

# Recipe Finder Cookbook



## Lifetime Nutrition and Wellness

Suggested Whole Grain 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	
<b>Calories 150</b>	<b>Calories from Fat 15</b>
<small>% Daily Value*</small>	
<b>Total Fat 1.5g</b>	<b>2%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 140mg</b>	<b>6%</b>
<b>Total Carbohydrate 31g</b>	<b>10%</b>
Dietary Fiber 7g	28%
Sugars 3g	
<b>Protein 6g</b>	
Vitamin A 50%	• Vitamin C 45%
Calcium 4%	• Iron 8%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories 2,000 2,500</small>
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

### Source

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

### Cost

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

# Apple Tuna Sandwiches

Yield: 3 servings

Serving size: 1 sandwich

## Ingredients

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

## Instructions

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

<b>Nutrition Facts</b>	
Serving Size 1 sandwich or 1/3 of recipe (195g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 250</b>	<b>Calories from Fat 30</b>
% Daily Value*	
<b>Total Fat 3g</b>	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 15mg</b>	<b>5%</b>
<b>Sodium 360mg</b>	<b>15%</b>
<b>Total Carbohydrate 37g</b>	<b>12%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 13g	
<b>Protein 21g</b>	
Vitamin A 2%	• Vitamin C 4%
Calcium 8%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories    2,000    2,500
Total Fat	Less Than 65g    80g
Saturated Fat	Less Than 20g    25g
Cholesterol	Less Than 300mg    300 mg
Sodium	Less Than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

## Cost

Per recipe: \$4.44  
Per serving: \$1.48

# Awesome Granola

Yield: 10 servings  
Serving size: 1/2 cup

## Ingredients

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

## Instructions

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

### Electric Skillet Instructions:

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

### Microwave Instructions:

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

Nutrition Facts	
Serving Size 1/2 cup (55g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories 250</b>	<b>Calories from Fat 120</b>
% Daily Value*	
<b>Total Fat 14g</b>	<b>22%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 50mg</b>	<b>2%</b>
<b>Total Carbohydrate 30g</b>	<b>10%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 14g	
<b>Protein 4g</b>	
Vitamin A 4%	• Vitamin C 0%
Calcium 2%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories    2,000    2,500
Total Fat	Less Than 65g    80g
Saturated Fat	Less Than 20g    25g
Cholesterol	Less Than 300mg    300 mg
Sodium	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 AgriLife Extension,  
Expanded Nutrition Program -  
Hidalgo County

## Cost

Per recipe: \$1.94  
Per serving: \$0.19

# Banana Split Oatmeal

Yield: 1 servings  
Serving size: 1

## Ingredients

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

## Instructions

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

## Notes

The banana split oatmeal can be a snack by itself.

<b>Nutrition Facts</b>	
Serving Size 1 full recipe (264g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 150</b>	<b>Calories from Fat 10</b>
<b>% Daily Value*</b>	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 290mg</b>	<b>12%</b>
<b>Total Carbohydrate 30g</b>	<b>10%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 7g	
<b>Protein 4g</b>	
Vitamin A 0%	• Vitamin C 8%
Calcium 0%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories    2,000    2,500
Total Fat	Less Than 65g    80g
Saturated Fat	Less Than 20g    25g
Cholesterol	Less Than 300mg    300 mg
Sodium	Less Than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Source

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

## Cost

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



# Barley Pilaf

Yield: 8 servings  
Serving size: 1/2 cup

## Ingredients

- 1 tablespoon vegetable oil
- 1 cup onion (chopped)
- 1/2 cup celery (chopped)
- 1/2 cup green or red bell pepper (optional) (chopped)
- 1 cup fresh mushrooms (sliced, or 1- 4 ounce can mushrooms, drained)
- 1 cup pearl barley (uncooked)
- 1 teaspoon vegetable, beef or chicken bouillon (1 cube, may use low sodium bouillon)

## Instructions

1. Place a medium pan over medium heat; add vegetable oil, onion and celery. Cook, stirring often until onion is soft.
2. Add bell pepper (if using), mushrooms and pearl barley. Stir well.
3. Add water and bouillon and stir to dissolve bouillon. Bring to a boil, lower heat and cover pan.
4. Cook for 50 to 60 minutes or until barley is tender and liquid is absorbed.

## Notes

- This can be used as a side dish.
- Stuffing for pork chops or chicken.
- Or add 2 cups of any chopped cooked meat during the last fifteen minutes of cooking and serve as a main dish meal.
- If using quick-cooking barley the recipe can be prepared in 15 minutes or less. Reduce water to 2 cups and cook for 10 to 15 minutes.

Nutrition Facts	
Serving Size 1/2 cup, 1/8 of recipe (147g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 120</b>	<b>Calories from Fat 20</b>
% Daily Value*	
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 15mg</b>	<b>1%</b>
<b>Total Carbohydrate 23g</b>	<b>8%</b>
Dietary Fiber 5g	20%
Sugars 2g	
<b>Protein 3g</b>	
Vitamin A 2%	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

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

## Cost

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

# 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	
<b>Calories 180</b>	<b>Calories from Fat 20</b>
% Daily Value*	
<b>Total Fat 2.5g</b>	<b>4%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 300mg</b>	<b>13%</b>
<b>Total Carbohydrate 37g</b>	<b>12%</b>
Dietary Fiber 6g	24%
Sugars 9g	
<b>Protein 6g</b>	
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	
<b>Calories 290</b>	<b>Calories from Fat 100</b>
% Daily Value*	
<b>Total Fat 11g</b>	<b>17%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 830mg</b>	<b>35%</b>
<b>Total Carbohydrate 38g</b>	<b>13%</b>
Dietary Fiber 10g	40%
Sugars 2g	
<b>Protein 10g</b>	
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

# Brag About it Bread Bake

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

## Ingredients

- 6 slices bread (cubed, approximately 6 cups)
- 1 1/2 cup broccoli (frozen, chopped and cooked)
- 1 cup cheese, shredded low-fat cheddar
- 1 tablespoon onion (minced, optional\*)
- 1 cup chicken, skinless (diced, cooked)
- 3 egg
- 4 egg whites
- 2 cups nonfat milk

## Instructions

1. Place half the bread in a well greased 9x9 inch pan.
2. Top with broccoli, cheese, onion and meat.
3. Place remaining bread on top.
4. In a bowl, mix eggs and milk.
5. Pour egg mixture over bread in pan.
6. Cover. Refrigerate overnight or at least 1 hour.
7. Bake uncovered at 325 degrees for 1 to 1 1/4 hours, or until center is firm and lightly browned.

\*used in analysis

<b>Nutrition Facts</b>	
Serving Size 1/6 of recipe (248g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 250</b>	<b>Calories from Fat 50</b>
<b>% Daily Value*</b>	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol 130mg</b>	<b>43%</b>
<b>Sodium 500mg</b>	<b>21%</b>
<b>Total Carbohydrate 25g</b>	<b>8%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 7g	
<b>Protein 24g</b>	
Vitamin A 15%	• Vitamin C 40%
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

University of Wisconsin,  
 Cooperative Extension Service,  
 "Bread" Fact Sheet  
 A Family Living Program

## Cost

Per recipe: \$5.79  
 Per serving: \$0.97

## Bread in a Bag

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

### Ingredients

2 cups flour (all-purpose)  
1 cup flour (whole wheat)  
3 tablespoons milk (powdered)  
3 tablespoons sugar  
1 teaspoon salt  
1 tablespoon yeast (rapid rise)  
3 tablespoons vegetable oil  
1 cup water (warm, 120 to 130 degrees F)  
1 flour (as needed, extra, for kneading)

### Instructions

1. Combine flour, whole wheat flour, yeast, sugar, salt and powdered milk in a one gallon resealable freezer bag. Squeeze upper part of bag to force out air and seal bag. Shake and work bag with fingers to blend ingredients.
2. Add oil and warm water to dry ingredients. Reseal bag. Mix by working bag with fingers until dough is completely mixed and pulls away from bag.
3. On a floured surface, knead dough 5 minutes or until smooth and elastic, adding flour as needed. Put dough back into bag and let it rest 10 minutes.
4. Shape dough on greased baking sheet or put into a 4 inch x 8 inch greased loaf pan. Cover with a clean cloth or plastic wrap and let rise until doubled in bulk.
5. Preheat oven to 350°F and bake for about 30 minutes or until golden brown. (May take between 25 and 45 minutes to bake).
6. Remove from pan and cool on a wire rack or clean dish towel.

Nutrition Facts	
Serving Size 1/12 of loaf (60g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories 160</b>	<b>Calories from Fat 35</b>
% Daily Value*	
<b>Total Fat 4g</b>	<b>6%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 200mg</b>	<b>8%</b>
<b>Total Carbohydrate 27g</b>	<b>9%</b>
Dietary Fiber 2g	8%
Sugars 4g	
<b>Protein 4g</b>	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Source

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

### Cost

Per recipe: \$1.35  
Per serving: \$0.11

# Bread Pudding with Vanilla Sauce

Yield: 6 servings

Serving size: 1/6 of recipe

## Ingredients

1 tablespoon margarine  
 5 slices whole wheat bread  
 3 egg  
 1/3 cup sugar  
 1 pinch salt (of)  
 2 cups nonfat milk  
 1 teaspoon vanilla  
 1/4 cup raisins  
 1 teaspoon cinnamon (and/or nutmeg)  
 1 tablespoon cornstarch  
 1/3 cup sugar  
 1 tablespoon margarine (or butter)  
 1 1/2 teaspoon vanilla extract

## Instructions

1. Melt margarine in medium size skillet.
2. Tear bread in pieces and spread on bottom of skillet.
3. Beat eggs and stir in sugar, salt, warmed milk and vanilla. Sprinkle raisins over bread and pour egg mixture over all.
4. Cover and cook over very low heat for 20 minutes.
5. Pudding is done when custard is set in the middle.
6. Allow to cool in the skillet.
7. Prepare vanilla sauce while pudding cools.
8. Combine cornstarch and sugar in a small saucepan. Gradually add water, stirring well.
9. Cook until thick and clear, stirring constantly.
10. Add margarine and vanilla, stirring until margarine melts.
11. Spoon over individual servings of bread pudding.
12. Refrigerate leftover bread pudding and vanilla sauce within two hours.

<b>Nutrition Facts</b>	
Serving Size 1/6 of recipe (208g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 270</b>	<b>Calories from Fat 60</b>
% Daily Value*	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 1g	
<b>Cholesterol 105mg</b>	<b>35%</b>
<b>Sodium 250mg</b>	<b>10%</b>
<b>Total Carbohydrate 45g</b>	<b>15%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 32g	
<b>Protein 9g</b>	
Vitamin A 6%	• Vitamin C 2%
Calcium 10%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories    2,000    2,500
Total Fat	Less Than 65g    80g
Saturated Fat	Less Than 20g    25g
Cholesterol	Less Than 300mg    300 mg
Sodium	Less Than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Source

Washington State University  
 Extension, Favorite Recipes for  
 Family Meals

## Cost

Per recipe: \$2.27  
 Per serving: \$0.38

# Brown Rice Pilaf

Yield: 4 servings  
 Serving size: 1 cup

## Ingredients

- 1 1/2 cup brown rice
- 3 cups water
- 1/4 cup almonds (chopped)
- 1 teaspoon parsley (dried)
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper

## Instructions

1. Place all ingredients in a rice cooker and cook until the water evaporates, about 30 minutes.
2. Fluff cooked rice with a fork.

## Notes

This dish goes very well with fish and chicken. Add a large green salad to complete the meal. The dish may be made on the stovetop as well but may require more water.

<b>Nutrition Facts</b>	
Serving Size 1 cup prepared pilaf, 1/4 of recipe (253g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 290</b>	<b>Calories from Fat 45</b>
% Daily Value*	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 10mg</b>	<b>0%</b>
<b>Total Carbohydrate 55g</b>	<b>18%</b>
Dietary Fiber 3g	12%
Sugars 1g	
<b>Protein 7g</b>	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Source

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

## Cost

Per recipe: \$0.92  
 Per serving: \$0.23

# 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	
<b>Calories 200</b>	<b>Calories from Fat 45</b>
% Daily Value*	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 330mg</b>	<b>14%</b>
<b>Total Carbohydrate 36g</b>	<b>12%</b>
Dietary Fiber 6g	24%
Sugars 9g	
<b>Protein 5g</b>	
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



# Chapatis Flatbread

Yield: 6 servings

Serving size: 1/6th of recipe

## Ingredients

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

## Instructions

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

Nutrition Facts	
Serving Size 1 chapati, 1/6 of recipe (68g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 150</b>	<b>Calories from Fat 20</b>
% Daily Value*	
<b>Total Fat 2.5g</b>	<b>4%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 50mg</b>	<b>2%</b>
<b>Total Carbohydrate 29g</b>	<b>10%</b>
Dietary Fiber 5g	20%
Sugars 0g	
<b>Protein 5g</b>	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Source

University of Illinois, Extension Service, [Wellness Ways Resource Book: Taste of the World](#)

## Cost

Per recipe: \$0.57  
Per serving: \$0.10

# Chicken Club Salad

Yield: 4 servings  
Serving size: 3 cups

## Ingredients

1 cup pasta (uncooked whole wheat, small, such as macaroni or rotelle)  
6 cups Romaine lettuce (well washed and torn, or spinach)  
2 cups vegetables (fresh, green pepper, celery, cauliflower florets, cucumber, carrots chopped)  
2 cups tomatoes (chopped)  
1/2 cup Italian dressing (lowfat)  
1 egg (hard cooked, optional)  
1/4 cup cheese (shredded, or cheese crumbles)

## Instructions

1. Wash hands.
2. Cook pasta according to package directions; drain and cool.
3. Place 1½ cups of the romaine in each of 4 large bowls or plates.
4. Combine chopped vegetables, chicken and pasta.
5. Add dressing; toss lightly to coat. Divide evenly among the 4 bowls.
6. Top each serving with a few egg slices, if desired, and 1 Tablespoon of the shredded cheese.

Nutrition Facts	
Serving Size 3 cups (399g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 270</b>	<b>Calories from Fat 60</b>
% Daily Value*	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol 50mg</b>	<b>17%</b>
<b>Sodium 380mg</b>	<b>16%</b>
<b>Total Carbohydrate 29g</b>	<b>10%</b>
Dietary Fiber 6g	24%
Sugars 6g	
<b>Protein 24g</b>	
Vitamin A 170%	Vitamin C 80%
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

Iowa State University Extension,  
[Montana State University Eat Better. Buy Better. recipes](#)

## Cost

Per recipe: \$4.87  
Per serving: \$1.22

# Chicken Rice Salad

Yield: 4 servings  
 Serving size: 2 cups

## Ingredients

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

## Instructions

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

<b>Nutrition Facts</b>	
Serving Size 2 cups prepared salad, 1/4 of recipe (312g) Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 280</b>	<b>Calories from Fat 60</b>
<b>% Daily Value*</b>	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol 60mg</b>	<b>20%</b>
<b>Sodium 65mg</b>	<b>3%</b>
<b>Total Carbohydrate 28g</b>	<b>9%</b>
Dietary Fiber 3g	12%
Sugars 3g	
<b>Protein 25g</b>	
Vitamin A 15%	Vitamin C 60%
Calcium 4%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

## Source

Food and Health  
 Communications, Inc., Cooking  
 Demo II

## Cost

Per recipe: \$7.30  
 Per serving: \$1.82

# 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	
<b>Calories 180</b>	<b>Calories from Fat 45</b>
% Daily Value*	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 40mg</b>	<b>13%</b>
<b>Sodium 80mg</b>	<b>3%</b>
<b>Total Carbohydrate 17g</b>	<b>6%</b>
Dietary Fiber 3g	12%
Sugars 2g	
<b>Protein 17g</b>	
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, Rice and Fruit Salad

Yield: 3 servings

Serving size: 1/3 of recipe

## Ingredients

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

## Instructions

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

## Notes

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

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

## Source

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

## Cost

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

# Chili Popcorn

Yield: 4 servings  
 Serving size: 1 cup

## Ingredients

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

## Instructions

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

<b>Nutrition Facts</b>	
Serving Size 1 cup popcorn, 1/4 of recipe (13g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 60</b>	<b>Calories from Fat 30</b>
<b>% Daily Value*</b>	
<b>Total Fat 3g</b>	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0.5g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 30mg</b>	<b>1%</b>
<b>Total Carbohydrate 7g</b>	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 0g	
<b>Protein 1g</b>	
Vitamin A 4%	• Vitamin C 0%
Calcium 0%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories    2,000    2,500
Total Fat	Less Than 65g    80g
Saturated Fat	Less Than 20g    25g
Cholesterol	Less Than 300mg    300 mg
Sodium	Less Than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Source

USDA, Food and Nutrition Service (FNS), [Eat Smart. Play Hard.™](#)

## Cost

Per recipe: \$0.39  
 Per serving: \$0.10

# Chocolate Chip Yogurt Cookies

Yield: 36 servings

Serving size: 1 cookie

## Ingredients

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

## Instructions

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

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

## Source

Cornell University Cooperative Extension, Eat Smart New York!

## Cost

Per recipe: \$1.86

Per serving: \$0.05

# Confetti Grain Salad

Yield: 6 servings  
 Serving size: 3/4 cup

## Ingredients

- 1 1/2 cup brown rice, uncooked
- 3 cups water
- 2 lemon (juiced)
- 3 green onion (also called scallions)
- 1/4 cup parsley (minced)
- 1/2 teaspoon salt
- black pepper (to taste)
- 1/4 cup olive oil (or other vegetable oil)
- 1 1/2 cup vegetables (of your favorite, cut into small pieces)

## Instructions

1. Wash rice and put into a 2-quart pot with water. Bring to boil, then lower heat to simmer, and cook uncovered until all the water is absorbed. (approximately 45 minutes)
2. Pour into medium sized bowl and allow to cool.
3. Pour lemon juice over rice and stir. When rice is cooled to lukewarm, add vegetables, salt, pepper, and oil.
4. Stir and chill at least 1 hour. This dish also can be served warm.

<b>Nutrition Facts</b>	
Serving Size 3/4 cup prepared salad, 1/6 of recipe (268g) Servings Per Container	
Amount Per Serving	
<b>Calories 300</b>	<b>Calories from Fat 90</b>
% Daily Value*	
<b>Total Fat 11g</b>	<b>17%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 230mg</b>	<b>10%</b>
<b>Total Carbohydrate 47g</b>	<b>16%</b>
Dietary Fiber 4g	16%
Sugars 3g	
<b>Protein 6g</b>	
Vitamin A 90%	• Vitamin C 30%
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 Wyoming,  
 Cooperative Extension,  
 Cent\$ible Nutrition Cook Book,  
 p. g-35

## Cost

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



# Corn Toasties

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

## Ingredients

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

## Instructions

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

Nutrition Facts	
Serving Size 1 toastie (44g)	
Servings Per Container 18	
Amount Per Serving	
<b>Calories 120</b>	<b>Calories from Fat 20</b>
% Daily Value*	
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 120mg</b>	<b>5%</b>
<b>Total Carbohydrate 22g</b>	<b>7%</b>
Dietary Fiber 1g	4%
Sugars 2g	
<b>Protein 3g</b>	
Vitamin A 2%	Vitamin C 0%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Source

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

## Cost

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

# 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.

<b>Nutrition Facts</b>	
Serving Size 3/4 cup or 1/8 of recipe (183g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 220</b>	<b>Calories from Fat 15</b>
% Daily Value*	
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 25mg</b>	<b>1%</b>
<b>Total Carbohydrate 52g</b>	<b>17%</b>
Dietary Fiber 4g	16%
Sugars 34g	
<b>Protein 2g</b>	
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

# 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	
<b>Calories 390</b>	<b>Calories from Fat 35</b>
% Daily Value*	
<b>Total Fat 4g</b>	<b>6%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 80mg</b>	<b>3%</b>
<b>Total Carbohydrate 71g</b>	<b>24%</b>
Dietary Fiber 15g	60%
Sugars 4g	
<b>Protein 18g</b>	
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

# 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.

<b>Nutrition Facts</b>			
Serving Size 1/2 of recipe (288g)			
Servings Per Container			
Amount Per Serving			
<b>Calories 180</b>	<b>Calories from Fat 20</b>		
<b>% Daily Value*</b>			
<b>Total Fat 2.5g</b>	<b>4%</b>		
Saturated Fat 0g	0%		
Trans Fat 0g			
<b>Cholesterol 0mg</b>	<b>0%</b>		
<b>Sodium 5mg</b>	<b>0%</b>		
<b>Total Carbohydrate 39g</b>	<b>13%</b>		
Dietary Fiber 5g	20%		
Sugars 14g			
<b>Protein 5g</b>			
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

# 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.

<b>Nutrition Facts</b>	
Serving Size 1/6 of recipe (386g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 130</b>	<b>Calories from Fat 5</b>
<b>% Daily Value*</b>	
<b>Total Fat 0.5g</b>	<b>1%</b>
Saturated Fat 0g <b>0%</b>	
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 330mg</b>	<b>14%</b>
<b>Total Carbohydrate 29g</b>	<b>10%</b>
Dietary Fiber 4g <b>16%</b>	
Sugars 19g	
<b>Protein 4g</b>	
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

# Grandma's Stuffing

Yield: 8 servings

Serving size: 1/8 of recipe

## Ingredients

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

## Instructions

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

Nutrition Facts	
Serving Size 1/8 of recipe (124g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 150</b>	<b>Calories from Fat 25</b>
<b>% Daily Value*</b>	
<b>Total Fat 2.5g</b>	<b>4%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 30mg</b>	<b>10%</b>
<b>Sodium 410mg</b>	<b>17%</b>
<b>Total Carbohydrate 26g</b>	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 5g	
<b>Protein 6g</b>	
Vitamin A 4%	• Vitamin C 2%
Calcium 15%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories    2,000    2,500
Total Fat	Less Than 65g    80g
Saturated Fat	Less Than 20g    25g
Cholesterol	Less Than 300mg    300 mg
Sodium	Less Than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Source

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

## Cost

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

# Granola Bars

Yield: 24 servings  
 Serving size: 1 bar

## Ingredients

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

## Instructions

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

<b>Nutrition Facts</b>	
Serving Size 1 bar, 1/24 of recipe (43g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 160</b>	<b>Calories from Fat 60</b>
% Daily Value*	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 5mg</b>	<b>0%</b>
<b>Total Carbohydrate 25g</b>	<b>8%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 15g	
<b>Protein 4g</b>	
<b>Vitamin A 8%</b>	<b>Vitamin C 0%</b>
<b>Calcium 2%</b>	<b>Iron 4%</b>
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

### Cost

Per recipe: \$6.70  
 Per serving: \$0.28

# Meatball Soup

Yield: 4 servings

Serving size: 1/2 cup broth mixture and 3 large meatballs

## Ingredients

6 cups water  
 1/3 cup brown rice  
 3 bouillon cubes (low-sodium chicken or beef flavored, or 1  
 tablespoon low-sodium bouillon powder)  
 1 tablespoon oregano (fresh, finely chopped)  
 8 ounces ground beef (lean, turkey or chicken)  
 1 tomato (finely chopped)  
 1/2 onion (peeled and finely chopped)  
 1 egg (large)  
 1/2 teaspoon salt  
 2 cups vegetable mix (chopped, fresh, carrots, celery, and broccoli)

## Instructions

1. In a large pot, combine water, rice, bouillon cubes, and oregano. Bring to a boil over high heat. Stir to dissolve bouillon. Reduce heat to low and simmer.
2. Meanwhile, in a large bowl, mix ground meat, tomato, onion, egg, and salt. Form into 12 large meatballs.
3. Add meatballs to broth mixture and simmer 30 minutes.
4. Add vegetables. Cook 10 to 15 minutes or until meatballs are cooked and rice and vegetables are tender. Serve hot.

Nutrition Facts	
Serving Size 1/2 cup broth mixture and 3 large meatballs (591g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 240</b>	<b>Calories from Fat 90</b>
% Daily Value*	
<b>Total Fat 10g</b>	<b>15%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0.5g	
<b>Cholesterol 95mg</b>	<b>32%</b>
<b>Sodium 430mg</b>	<b>18%</b>
<b>Total Carbohydrate 22g</b>	<b>7%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 4g	
<b>Protein 16g</b>	
<b>Vitamin A 110%</b>	<b>Vitamin C 40%</b>
<b>Calcium 10%</b>	<b>Iron 15%</b>
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories    2,000    2,500
Total Fat	Less Than 65g    80g
Saturated Fat	Less Than 20g    25g
Cholesterol	Less Than 300mg    300 mg
Sodium	Less Than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Source

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

## Cost

Per recipe: \$3.03  
 Per serving: \$0.76



# 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	
<b>Calories 160</b>	<b>Calories from Fat 35</b>
% Daily Value*	
<b>Total Fat 4g</b>	<b>6%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 30mg</b>	<b>1%</b>
<b>Total Carbohydrate 31g</b>	<b>10%</b>
Dietary Fiber 7g	28%
Sugars 15g	
<b>Protein 4g</b>	
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

# No Bake Breakfast Cookies

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

## Ingredients

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

## Instructions

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

<b>Nutrition Facts</b>	
Serving Size 2 cookies (40g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories 160</b>	<b>Calories from Fat 50</b>
% Daily Value*	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 120mg</b>	<b>5%</b>
<b>Total Carbohydrate 26g</b>	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 19g	
<b>Protein 4g</b>	
Vitamin A 4%	• Vitamin C 0%
Calcium 4%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Source

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

## Cost

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

# No-Bake Cookies

Yield: 36 servings  
 Serving size: 1 cookie

## Ingredients

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

## Instructions

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

Nutrition Facts	
Serving Size 1 cookie or 1/36 of recipe (42g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 170</b>	<b>Calories from Fat 60</b>
% Daily Value*	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0.5g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 65mg</b>	<b>3%</b>
<b>Total Carbohydrate 25g</b>	<b>8%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 15g	
<b>Protein 4g</b>	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories    2,000    2,500
Total Fat	Less Than 65g    80g
Saturated Fat	Less Than 20g    25g
Cholesterol	Less Than 300mg    300 mg
Sodium	Less Than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Source

Washington State University  
 Extension, Favorite Recipes for  
 Family Meals

### Cost

Per recipe: \$4.42  
 Per serving: \$0.12

# Oat Snack Cakes

Yield: 60 servings  
Serving size: 1 cake

## Ingredients

6 cups	oatmeal (raw)
2 cups	whole wheat flour
1 cup	flour (all purpose)
1 cup	sugar
1 teaspoon	baking soda
1/2 teaspoon	salt
1 teaspoon	cinnamon
3/4 cups	margarine (softened)
1/2 cup	vegetable oil
2 teaspoons	vanilla flavoring
2	egg whites (beaten)
1 tablespoon	water
1 cup	raisins

## Instructions

1. Preheat oven to 375 degrees. Mix together oatmeal, flour, sugar, baking soda, salt and cinnamon in a large bowl.
2. Cut in margarine until mixture resembles coarse meal.
3. Combine oil, vanilla, egg whites, and water. Stir into dry ingredients and rasins, mixing only until it holds together.
4. Wash hands thoroughly, then dip in cornmeal or flour. Pinch off pieces of dough and form into balls about 1 inch in diameter.
5. Place balls on baking pan (sprayed with non-stick cooking spray) and press out slightly to about 1/4 inch in thickness.
6. Bake 15-20 minutes or until lightly browned. Cool, then store in an airtight container.

<b>Nutrition Facts</b>	
Serving Size 1 cake or 1/60 of recipe (34g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 140</b>	<b>Calories from Fat 45</b>
% Daily Value*	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 65mg</b>	<b>3%</b>
<b>Total Carbohydrate 20g</b>	<b>7%</b>
Dietary Fiber 2g	8%
Sugars 5g	
<b>Protein 4g</b>	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	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: \$3.27  
Per serving: \$0.05

# Oatmeal Bread

Yield: 20 servings  
Serving size: 1 slice

## Ingredients

1 cup	rolled oats
1 teaspoon	salt
1 1/2 cup	boiling water
1 package	dry yeast (active)
1/4 cup	warm water (105 - 115 degrees)
1/4 cup	light molasses
1 1/2 tablespoon	vegetable-oil
2 cups	whole wheat flour
2 1/2 cups	flour (all purpose)

## Instructions

1. Combine rolled oats and salt in a large mixing bowl. Stir in boiling water; cool to lukewarm (105 - 115 degrees).
2. Dissolve yeast in 1/4 cup warm water in small bowl.
3. Add yeast water, molasses, and oil to cooled oatmeal mixture. Stir in whole wheat flour and 1 cup all purpose flour. Add additional all purpose flour to make a dough stiff enough to knead.
4. Knead dough on lightly floured surface until smooth and elastic, about 5 minutes.
5. Place dough in lightly oiled bowl, turning to oil top. Cover with clean towel; let rise in warm place until double, about 1 hour.
5. Punch dough down; turn onto clean surface. Shape dough and place in greased 9 x 5 inch pan. Cover with clean towel; let rise in a warm place until almost double, about 1 hour.
6. Preheat oven to 375 degrees. Bake 50 minutes or until bread sounds hollow when tapped. Cover with aluminum foil during baking if bread is browning too quickly. Remove bread from pan and cool on wire rack.

<b>Nutrition Facts</b>	
Serving Size 1 slice, 1/20 of recipe (56g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 130</b>	<b>Calories from Fat 15</b>
% Daily Value*	
<b>Total Fat 1.5g</b>	<b>2%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 120mg</b>	<b>5%</b>
<b>Total Carbohydrate 25g</b>	<b>8%</b>
Dietary Fiber 2g	8%
Sugars 3g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Source

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

## Cost

Per recipe: \$2.32  
Per serving: \$0.12

# Old Fashioned Dressing

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

## Ingredients

- 4 tablespoons margarine or butter
- 2 cups celery (diced)
- 1 cup onion (chopped)
- 8 cups bread cubes, dried from whole wheat bread
- 2 tablespoons parsley (chopped fresh or dried)
- 1/4 cup mushroom (sliced)
- 1 teaspoon sage (ground)
- 3/4 teaspoons poultry seasoning
- 1 teaspoon black pepper
- 3 cups broth, chicken or turkey

## Instructions

1. Toast bread cubes and set aside for later use.
2. Melt margarine or butter in medium size fry pan.
3. Add celery and onion; cook until tender, about 10 minutes.
4. Add parsley, mushrooms, seasoning and broth. Cook for 5 minutes.
5. Remove from heat and add the toasted bread cubes. Cover and let stand 10 minutes. Serve immediately.
6. Refrigerate leftovers within 2 hours.

<b>Nutrition Facts</b>	
Serving Size 1/10 of recipe (148g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 140</b>	<b>Calories from Fat 50</b>
<b>% Daily Value*</b>	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 1g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 270mg</b>	<b>11%</b>
<b>Total Carbohydrate 18g</b>	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 2g	
<b>Protein 4g</b>	
Vitamin A 4%	• Vitamin C 4%
Calcium 6%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories    2,000    2,500
Total Fat	Less Than 65g    80g
Saturated Fat	Less Than 20g    25g
Cholesterol	Less Than 300mg    300 mg
Sodium	Less Than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Source

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

## Cost

Per recipe: \$4.08  
 Per serving: \$0.41

## Pasta Frittata with Peas

Yield: 5 servings

Serving size: 1/5 of recipe

### Ingredients

4 ounces spaghetti (whole grain, regular or thin)  
 4 egg (lightly beaten)  
 1 dash nutmeg (optional)  
 1/8 teaspoon black pepper  
 1/8 teaspoon salt (or omit salt and pass at the table)  
 2/3 cups cheese (shredded)  
 1 cup peas (frozen, thawed, or 1 cup chopped tomatoes)

### Instructions

1. Preheat oven to 350 degrees F.
2. Cook pasta according to package directions. Drain and place in a 9-inch pie plate that has been sprayed with nonstick cooking spray.
3. Combine eggs, seasonings, cheese and peas. Spread the egg mixture over the top of the spaghetti so the mixture covers the frittata and some of it sinks between the spaghetti strands.
4. Bake for 20 minutes or until a knife inserted near the center comes out clean. Let frittata stand 5 minutes before serving.

**TOMATO VARIATION:** Instead of mixing 1 cup of peas with the egg, seasonings, cheese mixture, sprinkle the chopped tomatoes evenly over the top of the frittata before putting it in the oven.

### Notes

Salt omitted from nutrition analysis.

Nutrition Facts	
Serving Size 1/5 of recipe (86g)	
Servings Per Container 5	
Amount Per Serving	
<b>Calories 140</b>	<b>Calories from Fat 80</b>
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol 165mg</b>	<b>55%</b>
<b>Sodium 170mg</b>	<b>7%</b>
<b>Total Carbohydrate 6g</b>	<b>2%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 2g	
<b>Protein 10g</b>	
Vitamin A 20%	• Vitamin C 6%
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 Nebraska,  
 Cooperative Extension, [Healthy Eating Recipes](#)

### Cost

Per recipe: \$2.45  
 Per serving: \$0.49

# Peach Crisp

Yield: 6 servings

Serving size: 1/6 of recipe

## Ingredients

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

## Instructions

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

## Notes

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

Nutrition Facts	
Serving Size 1/6 of recipe (136g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 200</b>	<b>Calories from Fat 40</b>
<b>% Daily Value*</b>	
<b>Total Fat 4.5g</b>	<b>7%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 1g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 30mg</b>	<b>1%</b>
<b>Total Carbohydrate 40g</b>	<b>13%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 22g	
<b>Protein 3g</b>	
Vitamin A 6%	• Vitamin C 10%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Source

Pennsylvania Nutrition  
 Education Program,  
 Pennsylvania Nutrition  
 Education Network  
 Website Recipes

## Cost

Per recipe: \$1.73  
 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	
<b>Calories 210</b>	<b>Calories from Fat 60</b>
% Daily Value*	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 260mg</b>	<b>11%</b>
<b>Total Carbohydrate 33g</b>	<b>11%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 7g	
<b>Protein 7g</b>	
Vitamin A 2%	• Vitamin C 6%
Calcium 0%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Source

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

## Cost

Per recipe: \$2.00

Per serving: \$0.50

# Popcorn Treats

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

## Ingredients

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

## Instructions

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

<b>Nutrition Facts</b>	
Serving Size 1/2 of recipe (129g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories 480</b>	<b>Calories from Fat 110</b>
% Daily Value*	
<b>Total Fat 13g</b>	<b>20%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 150mg</b>	<b>6%</b>
<b>Total Carbohydrate 93g</b>	<b>31%</b>
Dietary Fiber 9g	<b>36%</b>
Sugars 44g	
<b>Protein 7g</b>	
Vitamin A 10%	• Vitamin C 4%
Calcium 8%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories    2,000    2,500
Total Fat	Less Than 65g    80g
Saturated Fat	Less Than 20g    25g
Cholesterol	Less Than 300mg    300 mg
Sodium	Less Than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Source

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

### Cost

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

# 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.

<b>Nutrition Facts</b>	
Serving Size 1 1/2 cups, 1/6 of recipe (251g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 160</b>	<b>Calories from Fat 45</b>
% Daily Value*	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 15mg</b>	<b>5%</b>
<b>Sodium 260mg</b>	<b>11%</b>
<b>Total Carbohydrate 21g</b>	<b>7%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 4g	
<b>Protein 10g</b>	
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	
<b>Calories 140</b>	<b>Calories from Fat 40</b>
% Daily Value*	
<b>Total Fat 4.5g</b>	<b>7%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 210mg</b>	<b>9%</b>
<b>Total Carbohydrate 23g</b>	<b>8%</b>
Dietary Fiber 5g	20%
Sugars 4g	
<b>Protein 5g</b>	
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

# 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.

<b>Nutrition Facts</b>	
Serving Size 1/2 of recipe (355g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 270</b>	<b>Calories from Fat 15</b>
<b>% Daily Value*</b>	
<b>Total Fat 1.5g</b>	<b>2%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 420mg</b>	<b>18%</b>
<b>Total Carbohydrate 52g</b>	<b>17%</b>
Dietary Fiber 13g	52%
Sugars 4g	
<b>Protein 12g</b>	
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

## Soft Pretzels

Yield: 12 servings  
Serving size: 1 pretzel

### Ingredients

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

### Instructions

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

To Form Pretzels:

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

To Bake:

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

Nutrition Facts	
Serving Size 1 pretzel (68g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories 140</b>	<b>Calories from Fat 10</b>
% Daily Value*	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 15mg</b>	<b>5%</b>
<b>Sodium 10mg</b>	<b>0%</b>
<b>Total Carbohydrate 28g</b>	<b>9%</b>
Dietary Fiber 3g	12%
Sugars 1g	
<b>Protein 5g</b>	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Source

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

### Cost

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

# Spinach and Meat Cakes

Yield: 6 servings

Serving size: 2 meat cakes

Cook time: 25 minutes

## Ingredients

- 1 pound ground beef, or turkey, 7% fat (93% lean)
- 2 bunches spinach (washed and cut into pieces may substitute a 1-pound bag of frozen chopped spinach, thawed and well drained)
- 1/2 onion (small, finely chopped)
- 2 garlic clove (minced)
- 1/2 teaspoon salt
- black pepper (to taste)
- 3 cups brown rice

## Instructions

1. Preheat frying pan (no oil).
2. Combine all ingredients except brown rice in a large mixing bowl. Mix well.
3. Form mixture into 12 small balls. Place in frying pan and flatten into patties using a spatula.
4. Cook over medium heat until cooked on both sides.
5. Serve over brown rice.

<b>Nutrition Facts</b>	
Serving Size 2 meat cakes, 1/6 of recipe (294g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 270</b>	<b>Calories from Fat 80</b>
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol 50mg</b>	<b>17%</b>
<b>Sodium 340mg</b>	<b>14%</b>
<b>Total Carbohydrate 27g</b>	<b>9%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 1g	
<b>Protein 21g</b>	
Vitamin A 210%	Vitamin C 50%
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

California Health Department - Los Angeles County, Es Facil Campaign  
Submitted by Brenda Grajeda

## Cost

Per recipe: \$5.96  
Per serving: \$0.99

# Springtime Cereal

Yield: 2 servings

Serving size: 1/2 of recipe

## Ingredients

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

## Instructions

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

<b>Nutrition Facts</b>	
Serving Size 1/2 of recipe (298g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories 380</b>	<b>Calories from Fat 45</b>
% Daily Value*	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 390mg</b>	<b>16%</b>
<b>Total Carbohydrate 77g</b>	<b>26%</b>
Dietary Fiber 11g	<b>44%</b>
Sugars 33g	
<b>Protein 13g</b>	
Vitamin A 20%	• Vitamin C 100%
Calcium 20%	• Iron 90%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories    2,000    2,500
Total Fat	Less Than 65g    80g
Saturated Fat	Less Than 20g    25g
Cholesterol	Less Than 300mg    300 mg
Sodium	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: \$2.52  
Per serving: \$1.26



# Tomato and Garlic Omelet

Yield: 1 servings

Serving size: 1 omelet

## Ingredients

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

## Instructions

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

Nutrition Facts	
Serving Size 1 omelet (405g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 290</b>	<b>Calories from Fat 110</b>
% Daily Value*	
<b>Total Fat 12g</b>	<b>18%</b>
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 500mg</b>	<b>21%</b>
<b>Total Carbohydrate 16g</b>	<b>5%</b>
Dietary Fiber 4g	16%
Sugars 7g	
<b>Protein 30g</b>	
Vitamin A 50%	• Vitamin C 40%
Calcium 30%	• 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

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

## Cost

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

# 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	
<b>Calories 240</b>	<b>Calories from Fat 50</b>
<b>% Daily Value*</b>	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 380mg</b>	<b>16%</b>
<b>Total Carbohydrate 34g</b>	<b>11%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 5g	
<b>Protein 14g</b>	
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

# Whole Wheat Garlic Bread Sticks

Yield: 6 servings  
Serving size: 3 slices

## Ingredients

6 slices bread (100% whole wheat)  
2 tablespoons olive oil  
1/2 teaspoon garlic powder  
1 Italian Seasoning (as needed, to sprinkle on)

## Instructions

1. Spread each slice of bread with one teaspoon oil.
2. Sprinkle with garlic powder and Italian seasoning.
3. Stack bread and cut each slice into 3 equal parts.
4. Bake at 300 degrees for about 25 minutes or until crisp and lightly browned.

<b>Nutrition Facts</b>	
Serving Size 3 slices (30g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 120</b>	<b>Calories from Fat 50</b>
% Daily Value*	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 150mg</b>	<b>6%</b>
<b>Total Carbohydrate 13g</b>	<b>4%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 1g	
<b>Protein 4g</b>	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Source

Cornell University Cooperative Extension, Eat Smart New York!

## Cost

Per recipe: \$0.88  
Per serving: \$0.15

# Whole Wheat Muffins

Yield: 12 servings  
Serving size: 1 muffin

## Ingredients

1 cup	flour (all purpose)
1 cup	whole wheat flour
1/2 teaspoon	salt
2 teaspoons	baking powder
1/4 cup	brown sugar (firmly packed, or white sugar)
1 cup	milk
2	egg
1 teaspoon	vanilla (optional)
1/4 cup	margarine or butter (melted, or 1/4 cup vegetable oil)
1 tablespoon	sugar
1/2 teaspoon	cinnamon (ground)

## Instructions

1. Preheat oven to 400 degrees. Lightly oil or coat with non-stick spray the cups of a 12 cup muffin pan, or use paper muffin cups.
2. Mix together sugar and cinnamon for topping and set aside.
3. In a large bowl, stir together flour, salt, baking powder and sugar. In a glass or plastic liquid measuring cup, measure milk, then add eggs, vanilla (if using), and melted shortening or oil. Mix with a fork until egg is well combined with other ingredients.
4. Pour milk mixture over flour mixture and stir with a spoon, about 20 strokes, until flour is just moistened. Batter will be lumpy and thick.
5. Fill prepared muffin cups about 2/3 full with batter. Sprinkle about 1/4 teaspoon of cinnamon/sugar topping over each muffin.
6. Bake in oven for 20 to 25 minutes until golden brown. Serve warm. Leftovers may be frozen.

Nutrition Facts	
Serving Size 1 muffin, 1/12 of recipe (61g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 150</b>	<b>Calories from Fat 45</b>
% Daily Value*	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 1g	
<b>Cholesterol 35mg</b>	<b>12%</b>
<b>Sodium 230mg</b>	<b>10%</b>
<b>Total Carbohydrate 22g</b>	<b>7%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 7g	
<b>Protein 4g</b>	
Vitamin A 2%	• Vitamin C 0%
Calcium 8%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Source

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

## Cost

Per recipe: \$0.98  
Per serving: \$0.08

# Winter Crisp

Yield: 6 servings

Serving size: 1/6 of recipe

## Ingredients

1/2 cup	sugar
3 tablespoons	flour (all purpose)
1 teaspoon	lemon peel (grated)
5 cups	apple (unpeeled, sliced)
1 cup	cranberries (fresh)
2/3 cups	rolled oats
1/3 cup	brown sugar (packed)
1/4 cup	whole wheat flour
2 tablespoons	cinnamon
3 tablespoons	margarine (soft melted)

## Instructions

Filling:

1. Combine sugar, flour, and lemon peel in a medium bowl and mix well.
2. Stir in apples and cranberries.
3. Spoon into a 6-cup baking dish.

Topping:

1. Combine oats, brown sugar, flour, and cinnamon in a small bowl.
2. Stir in melted margarine.
3. Sprinkle topping over filling.
4. Bake at 375 degrees for 40 minutes or until filling is bubbly and top is brown.
5. Serve warm or at room temperature.

Nutrition Facts	
Serving Size 1/6 of recipe (171g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 320</b>	<b>Calories from Fat 60</b>
% Daily Value*	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 1g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 60mg</b>	<b>3%</b>
<b>Total Carbohydrate 62g</b>	<b>21%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 39g	
<b>Protein 4g</b>	
Vitamin A 6%	• 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

National Heart, Lung and Blood Institute (NHLBI), [Stay Young at Heart - Cooking the Heart Healthy Way](#)  
[Aim for a Healthy Weight](#)

## Cost

Per recipe: \$3.57  
 Per serving: \$0.59

# Zucchini Bread

Yield: 16 servings  
Serving size: 1 slice

## Ingredients

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

## Instructions

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

<b>Nutrition Facts</b>	
Serving Size 1 slice, 1/16 of recipe (71g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 190</b>	<b>Calories from Fat 40</b>
% Daily Value*	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol 40mg</b>	<b>13%</b>
<b>Sodium 330mg</b>	<b>14%</b>
<b>Total Carbohydrate 35g</b>	<b>12%</b>
Dietary Fiber 2g	8%
Sugars 16g	
<b>Protein 4g</b>	
Vitamin A 2%	Vitamin C 4%
Calcium 2%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Source

Washington State University  
Extension, Favorite Recipes for  
Family Meals

## Cost

Per recipe: \$2.48  
Per serving: \$0.16