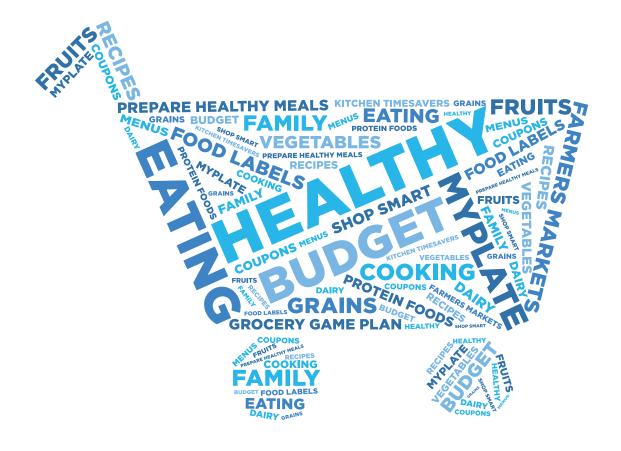


United States Department of Agriculture

Healthy Eating on a Budget



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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Apple Cinnamon Bars

Yield: 24 servings

Ingredients

4	apple (medium)
1 cup	flour
1/4 teaspoon	salt
1/2 teaspoon	baking soda
1/2 teaspoon	cinnamon
1/2 cup	brown sugar
1 cup	oats (uncooked)
1/2 cup	shortening

Instructions

1. Preheat the oven to 350 degrees.

2. Put the flour, salt, baking soda, cinnamon, brown sugar, and oats in the mixing bowl. Stir together.

3. Add the shortening to the bowl. Use the 2 table knives to mix the ingredients and cut them into crumbs.

4. Lightly grease the bottom and sides of the baking dish with a little bit of shortening.

5. Spread half of the crumb mixture in the greased baking dish.

6. Remove the core from the apples and slice them. Put the apple slices into the baking dish.

7. Top the apples with the rest of the crumb mixture.

8. Bake in the oven for 40 - 45 minutes.

9. Cut into squares. It will fall apart easily.

Notes

You can use applesauce (16 ounces) or canned apples in place of fresh apples. You can use either peeled or unpeeled apples.

May use 1/2 cup of margarine or vegetable oil spread in place of shortening. May use pumpkin pie spice in place of cinnamon.

Nutri	tior	า Fa	cts
Serving Size (42g)	1 bar, 1	/24 of rec	ipe
Servings Per	r Contair	ner 24	
Amount Per Ser			
Calories 100) Ca	lories fror	n Fat 40
		% D	aily Value*
Total Fat 4.5	ōg		7 %
Saturated	Fat 1g		5%
Trans Fat 1.5g			
Cholesterol 0mg 0%			
Sodium 50n	Sodium 50mg 2 %		
Total Carbo	hydrate	14g	5 %
Dietary Fiber 1g 4%		4%	
Sugars 7g			
Protein 1g			
Vitamin A 0%	/ •	Vitamin	C 20/
	0		5 270
Calcium 0%	•	Iron 2%	
*Percent Daily Va diet. Your daily v depending on yo	alues may l ur calorie n	be higher or eeds:	lower
Total Eat	Calories:	2,000	2,500
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
Calories per gran Fat 9 • 0	n: Carbohydra	te 4 • Prot	ein 4

Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Cost

Per recipe: \$2.09 Per serving: \$0.09

Applesauce Cookies

Yield: 12 servings

Ingredients

1 cup	sugar
1/2 cup	margarine (or butter or shortening)
1	egg
2 teaspoons	baking soda
2 1/2 cups	flour (all purpose)
1/2 teaspoon	salt
1 teaspoon	cinnamon
1 1/2 cup	applesauce, unsweetened
1 cup	raisins
1 cup	nuts (optional)

Instructions

1. Preheat oven to 350°F. Prepare pan or cookie sheet (see below).

- 2. Cream together sugar, shortening and egg.
- 3. In a separate bowl, combine baking soda, flour, salt, and cinnamon. Mix well.
- 4. Stir flour mixture into shortening mixture just until moist.
- 5. Add applesauce, raisins, and nuts (if using).

For Cookies: Drop dough by heaping teaspoon several inches apart on a greased baking sheet. Bake at 350 degrees for 10 to 12 minutes.

For Cake: Bake at 350 degrees in an 8 inch x 8 inch pan for 40 minutes.

Notes

To check cake for doneness, pierce top of cake with a toothpick. Cake is done when toothpick comes out clean.

May use pumpkin pie spice, nutmeg, or allspice in place of cinnamon. Menus include 2 cookies per person on 2 different days. For a family of 4, make 16 smaller cookies instead of the 12 called for in the recipe.

Nutri Serving Size (102g) Servings Per	2 cookie	es, 1/12 of	
Amount Per Ser	ving		
Calories 290) Cal	ories from	n Fat 70
			ily Value*
Total Fat 8g			12%
Saturated	Fat 1.5g		8%
Trans Fat	1.5g		
Cholesterol	15mg		5%
Sodium 380	mg		16%
Total Carbo	hydrate	51g	17%
Dietary Fil	-	-	8%
Sugars 28	g		
Protein 4q	<u> </u>		
Vitamin A 0%	6•	Vitamin C	2%
Calcium 2%	•	Iron 10%	
*Percent Daily Va diet. Your daily va depending on you	alues may l	be higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran Fat 9 • C		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Source

Montana State University Extension Service, <u>Montana</u> <u>Extension Nutrition Education</u> <u>Program</u>. Website Recipes.

Cost

Per recipe: \$2.98 Per serving: \$0.25

Banana Bread II

Yield: 12 servings

Ingredients

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

Instructions

1. Preheat the oven to 350 degrees.

2. Peel the bananas. Put them in a mixing bowl. Mash the bananas with a fork.

3. Add the egg, oil, milk, sugar, salt, baking soda, and baking powder. Mix well with the fork.

4. Slowly stir the flour into the banana mixture. Stir for 20 seconds until the flour is moistened.

5. Lightly grease the bread pan with a little oil -OR- cooking spray -OR- line it with wax paper.

6. Pour the batter into the bread pan.

7. Bake for 45 minutes until a toothpick inserted near the middle comes out clean.

8. Let the bread cool for 5 minutes before removing it from the pan.

Notes

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

r		
Nutrition Facts Serving Size 1 slice, 1/12 of recipe		
(70g)		
Servings Per Containe	eriz	
Amount Per Serving		
Calories 140 Calo	ories fron	n Fat 25
	% Da	ily Value*
Total Fat 3g		5 %
Saturated Fat 0g 0%		
Trans Fat 0g		
Cholesterol 15mg		5%
Sodium 330mg		14%
Total Carbohydrate 2	26g	9 %
Dietary Fiber 1g		4%
Sugars 10g		
Protein 3g		
Vitamin A 2% • \	/itamin C	C 4%
Calcium 2% • I	ron 6%	
*Percent Daily Values are bas diet. Your daily values may be depending on your calorie nee Calories:	e higher or l	
Total Fat Less than 65g 80g Saturated Fat Less than 20g 25g Cholesterol Less than 300mg 300mg Sodium Less than 300mg 2,400mg Total Carbohydrate 300g 375g Dietary Fiber 25g 30g Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		

Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Cost

Per recipe: \$1.13 Per serving: \$0.09

Banana Walnut Oatmeal

Yield: 4 servings

Ingredients

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

Instructions

1. In a small saucepan, combine reconstituted non-fat dry milk, salt, and additional water. Heat over medium heat until steaming hot, but not boiling.

2. Add oats and cook, stirring until creamy, 1 to 2 minutes.

3. Remove the pan from heat and stir in mashed banana and maple syrup. Divide between 4 bowls, garnish with walnuts, and serve.

Notes

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

May use pancake syrup or reduced calorie syrup in place of maple syrup. May use other nuts in place of walnuts.

Nutri Serving Size Servings Per	1/4 of re	cipe (298	
Amount Per Ser	ving		
Calories 340) Calo	ories fron	n Fat 50
		% Da	ily Value*
Total Fat 6g			9%
Saturated	Fat 0g		0%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium 190	mg		8%
Total Carbo	hydrate (60g	20%
Dietary Fil	oer 6g		24%
Sugars 25	g		
Protein 14g			
Vitamin A 10	• •	√itamin C	C 10%
Calcium 30%	ó•	ron 15%	
*Percent Daily Va diet. Your daily v depending on yo	alues may b	e higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran Fat 9 • C		65g 20g 300mg 2,400mg 300g 25g 4 • Prote	80g 25g 300mg 2,400mg 375g 30g

Source

United States Department of Agriculture, <u>USDA'S Collection</u> of Nonfat Dry Milk (NDM) <u>Recipes</u>

Cost

Per recipe: \$2.10 Per serving: \$0.53

Breakfast Burrito with Salsa

Yield: 4 servings Cook time: 30 minutes

Ingredients

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

Instructions

Preheat oven to 350 degrees.

1. In a large mixing bowl, blend the eggs, corn, milk, green peppers, onions, tomatoes, mustard, garlic, hot pepper sauce, and salt for 1 minute until eggs are smooth.

2. Pour egg mixture into a lightly oiled 9x9x2 inch baking dish and cover with foil.

3. Bake for 20-25 minutes until eggs are set and thoroughly cooked.

4. Wrap tortillas in plastic and microwave for 20 seconds until warm. Be careful when unwrapping the tortillas. The steam can be hot.

5. Cut baked egg mixture into 4 equal pieces and roll 1 piece of cooked egg in each tortilla.

6. Serve each burrito topped with 2 Tablespoons of salsa.

Notes

May use brown or Dijon mustard in place of yellow mustard.

May use fresh or minced garlic in place of granulated garlic.

Nutritic Serving Size 1 bu (159g) Servings Per Cor Amount Per Serving	tainer 4	of recipe
Calories 240	Calories	from Fat 70
	(% Daily Value*
Total Fat 8g		12%
Saturated Fat 2	2.5g	13%
Trans Fat 0g		
Cholesterol 185r	ng	62 %
Sodium 620mg		26%
Total Carbohydr	ate 30g	10%
Dietary Fiber 2	g	8 %
Sugars 4g		
Protein 11g		
Vitamin A 8%	 Vitam 	in C 10%
Calcium 10%	 Iron 1 	5%
*Percent Daily Values a diet. Your daily values r depending on your calo Calor	nay be highe rie needs:	r or lower
Total Fat Less Saturated Fat Less Cholesterol Less Sodium Less Total Carbohydrate Dietary Fiber Calories per gram: Fat 9 • Carboh	than 20g than 300m than 2,400 300g 25g	img 2,400mg 375g 30g

Source

USDA, Food and Nutrition Service (FNS), Food Family Fun

Cost

Per recipe: \$1.67 Per serving: \$0.42

Brown Rice Pilaf

Yield: 4 servings

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.

May use other nuts in place of almonds.

May use Italian mixed herbs/seasonings or cilantro in place of dried parsley. May use fresh garlic, minced; or onion powder in place of garlic powder.

Nutrition Facts Serving Size 1 cup prepared pilaf, 1/4 of recipe (254g) Servings Per Container 4 Amount Per Serving Calories 290 Calories from Fat 45 % Daily Value* Total Fat 5g **8**% Saturated Fat 0.5g 3% Trans Fat 0g Cholesterol 0mg 0% Sodium 10mg **0**% Total Carbohydrate 55g 18% Dietary Fiber 3g 12% Sugars 1g Protein 7g 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 80g Saturated Fat Less than 20g 25g Cholesterol 300mg 300mg Less than 2,400mg 2,400mg Sodium Less than Total Carbohydrate 300g 375g Dietary Fiber 25g 30g Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Source

Food and Health Communications, Inc., <u>Visit</u> <u>Website</u>

Cost

Per recipe: \$0.98 Per serving: \$0.24

Chocolate Chip Yogurt Cookies

Yield: 36 servings

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.

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

Nutrition Facts

Source

Cornell University Cooperative Extension, Eat Smart New York!

Cost

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

Couscous with Peas and Onions

Yield: 4 servings

Ingredients

1 cuponion (finely chopped)1/2 teaspoonsage (ground)1 teaspoonolive oil1 1/3 cupwater1 cupgreen peas (frozen)1 cupcouscous1/2 teaspoonsalt (optional)

Instructions

- 1. Combine oil and onions in heavy skillet.
- 2. Sauté for 5-10 minutes until lightly browned.
- 3. Add the peas, sage, water, couscous, and salt if desired.

4. Cover and cook on low for about 5 minutes or until peas are tender but still bright green and all of the water is absorbed.

5. Fluff with fork.

Notes

Serve with lemon wedges or balsamic vinegar.

May use poultry seasoning in place of ground sage.

May use any vegetable oil in place of olive oil.

Serving Size 1 Servings Per C	cup (2	75g)	cts
Amount Per Servir	ıg		
Calories 190	Calo	ories fron	n Fat 15
		% Da	ily Value*
Total Fat 1.5g			2%
Saturated Fa	at 0g		0%
Trans Fat 0g	3		
Cholesterol Or	mg		0%
Sodium 45mg			2%
Total Carbohy	/drate 3	37g	12%
Dietary Fibe	r 4g		16%
Sugars 3g			
Protein 7g			
Vitamin A 15%		Vitamin C	2 15%
Calcium 4%		Iron 6%	
*Percent Daily Value diet. Your daily value depending on your of C	es may b	e higher or l	
Saturated Fat Le Cholesterol Le	ess than ess than ess than ess than bohydrate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Nutritian Easta

Source

UMass Extension Nutrition Education Program, <u>CHOICES</u> <u>Steps Toward Health</u>

Cost

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

Crunchy Chicken Salad

Yield: 5 servings

Ingredients

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

Instructions

1. Use leftover cooked chicken, or cook enough chicken to make 2 cups of chicken pieces.

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

Notes

Serve on lettuce, crackers, or bread.

Serving Size 3/4 1/5 of recipe (156 Servings Per Co	cup Sg)	prepared	
Amount Per Serving			
Calories 140	Cal	ories fron	n Fat 40
		% Da	aily Value*
Total Fat 4.5g			7%
Saturated Fat	1g		5%
Trans Fat 0g	-		
Cholesterol 50n	ng		17%
Sodium 65mg			3%
Total Carbohyd	rate	8g	3%
Dietary Fiber 2	1g		4%
Sugars 6g			
Protein 17g			
Vitamin A 4%	•	Vitamin C	C 15%
Calcium 4%	•	Iron 4%	
*Percent Daily Values diet. Your daily values depending on your cal Calc	may b orie ne	be higher or l	
Saturated Fat Less Cholesterol Less	s than s than s than s than hydrat	65g 20g 300mg 2,400mg 300g 25g e 4 • Prote	80g 25g 300mg 2,400mg 375g 30g ein 4

Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Cost

Per recipe: \$3.65 Per serving: \$0.73

Easy Red Beans and Rice

Yield: 8 servings

Ingredients

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

Instructions

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

Notes

May use "no salt added" canned, diced tomatoes for less sodium.

May use fresh garlic, minced; or onion powder in place of garlic powder.

Serving Size 1 cup Servings Per Conta	
Amount Per Serving	
Calories 270 C	Calories from Fat 20
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	g 0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydra	te 55g 18%
Dietary Fiber 10	g 40%
Sugars 7g	
Protein 10g	
Vitamin A 6%	Vitamin C 30%
Calcium 6%	 Iron 10%
*Percent Daily Values are diet. Your daily values ma depending on your calorie Calorie	e needs:
Total Fat Less th Saturated Fat Less th Cholesterol Less th Sodium Less th Total Carbohydrate Dietary Fiber Calories per gram:	nan 20g 25g nan 300mg 300mg

Nutrition Facts

Source

Maryland Food Supplement Nutrition Education program, 2009 Recipe Calendar

Cost

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

Fantastic French Toast

Yield: 6 servings

Ingredients

2	egg
1/2 cup	non-fat milk
1/2 teaspoon	vanilla extract
6 slices	whole wheat bread
	syrup or other toppings (optional)

Instructions

1. Preheat the griddle over medium heat, or set an electric frying pan at 375 degrees.

2. Put eggs, milk, and vanilla in a pie pan or shallow bowl and beat with a fork until well mixed.

3. Grease the griddle or pan with a thin layer of oil or use nonstick spray.

4. Dip both sides of bread, one slice at a time, in the egg mixture and cook on the hot griddle or frying pan.

5. Cook on one side until golden brown. Turn the bread over to cook the other side. It will take about 4 minutes on each side.

6. Serve with syrup, applesauce, fruit slices, or jam.

Notes

May use pancake syrup or reduced calorie syrup in place of maple syrup.

Nutrition Facts Serving Size 1 slice, 1/6 of recipe			
(66g) Servings Per Co	ontain	er 6	
Amount Per Serving	9		
Calories 100	Calo	ories fron	n Fat 25
		% Da	ily Value*
Total Fat 2.5g			4%
Saturated Fa	t 0.5g		3%
Trans Fat 0g			
Cholesterol 60	mg		20%
Sodium 170mg			7%
Total Carbohy	drate	13g	4%
Dietary Fiber	2g		8%
Sugars 3g			
Protein 6g			
Vitamin A 2%	•	Vitamin (C 0%
Calcium 6%	•	lron 6%	
*Percent Daily Value diet. Your daily value depending on your ca	s may b	e higher or l	
Total Fat Les Saturated Fat Les Cholesterol Les	ss than ss than ss than ss than ss than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Source

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

Cost

Per recipe: \$1.12 Per serving: \$0.19

Herbed Vegetables

Yield: 6 servings

Ingredients

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

Instructions

1. Drain vegetables, saving 2 Tablespoons liquid.

2. Cook onion, herbs, and garlic in the margarine/butter in a small saucepan until onion is tender.

- 3. Stir in the vegetables and liquid.
- 4. Cook and stir until heated through.

Notes

May use "no salt added" canned vegetables for less sodium.

May use margarine or vegetable oil spreads in place of butter.

May use Italian herbs in place of dried basil and rosemary.

Nutrition Facts Serving Size 1/6 of recipe (85g)

Servings Per Container 6

Amount Per Serving	
Calories 60 Cal	ories from Fat 20
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	5%
Total Carbohydrate	8g 3 %
Dietary Fiber 2g	8%
Sugars 2g	
Protein 2g	
Vitamin A 180% •	Vitamin C 8%
Calcium 2% •	Iron 6%
*Percent Daily Values are ba diet. Your daily values may l depending on your calorie n Calories:	be higher or lower
Total Fat Less than Saturated Fat Less than Cholesterol Less than Sodium Less than Sodium Less than Total Carbohydrate Dietary Fiber Calories per gram: Fat 9 • Carbohydrate	65g 80g 20g 25g 300mg 300mg 2,400mg 2,400mg 300g 375g 25g 30g te 4 • Protein 4

Source

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

Cost

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

Honey Lemon Chicken

Yield: 8 servings

Ingredients

1 tablespoon	vegetable oil
4 pounds	chicken (cut into 8 pieces)
1/2 cup	flour (all purpose)
1 teaspoon	salt
1/4 cup	honey
1/4 cup	lemon juice

Instructions

1. Preheat oven to 375 degrees. Line a baking pan with foil for easy clean up. Lightly oil the foil.

2. Combine flour and salt in a plastic bag. Shake chicken pieces in flour mixture, remove from bag and place on prepared pan.

3. Bake for 45 minutes.

4. Combine honey and lemon. Spoon mixture over chicken to glaze chicken pieces. Bake another 15 minutes.

Notes

May use canola or olive oil in place of vegetable oil.

Nutrition Facts Serving Size 1 chicken piece (average), 1/8 of recipe (240g) Servings Per Container 8 Amount Per Serving Calories 330 Calories from Fat 70 % Daily Value* Total Fat 8g 12% Saturated Fat 2g 10% Trans Fat 0g Cholesterol 150mg 50% Sodium 160mg 7% Total Carbohydrate 15g 5% Dietary Fiber 0g 0% Sugars 9g Protein 46g Vitamin A 2% Vitamin C 15% Calcium 2% • Iron 15% *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500 Total Fat 65g 80g Less than 25g 300mg Saturated Fat Less than 20g Cholesterol 300mg Less than 2,400mg 2,400mg Sodium Less than Total Carbohydrate 300g 375g Dietary Fiber 25g 30g Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Source

Montana State University Extension Service, <u>Montana</u> <u>Extension Nutrition Education</u> <u>Program</u> <u>Website Recipes</u>

Cost

Per recipe: \$4.29 Per serving: \$0.54

Honey Mustard Pork Chops

Yield: 4 servings

Ingredients

4 top loin pork chops
1/3 cup orange juice
1 tablespoon soy sauce
2 tablespoons honey mustard

Instructions

- 1. Put the pork chops in the large non-stick skillet.
- 2. Cook over medium-high heat to brown one side of the pork chops.
- 3. Use the spatula to turn the chops.
- 4. Add the rest of the ingredients and stir.
- 5. Cover the pan and lower the heat.
- 6. Simmer for 6 to 8 minutes until chops are done.

Notes

Pork chops are done when they reach an internal temperature of 145 degrees. 2 Tablespoons of honey mustard can be substituted with 1 Tablespoon of honey and 1 Tablespoon of mustard mixed together.

To thicken sauce, if needed, remove cooked pork chops and cook sauce without a lid until desired consistency is reached.

Serving Size recipe (168g Servings Per	1 pork c	hop, 1/4 o	of
Amount Per Sei	rving		
Calories 300) Caloi	ries from	Fat 110
		% Da	ily Value*
Total Fat 12	g		18%
Saturated	Fat 4.5g		23%
Trans Fat	0g		
Cholesterol	95mg		32%
Sodium 400	mg		17%
Total Carbo	hydrate	6g	2%
Dietary Fil	ber 0g		0%
Sugars 5g	1		
Protein 40g			
Vitamin A 0%	6.	Vitamin (0%
Calcium 2%	•	Iron 8%	
*Percent Daily Va diet. Your daily v depending on yo	alues may b	e higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran Fat 9 • 0		65g 20g 300mg 2,400mg 300g 25g e 4 • Prote	80g 25g 300mg 2,400mg 375g 30g

4

Source

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4 . 4 .

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Cost

Per recipe: \$2.40 Per serving: \$0.60

Lemon Spinach

Yield: 4 servings

Ingredients

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

Instructions

1. Wash the spinach. Trim off the stems.

2. Put the spinach, black pepper, and lemon juice in a pan.

3. Cook over medium heat. Let the spinach boil for about 3 minutes, until just tender.

Nutrition Facts Serving Size 1/4 cup, 1/4 of recipe				
(117g) Servings Per	Conta	iner 4		
Servings r ei	Conte			
Amount Per Ser	ving			
Calories 25		Calories f	rom Fat 5	
		%	Daily Value*	
Total Fat Og			0%	
Saturated	Fat 0g	l	0%	
Trans Fat	0g			
Cholesterol	0mg		0%	
Sodium 90n	ng		4%	
Total Carbo	hydrat	t e 4g	1%	
Dietary Fiber 3g 12%				
Sugars 1g	1			
Protein 3g				
Vitamin A 21	0% •	 Vitamir 	n C 60%	
Calcium 10%	ó •	Iron 15	%	
*Percent Daily Va diet. Your daily v depending on yo	alues ma	y be higher o needs:		
Total Fat	Less that			
Saturated Fat	Less that Less that		80g 25g	
Cholesterol	Less that	an 300mg	300mg	
Sodium	Less that			
Total Carbohydra Dietary Fiber	ate	300g 25g	375g 30g	
Calories per grar	n.	209		
Fat 9 • (rate 4 • Pi	rotein 4	

Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Cost

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

Lentil Stew

Yield: 10 servings

Ingredients

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

Instructions

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

Notes

May use any vegetable oil in place of olive oil.

May use fresh garlic, minced, in place of garlic powder.

May use "no salt added" canned, diced tomatoes for less sodium.

May use a mix of other spices such as cayenne pepper, cumin, and

oregano in place of chili powder.

Nutrit Serving Size Servings Per	1 cup (29	96g)	cts
Amount Per Serv	ing		
Calories 110	Calc	ories from	n Fat 10
		% Da	ily Value*
Total Fat 1g			2 %
Saturated F	at 0g		0%
Trans Fat 0)g		
Cholesterol ()mg		0%
Sodium 310n	ng		13%
Total Carboh	ydrate 2	20g	7%
Dietary Fibe	er 6g		24 %
Sugars 7g			
Protein 6g			
Vitamin A 160	۱% • ۱	/itamin C	; 40%
Calcium 4%	•	ron 15%	
*Percent Daily Valu diet. Your daily val depending on your	ues may be	e higher or l	
Saturated Fat I Cholesterol I Sodium I Total Carbohydrate Dietary Fiber Calories per gram:		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Source

Maryland Food Supplement Nutrition Education program, 2009 Recipe Calendar

Cost

Per recipe: \$5.54 Per serving: \$0.55

Manly Muffin Meat Loaf

Yield: 6 servings

Ingredients

1	egg
1/2 cup	non-fat milk
3/4 cups	oats
1 pound	lean ground beef
3 tablespoons	onion (chopped)
1/2 teaspoon	salt
1/2 cup	cheese (any variety) (grated)

Instructions

- 1. Preheat oven to 350 degrees.
- 2. Combine all ingredients and mix well.
- 3. Spoon mixture and divide evenly into 12 greased muffin cups.
- 4. Bake for 1 hour, or until temperature in center of meat loaf is 160 degrees.
- 5. Cool slightly before removing from muffin cups.

Notes

Combine meat loaf ingredients until well mixed, but don't over mix; too much mixing can make a meat loaf tough.

May also fill 12 small muffin cups and serve 2 muffins per person.

Safety Tip: Cook your meat loaves to 160 degrees. Use a meat thermometer to test the temperature. You will know that your loaves will be completely and safely cooked without being dried out from overheating.

Nutri Serving Size of recipe (13 Servings Per	e 2 muffin 0g)	meatloa		
Amount Per Ser	rving			
Calories 230	0 Calor	ies from	Fat 110	
		% Da	ily Value*	
Total Fat 12	g		18 %	
Saturated	Fat 5g		25%	
Trans Fat	0g			
Cholesterol	90mg		30%	
Sodium 330	mg		14%	
Total Carbo	hydrate 8	Bg	3%	
Dietary Fil	ber 1g		4%	
Sugars 2g	Sugars 2g			
Protein 21g				
Vitamin A 4%	6 • V	Vitamin (C 0%	
Calcium 10%	6 • I	lron 15%		
*Percent Daily Va diet. Your daily v depending on yo	alues may be	e higher or l		
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per grar Fat 9 • C	Less than Less than Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g	

Source

Kansas Family Nutrition Program, <u>Kids a Cookin</u>'

Cost

Per recipe: \$4.57 Per serving: \$0.76

Marinated Beef

Yield: 4 servings

Ingredients

12 ounces	beef round steak
1	garlic clove
2 tablespoons	lemon juice
4 tablespoons	vegetable oil
1/2 teaspoon	salt
1/2 teaspoon	black pepper

Instructions

1. Using a cutting board and sharp knife, cut round steak across the grain into thin strips about 1/2 inch wide and 2 to 3 inches long.

2. In a medium glass mixing bowl, combine garlic, lemon juice, 2 Tablespoons of vegetable oil, salt and pepper.

3. Add beef strips and stir to coat with the oil mixture (marinade sauce). Cover bowl with plastic wrap and refrigerate for about 2 hours.

4. In a medium skillet over medium-high heat, heat 2 Tablespoons of the oil for 1-2 minutes until hot.

5. Drain marinade from beef. Put beef in skillet, stir and cook for 5 to 7 minutes or until meat is thoroughly browned.

Notes

For more tender meat, slice into very thin strips. Partially freeze meat for easier slicing. Note that thin slices will cook more quickly.

Serving Size 1/4 of recipe (108g) Servings Per Container 4			
Amount Per Serv	ring		
Calories 240	Calor	ies from	Fat 150
		% Da	ily Value*
Total Fat 18g	I		28 %
Saturated F	at 2.5g		13%
Trans Fat 0)g		
Cholesterol 4	45mg		15%
Sodium 200n	ng		8%
Total Carboh	ydrate ⁷	1g	0%
Dietary Fib	er 0g		0%
Sugars 0g			
Protein 20g			
_			
Vitamin A 0%	• \	Vitamin C	6%
Calcium 2%	•	lron 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			
Saturated Fat Cholesterol Sodium Total Carbohydrat Dietary Fiber Calories per gram		65g 20g 300mg 2,400mg 300g 25g 25g	80g 25g 300mg 2,400mg 375g 30g

Nutrition Easte

Source

Kansas Family Nutrition Program, <u>Kids a Cookin</u>'

Cost

Per recipe: \$3.67 Per serving: \$0.92

Misickquatash (Indian Succotash)

Yield: 6 servings

Ingredients

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

Instructions

1. Brown ground beef in pan. Drain excess liquid.

2. Add remaining ingredients except nutmeg. Cover and simmer 5 minutes or until thoroughly heated.

3. Sprinkle with nutmeg before serving.

Notes

To reduce fat, use ground beef that is 90% lean or higher.

May use "no salt added" canned corn and tomatoes for less sodium.

May use pumpkin pie spice, cinnamon, or ginger in place of nutmeg.

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

_			
Amount Per Ser	ving		
Calories 160) Ca	lories fron	n Fat 35
		% Da	aily Value*
Total Fat 3.5	ōg		5 %
Saturated	Fat 1g		5%
Trans Fat	0g		<u> </u>
Cholesterol	20mg		7%
Sodium 420	mg		18%
Total Carbo	hydrate	19g	6%
Dietary Fil	oer 4g		16%
Sugars 7g	-		
Protein 10g			
Ĵ			
Vitamin A 4%	6•	Vitamin (C 15%
Calcium 4%	•	Iron 15%	
*Percent Daily Va diet. Your daily v depending on yo	alues may l	be higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per grar Fat 9 • C		65g 20g 300mg 2,400mg 300g 25g te 4 • Prot	80g 25g 300mg 2,400mg 375g 30g ein 4

Source

USDA Food Distribution Program on Indian Reservations, A River of Recipes Native American Recipes Using Commodity Foods

Cost

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

Mouth-Watering Oven-Fried Fish

Yield: 6 servings

Ingredients

2 pounds	fish fillets (see notes)
1 tablespoon	lemon juice (fresh)
1/4 cup	buttermilk (fat-free or low-fat, see notes)
1 teaspoon	garlic (fresh, minced)
1/8 teaspoon	hot sauce
1/4 teaspoon	white pepper (ground)
1/4 teaspoon	salt
1/4 teaspoon	onion powder
1/2 cup	corn flakes (crumbled or regular bread crumbs)
1 tablespoon	vegetable oil
1	lemon (fresh, cut in wedges)

Instructions

1. Preheat oven to 475 F.

2. Clean and rinse fish. Wipe fillets with lemon juice and pat dry.

- 3. Combine milk, hot sauce, and garlic.
- 4. Combine pepper, salt, and onion powder with crumbs and place on plate.

5. Let fillets sit briefly in milk. Remove and coat fillets on both sides with seasoned crumbs. Let stand briefly until coating sticks to each side of fish.

6. Arrange on lightly oiled shallow baking dish.

- 7. Bake for 20 minutes on middle rack without turning.
- 8. Cut into 6 pieces. Serve with fresh lemon.

Notes

*Atlantic cod and low fat buttermilk (1%) used for nutritional analysis.

May substitute black pepper for white pepper.

May use cayenne pepper in place of hot sauce.

May use dry bread crumbs, cracker crumbs, or other unsweetened cereal crumbs in place of corn flakes.

May use fat-free or lowfat milk with vinegar in place of buttermilk (1 tsp vinegar and 1/4 cup of milk; stir and let stand a few minutes).

Serving Size 1 Piece (134g) Servings Per Container 6			
Amount Per Se	rving		
Calories 15	0 Calo	ories fron	n Fat 30
		% Da	ily Value*
Total Fat 3.	5g		5 %
Saturated	Fat 0.5g		3%
Trans Fat	0g		
Cholesterol	60mg		20%
Sodium 210	mg		9 %
Total Carbo	hydrate	4g	1%
Dietary Fi	ber 0g		0%
Sugars 1g			
Protein 25g			
Vitamin A 29	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 Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran Fat 9 • 0		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Nutrition Facts

Source

US Department of Health and Human Services National Institutes of Health National Heart, Lung and Blood Institute, Heart Healthy Home Cooking: African American Style

Cost

Per recipe: \$5.61 Per serving: \$0.94

One Pan Spaghetti

Yield: 10 servings

Ingredients

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

Instructions

1. Brown meat and onions in a large skillet over medium-high heat (300 degrees in an electric skillet). Drain fat.

2. Stir in water, tomato sauce, and spices; bring to a boil.

3. Add spaghetti, cover pan, and simmer 10-15 minutes, stirring often to prevent sticking.

4. When spaghetti is tender, top with grated cheese.

5. Refrigerate leftovers with in 2-3 hours.

Notes

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

May use "no salt added" canned tomato sauce for less sodium.

May use Italian mixed herbs/seasonings, basil, or thyme in place of dried oregano.

Serving Size 1 cup (23 Servings Per Containe		
Amount Per Serving		
Calories 220 Calo	ries fron	n Fat 45
	% Da	aily Value*
Total Fat 5g		8%
Saturated Fat 2.5g		13%
Trans Fat 0g		
Cholesterol 20mg		7%
Sodium 360mg		15%
Total Carbohydrate 2	29g	10%
Dietary Fiber 2g		8%
Sugars 3g		
Protein 13g		
, i i i i i i i i i i i i i i i i i i i		
Vitamin A 6% • V	/itamin (6%
Calcium 10% · I	ron 10%	
*Percent Daily Values are bas diet. Your daily values may be depending on your calorie ner Calories:	e higher or l	
Total Fat Less than Saturated Fat Less than Cholesterol Less than Sodium Less than Total Carbohydrate Dietary Fiber Calories per gram: Fat 9 • Carbohydrate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Nutrition Easte

Source

Oregon State University Cooperative Extension Service, <u>Healthy Recipes</u>

Cost

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

Perfect Pumpkin Pancakes

Yield: 12 servings

Ingredients

2 cups flour 2 tablespoons brown sugar 1 tablespoon baking powder 1 1/4 teaspoon pumpkin pie spice 1 teaspoon salt 1 egg 1/2 cup pumpkin (canned) 1 3/4 cup milk, low-fat 2 tablespoons vegetable oil

Instructions

1. Combine flour, brown sugar, baking powder, pumpkin pie spice and salt in a large mixing bowl.

2. In a medium bowl, combine egg, canned pumpkin, milk and vegetable oil, mixing well.

3. Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy. (For thinner batter, add more milk).

4. Lightly coat a griddle or skillet with cooking spray and heat on medium.

5. Using a 1/4 cup measure, pour batter onto hot griddle. Cook until bubbles begin to burst, then flip pancakes and cook until golden brown, 1 1/2 to 2 1/2 minutes. Repeat with remaining batter. Makes about 1 dozen 3 1/2 inch pancakes.

Notes

If you don't have pumpkin spice on hand, don't worry - it's just a combination of cinnamon, nutmeg, ginger, and cloves. In this recipe, you can substitute 3/4 teaspoon cinnamon, 1/4 teaspoon nutmeg and 1/8 teaspoon each of ginger and cloves for the pumpkin pie spice.

Remaining pumpkin puree can be frozen in an air-tight container for 1 to 2 months.

Safety Tip: You can be sure your skillet or griddle is hot enough for pancakes without burning your hand. Just sprinkle a few (3 or 4) drops of water on the surface. If they dance and sizzle, you are ready to cook. Be sure handles of skillets and pans are always turned toward the center or back of the stove, to prevent the pan from catching on hands or clothes and causing burns.

Serving Size recipe (78g) Servings Per	1 pancal	ke, 1/12 k	
Amount Per Ser	ving		
Calories 130) Calo	ories fron	n Fat 30
		% Da	ily Value*
Total Fat 3.5	jg		5%
Saturated	Fat 0.5g		3%
Trans Fat	0g		
Cholesterol	20mg		7%
Sodium 340	mg		14%
Total Carbo	hvdrate	21a	7%
Dietary Fit	•		4%
Sugars 4g			
Protein 4g			
Vitamin A 35	% • V	Vitamin C	2%
Calcium 10%	• •	ron 8%	
*Percent Daily Va diet. Your daily va depending on you	alues may be	e higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran Fat 9 • C		65g 20g 300mg 2,400mg 300g 25g 4 • Prote	80g 25g 300mg 2,400mg 375g 30g

Source

Kansas Family Nutrition Program, <u>Kids a Cookin</u>'

Cost

Per recipe: \$1.34 Per serving: \$0.11

Polenta with Pepper and Cheese

Yield: 8 servings Cook time: 23 minutes

Ingredients

ces,

Instructions

1. In a medium sauce pan, bring the water to a boil. Gradually add the cornmeal or polenta. Reduce heat to low.

2. Continue stirring, add the corn, chiles and the salt. Cook 6-8 minutes or until mixture thickens, stirring occasionally.

- 3. Gently stir in the margarine, cheese and beans.
- 4. Remove from the heat and transfer to a serving dish.
- 5. Garnish with red bell pepper rings and cilantro.

Notes

If made in advance or for leftovers, spread in a pan and chill. To serve, slice

into squares and heat in microwave or oven.

May use margarine or vegetable oil spread in place of butter.

May use "no salt added" canned beans for less sodium.

Nutri			
Serving Size 1/8 of recipe Servings Per	(303g)		olenta,
Amount Per Ser	ving		
Calories 270) Calo	ories fron	n Fat 50
		% Da	ily Value*
Total Fat 5g			8 %
Saturated	Fat 1.5g		8%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium 590	Sodium 590mg 25 %		
Total Carbol	hydrate 4	43g	14%
Dietary Fiber 6g 24%			
Sugars 4g			
Protein 11g			
Vitamin A 20	%•\	/itamin (C 60%
Calcium 15%	• • 1	ron 15%	
*Percent Daily Va diet. Your daily va depending on you	alues may be	e higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gram		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Source

California Health Department -Los Angeles County, Es Facil Campaign Submitted by Gloria Vargas

Cost

Per recipe: \$4.38 Per serving: \$0.55

Quick Tuna Casserole

Yield: 6 servings

Ingredients

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

Instructions

1. Preheat oven to 350 degrees.

2. Bring 1 quart of water to a boil in a large pot and cook the egg noodles in the water for 2 minutes.

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

Notes

May use lowfat cream of mushroom soup for low-sodium soup. Lowfat soup is

lower in sodium than regular soup.

Measuring hint: 2 slices of bread will yield roughly 1 cup of bread crumbs.

Nutri Serving Size Servings Per	1/6 of re	cipe (355	
Amount Per Sei	rving		
Calories 240) Calo	ories fron	n Fat 40
		% Da	ily Value*
Total Fat 4.8	ōg		7%
Saturated	Fat 1g		5%
Trans Fat	0g		
Cholesterol	30mg		10%
Sodium 280	mg		12%
Total Carbo	hydrate	35g	12%
Dietary Fil	ber 3g		12%
Sugars 4g	1		
Protein 15g			
Vitamin A 10	1% • Y	√itamin C	8%
Calcium 8%	•	ron 15%	
*Percent Daily Va diet. Your daily v depending on yo	alues may b	e higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per grar Fat 9 • C		65g 20g 300mg 2,400mg 300g 25g 4 • Prote	80g 25g 300mg 2,400mg 375g 30g

Source

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

Cost

Per recipe: \$3.69 Per serving: \$0.61

Red Hot Fusilli

Yield: 4 servings

Ingredients

1 tablespoon	olive oil
2 cloves	garlic (minced)
1/4 cup	parsley (fresh minced)
4 cups	ripe tomatoes (chopped)
1 tablespoon	fresh basil (chopped or 1 tsp dried basil)
1 tablespoon	oregano leaves (crushed or 1 tsp dried oregano)
1/4 teaspoon	salt
	ground red pepper (or cayenne to taste)
8 ounces	fusilli pasta (uncooked, 4 cups cooked)
1/2 pound	cooked chicken breast, optional* (diced into 1/2-inch pieces)

Instructions

1. Heat oil in a medium saucepan. Saute garlic and parsley until golden.

2. Add tomatoes and spices. Cook uncovered over low heat 15 minutes or until thickened, stirring frequently. If desired, add chicken and continue cooking for 15 minutes until chicken is heated through and sauce is thick.

3. Cook pasta firm in unsalted water.

4. To serve, spoon sauce over pasta and sprinkle with coarsely chopped parsley. Serve hot as a main dish and cold for the next day's lunch.

*Cost estimate and nutritional analysis includes optional chicken.

Notes

If pre-cooked chicken is not available, cook ³/₄ lb raw chicken and chop into ¹/₂-inch pieces when cooled down.

May use 28 ounces of "no salt added" canned tomatoes for fresh tomatoes; drain if desired.

May use any vegetable oil in place of olive oil.

May use cayenne pepper in place of ground red pepper.

Serving Size Servings Per			
Amount Per Ser	ving		
Calories 380) Calo	ories fron	n Fat 60
		% Da	ily Value*
Total Fat 7g			11%
Saturated	Fat 1.5g		8 %
Trans Fat	0g		
Cholesterol	50mg		17%
Sodium 200	mg		8%
Total Carbo	hydrate 4	51g	17%
Dietary Fil	ber 5g		20%
Sugars 6g			
Protein 28g	-		
			500/
Vitamin A 40		Vitamin C	; 50%
Calcium 6%	•	Iron 20%	
*Percent Daily Va diet. Your daily va depending on you	alues may b	e higher or l eds:	ower
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than Less than Less than ate	2,000 65g 20g 300mg 2,400mg 300g 25g	2,500 80g 25g 300mg 2,400mg 375g 30g
Calories per gran Fat 9 • C	n: Carbohydrate	e4 • Prote	ein 4

Nutrition Facts

Source

National Heart, Lung and Blood Institute National Institutes of Health, <u>Stay Young at Heart Recipe</u> <u>Book</u>

Cost

Per recipe: \$4.82 Per serving: \$1.20

Scrambled Tofu

Yield: 4 servings

Ingredients

1 packagetofu (20 ounces)1 tablespoonbutter2eggsalt and pepper (optional, to taste)bean sprouts or chop suey mix, garlic, watercress, mushrooms,
cheese, bell pepper, green onions (optional)

Instructions

1. Drain tofu.

2. In small bowl, dice or mash tofu. For optional ingredients, crush garlic and/or slice watercress, mushrooms, cheese, bell peppers, and green onions.

3. In a pan, melt butter. Add tofu. Add optional ingredients. Saute over medium heat until lightly browned.

- 4. Beat eggs and add to tofu mixture. Cook until firm.
- 5. Sprinkle with salt and pepper to taste.
- 6. Stir and cook until firm.

BchYg

May use margarine or vegetable oil spread in place of butter.

nuu	UOI	ΙΙα	613
Serving Size Servings Pe			lg)
Amount Per Se	rving		
Calories 14	0 Calo	ories fron	n Fat 90
		% Da	aily Value*
Total Fat 10	g		15%
Saturated	Fat 3.5g		18%
Trans Fat	0g		
Cholesterol	100mg		33%
Sodium 60r	ng		3%
Total Carbo	hydrate	1g	0%
Dietary Fi	ber 1g		4%
Sugars 0g	3		
Protein 13g			
Vitamin A 49	4	Vitamin (2.0%
Calcium 109	-	Iron 10%	
	-		
*Percent Daily V diet. Your daily v depending on yo	alues may b our calorie ne	e higher or eds:	lower
	Calories:	2,000	2,500
Total Fat Saturated Fat	Less than Less than	65g 20g	80g 25g
Cholesterol	Less than	20g 300mg	200 300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydr	ate	300g	375g
Dietary Fiber		25g	30g
Calories per grai Fat 9 • (m: Carbohydrate	e4 • Prot	ein 4

Nutrition Easts

Source

University of Hawaii at Manoa, Cooperative Extension, <u>Lifeskills</u> in Food Education, Food Skills <u>Cookbook</u> Food Stamps Nutrition Education Program

Cost

Per recipe: \$3.28 Per serving: \$0.82

Shake-A-Pudding

Yield: 8 servings

Ingredients

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

Instructions

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

Bchłyg

May use skim milk or lowfat 1% milk.

Nutrition Facts Serving Size 1/2 cup (103g) Servings Per Container 8 Amount Per Serving Calories 100 Calories from Fat 5 % Daily Value* Total Fat 1g 2% Saturated Fat 0g 0% Trans Fat 0g Cholesterol 5mg 2% Sodium 210mg **9**% 7% Total Carbohydrate 21g Dietary Fiber 1g 4% Sugars 18g Protein 2g Vitamin A 2% • Vitamin C 4% Calcium 8% • Iron 0% *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: 2,000 Calories: 2.500 Total Fat Less than 65g 80g Saturated Fat Less than Cholesterol Less than 20g 300mg 25g 300mg 2,400mg 300g 2,400mg 375g Sodium Less than Total Carbohydrate Dietary Fiber 25g 30a Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Source

UMass Extension Nutrition Education Program, <u>CHOICES</u> <u>Steps Toward Health</u>

Cost

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

Tofu Salad

Yield: 4 servings

Ingredients

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

Instructions

1. Prepare tofu by draining the water from the package and placing tofu between two plates. Put a heavy object on top and let stand for 10 to 15 minutes. Drain the water that collects on the bottom plate every few minutes.

2. In a small bowl, mix the mayonnaise, mustard and soy sauce.

3. In a medium bowl, combine the diced tofu, celery, onion, pepper, and parley; stir in the mayonnaise mixture and toss gently to coat.

4. Refrigerate covered until the flavors are blended - at least one hour.

5. Use as a sandwich filling or on top of whole grain crackers.

Notes

You may substitute yellow mustard for brown mustard.

Serving Size 1/4 of recipe Servings Per	3/4 cup (127g)	orepared			
Amount Per Serv	/ing				
Calories 90	Calo	ories fron	n Fat 45		
		% Da	aily Value*		
Total Fat 5g			8%		
Saturated Fat 0.5g			3%		
Trans Fat 0g					
Cholesterol	2%				
Sodium 160mg					
Total Carbohydrate 4g1%					
Dietary Fiber 1g			4%		
Sugars 2g					
Protein 6g					
Vitamin A 4%	• '	Vitamin (C 25%		
Calcium 4%	•	lron 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 Saturated Fat Cholesterol Sodium Total Carbohydrat Dietary Fiber Calories per gram Fat 9 • Ci	:	65g 20g 300mg 2,400mg 300g 25g ≥ 4 • Prote	80g 25g 300mg 2,400mg 375g 30g		

Source

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

Cost

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

White Chili

Yield: 10 servings

Ingredients

4 cups 1 tablespoon 2 1 1 3 1 tablespoon 1 teaspoon 1 teaspoon 2 cups 2 cups 1/4 cup 3/4 pounds	white beans (cooked, see <u>recipe</u>) olive oil red pepper (chopped) onion (large, chopped) chopped green chili (can adjust to taste) garlic (cloves, minced) chili powder cumin oregano chicken broth (low sodium) milk, low-fat cilantro chicken (cooked and cubed)
6	corn tortillas (toasted and cut into 1 inch squares)

Instructions

1. Sauté peppers and onion in olive oil.

2. Add green chili, garlic, spices and chicken broth. Simmer for 20 minutes.

3. Add milk, cooked beans, and cooked chicken. Allow to thicken before adding cilantro. Heat through.

4. Top chili with crisp tortillas before serving.

Bchłyg

If using canned white beans, rinse and drain before using for less sodium.

May use any vegetable oil in place of olive oil.

May use fresh parsley in place of fresh cilantro.

May use a mix of other spices such as cayenne pepper, cumin, or oregano

in place of chili powder.

May use Italian mixed herbs/seasonings, basil, or thyme in place of oregano.

Nutrition Facts Serving Size 1/10 recipe (279g) Servings Per Container 10					
Amount Per Serv	ring				
Calories 210 Calories from Fat 45					
% Daily Value*					
Total Fat 5g	8%				
Saturated Fat 1g			5%		
Trans Fat 0g					
Cholesterol 30mg 10 ^o					
Sodium 150mg			6%		
Total Carboh	nydrate 2	25g	8%		
Dietary Fiber 5g					
Sugars 5g					
Protein 18g					
Vitamin A 20%	%• `	√itamin (C 60%		
Calcium 10%	•	ron 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					
Saturated Fat Cholesterol	:	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g		

Source

Washington State WIC Program, <u>The Bold and Beautiful Book of</u> <u>Bean Recipes</u>

Cost

Per recipe: \$6.11 Per serving: \$0.61

Yogurt Pops

Yield: 4 servings

Ingredients

6 ounces yogurt, fat-free, flavored or plain 3/4 cups fruit juice

Instructions

- 1. Put the yogurt and juice in a bowl.
- 2. Stir together well.
- 3. Pour the mix into paper cups.
- 4. Stick a popsicle stick in the center of the mix in the cup.
- 5. Place the yogurt pops in the freezer until they turn solid.

Notes

Here are some good flavor mixes for yogurt pops:

- Lemon yogurt with orange juice
- Vanilla yogurt with raspberry juice

Use 100% fruit juice for no added sugars.

You can buy popsicle sticks in a crafts store, or in the crafts department of a discount store.

Nutrition Facts Serving Size 1 pop, 1/4 of recipe (87g) Servings Per Container 4 Amount Per Serving Calories 45 Calories from Fat 0 % Daily Value* Total Fat 0g 0% Saturated Fat 0g **0**% Trans Fat 0g Cholesterol 0mg 0% Sodium 20mg 1% Total Carbohydrate 10g 3% Dietary Fiber 0g 0% Sugars 9g Protein 1g Vitamin A 4% Vitamin C 4% Calcium 4% • Iron 0% *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,0 2,000 2,500 Total Fat Less than 65g 80g 25g 300mg Saturated Fat Less than 20g Cholesterol 300mg Less than 2,400mg 2,400mg Sodium Less than Total Carbohydrate 300g 375g 25g 30g Dietary Fiber Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Cost

Per recipe: \$0.77 Per serving: \$0.19