 2g	10%
Trans Fat 2.5g	
Cholesterol 35mg	12%
Sodium 430mg	18%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 4g	
Vitamin A 15%	• Vitamin C 45%
Calcium 4%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$2.09
 Per serving: \$0.35

Broiled Tomatoes and Cheese

Yield: 3 servings
 Serving size: 1/3 of recipe

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 2 prepared tomato halves, 1/3 of recipe (267g)	
Servings Per Container	
Amount Per Serving	
Calories 120	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 380mg	16%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 12g	
Vitamin A 30%	Vitamin C 40%
Calcium 8%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$3.57
 Per serving: \$1.19

Brunswick Stew

Yield: 8 servings
 Serving size: 1 cup

Ingredients

- 1 tablespoon vegetable oil
- 1 onion (medium, chopped)
- 2 cups chicken broth, low sodium
- 2 cups chicken or turkey (cooked, diced and boned)
- 2 cups tomatoes, canned or cooked
- 2 cups lima beans, canned or cooked
- 2 cups whole kernel corn, canned or cooked

Instructions

1. Heat oil in a large pan. Add onion and cook in oil until tender.
2. Add all remaining ingredients. Bring to a simmer for 30 minutes at medium-low.
3. Makes 8 servings of about 1 cup each.

Nutrition Facts	
Serving Size 1 cup prepared stew, 1/8 of recipe (316g)	
Servings Per Container	
Amount Per Serving	
Calories 200	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 22g	7%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 16g	
Vitamin A 10%	• Vitamin C 20%
Calcium 4%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Virginia Cooperative Extension,
 Healthy Futures

Cost

Per recipe: \$6.56
 Per serving: \$0.82

Brussels Sprouts with Mushroom Sauce

Yield: 2 servings

Serving size: 1/2 of recipe

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	
Amount Per Serving	
Calories 70	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 10g	3%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$1.56
 Per serving: \$0.78

Bulgur Chickpea Salad

Yield: 6 servings

Serving size: 1/6 of recipe

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 (211g)	
Servings Per Container 6	
Amount Per Serving	
Calories 200	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 36g	12%
Dietary Fiber 6g	24%
Sugars 9g	
Protein 5g	
Vitamin A 40%	• Vitamin C 10%
Calcium 4%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$1.97
Per serving: \$0.33

Butternut Squash with Black Beans

Yield: 6 servings

Serving size: 1 cup

Ingredients

1 butternut squash (small)
 1 teaspoon vegetable oil
 1 onion (small, chopped)
 1/4 teaspoon garlic powder
 1/4 cup red wine vinegar
 1/4 cup water
 2 cans black beans (16 ounces each, rinsed and drained)
 1/2 teaspoon oregano

Instructions

1. Heat the squash in the microwave on high heat for 1-2 minutes. This will soften the skin.
2. Carefully peel the squash with a vegetable peeler or small knife.
3. Cut the squash into 1/2 inch cubes.
4. Peel and chop the onion.
5. In a large pan, heat the oil. Add the onion, garlic powder, and squash.
6. Cook for 5 minutes on medium heat.
7. Add vinegar and water. Cook on low heat till the squash is tender, about 10 minutes.
8. Add the beans and oregano. Cook until the beans are heated through.

Nutrition Facts	
Serving Size 1/6 of recipe (246g)	
Servings Per Container	
Amount Per Serving	
Calories 120	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	11%
Total Carbohydrate 28g	9%
Dietary Fiber 8g	32%
Sugars 3g	
Protein 6g	
Vitamin A 170% • Vitamin C 35%	
Calcium 8% • Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition
 Education Program,
 Pennsylvania Nutrition
 Education Network
 Website Recipes

Cost

Per recipe: \$3.50
 Per serving: \$0.58

Cabbage Comfort

Yield: 4 servings

Serving size: 1/4 of recipe

Ingredients

- 1 onion (sliced)
- 1 teaspoon vegetable oil
- 1 pound cabbage (sliced)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 teaspoon caraway seeds

Instructions

1. Heat oil in a large saute pan.
2. Saute onion over medium heat, until light brown, about 5 to 6 minutes.
3. Add sliced cabbage, salt, black pepper, and caraway seeds.
4. Stir and cook for 30 minutes.
5. Serve immediately.

Nutrition Facts	
Serving Size 1/4 of recipe (143g)	
Servings Per Container	
Amount Per Serving	
Calories 50	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 2g	
Vitamin A 2%	• Vitamin C 100%
Calcium 6%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$0.99
 Per serving: \$0.25

Cabbage Salad

Yield: 8 servings

Serving size: 1/8 of recipe

Ingredients

- 4 cups cabbage (shredded or thinly sliced)
- 1/4 cup carrot (grated or finely sliced)
- 1/4 cup celery (thinly sliced)
- 1/4 cup green pepper (chopped)
- 1 teaspoon onion (finely chopped)
- 1/2 teaspoon dill (or basil or parsley)
- 1/2 cup mayonnaise, light or low-fat
- 1/2 cup yogurt, plain nonfat
- 1 teaspoon mustard
- 1/2 teaspoon lemon juice
- 1/2 teaspoon sugar

Instructions

1. Wash and prepare vegetables for chopping.
2. Use a cheese grater or slice all vegetables thinly with a sharp knife.
3. Put in a large bowl.
4. Add herbs to taste.
5. Mix mayonnaise, yogurt, mustard, lemon juice, and sugar in a small bowl. Blend well. Add to vegetables.
6. Mix well. Keep in refrigerator until ready to eat.

Nutrition Facts	
Serving Size 1/8 of recipe (75g)	
Servings Per Container	
Amount Per Serving	
Calories 70	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 125mg	5%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 1g	
Vitamin A 15%	Vitamin C 25%
Calcium 4%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

University of Connecticut,
Cooperative Extension, From the
Farm to the Table p.12
Hispanic Health Council

Cost

Per recipe: \$2.90
Per serving: \$0.36

Cantaloupe Cooler

Yield: 8 servings

Serving size: 1/8 of recipe

Ingredients

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

Instructions

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

Notes

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

Nutrition Facts	
Serving Size 1/8 of recipe (210g)	
Servings Per Container	
Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 17g	
Protein 1g	
Vitamin A 45%	Vitamin C 40%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$2.10
 Per serving: \$0.26

Caribbean Bean Salad

Yield: 4 servings
Serving size: 1 cup

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1 cup prepared bean salad, 1/4 of recipe (215g)	
Servings Per Container	
Amount Per Serving	
Calories 100	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	11%
Total Carbohydrate 17g	6%
Dietary Fiber 6g	24%
Sugars 6g	
Protein 4g	
Vitamin A 70%	• Vitamin C 60%
Calcium 6%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Food and Health
Communications, Inc., Cooking
Demo II

Cost

Per recipe: \$2.18
Per serving: \$0.55

Caribbean Casserole

Yield: 10 servings
Serving size: 1 Cup

Ingredients

1 onion (medium, chopped)
1/2 green pepper (diced)
1 tablespoon canola oil
1 can stewed tomatoes (14.5 ounces)
1 teaspoon oregano leaves
1/2 teaspoon garlic powder
1 1/2 cup brown rice (instant, uncooked)
1 can black beans or beans of your choice (16 ounces)

Instructions

1. Saute onion and green pepper in canola oil, in a large pan, until tender. Do not brown.
2. Add tomatoes, beans (include liquid from both), oregano, and garlic powder. Bring to a boil.
3. Stir in rice and cover.
4. Reduce heat to simmer for 5 minutes.
5. Remove from heat and let stand for 5 minutes.

Nutrition Facts	
Serving Size 1 Cup (114g)	
Servings Per Container 10	
Amount Per Serving	
Calories 100	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 4g	
Vitamin A 2%	• Vitamin C 15%
Calcium 4%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Source

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: \$3.15
Per serving: \$0.32

Carrot Raisin Salad

Yield: 4 servings

Serving size: 1/4 of recipe

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/4 of recipe (85g)	
Servings Per Container	
Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 11g	
Protein 1g	
Vitamin A 210%	Vitamin C 15%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

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

Carrots with Tomatoes and Macaroni

Yield: 4 servings

Serving size: 1/4 of recipe

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/4 of recipe (248g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 240mg	10%
Total Carbohydrate 27g	9%
Dietary Fiber 5g	20%
Sugars 9g	
Protein 4g	
Vitamin A 380%	Vitamin C 25%
Calcium 6%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$2.22
 Per serving: \$0.55

Catfish Stew and Rice

Yield: 4 servings

Serving size: 1 cup stew with 1/2 cup rice

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 (brown or white, 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 of stew with 1/2 cup of rice (635g)	
Servings Per Container 4	
Amount Per Serving	
Calories 380	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 370mg	15%
Total Carbohydrate 59g	20%
Dietary Fiber 7g	28%
Sugars 6g	
Protein 22g	
Vitamin A 20%	Vitamin C 120%
Calcium 15%	Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cheese Stuffed Potatoes

Yield: 4 servings

Serving size: 2 potato halves

Ingredients

4 potatoes (large, baking)
 1 cup cottage cheese, lowfat
 2 tablespoons milk
 2 tablespoons onion (chopped)
 1/4 teaspoon paprika

Instructions

1. Preheat the oven to 400 degrees.
2. Scrub the potatoes.
3. Put the potatoes in the oven. Bake 30 to 40 minutes until tender.
4. Slice each potato in half lengthwise.
5. Use a spoon to scoop out the inside of each potato. Leave about ½ inch of potato next to the skin. Save the inside part of each potato in a small bowl.
6. Peel the onion. Chop it to make 2 tablespoons chopped onion.
7. Put the cheese, milk, and onion in another small bowl. Add the insides of the potatoes. Mix with a fork until light and fluffy.
8. Divide this mix into 8 parts. Put part of the mix inside each potato.
9. Sprinkle paprika over the potatoes.
10. Return to the oven for 5 minutes to reheat.

Nutrition Facts	
Serving Size 2 potato halves, 1/4 of recipe (217g)	
Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 10g	3%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 10g	
Vitamin A 2%	• Vitamin C 40%
Calcium 6%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition
 Education Program,
 Pennsylvania Nutrition
 Education Network
 Website Recipes

Cost

Per recipe: \$2.76
 Per serving: \$0.69

Cheese and Corn Chowder

Yield: 6 servings

Serving size: 1/6 of recipe

Ingredients

2 cups	potatoes (diced)
1 cup	carrot (sliced)
1 cup	celery (chopped)
1/2 cup	onion (chopped)
1/4 teaspoon	pepper
1 can	cream style corn
1 1/2 cup	nonfat milk
1/2 cup	cheddar or American cheese (shredded)

Instructions

1. Combine potatoes, carrots, celery, onion and seasonings in pan. Add 1 cup water. Cover and simmer 10 minutes.
2. Add corn and pepper. Cook 5 more minutes or until vegetables are cooked.
3. Add milk and cheese. Stir until cheese melts and chowder is heated through. Do not boil.
4. Serve hot.

Notes

Ham, Cheese and Corn Chowder: Add 1/2 cup cubed cooked ham.

Nutrition Facts	
Serving Size 1/6 of recipe (247g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 370mg	15%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	12%
Sugars 11g	
Protein 7g	
Vitamin A 80%	• Vitamin C 25%
Calcium 15%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$2.99
Per serving: \$0.50

Chicken Spanish Rice

Yield: 4 servings

Serving size: 1 cup

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1 cup (354g)	
Servings Per Container 4	
Amount Per Serving	
Calories 220	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 450mg	19%
Total Carbohydrate 24g	8%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 26g	
Vitamin A 8%	• Vitamin C 45%
Calcium 6%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$4.94

Per serving: \$1.24

Chicken Vegetable Soup with Kale

Yield: 3 servings

Serving size: 1/3 of recipe

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 or white rice, cooked
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 (352g)	
Servings Per Container	
Amount Per Serving	
Calories 180	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 80mg	3%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$3.15
 Per serving: \$1.05

Chicken and Beans

Yield: 6 servings

Serving size: 1/6 of recipe

Ingredients

1 can kidney beans (15 ounce)
 1 garlic clove
 1 onion (medium)
 2 1/2 pounds chicken thighs
 8 ounces tomato sauce
 1/4 cup vinegar
 1 teaspoon sugar
 salt and pepper (to taste)

Instructions

1. Drain and rinse beans.
2. Crush garlic.
3. Dice onion.
4. Dice chicken thighs.
5. In large, pot, cook chicken until half done.
6. Add tomato sauce, vinegar, onion, garlic, sugar, salt and pepper.
7. Simmer for about 30-40 minutes or until chicken is tender.
8. Add kidney beans and simmer for 5-10 more minutes.

Notes

Cider, white, and Japanese wine vinegars differ in flavor. Try other vegetables. Dry beans may be used. See package for cooking directions.

Nutrition Facts	
Serving Size 1/6 of recipe (329g)	
Servings Per Container	
Amount Per Serving	
Calories 310	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 155mg	52%
Sodium 600mg	25%
Total Carbohydrate 17g	6%
Dietary Fiber 5g	20%
Sugars 3g	
Protein 42g	
Vitamin A 6%	• Vitamin C 8%
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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$5.55
 Per serving: \$0.92

Chicken and Cranberry Salad

Yield: 4 servings

Serving size: 1/4 of recipe

Ingredients

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

Instructions

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

Nutrition Facts			
Serving Size 1/4 of recipe (285g)			
Servings Per Container			
Amount Per Serving			
Calories 290	Calories from Fat 45		
% Daily Value*			
Total Fat 5g	8%		
Saturated Fat 1g	5%		
Trans Fat 0g			
Cholesterol 70mg	23%		
Sodium 80mg	3%		
Total Carbohydrate 34g	11%		
Dietary Fiber 4g	16%		
Sugars 27g			
Protein 28g			
Vitamin A 15%	• Vitamin C 6%		
Calcium 4%	• Iron 10%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

Source

USDA Food and Nutrition Service, Creative Recipes for Less Familiar USDA Commodities Used by Household Programs Food Distribution Service

Cost

Per recipe: \$6.54
Per serving: \$1.64

Chicken, Rice and Fruit Salad

Yield: 3 servings

Serving size: 1/3 of recipe

Ingredients

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

Instructions

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

Notes

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

Nutrition Facts	
Serving Size 1/3 of recipe (250g)	
Servings Per Container	
Amount Per Serving	
Calories 230	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 210mg	9%
Total Carbohydrate 29g	10%
Dietary Fiber 3g	12%
Sugars 10g	
Protein 21g	
Vitamin A 6%	• Vitamin C 10%
Calcium 4%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$3.46
Per serving: \$1.15

Chilled Cantaloupe Soup

Yield: 6 servings

Serving size: 1/6 of recipe

Ingredients

- 1 cantaloupe (peeled, seeded, and cubed)
- 2 cups orange juice
- 1 tablespoon lime juice (fresh)
- 1/4 teaspoon cinnamon (ground)

Instructions

1. Wash hands with soap and warm water.
2. Place cantaloupe and 1/2 cup orange juice in a container of a blender or food processor.
3. Cover with lid and blend until smooth. Transfer to large bowl.
4. Stir in lime juice, cinnamon, and remaining orange juice.
5. Cover, and refrigerate for at least one hour.
6. Serve chilled.

Nutrition Facts			
Serving Size 1/6 of recipe (177g)			
Servings Per Container 6			
Amount Per Serving			
Calories 70	Calories from Fat 5		
% Daily Value*			
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 15mg	1%		
Total Carbohydrate 16g	5%		
Dietary Fiber 1g	4%		
Sugars 14g			
Protein 1g			
Vitamin A 70%	Vitamin C 130%		
Calcium 2%	Iron 2%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

Source

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

Cost

Per recipe: \$2.54
 Per serving: \$0.42

Citrus Salad

Yield: 8 servings

Serving size: 1 1/2 cups

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1 1/2 cups prepared salad, 1/8 of recipe (151g)	
Servings Per Container	
Amount Per Serving	
Calories 60	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 2g	
Vitamin A 45%	Vitamin C 60%
Calcium 6%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$2.89
 Per serving: \$0.36

Citrus Vegetables

Yield: 4 servings

Serving size: 1/4 of recipe

Ingredients

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

Instructions

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

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

Source

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

Cost

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

Collard Greens

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

Ingredients

- 4 pounds collard greens (may also use kale, turnip greens, spinach, chard or a mixture)
- 3 cups chicken broth (low-sodium)
- 2 onion (medium, chopped)
- 3 garlic clove (crushed)
- 1 teaspoon red pepper flakes

Instructions

1. Wash and cut collard greens.
2. Place in a large stock pot; add all other ingredients and enough water to cover.
3. Simmer over medium heat until tender, about 3 ½ hours. Stir occasionally.

Nutrition Facts			
Serving Size 1/8 recipe (230g)			
Servings Per Container 8			
Amount Per Serving			
Calories 60	Calories from Fat 10		
% Daily Value*			
Total Fat 1g	2%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 55mg	2%		
Total Carbohydrate 10g	3%		
Dietary Fiber 5g	20%		
Sugars 1g			
Protein 5g			
Vitamin A 170%	Vitamin C 80%		
Calcium 20%	Iron 2%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Source

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

Cost

Per recipe: \$10.06
 Per serving: \$1.26

Confetti Bean Salsa

Yield: 6 servings
 Serving size: 1/2 cup

Ingredients

- 1 can black or red beans (15 ounce)
- 1 can corn (11 ounce)
- 1 cup salsa

Instructions

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

Notes

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

Nutrition Facts	
Serving Size 1/2 cup prepared salsa, 1/6 of recipe (149g) Servings Per Container	
Amount Per Serving	
Calories 100	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 550mg	23%
Total Carbohydrate 19g	6%
Dietary Fiber 5g	20%
Sugars 3g	
Protein 5g	
Vitamin A 4%	• Vitamin C 6%
Calcium 4%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$2.50
 Per serving: \$0.42

Confetti Slaw

Yield: 8 servings
 Serving size: 1/2 cup

Ingredients

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

Instructions

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

Create-a-Flavor Changes

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

Nutrition Facts	
Serving Size 1/2 cup prepared slaw, 1/8 of recipe (74g) Servings Per Container	
Amount Per Serving	
Calories 70	Calories from Fat 25
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 2g	
Vitamin A 50%	• Vitamin C 30%
Calcium 4%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$1.26
 Per serving: \$0.16

Cooked Beans

Yield: 12 servings
Serving size: 1/2 cup

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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$0.96
Per serving: \$0.08

Corn Salad

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

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/6 of recipe (118g)	
Servings Per Container	
Amount Per Serving	
Calories 80	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	5%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 2g	
Vitamin A 6%	• Vitamin C 30%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

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

Corn and Bean Medley

Yield: 4 servings

Serving size: 1/2 cup

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/2 cup (121g)	
Servings Per Container 4	
Amount Per Serving	
Calories 100	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 17g	6%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 4g	
Vitamin A 2%	• Vitamin C 4%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

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

Corn and Green Chili Salad

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

Ingredients

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

Instructions

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

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

Source

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

Cost

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

Country Style Potato Salad

Yield: 4 servings
Serving size: 1 cup

Ingredients

3 potatoes (medium)
1 cup celery (chopped)
1/2 cup onion (minced)
1 cup peas (frozen)
1 tablespoon mustard (prepared)
1/2 cup mayonnaise, lowfat
1/2 cup yogurt, nonfat plain
black pepper (fresh cracked, to taste)
lettuce and tomato (Garnish:)

Instructions

1. Wash potatoes, leave skin on and cut in bite-size chunks.
2. Place in pan and cover with water. Bring to a boil, lower to simmer and cook uncovered until potatoes are tender, about 20 minutes.
3. Drain in colander and sprinkle lightly with cold water.
4. In the mean time, put the rest of the ingredients in a large mixing bowl. Drain potatoes well and add to the bowl.
5. Mix well and refrigerate until ready to use.
6. Garnish with fresh lettuce and sliced tomatoes.

Nutrition Facts	
Serving Size 1 cup prepared salad, 1/4 of recipe (258g) Servings Per Container	
Amount Per Serving	
Calories 180	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 330mg	14%
Total Carbohydrate 18g	6%
Dietary Fiber 5g	20%
Sugars 8g	
Protein 6g	
Vitamin A 20%	• Vitamin C 45%
Calcium 8%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Food and Health
Communications, Inc., Cooking
Demo II

Cost

Per recipe: \$2.96
Per serving: \$0.74

Cran-Apple Crisp

Yield: 8 servings
Serving size: 3/4 cup

Ingredients

- 4 apple (cored and thinly sliced)
- 1 can cranberry sauce (16 ounce, whole)
- 2 teaspoons margarine (soft melted)
- 1 cup oatmeal (uncooked)
- 1/3 cup brown sugar
- 1 teaspoon cinnamon

Instructions

1. Preheat oven to 400 degrees.
2. Wash apples, remove cores and slice thinly, keeping peel on.
3. In a bowl, combine the cranberries and apples. Pour into an 8x8 inch pan.
4. Combine melted margarine with oatmeal, brown sugar, and cinnamon until well blended. Sprinkle over apple/cranberry mixture.
5. Cover and bake for 15 minutes.
6. Uncover and bake 10 more minutes until the topping is crisp and brown.
7. Serve warm or cold.

Nutrition Facts	
Serving Size 3/4 cup or 1/8 of recipe (183g)	
Servings Per Container	
Amount Per Serving	
Calories 220	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 52g	17%
Dietary Fiber 4g	16%
Sugars 34g	
Protein 2g	
Vitamin A 2%	• Vitamin C 8%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$3.23
Per serving: \$0.40

Cream of Broccoli Soup

Yield: 4 servings

Serving size: 1 cup

Ingredients

1 1/2 cup	chicken broth
1/2 cup	onion (chopped)
2 cups	broccoli (cut)
1/2 teaspoon	thyme (dried, crushed)
2	bay leaves (small)
2 tablespoons	margarine
2 tablespoons	flour
1/4 teaspoon	salt
1 dash	pepper (of)
1 cup	nonfat milk
1 dash	garlic powder (of)

Instructions

1. In a saucepan combine chicken broth, chopped onion, broccoli, thyme, bay leaf and garlic powder. Bring mixture to boiling. Reduce heat; cover and simmer for 10 minutes or until vegetables are tender. Remove bay leaf.
2. Place half of the mixture in a blender or food processor, cover and blend 30 to 60 seconds or until smooth. Pour into a bowl; repeat with remaining vegetable mixture, set all aside.
3. In the same saucepan melt the margarine. Stir in flour, salt, and pepper. Add the milk all at once, stirring rapidly with a wire whisk. Cook and stir until mixture is thickened and bubbly. Stir in the blended broccoli mixture. Cook and stir until soup is heated through. Season to taste with additional salt and pepper.

Nutrition Facts	
Serving Size 1 cup or 1/4 of recipe (221g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 1.5g	
Cholesterol 0mg	0%
Sodium 380mg	16%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 5g	
Vitamin A 8%	• Vitamin C 70%
Calcium 10%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

University of Nevada,
Cooperative Extension, Calcium,
It's Not Just Milk Home and
Careers Curriculum
Nevada Nutrition Network

Cost

Per recipe: \$2.44
Per serving: \$0.61

Creole Beans

Yield: 4 servings

Serving size: 1 cup

Ingredients

2 1/2 cups beans (dry, cooked)
 1/2 cup celery (sliced)
 1/2 cup green pepper (chopped)
 1/2 cup onion (chopped)
 2 teaspoons vegetable oil
 1 can tomatoes (16 oz, with juice)
 1/4 teaspoon garlic powder
 1/8 teaspoon pepper

Instructions

1. Cook celery, onion, and green pepper in vegetable oil in a large saucepan until soft, about 5 minutes.
2. Break up large pieces of tomatoes. Add tomatoes and seasonings to vegetable mixture.
3. Bring to a boil. Add beans and return to a boil.
4. Cover and cook over low heat until flavors are blended and liquid is cooked away, about 30 minutes. Stir once and a while to prevent sticking.

Nutrition Facts	
Serving Size 1 cup (289g)	
Servings Per Container 4	
Amount Per Serving	
Calories 200	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 35g	12%
Dietary Fiber 9g	36%
Sugars 5g	
Protein 11g	
Vitamin A 6%	• Vitamin C 60%
Calcium 10%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Source

USDA, FNS, Food Distribution Program on Indian Reservations, [Healthy Eating In Indian Country: Do You Weigh Too Much?](#)

Cost

Per recipe: \$2.35

Per serving: \$0.59

Crispy Taquitos

Yield: 4 servings

Serving size: 3 taquitos

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 3 taquitos (289g)	
Servings Per Container 4	
Amount Per Serving	
Calories 300	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 240mg	10%
Total Carbohydrate 49g	16%
Dietary Fiber 8g	32%
Sugars 6g	
Protein 15g	
Vitamin A 15%	• Vitamin C 45%
Calcium 15%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

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

Crunchy Chicken Salad

Yield: 5 servings

Serving size: 3/4 cup

Ingredients

2 cups	cooked chicken (chunked)
1/2 cup	celery
1/4 cup	green pepper
1/4	onion
1/2	cucumber
1/2 cup	grape
1	apple (small, diced, leave the peel on)
1/4 cup	yogurt, plain

Instructions

1. Use leftover cooked chicken, or cook enough chicken to make 2 cups of chicken pieces.
2. Chop the celery into small pieces.
3. Chop the green pepper into small pieces.
4. Peel and chop 1/4 of an onion.
5. Peel and chop half of a cucumber.
6. Chop the apple into pieces. It's okay to leave the peel on the apple.
7. Cut the grapes in half.
8. Put all the ingredients in a large bowl. Stir together.

Notes

Serve on lettuce, crackers, or bread.

Nutrition Facts	
Serving Size 3/4 cup prepared salad, 1/5 of recipe (159g)	
Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 65mg	3%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 17g	
Vitamin A 4%	• Vitamin C 20%
Calcium 4%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition
Education Program,
Pennsylvania Nutrition
Education Network
Website Recipes

Cost

Per recipe: \$3.44
Per serving: \$0.69

Crunchy Vegetable Wraps

Yield: 4 servings

Serving size: 1/2 tortilla each

Ingredients

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

Instructions

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

Notes

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

Nutrition Facts	
Serving Size 1/2 tortilla each (94g)	
Servings Per Container 4	
Amount Per Serving	
Calories 110	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 220mg	9%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 4g	
Vitamin A 35%	• Vitamin C 30%
Calcium 6%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$1.26
 Per serving: \$0.32

Crust-less Spinach Pie

Yield: 2 servings

Serving size: 1/2 to 1/3 of recipe

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	
Amount Per Serving	
Calories 310	Calories from Fat 140
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 165mg	55%
Sodium 410mg	17%
Total Carbohydrate 29g	10%
Dietary Fiber 1g	4%
Sugars 11g	
Protein 13g	
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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Washington State University,
[Farmers Market Nutrition Program](#)

Cost

Per recipe: \$1.93
 Per serving: \$0.96

Cuban Beans and Rice

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

Ingredients

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

Instructions

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

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

Source

Food and Health Communications, Inc, Cooking Demo II

Cost

Per recipe: \$3.51
 Per serving: \$0.88

Cucumber Salad

Yield: 2 servings
Serving size: 1 cup

Ingredients

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

Instructions

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

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

Source

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

Cost

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

Cucumber Salad with Tomatoes

Yield: 4 servings

Serving size: 1/4 of recipe

Ingredients

2 cups cucumber (diced)
 1 cup tomato (seeded and diced)
 1/4 cup onion (chopped sweet)
 2 cups couscous or rice, cooked
 2 teaspoons dill weed (chopped dried or fresh)
 1/2 cup Italian salad dressing, low-fat

Instructions

1. Wash hands.
2. Toss together the cucumbers, tomatoes, onions, couscous (or rice), dill, and salad dressing.
3. Chill for 1 hour.
4. Serve.

Nutrition Facts	
Serving Size 1/4 of recipe (215g)	
Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 4g	
Vitamin A 8%	• Vitamin C 15%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Arizona Nutrition Network, Don't Play With Your Food: Spring and Summer Cookbook

Cost

Per recipe: \$2.12
 Per serving: \$0.53

Cucumber Yogurt Dip

Yield: 6 servings

Serving size: 1/6 of recipe

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/6 of recipe (272g)	
Servings Per Container 6	
Amount Per Serving	
Calories 100	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 120mg	5%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars 10g	
Protein 6g	
Vitamin A 120%	• Vitamin C 35%
Calcium 20%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$3.37

Per serving: \$0.56

Curried Potatoes

Yield: 6 servings
 Serving size: 1/2 cup

Ingredients

- 1/4 cup margarine or butter
- 1 onion (small, finely chopped)
- 3 cups potatoes (cold, boiled, cubed)
- 3/4 cups chicken broth
- 1/2 tablespoon curry powder
- 1/2 tablespoon lemon juice

Instructions

1. Peel the onion, and chop it into small pieces.
2. Peel the potatoes, and chop them into 1 inch cubes.
3. Boil the potatoes in a medium saucepan until they are soft. Drain off the hot water.
4. Add ice cold water to cover the potatoes.
5. Melt the butter on medium heat in a frying pan or skillet.
6. Cook the onion in the butter until it turns yellow.
7. Drain the water from the potatoes, and add them to the frying pan. Stir and cook until they absorb the butter.
8. Add the broth, curry powder, and lemon juice.
9. Cook until the potatoes have absorbed the broth.

Nutrition Facts	
Serving Size 1/2 cup prepared potatoes or 1/6 of recipe (132g)	
Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 2g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 3g	
Vitamin A 0%	• Vitamin C 20%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Cost

Per recipe: \$1.88
 Per serving: \$0.31

Curry Vegetable Dip

Yield: 16 servings
 Serving size: 1 Tablespoon

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/3 cup (70g)	
Servings Per Container 4	
Amount Per Serving	
Calories 60	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 70mg	3%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Sugars 6g	
Protein 3g	
Vitamin A 25%	• Vitamin C 2%
Calcium 10%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

[Team Nutrition](#)

Cost

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

Curtido Salvadoreno (Cabbage Salad)

Yield: 8 servings

Serving size: 1 cup

Ingredients

1	head of cabbage (chopped)
2	carrot (small, grated)
1	onion (small)
1/2 teaspoon	dried red pepper (optional)
1/2 teaspoon	oregano
1 teaspoon	olive oil
1 teaspoon	salt
1 teaspoon	brown sugar
1/4 cup	vinegar
1/2 cup	water

Instructions

1. Blanch the cabbage with boiling water for 1 minute. Discard the water.
2. Place the cabbage in a large bowl and add grated carrots, sliced onion, red pepper, oregano, olive oil, salt, brown sugar, vinegar, and water.
3. Place in the refrigerator for at least 2 hours before serving.

Nutrition Facts	
Serving Size 1 cup prepared salad, 1/8 of recipe (160g) Servings Per Container	
Amount Per Serving	
Calories 45	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	13%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 2g	
Vitamin A 45%	• Vitamin C 60%
Calcium 6%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$2.12
Per serving: \$0.26

Delicious Greens

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

Ingredients

- 1/2 pound mustard or collard greens (rinsed, stems removed and coarsely shredded)
- 2 cups cabbage (shredded)
- 1 tablespoon olive oil
- 2 tablespoons garlic (minced)
- 1 onion (chopped)
- 1 tablespoon vinegar

Instructions

1. Rinse greens, remove stems, and tear in small pieces.
2. In a large saucepan, boil 3 quarts of water.
3. Add mustard greens, return to a boil and cook 3 minutes. Add cabbage and cook 1 more minute. Drain in colander.
4. Heat a large nonstick skillet over medium high heat. Add oil and sauté garlic and onion until light brown, about 3 minutes.
5. Add greens and vinegar and cook briefly, about 3 minutes. Serve hot.

Nutrition Facts	
Serving Size 1 1/2 cups prepared greens, 1/4 of recipe (143g)	
Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 3g	
Vitamin A 120%	• Vitamin C 90%
Calcium 8%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Food and Health Communications, Inc., Cooking Demo II, p.166

Cost

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

Delicious Lentil Stew

Yield: 8 servings

Serving size: 1/8 of recipe

Ingredients

2 tablespoons butter (or margarine)
 1 cup onion (chopped)
 6 cups water
 1 pound lentils (dry, - washed, soaking not necessary)
 1 teaspoon worcestershire sauce
 1/2 teaspoon oregano
 1/4 teaspoon garlic powder
 6 carrot (large, cut into 1/2-inch pieces)
 4 celery stalk (large)
 1 teaspoon salt
 1 can whole tomatoes (16 ounce, cut into pieces or 3-4 fresh tomatoes cut in wedges)

Instructions

1. Melt butter in a large skillet.
2. Sauté onion until tender.
3. Add water, lentils, Worcestershire sauce, oregano, and garlic powder.
4. Cover, bring to a boil. Reduce heat, and simmer for 45 minutes.
5. Add carrots, celery, and salt.
6. Cover and simmer 30 minutes more or until the vegetables are tender.
7. Add tomatoes. Heat thoroughly and serve.

Nutrition Facts	
Serving Size 1/8 of recipe (394g)	
Servings Per Container	
Amount Per Serving	
Calories 270	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 430mg	18%
Total Carbohydrate 44g	15%
Dietary Fiber 20g	80%
Sugars 6g	
Protein 16g	
Vitamin A 160% • Vitamin C 20%	
Calcium 8% • Iron 30%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

University of Wisconsin,
 Cooperative Extension Service,
 Go with Beans
 Eau Claire County, 2002

Cost

Per recipe: \$3.41
 Per serving: \$0.43

Delicious Oven French Fries

Yield: 5 servings
Serving size: 1 cup

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1 cup (623g)	
Servings Per Container 5	
Amount Per Serving	
Calories 250	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 52g	17%
Dietary Fiber 6g	24%
Sugars 3g	
Protein 6g	
Vitamin A 4%	• Vitamin C 40%
Calcium 6%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

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

Dutch Green Beans

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

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/4 of recipe (158g)	
Servings Per Container	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	15%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 16g	
Protein 1g	
Vitamin A 6%	• Vitamin C 6%
Calcium 4%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Cost

Per recipe: \$1.59
 Per serving: \$0.40

Easy Eggplant Stir Fry

Yield: 4 servings

Serving size: 1/4 of recipe

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/4 recipe (497g)	
Servings Per Container 4	
Amount Per Serving	
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 51g	17%
Dietary Fiber 9g	36%
Sugars 11g	
Protein 5g	
Vitamin A 25%	• Vitamin C 70%
Calcium 4%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$7.09
Per serving: \$1.77

Easy Fruit Salad

Yield: 14 servings
 Serving size: 1/2 cup

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/2 cup prepared fruit salad, 1/14 of recipe (107g)	
Servings Per Container	
Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 12g	
Protein 1g	
Vitamin A 4%	• Vitamin C 25%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

University of California,
 Cooperative Extension Fresno
 County, Easy and Nutritious
 Family Recipes, p.3

Cost

Per recipe: \$3.40
 Per serving: \$0.24

Easy Greek Salad

Yield: 6 servings
 Serving size: 1 cup

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 (97g)	
Servings Per Container 6	
Amount Per Serving	
Calories 80	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 290mg	12%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 2g	
Vitamin A 15%	• Vitamin C 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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

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

Easy Red Beans and Rice

Yield: 8 servings
Serving size: 1 cup

Ingredients

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

Instructions

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

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

Source

Maryland Food Supplement
Nutrition Education program,
2009 Recipe Calendar

Cost

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

Enchilada Bake

Yield: 8 servings

Serving size: 1 enchilada

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1 enchilada (255g)	
Servings Per Container 8	
Amount Per Serving	
Calories 210	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 520mg	22%
Total Carbohydrate 34g	11%
Dietary Fiber 5g	20%
Sugars 5g	
Protein 9g	
Vitamin A 4%	• Vitamin C 8%
Calcium 10%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

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

English Muffin Veggie Pizza

Yield: 4 servings

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

Ingredients

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

Instructions

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

Nutrition Facts				
Serving Size 2 pizzas (each made from 1/2 English muffin), 1/4 of recipe (185g)				
Servings Per Container				
Amount Per Serving				
Calories 240	Calories from Fat 45			
		% Daily Value*		
Total Fat 5g			8%	
Saturated Fat 1.5g			8%	
Trans Fat 0g				
Cholesterol 5mg			2%	
Sodium 340mg			14%	
Total Carbohydrate 40g			13%	
Dietary Fiber 7g			28%	
Sugars 4g				
Protein 13g				
Vitamin A 40%		Vitamin C 60%		
Calcium 35%		Iron 15%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:				
		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	
Calories per gram:				
	Fat 9	Carbohydrate 4	Protein 4	

Source

Pennsylvania Nutrition
 Education Program,
 Pennsylvania Nutrition
 Education Network
 Website Recipes

Cost

Per recipe: \$2.81
 Per serving: \$0.70

Falafel with Yogurt Sandwich

Yield: 4 servings

Serving size: 1 sandwich

Ingredients

1 cup	dry garbanzo beans (chick peas, sorted and rinsed)
3 cups	water
1/4 cup	oil
1	garlic (clove, crushed)
1	onion (large, chopped)
1	parsley (sprig, chopped)
1/4 teaspoon	salt
2 teaspoons	lemon juice
1/3 teaspoon	hot pepper sauce
1 cup	plain yogurt
1	onion (small, chopped)
4	Pita bread (pockets)
	flour

Instructions

1. Put beans and water in large pot and soak by the overnight or [quick-soak method](#).
2. Cook until tender, about 2 hours. Add more water if necessary. Drain.
3. Slowly heat oil and sauté garlic and onion until tender (5 to 7 minutes).
4. Mash cooked beans, sautéed vegetables, parsley, salt, lemon juice and hot pepper sauce until smooth.
5. With floured hands, form ovals with bean mixture (about 1/4 cup each). Roll in flour.
6. Fry falafel, with the remaining oil in skillet, until golden brown. Drain on paper towel.
7. Combine yogurt with remaining onion.
8. Serve falafel in pocket bread topped with yogurt.

Nutrition Facts	
Serving Size 1 sandwich (479g)	
Servings Per Container 4	
Amount Per Serving	
Calories 420	Calories from Fat 150
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 380mg	16%
Total Carbohydrate 57g	19%
Dietary Fiber 4g	16%
Sugars 9g	
Protein 13g	
Vitamin A 2%	• Vitamin C 8%
Calcium 20%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$3.21

Per serving: \$0.80

Fall Veggie Casserole

Yield: 8 servings

Serving size: 1/8 of recipe

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/8 of recipe (172g)	
Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 2g	
Vitamin A 10%	Vitamin C 45%
Calcium 4%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Cost

Per recipe: \$4.74
Per serving: \$0.59

Farmers Market Gazpacho

Yield: 4 servings

Serving size: 1/4 of recipe

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/4 of recipe (628g)	
Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 30g	10%
Dietary Fiber 8g	32%
Sugars 17g	
Protein 5g	
Vitamin A 90%	Vitamin C 500%
Calcium 10%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$6.93
Per serving: \$1.73

Farmers Market Salsa

Yield: 8 servings

Serving size: 1/8 of recipe

Ingredients

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

Instructions

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

Notes

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

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

Nutrition Facts	
Serving Size 1/8 of recipe (125g)	
Servings Per Container	
Amount Per Serving	
Calories 70	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 13g	4%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 4g	
Vitamin A 6%	• Vitamin C 20%
Calcium 4%	• Iron 8%

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

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

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

Source

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

Cost

Per recipe: \$2.72
Per serving: \$0.34

Fat-Free Apple Crumb Dessert

Yield: 4 servings

Serving size: 1/4 of recipe

Ingredients

4 apple (medium, baking)
 1/2 cup oatmeal, quick-cooking (uncooked)
 1/4 cup brown sugar (light or dark)
 2 teaspoons cinnamon (ground)
 1/3 cup apple juice
 nonstick cooking spray

Instructions

1. Move the oven rack to the center of the oven. Then preheat the oven to 350 degrees.
2. Spray the bottom and sides of a 9" square baking dish with nonstick cooking spray.
3. Wash and peel the apples. Cut them into thin slices.
4. Spread the apple slices evenly over the bottom of the baking dish.
5. In a small bowl, use a fork to mix the oatmeal, brown sugar and cinnamon.
6. Spread the oatmeal mix evenly over the apples in the baking dish.
7. Lightly pour the apple juice over the oatmeal mixture.
8. Cover the dish and bake for 20 to 30 minutes until apples are just starting to soften.
9. Uncover and bake for another 15 to 20 minutes until apples are soft.

Nutrition Facts	
Serving Size 1/4 of recipe (183g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 43g	14%
Dietary Fiber 5g	20%
Sugars 30g	
Protein 2g	
Vitamin A 2%	• Vitamin C 10%
Calcium 4%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition
 Education Program,
 Pennsylvania Nutrition
 Education Network
 Website Recipes

Cost

Per recipe: \$2.10
 Per serving: \$0.52

Five Happiness Fried Noodles

Yield: 5 servings

Serving size: 1 1/2 cups

Ingredients

10 cups	water
1 pound	egg noodles
1 tablespoon	olive oil (or vegetable oil, divided)
3 cups	bean sprout
1 cup	bamboo shoots (julienned sliced thinly in strips)
1/2 cup	carrot (shredded)
1/2 cup	shiitake mushrooms (dried, soaked, stems removed, and julienned)
2	green onion (julienned)
1/2 teaspoon	salt
1 teaspoon	sugar
1 tablespoon	soy sauce

Instructions

1. In a large pot on high heat, bring 10 cups of water to boil. Cook noodles in boiling water until tender or "al-dente," approximately 5 - 7 minutes, drain and set aside.
2. Heat a nonstick wok or pan over high heat. Add 1/2 tablespoon oil, swirling to coat the pan, add noodles and pan-fry until noodles are golden, about 7 to 10 minutes. Remove noodles from wok.
3. Add remaining 1/2 tablespoon oil to wok, add vegetables, and stir-fry until just cooked, about 5 to 7 minutes.
4. Return noodles to the wok, add salt, sugar and soy sauce. Stir to combine and serve.

Nutrition Facts	
Serving Size 1.5 cup (765g)	
Servings Per Container 5	
Amount Per Serving	
Calories 290	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 470mg	20%
Total Carbohydrate 50g	17%
Dietary Fiber 5g	20%
Sugars 6g	
Protein 11g	
Vitamin A 40%	• Vitamin C 20%
Calcium 6%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$3.76
Per serving: \$0.75

Fresh Fruit with Cinnamon Yogurt Dip

Yield: 4 servings

Serving size: 1/4 of recipe

Ingredients

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

Instructions

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

Notes

Try making this with other favorite fruits.

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

Source

Pennsylvania Nutrition
 Education Program,
 Pennsylvania Nutrition
 Education Network
 Website Recipes

Cost

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

Fresh Salsa

Yield: 4 servings
Serving size: 1/2 cup

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/2 cup prepared salsa, 1/4 of recipe (126g) Servings Per Container	
Amount Per Serving	
Calories 30	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 1g	
Vitamin A 20%	• Vitamin C 35%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$1.46
Per serving: \$0.36

Fresh Tomato Sauce

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

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1 1/2 cups (402g)	
Servings Per Container 6	
Amount Per Serving	
Calories 330	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 90mg	4%
Total Carbohydrate 57g	19%
Dietary Fiber 5g	20%
Sugars 8g	
Protein 12g	
Vitamin A 50%	• Vitamin C 80%
Calcium 10%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$7.21
 Per serving: \$1.20

Frozen Fruit Pops

Yield: 4 servings
 Serving size: 1 fruit pop

Ingredients

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

Instructions

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

Notes

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

Nutrition Facts	
Serving Size 1 fruit pop, 1/4 of recipe (167g)	
Servings Per Container	
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 35mg	1%
Total Carbohydrate 41g	14%
Dietary Fiber 1g	4%
Sugars 38g	
Protein 4g	
Vitamin A 4%	• Vitamin C 130%
Calcium 8%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$1.91
 Per serving: \$0.48

Fruit Cole Slaw

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

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/6 of recipe (243g)	
Servings Per Container 6	
Amount Per Serving	
Calories 170	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 42g	14%
Dietary Fiber 3g	12%
Sugars 34g	
Protein 3g	
Vitamin A 6%	• Vitamin C 90%
Calcium 10%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$4.43
 Per serving: \$0.74

Fruit Compote

Yield: 5 servings
Serving size: 1/2 cup

Ingredients

- 1 can pineapple chunks (8 ounces)
- 1 1/2 cup orange juice
- 1 tablespoon cornstarch
- 1 banana (medium, peeled and sliced)
- 1 pear (sliced in cubes)
- 2 peaches (sliced in cubes)

Instructions

1. Drain the juice from the canned pineapple into a small saucepan.
2. Stir in orange juice and cornstarch. Blend until smooth.
3. Bring to a boil over medium heat, stirring constantly.
4. Let the juice mix cool to room temperature.
5. While the juice mix is cooling, peel and slice the banana. Wash the pear and peaches and cut them into cubes.
6. Pour the cooled juice mix into a large bowl. Add the pieces of pineapple, banana, pear, and peaches. Stir together.

Notes

You can serve this compote in serving dishes, or over frozen yogurt or waffles.

Nutrition Facts	
Serving Size 1/2 cup prepared compote, 1/5 of recipe (233g)	
Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 35g	12%
Dietary Fiber 3g	12%
Sugars 24g	
Protein 1g	
Vitamin A 4%	• Vitamin C 20%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Cost

Per recipe: \$2.16
Per serving: \$0.43

Fruit Dippers

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

Ingredients

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

Instructions

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

Nutrition Facts			
Serving Size 1/4 of recipe (102g)			
Servings Per Container			
Amount Per Serving			
Calories 100	Calories from Fat 25		
% Daily Value*			
Total Fat 3g	5%		
Saturated Fat 0.5g	3%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 35mg	1%		
Total Carbohydrate 17g	6%		
Dietary Fiber 2g	8%		
Sugars 13g			
Protein 3g			
Vitamin A 2%	• Vitamin C 10%		
Calcium 6%	• Iron 2%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

Source

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

Cost

Per recipe: \$0.89
 Per serving: \$0.22

Fruit Juice Slush

Yield: 6 servings
Serving size: 1 cup

Ingredients

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

Instructions

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

Notes

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

Nutrition Facts	
Serving Size 1 cup prepared slush, 1/6 of recipe (156g) Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber 0g	0%
Sugars 21g	
Protein 1g	
Vitamin A 4%	• Vitamin C 130%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$0.89
Per serving: \$0.15

Fruit Kabobs with Yogurt Dip

Yield: 8 servings

Serving size: 1/8 of recipe

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/8 of recipe (124g)	
Servings Per Container	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 11g	
Protein 2g	
Vitamin A 4%	• Vitamin C 70%
Calcium 6%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Food and Health
Communications, Inc, Cooking
Demo II

Cost

Per recipe: \$3.06
Per serving: \$0.38

Fruit Milk Shakes

Yield: 2 servings
 Serving size: 1/2 recipe

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/2 of recipe (386g)	
Servings Per Container 2	
Amount Per Serving	
Calories 220	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 170mg	7%
Total Carbohydrate 43g	14%
Dietary Fiber 3g	12%
Sugars 30g	
Protein 12g	
Vitamin A 15%	Vitamin C 20%
Calcium 40%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

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

Fruit Salad with Jicama

Yield: 7 servings

Serving size: 1/7 of recipe

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/7 of recipe (183g)	
Servings Per Container	
Amount Per Serving	
Calories 80	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 20g	7%
Dietary Fiber 5g	20%
Sugars 12g	
Protein 1g	
Vitamin A 15%	• Vitamin C 110%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$5.81
 Per serving: \$0.83

Fruit Salsa

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

Ingredients

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

Instructions

Remember to wash your hands!

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

Nutrition Facts	
Serving Size 1/4 of recipe (145g)	
Servings Per Container	
Amount Per Serving	
Calories 120	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 31g	10%
Dietary Fiber 3g	12%
Sugars 24g	
Protein 1g	
Vitamin A 2%	• Vitamin C 80%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

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

Fruit Slush

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

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/4 of recipe (239g)	
Servings Per Container	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	4%
Sugars 14g	
Protein 1g	
Vitamin A 70%	• Vitamin C 70%
Calcium 2%	• Iron 2%

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

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

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

Source

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

Cost

Per recipe: \$1.37
 Per serving: \$0.34

Fruit Smoothie

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

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/2 of recipe (316g)	
Servings Per Container	
Amount Per Serving	
Calories 210	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 75mg	3%
Total Carbohydrate 44g	15%
Dietary Fiber 3g	12%
Sugars 35g	
Protein 7g	
Vitamin A 2%	• Vitamin C 90%
Calcium 20%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition
 Education Program,
 Pennsylvania Nutrition
 Education Network
 Website Recipes

Cost

Per recipe: \$1.43
 Per serving: \$0.71

Fruit Yogurt Parfait

Yield: 1 servings

Serving size: 1 parfait

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1 parfait (281g)	
Servings Per Container	
Amount Per Serving	
Calories 340	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 75mg	3%
Total Carbohydrate 69g	23%
Dietary Fiber 7g	28%
Sugars 43g	
Protein 11g	
Vitamin A 2%	• Vitamin C 25%
Calcium 20%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition
 Education Program,
 Pennsylvania Nutrition
 Education Network
 Website Recipes

Cost

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

Fruit and Yogurt Breakfast Shake

Yield: 2 servings

Serving size: 1/2 of recipe

Ingredients

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

Instructions

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

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

Source

University of Illinois, Extension Service, Recipes to Grow On

Cost

Per recipe: \$1.10

Per serving: \$0.55

Fruity Homemade Oatmeal

Yield: 2 servings

Serving size: 1/2 of recipe

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/2 of recipe (288g)	
Servings Per Container	
Amount Per Serving	
Calories 180	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 39g	13%
Dietary Fiber 5g	20%
Sugars 14g	
Protein 5g	
Vitamin A 0%	• Vitamin C 6%
Calcium 4%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Cost

Per recipe: \$0.72
 Per serving: \$0.36

Fudgy Fruit

Yield: 4 servings

Serving size: 1/2 banana and 2 strawberries

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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

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

Garden Barley Soup

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

Ingredients

- 1 can tomato juice (46 ounce)
- 1 can beef broth (10 1/2 ounce)
- 1/3 cup barley (regular)
- 1/4 cup sugar
- 1 tablespoon worcestershire sauce
- 1 bay leaf
- 1/2 teaspoon thyme leaves (crushed)
- 1/4 teaspoon salt
- 2 cups zucchini (coarsely chopped)
- 1 tomato (medium, chopped)
- 1/2 cup green pepper (chopped)

Instructions

1. In a Dutch oven or stock pot, combine tomato juice, beef broth, barley, sugar and seasonings. Bring to boil; reduce heat.
2. Cover; simmer 1 hour.
3. Add vegetables. Return to boil; reduce heat.
4. Cover; simmer 15-20 minutes or until vegetables and barley are tender.

Nutrition Facts	
Serving Size 1/6 of recipe (386g)	
Servings Per Container	
Amount Per Serving	
Calories 130	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 29g	10%
Dietary Fiber 4g	16%
Sugars 19g	
Protein 4g	
Vitamin A 30%	• Vitamin C 110%
Calcium 4%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

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

Garden Chili

Yield: 4 servings

Serving size: 1/4 of recipe

Ingredients

3/4 pounds	ground beef
1/2 cup	green pepper (chopped)
1/2	onion (large, chopped)
1/2 cup	celery (chopped)
2/3 cups	kidney beans (canned, drained and rinsed)
1/2 cup	corn (sweet)
8 ounces	tomato sauce
1 cup	tomatoes (chopped fresh)
1 dash	black pepper
1/2 teaspoon	garlic powder
2 teaspoons	chili powder

Instructions

1. Wash your hands and work area.
2. Place ground beef in a skillet sprayed with non-stick cooking spray. Brown meat over medium-high heat until it is no longer pink, stirring occasionally to break it into pieces. Drain fat and blot meat with paper towels. Transfer beef into a colander and rinse with very hot water to further remove fat.
3. Add green pepper, onion, and celery. Cook until softened.
4. Add beans, corn, tomato sauce, chopped tomatoes, pepper, garlic and chili powder.
5. Cook mixture over low heat for 20 minutes.
6. Serve hot in bowls. Or serve as a dip with baked tortilla chips or on a bun.
7. Cover and refrigerate leftovers within 2 hours.

Nutrition Facts	
Serving Size 1/4 of recipe (304g)	
Servings Per Container	
Amount Per Serving	
Calories 250	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 3.5g	18%
Trans Fat 0.5g	
Cholesterol 55mg	18%
Sodium 530mg	22%
Total Carbohydrate 22g	7%
Dietary Fiber 6g	24%
Sugars 5g	
Protein 22g	
Vitamin A 20%	• Vitamin C 50%
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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$4.42
Per serving: \$1.10

Garden Orchard Salad

Yield: 4 servings

Serving size: 1/4 of recipe

Ingredients

1 1/2 cup	broccoli florets (coarsely chopped)
1/2 cup	carrot (grated)
1/2 cup	cauliflower (coarsely chopped)
1/2 cup	apple (chopped, cored and diced, not peeled)
1/4 cup	green onion (sliced)
1/2 cup	yogurt, nonfat vanilla
1/4 cup	peanuts, unsalted, dry-roasted (chopped)

Instructions

1. Wash your hands and work area.
2. Mix all ingredients together in serving bowl.
3. Cover and refrigerate for 2 hours or longer to allow flavors to blend. Serve cold.
4. Cover and refrigerate leftovers within 2 hours.

Nutrition Facts	
Serving Size 1/4 of recipe (127g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	12%
Sugars 9g	
Protein 5g	
Vitamin A 60%	• Vitamin C 70%
Calcium 8%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$1.82
Per serving: \$0.45

Garden Waldorf Salad

Yield: 4 servings

Serving size: 1-1/2 cups

Ingredients

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

Instructions

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

Notes

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

Nutrition Facts	
Serving Size 1-1/2 cups (228g)	
Servings Per Container 4	
Amount Per Serving	
Calories 160	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 24g	8%
Dietary Fiber 5g	20%
Sugars 16g	
Protein 8g	
Vitamin A 130%	Vitamin C 120%
Calcium 15%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

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

Gazpacho Soup

Yield: 6 servings

Serving size: 1 cup

Ingredients

1	tomato (large)
1	cucumber
2	green pepper
1/4 teaspoon	garlic powder
1 1/2 cup	tomato sauce
1 1/2 cup	water
3 tablespoons	red vinegar
2 tablespoons	vegetable oil
1/4 teaspoon	black pepper

Instructions

1. Chop the tomato, cucumber, peppers, and onion into very small pieces.
2. Put all the ingredients in a large glass or plastic bowl.
3. Stir well with a wooden or plastic spoon.
4. Chill in the fridge for 1-2 hours before serving.

Nutrition Facts	
Serving Size 1 cup prepared soup, 1/6 of recipe (256g) Servings Per Container	
Amount Per Serving	
Calories 80	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 2g	
Vitamin A 10%	• Vitamin C 70%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition
Education Program,
Pennsylvania Nutrition
Education Network
Website Recipes

Cost

Per recipe: \$3.44
Per serving: \$0.57

Glazed Carrots

Yield: 6 servings

Serving size: 1/6 of recipe

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/6 of recipe (159g)	
Servings Per Container	
Amount Per Serving	
Calories 80	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 1g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 1g	
Vitamin A 380% • Vitamin C 10%	
Calcium 4% • Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition
 Education Program,
 Pennsylvania Nutrition
 Education Network
 Website Recipes

Cost

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

Golden Split Pea Soup

Yield: 8 servings
Serving size: 1 cup

Ingredients

- 2 teaspoons vegetable oil
- 2 cups onion (chopped)
- 2 cups potatoes (diced, with skin on)
- 1 1/2 cup yellow split peas
- 5 1/2 cups chicken broth, low sodium
- 1 cup water
- 1/2 teaspoon onion powder
- 1 teaspoon poultry seasoning

Instructions

1. Place the vegetable oil in a large soup pot or Dutch-oven style pan. Heat over medium-high.
2. Add the onion and sauté until golden, about 2-3 minutes.
3. Add the rest of the ingredients and mix well. Bring to a boil and then lower the heat to a simmer. Cook uncovered until the peas are tender, about 45 minutes. Serve hot.

Nutrition Facts	
Serving Size 1 cup prepared soup, 1/8 of recipe (316g) Servings Per Container	
Amount Per Serving	
Calories 240	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 41g	14%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 16g	
Vitamin A 2%	• Vitamin C 15%
Calcium 2%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$3.83
Per serving: \$0.48

Green Bean Saute

Yield: 6 servings
 Serving size: 1/2 cup

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/2 cup, 1/6 of recipe (114g)	
Servings Per Container	
Amount Per Serving	
Calories 30	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 2g	
Vitamin A 6%	Vitamin C 10%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$2.17
 Per serving: \$0.36

Green Bean and Mushroom Medley

Yield: 8 servings

Serving size: 1/8 of recipe

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/8 of recipe (160g)	
Servings Per Container 8	
Amount Per Serving	
Calories 100	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 4g	
Vitamin A 50%	Vitamin C 15%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Ingredients

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

Instructions

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

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

Source

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

Cost

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

Grilled Vegetable Packets

Yield: 5 servings

Serving size: 3/4 cup

Ingredients

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

Instructions

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

Notes

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

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

Nutrition Facts	
Serving Size 3/4 cup (316g)	
Servings Per Container 5	
Amount Per Serving	
Calories 160	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 31g	10%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 4g	
Vitamin A 40%	Vitamin C 110%
Calcium 4%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$2.75

Per serving: \$0.55

Grilled Vegetables

Yield: 6 servings

Serving size: 1/6 of recipe

Ingredients

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

Instructions

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

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

Source

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

Cost

Per recipe: \$5.69

Per serving: \$0.95

Harvest Vegetable Salad

Yield: 4 servings

Serving size: 1/4 of recipe

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/4 of recipe (150g)	
Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 35
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 2g	
Vitamin A 150%	Vitamin C 45%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$1.93

Per serving: \$0.48

Harvest Vegetable Salad II

Yield: 8 servings

Serving size: 1 cup

Ingredients

3 cups	cauliflower florets (fresh or frozen thawed)
2 cups	broccoli florets (fresh or frozen thawed)
1 can	red kidney beans (15 1/2 ounce, drained)
2	carrots, sliced diagonally (medium)
1 cup	olives, large pitted (sliced)
2	green onion (sliced)
1/4 cup	red wine vinegar
1/4 cup	vegetable oil (or olive oil)
1 tablespoon	cilantro or parsley (chopped)
1	clove garlic (minced)
1 teaspoon	sugar
1/2 teaspoon	dried basil (optional)

Instructions

1. In large bowl, combine all salad ingredients.
2. In a small jar with a tight fitting lid, combine all dressing ingredients and shake well.
3. Pour dressing over vegetables and stir to coat vegetables. Cover; refrigerate 1 to 4 hours to marinate, tossing occasionally.

Nutrition Facts	
Serving Size 1 cup, 1/8 of recipe (162g)	
Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	15%
Total Carbohydrate 15g	5%
Dietary Fiber 6g	24%
Sugars 3g	
Protein 5g	
Vitamin A 60%	• Vitamin C 60%
Calcium 6%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$3.78
Per serving: \$0.47

Hearty Mashed Potatoes

Yield: 6 servings

Serving size: 1 cup

Ingredients

2 pounds potatoes (baking, - peeled and cut in chunks)
 1 can garbanzo beans (15 ounce, drained)
 3/4 cups nonfat milk (or fortified soy milk)
 1/4 cup parmesan cheese
 1/2 teaspoon garlic powder
 black pepper (to taste)

Instructions

1. Place the potatoes in a large sauce pan and cover with water. Bring to a boil over high heat then reduce to a simmer.
2. Add the garbanzo beans 10 minutes after potatoes start cooking. Continue cooking until potatoes are fork tender, about 20 minutes.
3. Drain water and place the sauce pan back on the stove. Mash the beans and potatoes using a potato masher or hand beaters.
4. Add the milk, cheese and seasonings.
5. Reheat if necessary. Serve hot.

Nutrition Facts	
Serving Size 1 cup prepared potatoes, 1/6 of recipe (247g) Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 300mg	13%
Total Carbohydrate 25g	8%
Dietary Fiber 7g	28%
Sugars 3g	
Protein 9g	
Vitamin A 2%	• Vitamin C 45%
Calcium 10%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Food and Health
 Communications, Inc., Cooking
 Demo II

Cost

Per recipe: \$2.86
 Per serving: \$0.48

Hearty Vegetable Beef Soup

Yield: 4 servings

Serving size: 1/4 of recipe

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1 cup (400g)	
Servings Per Container 4	
Amount Per Serving	
Calories 320	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 390mg	16%
Total Carbohydrate 32g	11%
Dietary Fiber 7g	28%
Sugars 3g	
Protein 23g	
Vitamin A 90%	• Vitamin C 25%
Calcium 8%	• Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$4.38

Per serving: \$1.10

Herb Potato Salad

Yield: 4 servings

Serving size: 1/4 of recipe

Ingredients

1 pound potatoes
 1/2 cup radishes (sliced, optional)
 1/2 teaspoon basil (dried)
 1/4 teaspoon thyme (dried)
 1/4 teaspoon onion powder
 3 tablespoons yogurt, plain nonfat
 1 tablespoon mayonnaise, reduced calorie
 1 1/2 teaspoon prepared mustard
 1/2 teaspoon garlic (chopped)
 1/4 tablespoon salt

Instructions

1. Scrub potatoes and cut into cubes.
2. Place in medium saucepan and cover with water. Bring to a boil.
3. Cover, reduce heat and simmer 12 minutes or until potatoes are done. Drain.
4. Mix dressing ingredients.
5. Combine hot potatoes, dressing, radishes, basil, thyme, and onion powder. Serve hot or cold.

Notes

The mustard and seasoning make this a tasty potato salad. Try using new red potatoes for added color.

Nutrition Facts	
Serving Size 1/4 of recipe (145g)	
Servings Per Container	
Amount Per Serving	
Calories 50	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 2%	• Vitamin C 35%
Calcium 4%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

University of Nebraska, Recipe Collection, p.83
 Staff from the University of Nebraska-Lincoln Cooperative Extension

Cost

Per recipe: \$1.20
 Per serving: \$0.30

Herbed Potato Salad

Yield: 6 servings
Serving size: 1/2 cup

Ingredients

1 1/2 pound red potatoes (quartered)
1/2 cup Italian dressing, light
1/2 tablespoon mustard, spicy brown
1 tablespoon parsley (chopped, fresh)
3/4 teaspoons garlic salt
1/4 teaspoon black pepper (ground)
1/2 cup green bell pepper (chopped)
1/2 cup red bell pepper (chopped)
1/2 cup green onion (sliced)

Instructions

1. Cook potatoes in boiling water over high heat until tender, about 10 minutes.
2. Drain well and let cool.
3. Place potatoes in a medium bowl and set aside.
4. In a small bowl, combine dressing, mustard, parsley, and seasonings.
5. Pour mixture over potatoes and toss well.
6. Carefully stir in bell peppers and green onions.
7. Cover and chill until ready to serve.

Nutrition Facts	
Serving Size 1/2 cup prepared salad, 1/6 of recipe (170g) Servings Per Container	
Amount Per Serving	
Calories 120	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 340mg	14%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 10%	• Vitamin C 100%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$2.67
Per serving: \$0.45

Herbed Vegetables

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

Ingredients

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

Instructions

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

Nutrition Facts			
Serving Size 1/6 of recipe (85g)			
Servings Per Container			
Amount Per Serving			
Calories 60	Calories from Fat 20		
% Daily Value*			
Total Fat 2g	3%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 130mg	5%		
Total Carbohydrate 8g	3%		
Dietary Fiber 2g	8%		
Sugars 2g			
Protein 2g			
Vitamin A 180%	Vitamin C 8%		
Calcium 2%	Iron 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Source

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

Cost

Per recipe: \$1.16
 Per serving: \$0.19

Homemade Mashed Potatoes

Yield: 8 servings
Serving size: 1/2 cup

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/2 cup prepared potatoes or 1/8 of recipe (151g)	
Servings Per Container	
Amount Per Serving	
Calories 80	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 1g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 2%	• Vitamin C 30%
Calcium 6%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Cost

Per recipe: \$1.99
Per serving: \$0.25

Honey Baked Lentils

Yield: 7 servings

Serving size: 1 cup

Ingredients

1 pound lentils (uncooked, 2 1/3 cups)
 1 bay leaf (small, optional)
 5 cups water
 1/2 cup onion (chopped)
 1 cup water
 1/2 pound ground beef
 1/3 cup honey

Instructions

1. Combine rinsed lentils, bay leaf, and 5 cups water in a large saucepan. Bring to a boil. Cover tightly and reduce heat. Simmer 30 minutes. Do not drain. After cooking, discard bay leaf.
2. Chop onion. Combine onions, and 1 cup water. Add to lentils and mix.
3. Brown ground beef (if using). Drain and discard fat. Add the meat to the lentil mixture and mix.
4. Pour honey over lentil mixture. Cover tightly and bake it for one hour at 350 degrees.

Notes

Replace 1 cup water with 2 Tablespoons sugar, 1 teaspoon sugar, 1 teaspoon oregano, and 2 cups tomato sauce. Omit the ground beef for a meatless meal that is lower in calories and fat.

Nutrition Facts	
Serving Size 1 cup or 1/7 of recipe (327g)	
Servings Per Container	
Amount Per Serving	
Calories 340	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 30mg	1%
Total Carbohydrate 53g	18%
Dietary Fiber 20g	80%
Sugars 15g	
Protein 23g	
Vitamin A 0%	• Vitamin C 6%
Calcium 4%	• Iron 30%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$3.57
 Per serving: \$0.51

Honeydew Summer Salad Wedges

Yield: 8 servings

Serving size: 1/8 of recipe

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/8 of recipe (243g)	
Servings Per Container	
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 105mg	4%
Total Carbohydrate 27g	9%
Dietary Fiber 2g	8%
Sugars 25g	
Protein 2g	
Vitamin A 2%	• Vitamin C 70%
Calcium 0%	• Iron 2%

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

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

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

Source

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

Cost

Per recipe: \$3.33
Per serving: \$0.42

Italian Bean Patties

Yield: 8 servings
Serving size: 1 patty

Ingredients

2 cups	beans (cooked)
1	egg (beaten)
1/2 teaspoon	garlic powder
1/2 teaspoon	onion powder
2 teaspoons	Italian Seasoning
1 cup	bread crumbs (dry, or cracker crumbs)
2 tablespoons	cornmeal (or all purpose flour)
2 tablespoons	vegetable-oil

Instructions

1. In a large bowl, mash beans. Add egg and spices and stir to mix evenly.
2. Stir in bread crumbs. If mixture seems too wet add more breadcrumbs, 1 Tablespoon at a time until mixture resembles meatloaf.
3. Shape into little sausages or patties. Roll in cornmeal or flour.
4. Fry slowly in vegetable oil over medium heat until crusty and golden brown.

Notes

- Serve in place of hamburgers and add toppings
- Serve in place of breakfast sausage

Nutrition Facts	
Serving Size 1 patty, 1/8 of recipe (91g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 340mg	14%
Total Carbohydrate 22g	7%
Dietary Fiber 5g	20%
Sugars 1g	
Protein 6g	
Vitamin A 0%	• Vitamin C 2%
Calcium 4%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$1.38
Per serving: \$0.17

Italian Bean Soup

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

Ingredients

- 1 can great northern beans (15 ounce)
- 1 can red kidney beans (15 ounce)
- 2 cans pinto beans (15 ounce)
- 1 can tomato juice or V-8 juice (46 ounce)
- 1 can Italian style or stewed tomatoes (15 ounce)
- 1 can vegetable-broth, low-sodium (15 ounce)
- 1 can green beans (15 ounce, drained)
- 1 1/2 Italian Seasoning
- tablespoon
- 1 onion (medium, chopped)
- 1/4 teaspoon black pepper
- 2 garlic clove (fresh)

Instructions

1. In a large pot, combine all ingredients.
2. Cover and simmer for 30 minutes.
3. Serve with Italian or French bread or whole-wheat rolls.

Notes

Beans are a healthy high-fiber alternative to meat. Freeze leftovers in plastic sealed containers with 1/2-inch air space under the lid.

Nutrition Facts	
Serving Size 1/18 of recipe (247g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 440mg	18%
Total Carbohydrate 20g	7%
Dietary Fiber 6g	24%
Sugars 6g	
Protein 7g	
Vitamin A 10%	• Vitamin C 30%
Calcium 6%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$7.43
Per serving: \$0.41

Italian Broccoli and Pasta

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

Ingredients

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

Instructions

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

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

Source

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

Cost

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

Italian Pasta Salad

Yield: 8 servings

Serving size: 1/8 of recipe

Ingredients

4 cups pasta, cooked
 2 cups broccoli (blanched, pieces)
 1 cup carrot (cooked, slices)
 1/2 cup red pepper (strips)
 1/4 cup green onion (sliced)
 3/4 cups Italian salad dressing, light or reduced fat

Instructions

1. Mix all ingredients together and refrigerate for about 30 minutes before serving.

Notes

For a more hearty salad, add strips of cooked ham, a can of cooked red beans or sprinkle with grated cheese.

Nutrition Facts			
Serving Size 1/8 of recipe (153g)			
Servings Per Container			
Amount Per Serving			
Calories 150	Calories from Fat 20		
% Daily Value*			
Total Fat 2.5g	4%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 210mg	9%		
Total Carbohydrate 27g	9%		
Dietary Fiber 3g	12%		
Sugars 3g			
Protein 5g			
Vitamin A 80%	• Vitamin C 70%		
Calcium 4%	• Iron 8%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

Source

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

Cost

Per recipe: \$2.69
 Per serving: \$0.34

Italian Style Vegetables

Yield: 8 servings

Serving size: 1/2 cup

Ingredients

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

Instructions

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

Notes

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

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

Source

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

Cost

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

Kelly's Herbed Lentils and Rice Casserole

Yield: 4 servings

Serving size: 1/4 of recipe

Ingredients

2 2/3 cups chicken broth
 3/4 cups lentils (sorted and rinsed)
 3/4 cups onion (chopped)
 1/2 cup brown rice (raw)
 1/4 cup water
 1/2 teaspoon basil
 1/2 teaspoon oregano
 1/2 teaspoon thyme
 1/2 cup mozzarella cheese (divided)

Instructions

1. In a 2 1/2 quart casserole dish add the chicken broth, lentils, onions, brown rice, water, spices and 1/4 cup mozzarella cheese.
2. Cover and bake at 350° for 2 hours, adding more broth if casserole seems dry.
3. Top with remaining cheese and bake another 2 or 3 minutes until all the cheese is melted.

Nutrition Facts	
Serving Size 1/4 recipe (308g)	
Servings Per Container 4	
Amount Per Serving	
Calories 170	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 140mg	6%
Total Carbohydrate 24g	8%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 12g	
Vitamin A 2%	Vitamin C 4%
Calcium 15%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$1.76
 Per serving: \$0.44

Leafy Tofu

Yield: 6 servings

Serving size: 1/6 of recipe

Ingredients

1 package tofu (20 ounces)
 1 tablespoon oil
 2 bunches spinach (fresh)
 2 tablespoons soy sauce
 1 teaspoon sesame seeds (toasted)

Instructions

1. Drain tofu.
2. Dice tofu into 1-inch cubes.
3. Tear spinach into bite-sized pieces.
4. In a large pan, heat oil and saute tofu cubes for a few minutes. Move tofu to the center of the pan.
5. Add spinach, and soy sauce. Mix.
6. Cover pan and cook until spinach is wilted.
7. Sprinkle toasted sesame seeds.

Notes

May use other dark green leafy vegetables.

Nutrition Facts	
Serving Size 1/6 of recipe (217g)	
Servings Per Container	
Amount Per Serving	
Calories 120	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 440mg	18%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 12g	
Vitamin A 210% • Vitamin C 50%	
Calcium 30% • Iron 25%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$4.53
 Per serving: \$0.76

Lemon Spinach

Yield: 4 servings
 Serving size: 1/4 cup

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/4 cup, 1/4 of recipe (117g)	
Servings Per Container	
Amount Per Serving	
Calories 25	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 3g	
Vitamin A 210% • Vitamin C 60%	
Calcium 10% • Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Cost

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

Lentil Chili

Yield: 6 servings
Serving size: 1 cup

Ingredients

- 1/2 pound ground beef
- 1 1/2 cup onion (chopped)
- 1 clove garlic (crushed)
- 2 cups lentils (cooked, drained)
- 1 can tomatoes, diced or crushed (29 ounce or 2 cans 14 1/2 ounce)
- 1 tablespoon chili powder
- 1/2 teaspoon cumin (optional) (ground)

Instructions

1. In a large saucepan, brown beef over medium-high heat, breaking it into bite sized pieces. Drain fat.
2. Add onion and garlic and cook until softened.
3. Add lentils, tomatoes, chili powder, and cumin. Cook for about 1 hour until flavors are blended.
4. Serve hot, topped with your favorite chili toppings.

Nutrition Facts	
Serving Size 1 cup, 1/6 of recipe (283g)	
Servings Per Container	
Amount Per Serving	
Calories 210	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 470mg	20%
Total Carbohydrate 28g	9%
Dietary Fiber 7g	28%
Sugars 8g	
Protein 16g	
Vitamin A 25%	Vitamin C 20%
Calcium 4%	Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$4.18
Per serving: \$0.70

Lentil Spaghetti Sauce

Yield: 6 servings
Serving size: 1 cup

Ingredients

1 pound ground beef
1 cup onion (chopped)
1 garlic clove (crushed, or 1/2 teaspoon garlic powder)
1 1/2 cup lentils (cooked, drained)
32 ounces spaghetti sauce (1 jar)

Instructions

1. In a large sauce pan brown meat. Drain.
2. Add onion and garlic to drained meat. Cook until onions are soft but not brown.
3. Add cooked lentils and spaghetti sauce and bring to a boil. Lower heat and cook gently for 15 minutes.
4. Serve sauce over hot cooked spaghetti noodles.

Nutrition Facts	
Serving Size 1 cup sauce, 1/6 of recipe (284g)	
Servings Per Container	
Amount Per Serving	
Calories 280	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 600mg	25%
Total Carbohydrate 24g	8%
Dietary Fiber 6g	24%
Sugars 2g	
Protein 22g	
Vitamin A 10%	• Vitamin C 20%
Calcium 6%	• Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$9.22
Per serving: \$1.54

Lentil Stew

Yield: 10 servings
Serving size: 1 cup

Ingredients

- 2 teaspoons olive oil (or canola oil)
- 1 onion (large, chopped)
- 1 teaspoon garlic powder
- 1 package frozen sliced carrots (16 ounces)
- 1 package dry lentils (16 ounces)
- 3 cans diced tomatoes (14.5 ounces each)
- 3 cups water
- 1 teaspoon chili powder

Instructions

1. Heat the oil in a large pot over medium heat.
2. Add chopped onion.
3. Cook for 3 minutes, or until tender.
4. Stir in garlic powder, carrots, lentils, tomatoes, water and chili powder.
5. Simmer, uncovered, for about 20 minutes or until lentils are tender.

Nutrition Facts	
Serving Size 1 cup (296g)	
Servings Per Container 10	
Amount Per Serving	
Calories 110	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	13%
Total Carbohydrate 18g	6%
Dietary Fiber 6g	24%
Sugars 6g	
Protein 6g	
Vitamin A 160%	Vitamin C 30%
Calcium 2%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Maryland Food Supplement
Nutrition Education program,
2009 Recipe Calendar

Cost

Per recipe: \$5.20
Per serving: \$0.52

Lentil Tacos

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

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size (283g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 15
<small>% Daily Value*</small>	
Total Fat 1.5g	2%
Saturated Fat 0g 0%	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 35g	12%
Dietary Fiber 8g 32%	
Sugars 9g	
Protein 8g	
Vitamin A 15%	Vitamin C 25%
Calcium 6%	Iron 20%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories</small>
	<small>2,000</small>
	<small>2,500</small>
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

Source

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

Cost

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

Lentil Vegetable Salad

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

Ingredients

- 1/2 cup lentils (washed)
- 1 can potatoes (15 ounces, sliced)
- 1 cup peas (frozen)
- 2 carrot (large, shredded)
- 1 tablespoon parsley
- 2 tablespoons red wine vinegar
- 1 tablespoon mustard
- 1/4 cup olive oil

Instructions

1. Boil 1 cup water in a saucepan.
2. Add the lentils. Cook for 20 minutes over low heat until tender, then drain.
3. Cook the peas for 3 minutes in another saucepan. Then remove from heat.
4. Rinse and drain the peas.
5. Wash, peel, and shred the carrots.
6. Put the cooked lentils, sliced potatoes, peas, and shredded carrots in a bowl.
7. Put the parsley, vinegar, mustard, and olive oil in another bowl. Stir well.
8. Pour the dressing over the lentil vegetable salad.

Nutrition Facts	
Serving Size 1/6 of recipe (149g)	
Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 21g	7%
Dietary Fiber 7g	28%
Sugars 3g	
Protein 6g	
Vitamin A 80%	Vitamin C 20%
Calcium 4%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Cost

Per recipe: \$2.76
 Per serving: \$0.46

Lite Fried Okra

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

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/4 recipe (81g)	
Servings Per Container 4	
Amount Per Serving	
Calories 25	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 2g	
Vitamin A 4%	• Vitamin C 20%
Calcium 6%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

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

Louisiana Green Beans

Yield: 4 servings

Serving size: 1/4 of recipe

Ingredients

1/4 cup	onion (chopped)
1/4 cup	green pepper (chopped)
1/2 cup	celery (chopped)
2 cans	green beans (16 ounces each, drained)
1 can	tomatoes (15 ounces)

Instructions

1. Peel and chop the onion.
2. Chop the green pepper and celery.
3. Drain the liquid from the green beans. Rinse with water.
4. Put the green beans in a saucepan. Add enough water to cover them
5. Cook the green beans on low heat until tender. Then drain off the water.
6. Combine all the ingredients in a skillet.
7. Cook over medium heat for 15 minutes, until the celery is tender and the food is hot.

Nutrition Facts			
Serving Size 1/4 of recipe (272g)			
Servings Per Container			
Amount Per Serving			
Calories 50	Calories from Fat 0		
% Daily Value*			
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 650mg	27%		
Total Carbohydrate 12g	4%		
Dietary Fiber 3g	12%		
Sugars 5g			
Protein 3g			
Vitamin A 15%	Vitamin C 50%		
Calcium 10%	Iron 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Source

Pennsylvania Nutrition
Education Program,
Pennsylvania Nutrition
Education Network
Website Recipes

Cost

Per recipe: \$3.01
Per serving: \$0.75

Macaroni Chick-Pea Soup

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

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1 1/2 cups prepared soup, 1/4 of recipe (531g)	
Servings Per Container	
Amount Per Serving	
Calories 370	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 520mg	22%
Total Carbohydrate 69g	23%
Dietary Fiber 9g	36%
Sugars 4g	
Protein 17g	
Vitamin A 8%	Vitamin C 20%
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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$4.19
 Per serving: \$1.05

Magical Fruit Salad

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

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/12 of recipe (130g)	
Servings Per Container	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 21g	
Protein 2g	
Vitamin A 2%	• Vitamin C 15%
Calcium 4%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$3.76
 Per serving: \$0.31

Main Dish Salad

Yield: 12 servings
 Serving size: 1 cup

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1 cup prepared salad, 1/12 of recipe (223g) Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 300mg	13%
Total Carbohydrate 20g	7%
Dietary Fiber 6g	24%
Sugars 6g	
Protein 9g	
Vitamin A 70%	• Vitamin C 70%
Calcium 15%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$8.66
 Per serving: \$0.72

Mango Shake

Yield: 4 servings

Serving size: 3/4 cup

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 3/4 cup (174g)	
Servings Per Container 4	
Amount Per Serving	
Calories 80	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 55mg	2%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 11g	
Protein 4g	
Vitamin A 8%	• Vitamin C 8%
Calcium 15%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$1.06

Per serving: \$0.27

Manhattan Clam Chowder

Yield: 9 servings

Serving size: 8 ounces (1 cup)

Ingredients

3 celery (medium, stalks, washed, sliced)
 1 onion (large, chopped)
 1/2 cup tomato puree (no salt added)
 1 1/2 cup potatoes (sliced)
 1 1/2 cup carrot (washed and sliced)
 2 cans clams (6 1/2 ounces each, chopped, drained)
 1 1/2 teaspoon thyme (dried)
 1 bay leaf
 2 black peppercorns
 1 1/2 cup water
 2 cups tomato juice (no salt added)
 1 tablespoon parsley flakes (dried)

Instructions

1. Scrub potatoes well to remove any eyes or blemishes.
2. In a slow cooker, combine all ingredients; stir.
3. Cover and cook on low for 8-10 hours or until the vegetables are tender.
4. Remove bay leaf and peppercorns before serving.

Nutrition Facts	
Serving Size 8 ounces (1 cup) (209g)	
Servings Per Container 9	
Amount Per Serving	
Calories 90	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 55mg	2%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 6g	
Vitamin A 70%	• Vitamin C 35%
Calcium 4%	• 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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Cornell University Cooperative Extension, Eat Smart New York!

Cost

Per recipe: \$5.52

Per serving: \$0.61

Maple Sweet Potatoes

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

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/2 of recipe (162g)	
Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 35g	12%
Dietary Fiber 4g	16%
Sugars 13g	
Protein 3g	
Vitamin A 370%	Vitamin C 6%
Calcium 6%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$1.28
 Per serving: \$0.64

Marinated Three-Bean Salad

Yield: 4 servings

Serving size: 1-1/3 cup

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	
Calories 170	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 690mg	29%
Total Carbohydrate 35g	12%
Dietary Fiber 8g	32%
Sugars 10g	
Protein 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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

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

Mashed Sweet Potatoes

Yield: 4 servings

Serving size: 1/4 of recipe

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/4 of recipe (131g)	
Servings Per Container	
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 220mg	9%
Total Carbohydrate 26g	9%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 2g	
Vitamin A 370%	Vitamin C 6%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition
 Education Program,
 Pennsylvania Nutrition
 Education Network
 Website Recipes

Cost

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

Meaty Stuffed Potatoes

Yield: 3 servings

Serving size: 1 potato

Ingredients

3	potatoes (medium)
1 cup	turkey, chicken, beef, or pork, diced and cooked
1 cup	broccoli (coarsely chopped)
1/2 cup	onion (chopped)
1/2 cup	carrot (thinly sliced)
3/4 cups	water (hot)
3/4 cups	nonfat milk
1 tablespoon	flour
1/4 teaspoon	black pepper
1/2 cup	cheese, shredded low-fat

Instructions

1. Wash your hands and work area.
2. Scrub potatoes. Remove any bad spots. Do not peel. Cut each in half.
3. In a covered saucepan, boil potatoes in just enough water to cover the pieces. When they are fork-tender (about 15 to 20 minutes), remove from heat and drain. Set aside. (Note: you can also pierce whole potatoes with a knife or fork in several places and cook in microwave without water until fork tender, then cut each in half).
4. Meanwhile, in a skillet sprayed with non-stick cooking spray, combine cooked meat, broccoli, onion, carrots and water.
5. Boil until vegetables are fork tender - about 5 minutes. Reduce heat to low.
6. In a jar with a tight fitting lid, combine milk, flour and pepper. Shake well.
7. Stir flour mixture into meat mixture until well blended.
8. Stir in cheese. Cook over low heat about 5 minutes longer or until sauce thickens, stirring frequently.
9. To serve, place 2 potato halves on each plate and mash the middle somewhat. Spoon about one third cup of the meat mixture over each potato half
10. Cover and refrigerate leftovers within 2 hours.

Nutrition Facts	
Serving Size 1 prepared potato, 1/3 of recipe (471g)	
Servings Per Container	
Amount Per Serving	
Calories 220	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 220mg	9%
Total Carbohydrate 22g	7%
Dietary Fiber 7g	28%
Sugars 10g	
Protein 27g	
Vitamin A 110%	Vitamin C 130%
Calcium 25%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Kansas State University
Research and Extension, Fix it
Fresh! Recipe Series

Cost

Per recipe: \$4.34

Per serving: \$1.45

Mediterranean Roasted Eggplant with Tomato Sauce

Yield: 4 servings

Serving size: 1/4 of recipe

Ingredients

- 2 eggplant (small)
- 1 cup pizza sauce (low-sodium, or spaghetti sauce)
- 1/4 cup yogurt (low-fat plain)
- 1 garlic clove (finely chopped)
- vegetable oil spray (as needed)

Instructions

1. Wash hands thoroughly with warm water and soap.
2. Preheat the oven to 350° F.
3. Wash and remove the stem end, and slice the eggplants into 1/2-inch slices.
4. Spray a baking pan with vegetable oil spray and lay the eggplant in the pan in a single layer.
5. Spoon low-sodium pizza or spaghetti sauce on each slice.
6. Bake 30 minutes in the preheated oven.
7. Stir the yogurt and garlic together.
8. Drizzle the sauce in thin lines on each of the eggplant slices before serving. You can do this easily by putting the sauce in a plastic squirt bottle or using a spoon.
9. Serve immediately as an entrée or side dish.

Nutrition Facts	
Serving Size 1/4 recipe (301g)	
Servings Per Container 4	
Amount Per Serving	
Calories 160	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 31g	10%
Dietary Fiber 7g	28%
Sugars 15g	
Protein 4g	
Vitamin A 10%	• Vitamin C 15%
Calcium 6%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Arizona Nutrition Network,
[Adapted from: "Do Yourself a Flavor" by Graham Kerr](#)

Cost

Per recipe: \$3.60

Per serving: \$0.90

Mexican Pozole Soup

Yield: 10 servings
Serving size: 1 cup

Ingredients

2 pounds	lean beef (cubed)
1 tablespoon	olive oil
1	onion (large)
1	garlic clove (finely chopped)
1/4 teaspoon	salt
1/8 teaspoon	pepper
1/4 cup	cilantro
1 can	stewed tomatoes (15 ounces)
2 ounces	tomato paste
1 can	hominy (1 lb. 13 ounce)

Instructions

1. In a large pot, heat oil. Saute beef.
2. Add onion, garlic, salt, pepper, cilantro, and enough water to cover the meat. Cover pot and cook over low heat until meat is tender.
3. Add tomatoes and tomato paste. Continue cooking for about 20 minutes.
4. Add hominy and continue cooking another 15 minutes, stirring occasionally, over low heat. If too thick, add water for desired consistency.

Notes

Skinless, boneless chicken breasts may be used instead of beef cubes.

Nutrition Facts	
Serving Size 1 cup prepared soup, 1/10 of recipe (238g) Servings Per Container	
Amount Per Serving	
Calories 220	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 400mg	17%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 22g	
Vitamin A 6%	• Vitamin C 10%
Calcium 4%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$10.97
Per serving: \$1.10

Mexican Rice

Yield: 8 servings

Serving size: 1/8 of recipe

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/8 of recipe (237g)	
Servings Per Container	
Amount Per Serving	
Calories 250	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 340mg	14%
Total Carbohydrate 46g	15%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 6g	
Vitamin A 6%	• Vitamin C 30%
Calcium 4%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$3.82
 Per serving: \$0.48

Mexican Rice II

Yield: 6 servings

Serving size: 1 cup

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1 cup prepared rice, 1/6 of recipe (252g)	
Servings Per Container	
Amount Per Serving	
Calories 180	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 40g	13%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 6g	
Vitamin A 150% • Vitamin C 25%	
Calcium 4% • Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$3.35
 Per serving: \$0.56

Mexican Vegetables

Yield: 7 servings

Serving size: 1/2 cup

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/2 cup prepared vegetables, 1/7 of recipe (126g)	
Servings Per Container	
Amount Per Serving	
Calories 50	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	13%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 2g	
Vitamin A 8%	• Vitamin C 25%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$2.07
Per serving: \$0.30

Microwave Baked Apple

Yield: 4 servings

Serving size: 1 apple

Ingredients

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

Instructions

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

Notes

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

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

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

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

Nutrition Facts	
Serving Size 1 baked apple, 1/4 of recipe (240g)	
Servings Per Container	
Amount Per Serving	
Calories 220	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 57g	19%
Dietary Fiber 5g	20%
Sugars 49g	
Protein 1g	
Vitamin A 2%	Vitamin C 15%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$2.78
 Per serving: \$0.70

Microwave Baked Potato

Yield: 1 servings
Serving size: 1 potato

Ingredients

1 potatoes

Instructions

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

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1 7-8 minutes or until soft

2 10-12 minutes or until soft

4 14-18 minutes or until soft

3. Turn over halfway through cooking.

4. Let potato rest for 1-3 minutes

Nutrition Facts	
Serving Size 1 potato (299g)	
Servings Per Container 1	
Amount Per Serving	
Calories 290	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat --g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 64g	21%
Dietary Fiber 7g	28%
Sugars 3g	
Protein 8g	
Vitamin A 0%	Vitamin C 60%
Calcium 6%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

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

Microwave Cauliflower and Peas in Cream Sauce

Yield: 6 servings

Serving size: 1/6 of recipe

Ingredients

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

Instructions

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

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

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

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

Nutrition Facts	
Serving Size 1/2 cup (93g)	
Servings Per Container 6	
Amount Per Serving	
Calories 50	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0.5g 3%	
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 100mg	4%
Total Carbohydrate 8g	3%
Dietary Fiber 2g 8%	
Sugars 3g	
Protein 3g	
Vitamin A 6%	• Vitamin C 45%
Calcium 4%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$2.31
 Per serving: \$0.39

Microwave Potato Corn Chowder

Yield: 4 servings

Serving size: 1/4 of recipe

Ingredients

1/4 cup	margarine (or butter)
1/4 cup	flour (all purpose)
1/4 teaspoon	salt
1/8 teaspoon	pepper
2 cups	milk
2	potatoes (peeled and diced)
1 can	corn (16 ounce, - drained)

Instructions

1. Melt margarine in glass bowl on HIGH for 30 to 50 seconds.
2. Stir in flour, salt and pepper until smooth.
3. Blend milk into flour-margarine mixture.
4. Cook on HIGH for 6 to 8 minutes, until thickened, stirring well each minute. Set aside
5. In a separate microwave safe bowl, cook 2 potatoes in 1 cup water. When potatoes are done add potatoes and cooking water to white sauce.
6. Stir in 1-16 ounce can of corn. Cook 2 to 3 minutes or until steaming hot.

Notes

Shredded cheese, crumbled bacon, chopped ham or onion may be added. Add clams for clam chowder.

Nutrition Facts	
Serving Size 1/4 of recipe (372g)	
Servings Per Container	
Amount Per Serving	
Calories 350	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 10mg	3%
Sodium 620mg	26%
Total Carbohydrate 45g	15%
Dietary Fiber 5g	20%
Sugars 11g	
Protein 9g	
Vitamin A 6%	• Vitamin C 40%
Calcium 15%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$2.17
Per serving: \$0.54

Minestrone Soup

Yield: 6 servings

Serving size: 1 cup or 1/6 of recipe

Ingredients

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

Instructions

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

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

Nutrition Facts		
Serving Size 1 cup, 1/6 of recipe (438g)		
Servings Per Container		
Amount Per Serving		
Calories 210	Calories from Fat 15	
		% Daily Value*
Total Fat 1.5g		2%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 560mg		23%
Total Carbohydrate 41g		14%
Dietary Fiber 8g		32%
Sugars 10g		
Protein 11g		
Vitamin A 90%	•	Vitamin C 80%
Calcium 10%	•	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories	2,000 2,500
Total Fat	Less Than	65g 80g
Saturated Fat	Less Than	20g 25g
Cholesterol	Less Than	300mg 300 mg
Sodium	Less Than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
	Fat 9	• Carbohydrate 4 • Protein 4

Source

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

Cost

Per recipe: \$6.10
 Per serving: \$1.02

Misickquatash (Indian Succotash)

Yield: 6 servings

Serving size: 1/6 of recipe

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/6 of recipe (205g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 35
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 420mg	18%
Total Carbohydrate 19g	6%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 10g	
Vitamin A 10%	• Vitamin C 15%
Calcium 4%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

USDA Food Distribution
 Program on Indian Reservations,
 A River of Recipes
 Native American Recipes Using
 Commodity Foods

Cost

Per recipe: \$3.64
 Per serving: \$0.61

Mousse a la Banana

Yield: 4 servings

Ingredients

2 tablespoons milk (low-fat 1%)
 4 teaspoons sugar
 1 teaspoon vanilla
 1 banana (medium, cut into quarters)
 1 cup yogurt (plain, low-fat)
 8 banana slices (1/4 inch)

Instructions

1. Place milk, sugar, vanilla, and banana in blender. Process 15 seconds at high speed until smooth.
2. Pour mixture into a small bowl; fold in yogurt. Chill. Spoon into four dessert dishes; garnish each with two banana slices just before serving.

Nutrition Facts			
Serving Size 1/2 cup (122g)			
Servings Per Container 4			
Amount Per Serving			
Calories 100	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 20g	7%		
Dietary Fiber 1g	4%		
Sugars 15g			
Protein 4g			
Vitamin A 2%	Vitamin C 8%		
Calcium 10%	Iron 0%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Source

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

Cost

Per recipe: \$1.10
 Per serving: \$0.28

Mushroom Barley Soup

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

Ingredients

- 1 tablespoon oil
- 1 onion (chopped)
- 2 celery stalk (sliced thin)
- 2 carrot (peeled and sliced thin)
- 2 cups mushroom (sliced)
- 1/2 cup barley, quick cooking
- 1 teaspoon garlic powder
- 1/2 teaspoon thyme (ground)
- 3 cups chicken broth
- 2 cups water
- 1 tablespoon parsley (chopped fresh)

Instructions

1. Heat oil in large soup pot over high heat. Sauté onion, celery, carrots and mushrooms until golden, about 4 minutes.
2. Add the rest of the ingredients except for the parsley and bring to a boil.
3. Lower heat to a simmer and cook until the barley is tender, about 20 minutes.
4. Sprinkle parsley on top of soup and serve hot.

Nutrition Facts	
Serving Size 1 1/2 cups, 1/4 of recipe (430g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 26g	9%
Dietary Fiber 6g	24%
Sugars 4g	
Protein 8g	
Vitamin A 110%	• Vitamin C 10%
Calcium 4%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Food and Health Communications, Inc., Cooking Demo II, p.155

Cost

Per recipe: \$3.63
 Per serving: \$0.91

New Orleans Red Beans

Yield: 8 servings

Serving size: 1 1/4 cup

Ingredients

1 pound	red beans (dry)
8 cups	water (2 quarts)
1 1/2 cup	onion (chopped)
1 cup	celery (chopped)
4	bay leaves
1 cup	green pepper (chopped)
3 tablespoons	garlic (chopped)
3 tablespoons	parsley (chopped)
2 teaspoons	thyme (dried, crushed)
1 teaspoon	salt
1 teaspoon	pepper (black)

Instructions

1. Pick through beans to remove bad beans; rinse thoroughly.
2. In a large pot combine beans, water, onion, celery, and bay leaves. Bring to a boil; reduce heat. Cover and cook over low heat for about 1-1/2 hours until beans are tender. Stir. Mash beans against side of pan.
3. Add green pepper, garlic, parsley, thyme, salt, and black pepper. Cook, uncovered, over low heat until creamy (about 30 minutes). Remove bay leaves.
4. Serve with hot cooked brown rice, if desired.

Nutrition Facts	
Serving Size 1-1/4 cup (363g)	
Servings Per Container 8	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	13%
Total Carbohydrate 18g	6%
Dietary Fiber 7g	28%
Sugars 2g	
Protein 6g	
Vitamin A 6%	• Vitamin C 35%
Calcium 8%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

National Heart, Lung and Blood Institute (NHLBI), [Stay Young at Heart](#)

Cost

Per recipe: \$2.88

Per serving: \$0.36

Okra and Greens

Yield: 5 servings
 Serving size: 1/5 of recipe

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 sauce-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:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$5.13
 Per serving: \$1.03

One Pan Potatoes & Chicken

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

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/6 of recipe (291g)	
Servings Per Container	
Amount Per Serving	
Calories 220	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 410mg	17%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 21g	
Vitamin A 0%	• Vitamin C 35%
Calcium 2%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$6.13
 Per serving: \$1.02

Oprah's Outtasight Salad

Yield: 4 servings

Serving size: 1 cup

Ingredients

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

Instructions

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

DYNAMITE DRESSING PREPARATION:

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

Nutrition Facts	
Serving Size 1 cup prepared salad, 1/4 of recipe (140g) Servings Per Container	
Amount Per Serving	
Calories 100	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Sugars 14g	
Protein 2g	
Vitamin A 70%	• Vitamin C 20%
Calcium 6%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

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

Orange Cow

Yield: 3 servings
 Serving size: 8 ounces

Ingredients

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

Instructions

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

Notes

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

Nutrition Facts	
Serving Size 8 ounces (319g)	
Servings Per Container 3	
Amount Per Serving	
Calories 170	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 80mg	3%
Total Carbohydrate 34g	11%
Dietary Fiber 1g	4%
Sugars 34g	
Protein 7g	
Vitamin A 10%	Vitamin C 160%
Calcium 20%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

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

Orange Honeyed Acorn Squash

Yield: 6 servings
Serving size: 1/2 cup

Ingredients

3 acorn squash (small)
2 tablespoons orange juice
1/4 cup honey
2 tablespoons butter or margarine
1/8 teaspoon nutmeg (optional)

Instructions

1. Preheat oven to 400 degrees.
2. Cut squash in half. Remove seeds and place halves in shallow baking pan.
3. Combine orange juice and honey. Mix well. Put some of the orange juice/honey mixture in each squash cavity.
4. Add 1 Tablespoon of the margarine to each squash half. Sprinkle with nutmeg, if desired.
5. Cover pan with aluminium foil to keep steam in and speed cooking.
6. Bake 30 minutes. Remove foil and continue baking 30 minutes more, or until squash is tender.

Nutrition Facts	
Serving Size 1/2 cup prepared squash or 1/6 of recipe (239g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 35mg	1%
Total Carbohydrate 34g	11%
Dietary Fiber 3g	12%
Sugars 16g	
Protein 2g	
Vitamin A 20%	Vitamin C 40%
Calcium 8%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

University of Wyoming,
Cooperative Extension,
Cent\$ible Nutrition Cook Book,
p. FV-37

Cost

Per recipe: \$3.66
Per serving: \$0.61

Orange Pork Chops

Yield: 2 servings
 Serving size: 1 chop

Ingredients

- 2 pork chops
- 1 sweet potato (peeled)
- 1/2 orange (sliced)
- 1 dash cinnamon (of)
- 1 dash salt (of)
- 1 dash black pepper (of)

Instructions

Preheat oven to 350 degrees.

1. In a medium skillet, brown pork chops in a small amount of oil.
2. Cut sweet potato into 1/2-inch slices.
3. Place meat and sweet potato slices in a baking dish and top with orange slices; sprinkle with seasonings.
4. Cover and bake for 1 hour until meat is tender.

Fight BAC!... Cook pork to 170 degrees.

Nutrition Facts	
Serving Size 1 prepared pork chop, 1/2 of recipe (180g) Servings Per Container	
Amount Per Serving	
Calories 270	Calories from Fat 100
	% Daily Value*
Total Fat 11g	17%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 85mg	4%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 25g	
Vitamin A 190%	• Vitamin C 30%
Calcium 6%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$2.22
 Per serving: \$1.11

Oriental Sweet and Sour Vegetables

Yield: 6 servings
Serving size: 1/2 cup

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/2 cup (127g)	
Servings Per Container 6	
Amount Per Serving	
Calories 80	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 1g	
Vitamin A 10%	Vitamin C 45%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

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

Oven-Roasted Vegetables

Yield: 6 servings
 Serving size: 1/2 cup

Ingredients

- 2 tablespoons vegetable-oil
- 1 tablespoon lemon juice
- 1/2 teaspoon dried herbs
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 3 cups fresh vegetables (cut-up, such as potatoes, broccoli, carrots, cauliflower, or red peppers)

Instructions

1. Preheat the oven to 450 degrees.
2. In a small bowl, mix the oil, lemon juice, herbs, salt and pepper.
3. Wash, peel, and cut the fresh vegetables to get 3 cups cut-up vegetables.
4. Spread vegetable on pan.
5. Coat the vegetables with the oil mixture.
6. Bake for 20 minutes. Stir after the first 10 minutes of baking.
7. Serve the vegetables while they are still hot.

Nutrition Facts	
Serving Size 1/2 cup prepared vegetables, 1/6 of recipe (68g)	
Servings Per Container	
Amount Per Serving	
Calories 70	Calories from Fat 40
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	
Vitamin A 45%	• Vitamin C 70%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Cost

Per recipe: \$1.51
 Per serving: \$0.25

Panned Cabbage

Yield: 4 servings
Serving size: 1/2 cup

Ingredients

- 1 1/2 teaspoon butter (or margarine)
- 4 cups cabbage (finely shredded)
- 1/8 teaspoon salt
- 1 pepper (to taste)
- 2 tablespoons water
- 1 tablespoon lemon juice

Instructions

1. Melt butter or margarine in a heavy saucepan or skillet.
2. Add cabbage and sprinkle with salt and pepper. Add water.
3. Cover pan with a tight-fitting lid to hold in steam.
4. Cook over low heat until cabbage is tender (6 to 8 minutes), stirring occasionally to prevent sticking.
5. Add lemon juice and serve.

Nutrition Facts	
Serving Size 1/2 cup (83g)	
Servings Per Container 4	
Amount Per Serving	
Calories 30	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 85mg	4%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 1g	
Vitamin A 2%	• Vitamin C 45%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$0.42
Per serving: \$0.11

Party-Time Pasta

Yield: 6 servings

Serving size: 1 cup

Cook time: 30 minutes

Ingredients

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

Instructions

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

Nutrition Facts

Serving Size 1 cup prepared pasta,
1/6 of recipe (268g)
Servings Per Container

Amount Per Serving

Calories 210 **Calories from Fat 50**

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 410mg **17%**

Total Carbohydrate 26g **9%**

Dietary Fiber 5g **20%**

Sugars 3g

Protein 14g

Vitamin A 45% • Vitamin C 30%

Calcium 8% • Iron 15%

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

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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Source

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

Cost

Per recipe: \$7.32

Per serving: \$1.22

Pasta Primavera

Yield: 3 servings
 Serving size: 1/3 of recipe

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 (266g)	
Servings Per Container	
Amount Per Serving	
Calories 300	Calories from Fat 110
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 2.5g	13%
Trans Fat 1g	
Cholesterol 20mg	7%
Sodium 250mg	10%
Total Carbohydrate 41g	14%
Dietary Fiber 7g	28%
Sugars 9g	
Protein 11g	
Vitamin A 240% • Vitamin C 40%	
Calcium 10% • Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$1.55
 Per serving: \$0.52

Pasta Salad

Yield: 12 servings
 Serving size: 1/2 cup

Ingredients

- 3 cups pasta, uncooked
- 1/2 cup celery (chopped)
- 1 bell pepper (medium, chopped)
- 1/2 cup carrot (diced)
- 1/2 cup broccoli (chopped)
- 1/3 cup mayonnaise
- 1 1/2 garlic powder
- tablespoon
- 1/4 teaspoon black pepper

Instructions

1. Cook pasta according to package directions.
2. Drain and place in bowl or pan.
3. Add the rest of the ingredients and mix well.
4. Cool in refrigerator before serving.

Nutrition Facts	
Serving Size 1/2 cup pasta salad, 1/12 of recipe (66g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 4g	
Vitamin A 25%	Vitamin C 25%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

University of California,
 Cooperative Extension Fresno
 County, Easy and Nutritious
 Family Recipes

Cost

Per recipe: \$1.81
 Per serving: \$0.15

Peach Cooler

Yield: 2 servings
Serving size: 1 cup

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1 cup, 1/2 recipe (376g)	
Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 150mg	6%
Total Carbohydrate 32g	11%
Dietary Fiber 1g	4%
Sugars 25g	
Protein 9g	
Vitamin A 20%	• Vitamin C 4%
Calcium 30%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition
Education Program,
Pennsylvania Nutrition
Education Network
Website Recipes

Cost

Per recipe: \$1.02
Per serving: \$0.51

Peach Crisp

Yield: 6 servings

Serving size: 1/6 of recipe

Ingredients

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

Instructions

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

Notes

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

Nutrition Facts	
Serving Size 1/6 of recipe (136g)	
Servings Per Container	
Amount Per Serving	
Calories 200	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 1g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 40g	13%
Dietary Fiber 3g	12%
Sugars 22g	
Protein 3g	
Vitamin A 6%	• Vitamin C 10%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition
 Education Program,
 Pennsylvania Nutrition
 Education Network
 Website Recipes

Cost

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

Peachy Peanut Butter Pita Pockets

Yield: 4 servings

Serving size: 1/2 pita pocket

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/2 pita pocket (100g)	
Servings Per Container 4	
Amount Per Serving	
Calories 210	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 33g	11%
Dietary Fiber 4g	16%
Sugars 7g	
Protein 7g	
Vitamin A 2%	• Vitamin C 6%
Calcium 0%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

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

Peachy Pops

Yield: 6 servings

Serving size: 1 pop

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1 prepared pop, 1/6 of recipe (155g)	
Servings Per Container	
Amount Per Serving	
Calories 90	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 20g	7%
Dietary Fiber 1g	4%
Sugars 17g	
Protein 2g	
Vitamin A 2%	Vitamin C 6%
Calcium 4%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition Education Program,
 Pennsylvania Nutrition Education Network
 Website Recipes

Cost

Per recipe: \$1.92
 Per serving: \$0.32

Peanut Butter Banana Breakfast Shake

Yield: 1 servings
Serving size: 1 glass

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 1.5g	8%
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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

University of Nebraska, Cooperative Extension, [Healthy Eating Recipes](#)

Cost

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

Picadillo

Yield: 6 servings

Serving size: 1 cup

Cook time: 25 minutes

Ingredients

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

Instructions

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

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

Source

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

Cost

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

Pico de Gallo

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

Ingredients

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

Instructions

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

Notes

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

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

Source

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

Cost

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

Pineapple Orange Frozen Yogurt

Yield: 3 servings

Serving size: 1/3 of recipe

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/3 of recipe (184g)	
Servings Per Container	
Amount Per Serving	
Calories 130	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 28g	9%
Dietary Fiber 1g	4%
Sugars 23g	
Protein 5g	
Vitamin A 2%	• Vitamin C 35%
Calcium 15%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$1.48
 Per serving: \$0.49

Pink Party Salad

Yield: 6 servings

Serving size: 1/6 of recipe

Ingredients

- 4 potatoes (washed and cut in half)
- 3 cups beets, cooked (peeled and diced)
- 1 cup peas, green, fresh or frozen
- 3 eggs, hard boiled
- 1 apple
- 1 teaspoon lemon juice
- 2 tablespoons olive-oil
- 3 tablespoons vinegar
- 1 tablespoon sugar

Instructions

1. Boil the potatoes in 2 cups of water in a deep kettle. Cover and cook over moderate heat for about 20 minutes, until the potatoes are tender.
2. When thoroughly cool, dice potatoes and place in a big bowl.
3. Add diced beets and mix with the potatoes.
4. Set aside 1/4 cup of peas for garnishing and add the rest to the bowl.
5. Save 1 egg to use as a garnish. Chop the rest and add to the bowl.
6. Peel the skin off the apple and remove the core. Cut the apple into small pieces, place in a small bowl and sprinkle with lemon juice. Add apple to the salad.
7. Add the vinegar, olive oil and sugar.
8. Mix thoroughly. Chill and serve.

Nutrition Facts	
Serving Size 1/6 of recipe (246g)	
Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 40
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 22g	7%
Dietary Fiber 6g	24%
Sugars 14g	
Protein 5g	
Vitamin A 10%	Vitamin C 40%
Calcium 4%	Iron 10%

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

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

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

Source

University of Connecticut,
Cooperative Extension, From the
Farm to the Table, p.8
Hispanic Health Council

Cost

Per recipe: \$4.79
Per serving: \$0.80

Potato Cakes

Yield: 7 servings

Serving size: 1 pancake

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 cake (76g)	
Servings Per Container 7 cakes, 3" each	
Amount Per Serving	
Calories 130	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 16g	5%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 2g	
Vitamin A 2%	Vitamin C 4%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Potato Salad

Yield: 6 servings
Serving size: 1 cup

Ingredients

1 pound	potatoes (4 medium potatoes)
1 cup	onion (diced)
1/2 cup	celery (chopped)
1/2 cup	mayonnaise, lowfat
1/4 cup	sweet pickle relish

Instructions

1. Scrub the potatoes, and peel them.
2. Cut the potatoes into 1-inch cubes.
3. Put the potatoes into a saucepan. Cover with water.
4. Bring the potatoes to a boil on medium heat.
5. Let the potatoes simmer for 15 minutes until they're soft.
6. Drain the hot water, and let the potatoes cool.
7. While the potatoes are cooling, peel and chop some onions until you have 1 cup of chopped onions.
8. Chop the celery until you have ½ cup of chopped celery.
9. Put the chopped onion and celery in a medium mixing bowl.
10. Add the mayonnaise and pickle relish. Stir together.
11. Add the cooled potatoes. Stir again.
12. Cover the bowl. Put in the fridge for at least 2 hours before serving.

Nutrition Facts	
Serving Size 1 cup potato salad, 1/6 of recipe (142g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 230mg	10%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 2g	
Vitamin A 4%	• Vitamin C 25%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition
Education Program,
Pennsylvania Nutrition
Education Network
Website Recipes

Cost

Per recipe: \$2.25
Per serving: \$0.37

Potato Soup

Yield: 6 servings

Serving size: 1 cup

Ingredients

1/2 cup onion (chopped)
 1/2 cup celery (chopped)
 6 potatoes (diced)
 2 tablespoons margarine
 1/2 teaspoon salt
 1/8 teaspoon pepper
 1 cup nonfat dry milk
 3 cups water
 2 tablespoons flour

Instructions

1. Peel and chop the onion.
2. Chop the celery.
3. Peel the potatoes, and cut them into small cubes.
4. Melt the margarine in a large saucepan on low heat.
5. Add the onion and celery. Cook for a few minutes.
6. Add the potatoes, salt, pepper and 1 1/2 cups water.
7. Cook for 15 minutes until the potatoes are tender.
8. In a small bowl, stir together the dry milk and flour.
9. Add 1 1/2 cups water slowly, stirring as you add it.
10. Add the milk mix to the potatoes.
11. Cook until the soup is heated and slightly thickened.
12. Adjust the seasonings.

Nutrition Facts	
Serving Size 1 cup prepared soup or 1/6 of recipe (309g)	
Servings Per Container	
Amount Per Serving	
Calories 130	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 1g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 17g	6%
Dietary Fiber 4g	16%
Sugars 9g	
Protein 7g	
Vitamin A 6%	• Vitamin C 45%
Calcium 15%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

Source

Pennsylvania Nutrition
 Education Program,
 Pennsylvania Nutrition
 Education Network
 Website Recipes

Cost

Per recipe: \$1.83
 Per serving: \$0.30

Pumpkin and Bean Soup

Yield: 6 servings
Serving size: 1 cup

Ingredients

1 can white beans
1 onion (small, finely chopped)
1 cup water
1 can pumpkin (15 ounce)
1 1/2 cup apple juice
1/2 teaspoon cinnamon
1/8 teaspoon nutmeg, allspice, or ginger
1/2 teaspoon black pepper
1/4 teaspoon salt

Instructions

1. Blend white beans, onion, and water with a potato masher or blender till smooth.
2. In a large pot, add the pumpkin, juice, cinnamon, nutmeg, black pepper, and salt. Stir.
3. Add the blended bean mix to the pot.
4. Cook over low heat for 15-20 minutes, until warmed through.

Nutrition Facts	
Serving Size 1 cup prepared soup, 1/6 of recipe (255g) Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 30g	10%
Dietary Fiber 7g	28%
Sugars 10g	
Protein 7g	
Vitamin A 210%	Vitamin C 2%
Calcium 8%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition
Education Program,
Pennsylvania Nutrition
Education Network
Website Recipes

Cost

Per recipe: \$2.31
Per serving: \$0.39

Purple Cow

Yield: 3 servings
 Serving size: 8 ounces

Ingredients

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

Instructions

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

Notes

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

Nutrition Facts	
Serving Size 8 ounces (317g)	
Servings Per Container 3	
Amount Per Serving	
Calories 150	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g 0%	
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 80mg	3%
Total Carbohydrate 31g	10%
Dietary Fiber 0g 0%	
Sugars 31g	
Protein 6g	
Vitamin A 6%	• Vitamin C 140%
Calcium 20%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

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

Quick Chicken & Vegetable Soup

Yield: 4 servings

Serving size: 1 cup

Ingredients

1 onion (chopped)
 1 can tomatoes (16 ounce, - broken up)
 1 can chicken broth, low salt (13 3/4 ounce)
 1/2 cup chicken, cooked and chopped
 1 package mixed vegetables (10 ounce frozen)
 1/4 teaspoon thyme
 1/8 teaspoon pepper
 1/8 teaspoon salt

Instructions

1. Use only cooked chicken for this recipe.
2. Peel and chop the onion, to make 1 tablespoon of chopped onion.
3. Use a fork to pierce the tomatoes and break them up into pieces.
4. Put the tomatoes and broth in the pan. Cook on medium heat until they boil.
5. Add the onion. Turn the heat to low, and simmer for 5 minutes.
6. Add the remaining ingredients.
7. Cover the pan.
8. Cook for 10 minutes over low heat till vegetables are tender.

Notes

This easy recipe has much less sodium than canned soups.

Nutrition Facts	
Serving Size 1 cup prepared soup, 1/4 of recipe (302g) Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 300mg	13%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 10g	
Vitamin A 70%	• Vitamin C 30%
Calcium 6%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition
 Education Program,
 Pennsylvania Nutrition
 Education Network
 Website Recipes

Cost

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

Quick Chili

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

Ingredients

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

Instructions

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

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

Source

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

Cost

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

Quick Peach Cobbler

Yield: 4 servings

Serving size: 1/4 of recipe

Ingredients

1 can sliced peaches, packed in juice (16 ounce)
 1 egg
 1/3 cup sugar
 1/2 cup flour
 1/2 teaspoon baking powder
 1/4 teaspoon salt
 1 tablespoon margarine (softened)

Instructions

1. Preheat the oven to 375 degrees F.
2. Open the can of peaches. Pour the peaches and their juice into the casserole dish. Heat them on the stove-top until they bubble.
3. Slightly beat 1 egg.
4. In a mixing bowl, mix the egg, sugar, flour, baking powder, salt, and margarine.
5. Drop spoonfuls of this mixture on top of the hot, bubbling peaches.
6. Use pot holders to carefully remove the casserole dish from the stove.
7. Put the casserole dish in the oven. Bake for about 30-40 minutes.

Nutrition Facts	
Serving Size 1/4 of recipe (162g)	
Servings Per Container	
Amount Per Serving	
Calories 210	Calories from Fat 40
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0.5g	
Cholesterol 55mg	18%
Sodium 250mg	10%
Total Carbohydrate 42g	14%
Dietary Fiber 2g	8%
Sugars 28g	
Protein 4g	
Vitamin A 10%	• Vitamin C 6%
Calcium 4%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition
 Education Program,
 Pennsylvania Nutrition
 Education Network
 Website Recipes

Cost

Per recipe: \$1.52
 Per serving: \$0.38

Quick Skillet Lasagna

Yield: 7 servings

Serving size: 1 cup

Ingredients

1/2 cup	onion (chopped)
1/2 pound	ground beef
1 can	tomatoes (16 ounce)
1 can	tomato paste (6 ounce)
1 tablespoon	parsley (fresh, optional)
1 1/2 cup	water
1 teaspoon	garlic powder (optional)
2 cups	egg noodles (cooked)
3/4 cups	cottage cheese, lowfat
1/4 cup	parmesan cheese

Instructions

1. Chop onion. Cook beef and onion, in the frying pan until beef is brown and onion is tender. Drain off excess fat.
2. Add tomatoes, tomato paste, parsley, water, and garlic powder to the beef mixture. Bring to a boil and simmer until sauce is thick, about 25 minutes.
3. Cook noodles in the saucepan according to package directions. Drain.
4. Add cooked, drained noodles to the beef mixture. Stir to prevent sticking.
5. Mix cheeses and drop by spoonfuls into the frying pan.
6. Cover and heat over low heat about 5 minutes. Refrigerate leftovers.

Notes

To decrease fat and cholesterol, omit the beef and add vegetables such as broccoli or zucchini to the sauce.

Nutrition Facts	
Serving Size 1 cup prepared lasagna, 1/7 of recipe (256g) Servings Per Container	
Amount Per Serving	
Calories 200	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 440mg	18%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 15g	
Vitamin A 15%	• Vitamin C 20%
Calcium 10%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$4.32
Per serving: \$0.62

Quick and Healthy Black-Eyed Peas

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

Ingredients

- 4 slices turkey bacon (chopped)
- 2 pounds black-eyed peas, frozen
- 2 cups water
- 1/4 teaspoon black pepper
- 1 tablespoon sugar

Instructions

1. Place a pot over medium high heat and cook bacon for 3-4 minutes.
2. Add the rest of the ingredients and bring to a boil.
3. Reduce heat to simmer and allow to cook until the peas are tender, about 30 minutes.
4. Serve hot.

Nutrition Facts	
Serving Size 1 1/2 cups, 1/6 of recipe (251g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 260mg	11%
Total Carbohydrate 21g	7%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 10g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Food and Health Communications, Inc., Cooking Demo II, p.167

Cost

Per recipe: \$3.90
 Per serving: \$0.65

Quinoa and Black Bean Salad

Yield: 6 servings
Serving size: 1 Cup

Ingredients

1/2 cup	quinoa (dry)
1 1/2 cup	water
1 1/2 tablespoon	olive oil
3 teaspoons	lime juice
1/4 teaspoon	cumin
1/4 teaspoon	coriander (ground, dried cilantro seeds)
2 tablespoons	cilantro (chopped)
2	scallions (medium, minced)
15 ounces	black beans (can, rinsed and drained)
2 cups	tomato (chopped)
1	red bell pepper (medium, chopped)
1	green bell pepper (medium, chopped)
2	green chilis (fresh, minced, to taste)
	black pepper (to taste)

Instructions

1. Rinse the quinoa in cold water. Boil water in a saucepan, and then add the quinoa.
2. Return to boil, and then simmer until the water is absorbed, 10 to 15 minutes.
3. Cool for 15 minutes. While quinoa is cooking, mix olive oil, lime juice, cumin, coriander, chopped cilantro, and scallions in a small bowl, and set aside.
4. Combine chopped vegetables with the black beans in a large bowl, and set aside.
5. Once quinoa has cooled, combine all ingredients and mix well. Cover and refrigerate until ready to serve.

Nutrition Facts	
Serving Size 1 Cup (254g)	
Servings Per Container 6	
Amount Per Serving	
Calories 140	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 23g	8%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 5g	
Vitamin A 30%	Vitamin C 150%
Calcium 4%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

US Department of Health and Human Services
National Institutes of Health
National Heart, Lung and Blood Institute, Delicious Heart-Healthy Latino Recipes/Platillos latinos sabrosos y saludables

Cost

Per recipe: \$4.78
Per serving: \$0.80

Rainbow Veggie Salad

Yield: 10 servings
Serving size: 2/3 Cup

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 2/3 cup (106g)	
Servings Per Container 12	
Amount Per Serving	
Calories 90	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 14g	5%
Dietary Fiber 5g	20%
Sugars 2g	
Protein 4g	
Vitamin A 50%	• Vitamin C 8%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Maryland Food Supplement
Nutrition Education program,
2009 Recipe Calendar

Cost

Per recipe: \$3.27
Per serving: \$0.33

Red Beans and Rice

Yield: 8 servings

Serving size: 1/8 of recipe

Ingredients

1 pound	red beans, dry
8 cups	water
1 1/2 cup	onion (chopped)
1 cup	celery (chopped)
4	bay leaves
3 tablespoons	garlic (chopped)
3 tablespoons	parsley (chopped)
2 teaspoons	thyme (crushed, dried)
1 teaspoon	salt
1 teaspoon	black pepper
1 cup	green pepper (chopped)

Instructions

1. Pick through beans to remove bad beans. Rinse beans thoroughly.
2. In a 5-quart pot, mix beans, water, onion, celery and bay leaves. Bring to boiling; reduce heat.
3. Cover and cook over low heat for about 1-1/2 hours or until beans are tender. Stir and mash beans against side of pan.
4. Add garlic, parsley, thyme, salt, black pepper, and green pepper.
5. Cook uncovered, over low heat, until creamy, about 30 minutes. Remove bay leaves. Serve over hot cooked rice.

Nutrition Facts	
Serving Size 1/8 of recipe (361g)	
Servings Per Container	
Amount Per Serving	
Calories 210	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 39g	13%
Dietary Fiber 15g	60%
Sugars 2g	
Protein 14g	
Vitamin A 6%	Vitamin C 35%
Calcium 10%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Food and Drug Administration (FDA), [Eating for a Healthy Heart Down Home Healthy: Family Recipes of Black American Chefs Leah Chase and Johnny Rivers National Institutes of Health \(NIH\)](#)

Cost

Per recipe: \$3.29
Per serving: \$0.41

Red Hot Fusilli

Yield: 4 servings
Serving size: 1 cup

Ingredients

1 tablespoon	olive oil
2 cloves	garlic (minced)
1/4 cup	parsley (fresh minced)
4 cups	ripe tomatoes (chopped)
1 tablespoon	fresh basil (chopped or 1 tsp dried basil)
1 tablespoon	oregano leaves (crushed or 1 tsp dried oregano)
1/4 teaspoon	salt
	ground red pepper (or cayenne to taste)
8 ounces	fusilli pasta (uncooked, 4 cups cooked)
1/2 pound	cooked chicken breast (diced into 1/2-inch pieces 3/4 lb raw optional)

Instructions

1. Heat oil in a medium saucepan. Saute garlic and parsley until golden.
2. Add tomatoes and spices. Cook uncovered over low heat 15 minutes or until thickened, stirring frequently. If desired, add chicken and continue cooking for 15 minutes until chicken is heated through and sauce is thick.
3. Cook pasta firm in unsalted water.
4. To serve, spoon sauce over pasta and sprinkle with coarsely chopped parsley. Serve hot as a main dish and cold for the next day's lunch.

*cost estimate and nutritional analysis includes optional chicken.

Nutrition Facts	
Serving Size 1 cup (388g)	
Servings Per Container 4	
Amount Per Serving	
Calories 380	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 200mg	8%
Total Carbohydrate 51g	17%
Dietary Fiber 5g	20%
Sugars 6g	
Protein 28g	
Vitamin A 40%	• Vitamin C 50%
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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

National Heart, Lung and Blood Institute
National Institutes of Health,
[Stay Young at Heart Recipe Book](#)

Cost

Per recipe: \$4.82
Per serving: \$1.20

Refried Beans

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

Ingredients

- 1 1/2 cup dry pinto beans (sorted and rinsed)
- 2 garlic (cloves, minced)
- 1 tablespoon oil
- 1/4 cup onion (chopped)
- 1 teaspoon ground cumin

Instructions

1. [Cook](#) beans and reserve some of the cooking liquid before draining.
2. Sauté onions and garlic in oil until onions become clear. Add a little water if vegetables stick.
3. Mash half of the beans, and add to onion and garlic. Continue to sauté for 10 minutes, stirring frequently. Allow some of the mashed beans to brown.
4. Add cumin. Add remaining beans and continue cooking until they are warmed through.
5. Water or liquid from beans may be added to keep the beans soft and mushy.

Nutrition Facts	
Serving Size 1/6 recipe (175g)	
Servings Per Container 6	
Amount Per Serving	
Calories 210	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 36g	12%
Dietary Fiber 14g	56%
Sugars 3g	
Protein 12g	
Vitamin A 0%	• 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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$0.82
 Per serving: \$0.14

Rise and Shine Cobbler

Yield: 4 servings

Serving size: 3/4 cup

Cook time: 17 minutes

Ingredients

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

Instructions

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

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

Source

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

Cost

Per recipe: \$2.50

Per serving: \$0.62

Roasted Herb Potatoes

Yield: 6 servings
Serving size: 1/2 cup

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/2 cup prepared potatoes, 1/6 of recipe (78g)	
Servings Per Container	
Amount Per Serving	
Calories 35	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 2g	
Vitamin A 0%	• Vitamin C 20%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition
Education Program,
Pennsylvania Nutrition
Education Network
Website Recipes

Cost

Per recipe: \$1.02
Per serving: \$0.17

Roasted Root Vegetables

Yield: 4 servings

Serving size: 1/4 of recipe

Ingredients

- 4 root vegetables (choose a variety from potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes, etc.) (medium)
- 2 carrot (chopped)
- 1 onion (medium, chopped)
- 1/4 cup vegetable oil
- 3 tablespoons parmesan cheese

Instructions

1. Preheat oven to 350 degrees.
2. Cut vegetables into large chunks.
3. Place in a medium bowl and pour oil over top. Add seasonings or Parmesan and mix well.
4. Spread an even layer on a baking sheet.
5. Bake for 1 hour or until tender. Check a few vegetables to see if they are tender.

Nutrition Facts	
Serving Size 1/4 of recipe (297g)	
Servings Per Container	
Amount Per Serving	
Calories 250	Calories from Fat 130
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 150mg	6%
Total Carbohydrate 26g	9%
Dietary Fiber 7g	28%
Sugars 13g	
Protein 5g	
Vitamin A 200% • Vitamin C 80%	
Calcium 15% • Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$1.91
Per serving: \$0.48

Roasted Tomatoes with Herbs

Yield: 6 servings

Serving size: 1 tomato

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 ½ 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			
Calories 90	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 8g	3%		
Dietary Fiber 1g	4%		
Sugars 4g			
Protein 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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

Source

Maryland Food Supplement
 Nutrition Education program,
 2009 Recipe Calendar

Cost

Per recipe: \$5.46
 Per serving: \$0.91

Salsa Fresca

Yield: 7 servings

Serving size: 1/2 cup (recipe makes about 3 1/2 cups)

Ingredients

5	tomatoes (medium)
2	jalapeño
2	garlic clove
1/4	red onion (medium)
3 tablespoons	lime juice (fresh)
1/2 teaspoon	salt
1/4 teaspoon	black pepper
1 tablespoon	cilantro (fresh, leaves)

Instructions

1. Wash the vegetables. Cut the tomatoes into 1/2-inch pieces and put into a medium bowl. Because they can burn the skin, an adult should seed and mince the jalapenos and add them to the tomatoes.
2. Peel the garlic and mince. Peel the onion and cut into 1/4-inch pieces. Add the onion and garlic to the tomato mixture.
3. Stir in the lime juice, salt and pepper. Chop the cilantro and stir only until combined.

Nutrition Facts	
Serving Size 1/2 cup prepared salsa, 1/7 of recipe (122g) Servings Per Container	
Amount Per Serving	
Calories 25	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 1g	
Vitamin A 20%	• Vitamin C 30%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$2.92
Per serving: \$0.42

Salsa Pinto Beans

Yield: 7 servings

Serving size: 1/7 of recipe

Ingredients

- 1 tablespoon olive oil (or canola oil)
- 1 onion (small, chopped)
- 1 garlic clove (minced, or 1/8 t of garlic powder)
- 2 cans pinto beans (15 ounces each, drained and rinsed)
- 1 cup salsa

Instructions

1. Heat the oil in a skillet over medium heat.
2. Add the onion and garlic and cook until tender.
3. Stir in the beans and salsa.
4. Cook for 10 minutes.
5. Serve over rice, pasta, or baked potato.

Nutrition Facts	
Serving Size 1/2 cup (123g)	
Servings Per Container 7	
Amount Per Serving	
Calories 100	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 440mg	18%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 4g	
Vitamin A 2%	• Vitamin C 4%
Calcium 4%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Maryland Food Supplement
Nutrition Education program,
2009 Recipe Calendar

Cost

Per recipe: \$2.79
Per serving: \$0.40

Scalloped Potatoes

Yield: 4 servings

Serving size: 1 1/2 cup

Ingredients

2 pounds potatoes (sliced thin)
 2 tablespoons margarine
 1 cup onion (sliced)
 3 tablespoons flour
 1/4 teaspoon pepper
 2 cups whole-milk

Instructions

1. Wash potatoes; peel and cut into thin slices.
2. Melt 1 Tablespoon of margarine in heavy, deep skillet. Remove skillet from heat; spread half of potato slices in skillet.
3. Cover potatoes with onions. Sprinkle half of flour and pepper over potato mixture.
4. Add remaining potato slices, flour and pepper. Cut 1 Tablespoon of margarine into small pieces and place on top of potato mixture.
5. Pour milk over potato mixture; bring to boil over high heat. Reduce heat to medium low, cover, and cook until potatoes are tender, about 15 minutes.

Nutrition Facts	
Serving Size 1 1/2 cups prepared potatoes or 1/4 of recipe (390g)	
Servings Per Container	
Amount Per Serving	
Calories 220	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 3.5g	18%
Trans Fat 1.5g	
Cholesterol 10mg	3%
Sodium 110mg	5%
Total Carbohydrate 24g	8%
Dietary Fiber 7g	28%
Sugars 10g	
Protein 9g	
Vitamin A 2%	• Vitamin C 60%
Calcium 20%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$2.46
 Per serving: \$0.61

Scalloped Potatoes II

Yield: 8 servings

Serving size: 1/8 of recipe

Ingredients

- | | |
|---------------|--|
| 6 | russet potatoes (medium, 3-4 inch, - peeled and sliced into 1/4 inch slices) |
| 1 cup | onion (chopped raw) |
| 2 tablespoons | margarine |
| 4 tablespoons | flour |
| 1 teaspoon | salt |
| | black pepper |
| 2 cups | nonfat-milk |

Instructions

Quickest Method:

1. Prepare a large casserole baking pan by coating lightly with oil or cooking oil spray.
2. Place a layer of potatoes in pan, using approximately 1/4 of potatoes.
3. Sprinkle layer with 1/4 cup chopped raw onion, 1/2 tablespoon margarine, 1 tablespoon flour, 1/4 teaspoon salt, and sprinkling of black pepper.
4. Repeat layers, making a total of 4.
5. Meanwhile heat milk over low heat.
6. Pour warm milk over all ingredients in casserole dish.
7. Bake at 350 degrees for one hour.
8. Refrigerate leftovers within two hours.

Creamiest Method:

1. Prepare a large casserole baking pan by coating lightly with oil or cooking oil spray.
2. Make a white sauce by melting margarine in a small pan. Stir in flour. Gradually add milk, stirring constantly.
3. Cook, stirring constantly, until slightly thickened. Remove from heat.
4. Add salt and pepper.
5. Place a layer of potatoes and onion in a prepared casserole pan, using approximately 1/4 of the potatoes and 1/4 cup onion.
6. Spread with 1/2 cup of the sauce prepared in steps 2 and 3.

Nutrition Facts	
Serving Size 1/8 of recipe (315g)	
Servings Per Container	
Amount Per Serving	
Calories 290	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0.5g	
Cholesterol 0mg	0%
Sodium 360mg	15%
Total Carbohydrate 56g	19%
Dietary Fiber 6g	24%
Sugars 6g	
Protein 9g	
Vitamin A 2%	• Vitamin C 50%
Calcium 10%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Washington State University
Extension, Favorite Recipes for
Family Meals

Cost

Per recipe: \$3.30
Per serving: \$0.41

7. Repeat layers, making a total of 4.
8. Bake at 350 degrees for one hour.
9. Refrigerate leftovers within two hours.

Seared Greens

Yield: 6 servings

Serving size: 1 cup

Cook time: 15 minutes

Ingredients

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

Instructions

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

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

Source

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

Cost

Per recipe: \$4.07

Per serving: \$0.68

Sensational Six-Layer Dinner

Yield: 6 servings

Serving size: 1/6 of recipe

Ingredients

2 potatoes (medium, sliced)
 2 cups carrot (sliced)
 1/4 teaspoon black pepper
 1/2 cup onion (sliced)
 1 pound ground beef (browned and drained)
 1 1/2 cup green beans
 1 can tomato-soup

Instructions

1. Lightly oil or spray baking dish with cooking spray.
2. Layer ingredients in order given. Cover.
3. Bake at 350 degree for 45 minutes or until tender and thoroughly heated.
4. Uncover and bake 15 more minutes.

Notes

For variation, use peas or corn instead of green beans. Use your favorite cream soup instead of tomato soup.

Nutrition Facts	
Serving Size 1/6 of recipe (304g)	
Servings Per Container	
Amount Per Serving	
Calories 230	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 580mg	24%
Total Carbohydrate 17g	6%
Dietary Fiber 4g	16%
Sugars 9g	
Protein 25g	
Vitamin A 150%	Vitamin C 35%
Calcium 4%	Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

University of Wisconsin,
 Cooperative Extension Service,
 One Dish Meals
 A Family Living Program

Cost

Per recipe: \$5.62
 Per serving: \$0.94

Simmered Beans

Yield: 12 servings
 Serving size: 1/2 cup

Ingredients

- 2 cups beans, dried pinto, black, or pink (rinsed)
- 8 cups water
- 1 onion (chopped)
- 1 bay leaf
- 1/4 teaspoon salt

Instructions

1. Place beans, water, onion and bay leaf in a large pot.
2. Cover and bring to a boil over high heat.
3. Reduce heat to low. Simmer for 1 to 1 1/2 hours or until beans are tender.
4. Remove bay leaf and stir in salt. Cook 15 minutes longer.
5. Top each serving of simmered beans with 1/2 cup fresh salsa or store beans in refrigerator for up to three days in a covered plastic or glass container.

Nutrition Facts	
Serving Size 1/2 cup prepared beans, 1/12 of recipe (203g)	
Servings Per Container	
Amount Per Serving	
Calories 120	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 21g	7%
Dietary Fiber 5g	20%
Sugars 1g	
Protein 7g	
Vitamin A 0%	Vitamin C 4%
Calcium 4%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$1.52
 Per serving: \$0.13

Skillet Meals

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

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	
Amount Per Serving	
Calories 260	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 50g	17%
Dietary Fiber 12g	48%
Sugars 9g	
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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$4.11
Per serving: \$1.03

Skinny French Fries

Yield: 8 servings

Serving size: 1/8 of recipe

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/8 of recipe (78g)	
Servings Per Container	
Amount Per Serving	
Calories 50	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 2g	
Vitamin A 0%	• Vitamin C 20%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$1.59
Per serving: \$0.20

Slow Cooker Beans

Yield: 6 servings

Serving size: 1/6 of recipe

Ingredients

1 pound	pinto beans (dried , rinsed)
4 cups	hot water
2	onion (chopped)
1 tablespoon	chili powder
3/4 cups	barbecue sauce
1/2 cup	ketchup
1 1/2	mustard
tablespoon	
2 drops	hot sauce (to taste)

Instructions

1. Mix beans, water, onion and chili powder in slow cooker.
2. Cover and cook on LOW for 7 hours or until tender. Drain.
3. Stir in barbecue sauce, ketchup, mustard, and pepper sauce.
4. Cook on high for 15 minutes or until hot through.

Nutrition Facts	
Serving Size 1/6 of recipe (339g)	
Servings Per Container	
Amount Per Serving	
Calories 330	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 550mg	23%
Total Carbohydrate 62g	21%
Dietary Fiber 14g	56%
Sugars 11g	
Protein 18g	
Vitamin A 10%	• Vitamin C 25%
Calcium 10%	• Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$2.57
Per serving: \$0.43

Slow Cooker Lentil Soup

Yield: 6 servings

Serving size: 1/6 of recipe

Ingredients

6 cups water
 1/4 cup parsley (chopped fresh, or 2 Tablespoons dried parsley optional)
 2 teaspoons beef bouillon (or 2 cubes beef bouillon)
 1 1/2 cup lentils (dry)
 2 carrot (medium, sliced)
 1 onion (medium, chopped)
 2 celery stalk (sliced)

Instructions

1. Mix all ingredients together in slow cooker.
2. Cook on LOW for 8 to 10 hours or HIGH for 4 to 5 hours.
3. Serve hot with crackers or bread.

Nutrition Facts	
Serving Size 1/6 of recipe (344g)	
Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 34g	11%
Dietary Fiber 16g	64%
Sugars 4g	
Protein 13g	
Vitamin A 70%	• Vitamin C 10%
Calcium 6%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

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

Smothered Greens

Yield: 5 servings
 Serving size: 1 cup

Ingredients

- 3 cups water
- 1/4 pound turkey breast, smoked, skinless
- 1 tablespoon hot pepper (freshly chopped)
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon cloves (ground)
- 2 garlic clove (crushed)
- 1/2 teaspoon thyme
- 1 scallion stalk (chopped)
- 1 teaspoon ginger (ground)
- 1/4 cup onion (chopped)
- 2 pounds mustard greens, or turnip, collard, kale, or mixture

Instructions

1. Place all ingredients except greens into large saucepan and bring to a boil.
2. Prepare greens by washing thoroughly and removing stems.
3. Tear or slice leaves into bite-size pieces.
4. Add greens to turkey stock. Cook 20-30 minutes until tender.

Nutrition Facts	
Serving Size 1 cup prepared greens, 1/5 of recipe (361g) Servings Per Container	
Amount Per Serving	
Calories 80	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 270mg	11%
Total Carbohydrate 11g	4%
Dietary Fiber 6g	24%
Sugars 3g	
Protein 10g	
Vitamin A 380%	Vitamin C 220%
Calcium 20%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Source

National Heart, Lung and Blood Institute (NHLBI), [Heart Healthy Home Cooking African American Style](#)

Cost

Per recipe: \$7.11
 Per serving: \$1.42

Snappy Cole Slaw

Yield: 4 servings

Serving size: 3/4 cup

Cook time: 20 minutes

Ingredients

2 cups cabbage (shredded)
 1/4 cup cider vinegar
 1/4 cup water
 2 tablespoons sugar
 1/2 teaspoon mustard
 1/4 teaspoon black pepper

Instructions

1. Wash and shred the cabbage with a knife or grater. Put in a mixing bowl.
2. Bring the vinegar and water to a boil in the saucepan. Remove from heat and add other ingredients except cabbage to the saucepan.
3. Continue to cook this mixture in the saucepan until the sugar is dissolved and hot, then pour over the shredded cabbage.
4. Toss. Refrigerate until chilled to blend flavors.

Notes

Refrigeration is needed before serving.

Nutrition Facts	
Serving Size 3/4 cup coleslaw, 1/4 of recipe (72g)	
Servings Per Container	
Amount Per Serving	
Calories 40	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 1g	
Vitamin A 2%	• Vitamin C 20%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$0.39
 Per serving: \$0.10

Snappy Rice Dish

Yield: 2 servings

Serving size: 1/2 of recipe

Ingredients

1 cup vegetables, frozen or fresh (cut into bite size pieces)
 1/2 cup chicken broth, reduced salt (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	
Amount Per Serving	
Calories 270	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 420mg	18%
Total Carbohydrate 52g	17%
Dietary Fiber 13g	52%
Sugars 4g	
Protein 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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$1.50
 Per serving: \$0.75

South of the Border Salad

Yield: 9 servings

Serving size: 1/9 of recipe

Ingredients

2 cans corn (15.2 ounces each, drained and rinsed)
 2 cans black beans (15.5 ounces each, drained and rinsed)
 1 can diced tomatoes with green chilies (14.5 ounces)
 1 onion (small, chopped)
 Dressing Ingredients:
 3 tablespoons olive oil (or canola oil)
 1/3 cup lemon or lime juice
 1/2 teaspoon pepper
 1 teaspoon ground cumin (optional)

Instructions

1. Mix the salad ingredients in a large bowl.
2. Mix the dressing ingredients in a small bowl.
3. Pour dressing over corn mixture and mix well.
4. Cover and refrigerate for at least 2 hours.

Nutrition Facts	
Serving Size 1/2 cup (224g)	
Servings Per Container 8-10	
Amount Per Serving	
Calories 180	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 680mg	28%
Total Carbohydrate 29g	10%
Dietary Fiber 6g	24%
Sugars 3g	
Protein 6g	
Vitamin A 4%	• Vitamin C 25%
Calcium 4%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Maryland Food Supplement
 Nutrition Education program,
 2009 Recipe Calendar

Cost

Per recipe: \$4.42
 Per serving: \$0.49

Southwestern Pepper Cups

Yield: 10 servings
 Serving size: 1/2 pepper

Ingredients

- 5 green bell pepper (medium, halved and seeded, or use red or yellow peppers)
- 1/3 cup onion (chopped)
- 1 1/2 garlic clove (chopped)
- 3 cups rice, cooked
- 1 can tomatoes with chiles (10 1/2 ounce, diced and undrained)
- 1 can whole kernel corn (8 1/2 ounce, drained)
- vegetable cooking spray
- 1/3 cup cheese, cheddar, shredded

Instructions

1. Wash hands.
2. Blanch peppers in boiling water 2 to 3 minutes. Drain. Set aside.
3. Cook onion and garlic in oil in medium skillet over medium high heat for 3 minutes.
4. Combine rice, tomatoes with chiles, corn and onion mixture. Mix well.
5. Spoon into pepper halves, place on baking sheet coated with cooking spray.
6. Bake at 350 degrees for 10 minutes or until hot. Sprinkle with cheese.
7. Bake again at 350 degrees for 5 to 10 minutes or until hot and cheese melts.

Nutrition Facts	
Serving Size 1/2 prepared pepper, 1/10 of recipe (170g) Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 210mg	9%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 3g	
Vitamin A 8%	• Vitamin C 80%
Calcium 4%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Arizona Nutrition Network, Don't Play With Your Food: Spring and Summer Cookbook

Cost

Per recipe: \$4.22
 Per serving: \$0.42

Spanish Cauliflower

Yield: 6 servings

Serving size: 1/2 cup

Ingredients

1 tablespoon vegetable-oil
 1 onion (medium)
 1/4 teaspoon garlic powder
 1 head of cauliflower (of)
 2 tomatoes (large)
 1/2 teaspoon black pepper
 1 tablespoon parsley (dried)
 1/4 cup parmesan cheese (grated)

Instructions

1. Chop the cauliflower into 2 inch pieces.
2. Peel the onion. Chop it into small pieces.
3. Chop the tomatoes into small pieces.
4. Put the cauliflower in a pan. Add 1 inch of water.
5. Cook over medium heat, and let it boil for 3 minutes.
6. In a large pan, heat the oil, and add the onion.
7. Cook over medium heat for 3 to 5 minutes.
8. Add the garlic and cauliflower.
9. Cook while stirring for 3 minutes, until lightly browned.
10. Add the tomatoes and pepper.
11. Cook for 5 more minutes.
12. Serve with a sprinkle of parsley and cheese.

Nutrition Facts	
Serving Size 1/2 cup prepared cauliflower, 1/6 of recipe (220g)	
Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 95mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 5g	
Vitamin A 8%	• Vitamin C 130%
Calcium 8%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition
 Education Program,
 Pennsylvania Nutrition
 Education Network
 Website Recipes

Cost

Per recipe: \$4.66
 Per serving: \$0.78

Spanish Omelet

Yield: 5 servings

Serving size: 1/5 of omelet

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/5 of omelet (297g)	
Servings Per Container 5	
Amount Per Serving	
Calories 250	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 125mg	42%
Sodium 220mg	9%
Total Carbohydrate 30g	10%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

National Diabetes Education Program, National Institutes of Health, Centers for Disease Control and Prevention., Control Your Diabetes. For Life. Recipes and Meal Planner Guide

Cost

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

Spicy Baked Squash

Yield: 4 servings

Serving size: 1/4 of an acorn squash

Ingredients

	vegetable cooking spray
1	acorn squash
1 dash	salt (of)
2 tablespoons	margarine
3 tablespoons	brown sugar
1 teaspoon	cinnamon
1/4 teaspoon	nutmeg
1/4 teaspoon	ginger

Instructions

1. Preheat the oven to 400 degrees.
2. Coat the baking sheet with vegetable cooking spray.
3. Wash the squash. Cut it in half lengthwise. Remove the seeds. Cut the squash into 1/2 inch slices.
4. Place the squash on the baking sheet. Sprinkle with salt.
5. Melt the margarine on low heat in a small saucepan.
6. Add the brown sugar, cinnamon, nutmeg, and ginger to the saucepan.
7. Spread the margarine mix on the squash.
8. Bake for 20 to 25 minutes, or until tender.

Nutrition Facts	
Serving Size 1/4 of prepared squash or 1/4 of recipe (126g) Servings Per Container	
Amount Per Serving	
Calories 130	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 1.5g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Sugars 12g	
Protein 1g	
Vitamin A 8%	• Vitamin C 20%
Calcium 6%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition
Education Program,
Pennsylvania Nutrition
Education Network
Website Recipes

Cost

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

Spicy Carrots and Squash

Yield: 4 servings
 Serving size: 1/2 cup

Ingredients

- 2 cups carrots, cut into 2 inch sticks
- 1 1/2 cup squash, cut into 2 inch sticks
- 1 teaspoon vinegar
- 2 tablespoons vegetable broth, fat free
- 1 teaspoon brown sugar
- 1 1/2 teaspoon Dijon or spicy mustard

Instructions

1. Wash, peel and cut carrots. Wash and cut up squash.
2. Combine carrots and broth in saucepan. Cover and cook over medium heat about 5 minutes.
3. Add squash and cook 5 more minutes or until vegetables are just tender. Add more broth, if necessary, to keep from burning.
4. Stir vinegar, brown sugar and mustard into vegetables.
5. Cook for a few minutes over medium heat until most of the liquid cooks off.

Nutrition Facts	
Serving Size 1/2 cup (158g)	
Servings Per Container 4	
Amount Per Serving	
Calories 50	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 1g	
Vitamin A 270%	Vitamin C 10%
Calcium 4%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$1.12
 Per serving: \$0.28

Spicy Fruit Cup

Yield: 8 servings

Serving size: 1/8 of recipe

Ingredients

2 cups strawberries (fresh)
 1 can mandarin orange sections (16 ounce)
 1 can pear (16 ounce)
 1 can pineapple chunks, in its own juice (16 ounce)
 1 cup juice, orange
 1/4 teaspoon cinnamon (ground)
 1/4 teaspoon nutmeg (ground)

Instructions

1. Cut the strawberries in half.
2. Open the can of mandarin oranges. Drain off the syrup.
3. Open the can of pears. Drain off the juice. Slice the pears.
4. Open the can of pineapple, but don't drain off the juice.
5. Put the undrained pineapple, orange juice, cinnamon, and nutmeg in a mixing bowl. Stir together.
6. Carefully stir in the mandarin oranges, pears, and strawberries.
7. Refrigerate for 1 to 4 hours before serving.

Nutrition Facts	
Serving Size 1/8 of recipe (236g)	
Servings Per Container	
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 5mg	0%
Total Carbohydrate 28g	9%
Dietary Fiber 2g	8%
Sugars 24g	
Protein 1g	
Vitamin A 10%	• Vitamin C 70%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition
 Education Program,
 Pennsylvania Nutrition
 Education Network
 Website Recipes

Cost

Per recipe: \$5.11
 Per serving: \$0.64

Spicy Okra

Yield: 10 servings
Serving size: 1/2 Cup

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 (106g)	
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 135mg	6%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 2g	
Vitamin A 8%	• Vitamin C 20%
Calcium 6%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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: \$2.63
Per serving: \$0.26

Spinach Black Bean Salad

Yield: 3 servings
Serving size: 1 cup

Ingredients

2 tablespoons vinegar
1 tablespoon vegetable oil
1 tablespoon mustard (Dijon or other)
1 teaspoon garlic powder
1/2 teaspoon dried oregano
1/2 teaspoon dried basil
1/8 teaspoon nutmeg (optional)
2 cups spinach (washed)
1 1/2 cup black beans (unsalted, fat free)
2 tomatoes (chopped)
1 red onion (small, chopped)

Instructions

1. In a large bowl, combine vinegar, oil, mustard, garlic, oregano, basil and nutmeg.
2. Wash, drain and chop spinach.
3. Add spinach, black beans, tomatoes and onions to vinegar and oil. Toss well and serve.

Notes

Top your salad with other vegetables (mushrooms, peppers, cucumbers, zucchini, yellow squash, red onions etc.)

Add cooked chicken, egg or tuna for more protein!

Add cubes of cheddar, Swiss or smoked Gouda cheese.

Fruit makes a great addition- try dried cranberries, cherries, raisins or apricots or fresh berries in season.

Nutrition Facts	
Serving Size 1 cup (298g)	
Servings Per Container 3	
Amount Per Serving	
Calories 190	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 28g	9%
Dietary Fiber 8g	32%
Sugars 4g	
Protein 9g	
Vitamin A 50%	Vitamin C 40%
Calcium 10%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$2.92
Per serving: \$0.97

Spinach Stuffed Potatoes

Yield: 6 servings

Serving size: 1/6 of recipe

Ingredients

6	potatoes (baking)
1/4 cup	sour cream, light
1/4 cup	tofu, silken soft
1 package	spinach (10-ounce frozen, - thawed and drained)
1/4 cup	green onion
1/4 teaspoon	pepper
1/2 cup	cheddar, lowfat (grated)
1	Mrs. Dash garlic and herb seasoning (of)

Instructions

1. Thaw the spinach before you cook this recipe! After they thaw, drain any extra water from the spinach.
2. Preheat the oven to 350 degrees.
3. Wash and scrub the potatoes.
4. Bake the potatoes in for 1 hour till they're tender and you can pierce them with a fork.
5. Wash and chop the green onion until you get ¼ cup onion.
6. Put the sour cream, tofu, spinach, onion, pepper and cheese in a mixing bowl. Mix well.
7. When the potatoes are baked, let them cool. Then use a spoon to scoop out the inside of the potato. Add the inside of the potato to the sour cream mix. Stir together.
8. Stuff the potato skin shells with the mixture.
9. Sprinkle the potatoes with the garlic and herb seasoning.
10. Bake the potatoes for 20-25 minutes until they're a little brown.

Notes

You can use part-skim mozzarella cheese in place of lowfat cheddar cheese.

Nutrition Facts	
Serving Size 1 prepared potato, 1/6 of recipe (229g)	
Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 115mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 6g	24%
Sugars 3g	
Protein 8g	
Vitamin A 110%	Vitamin C 60%
Calcium 15%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Cost

Per recipe: \$4.43
Per serving: \$0.74

Spinach and Mushroom Enchilada Casserole

Yield: 8 servings

Serving size: 1/8 of recipe

Ingredients

2 teaspoons	olive oil
1	onion (medium, chopped)
2	garlic clove (minced)
3	yellow banana chile peppers (seeded, deveined and minced)
3 pounds	mushroom (sliced)
1 can	enchilada sauce (14 ounce, preferably green)
8	corn tortillas (6 inch, - cut in half)
1/4 teaspoon	salt
1/2 teaspoon	oregano leaves (dried)
2 packages	frozen chopped spinach (10 ounce, - thawed)
6 1/2 ounces	reduced fat Monterey jack cheese (grated)

Instructions

1. Heat oil in a very large non-stick skillet. Add onion, garlic and peppers and stir. Add mushrooms and cook about 15 to 20 minutes, until liquid evaporates. (If pan is not large enough, cook mushrooms in batches.)
2. Pour half of the enchilada sauce into a 13x9-inch baking dish.
3. Arrange 8 tortilla halves over the sauce in the baking dish. Preheat the oven to 350 degrees. When mushrooms are cooked, stir in the salt and crumble in the oregano leaves. Drain the spinach, squeeze it dry and mix it thoroughly with the mushroom mixture. Spoon half the mushroom mixture into the baking dish, carefully covering tortillas.
4. Set aside 1/4 cup (about 1 ounce) of grated cheese. Sprinkle the rest of the cheese on top of the mushroom mixture. Layer with the remaining 8 tortilla halves, then the remaining mushroom mixture and enchilada sauce. Sprinkle top of casserole with the remaining 1/4 cup cheese. Cover baking dish with foil and bake for 30 minutes, or until casserole is steaming hot in the center.

Notes

Allow casserole to stand at room temperature 5 minutes before serving. Serve with pinto or black beans and salad.

Nutrition Facts	
Serving Size 3 1/4" x 4 1/2" piece, 1/8 of recipe (373g)	
Servings Per Container	
Amount Per Serving	
Calories 240	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 350mg	15%
Total Carbohydrate 26g	9%
Dietary Fiber 7g	28%
Sugars 5g	
Protein 16g	
Vitamin A 180%	• Vitamin C 70%
Calcium 30%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$17.43

Per serving: \$2.18

Spinach, Tomatoes, and Corn

Yield: 5 servings

Serving size: 1/5 of recipe

Ingredients

- 1 can canned spinach (15.5 ounces, unsalted)
- 1 can canned diced tomatoes (15.5 ounces, unsalted)
- 1 can canned corn (15.5 ounces, drained)
- 3 cups water
- 1 tablespoon margarine

Instructions

1. Place all ingredients in a saucepan. Cover.
2. Heat thoroughly, about 10 minutes. Add seasonings to taste.

Nutrition Facts	
Serving Size 1/5 recipe (408g)	
Servings Per Container 5	
Amount Per Serving	
Calories 130	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	15%
Total Carbohydrate 22g	7%
Dietary Fiber 5g	20%
Sugars 5g	
Protein 5g	
Vitamin A 180% • Vitamin C 50%	
Calcium 10% • Iron 20%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

USDA Food and Nutrition Service, [Creative Recipes For Less Familiar USDA Commodities Used By Household Programs](#)

Cost

Per recipe: \$2.53
Per serving: \$0.51

Split Pea Soup

Yield: 6 servings
 Serving size: 3/4 cup

Ingredients

- 1 onion (large)
- 3 tablespoons margarine or butter
- 1 1/2 cup split peas, dry
- 6 cups water
- 1 teaspoon salt

Instructions

1. Chop onion. Cook in margarine in a large pan until tender.
2. Wash and drain split peas.
3. Add water, split peas and salt to onion. Bring to boiling.
4. Lower heat and cover pan. Simmer about 2 hours, until thickened.

Notes

Cook a ham bone or pieces of ham in the soup. Remove bone and serve meat in soup.

Nutrition Facts	
Serving Size 3/4 cup prepared soup, 1/6 of recipe (319g) Servings Per Container	
Amount Per Serving	
Calories 230	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 1.5g	
Cholesterol 0mg	0%
Sodium 450mg	19%
Total Carbohydrate 32g	11%
Dietary Fiber 13g	52%
Sugars 5g	
Protein 12g	
Vitamin A 2%	• Vitamin C 4%
Calcium 4%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$1.05
 Per serving: \$0.18

Spring Vegetable Saute

Yield: 4 servings

Serving size: 1/4 of recipe

Ingredients

1 teaspoon	olive oil
1/2 cup	sweet onion (sliced)
1	garlic clove (finely chopped)
3	new potatoes (tiny, quartered)
3/4 cups	carrot (sliced)
3/4 cups	asparagus pieces
3/4 cups	sugar snap peas, or green beans
1/2 cup	radishes (quartered)
1/4 teaspoon	salt
1/4 teaspoon	black pepper
1/2 teaspoon	dill (dried)

Instructions

1. Heat the oil in a skillet. Cook the onion 2 minutes, add the garlic and cook another minute
2. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about 4 minutes.
3. If the vegetables start to brown, add a Tablespoon or 2 of water.
4. Now add the asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender - about 4 minutes more.
5. Serve immediately.

Nutrition Facts	
Serving Size 1/4 of recipe (151g)	
Servings Per Container	
Amount Per Serving	
Calories 80	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 3g	
Vitamin A 90%	Vitamin C 35%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$2.15
 Per serving: \$0.54

Spring Vegetable Soup

Yield: 4 servings

Serving size: 1/4 of recipe

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 or)
 1 cup water
 2 teaspoons dried basil
 Salt and freshly ground black pepper, 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 (402g)	
Servings Per Container 4	
Amount Per Serving	
Calories 140	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 21g	7%
Dietary Fiber 5g	20%
Sugars 12g	
Protein 5g	
Vitamin A 90%	• 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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$3.13

Per serving: \$0.78

Spunky Vegetable Pizza

Yield: 8 servings

Serving size: 1/8 of recipe

Ingredients

3/4 cups pizza-sauce
 1 Italian pizza shell (large)
 1 cup broccoli (chopped)
 1 cup carrot (shredded)
 1/2 cup red or green bell pepper (sliced)
 5 ounces mozzarella cheese, lowfat (shredded)

Instructions

1. Preheat the oven to 450°F.
2. Spoon pizza sauce on pizza shell.
3. Put pizza shell on a cookie sheet. Arrange vegetables over sauce. Sprinkle on the cheese.
4. Bake for 10 minutes.
5. When baked, cool pizza for 3 minutes before slicing. Cut into 8 wedges.

Nutrition Facts	
Serving Size 1 slice, 1/8 of recipe (83g)	
Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 210mg	9%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 6g	
Vitamin A 60%	• Vitamin C 50%
Calcium 15%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$4.47
 Per serving: \$0.56

Squash Soup

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

Ingredients

- 1 tablespoon olive oil
- 2 onion (medium, chopped)
- 2 carrot (medium, chopped)
- 2 garlic clove (minced)
- 1 cup tomato puree (canned)
- 5 cups chicken or vegetable broth, low-sodium
- 4 cups winter squash, cooked
- 1 1/2 oregano (dried)
- tablespoon
- 1 1/2 basil (dried)
- tablespoon

Instructions

1. In a large saucepan, warm oil over medium heat.
2. Stir in onions, carrot and garlic.
3. Cook for about 5 minutes, covered.
4. Stir in the tomato puree, chicken broth, cooked squash, and herbs.
5. Bring soup to a simmer and cook, covered, for 30 minutes.

Nutrition Facts	
Serving Size 1/6 of recipe (531g)	
Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 150mg	6%
Total Carbohydrate 28g	9%
Dietary Fiber 7g	28%
Sugars 18g	
Protein 7g	
Vitamin A 220% • 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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

University of Connecticut,
Cooperative Extension, From the
Farm to the Table, p.12
Hispanic Health Council

Cost

Per recipe: \$6.24
Per serving: \$1.04

Squash-Apple Casserole

Yield: 6 servings

Serving size: 1/6 of recipe

Ingredients

2 1/2 cups winter squash, such as acorn, butternut or hubbard
 1 1/2 cup apples, cooking, such as Macintosh, Granny Smith or Rome
 1/2 teaspoon nutmeg
 1 teaspoon cinnamon

Instructions

1. Wash and prepare squash and apples (for extra fiber, keep peel on apples).
2. Alternate layers of squash and apples in 8x8 inch pan; end with apples.
3. Sprinkle spices over top layer.
4. Cover with aluminum foil.
5. Bake at 350 degrees for 45-60 minutes, until squash is tender.

Nutrition Facts	
Serving Size 1/6 of recipe (90g)	
Servings Per Container	
Amount Per Serving	
Calories 40	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 1g	
Vitamin A 4%	• Vitamin C 15%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$1.49
 Per serving: \$0.25

Stir Fried Beef

Yield: 6 servings
 Serving size: 1 1/4 Cup

Ingredients

- 1 1/2 pound steak (sirloin)
- 2 teaspoons vegetable oil
- 1 garlic clove (minced)
- 1 teaspoon vinegar
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 2 onion (large, sliced)
- 1 tomato (large, sliced)
- 3 cups potatoes (boiled, diced)

Instructions

1. Trim fat from steak and cut steak into small, thin pieces.
2. In a large skillet, heat oil and sauté garlic until garlic is golden.
3. Add steak, vinegar, salt, and pepper. Cook for 6 minutes, stirring beef until brown.
4. Add onion and tomato. Cook until onion is transparent. Serve with boiled potatoes.

Nutrition Facts	
Serving Size 1 1/4 Cup (219g)	
Servings Per Container 6	
Amount Per Serving	
Calories 280	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 110mg	5%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 27g	
Vitamin A 2%	• Vitamin C 20%
Calcium 4%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

US Department of Health and Human Services
 National Institutes of Health
 National Heart, Lung and Blood Institute, Delicious Heart-Healthy Latino Recipes/Platillos latinos sabrosos y saludables

Cost

Per recipe: \$9.95
 Per serving: \$1.66

Stir Fry Vegetables and Beef

Yield: 4 servings

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

Cook time: 30 minutes

Ingredients

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

Instructions

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

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

Source

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

Cost

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

Stove Top Casserole

Yield: 5 servings

Serving size: 1/5 of recipe

Ingredients

1 tablespoon	vegetable oil
1	onion (small, coarsely chopped)
4	potatoes (medium, peeled and sliced 1/4 inch thick)
1 1/2 cup	chicken stock
2 cups	green cabbage (shredded)
1 cup	Swiss cheese, shredded
1/4 cup	nuts (chopped)

Instructions

1. Heat oil in large skillet or Dutch oven. Add onions and stir over medium heat until golden.
2. Add potatoes and chicken stock. Cover tightly, reduce heat to low and simmer until potatoes are almost tender.
3. Add cabbage, cover and simmer for another 5 minutes.
4. Remove cover, sprinkle with cheese and nuts.
5. Let stand just until cheese is melted, about 2 minutes.

Nutrition Facts	
Serving Size 1/5 of recipe (266g)	
Servings Per Container	
Amount Per Serving	
Calories 210	Calories from Fat 120
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 530mg	22%
Total Carbohydrate 11g	4%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 13g	
Vitamin A 4%	• Vitamin C 50%
Calcium 20%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$4.15
Per serving: \$0.83

Stovetop Tamale Pie

Yield: 4 servings

Serving size: 1/4 of recipe

Ingredients

	Quick Chili:
1/2 pound	ground beef, lean
1 can	kidney beans (15 1/2 ounce, - drain and save liquid)
1/3 cup	bean liquid
1 cup	tomato puree (canned)
1 tablespoon	onion (minced)
1 1/2 tablespoon	chili powder
	Tamale Pie:
8 ounces	whole kernel corn (canned, not drained)
1/2 cup	yellow cornmeal
1 dash	salt
1 1/4 cup	cold water
1/8 teaspoon	chili powder

Instructions

Prepare Chili:

1. Cook beef in hot skillet until lightly browned. Drain off fat.
2. Stir in remaining ingredients. Bring to a boil.
3. Reduce heat, cover, and simmer 10 minutes.

Prepare Tamale Pie:

1. Place chili in a 10-inch skillet. Stir in corn. Heat thoroughly.
2. As chili heats, mix cornmeal and salt with water in a sauce pan. Cook over medium heat, stirring constantly until thickened, about 2 minutes.
3. Spread cornmeal mixture over hot chili to form a crust. Sprinkle with chili powder.
4. Cover and cook over low heat, with lid slightly ajar, until topping is set, about 10 minutes.

Nutrition Facts

Serving Size 1/4 recipe (384g)
Servings Per Container

Amount Per Serving

Calories 340 **Calories from Fat 70**

% Daily Value*

Total Fat 8g **12%**Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 35mg **12%****Sodium 650mg** **27%****Total Carbohydrate 46g** **15%**Dietary Fiber 12g **48%**

Sugars 6g

Protein 21g

Vitamin A 40% • Vitamin C 20%

Calcium 6% • Iron 30%

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

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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Source

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

Cost

Per recipe: \$3.30

Per serving: \$0.83

Stuffed Green Peppers

Yield: 4 servings

Serving size: 1 Pepper

Cook time: 50 minutes

Ingredients

4 green pepper (large, washed)
 1 pound turkey, ground
 1 cup rice, uncooked
 1/2 cup onion (peeled and chopped)
 1 1/2 cup tomato sauce, no added salt
 black pepper to taste

Instructions

1. Cut around the stem of the green peppers. Remove the seeds and the pulpy part of the peppers.
2. Wash, and then cook green peppers in boiling water for five minutes. Drain well.
3. In saucepan, brown turkey. Add rice, onion, 1/2 cup tomato sauce and black pepper.
4. Stuff each pepper with the mixture and place in casserole dish.
5. Pour the remaining tomato sauce over the green peppers.
6. Cover and bake for 30 minutes at 350 degrees.

Nutrition Facts	
Serving Size 1 stuffed pepper, 1/4 of recipe (436g)	
Servings Per Container	
Amount Per Serving	
Calories 410	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 125mg	5%
Total Carbohydrate 53g	18%
Dietary Fiber 5g	20%
Sugars 5g	
Protein 26g	
Vitamin A 30%	Vitamin C 240%
Calcium 6%	Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Michigan State University
 Extension, From Pyramid to the
 Plate: Healthy Eating by Timing,
 Combining, and Planning
 Adopted from: Eating Right is
 Basic

Cost

Per recipe: \$5.83

Per serving: \$1.46

Stuffed Tomatoes

Yield: 6 servings

Serving size: 1/2 tomato

Ingredients

1 onion (small)
 3 tomatoes (large)
 1 cup breadcrumbs (unseasoned)
 2 teaspoons parsley (dried)
 2 teaspoons basil (dried)
 1/2 teaspoon black pepper
 1/4 teaspoon garlic powder
 1 tablespoon vegetable-oil
 1/4 cup water (or more as needed)

Instructions

1. Preheat the oven to 400 degrees.
2. Peel the onion. Chop it into small pieces.
3. Cut each tomato in half. Remove the part with the stem.
4. Gently squeeze each tomato half over the sink to remove the seeds.
5. Put the breadcrumbs into medium bowl. Add the spices and oil.
6. Mix well, slowly adding water to moisten the crumbs.
7. Use a spoon to press the crumb mixture into the tomato halves.
8. Lightly oil a baking pan. Place the tomatoes on the pan, with the cut side up.
9. Bake for 15-20 minutes, until the crumbs are browned and the tomatoes are soft.

Notes

If you don't have a box of breadcrumbs, make your own. Toast 4 slices of bread. Crush with a rolling pin or the side of a jar to make breadcrumbs. If you don't have breadcrumbs or bread, crush 3 cups of a flaked cereal instead.

Nutrition Facts	
Serving Size 1/2 stuffed tomato, 1/6 of recipe (117g)	
Servings Per Container	
Amount Per Serving	
Calories 120	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 3g	
Vitamin A 10%	• Vitamin C 20%
Calcium 6%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition
 Education Program,
 Pennsylvania Nutrition
 Education Network
 Website Recipes

Cost

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

Summer Fruit Salad

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

Ingredients

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

Instructions

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

Notes

Refrigerate leftovers (or try freezing for a slush).

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

Source

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

Cost

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

Summer Salad

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

Ingredients

- 8 cups salad greens
- 6 green onion (thinly sliced, with tops)
- 6 mushroom (large, fresh, thinly sliced)
- 1/4 cup walnuts (coarsely chopped)
- 3/4 cups parsley (fresh, finely chopped)
- 3/4 cups dressing (Tangy, see [recipe](#))

Instructions

1. Wash and dry greens. Tear into bite-sized pieces and place in large salad bowl.
2. Add onion, mushrooms, walnuts and parsley. Just before serving, toss with dressing.

Nutrition Facts			
Serving Size 1 cup (95g)			
Servings Per Container 8-9			
Amount Per Serving			
Calories 70	Calories from Fat 25		
% Daily Value*			
Total Fat 2.5g	4%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 25mg	1%		
Total Carbohydrate 10g	3%		
Dietary Fiber 2g	8%		
Sugars 7g			
Protein 3g			
Vitamin A 60%	Vitamin C 60%		
Calcium 6%	Iron 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Source

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

Cost

Per recipe: \$3.49
 Per serving: \$0.44

Summer Squash, Italian Style

Yield: 4 servings

Serving size: 1/2 cup

Ingredients

2 tablespoons vegetable oil
 1 summer squash (large, thinly sliced)
 1 tablespoon water
 salt and pepper (to taste)
 1 teaspoon sweet basil, fresh
 6 tablespoons Parmesan cheese or Romano cheese (grated)

Instructions

- Using a large, ovenproof frying pan, heat 1 Tablespoon of oil to medium high.
- Arrange squash in pan, add water and season lightly with salt, pepper and basil.
- Cover and cook over medium heat for 5 minutes, or until tender crisp.
- Sprinkle with cheese and drizzle with remaining oil. Place under a preheated broiler and broil until cheese melts and browns slightly.

Tip: Add cut up fresh tomatoes, green peppers, green beans, eggplant, onions, or other vegetables in season.

Nutrition Facts	
Serving Size 1/2 cup (108g)	
Servings Per Container 4	
Amount Per Serving	
Calories 110	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 115mg	5%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 4g	
Vitamin A 4%	• 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 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$0.98
 Per serving: \$0.25

Summer Vegetable Spaghetti

Yield: 9 servings

Serving size: 1 cup spaghetti and 3/4 cup sauce with vegetables

Ingredients

2 cups	onion (small, yellow, cut into eighths)
2 cups	tomatoes (chopped, peeled, fresh, ripe, about 1 lb)
2 cups	squash (thinly sliced yellow and green, about 1 lb)
1 1/2 cup	green beans (cut fresh, about 1/2 lb)
2/3 cups	water
2 tablespoons	parsley (fresh, minced)
1 clove	garlic (minced)
1/2 teaspoon	chili powder
1/4 teaspoon	salt
1	black pepper (to taste)
1 can	tomato paste (6 oz)
1 pound	spaghetti (uncooked)
1/2 cup	parmesan cheese (grated)

Instructions

1. Combine first 10 ingredients in large saucepan. Cook for 10 minutes, then stir in tomato paste. Cover and cook gently, 15 minutes, stirring occasionally until vegetables are tender.
2. Cook spaghetti in unsalted water according to package directions.
3. Spoon sauce over drained hot spaghetti and sprinkle Parmesan cheese over top.

Nutrition Facts	
Serving Size 1 cup spaghetti and 3/4 cup sauce (281g)	
Servings Per Container 9	
Amount Per Serving	
Calories 260	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 290mg	12%
Total Carbohydrate 48g	16%
Dietary Fiber 5g	20%
Sugars 6g	
Protein 11g	
Vitamin A 20%	Vitamin C 35%
Calcium 8%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

National Heart, Lung and Blood Institute (NHLBI), [Stay Young at Heart: Cooking the Heart Healthy Way](#)

Cost

Per recipe: \$5.57
Per serving: \$0.62

Sunshine Salad

Yield: 5 servings

Serving size: 1/5 of recipe

Ingredients

5 cups	spinach leaves (packed, washed, and dried well)
1/2	red onion (sliced thin)
1/2	red pepper (sliced)
1	cucumber (whole, sliced)
2	orange (peeled and chopped into bite-size pieces)
1/3 cup	vinaigrette dressing ("lite", around 15 calories per tablespoon or less)

Instructions

1. Toss all ingredients together in a large bowl. Add dressing and toss again. Serve immediately.

Nutrition Facts			
Serving Size 1/5 of recipe (193g)			
Servings Per Container 5			
Amount Per Serving			
Calories 70	Calories from Fat 5		
% Daily Value*			
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 180mg	8%		
Total Carbohydrate 16g	5%		
Dietary Fiber 3g	12%		
Sugars 9g			
Protein 2g			
Vitamin A 70%	• Vitamin C 100%		
Calcium 6%	• Iron 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

Source

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

Cost

Per recipe: \$2.95

Per serving: \$0.59

Sweet Acorn Squash

Yield: 4 servings

Serving size: 1/2 squash

Ingredients

2 acorn squash
 1/2 cup orange-juice
 1 teaspoon cinnamon
 1/4 teaspoon nutmeg

Instructions

1. Put each squash in the microwave. Heat for 1 1/2 minutes on high. This will soften the squash, and make it easier to cut.
2. Cut each squash in half. Remove the seeds and loose fibers in the middle.
3. Place the squash on an ungreased baking pan. The cut side of the squash should be face-up, and the uncut part of the squash should touch the pan.
4. Pour 2 tablespoons of juice into each half of the squash. Spread it evenly on the inside of each squash.
5. Bake at 400 degrees for 30 to 45 minutes, until tender.
6. Season with cinnamon and nutmeg, and serve.

Nutrition Facts	
Serving Size 1/2 of one prepared squash, 1/4 of recipe (246g)	
Servings Per Container	
Amount Per Serving	
Calories 100	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Sugars 8g	
Protein 2g	
Vitamin A 15%	• Vitamin C 40%
Calcium 8%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition
 Education Program,
 Pennsylvania Nutrition
 Education Network
 Website Recipes

Cost

Per recipe: \$2.60
 Per serving: \$0.65

Sweet Potato Casserole

Yield: 10 servings

Serving size: 1/10 of recipe

Ingredients

1 pound sweet potatoes (about 4 medium ones*)
 3 egg whites
 1/2 cup sugar
 12 ounces evaporated milk, nonfat
 1 tablespoon vanilla extract
 1 teaspoon cinnamon
 1/2 teaspoon nutmeg
 1/2 teaspoon ginger

Instructions

1. Rinse sweet potatoes in cold running water and pierce with a fork.
2. Microwave sweet potatoes on full power until tender, about 15 minutes. Turn them half way during baking.
3. Preheat oven to 400 degrees. Remove skin from sweet potatoes and mash with hand beaters or food processor. Add the rest of the ingredients and mix until smooth.
4. Pour mixture in an 8 inch square baking pan. Bake until casserole is firm in the center, about 40 minutes.
5. Remove pan from oven. Allow to stand for 5 minutes then cut into 10 squares.
6. Serve hot. Refrigerate leftovers.

Notes

You may want to experiment with using canned sweet potatoes.

Nutrition Facts	
Serving Size 1/10 of recipe (101g)	
Servings Per Container	
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 80mg	3%
Total Carbohydrate 24g	8%
Dietary Fiber 2g	8%
Sugars 16g	
Protein 4g	
Vitamin A 130%	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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Food and Health
 Communications, Inc, Cooking
 Demo II, p.167

Cost

Per recipe: \$2.53
 Per serving: \$0.25

Sweet Potato Patties

Yield: 6 servings

Serving size: 1 sweet potato patty

Ingredients

3 sweet potatoes
 1 cup bread crumbs (crushed)
 1 tablespoon vegetable oil

Instructions

1. Wash the sweet potatoes.
2. Bake the sweet potatoes in a microwave until they are soft.
3. Remove the peels from the sweet potatoes.
4. Put the sweet potatoes in a medium bowl. Mash them with a fork.
5. Crush the bread crumbs on a cutting board with a rolling pin or jar.
6. Put the crushed bread crumbs in a small bowl.
7. Shape sweet potato into 6 small patties.
8. Roll each patty in the crushed crumbs.
9. Heat the oil in a frying pan on medium heat.
10. Brown each patty on both sides in the oil.

Notes

For variety, add some finely chopped apple.

Nutrition Facts	
Serving Size 1 patty, 1/6 of recipe (85g)	
Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 3g	
Vitamin A 180%	Vitamin C 2%
Calcium 6%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Cost

Per recipe: \$1.56
 Per serving: \$0.26

Sweet and Sour Cabbage

Yield: 8 servings
 Serving size: 1/2 cup

Ingredients

- 1/2 head of cabbage (of a, about 4 cups when chopped)
- 1/2 teaspoon salt
- 1/2 teaspoon celery seed
- 2 tablespoons sugar
- 3 tablespoons vinegar

Instructions

1. Cut the cabbage in half and rinse it with water.
2. Chop the cabbage into very thin bit-sized slices.
3. In a large bowl, combine ingredients and mix well.
4. Cover the bowl.
5. Chill in the fridge for several hours before serving.

Nutrition Facts	
Serving Size 1/2 cup prepared cabbage, 1/8 of recipe (44g)	
Servings Per Container	
Amount Per Serving	
Calories 20	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 1g	
Vitamin A 2%	• Vitamin C 20%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Cost

Per recipe: \$1.01
 Per serving: \$0.13

Taco Flavored Potatoes

Yield: 5 servings

Serving size: 6 wedges

Cook time: 40 minutes

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 6 potato wedges, 1/5 of recipe (132g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 11g	4%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 3g	
Vitamin A 0%	• Vitamin C 30%
Calcium 2%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$1.99
 Per serving: \$0.40

Taco Salad

Yield: 6 servings
 Serving size: 2 cups
 Cook time: 55 minutes

Ingredients

- 1 butter lettuce (head, or any other small lettuce, torn into small pieces)
- 2 tomatoes (chopped, fresh)
- 1/2 cup green pepper (chopped)
- 1 pound ground turkey or ground beef
- 1 onion (small, chopped)
- 1 can pinto beans (15 1/2 ounce, - drained)
- 3/4 cups salsa or taco sauce

Instructions

1. Put lettuce in large bowl. Add tomatoes and green pepper.
2. Brown meat and onion in fry pan. Drain off fat and liquid.
3. Mix meat, beans and salsa. Add to salad mixture.
4. Serve with additional salsa. Refrigerate leftovers.

Nutrition Facts	
Serving Size 2 cups salad, 1/6 of recipe (279g)	
Servings Per Container	
Amount Per Serving	
Calories 200	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 480mg	20%
Total Carbohydrate 18g	6%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 18g	
Vitamin A 30%	• Vitamin C 35%
Calcium 6%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

Source

University of Minnesota,
 Cooperative Extension Service,
 Simply Good Eating Recipe
 Cards, Vol. 1, p.23-24

Cost

Per recipe: \$7.07
 Per serving: \$1.18

Tangy Crisp Vegetable and Pasta Salad

Yield: 6 servings

Serving size: 1/6 of recipe

Ingredients

1/2 cup	pasta, uncooked (such as shells, macaroni, etc)
1/4 cup	vinegar
2 tablespoons	sugar
1/2 teaspoon	garlic powder
1/8 teaspoon	black pepper
1/2	cucumber (medium, peeled, seeded, and coarsely chopped)
1/2	carrot (medium, thinly sliced)
1/2	tomato (medium, coarsely chopped)
1/4	green pepper (coarsely chopped)
1/2 cup	broccoli florets (coarsely chopped)
1/2 cup	radishes (thinly sliced)
2 tablespoons	onion, green or red (coarsely chopped)

Instructions

1. Wash your hands and work area.
2. Cook pasta according to package directions but do not add salt to cooking water. Drain, rinse with cool water, and drain again.
3. Meanwhile, in a small saucepan, combine vinegar, sugar, salt, garlic powder and black pepper. Stir and heat over medium heat until sugar is dissolved, but do not boil. Let cool.
4. Rinse, drain, and chop remaining ingredients. Combine in a shallow container, such as an 8x8 inch pan.
5. Add cooked pasta, and vinegar mixture. Mix gently.
6. Cover and refrigerate overnight to allow flavors to blend.
7. Serve cold using a slotted spoon.
8. Cover and refrigerate leftovers within 2 hours.

Nutrition Facts	
Serving Size 1/6 of recipe (81g)	
Servings Per Container	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 2g	
Vitamin A 25%	Vitamin C 25%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

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

Tastee Burgers

Yield: 8 servings

Serving size: 1 burger

Ingredients

1 1/4 cup lentils
 3 cups water
 1 cup onion (chopped)
 1 cup carrot (grated)
 3 cups bread crumbs (fresh)
 1 egg
 1 teaspoon garlic powder
 1/2 teaspoon oregano (crumbled leaf)
 1/2 teaspoon salt
 3 tablespoons margarine
 4 ounces cheddar cheese (sliced)

Instructions

1. Place lentils in a colander, rinse in cold water and drain.
2. In a medium saucepan, bring water to a boil. Add lentils, reduce heat to low, cover and cook for 15 minutes.
3. Add onion and carrots. Cook 15 minutes more or until lentils are tender.
4. Remove from heat and cool slightly.
5. Stir in bread crumbs, egg, garlic powder, oregano and salt.
6. Melt margarine in large skillet. Drop lentil mixture by rounded 1/2 cupfuls into hot margarine. Flatten mounds into patties and cook until firm and golden brown on both sides.
7. Top each patty with a thin slice of cheese.
8. Serve immediately.
9. Refrigerate leftovers within two hours.

Nutrition Facts	
Serving Size 1 prepared burger or 1/8 of recipe (239g)	
Servings Per Container	
Amount Per Serving	
Calories 390	Calories from Fat 110
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 4.5g	23%
Trans Fat 1g	
Cholesterol 40mg	13%
Sodium 610mg	25%
Total Carbohydrate 52g	17%
Dietary Fiber 11g	44%
Sugars 6g	
Protein 17g	
Vitamin A 50%	Vitamin C 6%
Calcium 20%	Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Washington State University
 Extension, Favorite Recipes for
 Family Meals

Cost

Per recipe: \$4.01

Per serving: \$0.50

Terrific Bean Taco

Yield: 8 servings

Serving size: 1/8 of recipe

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1/8 of recipe (155g)	
Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 390mg	16%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 8g	
Vitamin A 10%	• Vitamin C 10%
Calcium 15%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$6.08

Per serving: \$0.76

Three Bean Salad

Yield: 6 servings

Serving size: 1/6 of recipe

Ingredients

1 cup	kidney beans, cooked (see recipe)
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 (246g)	
Servings Per Container 6	
Amount Per Serving	
Calories 190	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 410mg	17%
Total Carbohydrate 22g	7%
Dietary Fiber 5g	20%
Sugars 11g	
Protein 4g	
Vitamin A 6%	• Vitamin C 35%
Calcium 4%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

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

Tofu, Tomato and Spinach Soup

Yield: 4 servings

Serving size: 1/4 of recipe

Ingredients

1 teaspoon	vegetable oil
1/2 cup	onion (chopped)
1	garlic clove (minced)
6 cups	water (or chicken broth or 4 teaspoons or cubes chicken bouillon)
1 package	tofu, silken, firm or extra firm (10.5 ounce, - patted dry and cut into ½ inch cubes)
2	tomatoes (chopped)
3	green onions (optional) (chopped)
4 cups	spinach leaves (fresh, - washed and dried, torn or cut if large or 1- 10 ounce box frozen chopped spinach, thawed and squeezed dry)
1 tablespoon	soy sauce
1/4 teaspoon	pepper
1/4 cup	cilantro leaves (optional)

Instructions

1. Heat a 3 quart saucepan over medium heat; add oil and chopped onion. Cook onion until softened, but not brown. Stir in garlic and cook just until fragrant.
2. Add chicken broth. Bring to a boil. Add tomatoes and tofu. Lower heat and simmer until tomatoes are soft but not mushy (this takes just a couple of minutes).
3. Stir in green onions, spinach, ground pepper and cilantro. Cook just until spinach is wilted.
4. Remove from heat. Taste for seasoning. Serve hot.

Nutrition Facts	
Serving Size (571g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 8g	
Vitamin A 70%	Vitamin C 40%
Calcium 20%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

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

Tomato Basil Soup

Yield: 4 servings
Serving size: 1 cup

Ingredients

1 onion (medium, chopped)
1 tablespoon olive oil
2 garlic clove (crushed, or 1/4 teaspoon garlic powder)
1 can tomatoes (15 1/2 ounce, drained and chopped)
1 pinch red pepper (ground)
1 teaspoon basil (dried)
2/3 cups nonfat dry milk (NDM) (+ 2 cups water or substitute 2 cups nonfat milk for the reconstituted NDM)
salt and pepper (to taste)

Instructions

1. In a medium saucepan, cook onion in oil over medium heat, stirring frequently until golden brown, about 4 minutes.
2. Add garlic and cook 1 minute longer. Add chopped tomatoes.
3. Cook uncovered over medium heat for 10 minutes.
4. Spoon 3/4 of mixture into food processor or blender container; puree until smooth. Return to saucepan.
5. Add red pepper, basil, and reconstitute NDM to the soup. Heat until hot but do not boil. Season to taste with salt and pepper. Serve immediately.

Nutrition Facts	
Serving Size 1 cup soup, 1/4 of recipe (282g)	
Servings Per Container	
Amount Per Serving	
Calories 120	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	12%
Sugars 8g	
Protein 6g	
Vitamin A 20%	Vitamin C 25%
Calcium 20%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

USDA Food and Nutrition Service, USDA's Collection of Nonfat Dry Milk (NDM) Recipes Food Distribution Service

Cost

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

Tortilla Pizzas

Yield: 6 servings

Serving size: 1 pizza

Cook time: 25 minutes

Ingredients

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

Instructions

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

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

Source

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

Cost

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

Tropical Morning Treat

Yield: 4 servings
 Serving size: 1/2 cup

Ingredients

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

Instructions

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

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

Source

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

Cost

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

Tuna Apple Salad

Yield: 4 servings
Serving size: 1/2 pita

Ingredients

- 1 can tuna, packed in water (12 ounces)
- 2 tablespoons red onion (minced)
- 1 apple (cored and chopped)
- 1 cup celery (chopped)
- 1 cup golden raisins
- 5 tablespoons Italian dressing, light
- 2 cups salad greens
- 2 Pita bread (cut in half)

Instructions

1. In a small bowl, stir together tuna, onion, apple, celery, raisins, and 2 Tablespoons of dressing.
2. In another bowl, toss together salad greens with remaining dressing.
3. Carefully open pita breads and fill with equal amounts of greens and tuna salad.

Nutrition Facts	
Serving Size 1/2 pita, 1/4 of recipe (219g)	
Servings Per Container	
Amount Per Serving	
Calories 270	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 360mg	15%
Total Carbohydrate 32g	11%
Dietary Fiber 3g	12%
Sugars 13g	
Protein 26g	
Vitamin A 20%	• Vitamin C 10%
Calcium 6%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$5.13
Per serving: \$1.28

Tuna Salad on Greens

Yield: 4 servings
Serving size: 2 cup

Ingredients

- 4 cups Romaine lettuce (chopped)
- 1 carrot (peeled and grated)
- 1 tomato (chopped)
- 1/4 red onion (chopped)
- 1 tablespoon olive oil
- 3 tablespoons vinegar (red wine)
- 1 teaspoon Italian Seasoning
- black pepper (fresh cracked)
- 6 ounces tuna, low sodium, canned in water (drained)
- 1/3 cup mayonnaise, low-fat
- 1/4 cup celery (chopped)
- 1/4 cup green onion (chopped)
- 4 whole grain crackers

Instructions

1. Place lettuce, vegetables, oil, vinegar and herbs in a large salad bowl. Toss together.
2. Mix ingredients for tuna salad in another medium sized mixing bowl.
3. Assemble salad by placing greens on a large plate. Top with a scoop of tuna salad.

Nutrition Facts	
Serving Size 2 cups, 1/4 of recipe (213g)	
Servings Per Container	
Amount Per Serving	
Calories 200	Calories from Fat 90
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 180mg	8%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 13g	
Vitamin A 120%	Vitamin C 35%
Calcium 4%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Food and Health Communications, Inc., Cooking Demo II, p.233

Cost

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

Turkey Salad with Orange Vinaigrette

Yield: 4 servings

Serving size: 1 1/2 cup

Ingredients

1/4 cup	orange juice
2 tablespoons	vinegar, white wine
2 tablespoons	onion (finely chopped)
1/4 teaspoon	salt
1 dash	pepper (of)
1 tablespoon	oil
2 teaspoons	dijon mustard
4 cups	salad greens (torn)
2 cups	cooked turkey breast (cut into julienne strips)
1 can	mandarin orange segments (11 ounce, drained)
1/2 cup	celery (sliced)

Instructions

1. In a jar with tight-fitting lid, combine all vinaigrette ingredients; shake well. If you don't have a container with a tight-fitting lid, place ingredients in a small mixing bowl and mix together with a whisk.
2. In large bowl, combine all salad ingredients; toss gently.
3. Serve with vinaigrette. If desired, garnish with fresh strawberries.

Notes

You can substitute 1 1/2 teaspoons dried chopped onion for the chopped fresh onion or as recommended on the dried onion container. Prepare the dressing at least 10 minutes before you need it to allow the dried onion to rehydrate from the fluids in the dressing.

Use white meat leftovers if you've prepared a whole turkey and not just the breast portion.

Another way to add crunch to your salad would be to use 4 tablespoons chopped walnuts instead of the celery.

Nutrition Facts	
Serving Size 1 1/2 cups salad, 1/4 of recipe (252g)	
Servings Per Container	
Amount Per Serving	
Calories 200	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 280mg	12%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%
Sugars 9g	
Protein 23g	
Vitamin A 50%	Vitamin C 60%
Calcium 6%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

University of Nebraska, Cooperative Extension, [Cook it QUICK!](#)

Cost

Per recipe: \$4.47

Per serving: \$1.12

Turkey Stew

Yield: 4 servings

Serving size: 1/4 of recipe

Ingredients

2 teaspoons vegetable-oil
 1/2 cup onion (chopped)
 1 garlic clove (finely chopped, or 1/2 teaspoon garlic powder)
 4 carrot (chopped)
 2 celery stalk (chopped)
 2 potatoes (chopped)
 1 can tomatoes, diced (15 ounce)
 2 cups water
 2 cups turkey (chopped, cooked)
 Salt and pepper to taste
 Italian seasoning or oregano, basil or thyme to taste

Instructions

1. Heat oil in medium saucepan. Add onion, garlic, carrots and celery and stir for 2 minutes.
2. Add potatoes, tomatoes, and water to pan. Bring to a boil, then lower heat and simmer 30 minutes or until vegetables are tender. Add turkey and cook another five minutes or until heated.
3. Season to taste before serving. Refrigerate leftovers.

Nutrition Facts	
Serving Size (517g)	
Servings Per Container	
Amount Per Serving	
Calories 300	Calories from Fat 80
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2.0g	10%
Cholesterol 55mg	18%
Sodium 410mg	17%
Total Carbohydrate 32g	11%
Dietary Fiber 4g	16%
Sugars 7g	
Protein 24g	
Vitamin A 150%	Vitamin C 70%
Calcium 10%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$4.72
 Per serving: \$1.18

Turkey Stuffed Cabbage

Yield: 5 servings
Serving size: 2 rolls

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	
Amount Per Serving	
Calories 220	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 370mg	15%
Total Carbohydrate 28g	9%
Dietary Fiber 6g	24%
Sugars 16g	
Protein 16g	
Vitamin A 50%	• Vitamin C 140%
Calcium 15%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Serving size: 1.5 cups

Ingredients

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

Instructions

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

Notes

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

Nutrition Facts	
Serving Size 1.5 cups (386g)	
Servings Per Container 6	
Amount Per Serving	
Calories 320	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 90mg	4%
Total Carbohydrate 54g	18%
Dietary Fiber 6g	24%
Sugars 7g	
Protein 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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$8.31

Per serving: \$1.38

Vegetable Cheese Soup

Yield: 4 servings

Serving size: 1/4 of recipe

Ingredients

2 cups	water
3 cups	mixed vegetables, fresh or frozen (chopped)
1/4 cup	onion (chopped)
1 teaspoon	salt
1/2 teaspoon	curry powder (optional)
1 cup	dry milk, nonfat
1 cup	water
1 1/2	cornstarch
tablespoon	
1/2 cup	Swiss cheese (cut into small pieces)

Instructions

1. Bring 2 cups water to a boil. Add vegetables, onions, salt and curry powder. Cook, covered, until almost tender.
2. Mix dry milk, 1 cup water and cornstarch together. Add to partially cooked vegetables.
3. Cook over medium heat, stirring often, until thickened.
4. Add cheese and stir until melted. Add more water if too thick.

Notes

Store leftovers covered in the refrigerator.

Nutrition Facts	
Serving Size 1/4 of recipe (418g)	
Servings Per Container	
Amount Per Serving	
Calories 280	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 500mg	21%
Total Carbohydrate 40g	13%
Dietary Fiber 7g	28%
Sugars 17g	
Protein 16g	
Vitamin A 280% • Vitamin C 30%	
Calcium 40% • Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

University of Nebraska,
Cooperative Extension, Recipe
Collection, p.96
Staff from the University of
Nebraska-Lincoln

Cost

Per recipe: \$2.09
Per serving: \$0.52

Vegetable Fried Rice

Yield: 4 servings

Serving size: 1 cup

Ingredients

2 cups white rice, cooked
 2 tablespoons vegetable oil
 1/2 cup celery (chopped)
 1/4 cup onion (chopped)
 1 package frozen vegetables (10 ounce)
 1 tablespoon soy sauce
 1 dash pepper (of)

Instructions

1. Make 2 cups of cooked white rice. Use the package directions to make the rice.
2. Chop 1/2 cup of celery and 1/4 cup of onion.
3. Heat the oil in a skillet or large frying pan.
4. Add the celery and onion. Stir fry for 2 minutes.
5. Add the vegetables to the pan. Keep stirring the vegetables until they are tender-crisp.
6. Add the cooked rice.
7. Sprinkle with soy sauce and pepper.
8. Stir fry for 2 minutes until the rice is heated and the flavors are blended.

Nutrition Facts	
Serving Size 1 cup fried rice, 1/4 of recipe (186g)	
Servings Per Container	
Amount Per Serving	
Calories 210	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 33g	11%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 4g	
Vitamin A 25%	• Vitamin C 10%
Calcium 4%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition
 Education Program,
 Pennsylvania Nutrition
 Education Network
 Website Recipes

Cost

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

Vegetable Medley with Salsa Dip

Yield: 4 servings

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

Ingredients

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

Instructions

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

Fresh Salsa Preparation:

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

Nutrition Facts	
Serving Size (367g)	
Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Cholesterol 10mg	3%
Sodium 290mg	12%
Total Carbohydrate 30g	10%
Dietary Fiber 7g	28%
Sugars 11g	
Protein 5g	
Vitamin A 110%	Vitamin C 80%
Calcium 15%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$6.69
Per serving: \$1.67

Vegetable Salad

Yield: 12 servings
Serving size: 1/2 cup

Ingredients

1 can whole kernel corn (12 ounce, drained)
1 can carrot (14 1/2 ounce, drained)
1 can green beans (14 1/2 ounces, drained)
1 can tomatoes (14 1/2 ounces, - chopped)
1 tablespoon onion (finely chopped)
1 tablespoon green pepper (finely chopped)
1/3 cup tomato juice from canned tomatoes
1/4 cup vegetable oil
1/3 cup vinegar
2 tablespoons corn syrup
1/8 teaspoon black pepper

Instructions

1. Drain corn, carrots, and green beans. Throw away liquid. Rinse vegetables and drain again.
2. Drain tomatoes. Save 1/3 cup of the liquid.
3. Mix corn, carrots, green beans, tomatoes, onion, and green pepper in a large bowl.
4. Mix together all other ingredients in a separate bowl.
5. Pour over vegetables.
6. Cover and let aside at least 3 hours in the refrigerator.

Notes

You can also use a 16 ounce bag of frozen vegetables in place of canned corn, carrots, and green beans. However, analysis was done with ingredients as specified in the recipe.

Nutrition Facts	
Serving Size 1/2 cup salad, 1/12 of recipe (143g)	
Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 1g	
Vitamin A 80%	• Vitamin C 15%
Calcium 4%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

University of Wyoming,
Cooperative Extension,
Cent\$ible Nutrition Cook Book,
p.fv-28

Cost

Per recipe: \$3.94
Per serving: \$0.33

Vegetable Stew

Yield: 8 servings

Serving size: 1 1/4 Cup

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 (coarsely 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			
Calories 140	Calories from Fat 10		
% Daily Value*			
Total Fat 1g	2%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 210mg	9%		
Total Carbohydrate 31g	10%		
Dietary Fiber 5g	20%		
Sugars 8g			
Protein 4g			
Vitamin A 140%	Vitamin C 60%		
Calcium 6%	Iron 10%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

Source

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: \$4.01
 Per serving: \$0.50

Vegetable Variety Pack

Yield: 5 servings

Serving size: 3/4 cup

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 3/4 cup (234g)	
Servings Per Container 5	
Amount Per Serving	
Calories 130	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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Maryland Food Supplement
Nutrition Education program,
2009 Recipe Calendar

Cost

Per recipe: \$3.17
Per serving: \$0.63

Vegetable and Turkey Stir Fry

Yield: 4 servings

Serving size: 1/4 of recipe

Ingredients

1 tablespoon vegetable-oil
 1/2 teaspoon salt
 2 ginger root (thin slices, - minced)
 1 garlic clove (peeled and minced)
 2 cups turkey (cooked, - cut into 1/2 inch cubes)
 1/2 teaspoon sugar
 1 pound vegetables, fresh or frozen (chopped)
 water (optional)

Instructions

1. Heat fry pan. Add oil and heat on high temperature.
2. Add ginger, garlic, turkey and vegetables. Stir fry about 1 minute to coat with oil.
3. Adjust heat to prevent scorching. Add sugar. If vegetables are tender, stop cooking at this time.
4. If the vegetables are firm, add 1-2 tablespoons of water, cover and cook for 2 minutes or until tender.
5. Serve at once, or if you wish to add a gravy:
6. Mix the gravy ingredients well, pour over vegetables and turkey, cook for 30 seconds.
7. Refrigerate leftovers within 2 hours.

Nutrition Facts	
Serving Size 1/4 of recipe (272g)	
Servings Per Container	
Amount Per Serving	
Calories 310	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 125mg	42%
Sodium 420mg	18%
Total Carbohydrate 16g	5%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 49g	
Vitamin A 160%	Vitamin C 15%
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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$3.57
 Per serving: \$0.89

Vegetarian Chili

Yield: 4 servings

Serving size: 1/4 of recipe

Ingredients

- 2 onion (large, - cut into 1/4 inch pieces)
- 1 green bell pepper (cut into 1/4 inch pieces)
- 3 garlic clove
- 2 jalapeno chilis (fresh, diced)
- 2 tablespoons vegetable-oil
- 1 tablespoon chili powder
- 1 tablespoon cumin (ground)
- 1 can whole tomatoes (28 ounce, - cut into 1/4 inch pieces or 8 medium fresh tomatoes)
- 2 zucchini (medium, - cut into 1/4 inch pieces)
- 2 summer squash (medium, - cut in to 1/4 inch pieces)
- 1 can kidney beans (16 ounce, rinsed)
- 1 cup cilantro (or coriander) (chopped, fresh)
- salt and pepper (to taste)

Instructions

1. In a large pot saute onions, bell pepper, garlic, and jalapeno in oil over medium high heat for about 5 minutes - stirring often.
2. Add chili powder, cumin, half of the chopped cilantro, salt and pepper, and continue cooking for another 3 minutes, stirring occasionally.
3. Add the tomatoes, zucchini, squash, and bring mixture to a simmer.
4. Simmer for 15 minutes, stirring occasionally.
5. Add beans, and continue to simmer for another 5 minutes.
6. Serve the mixture hot. Put remaining cilantro on top.

Nutrition Facts	
Serving Size 1/4 of recipe (704g)	
Servings Per Container	
Amount Per Serving	
Calories 330	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	11%
Total Carbohydrate 49g	16%
Dietary Fiber 14g	56%
Sugars 19g	
Protein 13g	
Vitamin A 70%	Vitamin C 190%
Calcium 20%	Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Johnson and Wales University and Rhode Island Department of Health WIC Program, Veggin' Out Recipe Book, page 32

Cost

Per recipe: \$6.32
Per serving: \$1.58

Vegetarian Spaghetti Sauce

Yield: 6 servings

Serving size: 3/4 cup

Ingredients

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

Instructions

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

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

Source

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

Cost

Per recipe: \$4.94

Per serving: \$0.82

Vegetarian Stuffed Peppers

Yield: 8 servings

Serving size: 1/8 of recipe

Ingredients

4 bell pepper (red or green)
 2 cups cherry tomatoes
 1 onion (medium)
 1 cup basil leaves (fresh)
 3 garlic clove
 2 teaspoons olive oil
 1/4 teaspoon salt
 1/4 teaspoon pepper

Instructions

1. Preheat oven to 425°F. Lightly oil a large shallow baking pan.
2. Cut peppers in half lengthwise and remove seeds. Arrange peppers cut sides up in baking pan and lightly oil cut edges of stems.
3. Halve cherry tomatoes and chop onion and basil. Finely chop garlic.
4. In a bowl toss tomatoes, onion, basil, garlic, olive oil, salt and pepper to taste.
5. Spoon equal portions of mixture into peppers and roast in upper third of oven until peppers are tender, about 20 minutes.

Nutrition Facts	
Serving Size 1/8 of recipe (138g)	
Servings Per Container 8	
Amount Per Serving	
Calories 40	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 1g	
Vitamin A 15%	• Vitamin C 110%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$7.13

Per serving: \$0.89

Veggie Bean Wrap

Yield: 4 servings

Serving size: 1 wrap

Cook time: 25 minutes

Ingredients

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

Instructions

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

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

Source

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

Cost

Per recipe: \$3.88

Per serving: \$0.97

Veggie Chow Mein

Yield: 6 servings

Serving size: 1/6th of the recipe

Ingredients

6 ounces	rice noodles (or thin flat egg noodles)
4 teaspoons	oil
1	onion (medium, finely chopped)
2	garlic clove (finely chopped)
1 cup	carrot (grated)
2 teaspoons	chicken bouillon
1 teaspoon	hot pepper sauce
1 cup	broccoli (cut into small pieces)
1 cup	celery (chopped)
1 cup	green (or red) bell pepper (finely chopped)
4 teaspoons	soy sauce

Instructions

1. Prepare noodles according to package directions. Drain and set aside.
2. Saute onion and garlic with oil in frying pan for 1 minute over medium/high heat.
3. Add carrot, chicken bouillon, and pepper sauce. Stir.
4. Add broccoli, celery, and bell pepper and continue to stir.
5. Reduce heat to low and add noodles and soy sauce. Mix well over low heat for 3 to 5 minutes.
6. Add salt and pepper to taste.

Nutrition Facts	
Serving Size 1/6 of recipe (119g)	
Servings Per Container	
Amount Per Serving	
Calories 80	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	11%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 2g	
Vitamin A 60%	• Vitamin C 60%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

University of Illinois, Extension Service, [Wellness Ways Resource Book: Taste of the World](#)

Cost

Per recipe: \$2.70
Per serving: \$0.45

Veggie Noodles

Yield: 4 servings

Serving size: 1/4 of recipe

Ingredients

1 pound	pasta, uncooked
2 cups	vegetables (drained, canned)
1 cup	spaghetti sauce
1/2 cup	cheese (shredded)

Instructions

1. Boil water in a cooking pot. Add the pasta. Turn down the heat to medium-low; cook for 10 minutes. Pour pasta and water into colander to drain.
2. Return cooked, drained pasta back to cooking pot. Add vegetables and spaghetti sauce. Cook over medium-low heat *just* until the vegetables are hot.
3. Sprinkle with cheese *just* before serving.

Notes

Fresh or frozen vegetables can be used. Just cook them before tossing with pasta.

Nutrition Facts	
Serving Size 1/4 of recipe (435g)	
Servings Per Container	
Amount Per Serving	
Calories 570	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 470mg	20%
Total Carbohydrate 98g	33%
Dietary Fiber 8g	32%
Sugars 4g	
Protein 23g	
Vitamin A 200%	• Vitamin C 15%
Calcium 15%	• Iron 30%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$3.23
Per serving: \$0.81

Veggie Quesadillas

Yield: 4 servings

Serving size: 1 quesadilla

Ingredients

	cooking oil spray
1	small zucchini (small, washed and chopped)
1/2	broccoli head (washed and chopped)
1	green bell pepper (washed, seeded and chopped)
1	onion (small, peeled and chopped)
1	carrot (scrubbed and shredded)
4	whole wheat tortillas (10-inch)
1 cup	cheddar cheese (shredded low-fat)
1/2 cup	salsa

Instructions

1. Spray pan with cooking oil spray.
2. Cook vegetables on medium heat for 4-5 minutes, stirring frequently. Remove from pan.
3. Spray pan with cooking spray. Place tortilla in the pan. Sprinkle with half the vegetables and half of the cheese.
4. Place the other tortilla on top. Cook on medium heat for 4-6 minutes or until the cheese starts to melt and the bottom tortilla starts to brown.
5. Flip quesadilla. Cook for 4 minutes or until tortilla browns.
6. Repeat steps 3-5.
7. Cut each quesadilla in half. Serve with salsa.

Nutrition Facts	
Serving Size 1 quesadilla (273g)	
Servings Per Container 4	
Amount Per Serving	
Calories 240	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 380mg	16%
Total Carbohydrate 34g	11%
Dietary Fiber 6g	24%
Sugars 5g	
Protein 14g	
Vitamin A 70%	• Vitamin C 170%
Calcium 15%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Maryland Food Supplement
Nutrition Education program,
2009 Recipe Calendar

Cost

Per recipe: \$4.22
Per serving: \$1.05

Veggie Stir-Fry

Yield: 6 servings

Serving size: 1/2 cup

Ingredients

1 teaspoon margarine
 1/2 onion (chopped)
 1 tomato (diced)
 2 ears of corn (of, - cut from cob)
 10 okra (sliced)
 3 yellow squash (sliced)

Instructions

1. In a frying pan over medium heat, cook margarine, onion, corn, squash and okra for 5 minutes until tender.
2. Add diced tomatoes and continue cooking for 3 minutes.

Nutrition Facts	
Serving Size 1/2 cup prepared stir-fry or 1/6 of recipe (187g) Servings Per Container	
Amount Per Serving	
Calories 60	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 3g	
Vitamin A 10%	Vitamin C 45%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

University of Kentucky,
 Cooperative Extension Service,
 Food and Nutrition Calendar
 2004
 Fresh Ideas for Fit Families

Cost

Per recipe: \$3.30
 Per serving: \$0.55

Veggie Stuffed Pita

Yield: 12 servings

Serving size: 1/12 of recipe

Ingredients

2	zucchini (medium, 2 1/2 cups chopped)
4	carrot (medium, 1 1/4 cups grated)
2 cups	broccoli (chopped)
12 ounces	cheddar cheese, low fat
1/2 teaspoon	oregano
1/4 teaspoon	black pepper
1/4 teaspoon	garlic powder
1/4 teaspoon	onion powder
2 tablespoons	vegetable-oil
12	mini-pitas (6 inch)

Instructions

1. Wash vegetables.
2. Remove the broccoli flowers from stems, cut the flowers into small florets and put into mixing bowl.
3. Peel carrots and cut off the ends. Grate carrots and put into mixing bowl.
4. Slice the zucchini into thin slices. Cut each slice into quarters and put into bowl.
5. Grate the cheese and put into a separate bowl.
6. Measure oregano, pepper, garlic powder, onion powder and mix together.
7. Heat oil in a skillet. Put the spices in the heated oil and then add the mixture of vegetables to the pan. Stir vegetables with a wooden spoon and saute about 5 minutes. When the vegetables are slightly tender, remove from heat.
8. Spoon vegetable mixture into the pita. Top the hot vegetables with 1 ounce grated cheese.

Notes

Substitute green pepper, mushrooms or onions in place of listed vegetables.

Nutrition Facts	
Serving Size 1 prepared pita, 1/12 of recipe (140g)	
Servings Per Container	
Amount Per Serving	
Calories 250	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 510mg	21%
Total Carbohydrate 37g	12%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 13g	
Vitamin A 40%	• Vitamin C 25%
Calcium 20%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$8.97

Per serving: \$0.75

White Chili

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

Ingredients

4 cups	white beans (cooked, see recipe)
1 tablespoon	olive oil
2	red pepper (chopped)
1	onion (large, chopped)
1	chopped green chili (can, adjust to taste)
3	garlic (cloves, minced)
1 tablespoon	chili powder
1 teaspoon	cumin
1 teaspoon	oregano
2 cups	chicken broth (low sodium)
2 cups	low-fat milk
1/4 cup	cilantro
3/4 pounds	chicken (cooked and cubed)
6	corn tortillas (toasted and cut into 1 inch squares)

Instructions

1. Sauté peppers and onion in olive oil.
2. Add green chili, garlic, spices and chicken broth. Simmer for 20 minutes.
3. Add milk, cooked beans, cooked chicken and cilantro. Heat through.
4. Top chili with crisp tortillas before serving.

Nutrition Facts	
Serving Size 1/10 recipe (252g)	
Servings Per Container 10	
Amount Per Serving	
Calories 220	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 120mg	5%
Total Carbohydrate 29g	10%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 17g	
Vitamin A 25%	• Vitamin C 60%
Calcium 25%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$6.11
Per serving: \$0.61

Wonderful Stuffed Potatoes

Yield: 8 servings

Serving size: 1/2 potato

Ingredients

4 potatoes (medium, baking)
 3/4 cups cottage cheese (low-fat 1%)
 1/4 cup milk (low-fat 1%)
 2 tablespoons margarine (soft tub)
 1 teaspoon dill weed
 3/4 teaspoons herb seasoning
 4 drops hot pepper sauce
 2 teaspoons Parmesan cheese (grated)

Instructions

1. Prick potatoes with fork. Bake at 425°F for 60 minutes or until fork is easily inserted.
2. Cut potatoes in half lengthwise. Carefully scoop out potato, leaving about 1/2 inch of pulp inside shell. Mash pulp in large bowl.
3. Mix in by hand remaining ingredients except Parmesan cheese. Spoon mixture into potato shells.
4. Sprinkle top with 1/4 teaspoon of Parmesan cheese.
5. Place on baking sheet and return to oven. Bake 15-20 minutes or until tops are golden brown.

Nutrition Facts	
Serving Size 1/2 potato (140g)	
Servings Per Container 8	
Amount Per Serving	
Calories 130	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 5g	
Vitamin A 4%	• Vitamin C 35%
Calcium 4%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$2.92

Per serving: \$0.36

Zesty Skillet Zucchini

Yield: 6 servings
Serving size: 3/4 cup

Ingredients

1/2 cup tomato juice, low sodium (low sodium V8)
1/4 teaspoon black pepper
1 onion (medium)
1 tomato (medium)
1 cup mushroom (canned)
2 zucchini squash (medium)
1 teaspoon basil

Instructions

1. Peel the onion. Chop it into small pieces.
2. Chop the tomato.
3. Drain the water from the can of mushrooms.
4. Cut each zucchini into thin slices.
5. Put the tomato juice and pepper in a skillet or pan. Cook on high heat for 3 minutes.
6. Add the onion, tomato, and mushrooms.
7. Reduce the heat to medium-high. Cover and cook for 5 minutes.
8. Add the zucchini. Cover and cook for another 5 to 7 minutes.

Notes

Serve this dish over rice or noodles, or eat it "as is."

Nutrition Facts	
Serving Size 3/4 cup, 1/6 of recipe (161g)	
Servings Per Container	
Amount Per Serving	
Calories 40	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	5%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 2g	
Vitamin A 10%	Vitamin C 35%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition Education Program,
Pennsylvania Nutrition Education Network
Website Recipes

Cost

Per recipe: \$4.17
Per serving: \$0.70

Zucchini And Tomatoes

Yield: 4 servings
 Serving size: 1/2 cup

Ingredients

- 2 tablespoons butter (or margarine)
- 1/4 cup onion (chopped)
- 1 garlic clove (chopped)
- 1 pound zucchini (chopped)
- 2 tomatoes (peeled and diced, or a 16 ounce can of diced tomatoes, drained)
- 1/4 teaspoon salt
- 1 teaspoon black pepper (to taste)
- 1 teaspoon sugar

Instructions

1. Melt butter in a saucepan over medium heat.
2. Add onion and garlic.
3. Cook until tender, about 5 to 7 minutes.
4. Add zucchini, tomatoes and seasonings.
5. Cover pan, reduce heat, cook until vegetables are tender, about 20 minutes.

Nutrition Facts	
Serving Size 1/2 cup, 1/4 of recipe (207g)	
Servings Per Container	
Amount Per Serving	
Calories 100	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 200mg	8%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 2g	
Vitamin A 20%	• Vitamin C 50%
Calcium 4%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

University of Wyoming,
 Cooperative Extension,
 Cent\$ible Nutrition Cook Book,
 p.fv-40

Cost

Per recipe: \$2.59
 Per serving: \$0.65

Zucchini Au Gratin

Yield: 7 servings

Serving size: 3/4 cup

Cook time: 20 minutes

Ingredients

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

Instructions

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

Notes

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

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

Source

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

Cost

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

Zucchini Casserole

Yield: 6 servings

Serving size: 1/6 of recipe

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.

Nutrition Facts	
Serving Size 1/6 of recipe (292g)	
Servings Per Container 6	
Amount Per Serving	
Calories 220	Calories from Fat 80
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 460mg	19%
Total Carbohydrate 25g	8%
Dietary Fiber 4g	16%
Sugars 7g	
Protein 11g	
Vitamin A 20%	Vitamin C 30%
Calcium 6%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

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

Zucchini Coleslaw

Yield: 6 servings

Serving size: 1/6 of recipe

Ingredients

2 cups	zucchini (coarsely shredded)
2 cups	cabbage (shredded)
1	carrot (medium, shredded)
2	green onion (sliced)
1/2 cup	radishes (thinly sliced)
1/3 cup	mayonnaise, lowfat
1/3 cup	mild salsa

Instructions

1. Drain zucchini by pressing between layers of paper towels.
2. Put zucchini in large bowl; add cabbage, carrot, onions and radishes.
3. In a small bowl, combine remaining ingredients.
4. Pour over vegetables and toss well.
5. Cover and chill at least one hour.

Nutrition Facts	
Serving Size 1/6 of recipe (115g)	
Servings Per Container	
Amount Per Serving	
Calories 70	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 160mg	7%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 1g	
Vitamin A 40%	• Vitamin C 30%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$1.80
Per serving: \$0.30

Zucchini Stir Fry

Yield: 4 servings
 Serving size: 1/2 cup

Ingredients

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

Instructions

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

Nutrition Facts	
Serving Size 1 1/2 cup prepared stir fry, 1/4 of recipe (162g)	
Servings Per Container	
Amount Per Serving	
Calories 70	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 2g	
Vitamin A 20%	• Vitamin C 110%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Cost

Per recipe: \$1.96
 Per serving: \$0.49