



United States Department of Agriculture

# Healthy Eating on a Budget

# Cookbook



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

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

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

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

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# Apple Cinnamon Bars

Yield: 24 servings

## Ingredients

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

## Instructions

1. Preheat the oven to 350 degrees.
2. Put the flour, salt, baking soda, cinnamon, brown sugar, and oats in the mixing bowl. Stir together.
3. Add the shortening to the bowl. Use the 2 table knives to mix the ingredients and cut them into crumbs.
4. Lightly grease the bottom and sides of the baking dish with a little bit of shortening.
5. Spread half of the crumb mixture in the greased baking dish.
6. Remove the core from the apples and slice them. Put the apple slices into the baking dish.
7. Top the apples with the rest of the crumb mixture.
8. Bake in the oven for 40 – 45 minutes.
9. Cut into squares. It will fall apart easily.

## Notes

You can use applesauce (16 ounces) or canned apples in place of fresh apples.  
 You can use either peeled or unpeeled apples.  
 May use 1/2 cup of margarine or vegetable oil spread in place of shortening.  
 May use pumpkin pie spice in place of cinnamon.

## Nutrition Facts

Serving Size 1 bar, 1/24 of recipe  
 (42g)  
 Servings Per Container 24

Amount Per Serving

**Calories 100**    Calories from Fat 40

% Daily Value\*

**Total Fat 4.5g**    **7%**

Saturated Fat 1g    **5%**

Trans Fat 1.5g

**Cholesterol 0mg**    **0%**

**Sodium 50mg**    **2%**

**Total Carbohydrate 14g**    **5%**

Dietary Fiber 1g    **4%**

Sugars 7g

**Protein 1g**

Vitamin A 0%    • Vitamin C 2%

Calcium 0%    • Iron 2%

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

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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Source

Pennsylvania Nutrition  
 Education Program,  
 Pennsylvania Nutrition  
 Education Network  
 Website Recipes

## Cost

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

# Applesauce Cookies

Yield: 12 servings

## Ingredients

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

## Instructions

1. Preheat oven to 350°F. Prepare pan or cookie sheet (see below).
2. Cream together sugar, shortening and egg.
3. In a separate bowl, combine baking soda, flour, salt, and cinnamon. Mix well.
4. Stir flour mixture into shortening mixture just until moist.
5. Add applesauce, raisins, and nuts (if using).

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

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

## Notes

To check cake for doneness, pierce top of cake with a toothpick. Cake is done when toothpick comes out clean.  
 May use pumpkin pie spice, nutmeg, or allspice in place of cinnamon.  
 Menus include 2 cookies per person on 2 different days. For a family of 4, make 16 smaller cookies instead of the 12 called for in the recipe.

## Nutrition Facts

Serving Size 2 cookies, 1/12 of recipe (102g)  
 Servings Per Container 12

Amount Per Serving

Calories 290    Calories from Fat 70

% Daily Value\*

**Total Fat** 8g                      **12%**

    Saturated Fat 1.5g            **8%**

    Trans Fat 1.5g

**Cholesterol** 15mg              **5%**

**Sodium** 380mg                **16%**

**Total Carbohydrate** 51g      **17%**

    Dietary Fiber 2g              **8%**

    Sugars 28g

**Protein** 4g

Vitamin A 0%            • Vitamin C 2%

Calcium 2%              • Iron 10%

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

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

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

## Source

Montana State University  
 Extension Service, [Montana Extension Nutrition Education Program](http://www.montana.edu/nutrition/extension/).

Website Recipes.

## Cost

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

# Banana Bread II

Yield: 12 servings

## Ingredients

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

## Instructions

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

## Notes

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

## Nutrition Facts

Serving Size 1 slice, 1/12 of recipe  
 (70g)  
 Servings Per Container 12

Amount Per Serving

**Calories** 140    **Calories from Fat** 25

% Daily Value\*

**Total Fat** 3g    **5%**

Saturated Fat 0g    **0%**

Trans Fat 0g

**Cholesterol** 15mg    **5%**

**Sodium** 330mg    **14%**

**Total Carbohydrate** 26g    **9%**

Dietary Fiber 1g    **4%**

Sugars 10g

**Protein** 3g

Vitamin A 2%    • Vitamin C 4%

Calcium 2%    • Iron 6%

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

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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Source

Pennsylvania Nutrition  
 Education Program,  
 Pennsylvania Nutrition  
 Education Network  
 Website Recipes

## Cost

Per recipe: \$1.13

Per serving: \$0.09

# Banana Walnut Oatmeal

Yield: 4 servings

## Ingredients

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

## Instructions

1. In a small saucepan, combine reconstituted non-fat dry milk, salt, and additional water. Heat over medium heat until steaming hot, but not boiling.
2. Add oats and cook, stirring until creamy, 1 to 2 minutes.
3. Remove the pan from heat and stir in mashed banana and maple syrup. Divide between 4 bowls, garnish with walnuts, and serve.

## Notes

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

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

May use other nuts in place of walnuts.

## Nutrition Facts

Serving Size 1/4 of recipe (298g)  
 Servings Per Container 4

Amount Per Serving		% Daily Value*	
<b>Calories</b>	340	<b>Calories from Fat</b>	50
<b>Total Fat</b>	6g		<b>9%</b>
Saturated Fat	0g		<b>0%</b>
Trans Fat	0g		
<b>Cholesterol</b>	5mg		<b>2%</b>
<b>Sodium</b>	190mg		<b>8%</b>
<b>Total Carbohydrate</b>	60g		<b>20%</b>
Dietary Fiber	6g		<b>24%</b>
Sugars	25g		
<b>Protein</b>	14g		
Vitamin A	10%	Vitamin C	10%
Calcium	30%	Iron	15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	Carbohydrate 4 • Protein 4

## Source

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

## Cost

Per recipe: \$2.10

Per serving: \$0.53

# Breakfast Burrito with Salsa

Yield: 4 servings

Cook time: 30 minutes

## Ingredients

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

## Instructions

Preheat oven to 350 degrees.

1. In a large mixing bowl, blend the eggs, corn, milk, green peppers, onions, tomatoes, mustard, garlic, hot pepper sauce, and salt for 1 minute until eggs are smooth.
2. Pour egg mixture into a lightly oiled 9x9x2 inch baking dish and cover with foil.
3. Bake for 20-25 minutes until eggs are set and thoroughly cooked.
4. Wrap tortillas in plastic and microwave for 20 seconds until warm. Be careful when unwrapping the tortillas. The steam can be hot.
5. Cut baked egg mixture into 4 equal pieces and roll 1 piece of cooked egg in each tortilla.
6. Serve each burrito topped with 2 Tablespoons of salsa.

## Notes

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

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

## Nutrition Facts

Serving Size 1 burrito, 1/4 of recipe  
(159g)

Servings Per Container 4

**Amount Per Serving**

**Calories 240**     **Calories from Fat 70**

% Daily Value\*

**Total Fat 8g**     **12%**

Saturated Fat 2.5g     **13%**

Trans Fat 0g

**Cholesterol 185mg**     **62%**

**Sodium 620mg**     **26%**

**Total Carbohydrate 30g**     **10%**

Dietary Fiber 2g     **8%**

Sugars 4g

**Protein 11g**

Vitamin A 8%     • Vitamin C 10%

Calcium 10%     • Iron 15%

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

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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Source

USDA, Food and Nutrition Service (FNS), [Food Family Fun](#)

## Cost

Per recipe: \$1.67

Per serving: \$0.42



# Brown Rice Pilaf

Yield: 4 servings

## Ingredients

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

## Instructions

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

## Notes

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

May use other nuts in place of almonds.

May use Italian mixed herbs/seasonings or cilantro in place of dried parsley.

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

## Nutrition Facts

Serving Size 1 cup prepared pilaf, 1/4 of recipe (254g)  
 Servings Per Container 4

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

## Source

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

## Cost

Per recipe: \$0.98

Per serving: \$0.24

# Chocolate Chip Yogurt Cookies

Yield: 36 servings

## Ingredients

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

## Instructions

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

## Nutrition Facts

Serving Size 1 cookie (21g)  
 Servings Per Container 36

Amount Per Serving

**Calories 80**      **Calories from Fat 30**

% Daily Value\*

**Total Fat 3.5g**      **5%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 50mg**      **2%**

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

Dietary Fiber 1g      **4%**

Sugars 7g

**Protein 1g**

Vitamin A 2%      • Vitamin C 0%

Calcium 0%      • Iron 2%

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

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

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

## Source

Cornell University Cooperative Extension, Eat Smart New York!

## Cost

Per recipe: \$1.86

Per serving: \$0.05

# Couscous with Peas and Onions

Yield: 4 servings

## Ingredients

1 cup onion (finely chopped)  
 1/2 teaspoon sage (ground)  
 1 teaspoon olive oil  
 1 1/3 cup water  
 1 cup green peas (frozen)  
 1 cup couscous  
 1/2 teaspoon salt (optional)

## Instructions

1. Combine oil and onions in heavy skillet.
2. Sauté for 5-10 minutes until lightly browned.
3. Add the peas, sage, water, couscous, and salt if desired.
4. Cover and cook on low for about 5 minutes or until peas are tender but still bright green and all of the water is absorbed.
5. Fluff with fork.

## Notes

Serve with lemon wedges or balsamic vinegar.

May use poultry seasoning in place of ground sage.

May use any vegetable oil in place of olive oil.

## Nutrition Facts

Serving Size 1 cup (275g)  
 Servings Per Container 4

Amount Per Serving

**Calories** 190      **Calories from Fat** 15

% Daily Value\*

**Total Fat** 1.5g      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 45mg      **2%**

**Total Carbohydrate** 37g      **12%**

Dietary Fiber 4g      **16%**

Sugars 3g

**Protein** 7g

Vitamin A 15%      • Vitamin C 15%

Calcium 4%      • Iron 6%

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

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

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

## Source

UMass Extension Nutrition  
 Education Program, [CHOICES](#)  
[Steps Toward Health](#)

## Cost

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

# Crunchy Chicken Salad

Yield: 5 servings

## Ingredients

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

## Instructions

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

## Notes

Serve on lettuce, crackers, or bread.

## Nutrition Facts

Serving Size 3/4 cup prepared salad,  
1/5 of recipe (156g)  
Servings Per Container 5

Amount Per Serving

**Calories 140**    Calories from Fat 40

% Daily Value\*

**Total Fat 4.5g**    **7%**

Saturated Fat 1g    **5%**

Trans Fat 0g

**Cholesterol 50mg**    **17%**

**Sodium 65mg**    **3%**

**Total Carbohydrate 8g**    **3%**

Dietary Fiber 1g    **4%**

Sugars 6g

**Protein 17g**

Vitamin A 4%    • Vitamin C 15%

Calcium 4%    • Iron 4%

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

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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Source

Pennsylvania Nutrition  
Education Program,  
Pennsylvania Nutrition  
Education Network  
Website Recipes

## Cost

Per recipe: \$3.65

Per serving: \$0.73

## Easy Red Beans and Rice

Yield: 8 servings

### Ingredients

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

### Instructions

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

### Notes

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

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

### Nutrition Facts

Serving Size 1 cup (330g)  
Servings Per Container 8

Amount Per Serving

**Calories** 270      **Calories from Fat** 20

% Daily Value\*

**Total Fat** 2g      **3%**

    Saturated Fat 0g      **0%**

    Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 140mg      **6%**

**Total Carbohydrate** 55g      **18%**

    Dietary Fiber 10g      **40%**

    Sugars 7g

**Protein** 10g

Vitamin A 6%      • Vitamin C 30%

Calcium 6%      • Iron 10%

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

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

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

### Source

Maryland Food Supplement  
Nutrition Education program,  
2009 Recipe Calendar

### Cost

Per recipe: \$4.56

Per serving: \$0.57

# Fantastic French Toast

Yield: 6 servings

## Ingredients

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

## Instructions

1. Preheat the griddle over medium heat, or set an electric frying pan at 375 degrees.
2. Put eggs, milk, and vanilla in a pie pan or shallow bowl and beat with a fork until well mixed.
3. Grease the griddle or pan with a thin layer of oil or use nonstick spray.
4. Dip both sides of bread, one slice at a time, in the egg mixture and cook on the hot griddle or frying pan.
5. Cook on one side until golden brown. Turn the bread over to cook the other side. It will take about 4 minutes on each side.
6. Serve with syrup, applesauce, fruit slices, or jam.

## Notes

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

## Nutrition Facts

Serving Size 1 slice, 1/6 of recipe  
 (66g)  
 Servings Per Container 6

Amount Per Serving

**Calories** 100    **Calories from Fat** 25

% Daily Value\*

**Total Fat** 2.5g    **4%**

Saturated Fat 0.5g    **3%**

Trans Fat 0g

**Cholesterol** 60mg    **20%**

**Sodium** 170mg    **7%**

**Total Carbohydrate** 13g    **4%**

Dietary Fiber 2g    **8%**

Sugars 3g

**Protein** 6g

Vitamin A 2%    • Vitamin C 0%

Calcium 6%    • Iron 6%

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

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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Source

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

## Cost

Per recipe: \$1.12

Per serving: \$0.19

# Herbed Vegetables

Yield: 6 servings

## Ingredients

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

## Instructions

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

## Notes

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

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

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

## Nutrition Facts

Serving Size 1/6 of recipe (85g)  
Servings Per Container 6

### Amount Per Serving

**Calories 60**      **Calories from Fat 20**

**% Daily Value\***

**Total Fat 2g**      **3%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 130mg**      **5%**

**Total Carbohydrate 8g**      **3%**

Dietary Fiber 2g      **8%**

Sugars 2g

**Protein 2g**

Vitamin A 180%      •      Vitamin C 8%

Calcium 2%      •      Iron 6%

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

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

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

## Source

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

## Cost

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

# Honey Lemon Chicken

Yield: 8 servings

## Ingredients

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

## Instructions

1. Preheat oven to 375 degrees. Line a baking pan with foil for easy clean up. Lightly oil the foil.
2. Combine flour and salt in a plastic bag. Shake chicken pieces in flour mixture, remove from bag and place on prepared pan.
3. Bake for 45 minutes.
4. Combine honey and lemon. Spoon mixture over chicken to glaze chicken pieces. Bake another 15 minutes.

## Notes

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

## Nutrition Facts

Serving Size 1 chicken piece  
 (average), 1/8 of recipe (240g)  
 Servings Per Container 8

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

## Source

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

## Cost

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



# Honey Mustard Pork Chops

Yield: 4 servings

## Ingredients

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

## Instructions

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

## Notes

Pork chops are done when they reach an internal temperature of 145 degrees. 2 Tablespoons of honey mustard can be substituted with 1 Tablespoon of honey and 1 Tablespoon of mustard mixed together. To thicken sauce, if needed, remove cooked pork chops and cook sauce without a lid until desired consistency is reached.

## Nutrition Facts

Serving Size 1 pork chop, 1/4 of recipe (168g)  
 Servings Per Container 4

Amount Per Serving			
Calories 300		Calories from Fat 110	
		% Daily Value*	
<b>Total Fat</b>	12g		<b>18%</b>
Saturated Fat	4.5g		<b>23%</b>
Trans Fat	0g		
<b>Cholesterol</b>	95mg		<b>32%</b>
<b>Sodium</b>	400mg		<b>17%</b>
<b>Total Carbohydrate</b>	6g		<b>2%</b>
Dietary Fiber	0g		<b>0%</b>
Sugars	5g		
<b>Protein</b>	40g		
Vitamin A	0%	•	Vitamin C 0%
Calcium	2%	•	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories:	2,000    2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
		Fat 9	• Carbohydrate 4 • Protein 4

## Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

## Cost

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

# Lemon Spinach

Yield: 4 servings

## Ingredients

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

## Instructions

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

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

## Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

## Cost

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

## Lentil Stew

Yield: 10 servings

### Ingredients

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

### Instructions

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

### Notes

May use any vegetable oil in place of olive oil.

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

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

May use a mix of other spices such as cayenne pepper, cumin, and oregano in place of chili powder.

## Nutrition Facts

Serving Size 1 cup (296g)  
Servings Per Container 10

Amount Per Serving

**Calories** 110      **Calories from Fat** 10

% Daily Value\*

**Total Fat** 1g      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 310mg      **13%**

**Total Carbohydrate** 20g      **7%**

Dietary Fiber 6g      **24%**

Sugars 7g

**Protein** 6g

Vitamin A 160% • Vitamin C 40%

Calcium 4% • Iron 15%

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

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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

### Source

Maryland Food Supplement  
Nutrition Education program,  
2009 Recipe Calendar

### Cost

Per recipe: \$5.54

Per serving: \$0.55

# Manly Muffin Meat Loaf

Yield: 6 servings

## Ingredients

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

## Instructions

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

## Notes

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

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

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

## Nutrition Facts

Serving Size 2 muffin meatloaves, 1/6 of recipe (130g)  
Servings Per Container 6

Amount Per Serving	
<b>Calories</b> 230	Calories from Fat 110
	% Daily Value*
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 90mg	<b>30%</b>
<b>Sodium</b> 330mg	<b>14%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 2g	
<b>Protein</b> 21g	
Vitamin A 4%	• Vitamin C 0%
Calcium 10%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Source

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

## Cost

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

# Marinated Beef

Yield: 4 servings

## Ingredients

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

## Instructions

- Using a cutting board and sharp knife, cut round steak across the grain into thin strips about 1/2 inch wide and 2 to 3 inches long.
- In a medium glass mixing bowl, combine garlic, lemon juice, 2 Tablespoons of vegetable oil, salt and pepper.
- Add beef strips and stir to coat with the oil mixture (marinade sauce). Cover bowl with plastic wrap and refrigerate for about 2 hours.
- In a medium skillet over medium-high heat, heat 2 Tablespoons of the oil for 1-2 minutes until hot.
- Drain marinade from beef. Put beef in skillet, stir and cook for 5 to 7 minutes or until meat is thoroughly browned.

## Notes

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

## Nutrition Facts

Serving Size 1/4 of recipe (108g)  
 Servings Per Container 4

Amount Per Serving	
<b>Calories</b> 240	Calories from Fat 150
% Daily Value*	
<b>Total Fat</b> 18g	<b>28%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 200mg	<b>8%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 20g	
Vitamin A 0%	• Vitamin C 6%
Calcium 2%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Source

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

## Cost

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

# Misickquatash (Indian Succotash)

Yield: 6 servings

## Ingredients

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

## Instructions

1. Brown ground beef in pan. Drain excess liquid.
2. Add remaining ingredients except nutmeg. Cover and simmer 5 minutes or until thoroughly heated.
3. Sprinkle with nutmeg before serving.

## Notes

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

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

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

## Nutrition Facts

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

Amount Per Serving			
Calories	160	Calories from Fat	35
		% Daily Value*	
<b>Total Fat</b>	3.5g		<b>5%</b>
Saturated Fat	1g		<b>5%</b>
Trans Fat	0g		
<b>Cholesterol</b>	20mg		<b>7%</b>
<b>Sodium</b>	420mg		<b>18%</b>
<b>Total Carbohydrate</b>	19g		<b>6%</b>
Dietary Fiber	4g		<b>16%</b>
Sugars	7g		
<b>Protein</b>	10g		
Vitamin A	4%	•	Vitamin C 15%
Calcium	4%	•	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories:	2,000    2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
		Fat 9	• Carbohydrate 4 • Protein 4

## Source

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

## Cost

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

# Mouth-Watering Oven-Fried Fish

Yield: 6 servings

## Ingredients

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

## Instructions

1. Preheat oven to 475 F .
2. Clean and rinse fish. Wipe fillets with lemon juice and pat dry.
3. Combine milk, hot sauce, and garlic.
4. Combine pepper, salt, and onion powder with crumbs and place on plate.
5. Let fillets sit briefly in milk. Remove and coat fillets on both sides with seasoned crumbs. Let stand briefly until coating sticks to each side of fish.
6. Arrange on lightly oiled shallow baking dish.
7. Bake for 20 minutes on middle rack without turning.
8. Cut into 6 pieces. Serve with fresh lemon.

## Notes

\*Atlantic cod and low fat buttermilk (1%) used for nutritional analysis.  
 May substitute black pepper for white pepper.  
 May use cayenne pepper in place of hot sauce.  
 May use dry bread crumbs, cracker crumbs, or other unsweetened cereal crumbs in place of corn flakes.  
 May use fat-free or lowfat milk with vinegar in place of buttermilk (1 tsp vinegar and 1/4 cup of milk; stir and let stand a few minutes).

## Nutrition Facts

Serving Size 1 Piece (134g)  
 Servings Per Container 6

Amount Per Serving			
Calories	150	Calories from Fat	30
		% Daily Value*	
<b>Total Fat</b>	3.5g		<b>5%</b>
Saturated Fat	0.5g		<b>3%</b>
Trans Fat	0g		
<b>Cholesterol</b>	60mg		<b>20%</b>
<b>Sodium</b>	210mg		<b>9%</b>
<b>Total Carbohydrate</b>	4g		<b>1%</b>
Dietary Fiber	0g		<b>0%</b>
Sugars	1g		
<b>Protein</b>	25g		
Vitamin A	2%	• Vitamin C	10%
Calcium	2%	• Iron	6%

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

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

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

## Source

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

## Cost

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

# One Pan Spaghetti

Yield: 10 servings

## Ingredients

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

## Instructions

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

## Notes

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

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

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

## Nutrition Facts

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

Amount Per Serving			
Calories	220	Calories from Fat	45
		% Daily Value*	
<b>Total Fat</b>	5g		<b>8%</b>
Saturated Fat	2.5g		<b>13%</b>
Trans Fat	0g		
<b>Cholesterol</b>	20mg		<b>7%</b>
<b>Sodium</b>	360mg		<b>15%</b>
<b>Total Carbohydrate</b>	29g		<b>10%</b>
Dietary Fiber	2g		<b>8%</b>
Sugars	3g		
<b>Protein</b>	13g		
Vitamin A	6%	Vitamin C	6%
Calcium	10%	Iron	10%

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

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

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

## Source

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

## Cost

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



# Perfect Pumpkin Pancakes

Yield: 12 servings

## Ingredients

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

## Instructions

1. Combine flour, brown sugar, baking powder, pumpkin pie spice and salt in a large mixing bowl.
2. In a medium bowl, combine egg, canned pumpkin, milk and vegetable oil, mixing well.
3. Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy. (For thinner batter, add more milk).
4. Lightly coat a griddle or skillet with cooking spray and heat on medium.
5. Using a 1/4 cup measure, pour batter onto hot griddle. Cook until bubbles begin to burst, then flip pancakes and cook until golden brown, 1 1/2 to 2 1/2 minutes. Repeat with remaining batter. Makes about 1 dozen 3 1/2 inch pancakes.

## Notes

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

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

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

## Nutrition Facts

Serving Size 1 pancake, 1/12 of recipe (78g)  
 Servings Per Container 12

Amount Per Serving		% Daily Value*	
<b>Calories</b>	130	<b>Calories from Fat</b>	30
<b>Total Fat</b>	3.5g		5%
Saturated Fat	0.5g		3%
Trans Fat	0g		
<b>Cholesterol</b>	20mg		7%
<b>Sodium</b>	340mg		14%
<b>Total Carbohydrate</b>	21g		7%
Dietary Fiber	1g		4%
Sugars	4g		
<b>Protein</b>	4g		
Vitamin A	35%	Vitamin C	2%
Calcium	10%	Iron	8%

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

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

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

## Source

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

## Cost

Per recipe: \$1.34

Per serving: \$0.11

# Polenta with Pepper and Cheese

Yield: 8 servings

Cook time: 23 minutes

## Ingredients

- 4 cups water
- 1 1/2 cup corn meal (or polenta, uncooked)
- 1 can whole kernel corn mixed with green and red peppers (11 ounces, drained)
- 1 can green chiles (7 ounces)
- 1/2 teaspoon salt
- 1 tablespoon margarine or butter
- 6 ounces cheese, cheddar, reduced fat, shredded
- 1 can black or pinto beans (15 ounces, rinsed)
- Garnish:
  - cilantro sprigs
  - 1 red bell pepper (cut into rings)

## Instructions

1. In a medium sauce pan, bring the water to a boil. Gradually add the cornmeal or polenta. Reduce heat to low.
2. Continue stirring, add the corn, chiles and the salt. Cook 6-8 minutes or until mixture thickens, stirring occasionally.
3. Gently stir in the margarine, cheese and beans.
4. Remove from the heat and transfer to a serving dish.
5. Garnish with red bell pepper rings and cilantro.

## Notes

If made in advance or for leftovers, spread in a pan and chill. To serve, slice into squares and heat in microwave or oven.

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

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

## Nutrition Facts

Serving Size 1 cup prepared polenta, 1/8 of recipe (303g)  
Servings Per Container 8

Amount Per Serving			
Calories 270		Calories from Fat 50	
		% Daily Value*	
<b>Total Fat</b>	5g		8%
Saturated Fat	1.5g		8%
Trans Fat	0g		
<b>Cholesterol</b>	5mg		2%
<b>Sodium</b>	590mg		25%
<b>Total Carbohydrate</b>	43g		14%
Dietary Fiber	6g		24%
Sugars	4g		
<b>Protein</b>	11g		
Vitamin A	20%	Vitamin C	60%
Calcium	15%	Iron	15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat		9	• Carbohydrate 4 • Protein 4

## Source

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

## Cost

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

# Quick Tuna Casserole

Yield: 6 servings

## Ingredients

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

## Instructions

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

## Notes

May use lowfat cream of mushroom soup for low-sodium soup. Lowfat soup is lower in sodium than regular soup.

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

## Nutrition Facts

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

### Amount Per Serving

**Calories 240**      **Calories from Fat 40**

**% Daily Value\***

**Total Fat 4.5g**      **7%**

    Saturated Fat 1g      **5%**

    Trans Fat 0g

**Cholesterol 30mg**      **10%**

**Sodium 280mg**      **12%**

**Total Carbohydrate 35g**      **12%**

    Dietary Fiber 3g      **12%**

    Sugars 4g

**Protein 15g**

Vitamin A 10%      • Vitamin C 8%

Calcium 8%      • Iron 15%

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

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

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

## Source

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

## Cost

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

# Red Hot Fusilli

Yield: 4 servings

## Ingredients

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

## Instructions

1. Heat oil in a medium saucepan. Saute garlic and parsley until golden.
2. Add tomatoes and spices. Cook uncovered over low heat 15 minutes or until thickened, stirring frequently. If desired, add chicken and continue cooking for 15 minutes until chicken is heated through and sauce is thick.
3. Cook pasta firm in unsalted water.
4. To serve, spoon sauce over pasta and sprinkle with coarsely chopped parsley. Serve hot as a main dish and cold for the next day's lunch.

\*Cost estimate and nutritional analysis includes optional chicken.

## Notes

- If pre-cooked chicken is not available, cook ¾ lb raw chicken and chop into ½-inch pieces when cooled down.
- May use 28 ounces of "no salt added" canned tomatoes for fresh tomatoes; drain if desired.
- May use any vegetable oil in place of olive oil.
- May use cayenne pepper in place of ground red pepper.

## Nutrition Facts

Serving Size 1 cup (388g)  
Servings Per Container 4

Amount Per Serving		% Daily Value*	
<b>Calories</b>	380	<b>Calories from Fat</b>	60
<b>Total Fat</b>	7g		<b>11%</b>
Saturated Fat	1.5g		<b>8%</b>
Trans Fat	0g		
<b>Cholesterol</b>	50mg		<b>17%</b>
<b>Sodium</b>	200mg		<b>8%</b>
<b>Total Carbohydrate</b>	51g		<b>17%</b>
Dietary Fiber	5g		<b>20%</b>
Sugars	6g		
<b>Protein</b>	28g		
Vitamin A	40%	Vitamin C	50%
Calcium	6%	Iron	20%

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

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

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

## Source

National Heart, Lung and Blood Institute  
National Institutes of Health,  
[Stay Young at Heart Recipe Book](#)

## Cost

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

# Scrambled Tofu

Yield: 4 servings

## Ingredients

- 1 package tofu (20 ounces)
- 1 tablespoon butter
- 2 egg
- salt and pepper (optional, to taste)
- bean sprouts or chop suey mix, garlic, watercress, mushrooms, cheese, bell pepper, green onions (optional)

## Instructions

1. Drain tofu.
2. In small bowl, dice or mash tofu. For optional ingredients, crush garlic and/or slice watercress, mushrooms, cheese, bell peppers, and green onions.
3. In a pan, melt butter. Add tofu. Add optional ingredients. Saute over medium heat until lightly browned.
4. Beat eggs and add to tofu mixture. Cook until firm.
5. Sprinkle with salt and pepper to taste.
6. Stir and cook until firm.

## Notes

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

## Nutrition Facts

Serving Size 1/4 of recipe (114g)  
 Servings Per Container 4

Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 90
% Daily Value*	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 100mg	<b>33%</b>
<b>Sodium</b> 60mg	<b>3%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 0g	
<b>Protein</b> 13g	
Vitamin A 4%	• Vitamin C 0%
Calcium 10%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Source

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

## Cost

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

# Shake-A-Pudding

Yield: 8 servings

## Ingredients

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

## Instructions

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

## Notes

May use skim milk or lowfat 1% milk.

<b>Nutrition Facts</b>			
Serving Size 1/2 cup (103g)			
Servings Per Container 8			
Amount Per Serving			
<b>Calories</b>	100	Calories from Fat	5
		% Daily Value*	
<b>Total Fat</b>	1g		<b>2%</b>
Saturated Fat	0g		<b>0%</b>
Trans Fat	0g		
<b>Cholesterol</b>	5mg		<b>2%</b>
<b>Sodium</b>	210mg		<b>9%</b>
<b>Total Carbohydrate</b>	21g		<b>7%</b>
Dietary Fiber	1g		<b>4%</b>
Sugars	18g		
<b>Protein</b>	2g		
Vitamin A	2%	• Vitamin C	4%
Calcium	8%	• Iron	0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	• Carbohydrate 4 • Protein 4

## Source

UMass Extension Nutrition Education Program, [CHOICES Steps Toward Health](#)

## Cost

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

# Tofu Salad

Yield: 4 servings

## Ingredients

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

## Instructions

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

## Notes

You may substitute yellow mustard for brown mustard.

## Nutrition Facts

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

Amount Per Serving			
<b>Calories 90</b>		<b>Calories from Fat 45</b>	
		% Daily Value*	
<b>Total Fat</b>	5g		<b>8%</b>
Saturated Fat	0.5g		<b>3%</b>
Trans Fat	0g		
<b>Cholesterol</b>	5mg		<b>2%</b>
<b>Sodium</b>	160mg		<b>7%</b>
<b>Total Carbohydrate</b>	4g		<b>1%</b>
Dietary Fiber	1g		<b>4%</b>
Sugars	2g		
<b>Protein 6g</b>			
Vitamin A	4%	Vitamin C	25%
Calcium	4%	Iron	6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories:	2,000    2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
		Fat 9	• Carbohydrate 4 • Protein 4

## Source

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

## Cost

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

# White Chili

Yield: 10 servings

## Ingredients

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

## Instructions

1. Sauté peppers and onion in olive oil.
2. Add green chili, garlic, spices and chicken broth. Simmer for 20 minutes.
3. Add milk, cooked beans, and cooked chicken. Allow to thicken before adding cilantro. Heat through.
4. Top chili with crisp tortillas before serving.

## Backlog

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

May use any vegetable oil in place of olive oil.

May use fresh parsley in place of fresh cilantro.

May use a mix of other spices such as cayenne pepper, cumin, or oregano in place of chili powder.

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

## Nutrition Facts

Serving Size 1/10 recipe (279g)  
Servings Per Container 10

Amount Per Serving		% Daily Value*	
<b>Calories</b>	210	<b>Calories from Fat</b>	45
<b>Total Fat</b>	5g		<b>8%</b>
Saturated Fat	1g		<b>5%</b>
Trans Fat	0g		
<b>Cholesterol</b>	30mg		<b>10%</b>
<b>Sodium</b>	150mg		<b>6%</b>
<b>Total Carbohydrate</b>	25g		<b>8%</b>
Dietary Fiber	5g		<b>20%</b>
Sugars	5g		
<b>Protein</b>	18g		
Vitamin A	20%	Vitamin C	60%
Calcium	10%	Iron	15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	Carbohydrate 4 • Protein 4

## Source

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

## Cost

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



# Yogurt Pops

Yield: 4 servings

## Ingredients

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

## Instructions

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

## Notes

Here are some good flavor mixes for yogurt pops:

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

Use 100% fruit juice for no added sugars.

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

## Nutrition Facts

Serving Size 1 pop, 1/4 of recipe  
 (87g)  
 Servings Per Container 4

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

## Source

Pennsylvania Nutrition Education Program,  
 Pennsylvania Nutrition Education Network  
 Website Recipes

## Cost

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