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.


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/](http://www.fns.usda.gov/SNAP/).

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Any Days a Picnic Chicken Salad

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

Ingredients

2 1/2 cups chicken breast (cooked, diced)
1/2 cup celery (chopped)
1/4 cup onion (chopped)
2 tablespoons pickle relish
1/2 cup light mayonnaise

Instructions

1. Combine all ingredients.

2. Refrigerate until ready to serve.

3. Use within 1-2 days. Chicken salad does not freeze well.

How to use:

1. Make chicken salad sandwiches.

2. Make a pasta salad by mixing with 2 cups cooked pasta.

3. Kids will love this salad served in a tomato or a cucumber boat.

Source

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

Cost

Per recipe: $5.31
Per serving: $0.89

http://recipefinder.nal.usda.gov/
Apple Chunk Cake

Yield: 12 servings
Serving size: 1 piece

Ingredients

1 1/4 cup sugar
1/4 cup vegetable oil
2 egg
2 cups flour
1 teaspoon salt
1 teaspoon cinnamon
1 teaspoon baking soda
4 cups apple (diced, chunks)
1/4 cup applesauce
2 cups apple (sliced, to place on cake)

Instructions

1. Preheat oven to 350° F.

2. In a large bowl, mix sugar, oil and eggs together. Beat well.

3. In a separate bowl, combine flour, salt, cinnamon, and baking soda. Add to egg batter and mix well.

4. Add apple chunks and applesauce to the batter. Stir to combine.

5. Coat a baking pan with vegetable oil spray, and pour in batter. Bake until done, about 1 hour.

6. Place apple slices on top of apple cake and serve.

Source

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

Cost

Per recipe: $2.92
Per serving: $0.24

http://recipefinder.nal.usda.gov/
Apple Slice Pancakes

Yield: 6 servings
Serving size: 2 pancakes

Ingredients

1 Granny Smith apple
1 1/4 cup pancake mix (any type)
1/2 teaspoon cinnamon
1 egg
2 teaspoons canola oil
1 cup low-fat milk

Instructions

1. Lightly coat a griddle or skillet with cooking spray and heat over medium heat.
2. Peel, core and thinly slice apple into rings.
3. In a large mixing bowl, combine ingredients for pancake batter. Stir until ingredients are evenly moist. (Small lumps are ok! Over-mixing makes pancakes tough.)
4. For each pancake, place apple ring on griddle and pour about 1/4 cup batter over apple ring, starting in the center and covering the apple.
5. Cook until bubbles appear. Turn and cook other side until lightly brown.

Notes

To test the griddle to see if it is hot, sprinkle it with a few drops of water. When the drops sizzle and dance, you are ready to cook! The easiest way to pour the batter onto the hot griddle is to use a 1/4 cup measuring cup for each pancake. If the first pancake is too brown, lower the heat.

Source

Kansas Family Nutrition Program, Kids a Cookin'

Cost

Per recipe: $1.41
Per serving: $0.24

http://recipefinder.nal.usda.gov/
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.

Source
Pennsylvania Nutrition Education Program,
Pennsylvania Nutrition Education Network
Website Recipes

Cost
Per recipe: $4.68
Per serving: $1.56

http://recipefinder.nal.usda.gov/
Asian Peanut Butter Dip with Celery

Yield: 5 servings
Serving size: 1/5 of recipe

Ingredients

3 tablespoons peanut butter (creamy)
2 tablespoons apple butter
2 tablespoons milk (skim)
1 tablespoon soy sauce (reduced sodium)
1 1/2 teaspoon lime juice
10 celery ribs (cut into fourths)

Instructions

1. Combine peanut butter, apple butter, milk and soy sauce in a small bowl.
2. Wisk together until very smooth.
3. Store tightly, sealed in refrigerator.
4. Serve with celery or other crunchy fruits and vegetables.

Source

University of Arkansas, Division of Agriculture, Visit Website

Cost

Per recipe: $1.65
Per serving: $0.33
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 350º F. Combine all ingredients in a large bowl, except raisins, mix well.

2. Bake in 13x9 inch baking pan at 350ºF for 25-30 minutes or until golden brown. Stir every 5 minutes.


Electric Skillet Instructions:

1. Combine all ingredients except raisins in a large microwave safe bowl; mix well.

2. Set electric skillet at 300º 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.

Source

Texas AgriLife Extension, Expanded Nutrition Program - Hidalgo County

Cost

Per recipe: $2.01
Per serving: $0.20

http://recipefinder.nal.usda.gov/
BBQ Chicken Pizza

Yield: 12 servings
Serving size: 1 pizza (1/2 english muffin)
Cook time: 20 minutes

Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>English muffins</td>
</tr>
<tr>
<td>3/4 cups</td>
<td>barbecue sauce</td>
</tr>
<tr>
<td>1 1/2 cup</td>
<td>cooked chicken (cut-up)</td>
</tr>
<tr>
<td>3/4 cups</td>
<td>cheddar cheese (shredded smoked or regular)</td>
</tr>
<tr>
<td>1</td>
<td>bell pepper (chopped)</td>
</tr>
</tbody>
</table>

Instructions

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

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

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

Cost
Per recipe: $5.24
Per serving: $0.44

http://recipefinder.nal.usda.gov/
Baked Beans

Yield: 6 servings
Serving size: 1/6 recipe

Ingredients

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

Instructions

1. Combine apple juice and water. Bring to a boil.

2. Add beans and simmer for 2 1/2 hours until beans are tender.

3. Drain beans, reserve the liquid.

4. Put beans and other ingredients in greased baking dish.

5. Cover and bake at 250° for 3 to 4 hours.

6. Uncover the last hour of baking and add some reserved liquid if beans become dry.

Source

Washington State WIC Program, 
The Bold and Beautiful Book of Bean Recipes

Cost

Per recipe: $1.58
Per serving: $0.26
Baked Chicken Nuggets

Yield: 4 servings
Serving size: 3 ounces
Cook time: 15 minutes

Ingredients
1 1/2 pound chicken thighs, boneless, skinless
1 cup cereal crumbs, cornflake type
1/2 teaspoon Italian herb seasoning
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
1 teaspoon paprika

Instructions
1. Remove skin and bone; cut thighs into bite-sized pieces.
2. Place cornflakes in plastic bag and crush by using a rolling pin.
3. Add remaining ingredients to crushed cornflakes. Close bag tightly and shake until blended.
4. Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly.

Microwave Method:
1. Lightly grease an 8x12 inch baking dish.
2. Place chicken pieces on baking dish so they are not touching. Cover with waxed paper and cook on high.
3. Rotate chicken every 2 to 3 minutes. Cook until tender, about 6-8 minutes.

Conventional Method:
1. Preheat oven to 400 degrees. Lightly grease a cooking sheet.
2. Place chicken pieces on cooking sheet so they are not touching.
3. Bake until golden brown, about 12-14 minutes.

Notes
to remove bone from chicken thigh:
1. Place chicken on cutting board. Remove skin from thighs.
2. Turn chicken thighs over.
3. Cut around bone and remove it.

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

Cost
Per recipe: $4.44
Per serving: $1.11

http://recipefinder.nal.usda.gov/
Baked Pumpkin

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

Ingredients

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

Instructions

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

Source

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

Cost

Per recipe: $6.67
Per serving: $0.83

http://recipefinder.nal.usda.gov/
Banana Bread

Yield: 12 servings
Serving size: 3/4 inch slice or 1/12 recipe
Cook time: 15 minutes

Ingredients

- 1 cup banana (mashed)
- 2 egg
- 1/3 cup lowfat buttermilk
- 2 cups Master Mixes
- 1/4 teaspoon baking soda
- 1/2 cup sugar

Instructions

1. Combine bananas, eggs, and milk.
2. Add Master Mix, baking soda, and sugar. Blend thoroughly.
3. Pour into a greased 9x5x3 inch loaf pan.
4. Bake in 350 degree oven for 45 to 50 minutes.
5. Remove from pan.

Source

Michigan State University Extension, You Can Learn to Cook
Clemson University Division of Public Service & Agriculture
Adapted from: Eating Right is Basic, 3rd ed.

Cost

- Per recipe: $1.55
- Per serving: $0.13
Banana Cupcakes

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

Ingredients

- 1/2 cup shortening (solid vegetable)
- 3/4 cups sugar
- 2 egg (large)
- 1 teaspoon vanilla extract
- 1 1/2 cup flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup banana (mashed)

Instructions

1. Preheat oven to 350 degrees.

2. In a large mixing bowl, cream shortening and sugar using an electric mixer. Add eggs and vanilla, mixing well.

3. In a medium mixing bowl, combine flour, baking powder, baking soda, and salt.

4. Add dry ingredients (flour mixture) and bananas to creamed mixture (the egg mixture). Mix well until combined.

5. Place paper baking cups in muffin tin or lightly coat muffin tin with cooking spray. Fill muffin cups 2/3 full of batter.

6. Bake 20-22 minutes, until golden brown. Remove cupcakes from muffin tin and place on a rack to cool.

Source

Kansas Family Nutrition Program, Kids a Cookin'

Cost

Per recipe: $1.57
Per serving: $0.13

http://recipefinder.nal.usda.gov/
Banana Pancakes with Apple Topping

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

Ingredients

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<th>Item</th>
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<tbody>
<tr>
<td>2</td>
<td>egg</td>
</tr>
<tr>
<td>1 1/2 cup</td>
<td>milk (1%)</td>
</tr>
<tr>
<td>1</td>
<td>tablespoon honey</td>
</tr>
<tr>
<td>3</td>
<td>tablespoons oil</td>
</tr>
<tr>
<td>3/4 cups</td>
<td>whole wheat flour</td>
</tr>
<tr>
<td>3/4 cups</td>
<td>flour (all purpose)</td>
</tr>
<tr>
<td>2</td>
<td>teaspoons baking powder</td>
</tr>
<tr>
<td>2</td>
<td>banana</td>
</tr>
<tr>
<td>3</td>
<td>apples</td>
</tr>
<tr>
<td>3</td>
<td>tablespoons sugar</td>
</tr>
<tr>
<td>1</td>
<td>teaspoon cinnamon</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>water</td>
</tr>
</tbody>
</table>

Instructions

2. Add flours and baking powder.
3. Slice bananas and add to mixture.
4. Coat a large, non-stick frying pan or griddle with non-stick cooking spray. Warm the pan over medium heat for 2 minutes.
5. Spoon 1/4 cup of the batter onto the heated griddle for each pancake (adjust more or less depending on pancake size).
6. Cook until the tops are bubbly and the pancakes are dry around the edges. Flip and cook for 2-3 minutes or until golden on both sides. Place pancakes on a platter and keep warm.
7. Repeat steps 5 and 6 until batter has been used, using more non-stick cooking spray as needed.

Apple Topping:
1. Wash apples, remove cores, and slice thinly with peel still on.
2. Combine apples with the sugar, cinnamon, and water.
3. Cook in skillet for 10 minutes and spoon on top of pancakes.

Notes

Infants 12 months and under should NOT be given honey.
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.
Banana Walnut Oatmeal

Yield: 4 servings
Serving size: 1/4 recipe

Ingredients

2/3 cups milk (Nonfat, dry)
1 pinch salt
2 3/4 cups water
2 cups quick oats
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 for 2 cups skim milk for the reconstituted non-fat dry milk.

Source

United States Department of Agriculture, USDA’S Collection of Nonfat Dry Milk (NDM) Recipes

Cost

Per recipe: $2.10
Per serving: $0.53
Breakfast Burrito with Salsa

Yield: 4 servings
Serving size: 1 burrito
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.

Source

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

Cost

Per recipe: $1.64
Per serving: $0.41

http://recipefinder.nal.usda.gov/
Breakfast Pumpkin Cookies

Yield: 48 servings
Serving size: 1 cookie

Ingredients

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<th>Ingredient</th>
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<td>pumpkin (pureed, cooked)</td>
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<tr>
<td>1 1/2 cup</td>
<td>brown sugar</td>
</tr>
<tr>
<td>2</td>
<td>egg</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>vegetable oil</td>
</tr>
<tr>
<td>1 1/2 cup</td>
<td>flour</td>
</tr>
<tr>
<td>1 1/4 cup</td>
<td>whole wheat flour</td>
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<tr>
<td>1 tablespoon</td>
<td>baking powder</td>
</tr>
<tr>
<td>2 teaspoons</td>
<td>cinnamon</td>
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<tr>
<td>1 teaspoon</td>
<td>nutmeg</td>
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<tr>
<td>1/2 teaspoon</td>
<td>salt</td>
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<tr>
<td>1/4 teaspoon</td>
<td>ground ginger</td>
</tr>
<tr>
<td>1 cup</td>
<td>raisins</td>
</tr>
<tr>
<td>1 cup</td>
<td>walnuts (chopped)</td>
</tr>
</tbody>
</table>

Instructions

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

Source

Oregon State University
Cooperative Extension Service,
Healthy Recipes

Cost

Per recipe: $5.91
Per serving: $0.12
Candied Yams

Yield: 6 servings
Serving size: 1/4 Cup

Ingredients

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

Instructions

1. Preheat oven to 350 degrees Fahrenheit.
2. Cut yams in half and boil until tender, but firm (about 20 minutes). When cool enough to handle, peel and slice into ¼-inch thickness.
3. Combine sugar, flour, salt, cinnamon, nutmeg, and grated orange peel.
4. Place half of sliced yams in medium-sized casserole dish. Sprinkle with spiced sugar mixture.
5. Dot with half the amount of margarine.
6. Add second layer of yams, using the rest of the ingredients in the order above. Add orange juice.
7. Bake uncovered for 20 minutes.

Source

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

Cost

Per recipe: $1.29
Per serving: $0.21
Cherry Pineapple Delight

Yield: 12 servings
Serving size: 1/2 cup

Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups</td>
<td>water (boiling)</td>
</tr>
<tr>
<td>1 package</td>
<td>gelatin (8 serving size, cherry, sugar-free)</td>
</tr>
<tr>
<td>1/2 teaspoon</td>
<td>cinnamon</td>
</tr>
<tr>
<td>1 can</td>
<td>pineapple chunks (20 oz., in juice, not drained)</td>
</tr>
<tr>
<td>1 can</td>
<td>mandarin orange (22 oz., in juice, drained)</td>
</tr>
<tr>
<td>16</td>
<td>ice cubes (large)</td>
</tr>
</tbody>
</table>

Instructions

1. Pour boiling water into a large bowl. Add the gelatin and cinnamon to boiling water. Stir for at least 2 minutes until gelatin is completely dissolved.

2. Drain pineapple, reserving the juice. Add enough ice (or cold water) to the juice to measure 1 1/2 cups. Add the gelatin mixture and stir until the ice is completely melted.

3. Refrigerate for about 45 minutes or until the gelatin is slightly thickened (consistency of unbeaten egg white).

4. Reserve 1/4 cup each of the pineapple and orange. Add remaining pineapple and oranges to the gelatin. Pour into 1 1/2 quart serving bowl.

5. Refrigerate for 4 hours or until firm. Garnish with reserved pineapple and oranges.

Source

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

Cost

Per recipe: $4.56
Per serving: $0.38

http://recipefinder.nal.usda.gov/
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.


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.

Source

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

Cost

Per recipe: $3.59
Per serving: $1.20

http://recipefinder.nal.usda.gov/
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 375º 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 375º F for 8 to 12 minutes or until light and golden brown.

5. Cool 1 minute, remove from cookie sheets.

Source

Cornell University Cooperative Extension, Eat Smart New York!

Cost

Per recipe: $1.86  
Per serving: $0.05
Chocolate Peanut Butter Frozen Bars

Yield: 13 servings
Serving size: 1 bar

**Ingredients**

- 2 packages sugar-free chocolate pudding (1.3 oz each, instant or cook and serve type)
- 3 1/2 cups skim milk
- 1/4 cup peanut butter
- 27 graham cracker squares (2-1/2”)

**Instructions**

1. Mix pudding according to package directions, except use 3-1/2 cups milk. Beat in peanut butter.

2. Line a 9"x13" pan with half the graham cracker squares. Three squares will have to be cut in half to line the pan.

3. Spread pudding mixture over graham crackers. Top with remaining crackers.

4. Freeze for four hours.

5. Cut into squares and remove from pan.

6. Store in a plastic bag in the freezer.

**Source**

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

**Cost**

Per recipe: $4.70
Per serving: $0.36

http://recipefinder.nal.usda.gov/
Corn Toasties

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

Ingredients

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

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.

Source

USDA, FNS, Food Distribution Program on Indian Reservations, Healthy Eating In Indian Country: Diabetes

Cost

Per recipe: $1.61
Per serving: $0.09

http://recipefinder.nal.usda.gov/
Crispy Taquitos

Yield: 4 servings
Serving size: 3 taquitos

Ingredients

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

Instructions

1. Heat oven to 425°F. In a medium bowl, combine 1 cup Pico de Gallo, chicken, corn, green onion, bell pepper, and cheese.

2. Soften tortillas on the stovetop or in the microwave oven, and spoon a heaping tablespoon of filling onto the center of each tortilla. Roll up tightly and secure each with a toothpick.

3. Place rolled tortillas seam side down on a baking sheet and brush each lightly with oil. Bake for 10 to 15 minutes or until crisp and lightly browned.

4. Place 3 taquitos on each plate and serve with remaining Pico de Gallo.

Source

California Champions for Change, Lunch Recipes
California Department of Public Health, Network for a Healthy California

Cost

Per recipe: $3.58
Per serving: $0.89
Crunchy Vegetable Wraps

Yield: 4 servings
Serving size: 1/2 tortilla each

Ingredients

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

Instructions

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

Notes

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

Source

Connecticut Food Policy Council, [Visit Website](http://recipefinder.nal.usda.gov/)

Cost

Per recipe: $1.33
Per serving: $0.33
Curry Vegetable Dip

Yield: 16 servings
Serving size: 1 Tablespoon

Ingredients

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

Instructions

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

Source

USDA Food and Nutrition Service, Pyramidal Snacks

Cost

Per recipe: $1.00
Per serving: $0.06
Delicious Oven French Fries

Yield: 5 servings
Serving size: 1 cup

Ingredients

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

Instructions

1. Scrub potatoes and cut into 1/2 inch strips.

2. Place potato strips into ice water, cover, and chill for 1 hour or longer.

3. Remove potatoes and dry strips thoroughly.

4. Place garlic powder, onion powder, salt, white pepper, allspice and pepper flakes in plastic bag.

5. Toss potatoes in spice mixture.

6. Brush potatoes with oil.

7. Place potatoes in nonstick shallow baking pan.

8. Cover with aluminum foil and place in 475° F oven for 15 minutes.

9. Remove foil and continue baking uncovered for additional 15-20 minutes or until golden brown. Turn fries occasionally to brown on all sides.

Source

US Department of Health and Human Services, SmallStep.gov
Step 2: Eat Better

Cost

Per recipe: $2.12
Per serving: $0.42
Easy Chicken Pot Pie

Yield: 6 servings  
Serving size: 1/6 of pie  
Cook time: 45 minutes

**Ingredients**

1 2/3 cup  
   frozen mixed vegetables (thawed)  
1 cup  
   cooked chicken (cut-up)  
1 can  
   low fat cream of chicken soup (10-3/4 ounce, condensed)  
1 cup  
   baking mix (reduced fat)  
1/2 cup  
   milk  
1  
   egg

**Instructions**

1. Wash hands and any cooking surfaces.
2. Pre-heat oven to 400°F.
3. Mix vegetables, chicken and soup in ungreased, 9-inch pie plate
4. Stir remaining ingredients in a mixing bowl with fork until blended. Pour over vegetables and chicken in pie plate.
5. Bake 30 minutes or until golden brown.
6. Let cool for 5 minutes and serve.

**Source**

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

**Cost**

Per recipe: $3.47  
Per serving: $0.58

http://recipefinder.nal.usda.gov/
Easy Eggplant Stir Fry

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

Ingredients

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

Instructions

1. Place eggplant, zucchini, green bell pepper, onions and salad dressing into a skillet.
2. Stir lightly to combine and cook over low heat until tender.

Source

Connecticut Food Policy Council, Farm Fresh Summertime Recipes

Cost

Per recipe: $7.48  
Per serving: $1.87
Easy Fruit Salad

Yield: 14 servings  
Serving size: 1/2 cup

Ingredients

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

Instructions

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

Source

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

Cost

Per recipe: $3.54  
Per serving: $0.25

http://recipefinder.nal.usda.gov/
Easy Rice Pudding

Yield: 4 servings
Serving size: 2/3 cup
Cook time: 40 minutes

Ingredients

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

Instructions

1. Combine rice, water, and butter or margarine in large microwave safe dish. Cover loosely, so steam will escape.

2. Cook in microwave on high for 5 minutes or until mixture comes to a boil. Reduce setting to defrost (50% power), and cook an additional 10 minutes.

3. Mix other ingredients together while rice is cooking.

4. Without allowing rice to cool, remove cover and quickly stir milk-water-raisin mixture into hot rice. Cover loosely again and continue cooking on defrost (50% power) for 10 minutes. After cooking time is finished, let pudding sit, covered, for 10 minutes.

5. Stir gently and put in individual serving dishes.

6. Eat warm or cover and refrigerate immediately. Enjoy the refrigerated pudding within 2 days.

* Used in Analysis

Notes

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

Source

University of Minnesota, Cooperative Extension Service, Simply Good Eating Recipe Cards: Vol. 1, 2000

Cost

Per recipe: $0.94
Per serving: $0.23

http://recipefinder.nal.usda.gov/
Enchilada Bake

Yield: 8 servings  
Serving size: 1 enchilada

Ingredients

<table>
<thead>
<tr>
<th>Measurements</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablespoon</td>
<td>oil</td>
</tr>
<tr>
<td>1</td>
<td>onion (large, chopped)</td>
</tr>
<tr>
<td>3</td>
<td>garlic (cloves, minced)</td>
</tr>
<tr>
<td>2 cups</td>
<td>black beans (cooked see recipe)</td>
</tr>
<tr>
<td>1 can</td>
<td>kernel corn (7 ounces, drained and rinsed)</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>cumin</td>
</tr>
<tr>
<td>2 cups</td>
<td>prepared salsa (divided)</td>
</tr>
<tr>
<td>8</td>
<td>corn tortillas</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Monterey Jack cheese (shredded)</td>
</tr>
</tbody>
</table>

Instructions

1. In a large skillet heat oil over medium-high heat; sauté onion and garlic 2-3 minutes.

2. Add beans, corn, cumin and 1/2 cup salsa. Cook 3-4 minutes, coarsely mashing beans with back of spoon.

3. Spoon 1/3 cup filling onto each tortilla; roll up.

4. Spoon 1/2 cup salsa into 11 x 7 x 2-inch baking dish. Arrange tortillas seam side down; top with remaining 1 cup sauce.

5. Cover and bake in 350° degree oven for 15 to 20 minutes.

6. Uncover; top with cheese. Bake 2 minutes longer or until cheese is melted.

Source

Washington State WIC Program,  
The Bold and Beautiful Book of Bean Recipes

Cost

Per recipe: $4.12  
Per serving: $0.52

http://recipefinder.nal.usda.gov/
English Muffin Veggie Pizza

Yield: 4 servings
Serving size: 2 pizzas (each made from 1/2 English muffin)

Ingredients

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

Instructions

1. Cut the broccoli to make 1 cup of chopped broccoli.

2. Put the broccoli in a saucepan with water. Cook on medium until tender.

3. Drain the water from the saucepan. Let the broccoli cool.

4. Cut 4 English muffins in half. Toast the 8 muffin halves.

5. Shred the mozzarella cheese to make ½ cup of shredded cheese.

6. Peel and shred the carrots to make 3 tablespoons shredded carrots.

7. Spoon 2 tablespoons pizza sauce over each English muffin half.

8. Sprinkle 1 tablespoon shredded mozzarella cheese on top of each half.

9. Put 2 tablespoons broccoli and 1 teaspoon shredded carrots on top of each half.

10. Sprinkle each half with 1 teaspoon grated parmesan cheese.

11. Toast in the toaster oven for 2 minutes, until the cheese melts.

Source

Pennsylvania Nutrition Education Program,
Pennsylvania Nutrition Education Network
Website Recipes

Cost

Per recipe: $2.90
Per serving: $0.72
Farmers Market Gazpacho

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

Ingredients

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

Instructions

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

Source

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

Cost

Per recipe: $7.28
Per serving: $1.82

http://recipefinder.nal.usda.gov/
Fiesta Hummus

Yield: 6 servings
Serving size: 1/4 cup

Ingredients

1 can       garbanzo beans
1/2 teaspoon  cumin
1/4 teaspoon  salt
1 dash       cayenne pepper
2           garlic clove (minced)
1/2 cup      yogurt (plain, non-fat)
1 tablespoon lime juice
1 tablespoon sesame oil
1           jalapeno pepper (finely chopped)
2 tablespoons cilantro (chopped)

Instructions

1. Drain and mash garbanzo beans in blender, food processor or
   with fork. Add remaining ingredients.

2. Blend until smooth. Chill one hour or overnight. Serve on crackers or tortilla
   chips. Promptly refrigerate leftovers.

Source

Oregon State University
Cooperative Extension Service,
Healthy Recipes

Cost

Per recipe: $1.70
Per serving: $0.28
Fiesta Mix

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

Ingredients

1 cup cereal with fruit
1 cup "chex" type bran cereal
1 cup "O" type cereal
1/4 cup raisins
1/4 cup peanuts
1/4 cup shredded coconut

Instructions

1. Mix cereals together in a large bowl.
2. Add raisins, peanuts, and coconut; mix well.
3. Eat it dry or with milk.

Source

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

Cost

Per recipe: $1.31
Per serving: $0.33
Fiesta Rice Salad

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

Ingredients

1 cup brown rice (cooked)
1 carrot (shredded)
1 cup broccoli (chopped fine)
1 red onion (small, chopped)
1 cup tomato (chopped)
1 bell pepper (sweet, green, red, yellow)
1 can kidney beans (15oz, drained, rinsed)
2 tablespoons cilantro (or other fresh herbs) (chopped fine)
2 tablespoons red wine vinegar (or white or cider)
1 tablespoon vegetable oil
salt and pepper (to taste)

Instructions

1. Wash and chop vegetables and mix with cooked rice.
2. In a small bowl, add vinegar, oil, dill, salt and pepper. (Or use your favorite dressing.) Pour over rice mixture.
3. Add beans and toss well. Serve cold and enjoy!

Notes

Use your favorite vegetables- zucchini, summer squash, corn, greens, kohlrabi, cabbage or string beans. Use frozen or canned when fresh is unavailable. Grate, chop, cut into small thin strips for different shapes.

Be creative! Try different vinegars -- cider, red or white wine, balsamic, rice or white – or flavored vinegars.

Use low calorie salad dressing and leave out the vinegar and oil.

Try a squeeze of lemon or lime juice in place of vinegar!

Try different fresh herbs- cilantro, dill, basil, chives, tarragon, oregano, rosemary or mint to name a few. Or use dried herbs – but use less.

Source

Connecticut Food Policy Council, Farm Fresh Summertime Recipes

Cost

Per recipe: $3.20
Per serving: $0.80
Flour Tortillas

Yield: 10 servings
Serving size: 1 tortilla

Ingredients

2 cups flour (all-purpose, or 1 1/2 cup all purpose flour and 1/2 cup whole wheat flour)
1 teaspoon baking powder
1/2 teaspoon salt
2 tablespoons vegetable oil (or shortening)
3/4 cups water (warm, 105-110 degrees F)

Instructions

1. In a large bowl, combine flour, baking powder, and salt.
2. Add oil and mix until crumbly.
3. Start with 1/2 cup of water and add 1 Tablespoon at a time until mixture forms a loose crumbly ball.
4. Turn onto a lightly floured surface; knead 6 to 8 times or until smooth.
5. Divide into 10 balls. Roll each piece into an 8 inch circle.
6. Heat a 12 inch dry skillet over medium-high heat. Place one tortilla at a time into skillet and cook until light brown spots appear on bottom. Turn over and cook on other side until lightly browned.

Source

Montana State University Extension, Nutrition Education Programs, Montana State University Recipes

Cost

Per recipe: $0.29
Per serving: $0.03

http://recipefinder.nal.usda.gov/
**Food Group Funny Face**

Yield: 1 servings  
Serving size: 1 cracker

**Ingredients**

1 tablespoon peanut butter  
1 graham cracker (large, or use whole grain or saltine crackers)  
1 tablespoon cheddar cheese (shredded)  
3 raisins  
2 peas (large green)  
1 grape (cut in half)

**Instructions**

1. Spread peanut butter on a cracker in the shape of a face.
2. Sprinkle grated cheese at top for hair.
3. Place raisins on cracker for mouth.
4. Use peas for eyes and 1/2 grape for nose.

**Notes**

This snack is intended for children over age two. Do not serve to younger children who may choke.

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**Nutrition Facts**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Servings Per Container</th>
</tr>
</thead>
<tbody>
<tr>
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</tr>
<tr>
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<tr>
<td>Saturated Fat 3g 15%</td>
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<tr>
<td>Trans Fat 0g</td>
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</tr>
<tr>
<td>Cholesterol 5mg 2%</td>
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<tr>
<td>Sodium 110mg 5%</td>
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</tr>
<tr>
<td>Total Carbohydrate 16g 5%</td>
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</tr>
<tr>
<td>Dietary Fiber 2g 8%</td>
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</tr>
<tr>
<td>Sugars 5g</td>
<td></td>
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<tr>
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<tr>
<td>Vitamin A 2% Vitamin C 2%</td>
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<tr>
<td>Calcium 6% Iron 4%</td>
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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.*

<table>
<thead>
<tr>
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<th>Carbohydrate</th>
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<tbody>
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<td>91g</td>
<td>1,800</td>
<td>150g</td>
</tr>
</tbody>
</table>

**Source**


**Cost**

Per recipe: $0.27  
Per serving: $0.27
Fresh Fruit with Cinnamon Yogurt Dip

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

Ingredients

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

Instructions

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

Notes

Try making this with other favorite fruits.

Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Cost

Per recipe: $1.73
Per serving: $0.43
Fresh Tomato Sauce

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

Ingredients

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

Instructions

1. Wash the ripe tomatoes. Cut out stem ends. Chop into small pieces and set aside in a large bowl.

2. In a large pan, heat the oil over medium high heat. Add onion, green pepper, carrots and garlic. Stir-fry until tender, about three minutes.

3. Add seasonings and tomatoes. Bring to a gentle boil.

4. Lower heat and simmer gently, uncovered, until tomatoes turn to a sauce, about 40 minutes. Serve over freshly cooked pasta.

Source

Connecticut Food Policy Council, Farm Fresh Summer Recipes

Cost

Per recipe: $7.58
Per serving: $1.26

http://recipefinder.nal.usda.gov/
Frozen Fruit Cups

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

Ingredients

3 banana
24 ounces yogurt, nonfat strawberry
10 ounces strawberries, frozen (thawed and undrained)
8 ounces crushed pineapple (undrained, canned)

Instructions

1. Line 18 muffin-tin cups with paper baking cups.
2. Dice or mash bananas and place in a large mixing bowl.
3. Stir in remaining ingredients.
4. Spoon into muffin-tin cups and freeze at least 3 hours or until firm. Remove frozen cups and store in a plastic bag in freezer.
5. Before serving, remove paper cups and let stand 10 minutes.

Source

Kansas Family Nutrition Program, Kids a Cookin’

Cost

Per recipe: $4.41
Per serving: $0.24
Frozen Fruit Pops

Yield: 4 servings
Serving size: 1 fruit pop

Ingredients

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

Instructions

1. Mix the ingredients in a medium-size bowl. Divide into 4 paper cups.

2. Freeze until slushy - about 60 minutes. Insert a wooden stick half way through the center of each fruit pop.

3. Freeze until hard or at least 4 hours. Peel away the paper cup before you eat the fruit pop.

Notes

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

Source

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

Cost

Per recipe: $1.99
Per serving: $0.50

http://recipefinder.nal.usda.gov/
Fruit Cole Slaw

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

Ingredients

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

Instructions

1. Shred cabbage.

2. Combine all ingredients in a large bowl.

Source

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

Cost

Per recipe: $4.43
Per serving: $0.74

http://recipefinder.nal.usda.gov/
Fruit Dip

Yield: 4 servings  
Serving size: 1/4 of recipe  
Cook time: 15 minutes

Ingredients

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

Instructions

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

Source

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

Cost

Per recipe: $2.41  
Per serving: $0.60

http://recipefinder.nal.usda.gov/
**Fruit Dippers**

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

**Ingredients**

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

**Instructions**

2. Place a toothpick in the center of each fruit.
3. Dip fruit into the yogurt peanut mixture.

**Source**

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

**Cost**

- Per recipe: $0.93  
- Per serving: $0.23
Fruit Juice Slush

Yield: 6 servings
Serving size: 1 cup

Ingredients

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

Instructions

1. In a blender, place juice concentrate, water and half of ice.
2. To prevent spillage, do not pass the top line of the blender.

Notes

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

Source

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

Cost

Per recipe: $0.92
Per serving: $0.15
Fruit Kabobs with Yogurt Dip

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

Ingredients

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

Instructions

1. Place fruit chunks on bamboo skewers. Place fruit kabobs on platter.

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

Source

Food and Health Communications, Inc, Cooking Demo II

Cost

Per recipe: $3.18  
Per serving: $0.40
Fruit Milk Shakes

Yield: 2 servings
Serving size: 1/2 recipe

Ingredients

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

Instructions

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

Source

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

Cost

Per recipe: $0.75
Per serving: $0.38
Fruit Salsa

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

Ingredients

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

Instructions

Remember to wash your hands!

1. Combine fruits in a medium mixing bowl and add lemon juice.

2. Stir in sugar, nutmeg and cinnamon. Mix well.

3. Refrigerate until serving time.

Source

Kansas Family Nutrition Program, Kids a Cookin'

Cost

Per recipe: $1.49
Per serving: $0.37

http://recipefinder.nal.usda.gov/
Fruit Slush

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

Ingredients

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

Instructions

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

Source

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

Cost

Per recipe: $1.41
Per serving: $0.35
Fruit Smoothie

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

Ingredients

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

Instructions

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

Source
Pennsylvania Nutrition Education Program,
Pennsylvania Nutrition Education Network
Website Recipes

Cost
Per recipe: $1.49
Per serving: $0.75
Fruit Yogurt Parfait

Yield: 1 servings
Serving size: 1 parfait

Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup</td>
<td>yogurt, fruit-flavored</td>
</tr>
<tr>
<td>1/2</td>
<td>banana (medium)</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>grape</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>dry crunchy cereal (Grape Nuts or granola cereals are good)</td>
</tr>
</tbody>
</table>

Instructions

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

Source

Pennsylvania Nutrition Education Program,
Pennsylvania Nutrition Education Network
Website Recipes

Cost

Per recipe: $0.81
Per serving: $0.81
Fruit Yogurt Pops

Yield: 14 servings
Serving size: 1 pop

Ingredients

8 ounces yogurt, pina colada
20 ounces strawberries (sliced frozen, thawed)

Instructions

1. Combine ingredients. Pour into 3 ounce paper cups.
2. Freeze about 30 minutes; then stick a wooden popsicle/craft stick in the center of each cup.
3. Freeze overnight until firm. To eat pops, peel off paper cups.
4. For variety, try other fruit flavored yogurts and frozen fruit or fruit juice concentrates.

Source

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

Cost

Per recipe: $4.58
Per serving: $0.33
Fruit and Yogurt Breakfast Shake

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

Ingredients

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

Instructions

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

Source

University of Illinois, Extension Service, Recipes to Grow On

Cost

Per recipe: $1.15
Per serving: $0.58
Garden Waldorf Salad

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

Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 cups</td>
<td>broccoli florets</td>
</tr>
<tr>
<td>1 cup</td>
<td>carrot (grated)</td>
</tr>
<tr>
<td>1 1/2 cup</td>
<td>cauliflower (sliced)</td>
</tr>
<tr>
<td>1 cup</td>
<td>apple (chopped)</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>green onion (chopped)</td>
</tr>
<tr>
<td>1 cup</td>
<td>non-fat vanilla yogurt</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>peanuts</td>
</tr>
</tbody>
</table>

Instructions

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

Notes

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

Source

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

Cost

Per recipe: $2.85  
Per serving: $0.71
Granola Bars

Yield: 24 servings  
Serving size: 1 bar

Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup</td>
<td>honey</td>
</tr>
<tr>
<td>1 cup</td>
<td>peanut butter</td>
</tr>
<tr>
<td>3 1/2 cups</td>
<td>rolled oats</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>raisins</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>carrot (grated)</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>coconut</td>
</tr>
</tbody>
</table>

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.

Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Cost

Per recipe: $6.93
Per serving: $0.29

http://recipefinder.nal.usda.gov/
Honeydew Summer Salad Wedges

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

Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>honeydew melon</td>
</tr>
<tr>
<td>1 package</td>
<td>gelatin, lemon flavored (3 ounce)</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>water (boiling)</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>water (iced)</td>
</tr>
<tr>
<td>1 cup</td>
<td>ice cubes</td>
</tr>
<tr>
<td>1 cup</td>
<td>whole strawberries (hulled)</td>
</tr>
</tbody>
</table>

Instructions

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

Source

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

Cost

Per recipe: $3.43
Per serving: $0.43

http://recipefinder.nal.usda.gov/
Lentil Tacos

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

Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1/2 cup</td>
<td>dry lentils (sorted and rinsed)</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>raisins</td>
</tr>
<tr>
<td>4 cups</td>
<td>water</td>
</tr>
<tr>
<td>1/2</td>
<td>green pepper (chopped)</td>
</tr>
<tr>
<td>4</td>
<td>garlic (cloves, minced)</td>
</tr>
<tr>
<td>1/2 teaspoon</td>
<td>hot pepper flakes (optional)</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>chili powder</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>cumin</td>
</tr>
<tr>
<td>1/2 teaspoon</td>
<td>basil</td>
</tr>
<tr>
<td>2/3 cups</td>
<td>tomato paste</td>
</tr>
</tbody>
</table>

Instructions

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

Source

Washington State WIC Program,  
The Bold and Beautiful Book of Bean Recipes

Cost

Per recipe: $1.94  
Per serving: $0.32
Microwave Baked Apple

Yield: 4 servings
Serving size: 1 apple

Ingredients

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

Instructions

1. Wash apples and remove core.

2. Cut a thin slice off bottom of each apple to form a flat surface. Place apples in a microwave safe baking dish.

3. Mix brown sugar and cinnamon in a small dish. Spoon mixture into center of apples.

4. Cover wax paper and microwave on high power 6 to 10 minutes or until apples are soft.

Notes

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

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

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

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

Source

Kansas Family Nutrition Program, Kids a Cookin'

Cost

Per recipe: $2.88
Per serving: $0.72

http://recipefinder.nal.usda.gov/
Microwave Baked Potato

Yield: 1 servings
Serving size: 1 potato

Ingredients

1 potatoes

Instructions

1. Scrub potato. Prick several times with a fork or knife.

2. Place on microwave safe plate.

3. Cook according to table below. Turn over halfway through cooking.

<table>
<thead>
<tr>
<th>Number of Potatoes</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>7-8 minutes</td>
</tr>
<tr>
<td></td>
<td>or until soft</td>
</tr>
<tr>
<td>2</td>
<td>10-12 minutes</td>
</tr>
<tr>
<td></td>
<td>or until soft</td>
</tr>
<tr>
<td>4</td>
<td>14-18 minutes</td>
</tr>
<tr>
<td></td>
<td>or until soft</td>
</tr>
</tbody>
</table>

3. Turn over halfway through cooking.

4. Let potato rest for 1-3 minutes

Source
Montana State University Extension, Nutrition Education Programs, Buy Better. Eat Better. recipes

Cost
Per recipe: $0.39
Per serving: $0.39

http://recipefinder.nal.usda.gov/
Mock Southern Sweet Potato Pie

Yield: 16 servings  
Serving size: 1 slice

Ingredients

Crust:
1 1/4 cup flour (all purpose)  
1/4 teaspoon sugar  
1/3 cup milk, nonfat  
2 tablespoons vegetable oil  

Filling:
1/4 cup sugar (white)  
1/4 cup brown sugar  
1/2 teaspoon salt  
1/4 teaspoon nutmeg  
3 egg (large, beaten)  
1/4 cup evaporated milk, nonfat (canned)  
1 teaspoon vanilla extract  
3 cups sweet potatoes, cooked, skin removed and mashed

Instructions

Preheat oven to 350 degrees.

Crust:
1. Combine the flour and sugar in a bowl.

2. Add milk and oil to the flour mixture.

3. Stir with fork until well mixed and then form pastry into a smooth ball with your hands.

4. Roll the ball between two 12 inch squares of waxed paper using short, brisk, strokes until pastry reaches edge of paper.

5. Peel off top paper and invert crust into pie plate.

Filling:
1. Combine sugars, salt, spices and eggs.

2. Add milk and vanilla. Stir.

3. Add sweet potatoes and mix well.

4. Pour mixture into pie shell.

5. Bake for 60 minutes or until crust is golden brown.

6. Cool and cut into 16 slices.

Source
National Heart, Lung and Blood Institute (NHLBI), Heart Healthy Home Cooking African American Style, p.24-25

Cost
Per recipe: $2.75  
Per serving: $0.17

http://recipefinder.nal.usda.gov/
**Mozz Totz**

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

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>mozzarella string cheese</td>
<td>12 ounces</td>
<td>fat-free</td>
</tr>
<tr>
<td>milk (1% low fat)</td>
<td>1/2 cup</td>
<td></td>
</tr>
<tr>
<td>oregano (dried)</td>
<td>1/2 teaspoon</td>
<td></td>
</tr>
<tr>
<td>basil (dried)</td>
<td>1/2 teaspoon</td>
<td></td>
</tr>
<tr>
<td>bread crumbs</td>
<td>1/2 cup</td>
<td></td>
</tr>
<tr>
<td>marinara sauce (prepared, warmed)</td>
<td>1/2 cup</td>
<td>non-stick</td>
</tr>
</tbody>
</table>

**Instructions**

1. Wash hands with warm water and soap.
2. Preheat oven to 350°.
3. Line a baking sheet with foil and spray lightly with cooking spray.
4. Remove cheese from package and cut into bite size pieces.
5. In a small non-stick skillet mix oregano and basil with bread crumbs.
6. Cook over medium heat, stirring occasionally until crumbs are lightly browned, about 5 minutes.
7. Dip each piece of cheese in milk and then into toasted bread crumbs, coating completely.
8. Place on baking sheet about 1 1/2 inches apart.
9. Spray string cheese lightly with non-stick cooking spray.
10. Bake 5-6 minutes or until heated through. (cheese may melt slightly and lose shape. Simply press it back into place).
11. Dip in warmed marinara sauce and enjoy.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/12 of recipe</td>
<td>70</td>
<td>1%</td>
<td>5%</td>
<td>10g</td>
</tr>
</tbody>
</table>

**Source**

Arizona Nutrition Network,  
Champions for Change

**Cost**

Per recipe: $4.48  
Per serving: $0.37

http://recipefinder.nal.usda.gov/
No Bake Breakfast Cookies

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

Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup</td>
<td>honey (or light corn syrup)</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>nonfat dry milk (instant)</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>raisins (or chopped dates)</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>creamy peanut butter</td>
</tr>
<tr>
<td>2 1/2 cups</td>
<td>flaked cereal (coarsely crushed)</td>
</tr>
</tbody>
</table>

Instructions

2. Remove from heat. Stir in dry milk.
3. Fold in cereal and raisins. Drop by heaping Tablespoons onto waxed paper to form mounds.

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

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups</td>
<td>sugar</td>
</tr>
<tr>
<td>3 tablespoons</td>
<td>cocoa powder (unsweetened)</td>
</tr>
<tr>
<td>1/2 teaspoon</td>
<td>salt</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>margarine</td>
</tr>
<tr>
<td>1 cup</td>
<td>peanut butter</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>water</td>
</tr>
<tr>
<td>4 cups</td>
<td>rolled oats</td>
</tr>
<tr>
<td>1 cup</td>
<td>nonfat dry milk</td>
</tr>
<tr>
<td>1 cup</td>
<td>raisins</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>vanilla</td>
</tr>
</tbody>
</table>

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.

Source

Washington State University Extension, Favorite Recipes for Family Meals

Cost

Per recipe: $4.58
Per serving: $0.13
Oatmeal Cookies

Yield: 24 servings  
Serving size: 1 cookie  
Cook time: 20 minutes

Ingredients

- 1 cup Master Mixes (Oregon)
- 1/2 cup sugar
- 3/4 cups oatmeal (uncooked)
- 1/2 teaspoon cinnamon
- 1/8 teaspoon cloves (ground, optional)
- 3 tablespoons water
- 1 egg
- 1/4 cup raisins

Instructions

1. Combine dry ingredients (Master Mixes, oatmeal, sugar, and spices).
2. Beat egg, and add water; mix.
3. Combine with dry ingredients and mix thoroughly.
5. Drop on greased baking sheet 2 inches apart, using a teaspoon.
6. Bake in 400 degrees oven for 10 to 12 minutes.

Source

Clemson University Division of Public Service & Agriculture, You Can Learn to Cook (Adapted from: Eating Right is Basic, 3rd edition Michigan State University Extension)

Cost

- Per recipe: $1.13
- Per serving: $0.05

Nutrition Facts

- Serving Size: 1 cookie, 1/24 of recipe
- Calories: 60
- Calories from Fat: 10
- Total Fat: 1.5g (2% of DV)
- Saturated Fat: 0g (0% of DV)
- Trans Fat: 0g
- Cholesterol: 10mg (3% of DV)
- Sodium: 45mg (2% of DV)
- Total Carbohydrate: 10g (3% of DV)
- Fiber: 0g (0% of DV)
- Sugars: 5g
- Protein: 1g

Costs are based on a 2,000 calorie diet.

http://recipefinder.nal.usda.gov/
One Pan Spaghetti

Yield: 10 servings
Serving size: 1 cup

Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 pound</td>
<td>ground beef (lean)</td>
</tr>
<tr>
<td>1</td>
<td>onion (medium, chopped)</td>
</tr>
<tr>
<td>3 1/2 cups</td>
<td>water</td>
</tr>
<tr>
<td>1 can</td>
<td>tomato sauce (15 ounces)</td>
</tr>
<tr>
<td>2 teaspoons</td>
<td>dried oregano</td>
</tr>
<tr>
<td>1/2 teaspoon</td>
<td>sugar</td>
</tr>
<tr>
<td>1/2 teaspoon</td>
<td>garlic powder</td>
</tr>
<tr>
<td>1/2 teaspoon</td>
<td>rosemary</td>
</tr>
<tr>
<td>1/4 teaspoon</td>
<td>pepper</td>
</tr>
<tr>
<td>2 cups</td>
<td>spaghetti noodles (broken)</td>
</tr>
<tr>
<td>1 cup</td>
<td>Parmesan cheese (shredded)</td>
</tr>
</tbody>
</table>

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.

Source

Oregon State University
Cooperative Extension Service, Healthy Recipes

Cost

Per recipe: $6.98
Per serving: $0.70

http://recipefinder.nal.usda.gov/
Orange Banana Frosty

Yield: 2 servings  
Serving size: 1/2 cup

Ingredients

1 banana (frozen)  
1/2 cup low-fat yogurt (plain)  
1/2 cup orange juice (prepared)

Instructions

1. Put all ingredients in a blender and mix well.
2. Add more liquid if you want the drink thinner.

Source

University of Nebraska, Recipe Collection, p.5  
Staff from the University of Nebraska-Lincoln Cooperative Extension

Cost

Per recipe: $1.84  
Per serving: $0.92
Orange Cow

Yield: 3 servings
Serving size: 8 ounces

Ingredients

- orange juice (frozen, 1 6 oz. can)
- 2 cups water (cold)
- 1/3 cup milk (nonfat, dry)
- 1 teaspoon vanilla
- 1 cup ice (more)

Instructions

1. Place all ingredients in blender or food processor.
2. Secure lid and blend until smooth. Serve immediately.

Notes

Substitute 1 cup milk and 1 cup water for 2 cups water and ? cup nonfat dry milk

Source

Montana State University Extension, Nutrition Education Programs, Buy Better. Eat Better. recipes

Cost

Per recipe: $0.79
Per serving: $0.26
Orange Delight Juice

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

Ingredients

- 1 cup orange juice
- 1/2 banana
- 1 cup apple juice
- 1 teaspoon honey
- 1/8 teaspoon cinnamon
- 1 cup ice (crushed)

Instructions

1. Blend at high speed in blender until frothy.

Source

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

Cost

Per recipe: $0.88
Per serving: $0.22
Oriental Sweet and Sour Vegetables

Yield: 6 servings
Serving size: 1/2 cup

Ingredients

1 tablespoon honey
1 tablespoon lemon juice
1 teaspoon light soy sauce
1/4 teaspoon ginger
1 cup pineapple or orange juice
1 tablespoon cornstarch (for thickness)
2 teaspoons oil
1 pound frozen stir-fry vegetables (bag)

Instructions

1. Combine all ingredients except vegetables into bowl, mix and set aside.

2. Heat 2 teaspoons of oil in skillet and add frozen vegetables. Cook for 3-4 minutes or until vegetables are crisp-tender.

3. Add sweet and sour sauce and cook for another 2 minutes or until mixture comes to a boil.

4. Serve immediately. This dish is great over pasta or brown rice.

Source

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

Cost

Per recipe: $2.63
Per serving: $0.44
Peach Cooler

Yield: 2 servings
Serving size: 1 cup

Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups</td>
<td>lowfat milk</td>
</tr>
<tr>
<td>1 cup</td>
<td>canned peaches (drained, or 1 cup of sliced fresh peaches)</td>
</tr>
<tr>
<td>1/2 teaspoon</td>
<td>lemon juice</td>
</tr>
<tr>
<td>1 dash</td>
<td>nutmeg (of, if desired)</td>
</tr>
</tbody>
</table>

Instructions

1. Put the ingredients in a blender. Blend well.
2. Sprinkle with nutmeg if you like.
3. Serve cold.

Source

Pennsylvania Nutrition Education Program,
Pennsylvania Nutrition Education Network
Website Recipes

Cost

Per recipe: $1.07
Per serving: $0.53

http://recipefinder.nal.usda.gov/
Peachy Peanut Butter Pita Pockets

Yield: 4 servings
Serving size: 1/2 pita pocket

Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>pita pockets (medium, whole wheat)</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>peanut butter (reduced fat, chunky)</td>
</tr>
<tr>
<td>1/2</td>
<td>apple (cored and thinly sliced)</td>
</tr>
<tr>
<td>1/2</td>
<td>banana (thinly sliced)</td>
</tr>
<tr>
<td>1/2</td>
<td>peach (fresh, thinly sliced)</td>
</tr>
</tbody>
</table>

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.

Source

California Champions for Change, [Snack Recipes](http://recipefinder.nal.usda.gov/)
California Department of Public Health, [Network for a Healthy California](http://recipefinder.nal.usda.gov/)

Cost

Per recipe: $2.00
Per serving: $0.50
Peachy Pops

Yield: 6 servings
Serving size: 1 pop

Ingredients

2 peaches
2/3 cups yogurt, lowfat vanilla
2 cups orange juice
6 paper cups
6 spoons

Instructions

1. Use a knife to remove the skin from the peaches, and to chop the peaches.
2. Spoon the peaches into each of the 6 paper cups.
3. Place the yogurt in a medium mixing bowl.
4. Slowly pour and stir the orange juice into the yogurt. Mix well.
5. Pour some of the juice and yogurt mix into each cup to cover the peaches.
6. Place a spoon in the center of each cup.
7. Cut 6 squares of aluminum foil big enough to cover the tops of cups. Stab each spoon handle through each piece of foil. The foil will hold the spoon in the center of the cup.
8. Place cups in the freezer for at least 4 hours.
9. Just before serving, peel the paper cups away from the pops to eat.

Source

Pennsylvania Nutrition Education Program,
Pennsylvania Nutrition Education Network
Website Recipes

Cost

Per recipe: $1.98
Per serving: $0.33
Peanut Butter 'n Fruit-wich

Yield: 1 servings
Serving size: 1 open-faced sandwich

Ingredients

1 slice whole wheat bread
2 tablespoons peanut butter
1/4 apple or banana (thinly sliced)
2 tablespoons carrot (sliced or grated, optional)

Instructions

1. Spread 2 Tablespoons peanut butter on bread.
2. Place fruit slices on top.
3. Optional: Top with grated carrot.

Notes

Instead of whole wheat bread try crunchy graham crackers or roll up the filling in a soft tortilla. Instead of fresh fruit use canned, drained pineapple.

Source

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

Cost

Per recipe: $0.27
Per serving: $0.27
Peanut Butter Muffins

Yield: 12 servings
Serving size: 1 muffin

Ingredients

- 3/4 cups peanut butter (chunky)
- 2 tablespoons honey
- 2 eggs
- 1 cup milk
- 1 1/2 cups flour
- 1/2 cup cornmeal
- 3 tablespoons sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt

Instructions

1. Preheat the oven to 375 degrees.

2. Line 12 muffin cups with paper baking cups (or grease the bottom of each cup with butter or margarine).

3. Put the peanut butter and honey in a mixing bowl. Beat until well blended.

4. Add the eggs 1 at a time, beating well after each egg.

5. Add the milk, and mix well.

6. Add the flour, cornmeal, sugar, baking powder, and salt. Stir just until they are moistened. Don’t stir them too much.

7. Fill each muffin cup 2/3 full.

8. Bake for 20 to 25 minutes until golden brown.


10. Cool for at least 10 minutes before serving.

Source

Pennsylvania Nutrition Education Program,
Pennsylvania Nutrition Education Network
Website Recipes

Cost

Per recipe: $2.12
Per serving: $0.18

http://recipefinder.nal.usda.gov/
Peter Pumpkin Squares

Yield: 24 servings
Serving size: 1 bar

Ingredients

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

Margarine or butter to grease the pan

Instructions

1. Preheat oven to 350 degrees.

2. In a medium bowl, stir together the pumpkin, brown sugar, eggs, and oil. Mix well.

3. In a large bowl, mix the flour, oats, cinnamon, baking powder, and baking soda.

4. Add the pumpkin mix to the flour mix. Stir well.

5. Grease a 9” x 13” baking pan with butter or margarine.

6. Pour the batter into the greased baking pan.

7. Bake for 30 minutes.

Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Cost

Per recipe: $3.06
Per serving: $0.13

http://recipefinder.nal.usda.gov/
Pineapple Orange Frozen Yogurt

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

Ingredients

1 cup yogurt, nonfat vanilla  
1/2 cup orange juice  
1 cup pineapple chunks, fresh or canned

Instructions

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

Source

Food and Health Communications, Inc., Visit Website

Cost

Per recipe: $1.54  
Per serving: $0.51
Pocket Fruit Pies

Yield: 4 servings
Serving size: 1 pie

Ingredients

- 4 flour tortillas (8 inch)
- 2 peaches, pears, or apples (medium)
- 1/4 teaspoon cinnamon (ground)
- 2 tablespoons brown sugar
- 1/8 teaspoon nutmeg (ground)
- 2 tablespoons milk
- sugar (optional)

Instructions

1. Warm tortillas in microwave or oven to make them easier to handle.
2. Peel and chop fruit into pieces.
3. Place 1/4 of the fruit on half of each tortilla.
4. In a small bowl, stir together brown sugar, cinnamon and nutmeg. Sprinkle over fruit.
5. Roll up the tortillas, starting at the end with the fruit.
6. Place on an un-greased baking sheet and make small slashes to allow steam to escape. Brush with milk and sprinkle with additional sugar, if desired.
7. Back at 350 degree in oven for 8-12 minutes or until lightly brown.
8. Serve warm or cool.

Notes

This easy snack helps work fruit into a daily diet. Tortillas, with a variety of toppings, make great snack builders.

Safety Tip: Allow pie to cool slightly before tasting - the steam and sugar can burn.

Source

Kansas State University Cooperative Extension, Mission Nutrition: Cooking for Better Health and Kids a Cookin'

Cost

Per recipe: $1.41
Per serving: $0.35

http://recipefinder.nal.usda.gov/
Pumpkin Pudding

Yield: 6 servings
Serving size: 3/4 cup

Ingredients

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

Instructions

1. Remember to start by washing your hands. In a large bowl mix pumpkin, salt and pumpkin spice together.

2. Slowly stir in milk and mix well. Add instant pudding mix and stir for 2 minutes until it thickens. Refrigerate until serving time.

Source

Oregon State University
Cooperative Extension Service,
Healthy Recipes

Cost

Per recipe: $2.49
Per serving: $0.42
Purple Cow

Yield: 3 servings
Serving size: 8 ounces

Ingredients

1 can grape juice (6 oz., frozen)
2 cups water (cold)
1/3 cup milk (nonfat, dry)
1 teaspoon vanilla
1 cup ice (or more)

Instructions

1. Place all ingredients in blender or food processor.
2. Secure lid and blend until smooth. Serve immediately.

Notes

Substitute 1 cup milk and 1 cup water for 2 cups water and 1/3 cup nonfat dry milk

Source

Montana State University Extension, Nutrition Education Programs, Buy Better. Eat Better. recipes

Cost

Per recipe: $0.97
Per serving: $0.32
Quick Chili

Yield: 4 servings
Serving size: 3/4 cup
Cook time: 20 minutes

Ingredients

1/2 pound ground beef
1 can kidney beans (15 1/2 ounces, with liquid)
1 cup tomato sauce, no salt added
1 tablespoon onion, instant minced
1 1/2 tablespoon chili powder

Instructions

1. Thoroughly cook ground beef in skillet until browned (160 degrees). Be sure all pink color is gone from meat and juices. Do not undercook ground beef. Carefully wash your hands and any surfaces that have come in contact with raw meat.

2. Drain off fat into container.

3. Stir in kidney beans with liquid, tomato sauce, onion, and chili powder.

4. Bring to a boil. Reduce heat, cover, and simmer for 10 minutes.

5. Refrigerate or freeze leftovers within 2 hours of cooking. Use refrigerated leftovers within 4 days.

Source

University of Minnesota, Cooperative Extension Service, Simply Good Eating Recipe Cards, Vol. 1, 2000

Cost

Per recipe: $3.39
Per serving: $0.85

Nutrition Facts

Serving Size 3/4 cup prepared chili, 1/4 of recipe (235g)
Servings Per Container

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>230</td>
<td>60%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>7g</td>
<td>11%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>2.5g</td>
<td>13%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>35mg</td>
<td>12%</td>
</tr>
<tr>
<td>Sodium</td>
<td>460mg</td>
<td>19%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>25g</td>
<td>8%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>9g</td>
<td>36%</td>
</tr>
<tr>
<td>Sugars</td>
<td>4g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>19g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A: 25%
Vitamin C: 16%
Calcium: 6%
Iron: 25%

Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories

Fat: 9%
Carbohydrate: 4%
Protein: 4%
Rainbow Veggie Salad

Yield: 10 servings
Serving size: 2/3 Cup

Ingredients

1 can red kidney beans (15.5 ounces, drained and rinsed)
1 can black beans (15.5 ounces, drained and rinsed)
3 carrot (scrubbed and sliced)
1 yellow squash (small, washed and sliced)
1 zucchini (small, washed and sliced)
1/2 cup light Italian dressing
1/2 teaspoon pepper

Instructions

1. Mix all the vegetables together in a large bowl.
2. Pour dressing over vegetables.
3. Sprinkle with pepper.
4. Stir gently, coating all vegetables.
5. Cover and refrigerate at least 8 hours.

Source

Maryland Food Supplement Nutrition Education program, 2009 Recipe Calendar

Cost

Per recipe: $3.30
Per serving: $0.33

http://recipefinder.nal.usda.gov/
**Shake-A-Pudding**

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

**Ingredients**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups</td>
<td>milk (skim or low-fat 1%)</td>
</tr>
<tr>
<td>1 carton</td>
<td>pudding mix (3 1/2 ounces, instant vanilla)</td>
</tr>
<tr>
<td>2</td>
<td>banana (peeled, sliced or other sliced fruit)</td>
</tr>
</tbody>
</table>

**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.

**Source**

UMass Extension Nutrition Education Program, [CHOICES Steps Toward Health](http://recipefinder.nal.usda.gov/)

**Cost**

Per recipe: $1.48  
Per serving: $0.18
Simple Fish Tacos

Yield: 6 servings  
Serving size: 2 tacos

Ingredients

- 1/2 cup sour cream (non-fat)
- 1/4 cup mayonnaise (fat-free)
- 1/2 cup fresh cilantro (chopped)
- 1/2 package taco seasoning (package low-sodium, divided)
- 1 pound cod or white fish fillets (cut into 1 inch pieces)
- 1 tablespoon olive oil
- 2 tablespoons lemon juice
- 2 cups red and green cabbage (shredded)
- 2 cups tomato (diced)
- 12 corn tortillas (6-inch, warmed)
- lime wedges (for serving)

Instructions

1. In a small bowl, combine sour cream, mayonnaise, cilantro, and 2 Tbsp seasoning mix.

2. In a medium bowl, combine cod, vegetable oil, lemon juice, and remaining seasoning mix; pour into large skillet. Cook stirring constantly, over medium-high heat for 4-5 minutes or until cod flakes easily when tested with a fork.

3. Fill warm tortillas with fish mixture.

4. Top with cabbage, tomato, sour cream mixture, lime wedges, and taco sauce.

Source

Centers for Disease Control and Prevention, [More Matters Recipes](http://recipefinder.nal.usda.gov/)

Cost

Per recipe: $9.58  
Per serving: $1.60
Sloppy Garden Joes

Yield: 12 servings
Serving size: 1 open-faced sandwich

Ingredients

1 yellow onion (chopped)
1 carrot (chopped or shredded)
1 green pepper (chopped)
1 pound ground turkey (or chicken)
1 can tomato sauce (8 ounces, unsalted)
1 can whole tomatoes (15 ounces, crushed)
1 can mushroom (8 ounces, drained)
1/4 cup barbecue sauce
6 whole wheat buns (split in half to make 12)

Instructions

1. Saute’ onions, carrots, green pepper and ground turkey or chicken in a pan over medium-heat for 5 minutes.

2. Add tomato sauce, crushed tomatoes, mushrooms, barbecue sauce, and seasonings and bring to boil.

3. Reduce heat and simmer for 10 minutes, stirring occasionally.

4. Uncover and cook for an additional 3 minutes or until thick.

5. Serve open-faced on toasted or plain whole-wheat buns.

6. Refrigerate leftovers within 2 hours.

Source

Oregon State University
Cooperative Extension Service,
Healthy Recipes

Cost

Per recipe: $8.15
Per serving: $0.68

http://recipefinder.nal.usda.gov/
Soft Pretzels

Yield: 12 servings
Serving size: 1 pretzel

Ingredients

1 package yeast (or one Tablespoon)
2 cups 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.
Speedy Burritos

Yield: 9 servings
Serving size: 1/9 of recipe

Ingredients

4 cups potatoes (finely chopped)
1 onion (chopped)
1 bell pepper (red or green, chopped)
3 garlic clove (pressed or finely chopped)
2 egg (beaten)
1 teaspoon black pepper
1/2 teaspoon salt
1 tablespoon vegetable oil
1/2 cup cheese (grated, optional)
1 hot sauce (as needed, or salsa)
1 package tortillas (flour or corn)

Instructions

1. In a large skillet, heat oil on medium-high setting.

2. Add onion, green pepper, potatoes, and garlic. Cook until potatoes are tender, about 10 minutes. Raw potatoes may need longer; check if done with a fork.

3. Reduce heat to medium setting, spread potato mix out to the sides of the skillet, leaving a space in the middle for the eggs. Add the eggs and scramble them until cooked (do not mix potatoes until eggs are cooked firm). Stir all ingredients together.

4. Wrap tortillas around the filling and top with salsa and cheese.

Source

Washington State University, Eat Better, Eat Together

Cost

Per recipe: $4.55
Per serving: $0.51
Springtime Cereal

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

Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/4 cups</td>
<td>wheat and barley nugget cereal</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>bran cereal (100%)</td>
</tr>
<tr>
<td>2 teaspoons</td>
<td>sunflower seeds (toasted)</td>
</tr>
<tr>
<td>2 teaspoons</td>
<td>almonds (toasted, sliced)</td>
</tr>
<tr>
<td>1 tablespoon</td>
<td>raisins</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>banana (sliced)</td>
</tr>
<tr>
<td>1 cup</td>
<td>strawberries (sliced)</td>
</tr>
<tr>
<td>1 cup</td>
<td>yogurt (raspberry or strawberry, low-fat)</td>
</tr>
</tbody>
</table>

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!

Source

US Department of Health and Human Services, A Healthier You

Cost

Per recipe: $2.54
Per serving: $1.27
Stir Fry Vegetables and Beef

Yield: 4 servings
Serving size: 2 ounces of beef, 1 cup of cooked vegetables
Cook time: 30 minutes

Ingredients

- 1/2 teaspoon ground ginger
- 1/8 teaspoon garlic powder
- 1 teaspoon soy sauce
- 1/3 cup water
- 1 cup carrot (sliced)
- 2 cups broccoli
- 1 bell pepper (chopped)
- 1 onion (chopped)
- 1 package fresh mushrooms (sliced)
- 2 tablespoons oil
- 8 ounces sliced beef

Instructions

1. Wash hands and any cooking surface.

2. Mix spices, soy sauce and water; set aside.


4. Heat oil in large frying pan and add meat when oil is hot; stir until brown.

5. Push meat to the side and in the middle of the pan add carrots, onions and peppers. Cook them for one minute. Add mushrooms and broccoli. Cook until they are tender.

6. Add liquid mixture and cook until bubbly.

7. Reduce heat, cover pan and cook for two more minutes.

8. Serve over whole wheat pasta or brown rice.

Source

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

Cost

Per recipe: $5.15
Per serving: $1.29

http://recipefinder.nal.usda.gov/
Sugarless Oatmeal Cookies

Yield: 15 servings  
Serving size: 2 cookies

Ingredients

3 banana (ripe)  
1/3 cup margarine  
2 cups quick-cooking oats (uncooked)  
1/4 cup skim milk  
1/2 cup raisins  
1 teaspoon vanilla extract

Instructions

1. Preheat oven to 350 degrees.

2. Put the margarine in a small saucepan. Melt it on low heat.

3. Put all the ingredients in a mixing bowl. Mix really well.

4. Let the mix stand for about 5 minutes, until the oats are wet.

5. Lightly grease the cookie sheet.

6. For each cookie, spoon out about 1 tablespoon of dough and drop it onto the greased cookie sheet.

7. Bake the cookies for 15 to 20 minutes.

8. Let the cookies cool on the cookie sheet for about 1 minute.

9. Move the cookies to wire racks or a towel. Let them cool completely.

Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Cost

Per recipe: $2.33  
Per serving: $0.16
Summer Breeze Smoothies

Yield: 3 servings
Serving size: 1 Cup

Ingredients

1 cup yogurt (nonfat, plain)
6 strawberries (medium)
1 cup pineapple (crushed, canned in juice)
1 banana (medium)
1 teaspoon vanilla extract
4 ice cubes

Instructions

1. Place all ingredients in blender and puree until smooth.
2. Serve in frosted glass.

Source

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

Cost

Per recipe: $1.81
Per serving: $0.60

http://recipefinder.nal.usda.gov/
Sweet Potato Pie

Yield: 8 servings
Serving size: 1 piece

Ingredients

<table>
<thead>
<tr>
<th>Amount</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>egg whites</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>orange juice (fresh)</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>cinnamon (ground)</td>
</tr>
<tr>
<td>1/4 teaspoon</td>
<td>nutmeg (ground)</td>
</tr>
<tr>
<td>3/4 cups</td>
<td>brown sugar</td>
</tr>
<tr>
<td>1/2 teaspoon</td>
<td>orange rind</td>
</tr>
<tr>
<td>1/4 teaspoon</td>
<td>allspice (ground)</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>skim milk</td>
</tr>
<tr>
<td>2 tablespoons</td>
<td>unsalted margarine (melted)</td>
</tr>
<tr>
<td>1 pinch</td>
<td>salt</td>
</tr>
<tr>
<td>2 cups</td>
<td>sweet potatoes (mashed)</td>
</tr>
<tr>
<td>1</td>
<td>pie crust (9 inch, unbaked)</td>
</tr>
</tbody>
</table>

Instructions

1. Beat egg whites well.
2. Add sugar, orange juice, orange rind, spices, margarine and salt.
3. Add mashed sweet potatoes and mix thoroughly.
4. Pour into pie shell and bake in preheated 350° oven for 1 hour or until firm.

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

Cost
Per recipe: $3.63
Per serving: $0.45

http://recipefinder.nal.usda.gov/
**Terrific Bean Taco**

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

**Ingredients**

1 onion (small, chopped)  
2 teaspoons vegetable oil  
2 cups refried beans  
8 taco shells (or flour tortillas, wheat or white)  
1/4 head of lettuce (chopped)  
2 tomatoes (chopped)  
1 cup cheese (shredded)  
taco sauce (optional)

**Instructions**

1. Stir fry chopped onion in vegetable oil.  
3. Spread refried bean mixture in taco shell or on tortilla.  
4. Sprinkle with shredded cheese, lettuce, chopped tomatoes and taco sauce, as desired.

**Source**

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

**Cost**

Per recipe: $6.35  
Per serving: $0.79

http://recipefinder.nal.usda.gov/
Three-Grain Peanut Bread

Yield: 20 servings
Serving size: 1 1/2 ounce slice

Ingredients

1 cup flour
1/2 cup oatmeal (quick cooking)
1/2 cup cornmeal
1/2 cup nonfat dry milk powder
1/2 cup sugar
1 tablespoon baking powder
3/4 teaspoons salt
2/3 cups peanut butter
1 egg
1 1/2 cup milk, nonfat

Instructions

1. Preheat oven to 325 degrees.
2. Combine dry ingredients in a large bowl.
3. Using two knives, cut peanut butter into dry ingredients until it appears coarse and crumbly.
4. In a small bowl, beat together egg white and milk. Add to dry ingredients and mix well.
5. Spread mixture into a greased loaf pan. Bake at 325 degrees for 1 hour and 10 minutes.
6. Cool for 10 minutes and remove from pan.

Source

Virginia Cooperative Extension, Healthy Futures: Choosing Healthy Foods

Cost

Per recipe: $1.95
Per serving: $0.10

http://recipefinder.nal.usda.gov/
Tropical Morning Treat

Yield: 4 servings  
Serving size: 1/2 cup

Ingredients

1/4 cup orange juice  
1 apple  
1 orange  
1 banana

Instructions

1. Place orange juice in bowl.

2. Wash apple and dry. Remove the seeds and dice. Coat apple surfaces with orange juice to prevent browning.

3. Peel orange and break into sections. Cut sections into small pieces.

4. Peel and slice banana into 1/4 inch circles.

5. Combine all fruit and orange juice lightly in a bowl and mix together. Chill or serve immediately.

Source

University of Wyoming, Cooperative Extension, Cent$ible Nutrition Cook Book, p.fv-21

Cost

Per recipe: $1.05  
Per serving: $0.26
Tuna Melt Burger

Yield: 6 servings  
Serving size: 1 sandwich  
Cook time: 30 minutes

Ingredients

- 1 can tuna (6 ounce)
- 2 celery (medium stalks, chopped)
- 1/2 cup processed American cheese (low sodium, diced)
- 1/4 cup light mayonnaise
- 1 tablespoon instant minced onion
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 12 whole wheat bread (slices)

Instructions

1. Wash hands and cooking area.
2. Preheat oven to 350°F.
3. Drain tuna and break the meat apart with a fork. Wash and chop the celery and dice the cheese.
4. Mix tuna, celery, cheese, light mayonnaise, dried onion, salt, and pepper into a medium mixing bowl with a wooden spoon.
5. Spread tuna mixture on six of the pieces of whole wheat bread and place a single slice of bread on top of each (you will make a total of 6 sandwiches).
6. Put each sandwich on a square of aluminum foil, then wrap the foil around sandwiches, folding edges securely. Bake about 20 minutes or until hot in the middle. Cool slightly before serving.

Cost

- Per recipe: $3.40
- Per serving: $0.57

Source

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

http://recipefinder.nal.usda.gov/
Uncooked Tomato Sauce

Yield: 6 servings
Serving size: 1.5 cups

Ingredients

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

Instructions

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

Notes

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

Source

Connecticut Food Policy Council, Farm Fresh Summertime Recipes

Cost

Per recipe: $8.75
Per serving: $1.46

http://recipefinder.nal.usda.gov/
Vegetable Medley with Salsa Dip

Yield: 4 servings  
Serving size: 1 cup vegetables and 1/2 cup salsa

Ingredients

2 carrot (cut into 3-inch sticks)  
2 celery stalk (cut into 3-inch sticks)  
1/2 jícama (peeled and cut into 3-inch sticks)  
1 bunch radishes (trimmed)  
6 green onion (trimmed)  
1 cup fat free sour cream  
1 cup Fresh Salsa  
2 tomatoes (chopped)  
1/2 onion (chopped)  
3 jalapeno chiles (finely chopped, - seeded if desired)  
1/4 cup cilantro (chopped fresh)  
1/4 teaspoon salt  
1 lime (juiced)

Instructions

1. Arrange vegetables on a platter.

2. In a small bowl, mix sour cream and salsa. Serve.

Fresh Salsa Preparation:

1. In a medium bowl, mix all ingredients.

2. Serve or store salsa in refrigerator for up to three days in a covered plastic or glass container.

Source

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

Cost

Per recipe: $7.07  
Per serving: $1.77
Vegetable Variety Pack

Yield: 5 servings
Serving size: 3/4 cup

Ingredients

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

Instructions

1. Preheat oven to 350°F.
2. Stir vegetables and dressing in large bowl.
4. Bake for 20-30 minutes.

Source

Maryland Food Supplement Nutrition Education program, 2009 Recipe Calendar

Cost

Per recipe: $3.36
Per serving: $0.67
Vegetarian Spaghetti Sauce

Yield: 6 servings
Serving size: 3/4 cup

Ingredients

2 tablespoons olive oil
2 onion (small, chopped)
3 garlic clove (chopped)
1 1/4 cup zucchini (sliced)
1 tablespoon oregano (dried)
1 tablespoon basil (dried)
1 can tomato sauce (8 oz)
1 can tomato paste (6 oz)
2 tomatoes (medium, chopped)
1 cup water

Instructions

1. In a medium skillet, heat oil. Saute onions, garlic and zucchini in oil for 5 minutes on medium heat.

2. Add remaining ingredients and simmer covered for 45 minutes. Serve over spaghetti.

Source

National Heart, Lung and Blood Institute (NHLBI), Dash Eating Plan: Lower Your Blood Pressure

Cost

Per recipe: $5.18
Per serving: $0.86
Wobbly Wonders

Yield: 20 servings
Serving size: 1/20 of recipe

Ingredients

- 12 ounces gelatin (flavored, - choose your favorite)
- 2 cups water (boiling)
- 1 1/2 cup low-fat milk
- 1 package vanilla instant pudding (3 1/2 ounce)

Instructions

1. In a medium bowl, dissolve gelatin in boiling water. Cool at least 30 minutes.
2. Pour milk into large mixing bowl and add pudding mix. Using an electric mixer, beat 1 minute.
3. Gradually add and beat in gelatin mixture. Pour into a 9x13 inch baking pan. Chill in fridge for several hours.
4. Cut fun shapes with cookie cutters or knife. Store in refrigerator.

Source

Kansas Family Nutrition Program, [Kids a Cookin']

Cost

Per recipe: $2.78
Per serving: $0.14

http://recipefinder.nal.usda.gov/