



# Polk County Local Food Resource Guide

A guide for Family Living and Nutrition

“We all live under the same sky,  
but we don’t all have the same  
horizon.” ~ Konrad Adenauer



CARING FOR THE  
**FACES & SPACES**  
OF WISCONSIN



## LOCAL FOOD RESOURCE GUIDE

Combined aspects of nutrition education, family living, and agriculture were utilized to create this Local Food Resource Guide. Research for the guide included Polk County Food Shelf surveys that were distributed in the Summer of 2012 and were completed by the food shelf volunteer managers identifying common client needs and points of view. With the guidance of the survey's report, the guide contains various informational pages regarding family living and nutrition education values such as meal planning, stretching the food dollar and planning ahead strategies. From the agriculture aspect, informational pages include tips on produce selection and produce growing season charts to be used in local grocery stores or farmer's markets. Furthermore, the Local Food Resource Guide contains simple recipes with nutritional information approved by the USDA. This resource is accessible from the UW Extension website, available to everyone for reference.

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# INDEX

Navigating the Guide

<b>Informational Pages</b> .....	Page 2	Sandwiches.....	Page 65
Budget: Feeding Your Family.....	Page 4	Spanish Inspired.....	Page 68
Meal Planning .....	Page 5	<b>Snacks</b> .....	<b>Page 71</b>
Meal Preparation Made Easy		<b>Dinner</b> .....	Page 73
Crockpot.....	Page 6	Beef.....	Page 74
Microwave.....	Page 18	Casseroles.....	Page 78
- Cook it safe		Chicken.....	Page 82
- Cooking safely in microwave		Rice.....	Page 88
- How Microwave Cooking Works		Pasta.....	Page 89
- Food Safety and the Microwave Oven		Pork chops.....	Page 90
- Microwave ovens and Food Safety		Potatoes.....	Page 91
- Recipes for the Microwave		Spanish Inspired.....	Page 93
- Use your Microwave Safely		Soups , Stews and Chowders.....	Page 96
What Should Your Plate Look Like.....	Page 19	<b>Government Resources</b> .....	Page 104
Stretching Your Food Dollar.....	Page 20		
Produce Guide.....	Page 21		
Seasonal Best Buys for Fruits and Vegetables.....	Page 23		
Ingredients Substitutes.....	Page 24		
Cooking with Herbs.....	Page 28		
Glossary of Food Terms.....	Page 30		
<b>Recipes</b> .....	Page 33		
<b>Breakfast</b> .....	Page 34		
Breads and Grains.....	Page 35		
Eggs.....	Page 40		
Muffins.....	Page 45		
Smoothies and Shakes.....	Page 51		
Yogurt Parfaits.....	Page 53		
<b>Lunch</b> .....	Page 55		
Chicken.....	Page 56		
Pasta.....	Page 57		
Pizza.....	Page 60		
Salads.....	Page 61		

# Budgeting: Feeding Your Family



WOMAN	MAN
\$155	\$172

TEEN	
GIRL	BOY
\$155	\$160

CHILD			
1-3	3-5	6-8	9-11
\$ 95	\$ 99	\$126	\$145

INFANT
AGE 6 TO 12 MONTHS
BREAST MILK PLUS FOOD: \$48
FORMULA PLUS FOOD: \$159

INFANT
UP TO 6 MONTHS:
BREAST MILK ONLY: \$-0-
SOME INFANT FORMULA: \$62
INFANT FORMULA ONLY: \$123

**Monthly Budget for family of 5:**

**Example:** Ryan and Tammi Anderson are both 34 years old and have three children together. Oldest daughter Brittany is 9, son Eric is 7, and baby Mae is 10 months old. Ryan would cost \$172 a month, and Tammi would cost \$155 a month to feed. Their children would cost: \$145 for Brittany, \$126 for Eric, and since baby Mae is still breast fed although beginning to eat food, she costs \$48 every month. Their family total comes to \$646 every month.

Monthly food budget per person; Based on USDA cost of food at home per month, 2010. WNEP money for food curriculum.

Source: King-Curry, S.; Coffy, W., Gutzman, R., Fletcher, J., Schaeffen, K.; "Money for Food". UW-Extension Nutrition Education Program. Sept. 2010



# Stretching Your Food Dollar

## Healthier foods for your dollar:

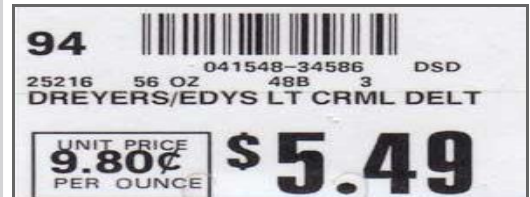
"I have to shop for low-priced food, so I often end up with cheaper foods that aren't very nutritious such as ramen noodles or macaroni and cheese. How can I buy healthy food without breaking the budget?"

- ◆ Watch for sales.
- ◆ Buy fruits and vegetables in season.
- ◆ Consider canned and frozen foods instead of fresh.
- ◆ Look at the Unit Price labels to see the best buy.

"As grocery prices go up, it's getting harder for us to afford meat. How can I stretch my meat?"

- ◆ Combine small amounts of lower-cost meats, poultry and fish with rice, pasta or potatoes for hearty main dishes.
- ◆ Remember, meat portions only need to be 1/4 of the plate.
- ◆ Use half the meat suggested in recipes and add canned or cooked dry beans.
- ◆ Use foods provided by WIC such as eggs and beans to make main dishes.

## Unit Pricing: How does it work?



Look at the pricing labels beneath the foods that you want to buy. The UNIT price is usually listed in the upper right or left hand corner, giving the price per ounce. This allows you to compare the best buys on different brands and different sizes.

"Our family simply doesn't have enough food dollars to last the whole month... What can we do?"

Check to see if you are eligible for Food Share, Wisconsin's name for the federal food stamp nutrition program. The average family receives \$188 per month, and the QUEST card is used just like a debit card at your local grocery store. ([www.access.wisconsin.gov](http://www.access.wisconsin.gov))

# M Meal Planning



1

Make a list of meals and snacks your family would enjoy this week

2

Look through your cupboards, refrigerator and freezer to find the ingredients you already have to make the meals you chose  
Try to keep a well stocked pantry with ingredients you use often.

3

Organize a grocery list of all the ingredients you still need and add any coupons that will boost your savings

4

Assemble a dish one night and freeze for later consumption



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Visit our website:

[www.uwex.edu/ces/cty/sawyer/wnep/index.html](http://www.uwex.edu/ces/cty/sawyer/wnep/index.html)

WNEP education is supported by the USDA Food Stamp Program, UW-Extension, FoodShare Wisconsin, and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, call 715-634-4874

# Crockpot Cookery



Busy Schedule? No time to cook? Using your crock-pot can make life a little more convenient. By planning ahead, you can save meal preparation time at the end of a busy day.

# FOCUS ON SLOW COOKER SAFETY

Opening the front door on a cold winter evening and being greeted by the inviting smells of beef stew or chicken noodle soup wafting from a slow cooker can be a diner's dream, come true, but winter is not the only time a slow cooker is useful. In the summer, using this small appliance can avoid introducing heat from a hot oven. At any time of the year, a slow cooker can make life a little easier, because by planning ahead, you save time later. Also, it takes less electricity to use a slow cooker rather than an oven.



## *Is a slow cooker safe?*

Yes, the slow cooker, a countertop appliance, cooks food slowly at a low temperature- generally between 170 degrees and 280 degrees. The low heat helps less expensive, leaner cuts of meat become tender and shrink less.

Direct heat from the pot, lengthy cooking, and steam created within the tightly covered container combine to destroy bacteria and make the slow cooker safe for cooking foods.



## *Safe Beginnings*

- ⇒ Begin with a clean cooker, clean utensils, and a clean work area.
- ⇒ Wash your hands before and during food preparation.
- ⇒ Keep perishable food refrigerated until preparation time.
- ⇒ If you cut meat & vegetables ahead of time, store separately in the refrigerator.





### Tips for Ingredients

- ⇒ Always defrost meat or poultry before putting it into a slow cooker.
- ⇒ Choose to make foods with high moisture content such as chili, soup, stew, or spaghetti sauce.
- ⇒ Cut food into chunks or small pieces to ensure thorough cooking.

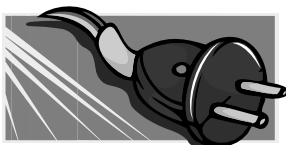


### Filling the Cooker

- ⇒ Fill cooker no less than half full and no more than two-thirds full.
- ⇒ Vegetables cook slower than meat and poultry in slow cooker so if using them, put vegetables in first, at the bottom and around the sides of the utensil.
- ⇒ Then add meat and cover the food with liquid such as broth, water, or barbecue sauce. Keep the lid in place, removing only to stir the food or check for doneness.

### Settings

- ⇒ Most cookers have two or more settings.
- ⇒ For all day cooking or for less tender cuts of meat, use the low setting.
- ⇒ While food is cooking and once it is done, food will stay safe as long as the cooker is operating.



## *Power Out!!*

- ⇒ If you are not at home during the entire slow cooking process and the power goes out, throw away the food, even if it looks done.
- ⇒ If you are at home, finish cooking the ingredients immediately by some other means: on a gas stove, on the outdoor grill, or at a house where the power is on.
- ⇒ When you are at home, and if the food was completely cooked before the power went out, the food should remain safe up to two hours in the cooker with the power off.



## *Handling Leftovers*

- ⇒ Store leftovers in covered, shallow containers, and refrigerate within two hours after cooking is finished.
- ⇒ Reheating leftovers in a slow cooker is not recommended.
- ⇒ Food can be brought to steaming on the stovetop or in a microwave oven and then put into a preheated slow cooker to keep hot for serving.

## Here are some menu planning ideas:

Put in crock pot:	Add:	Serve with:
Beef roast	Carrots, onion soup mix	Mashed potatoes
Beef ribs	Pkg. Sauerkraut	Biscuits, vegetable
Minestrone soup	Dried peas/beans	Bread or crackers
Split pea soup	Ham pieces	Roll, raw vegetables
Chicken	Barbecue sauce	Potato & vegetable
Chili	Kidney beans	Cheese & crackers, fruit

## Keep in mind these food safety tips:

- \* Wash hands before & during food preparation.
- \* Begin with a clean cooker, utensils, & work area.
- \* Keep foods refrigerated until preparation time.
- \* Always defrost meat or poultry before putting it into a crock-pot.
- \* Cut food, such as a large roast, into chunks or small pieces to ensure thorough cooking.

## Use the right amount of food:

Fill the crock pot no less than half full and no more than two-thirds full. If the recipe calls for water, use hot water to bring temperature in crock-pot up quickly. Spray crock-pot with non-stick cooking spray to prevent foods from sticking to crock-pot. Put vegetables in first since they cook slower than meat or poultry. Add meat and cover the food with a liquid such as broth, water, or barbecue sauce. Keep the lid in place, removing only to stir the food and check for doneness.

# RECIPES

## SAVORY PEPPER STEAK (4 SERVINGS)

1 ½ to 2 pounds beef round steak (about ½" thick)

1 can (16 oz.) whole tomatoes

1 T. beef flavor (paste or granules)

¼ cup flour

½ tsp. Salt

1/8 tsp. Pepper

2 tsp. Worcestershire sauce

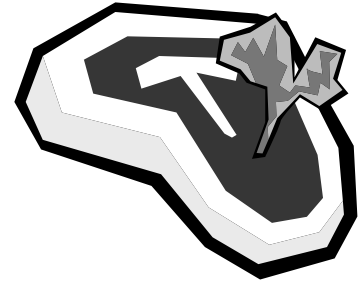
2 large green peppers, seeded & cut into ½" strips

1 T. soy sauce

1 medium onion, chopped

1 small clove garlic, minced

Fluffy rice



Cut steak into strips. Combine ¼ cup flour, the salt, and pepper; toss with steak strips to coat thoroughly. Add to crock pot with onion, garlic, and half of green pepper strips; stir.

Combine tomatoes with beef base, soy sauce, and Worcestershire sauce. Pour into crock-pot, moistening meat well. Cover and cook on HIGH setting for 1 hour. Reduce to LOW setting for 7 to 11 hours.

One hour before serving, turn to HIGH setting and stir in remaining green pepper strips. You may thicken the gravy if desired. Serve over hot fluffy rice.

## ITALIAN BEEF

3-4 pound chuck roast

1-cup water

1 pkg. dry Italian dressing

2 (4-oz.) cans mushrooms with liquid

Combine all ingredients in a crock-pot and cook on HIGH for 1 hour. Turn to LOW setting for remainder of the day. Meat will fall apart. Serve on hard rolls with spicy mustard.

## HAM AND SPLIT PEA SOUP (6 to 8 servings)

16 oz. Pkg. (2 cups) dried split peas

2 pounds smoked ham shank or smoked pork hocks

1 tsp. Salt

$\frac{1}{2}$  tsp. Basil leaves

1 small onion, chopped

6 to 8 cups water

2 medium stalks celery, sliced

1 medium carrot, chopped

In crock pot, combine first 6 ingredients. Cook on HIGH setting for 1 hour. Stir in celery and carrots. Continue cooking on LOW setting 4-6 hours or until peas are tender and soup thickens. Remove ham shank; cut meat from bone and return to soup. Heat through.

### For Ham & Bean soup:

Substitute dried navy beans for split peas. Soak beans overnight in the 2 qts. water. Drain and rinse. Add 6-8 cups of water. Increase first cooking time to 2 hours. Stir in celery and carrots. Continue cooking as directed.



## CREAM OF WILD RICE SOUP

2 cups cooked wild rice (1/2 cup raw)

1 large onion, diced

1/2 green pepper, diced

1 1/2 cups celery, diced

1 small can sliced mushrooms, drained

1/4 cup margarine

1-cup flour

8 cups hot chicken broth

1-cup skim milk

Salt & pepper

In frying pan, sauté onion, pepper, celery, and mushrooms in margarine about 3 minutes or until vegetables soften. Sprinkle in the flour, stirring and cooking until flour is mixed but not browned. Slowly add the chicken broth, stirring until all are mixed well. Add cooked rice and the milk. Put in crock-pot and cook on LOW until heated through and ready to serve.

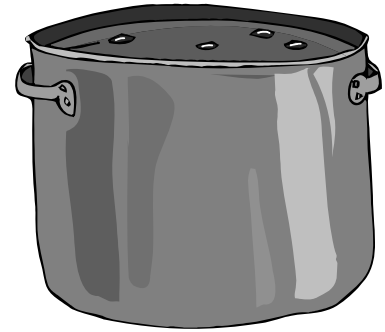
### To make wild rice:

Add 1/2 cup wild rice & 1/2 tsp. salt to 1 1/4 cups water. Heat to boiling, stirring occasionally. Simmer tightly covered, 40-50 minutes or until tender. If necessary, add 1/4 cup more water.



## CHILI CON CARNE (12 servings)

- 3 cans (15 oz.) kidney beans, drained
- 2 large onions, chopped
- 2 green peppers, chopped
- 2 pounds lean ground beef or ground turkey
- 2 cans (16 oz.) tomatoes
- 2 cans (8 oz.) tomato sauce
- $\frac{1}{4}$  tsp. Paprika
- 2 T. chili powder
- 2 bay leaves, crumbled



Brown the meat in frying pan. Put in crock-pot and add remaining ingredients. Cover and cook on HIGH for 1 hour, reducing to LOW and continue cooking until ready to serve.

## TACO SOUP (10 servings)

- 1 pound lean ground beef or ground turkey
- 1 medium onion, chopped
- 1 can (16 oz.) tomato sauce
- 2 cans (16 oz.) tomatoes
- 2 cans (16 oz.) pinto or chili beans, undrained
- $\frac{1}{2}$  pkg. taco seasoning (If you like spicy food, use a whole package)

Brown the meat with the onion in a frying pan. Place in crock-pot and add remaining ingredients and cook on HIGH 1 hour. Change to LOW setting and cook 3 hours.



## ROUND STEAK WITH MUSHROOM GRAVY

2 to 2  $\frac{1}{2}$  pounds round steak

$\frac{1}{4}$  cup water

1 (1  $\frac{1}{2}$  oz.) envelope dry onion soup mix

1 can cream of mushroom soup

- Cut steak into 5 or 6 serving-size pieces
- Place in pot and add other ingredients.
- Cover and cook on LOW for 6 to 8 hours.
- Serve with rice or mashed potatoes.
- Makes 5 to 6 servings.

## CROCK POT VEGETABLE SOUP

4 bouillon cubes (beef or chicken)

1 cup boiling water

3 cups water

$\frac{1}{2}$  cup uncooked rice or barley

1 small onion, chopped

$\frac{1}{2}$  cup chopped celery

1-cup thinly sliced carrots

Salt & pepper

1. Dissolve bouillon cubes in boiling water.
2. Place along with rest of ingredients in slow cooker.
3. Cover and cook on LOW for 8 to 10 hours.





## SLOW-COOKER SCALLOPED POTATOES

8 to 10 potatoes

1 cup grated cheddar cheese

2 small onions, chopped

1 (10 oz.) can cream of mushroom or celery soup

6-8 slices ham

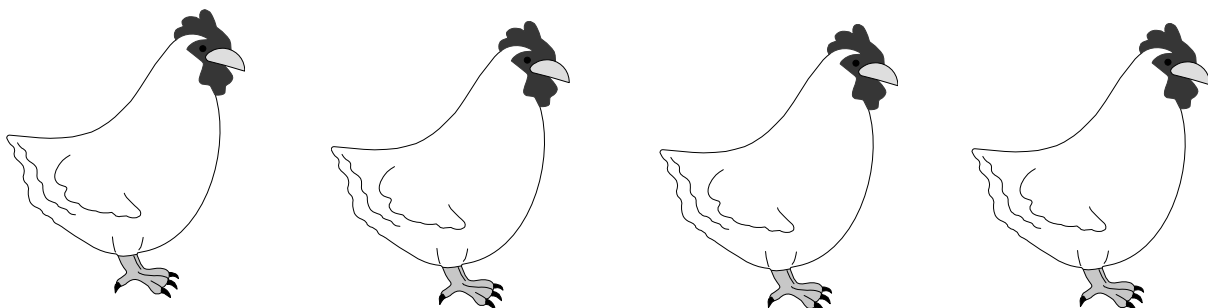


1. Peel and thinly-slice potatoes.
2. Mix together sliced potatoes, onion, and soup.
3. Place  $\frac{1}{2}$  of ham slices in bottom of cooker.
4. Place  $\frac{1}{2}$  of potato mixture on ham; season with salt & pepper.
5. Put all grated cheese on potatoes.
6. Add the rest of the ham slices and then the potato mixture
7. Cover cooker. Cook on LOW for 8 to 10 hours or HIGH for 4 to 6 hours.

## QUICK CROCK POT BBQ CHICKEN

The absolutely easiest thing I've ever done in a crock-pot - when you're really rushed for time - is to dump in a package of cut up chicken parts and pour over it a bottle of your favorite BBQ Sauce. Cook on LOW for 7 to 8 hours.

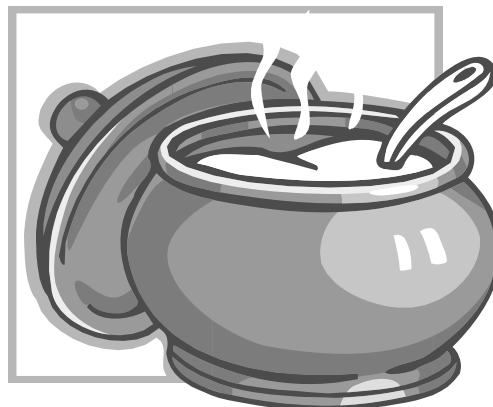
It's hardly a recipe, but it's been a lifesaver when I didn't have time to do anything fancy; and everyone loves the result!



## SLOW-COOKED CHILI

(10 servings, 330 calories/serving)

2 lbs. ground beef  
2 cans (16 oz.) kidney beans  
1 can (28oz.) chopped tomatoes  
1 can (8 oz.) tomato sauce  
2 onions, chopped  
1 green pepper, chopped  
2 cloves garlic  
2 T. chili powder  
1 T. cumin  
2 tsp. Salt  
1 tsp. Pepper  
Cheddar cheese (garnish)



Brown the beef and drain. Put in cooker and add next 9 ingredients. Cover and cook on LOW for 4 hours. Garnish with cheese.

## MEXICAN CROCK POT BURRITOS

1-2 pounds pork, beef or chicken  
1-2 cans Mexican-style stewed tomatoes

### Seasonings to taste:

Ground cumin, chili powder, red pepper, etc.

Flour tortillas

### Optional:

Beans, cheese, sour cream, lettuce, avocado, Spanish rice, taco sauce, salsa, tomatoes (anything you've got on hand)

Place the meat of choice in bottom of crock-pot. Pour the amount of canned tomatoes you prefer over top. (For one pound of meat, use one can; for two, use two). Add additional seasonings, as you like. Cook on LOW for 6 to 8 hours. When done, lift meat from crock-pot and shred or chop. Return to sauce in crock-pot and stir. Serve in warm tortillas, rolled up with choice of additional fillings.

# Microwave Cooking

<http://www.foodsafety.wisc.edu>

Go to this web site for information on Microwave cooking.

The following topics can be accessed:

- Cook it Safe!
- Cooking Safely in the Microwave Oven (and in Spanish)
- How Microwave Cooking Works
- Food Safety and the Microwave Oven
- Microwave Ovens and Food Safety
- Recipes for the Microwave (search RecipeSource.com)
- Use Your Microwave Safely



# My Plate



## **Whole Grain:**

Make half your plate whole grains. Substitute wholegrain choices for refined-grain breads, bagels, rolls, breakfast cereals, crackers, rice, and pasta.

## **Colorful Fruits and Veggies:**

Make half your plate fruits and vegetables. Eat more red, orange, and dark-green veggies like tomatoes, sweet potatoes, and broccoli in main dishes. Use fruits as snacks, salads, and desserts. At breakfast, top your cereal with bananas or strawberries: add blueberries to pancakes.

## **Protein Power:**

Eat a variety of foods from the protein food group each week, such as seafood, beans and peas, and nuts as well as lean meats, poultry, and eggs.

## Buying, Storing, & Preparing **Fresh Produce**

*Continued...*

### **What About Pre-Washed Produce?**

Many pre-cut, bagged produce items like lettuce are pre-washed. If so, it will be stated on the packaging. This pre-washed, bagged produce can be used without further washing.

As an extra measure of caution, you can wash the produce again just before you use it. Pre-cut or pre-washed produce in open bags should be washed before using.

### **FOCUS ON: Health Risks With Raw Sprouts**

Raw sprouts that are served on salads, wraps, and sandwiches may contain bacteria that can cause foodborne illness. Rinsing sprouts first will not remove bacteria. Home-grown sprouts also present a health risk if they are eaten raw or lightly cooked.

To reduce the risk of illness, do not eat raw sprouts such as bean, alfalfa, clover, or radish sprouts. All sprouts should be cooked thoroughly before eating to reduce the risk of illness.

This advice is particularly important for children, the elderly, and persons with weakened immune systems, all of whom are at risk of developing serious illness due to foodborne disease.

<http://www.cfsan.fda.gov/~dms/produce.html>



## Buying, Storing, & Preparing Fresh Produce

### Buying Tips For Fresh Produce

You can help keep produce safe by making wise buying decisions at the grocery store.

- 1 Purchase produce that is not bruised or damaged.
- 2 When selecting fresh produce — such as half a watermelon or bagged mixed salad greens — choose only those items that are refrigerated or surrounded by ice.
- 3 Bag fresh fruits and vegetables separately from meat, poultry and seafood products when packing them to take home from the market.

### Storage Tips For Fresh Produce

Proper storage of fresh produce can affect both quality and safety. To maintain quality of fresh produce:

- 1 Certain perishable fresh fruits and vegetables (like strawberries, lettuce, herbs, and mushrooms) can be best maintained by storing in a clean refrigerator at a temperature of 40° F or below. If you're not sure whether an item should be refrigerated to maintain quality, ask your grocer.
- 2 All produce that is purchased pre-cut or peeled should be refrigerated to maintain both quality and safety.
- 3 Keep your refrigerator set at 40° F or below. Use a fridge thermometer to check!

### Preparation Tips For Fresh Produce

Begin with clean hands. Wash your hands for 20 seconds with warm water and soap before and after preparing fresh produce.

- 1 Cut away any damaged or bruised areas on fresh fruits and vegetables before preparing and/or eating. Produce that looks rotten should be discarded.
- 2 All produce should be thoroughly washed before eating. This includes produce grown conventionally or organically at home, or produce that is purchased from a grocery store or farmer's market. Wash fruits and vegetables under running water just before eating, cutting or cooking.
- 3 Even if you plan to peel the produce before eating, it is still important to wash it first.

- 4 Washing fruits and vegetables with soap or detergent or using commercial produce washes is not recommended.
- 5 Scrub firm produce, such as melons and cucumbers, with a clean produce brush.
- 6 Drying produce with a clean cloth towel or paper towel may further reduce bacteria that may be present.

### Separate For Safety

Keep fruits and vegetables that will be eaten raw separate from other foods such as raw meat, poultry or seafood — and from kitchen utensils used for those products.

In addition, be sure to:

- 1 Wash cutting boards, dishes, utensils and counter tops with hot water and soap between the preparation of raw meat, poultry and seafood products and the preparation of produce that will not be cooked.
- 2 For added protection, kitchen sanitizers can be used on cutting boards and counter tops periodically. Try a solution of one teaspoon of chlorine bleach to one quart of water.
- 3 If you use plastic or other non-porous cutting boards, run them through the dishwasher after use.

<http://www.cdc.gov/foodborne/ecolispinach.html>

*Continued on the following page*



# Seasonal Best Buys for Fruits and Vegetables

## Harvest Schedule

Item	May	June	July	Aug	Sept	Oct
Asparagus	█					
Green Onions	█					
Radishes	█					
Rhubarb	█					
Spinach	█					
Lettuce	█	█	█	█		
Bok Choy		█	█	█		
Edible Pod Peas		█	█			
Snow Peas		█	█			
Garden Peas		█	█			
Zucchini			█	█	█	
Green Beans			█	█	█	
Wax Beans			█	█	█	
Cucumbers			█	█	█	
Broccoli			█	█	█	
Potatoes			█	█	█	█
Mushrooms			█	█	█	
Beets			█	█	█	█
Carrots			█	█	█	█
Kohlrabi			█	█	█	
Cauliflower			█	█	█	█
Sweet Corn				█	█	█
Tomatoes				█	█	█
Summer Squash			█	█	█	
Cabbage				█	█	█
Peppers				█	█	█
Eggplant				█	█	█
Melons				█	█	
Dry Onions					█	█
Winter Squash					█	█
Pumpkins					█	█
<b>Fresh Cut Flowers</b>		█	█	█	█	
<b>Dried Flowers</b>					█	█
Strawberries		█	█			
Raspberries			█	█	█	
Blueberries			█	█	█	
Peaches				█	█	
Blackberries				█	█	
Apples				█	█	█
Farm Fresh Eggs	█	█	█	█	█	█
Dairy Products	█	█	█	█	█	█
Honey	█	█	█	█	█	█
Meat	█	█	█	█	█	█

# Ingredient Substitutions

The substituted food may not perform exactly as the original food. Each ingredient has specific functions in a recipe, and a substitute may alter the flavor, color, texture, or volume, but still result in an acceptable product.

Ingredient	Amount	Substitutes
Allspice	1 teaspoon	• 1/2 teaspoon cinnamon and 1/2 teaspoon ground cloves
Apple pie spice	1 teaspoon	• 1/2 teaspoon cinnamon, 1/4 teaspoon nutmeg, and 1/8 teaspoon cardamom
Arrowroot starch	1 1/2 teaspoon	• 1 tablespoon flour • 1 1/2 teaspoons cornstarch
Baking powder	1 teaspoon	• 1/4 teaspoon baking soda and 5/8 teaspoon cream of tartar • 1/4 teaspoon baking soda and 1/2 cup sour milk or buttermilk (decrease liquid called for in recipe by 1/2 cup) • 1/4 teaspoon baking soda and 1/2 teaspoon lemon juice or vinegar used with sweet milk to make 1/2 cup (decrease liquid called for in recipe by 1/2 cup)
Bay leaf	1 whole	• 1/4 teaspoon crushed
Beau Monde seasoning	1 teaspoon	• 1 teaspoon seasoning or seasoned salt • 1/2 teaspoon table salt • 1/2 teaspoon Mei Yen seasoning
Brandy	1/4 cup	• 1 teaspoon brandy extract plus enough water or liquid called for in recipe to make 1/4 cup
Broth, beef or chicken	1 cup	• 1 bouillon cube dissolved in 1 cup boiling water • 1 envelope powdered broth base dissolved in 1 cup boiling water • 1 teaspoon powdered broth base dissolved in 1 cup boiling water
Butter	1 cup	• 7/8 to 1 cup hydrogenated fat and 1/2 teaspoon salt • 7/8 cup lard plus 1/2 teaspoon salt • 1 cup margarine
Chicken stock base, instant	1 1/2 teaspoons	• 1 chicken bouillon cube
Chicken stock base, instant	1 tablespoon dissolved in 1 cup water	• 1 cup canned or homemade chicken broth or chicken stock
Chili sauce	1 cup	• 1 cup tomato sauce, 1/4 cup brown sugar, 2 tablespoons vinegar, 1/4 teaspoon cinnamon, dash of ground cloves, and dash of allspice
Chives, finely chopped	2 teaspoons	• 2 teaspoons green onion tops, finely chopped

Ingredient	Amount	Substitutes
Chocolate chips, semisweet	1 ounce	• 1 ounce sweet cooking chocolate
Chocolate, semisweet	1 2/3 ounces	• 1 ounce unsweetened chocolate and 4 teaspoons sugar
Chocolate, semisweet chips, melted	6-ounce package	• 2 squares unsweetened chocolate, 2 tablespoons shortening, and 1/2 cup sugar
Chocolate, unsweetened	1 square or 1 ounce	• 3 tablespoons cocoa and 1 tablespoon fat
Cocoa	1/4 cup or 4 tablespoons	• 1 ounce (square) chocolate (decrease fat called for in recipe by 1/2 tablespoon)
Coconut	1 tablespoon grated, dry	• 1 1/2 tablespoons fresh grated coconut
Coconut cream	1 cup	• 1 cup whipping cream
Coconut milk	1 cup	• 1 cup whole or 2% milk
Cornmeal, self-rising	1 cup	• 7/8 cup regular cornmeal, 1 1/2 tablespoons baking powder, and 1/2 teaspoon salt
Corn syrup	1 cup	• 1 cup sugar and 1/4 cup liquid (use whatever liquid is called for in the recipe) • 1 cup honey
Cornstarch (for thickening)	1 tablespoon	• 2 tablespoons all-purpose flour • 2 tablespoons granulated tapioca
Cracker crumbs	3/4 cup	• 1 cup dry bread crumbs
Cream, half-and-half	1 cup	• 7/8 cup milk and 1/2 tablespoon butter or margarine • 1 cup evaporated milk, undiluted • 1/2 cup coffee cream plus 1/2 cup milk
Cream, heavy (36% to 40% fat)	1 cup	• 3/4 cup milk and 1/3 cup butter or margarine (for use in cooking or baking)
Cream, light (18% to 20% fat)	1 cup	• 3/4 cup milk and 3 tablespoons butter or margarine (for use in cooking or baking) • 1 cup evaporated milk, undiluted
Cream, whipped	Any amount	• Chill 13-ounce can of evaporated milk for 12 hours. Add 1 teaspoon lemon juice. Whip until stiff.
Dill plant, fresh or dried	3 heads	• 1 tablespoon dill seed



Ingredient	Amount	Substitutes
Egg	1 whole (3 tablespoons)	<ul style="list-style-type: none"> <li>• 3 tablespoons and 1 teaspoon thawed frozen egg</li> <li>• 2 1/2 tablespoons sifted, dry whole egg powder and 2 1/2 tablespoons warm water</li> <li>• 2 yolks and 1 tablespoon water (in cookies)</li> <li>• 2 yolks (in custards, cream fillings, and similar mixtures)</li> <li>• Soften 1 tablespoon unflavored gelatin in 3 tablespoons cold water; add 3 teaspoons boiling water; cool and beat until frothy; add to recipe (reduce other liquid by 2 tablespoons)</li> <li>• 1/4 cup commercial egg substitute</li> </ul>
Egg white	1 white (2 tablespoons)	<ul style="list-style-type: none"> <li>• 2 tablespoons thawed frozen egg white</li> <li>• 2 teaspoons sifted, dry egg white powder and 2 tablespoons lukewarm water</li> </ul>
Egg yolk	1 yolk (1 1/2 teaspoons)	<ul style="list-style-type: none"> <li>• 2 tablespoons sifted dry egg yolk powder and 2 teaspoons water</li> <li>• 1 1/3 tablespoons thawed frozen egg yolk</li> </ul>
Flour, all-purpose (for thickening)	1 tablespoon	<ul style="list-style-type: none"> <li>• 1 1/2 teaspoons cornstarch, arrowroot starch, potato starch, or rice starch</li> <li>• 1 tablespoon granular tapioca</li> <li>• 1 tablespoon waxy rice flour</li> <li>• 1 tablespoon waxy corn flour</li> <li>• 2 tablespoons browned flour</li> <li>• 1 1/2 tablespoons whole wheat flour and 1/2 tablespoon all purpose flour</li> </ul>
Flour, all-purpose Note: Specialty flours added to yeast bread recipes will result in a reduced volume and heavier product	1 cup, sifted	<ul style="list-style-type: none"> <li>• 1 cup and 2 tablespoons cake flour</li> <li>• 1 cup minus 2 tablespoons unsifted all-purpose flour</li> <li>• 1 1/2 cup bread crumbs</li> <li>• 1 cup rolled oats</li> <li>• 1/3 cup cornmeal or soybean flour and 2/3 cup all-purpose flour</li> <li>• 1/2 cup cornmeal, bran, rice flour, rye flour, or whole wheat flour and 1/2 cup all-purpose flour</li> <li>• 3/4 cup whole wheat flour or bran flour and 1/4 cup all-purpose flour</li> <li>• 1 cup rye or rice flour</li> <li>• 1/4 cup soybean flour and 3/4 cup all-purpose flour</li> </ul>
Flour, cake	1 cup sifted	<ul style="list-style-type: none"> <li>• 1 cup minus 2 tablespoons sifted all-purpose flour</li> </ul>

Ingredient	Amount	Substitutes
Flour, self-rising	1 cup	<ul style="list-style-type: none"> <li>• 1 cup minus 2 teaspoons all-purpose flour, 1 1/2 teaspoons baking powder, and 1/2 teaspoon salt</li> </ul>
Flour, whole wheat	Any amount	<ul style="list-style-type: none"> <li>• Substitute whole wheat flour for 1/4 to 1/2 of the white flour called for in a recipe</li> </ul>
Garlic	1 clove, small	<ul style="list-style-type: none"> <li>• 1/8 teaspoon garlic powder or instant minced garlic</li> <li>• 1/2–1 teaspoon garlic salt (reduce amount of salt called for in recipe)</li> </ul>
Gelatin, flavored	3-ounce package	<ul style="list-style-type: none"> <li>• 1 tablespoon plain gelatin and 2 cups fruit juice</li> </ul>
Ginger	1/8 teaspoon, powdered	<ul style="list-style-type: none"> <li>• 1 tablespoon candied ginger rinsed in water to remove sugar and finely cut</li> <li>• 1 tablespoon raw ginger</li> </ul>
Herbs, fresh	1 tablespoon finely cut	1 teaspoon dried herbs
Honey	1 cup	<ul style="list-style-type: none"> <li>• 1 1/4 cup sugar and 1/4 cup liquid (use liquid called for in recipe)</li> </ul>
Horseradish	1 tablespoon fresh	<ul style="list-style-type: none"> <li>• 2 tablespoons bottled</li> </ul>
Ketchup	1 cup	<ul style="list-style-type: none"> <li>• 1 cup tomato sauce, 1/2 cup sugar, and 2 tablespoons vinegar (for use in cooking)</li> </ul>
Lemon	1 teaspoon juice	<ul style="list-style-type: none"> <li>• 1/2 teaspoon vinegar</li> </ul>
Lemon	1 medium	<ul style="list-style-type: none"> <li>• 2–3 tablespoons juice and 1–2 teaspoons rind</li> </ul>
Lemon peel, dried	1 teaspoon	<ul style="list-style-type: none"> <li>• 1–2 teaspoons grated fresh lemon peel</li> <li>• Grated peel of 1 medium lemon</li> <li>• 1/2 teaspoon lemon extract</li> </ul>
Macaroni, (4 cups cooked)	2 cups uncooked	<ul style="list-style-type: none"> <li>• 2 cups spaghetti, uncooked</li> <li>• 4 cups noodles, uncooked</li> </ul>
Maple sugar	1/2 cup	<ul style="list-style-type: none"> <li>• 1 cup maple syrup and reduce liquid in recipe by 1/4 cup</li> </ul>
Maple sugar (grated and packed)	1 tablespoon	<ul style="list-style-type: none"> <li>• 1 tablespoon white, granulated sugar</li> </ul>
Maple syrup	About 2 cups	<ul style="list-style-type: none"> <li>• Combine 2 cups sugar and 1 cup water, bring to clear boil; take off heat; add 1/2 teaspoon maple flavoring</li> </ul>
Marshmallows, miniature	1 cup	<ul style="list-style-type: none"> <li>• 10 large</li> </ul>
Mayonnaise (for use in salads and salad dressings)	1 cup	<ul style="list-style-type: none"> <li>• 1/2 cup yogurt and 1/2 cup mayonnaise</li> <li>• 1 cup sour cream</li> <li>• 1 cup cottage cheese pureed in blender</li> </ul>

Ingredient	Amount	Substitutes
Me Yen seasoning	1 teaspoon	<ul style="list-style-type: none"> <li>• 1 teaspoon Beau Monde seasoning</li> <li>• 1/2 teaspoon table salt</li> </ul>
Milk, buttermilk	1 cup	1 cup plain yogurt
Milk, buttermilk or sour	1 cup	<ul style="list-style-type: none"> <li>• 1 cup minus 1 tablespoon sweet milk and 1 tablespoon lemon juice or vinegar (allow to stand for 5–10 minutes)</li> <li>• 1 cup sweet milk and 1 3/4 teaspoons cream of tartar</li> </ul>
Milk, evaporated (whole or skim)	1/2 cup plus 1/2 cup water	• 1 cup liquid whole milk
Milk, skim	1 cup	• 4–5 tablespoons nonfat dry milk powder and enough water to make one cup, or follow manufacturer's directions
Milk, skim	1/4 cup	<ul style="list-style-type: none"> <li>• 4 teaspoons nonfat dry milk powder and enough water to make 1/4 cup, or follow manufacturer's directions</li> <li>• 2 tablespoons evaporated skim milk and 2 tablespoons water</li> </ul>
Milk, sweetened condensed	1 can (about 1 1/3 cup)	• Heat the following ingredients until sugar and butter are dissolved: 1/3 cup and 2 tablespoons evaporated milk, 1 cup sugar, 3 tablespoons butter or margarine
Milk, whole	1 cup	<ul style="list-style-type: none"> <li>• 1 cup reconstituted nonfat dry milk and 2 teaspoons butter or margarine</li> <li>• 1/2 cup evaporated milk and 1/2 cup water</li> <li>• 4 tablespoons whole dry milk and 1 cup water, or follow manufacturer's directions</li> <li>• 1 cup fruit juice or 1 cup potato water (for use in baking)</li> <li>• 1/4 cup nonfat dry milk, 2 teaspoons butter or margarine, and 7/8 cup water</li> <li>• 1 cup soy or almond milk</li> <li>• 1 cup water plus 1 1/2 teaspoons butter in baking</li> <li>• 1 cup buttermilk plus 1/2 teaspoon baking soda (decrease baking powder in recipe by 2 teaspoons)</li> </ul>
Mint leaves, fresh chopped	1/4 cup	• 1 tablespoon dried mint leaves
Molasses	1 cup	<ul style="list-style-type: none"> <li>• 3/4 cup sugar, increase liquid by 5 tablespoons, decrease baking soda by 1/2 teaspoon, add 2 teaspoons baking powder</li> <li>• 3/4 cup sugar plus 1 1/4 teaspoons cream of tartar, increase liquid in recipe by 5 tablespoons</li> </ul>

Ingredient	Amount	Substitutes
Mushrooms	1 pound fresh	<ul style="list-style-type: none"> <li>• 3 ounces dried mushrooms plus 1 1/2 cups water</li> <li>• 1 10-ounce can</li> </ul>
Mushrooms, powdered	1 tablespoon	<ul style="list-style-type: none"> <li>• 3 tablespoons whole, dried mushrooms</li> <li>• 4 ounces fresh</li> <li>• 2 ounces canned</li> </ul>
Mustard, dry	1 teaspoon	<ul style="list-style-type: none"> <li>• 1 tablespoon prepared mustard</li> <li>• 1/2 teaspoon mustard seeds</li> </ul>
Nuts	1 cup	• 1 cup rolled oats, browned (in baked products)
Oil (for sautéing)	1/4 cup	• 1/4 cup melted margarine, butter, bacon drippings, shortening, or lard
Onion, fresh	1 small	• Rehydrate 1 tablespoon instant minced onion
Onion	1 small	<ul style="list-style-type: none"> <li>• 1/4 cup chopped, fresh onion</li> <li>• 1 1/3 teaspoons onion salt</li> <li>• 1–2 tablespoons instant minced onion</li> <li>• 1 teaspoon onion powder</li> </ul>
Onions, instant minced	1 tablespoon	• 2 tablespoons fresh onion, chopped
Onion powder	1 tablespoon	<ul style="list-style-type: none"> <li>• 1 medium onion, chopped</li> <li>• 4 tablespoons fresh chopped onion</li> </ul>
Orange	1 medium	<ul style="list-style-type: none"> <li>• 6–8 tablespoons juice</li> <li>• 3/4 cup diced</li> <li>• 2–3 tablespoons grated rind</li> </ul>
Orange peel, dried	1 tablespoon	<ul style="list-style-type: none"> <li>• 2–3 teaspoons grated fresh orange peel</li> <li>• Grated peel of 1 medium orange</li> </ul>
Orange peel, dried	2 teaspoons	• 1 teaspoon orange extract
Orange peel, fresh	1 medium	• 2–3 tablespoons grated fresh orange peel
Parsley, dried	1 teaspoon	• 3 teaspoons fresh parsley, chopped
Pepper, white	1 teaspoon	• 1 teaspoon black pepper
Peppers, green bell	1 tablespoon dried	• 3 tablespoons fresh green pepper, chopped
Peppers, red bell	1 tablespoon dried	<ul style="list-style-type: none"> <li>• 3 tablespoons fresh red bell pepper, chopped</li> <li>• 2 tablespoons chopped pimento</li> </ul>
Peppermint, dried	1 tablespoon	• 1/4 cup chopped fresh mint
Pimento	2 tablespoons, chopped	<ul style="list-style-type: none"> <li>• Rehydrate 1 tablespoon dried red bell peppers</li> <li>• 3 tablespoons fresh red bell pepper, chopped</li> </ul>

Ingredient	Amount	Substitutes
Pumpkin pie spice	1 teaspoon	• 1/2 teaspoon cinnamon, 1/4 teaspoon ginger, 1/8 teaspoon allspice, and 1/8 teaspoon nutmeg
Rennet	1 tablet	• 1 tablespoon liquid rennet
Rice (3 cups cooked)	1 cup regular, uncooked	• 1 cup uncooked converted rice • 1 cup uncooked brown rice • 1 cup uncooked wild rice • 1 cup bulgur or pearl barley, cooked
Rum	1/4 cup	• 1 tablespoon rum extract plus enough liquid to make 1/4 cup
Shortening, melted	1 cup	• 1 cup cooking oil (cooking oil should be substituted ONLY if recipe calls for melted shortening)
Shortening, solid (used in baking)	1 cup	• 1 cup minus 2 tablespoons lard • 1 1/8 cups butter (decrease salt called for in recipe by 1/2 teaspoon) • 1 1/8 cups margarine (decrease salt called for in recipe by 1/2 teaspoon)
Sour cream, cultured	1 cup	• 3/4 cup sour milk and 1/3 cup butter or margarine • 3/4 cup buttermilk and 1/3 cup butter or margarine • Blend until smooth: 1/3 cup buttermilk, 1 tablespoon lemon juice, and 1 cup cottage cheese • 1 cup plain yogurt • 3/4 cup milk, 3/4 teaspoon lemon juice, and 1/3 cup butter or margarine
Spearmint, dried	1 tablespoon	• 1/4 cup chopped fresh mint
Sugar, brown	1 cup firmly packed	• 1 cup granulated sugar • 1 cup granulated sugar plus 1/4 cup molasses • 1/2 cup liquid brown sugar

Ingredient	Amount	Substitutes
Sugar, white	1 cup	• 3/4 cup corn syrup, decrease liquid called for in recipe by 1/4 cup (never replace more than half of recipe's white sugar with a liquid sugar) • 1 1/3 cup molasses (decrease liquid called for in recipe by 1/3 cup) • 1 cup powdered sugar • 1 cup brown sugar, firmly packed • 1 cup honey (decrease liquid called for in recipe by 1/4 cup) • 1 3/4 cup confectioners' sugar, packed
Tapioca, granular	1 tablespoon	• 2 tablespoons pearl tapioca
Tapioca, quick-cooking for thickening	1 tablespoon	• 1 tablespoon of flour
Tomatoes, canned	1 cup	• 1 1/3 cups diced tomatoes simmered 10 minutes
Tomatoes, fresh	2 cups, chopped	• 1 16-ounce can
Tomatoes, packed	1 cup	• 1/2 cup tomato sauce plus 1/2 cup water
Tomato juice	1 cup	• 1/2 cup tomato sauce and 1/2 cup water
Tomato sauce	2 cups	• 3/4 cup tomato paste plus 1 cup water
Tomato soup	10 3/4-ounce can	• 1 cup tomato sauce plus 1/4 cup water
Vanilla bean	1/2 bean	• 1 tablespoon vanilla extract
Worcestershire sauce	1 teaspoon	• 1 teaspoon bottled steak sauce
Yeast, active dry	1 tablespoon	• 1 yeast cake, compressed • 1 package active dry yeast
Yogurt, plain	1 cup	• 1 cup buttermilk • 1 cup cottage cheese blended until smooth • 1 cup sour cream



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**Kansas State University Agricultural Experiment Station and Cooperative Extension Service**

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L730 June 2012



## Cooking with Herbs, Spices & Seasonings

Herbs and spices can add flavor and variety to your food. Use a little at first, and then add more when you are sure you like the flavor.

**To use dry for fresh:** Use  $\frac{1}{3}$  to  $\frac{1}{2}$  teaspoon crushed for 1 Tablespoon fresh.

**Storage:** Herbs and spices lose flavor and can spoil or get buggy if kept longer than one year. If you use slowly, buy small quantities or store in the freezer.

Herb, Spice or Seasoning	Uses
Allspice	Desserts
Basil	Tomato and egg dishes, stews, soups and salads
Bay Leaves	Soups and stews, meat, seafood and vegetable dishes
Black Pepper	Meats, casseroles, vegetables and soups, (other types of peppers: white, cayenne)
Chili Powder	Chili, bean and rice dishes, sauces, dips
Cider Vinegar	Salads, vegetables and sauces.
Cilantro (Coriander)	Mexican foods, salsas, fresh salads and slaws and in marinades
Cinnamon	French toast, fruit salad, sweet potatoes, pumpkin and squash, apple desserts, ham or pork chops, cookies, bread pudding
Cloves	Whole – ham or pork roast Ground – pear or apple desserts, squash & sweet potatoes
Cumin	Mexican, Middle Eastern & Indian dishes, beef, lamb, dry bean dishes, marinades, chili and tomato sauces An ingredient in curry powder.
Dill	Tuna or salmon salad, potato salad, pickles, dips & sauces, vegetables, like tomatoes, cucumbers, carrots, green beans

Garlic	Can use fresh or dried. (Crushed, minced or powdered) Italian, Mexican and Oriental dishes salad dressings, stir-fry, tomatoes and potatoes
Ginger	Can be used fresh or dried (ground). Asian dishes, marinades for chicken or fish, fruit salad dressings, gingerbread, pumpkin pie
Italian Seasoning	A mixture of marjoram, oregano, basil and rosemary. Italian dishes such as spaghetti, stir-fry, pasta salads
Lemon Juice	Fruit salads, blender drinks, fish, and vegetables
Marjoram	Egg and cheese dishes, meat, fish, poultry and vegetables
Nutmeg	Cooked fruit, pies, desserts, baked items, spinach, sweet potatoes, eggnog and French toast
Onion	Can be used fresh or dried (minced or powdered) Use in any dish where onion flavor is desired: chili, casseroles, stews, salads, sauces, and vegetables.
Oregano	Italian dishes, chili, omelets, beef stew, meat loaf, pork, vegetables (such as broccoli and tomatoes)
Parsley	Adds color and brings out the flavor of dishes, meat, soup or vegetable dishes
Rosemary	Meats, vegetables and soups
Sage	Stuffing, poultry, duck, Brussels sprouts,
Thyme	Fish, poultry, or meats, in soups, stews, rice, vegetable salads

### Seasoning Food with Less Salt

Try using herbs and spices to season your food.

Some seasonings contain salt and/or sodium. Use these sparingly:

Garlic salt	Seasoned salt
Onion salt	Celery salt
Soy Sauce	Monosodium Glutamate (MSG)

Many seasoning mixtures contain a lot of salt –  
**READ THE LABEL!**

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# GLOSSARY OF FOOD TERMS

*E. Husted*

**T**ested recipes and good measuring techniques help ensure good results when cooking and baking. It's also important to understand the terms used in the instructions of a recipe. Each term has a specific meaning. Understanding these terms and using the correct procedure contribute to the success of the food product. The terms describe techniques to use when working with the ingredients. Some of the most common terms are listed below to help you as you prepare food and learn about food preparation.

## **BAKE**

To cook in an oven or oven-type appliance. Covered or uncovered containers may be used. When applied to meats in uncovered containers, the method generally is called roasting. Common oven temperatures are:

250°F to 275°F	Very slow oven
300°F to 325°F	Slow oven
350°F to 375°F	Moderate oven
400°F to 425°F	Hot oven
450°F to 475°F	Very hot oven
500°F to 525°F	Extremely hot oven

## **BARBECUE**

To roast slowly on a gridiron or spit, over coals, or under free flame or oven electric unit, usually basting with a highly seasoned sauce. Popularly applied to foods cooked in or served with barbecue sauce.

## **BASTE**

To moisten meat or other foods while cooking, in order to add flavor and to prevent drying of the surface. The liquid usually is melted fat, meat drippings, fruit juice, sauce, or water.

## **BATTER**

A mixture of flour and liquid, usually combined with other ingredients, as in baked products. The mixture is of such consistency that it may be stirred with a spoon and is thin enough to pour or drop from a spoon.

## **BEAT**

To make a mixture smooth by introducing air with a brisk, regular motion that lifts the mixture over and over, or with a rotary motion as with an egg beater or electric mixer.

## **BLANCH**

(Precook.) To preheat in boiling water or steam.

(1) Process used to deactivate enzymes and shrink some foods for canning, freezing, or drying.

Vegetables are blanched in boiling water or steam, and fruits in boiling fruit juice, syrup, water, or steam.

(2) Process used to aid in removal of skins from nuts, fruits, and some vegetables.

## **BLEND**

To mix two or more ingredients thoroughly.

**BOIL**

To cook in water or a liquid consisting mostly of water in which bubbles rise continually and break on the surface. The boiling temperature of water at sea level is 212°F or 100°C.

**BRAISE**

To cook meat or poultry slowly in a covered utensil in a small amount of liquid or in steam. (Meat may or may not be browned in a small amount of fat before braising.)

**BREAD**

To coat with crumbs of bread or other food; or to coat with crumbs, then with diluted, slightly beaten egg or evaporated milk, and again with crumbs.

**BROIL**

To cook by direct heat.

**CARAMELIZE**

To heat sugar or foods containing sugar until a brown color and characteristic flavor develop.

**CHOP**

To cut into pieces with a knife or other sharp tool.

**CREAM**

To soften a solid fat such as shortening or butter with a fork or other utensil, either before or while mixing with another food, usually sugar.

**CUT**

To divide food materials with a knife or scissors.

**CUT IN**

To distribute solid fat in dry ingredients by chopping with knives or pastry blender until finely divided.

**DICE**

To cut into small cubes.

**DREDGE**

To cover or coat with flour or other fine substances such as bread crumbs or corn meal.

**FOLD**

To combine by using two motions, one which cuts vertically through the mixture, the other which turns over by sliding the implement across the bottom of the mixing bowl.

**FRY**

To cook in fat. Applied especially to (1) cooking in a small amount of fat, also called sauté or pan-fry; (2) cooking in a deep layer of fat, also called deep-fat frying.

**GRILL**

To cook by direct heat. Also a utensil or appliance used for such cooking.

**GRIND**

To reduce to particles by cutting or crushing.

**JULIENNE**

To cut into slivers resembling matchsticks.

**KNEAD**

To manipulate with a pressing motion accompanied by folding and stretching.

**MARINATE**

To let food stand in a marinade which is a liquid, usually an oil-acid mixture such as French dressing.

**MINCE**

To cut or chop into very small pieces.

**MIX**

To combine ingredients in any way that effects a distribution.

**PAN-BROIL**

To cook uncovered on a hot surface, usually in a fry pan. Fat is poured off as it accumulates.

**PAN-FRY**

To cook in a small amount of fat. (See Fry and Sauté.)

**PANNING**

Method of cooking vegetables in their own juices in a tightly covered pan. A small amount of fat is used to moisten the pan before juices escape.

**PARBOIL**

To boil until partially cooked. Usually cooking is completed by another method.

**PARE**

To cut off the outside covering.

**PEEL**

To strip off the outside covering.

**POACH**

To cook in a hot liquid, using precautions to retain shape. The temperature used varies with the food.

**RECONSTITUTE**

To restore concentrated foods such as dry milk or frozen orange juice to their normal state by adding water.

**REHYDRATION**

To soak, cook, or use other procedures with dehydrated foods to restore water lost during drying.

**ROAST**

To cook uncovered in hot air. Meat usually is roasted in an oven or over coals, ceramic briquettes, gas flame, or electric coils. The term also applies to foods such as corn or potatoes cooked in hot ashes, under coals, or on heated stones or metal.

**SAUTÉ**

To brown or cook in a small amount of fat. (See **Fry**.)

**SCALD**

(1) To heat milk to just below the boiling point, when tiny bubbles form at the edge. (2) To dip certain foods in boiling water. (See **Blanch**.)

**SCALLOP**

To bake food (usually cut in pieces) with a sauce or other liquid. The food and sauce may be mixed together or arranged in alternate layers in a baking dish, with or without a topping of crumbs.

**SEAR**

To brown the surface of meat by a short application of intense heat.

**SIMMER**

To cook in a liquid just below the boiling point, at temperatures of 185 to 210°F (85 to 99°C). Bubbles form slowly and collapse below the surface.

**STEAM**

To cook in steam with or without pressure. The steam may be applied directly to the food, as in a steamer or pressure cooker.

**STEEP**

To allow a substance to stand in liquid below the boiling point for the purpose of extracting flavor, color, or other qualities.

**STEW**

To simmer food in a small amount of liquid.

**STIR**

To mix food materials with a circular motion for the purpose of blending or securing uniform consistency.

**TOAST**

To brown by means of dry heat.

**WARM**

A temperature of 105 to 115°F (40 to 46°C) for liquid or food.

**WHIP**

To beat rapidly to incorporate air and increase volume. Generally applied to cream, eggs, and gelatin dishes.

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

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(Searchable online archive of recipes)

<http://www.recipesource.com>



# *Breakfast*

*Make a Breakfast for Champions*

## **Benefits of Eating Breakfast:**

- Eating breakfast can help improve math, reading, and standardized test scores.
- Children who eat breakfast are more likely to behave better in school and get along with their peers than those who do not
- Breakfast helps children pay attention, perform problem-solving tasks, and improves memory.
- Children who eat school breakfast are likely to have fewer absences and incidents of tardiness than those who do not.
- Studies have shown that children who eat breakfast on a regular basis are less likely to be overweight.
- Eating breakfast as a child is important for establishing healthy habits for later in life.

<b>Breakfast</b> .....	Page 34
Breads and Grains.....	Page 35
Eggs.....	Page 39
Muffins.....	Page 45
Smoothies and Shakes.....	Page 51
Yogurt Parfaits.....	Page 53

# Apple Slice Pancakes

## Ingredients:

- 1 Granny Smith Apple
- 1 1/4 cups 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 okay! Over-mixing makes pancakes tough.)
- 4.) For each pancake, place an apple ring on the griddle and pour 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.

**Yield:** 6 servings

**Serving Size:** 2 pancakes

**Cost:**

**Per recipe:** \$1.41

**Per serving:** \$0.24

Nutrition Facts	
Serving Size 2 pancakes or 1/6 of recipe (101g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 160</b>	<b>Calories from Fat 35</b>
<hr/>	
	% Daily Value*
<b>Total Fat 4g</b>	<b>6%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 45mg</b>	<b>15%</b>
<b>Sodium 360mg</b>	<b>15%</b>
<b>Total Carbohydrate 24g</b>	<b>8%</b>
Dietary Fiber 1g	4%
Sugars 4g	
<b>Protein 5g</b>	
Vitamin A 2%	• Vitamin C 2%
Calcium 10%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories    2,000    2,500
Total Fat	Less Than 65g    80g
Saturated Fat	Less Than 20g    25g
Cholesterol	Less Than 300mg    300 mg
Sodium	Less Than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Awesome Granola

## 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 teaspoons cinnamon
- 2/3 cups raisins

## Instructions:

1. Heat oven to 350 degrees F. Combine all ingredients in a large bowl, except raisins, mix well.
2. Bake in 13 x 9 inch baking pan at 350 degrees F for 25 - 30 minutes or until golden brown. Stir every 5 minutes.
3. Stir in raisins. Cool thoroughly. Store in tightly covered container.

## Electric Skillet Instructions:

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

## Microwave Instructions:

1. Combine all ingredients, except raisins in a large microwave safe bowl; mix well.
2. Place in 11 x 7 in glass baking dish.
3. Cook at HIGH about 8 minutes or until golden brown, stirring after every two 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.

**Yield:** 10 Servings

**Serving Size:** 1/2 cup

**Cost**

**Per recipe:** \$2.01

**Per serving:** \$0.20

<b>Nutrition Facts</b>	
Serving Size 1/2 cup (55g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories</b> 250	<b>Calories from Fat</b> 120
% Daily Value*	
<b>Total Fat</b> 14g	<b>22%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 30g	<b>10%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 14g	
<b>Protein</b> 4g	
Vitamin A 4%	• Vitamin C 0%
Calcium 2%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories    2,000    2,500
Total Fat	Less Than 65g    80g
Saturated Fat	Less Than 20g    25g
Cholesterol	Less Than 300mg    300 mg
Sodium	Less Than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Banana Bread

## Ingredients:

- 3 Bananas (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 cups 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.

**Yield:** 12 Servings

**Serving size:** 1 slice

**Cost:**

**Per recipe:** \$1.55

**Per serving:** \$0.13

<b>Nutrition Facts</b>			
Serving Size 1 slice or 1/12 of recipe (70g)			
Servings Per Container			
Amount Per Serving			
<b>Calories</b> 140	<b>Calories from Fat</b> 25		
% Daily Value*			
<b>Total Fat</b> 3g			<b>5%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol</b> 20mg			<b>7%</b>
<b>Sodium</b> 330mg			<b>14%</b>
<b>Total Carbohydrate</b> 26g			<b>9%</b>
Dietary Fiber 1g			<b>4%</b>
Sugars 10g			
<b>Protein</b> 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

# Banana Split Oatmeal

## 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:

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

Yield: 1 serving

Cost:

Per recipe: \$0.55

Per serving: \$0.55

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

# Bran Muffins

## Ingredients:

- 5 cups flour
- 2 teaspoons salt
- 2 teaspoons baking soda
- 3 cups sugar
- 1 carton raisin bran (8 cups)
- 4 eggs (beaten)
- 4 cups buttermilk
- 1 cup oil
- Vegetable spray or oil

## Instructions:

- Measure flour into 1 gallon container.
- Add salt, soda, sugar and raisin bran to the flour and mix well with spoon.
- With a spoon make a "well" in the center of the dry ingredients.
- In the medium size bowl, beat the eggs with a fork until whites and yolk are evenly blended.
- Add milk and oil to eggs. Beat with fork.
- Add liquid to dry ingredients. Stir until dry ingredients are moistened (mixture will be lumpy).
- Lightly oil the bottoms of the paper cups in the muffin pan (or use muffin cups). Fill the muffin cups to 3/4 full.
- Bake at 425 degrees F for 15-20 minutes. After baking the muffins can be frozen for future use.

Yield: 30 servings

Serving size: 2 muffins

Cost

Per recipe: \$7.15

Per serving: \$0.24

Nutrition Facts	
Serving Size 2 muffins, 1/30 of recipe (105g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 290</b>	<b>Calories from Fat 80</b>
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol 30mg</b>	<b>10%</b>
<b>Sodium 380mg</b>	<b>16%</b>
<b>Total Carbohydrate 50g</b>	<b>17%</b>
Dietary Fiber 2g	8%
Sugars 27g	
<b>Protein 5g</b>	
Vitamin A 4%	Vitamin C 0%
Calcium 6%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Breakfast Burrito

## Ingredients:

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

## Instructions:

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

**Yield:** 4 servings

**Serving size:** 1 burrito

**Cost:**

**Per recipe:** \$2.00

**Per serving:** \$0.50

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

# Basic Quiche

## Ingredients:

- 1 baked pie shell (9-inch)
- 1 cup vegetables, cooked and drained (broccoli, zucchini, or mushrooms) (chopped)
- 1/2 cup shredded cheese
- 3 eggs (beaten)
- 1 cup skim milk
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder

## Instructions:

1. Preheat the oven to 375 degrees.
2. Shred the cheese with a grater. Put it in a small bowl for now.
3. Chop the vegetables until you have 1 cup of chopped vegetables.
4. Cook the vegetables until they are cooked, but still crisp.\*\*
5. Put the cooked vegetables and shredded cheese into a pie shell.
6. Mix the eggs, milk, salt, pepper, and garlic powder in a bowl.
7. Pour the egg mix over the cheese and vegetables
8. Bake for 30-40 minutes, or until a knife inserted near the center comes out clean.
9. Let the quiche cool for 5 minutes before serving

\*\*Note: To cook vegetables, you can steam them in the microwave for 4 to 5 minutes, or cook on the stovetop in boiling water for 5 minutes or so.

**Yield:** 6 servings

**Serving size:**

1/6 of recipe

**Cost:**

**Per recipe:** \$3.31

**Per serving:** \$0.55

Nutrition Facts	
Serving Size 1 slice, 1/6 of recipe (124g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 210</b>	<b>Calories from Fat 110</b>
<hr/>	
	<b>% Daily Value*</b>
<b>Total Fat 13g</b>	<b>20%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol 115mg</b>	<b>38%</b>
<b>Sodium 450mg</b>	<b>19%</b>
<b>Total Carbohydrate 14g</b>	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 4g	
<b>Protein 9g</b>	
<b>Vitamin A 10%</b>	<b>• Vitamin C 25%</b>
<b>Calcium 15%</b>	<b>• Iron 8%</b>
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories 2,000 2,500</small>
<small>Total Fat</small>	<small>Less Than 65g 80g</small>
<small>Saturated Fat</small>	<small>Less Than 20g 25g</small>
<small>Cholesterol</small>	<small>Less Than 300mg 300 mg</small>
<small>Sodium</small>	<small>Less Than 2,400mg 2,400mg</small>
<small>Total Carbohydrate</small>	<small>300g 375g</small>
<small>Dietary Fiber</small>	<small>25g 30g</small>
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	



# Huevos Rancheros with Fresh Salsa

## Ingredients:

- 4 corn tortillas (6 inch)
- 1/2 Tablespoon vegetable oil
- Non stick cooking spray
- 4 egg whites (medium)
- 4 eggs (medium)
- 1/8 teaspoon black pepper (ground)
- 4 Tablespoons cheese, shredded cheddar or Monterey Jack
- 2 cups fresh salsa

## Instructions:

1. Preheat oven to 450 degrees F.
2. Lightly brush tortillas with oil on both sides and place on a baking sheet.
3. Bake for 5 to 10 minutes or until tortillas are crisp on the edges and starting to brown.
4. Remove from oven and set aside.
5. Spray a large skillet with nonstick cooking spray over medium heat.
6. Drop 4 egg whites into skillet, then, break whole eggs over whites to make 4 separate servings.
7. Cook for 2-3 minutes per side until eggs are cooked.
8. Place one egg on each tortilla shell and top each with 1 tablespoon cheese.
9. Place under the broiler for about 2 minutes until cheese is melted.
10. Spoon 1/2 cup fresh salsa around the edge of each shell.

**Yield:** 4 servings

**Serving size:** 1 tortilla

**Cooking time:** 30 minutes

**Total time:** 30 minutes

**Cost:**

**Per recipe:** \$2.85

**Per serving:** \$0.71

Nutrition Facts	
Serving Size 1/4 of recipe (247g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 230	<b>Calories from Fat</b> 90
% Daily Value*	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 220mg	<b>73%</b>
<b>Sodium</b> 360mg	<b>15%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 4g	
<b>Protein</b> 14g	
<b>Vitamin A</b> 30%	• <b>Vitamin C</b> 35%
<b>Calcium</b> 10%	• <b>Iron</b> 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	

# Quesadilla con Huevos

## Ingredients:

- 1/2 cup cheddar or cojack cheese (grated)
- 2 eggs (scrambled)
- 4 flour tortillas (6 to 8 inch)
- 4 Tablespoons salsa (optional)

## Instructions:

1. Put 2 Tablespoons cheese and 1/4 of the scrambled eggs on each tortilla.
2. Heat 2 quesadillas at a time in microwave on high for 30 to 45 seconds or until cheese melts.
3. Top with salsa and fold tortilla in half to serve.

**Yield:** 4 servings

**Serving size:** 1 quesadilla

**Cost:**

**Per recipe:** \$1.28

**Per serving:** \$0.32

<b>Nutrition Facts</b>	
Serving Size 1 prepared quesadilla, 1/4 of recipe (87g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 200</b>	<b>Calories from Fat 90</b>
	% Daily Value*
<b>Total Fat 10g</b>	<b>15%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat --g	
<b>Cholesterol 120mg</b>	<b>40%</b>
<b>Sodium 420mg</b>	<b>18%</b>
<b>Total Carbohydrate 18g</b>	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 1g	
<b>Protein 10g</b>	
Vitamin A 6%	• Vitamin C 0%
Calcium 15%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories    2,000    2,500
Total Fat	Less Than 65g    80g
Saturated Fat	Less Than 20g    25g
Cholesterol	Less Than 300mg    300 mg
Sodium	Less Than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Spanish Omelet

## Ingredients:

- 5 potatoes (small, washed, peeled and sliced)
- 1 Tablespoon olive oil (or vegetable cooking spray)
- 1/2 onion (medium, minced)
- 1 zucchini (small, sliced)
- 1 1/2 cups green/ red peppers (sliced thin)
- 5 mushroom (medium, sliced)
- 3 eggs (whole, beaten)
- 3 egg whites (beaten)
- Pepper and garlic salt with herbs (to taste)
- 3 ounces part skim mozzarella cheese (shredded)
- 1 Tablespoon parmesan cheese

## Instructions:

1. Preheat oven to 375°F.
2. Cook potatoes in boiling water until tender.
3. In a nonstick pan, add oil or vegetable spray and warm at medium heat.
4. Add the onion and sauté until brown. Add vegetables and sauté until tender but not brown.
5. In a medium mixing bowl, slightly beat the eggs and egg whites, pepper, garlic salt, and mozzarella cheese. Stir egg cheese mixture into the cooked vegetables.
6. Oil or spray a 10-inch pie pan or ovenproof skillet. Transfer potatoes and eggs mixture to pan. Spread with parmesan cheese and bake omelet until firm and brown on top, about 20-30 minutes.

**Yield:** 5 servings

**Serving size:** 1/5 of omelet

**Cost:**

**Per recipe:** \$5.45

**Per serving:** \$1.09

Nutrition Facts	
Serving Size 1/5 of omelet (297g)	
Servings Per Container 5	
Amount Per Serving	
<b>Calories</b> 250	<b>Calories from Fat</b> 80
<hr/>	
	% Daily Value*
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 125mg	<b>42%</b>
<b>Sodium</b> 220mg	<b>9%</b>
<b>Total Carbohydrate</b> 30g	<b>10%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 3g	
<b>Protein</b> 15g	
<hr/>	
Vitamin A 15%	• Vitamin C 60%
Calcium 20%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories    2,000    2,500
Total Fat	Less Than 65g    80g
Saturated Fat	Less Than 20g    25g
Cholesterol	Less Than 300mg    300 mg
Sodium	Less Than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Sure to Please Baked Eggs and Cheese

## Ingredients:

- 1 Tablespoon oil
- 6 eggs
- 1/2 cup nonfat milk
- 1/2 cup low-fat cheese (grated)
- 1 teaspoon garlic powder
- 1 1/2 teaspoons oregano (optional)

## Instructions:

1. Preheat oven to 350 degrees F.
  2. Put oil in a medium baking dish or small cake pan and heat in the oven for a few minutes.
  3. In a bowl, beat eggs. Mix in remaining ingredients. Pour into hot pan.
  4. Bake 20 minutes or until eggs are firm. Serve immediately.
- \* 4 eggs and 4 egg whites may be used instead of 6 eggs to reduce fat and cholesterol (nutrient analysis reflects this modification)\*

**Yield:** 4 servings

**Serving size:** 1/4 recipe

**Cost:**

**Per recipe:** \$1.95

**Per serving:** \$0.49

<b>Nutrition Facts</b>	
Serving Size 1/4 of recipe (133g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 160	<b>Calories from Fat</b> 80
% Daily Value*	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 215mg	<b>72%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 2g	
<b>Protein</b> 15g	
Vitamin A 8%	• Vitamin C 0%
Calcium 15%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Fabulous Fruit Muffins

## Ingredients:

- 1 1/4 cups flour
- 1/4 cup sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 3/4 cups buttermilk, low-fat
- 2 Tablespoons margarine (melted)
- 1 egg (slightly beaten)
- 1/2 teaspoon vanilla extract
- 1 cup frozen strawberries (coarsely chopped, or other fruit fresh or frozen)

## Instructions:

1. Wash your hands and work area.
2. Heat oven to 400 degrees F. Spray muffin tin with nonstick cooking spray.
3. In a large bowl, combine the flour, sugar, baking powder, and baking soda. Stir well until all ingredients are blended.
4. In another bowl, combine buttermilk, margarine, egg, and vanilla. Pour this mixture into the dry ingredients (made in step #3).
5. Using a large spoon, gently stir ingredients just until moist (do not over-mix). Add fruit and stir gently (do not over-mix).
6. Spoon batter evenly into 9 muffin cups.
7. Bake 20 to 25 minutes or until golden brown.
8. Serve hot or cold. Muffins may be frozen for later use.

**Yield:** 9 servings

**Serving size:** 1 muffin

**Cost:**

**Per recipe:** \$1.85

**Per serving:** \$0.21

<b>Nutrition Facts</b>	
Serving Size 1 muffin or 1/9 of recipe (69g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 130</b>	<b>Calories from Fat 30</b>
<b>% Daily Value*</b>	
<b>Total Fat 3.5g</b>	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0.5g	
<b>Cholesterol 25mg</b>	<b>8%</b>
<b>Sodium 105mg</b>	<b>4%</b>
<b>Total Carbohydrate 22g</b>	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 7g	
<b>Protein 3g</b>	
Vitamin A 0%	• Vitamin C 10%
Calcium 6%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

# Ginger Orange Muffins

## Ingredients:

- 2 cups Gingerbread Mix
- 1 cup bran cereal
- 1 egg (slightly beaten)
- 1/2 cup low-fat (1%) milk
- 1/4 cup orange juice concentrate
- 1/4 cup molasses
- 1/4 cup vegetable oil
- 1 teaspoon orange peel (grated)
- 1/4 cup raisins (optional)

## Instructions:

1. Preheat oven to 350 degrees F.
2. Combine the Ginger Bread Mix and bran cereal in a bowl.
3. Beat the egg slightly in another bowl.
4. Add the egg and other ingredients to the gingerbread and cereal mixture.
5. Stir only until combined. Let stand for 15 minutes.
6. Fill 12 muffin cups (well-greased pans or paper liners) 2/3 full.
7. Bake 15-20 minutes or until done in the center.

**Yield:** 12 servings

**Serving size:** 1 muffin

**Cost:**

**Per recipe:** \$1.92

**Per serving:** \$0.16

Nutrition Facts	
Serving Size 1 muffin, 1/12 of recipe (62g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 180</b>	<b>Calories from Fat 50</b>
<b>% Daily Value*</b>	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 20mg</b>	<b>7%</b>
<b>Sodium 140mg</b>	<b>6%</b>
<b>Total Carbohydrate 32g</b>	<b>11%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 14g	
<b>Protein 3g</b>	
Vitamin A 2%	• Vitamin C 15%
Calcium 4%	• Iron 15%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Ginger



# Oat Bran Muffins

## Ingredients:

- 2 1/4 cups oat bran
- 1/4 cup brown sugar (firmly packed)
- 1 1/2 teaspoons cinnamon
- 1 Tablespoon baking powder
- 1 banana (mashed)
- 3/4 cups applesauce
- 2 Tablespoons raisins, dates or other dried fruit
- 1 egg
- 1/2 cup orange juice
- 3/4 cups nonfat milk
- 2 Tablespoons canola oil

## Instructions:

1. Preheat oven to 425 degrees F.
2. Mix the first four dry ingredients. Set aside. Mix the egg with orange juice, milk and oil. Mix fruit and blend with dry ingredients.
3. Add the liquid ingredients to the dry until it is moist.
4. Spray muffin tin with a non-stick coating. Pour batter into muffin tins.
5. Bake for 15-17 minutes. Remove muffins from pan after 10 minutes; Cool on a rack; Freeze muffins for later use.

**Yield:** 12 servings

**Serving size:** 1 muffin

**Cost:**

**Per recipe:** \$2.90

**Per serving:** \$0.24

<b>Nutrition Facts</b>	
Serving Size 1 muffin, 1/12 of recipe (82g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 120	<b>Calories from Fat</b> 35
% Daily Value*	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Total Carbohydrate</b> 24g	<b>8%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 10g	
<b>Protein</b> 4g	
Vitamin A 0%	• Vitamin C 2%
Calcium 10%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Oatmeal Raisin Muffins

## Ingredients:

- 1 egg
- 1 cup milk
- 1/3 cup oil
- 1 1/4 cups flour
- 1 cup oatmeal
- 1/3 cup sugar
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1/2 cup raisins
- Margarine or butter to grease muffin cups

## Instructions:

1. Preheat the oven to 400 degrees F.
2. Put the egg, milk, and oil in a small mixing bowl. Slowly stir them together.
3. In a large mixing bowl, add the flour, oatmeal, sugar, baking powder, salt and raisins. Stir until they are mixed.
4. Pour the egg-milk-oil mix into the medium bowl with the dry ingredients.
5. Stir until the dry ingredients are barely moistened. Do not over-mix (the batter should be lumpy).
6. Grease each cup in the muffin pans with some margarine or butter.
7. Spoon the batter into the cups in each muffin pan, until each cup is half-full with batter.
8. Bake for 20 to 25 minutes, or until the muffins are golden brown.

**Yield:** 12 servings

**Serving size:** 1 muffin

**Cost:**

**Per recipe:** \$1.84

**Per serving:** \$0.15

Nutrition Facts			
Serving Size 1 muffin or 1/12 of recipe (65g)			
Servings Per Container			
Amount Per Serving			
<b>Calories</b> 180	<b>Calories from Fat</b> 60		
% Daily Value*			
<b>Total Fat</b> 7g	<b>11%</b>		
Saturated Fat 1g	<b>5%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 20mg	<b>7%</b>		
<b>Sodium</b> 330mg	<b>14%</b>		
<b>Total Carbohydrate</b> 27g	<b>9%</b>		
Dietary Fiber 1g	<b>4%</b>		
Sugars 11g			
<b>Protein</b> 4g			
Vitamin A 2%	• Vitamin C 0%		
Calcium 10%	• Iron 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4



# Peanut Butter Muffins

Yield: 12 servings

Serving size: 1 muffin

Cost:

Per recipe: \$2.12

Per serving: \$0.18

## Ingredients:

3/4 cup 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 F.
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.
9. Put on a wire rack.
10. Cool for at least 10 minutes before serving.

Nutrition Facts	
Serving Size 1 muffin, 1/12 of recipe (74g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 220	Calories from Fat 80
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 280mg	<b>12%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 2g	8%
Sugars 9g	
<b>Protein</b> 8g	
Vitamin A 2%	Vitamin C 0%
Calcium 8%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4



# Whole Wheat Muffins

**Yield:** 12 servings

**Serving size:** 1 muffin

## Ingredients:

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

## Instructions:

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

**Cost:**

**Per recipe:** \$1.05

**Per serving:** \$0.09

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

# Fantastic French

## Ingredients:

- 2 eggs
- 1/2 cup nonfat milk
- 1/2 teaspoon cinnamon (optional)
- 1/2 teaspoon vanilla extract
- 6 slices whole wheat bread



## Instructions:

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

**Yield:** 6 servings  
**Serving size:** 1 slice  
**Cost:**  
**Per recipe:** \$1.09  
**Per serving:** \$0.18

Nutrition Facts	
Serving Size 1 slice, 1/6 of recipe (66g)	
Servings Per Container	
Amount Per Serving	
Calories 100	Calories from Fat 25
% Daily Value*	
<b>Total Fat</b> 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 70mg	23%
<b>Sodium</b> 180mg	8%
<b>Total Carbohydrate</b> 14g	5%
Dietary Fiber 2g	8%
Sugars 3g	
<b>Protein</b> 6g	
Vitamin A 2%	Vitamin C 0%
Calcium 4%	Iron 6%

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

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

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

# Fruit and Yogurt Breakfast Shake

## 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.

**Yield:** 2 servings  
**Serving size:** 1/2 of recipe  
**Cost:** Per recipe: \$1.15  
**Per serving:** \$0.58

Nutrition Facts	
Serving Size 1/2 of recipe (250g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 10
% Daily Value*	
<b>Total Fat</b> 1g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 45mg	2%
<b>Total Carbohydrate</b> 37g	12%
Dietary Fiber 2g	8%
Sugars 29g	
<b>Protein</b> 4g	
Vitamin A 2%	Vitamin C 50%
Calcium 15%	Iron 2%

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

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

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

# Fruit Smoothie

## 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 two glasses. Serve right away.

**Yield:** 2 servings

**Serving Size:** 1/2 of recipe

**Cost:**

**Per recipe:** \$1.49

**Per serving:** \$0.75

Nutrition Facts	
Serving Size 1/2 of recipe (316g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 210</b>	<b>Calories from Fat 15</b>
% Daily Value*	
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 75mg</b>	<b>3%</b>
<b>Total Carbohydrate 44g</b>	<b>15%</b>
Dietary Fiber 3g	12%
Sugars 35g	
<b>Protein 7g</b>	
Vitamin A 2%	Vitamin C 90%
Calcium 20%	Iron 4%

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

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

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

# Mango Shake



**Yield:** 4 servings

**Serving size:** 3/4 cup

**Cost: Per recipe:** \$1.06

**Per serving:** \$0.27

## Ingredients:

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

## Instructions:

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

Nutrition Facts	
Serving Size 3/4 cup (174g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 80</b>	<b>Calories from Fat 10</b>
% Daily Value*	
<b>Total Fat 1.5g</b>	<b>2%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 55mg</b>	<b>2%</b>
<b>Total Carbohydrate 14g</b>	<b>5%</b>
Dietary Fiber 1g	4%
Sugars 11g	
<b>Protein 4g</b>	
Vitamin A 8%	Vitamin C 8%
Calcium 15%	Iron 0%

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

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

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

# Summer Breeze Smoothies

## Ingredients:

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



## Instructions:

1. Place all ingredients into a blender and puree until smooth.

**Yield:** 3 servings

**Serving size:** 1 cup

**Cost:**

**Per recipe:** \$1.81

**Per serving:** \$0.60

Nutrition Facts	
Serving Size 1 Cup (252g)	
Servings Per Container 3	
Amount Per Serving	
<b>Calories 130</b>	<b>Calories from Fat 0</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 45mg</b>	<b>2%</b>
<b>Total Carbohydrate 30g</b>	<b>10%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 22g	
<b>Protein 4g</b>	
Vitamin A 8%	• Vitamin C 50%
Calcium 10%	• Iron 2%

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

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

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

# Fruit Yogurt Parfait

## Ingredients:

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

## Instructions:

1. Peel and slice the banana.
2. Spoon the grapes into a tall plastic cup.
3. Put 3 spoonful's 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.

**Yield:** 1 serving

**Serving size:** 1 parfait

**Cost:**

**Per recipe:** \$0.81

**Per serving:** \$0.81

Nutrition Facts	
Serving Size 1 parfait (281g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 340</b>	<b>Calories from Fat 50</b>
% Daily Value*	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 75mg</b>	<b>3%</b>
<b>Total Carbohydrate 69g</b>	<b>23%</b>
Dietary Fiber 7g	<b>28%</b>
Sugars 43g	
<b>Protein 11g</b>	
Vitamin A 2%	• Vitamin C 25%
Calcium 20%	• Iron 8%

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

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

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

# Yogurt Berry Parfait

## Ingredients:

- 2 cups yogurt (low-fat or fat-free, vanilla)
- 1 cup banana (sliced)
- 1/2 cup strawberries
- 1/2 cup blueberries (fresh)
- Other fruit (raspberries, peaches, pineapple or mango)
- 1 cup granola



**Yield:** 4 servings

**Prep time:** 5 minutes

**Total time:** 5 minutes

**Cost:**

**Per recipe:** \$3.62

**Per serving:** \$0.91

## Instructions:

1. Line up 4 parfait or other tall glasses.
2. Spoon about 1/4 cup of yogurt into each glass.
3. Top with about 1/4 cup of fruit.
4. Next sprinkle with 2 tablespoon of granola.
5. Repeat the process.

<b>Nutrition Facts</b>	
Serving Size 1 parfait, 1/4 of recipe (214g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 220</b>	<b>Calories from Fat 40</b>
% Daily Value*	
<b>Total Fat 4.5g</b>	<b>7%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 90mg</b>	<b>4%</b>
<b>Total Carbohydrate 40g</b>	<b>13%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 27g	
<b>Protein 9g</b>	
<b>Vitamin A 2%</b>	<b>Vitamin C 30%</b>
<b>Calcium 20%</b>	<b>Iron 4%</b>
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    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	

# Lunch

Children and Adults need lunch to stay alert and attentive in the classroom and at work. A balanced lunch should have a lots of fruits and veggies with a type of sandwich or soup and a variety of dairy product such as milk, yogurt or a cheese stick.

***If you are a family struggling to make ends meet, how can your children qualify for free and reduced price meals?***

Any child at a participating school may purchase a meal through the National School Lunch Program. Children from families with incomes at or below 130 % of the poverty level are eligible for free meals. Those with incomes between 130% and 185% of the poverty level are eligible for reduced-price meals, for which students can be charged no more than 40 cents. (For the period July 1, 2011, through June 30, 2012, 130% of the poverty level is \$29,055 for a family of four; 185% is \$41,348.)

<b>Lunch</b> .....	Page 55
Chicken.....	Page 56
Pasta.....	Page 57
Pizza.....	Page 60
Salads.....	Page 61
Sandwiches.....	Page 65
Spanish Inspired.....	Page 68

# Baked Chicken Nuggets

## Ingredients:

- 1 1/2 pounds 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 F. 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.

**Yield:** 4 servings

**Serving size:** 3 ounces

**Coking time:** 15 minutes

**Total time:** 15 minutes

**Cost:**

**Per recipe:** \$4.44

**Per serving:** \$1.11

Nutrition Facts	
Serving Size 3 oz. or 1/4 of recipe (178g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 230</b>	<b>Calories from Fat 60</b>
<b>% Daily Value*</b>	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol 140mg</b>	<b>47%</b>
<b>Sodium 240mg</b>	<b>10%</b>
<b>Total Carbohydrate 7g</b>	<b>2%</b>
Dietary Fiber 0g	0%
Sugars 1g	
<b>Protein 34g</b>	
Vitamin A 10%	Vitamin C 4%
Calcium 2%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



# Carrots with Tomatoes and Macaroni

## Ingredients:

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

## Instructions:

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

**Yield:** 4 servings

**Serving size:** 1/4 recipe

**Cost:**

**Per recipe:** \$2.34

**Per serving:** \$0.58

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

# Classic Macaroni and Cheese

## Ingredients:

- 2 cups macaroni
- 1/2 cup onion (chopped)
- 1/2 cup evaporated milk, nonfat
- 1 egg (medium, beaten)
- 1/4 teaspoon black pepper
- 1 1/4 cups cheese, finely shredded sharp cheddar, low-fat
- Cooking oil spray

## Instructions:

1. Cook macaroni according to directions. (Do not add salt to the cooking water.) Drain and set aside.
2. Spray a casserole dish with nonstick cooking oil spray.
3. Preheat oven to 350 degrees.
4. Lightly spray saucepan with nonstick cooking oil spray.
5. Add onions to saucepan and sauté for about 3 minutes.
6. In another bowl, combine macaroni, onions, and the remaining ingredients and mix thoroughly.
7. Transfer mixture into casserole dish.
8. Bake for 25 minutes or until bubbly; Let stand for 10 minutes before serving.

**Yield:** 8 servings

**Serving size:** 1/2 cup

**Cost:**

**Per recipe:** \$2.76

**Per serving:** \$0.34

<b>Nutrition Facts</b>	
Serving Size 1/2 cup, 1/8 of recipe (84g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 110	<b>Calories from Fat</b> 20
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 135mg	<b>6%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 3g	
<b>Protein</b> 8g	
<b>Vitamin A</b> 2%	<b>Vitamin C</b> 2%
<b>Calcium</b> 15%	<b>Iron</b> 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000    2,500
Total Fat	Less Than 65g    80g
Saturated Fat	Less Than 20g    25g
Cholesterol	Less Than 300mg    300 mg
Sodium	Less Than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Quick Tuna Casserole

## 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 F.
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.

**Yield:** 6 servings

**Serving size:** 1/6 of recipe

**Cost:**

**Per recipe:** \$3.58

**Per serving:** \$0.69

<b>Nutrition Facts</b>	
Serving Size 1/6 of recipe (356g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 240</b>	<b>Calories from Fat 40</b>
	% Daily Value*
<b>Total Fat 4.5g</b>	<b>7%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 30mg</b>	<b>10%</b>
<b>Sodium 290mg</b>	<b>12%</b>
<b>Total Carbohydrate 35g</b>	<b>12%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 4g	
<b>Protein 15g</b>	
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    300 mg
Sodium	Less Than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Anytime Pizza

## Ingredients:

- 1/2 loaf Italian or French bread (split lengthwise or 2 split English muffins)
- 1/2 cup pizza sauce
- 1/2 cup cheese, low-fat shredded mozzarella or cheddar
- 3 Tablespoons green pepper (chopped)
- 3 Tablespoons mushrooms, fresh or canned (sliced)
- Vegetable toppings (other, as desired optional)
- Italian seasoning (optional)

## Instructions:

1. Toast the bread or English muffin until slightly brown.
2. Top bread or muffin with pizza sauce, vegetables and low-fat cheese.
3. Sprinkle with Italian seasonings as desired.
4. Return bread to toaster oven (or regular oven preheated to 350 degrees).
5. Heat until cheese melts.

**Yield:** 2 servings

**Serving size:** One slice bread

**Cost:**

**Per recipe:** \$2.38

**Per serving:** \$1.19

Nutrition Facts	
Serving Size 1 slice, 1 English muffin or 1/2 of recipe (144g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 180</b>	<b>Calories from Fat 60</b>
% Daily Value*	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol 15mg</b>	<b>5%</b>
<b>Sodium 540mg</b>	<b>23%</b>
<b>Total Carbohydrate 21g</b>	<b>7%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 2g	
<b>Protein 12g</b>	
Vitamin A 15%	• Vitamin C 30%
Calcium 30%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories	2,000    2,500
Total Fat	Less Than 65g    80g
Saturated Fat	Less Than 20g    25g
Cholesterol	Less Than 300mg    300 mg
Sodium	Less Than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Broccoli Salad

## Ingredients:

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

## Instructions:

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

**Yield:** 8 servings

**Serving size:** 1/8 of recipe

**Cost:**

**Per recipe:** \$3.55

**Per serving:** \$0.44

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

# Potato Salad

## Ingredients:

- 1 pound potatoes (4 medium potatoes)
- 1 cup onion (diced)
- 1/2 cup celery (chopped)
- 1/2 cup mayonnaise, low-fat
- 1/4 cup sweet pickle relish

## Instructions:

1. Scrub the potatoes, and peel them.
2. Cut the potatoes into 1-inch cubes.
3. Put the potatoes into a saucepan. Cover with water.
4. Bring the potatoes to a boil on medium heat.
5. Let the potatoes simmer for 15 minutes until they're soft.
6. Drain the hot water, and let the potatoes cool.
7. While the potatoes are cooling, peel and chop some onions until you have 1 cup of chopped onions.
8. Chop the celery until you have 1/2 cup of chopped celery.
9. Put the chopped onion and celery in a medium mixing bowl.
10. Add the mayonnaise and pickle relish. Stir together.
11. Add the cooled potatoes. Stir again.
12. Cover the bowl. Put in the fridge for at least 2 hours before serving.

**Yield:** 6 servings

**Serving size:** 1 cup

**Cost:**

**Per recipe:** \$2.41

**Per serving:** \$0.40

Nutrition Facts	
Serving Size 1 cup potato salad, 1/6 of recipe (142g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 110	<b>Calories from Fat</b> 60
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 5g	
<b>Protein</b> 2g	
Vitamin A 4%	• Vitamin C 25%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Cucumber Salad

## Ingredients:

- 1 cucumber (large, peeled and thinly sliced)
- 1 Tablespoons yogurt, low-fat
- 1 Tablespoon vinegar
- 1 Tablespoon vegetable oil
- 1 Tablespoon water
- 1 teaspoon dill weed (optional)
- 1 dash of pepper

## Instructions:

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

**Yield:** 2 servings

**Serving size:** 1 cup

**Cost:**

**Per recipe:** \$0.93

**Per serving:** \$0.46

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

# Easy Fruit Salad

## Ingredients:

- 1 can fruit cocktail (16 ounce, drained)
- 2 bananas (sliced)
- 2 oranges (cut into bite-size pieces)
- 2 apples (cut into bite-size pieces)
- 8 ounces yogurt, low-fat pina colada

## Instructions:

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

**Yield:** 14 servings

**Serving size:** 1/2 cup

**Cost:**

**Per recipe:** \$3.54

**Per serving:** \$0.25

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

# Quick'N Cool Summer Salad

## Ingredients:

- 1 package elbow macaroni (14 ounces)
- 1 can green beans (16 ounces, or other vegetable )
- 1 can tuna packed in water (7 ounces, -drained and flaked)
- 1 cup cheese (cubed)
- 1/2 cup sweet pickles (diced)
- 1/2 cup onion (diced)
- 1 cup yogurt, plain
- 1/2 cup mayonnaise (light)
- 1 1/2 Tablespoons lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

## Instructions:

1. Prepare elbow macaroni according to package directions and drain.
2. Add vegetables, tuna, onions, cheese and pickles.
3. Mix yogurt, salad dressing, lemon juice, salt and pepper.
4. Toss with macaroni mixture.
5. Chill before serving.
6. Refrigerate leftovers promptly.

**Yield:** 8 servings

**Serving Size:** 1/8 or recipe

**Cost:**

**Per recipe:** \$4.64

**Per serving:** \$0.58

<b>Nutrition Facts</b>		
Serving Size 1/8 of recipe (186g)		
Servings Per Container		
Amount Per Serving		
<b>Calories</b> 360	<b>Calories from Fat</b> 110	
<hr/>		
<b>% Daily Value*</b>		
<b>Total Fat</b> 12g	<b>18%</b>	
Saturated Fat 4.5g	<b>23%</b>	
Trans Fat 0g		
<b>Cholesterol</b> 30mg	<b>10%</b>	
<b>Sodium</b> 550mg	<b>23%</b>	
<b>Total Carbohydrate</b> 47g	<b>16%</b>	
Dietary Fiber 2g	<b>8%</b>	
Sugars 5g		
<b>Protein</b> 18g		
<hr/>		
Vitamin A 10%	• Vitamin C 8%	
Calcium 20%	• Iron 15%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>		
	<small>Calories</small>	
	<small>2,000</small>	
	<small>2,500</small>	
Total Fat	Less Than 65g	80g
Saturated Fat	Less Than 20g	25g
Cholesterol	Less Than 300mg	300 mg
Sodium	Less Than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
<small>Calories per gram:</small>		
	<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	



# Apple Tuna Sandwiches

## Ingredients:

- 1 can tuna, packed in water (6.5 ounces, drained)
- 1 apple
- 1/4 cup yogurt, low-fat 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.

**Yield:** 3 servings

**Serving size:** 1 sandwich

**Cost:**

**Per recipe:** \$4.68

**Per serving:** \$1.58

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

# Peachy Peanut Butter Pita Pockets

## Ingredients:

- 2 pita pockets (medium, whole wheat)
- 1/4 cup peanut butter (reduced fat, chunky)
- 1/2 apple (cored and thinly sliced)
- 1/2 banana (thinly sliced)
- 1/2 peach (fresh, thinly sliced)

## Instructions:

1. Cut pitas in half to make 4 pockets and warm in the microwave for about 10 seconds to make them more flexible.
2. Carefully open each pocket and spread a thin layer of peanut butter on the inside walls.
3. Fill with a combination of apple, banana, and peach slices. Serve at room temperature.

**Yield:** 4 servings

**Serving size:** 1/4 of recipe

**Cost:**

**Per recipe:** \$2.00

**Per serving:** \$0.50

Nutrition Facts	
Serving Size 1/2 pita pocket (100g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 210	<b>Calories from Fat</b> 60
% Daily Value*	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 260mg	<b>11%</b>
<b>Total Carbohydrate</b> 33g	<b>11%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 7g	
<b>Protein</b> 7g	
Vitamin A 2%	• Vitamin C 6%
Calcium 0%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Chicken Club Salad

## Ingredients:

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

## Instructions:

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

**Yield:** 4 servings

**Serving size:** 3 cups

**Cost:**

**Per recipe:** \$4.87

**Per serving:** \$1.22

<b>Nutrition Facts</b>			
Serving Size 3 cups (399g)			
Servings Per Container 4			
Amount Per Serving			
<b>Calories 270</b>	<b>Calories from Fat 60</b>		
<hr/>			
	<b>% Daily Value*</b>		
<b>Total Fat 6g</b>	<b>9%</b>		
Saturated Fat 1.5g	<b>8%</b>		
Trans Fat 0g			
<b>Cholesterol 50mg</b>	<b>17%</b>		
<b>Sodium 380mg</b>	<b>16%</b>		
<b>Total Carbohydrate 29g</b>	<b>10%</b>		
Dietary Fiber 6g	<b>24%</b>		
Sugars 6g			
<b>Protein 24g</b>			
<hr/>			
Vitamin A 170%	Vitamin C 80%		
Calcium 15%	Iron 15%		
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>			
	<small>Calories</small>	<small>2,000</small>	<small>2,500</small>
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
<small>Calories per gram:</small>			
		<small>Fat 9</small>	<small>Carbohydrate 4</small>
		<small>•</small>	<small>Protein 4</small>

# Bean and Rice Burritos

## Ingredients:

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

## Ingredients:

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

**Yield:** 8 servings

**Serving size:** 1 burrito

**Cost:**

**Per recipe:** \$3.14

**Per serving:** \$0.39

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

# Colorful Quesadillas

## Ingredients:

- 8 ounces cream cheese, fat-free
- 1/4 teaspoon garlic powder
- 8 flour tortillas (small)
- 1 cup sweet red pepper (chopped)
- 1 cup low-fat cheese (shredded)
- 2 cups spinach leaves (fresh, or 9 ounces frozen, thawed and squeezed dry)

## Instructions:

1. In a small bowl, mix the cream cheese and garlic powder.
2. Spread about 2 Tablespoons of the cheese mixture on each tortilla.
3. Sprinkle about 2 Tablespoons bell pepper and 2 Tablespoons cheese on one half of each tortilla.
4. Add spinach: 1/4 cup if using fresh leaves OR 2 Tablespoons if using frozen. Fold tortillas in half.
5. Heat a large skillet over medium heat until hot. Put 2 folded tortillas in skillet and heat for 1-2 minutes on each side or until golden brown.
6. Remove quesadillas from skillet, place on platter and cover with foil to keep warm while cooking the remainder.
7. Cut each quesadilla into 4 wedges. Serve warm.

**Yield:** 8 servings

**Serving size:** 4 wedges or one quesadilla

**Cost:**

**Per recipe:** \$4.43

**Per serving:** \$0.55

<b>Nutrition Facts</b>	
Serving Size 4 wedges or 1 quesadilla	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 160</b>	<b>Calories from Fat 30</b>
% Daily Value*	
<b>Total Fat 3.5g</b>	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 420mg</b>	<b>18%</b>
<b>Total Carbohydrate 21g</b>	<b>7%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 2g	
<b>Protein 11g</b>	
<b>Vitamin A 35%</b>	<b>Vitamin C 45%</b>
<b>Calcium 20%</b>	<b>Iron 8%</b>
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

# Taco Salad

## Ingredients:

- 1 lettuce (head, or any other small lettuce, torn into small pieces)
- 2 tomatoes (chopped, fresh)
- 1/2 cup green pepper (chopped)
- 1 pound ground turkey or ground beef
- 1 onion (small, chopped)
- 1 can pinto beans (15 1/2 ounce, -drained)
- 3/4 cups salsa or taco sauce

## Instructions:

- Put lettuce in large bowl. Add tomatoes and green pepper.
- Brown meat and onion in fry pan. Drain off fat and liquid.
- Mix meat, beans and salsa. Add to salad mixture.
- Serve with additional salsa. Refrigerate leftovers.

Yield: 6 servings

Serving size: 2 cups

Cost:

Per recipe: \$7.35

Per serving: \$1.23

Nutrition Facts	
Serving Size 2 cups salad, 1/6 of recipe (279g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 200</b>	<b>Calories from Fat 60</b>
% Daily Value*	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol 60mg</b>	<b>20%</b>
<b>Sodium 480mg</b>	<b>20%</b>
<b>Total Carbohydrate 18g</b>	<b>6%</b>
Dietary Fiber 5g	20%
Sugars 4g	
<b>Protein 18g</b>	
Vitamin A 30%	Vitamin C 35%
Calcium 6%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Tuna Quesadillas

## Ingredients:

- 1 can tuna fish, packed in water (drained)
- 1 tablespoon mayonnaise, light
- 4 flour tortillas
- 1/2 cup cheddar cheese, low-fat (grated)

## Instructions:

- Mix tuna with mayonnaise.

Microwave:

- Spoon filling onto half of each tortilla. Top filling with cheese and fold tortilla in half. Microwave on high for 60 seconds. Turn the plate halfway through cooking time.

Stove:

- Divide mixture onto two tortillas. Top with cheese and the remaining two tortillas. Spray a skillet with non-stick cooking spray. Brown quesadillas on both sides.
- Cut in half before serving.

Yield: 4 servings

Serving size: 1/4 of recipe

Cost:

Per recipe: \$2.11

Per serving: \$0.53

Nutrition Facts	
Serving Size 1 prepared tortilla, 1/4 of recipe (91g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 180</b>	<b>Calories from Fat 45</b>
% Daily Value*	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol 15mg</b>	<b>5%</b>
<b>Sodium 330mg</b>	<b>14%</b>
<b>Total Carbohydrate 17g</b>	<b>6%</b>
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein 17g</b>	
Vitamin A 2%	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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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# SNACKS

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## They Keep You Moving

With the right snacks, you give your body the power to keep energized between meals. A healthy balanced diet includes three small meals with snacks midway between each meal.

### Healthy Snacks Include:

- ◆ Vegetables like carrots, broccoli or cucumbers
- ◆ Fruits such as apples, grapes or cut up melons
- ◆ Trail mix
- ◆ Yogurt with berries

### Removing The Guilt: Snacking Myths

Despite the benefits that snacking can offer, many people think of snacks as something extra they should not eat. Here are five myths worth challenging:

**Myth** - Snacks are fattening.

**Fact** - Eating a snack during a long stretch between meals can take the edge off hunger, which might lead to over-eating otherwise. Of course, specific snack food choices will make a difference.

**Myth** - Snacks spoil your appetite for meals.

**Fact** - Eating a small amount of food--maybe an apple or half of a turkey sandwich--2 to 3 hours before a meal will not spoil an appetite. But it may keep you from becoming ravenously hungry. By eating a snack, you can be more in control of your food choices and less inclined to overeat at your next meal.

**Myth** - Snacking is the same as eating junk food.

**Fact** - Snacking does not have to equate junk food, choosing better alternatives can help fill in the gaps in meals to complete a healthful diet.

**Myth** - Healthful snacking means I can never eat potato chips again.

**Fact** - It's possible to eat fun foods and still follow a diet that is low in fat, but it requires a little planning. If you have a high fat snack, you need to balance that out with lower-fat choices at other meals.

# Asian Peanut Butter Dip with Celery

## Ingredients:

- 3 Tablespoons peanut butter (creamy)
- 2 Tablespoons apple butter
- 2 Tablespoons milk (skim)
- 1 Tablespoon soy sauce (reduced sodium)
- 1 1/2 teaspoons 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.

**Yield:** 5 servings

**Serving size:** 1/5 of recipe

**Cost:**

**Per recipe:** \$1.65

**Per serving:** \$0.33

Nutrition Facts	
Serving Size 1/5 of recipe (108g)	
Servings Per Container 5	
Amount Per Serving	
<b>Calories 90</b>	<b>Calories from Fat 45</b>
<b>% Daily Value*</b>	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 230mg</b>	<b>10%</b>
<b>Total Carbohydrate 8g</b>	<b>3%</b>
Dietary Fiber 2g	8%
Sugars 5g	
<b>Protein 3g</b>	
Vitamin A 8%	Vitamin C 6%
Calcium 4%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Fresh Fruit with Cinnamon Yogurt Dip

## Ingredients:

- 1 apple
- 1 banana
- 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.

**Yield:** 4 servings

**Serving size:** 1/4 of recipe

**Cost:**

**Per recipe:** \$1.73

**Per serving:** \$0.42

Nutrition Facts	
Serving Size 1/4 of recipe (169g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 120</b>	<b>Calories from Fat 10</b>
<b>% Daily Value*</b>	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 40mg</b>	<b>2%</b>
<b>Total Carbohydrate 25g</b>	<b>8%</b>
Dietary Fiber 3g	12%
Sugars 20g	
<b>Protein 4g</b>	
Vitamin A 2%	Vitamin C 35%
Calcium 10%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



# DINNER

The Best Time is Family Time

## 10 Benefits of Family Dinners:

- Everyone eats healthier meals.
- Kids are less likely to become overweight or obese.
- Kids more likely to stay away from cigarettes.
- They're less likely to drink alcohol.
- They won't likely try marijuana.
- They're less likely to use illicit drugs.
- Friends won't likely abuse prescription drugs.
- School grades will be better.
- You and your kids will talk more.
- You'll be more likely to hear about a serious problem.
- Kids will feel like you're proud of them.
- There will be less stress and tension at home.

Resource: Story, M., and Neumark-Sztainer, D. *A perspective on family meals: Do they matter?* *Nutrition Today*, 40 (6), 261-266; 2005

<b>Dinner</b> .....	Page 73
Beef.....	Page 74
Casseroles.....	Page 78
Chicken.....	Page 82
Rice.....	Page 88
Pasta.....	Page 89
Pork chops.....	Page 90
Potatoes.....	Page 91
Spanish Inspired.....	Page 93
Soups , Stews and Chowders.....	Page 96

# Beef Pot Roast

## Ingredients:

- 1/2 cup onion (chopped)
- 2 cups water
- 2 1/2 pounds boneless beef chuck roast
- 2 cups hot water
- 1 beef bouillon cube
- 1 Tablespoon orange juice
- 1/4 teaspoon allspice
- 1/8 teaspoon pepper

## Instructions:

1. In a small bowl, put the bouillon cube in 2 cups hot water. Stir it until the bouillon cube dissolves. This will make 2 cups of beef broth.
2. In a medium bowl, stir together the broth, orange juice, allspice, and pepper.
3. Peel and chop the onion, to make 1/2 cup chopped onion.
4. Put 2 tablespoons water in the skillet. Heat on medium.
5. Put the onion in the skillet. Simmer it until tender.
6. Add the roast to the skillet. Brown it on all sides.
7. Pour the broth mix over the meat in the skillet.
8. Cover and simmer for 2 hours.

**Yield:** 8 servings

**Serving size:** 3 ounces

**Cost:**

**Per recipe:** \$7.74

**Per serving:** \$0.97

Amount Per Serving	
<b>Calories</b> 360	<b>Calories from Fat</b> 240
<b>% Daily Value*</b>	
<b>Total Fat</b> 26g	<b>40%</b>
Saturated Fat 11g	<b>55%</b>
Trans Fat 0g	
<b>Cholesterol</b> 95mg	<b>32%</b>
<b>Sodium</b> 200mg	<b>8%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 1g	
<b>Protein</b> 27g	
Vitamin A 0%	• Vitamin C 2%
Calcium 2%	• Iron 15%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories    2,000    2,500</small>
<small>Total Fat</small>	<small>Less Than 65g    80g</small>
<small>Saturated Fat</small>	<small>Less Than 20g    25g</small>
<small>Cholesterol</small>	<small>Less Than 300mg    300 mg</small>
<small>Sodium</small>	<small>Less Than 2,400mg    2,400mg</small>
<small>Total Carbohydrate</small>	<small>300g    375g</small>
<small>Dietary Fiber</small>	<small>25g    30g</small>
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

# Beef Stroganoff

## Ingredients:

- 1 pound beef (lean, top round)
- 2 teaspoons vegetable oil
- 3/4 Tablespoons onion (finely chopped)
- 1 pound mushrooms (sliced)
- 1/4 teaspoon nutmeg
- 1/2 teaspoon basil (dried, optional)
- 1/4 cup white wine
- 1 cup yogurt (plain, low-fat)
- 6 cups macaroni (cooked)

## Instructions:

1. Cut beef into 1-inch cubes. Heat 1 teaspoon oil in non-stick skillet. Sauté onion for 2 minutes.
2. Add beef and sauté for additional 5 minutes. Turn to brown evenly. Remove from pan and keep hot.
3. Add remaining oil to pan; sauté mushrooms.
4. Add beef and onions to pan with seasonings.
5. Add wine and yogurt; gently stir in. Heat, but do not boil.
6. Serve with macaroni.

**Yield:** 5 servings

**Serving size:** 6 ounces

**Cost:**

**Per recipe:** \$9.67

**Per serving:** \$1.93

<b>Nutrition Facts</b>	
Serving Size 6 oz (377g)	
Servings Per Container 5	
Amount Per Serving	
<b>Calories</b> 440	<b>Calories from Fat</b> 60
% Daily Value*	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 250mg	<b>10%</b>
<b>Total Carbohydrate</b> 60g	<b>20%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 6g	
<b>Protein</b> 32g	
Vitamin A 0%	• Vitamin C 4%
Calcium 10%	• Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Pizza Meat Loaf

## Ingredients:

- 1 pound ground turkey (or ground beef)
- 3/4 cups spaghetti sauce
- 1/4 cup mozzarella , part skim
- 1/2 cup green pepper (chopped)
- 1/4 cup onion (minced)

## Instructions:

1. Lightly grease 9 inch pie plate with vegetable oil. Pat turkey into pie plate.
2. Cover turkey with waxed paper. Cook in microwave on high; rotate plate 1/4 turn after 3 minutes. Cook until turkey no longer remains pink, about 5 more minutes. Drain.  
OR  
Place turkey in 350 degree oven; bake until turkey no longer remains pink, about 30-35 minutes.
3. Top cooked turkey with vegetables, spaghetti sauce and cheese.
4. Return turkey to either the microwave or oven and heat until cheese is melted, about 1-2 minutes.

**Yield:** 4 servings

**Serving size:** 1/4 loaf

**Cost:**

Per recipe: \$3.75

**Per serving:** \$0.94

<b>Nutrition Facts</b>	
Serving Size 1/4 of meat loaf, 1/4 of recipe (196g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 220</b>	<b>Calories from Fat 110</b>
% Daily Value*	
<b>Total Fat 12g</b>	<b>18%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol 95mg</b>	<b>32%</b>
<b>Sodium 350mg</b>	<b>15%</b>
<b>Total Carbohydrate 6g</b>	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 1g	
<b>Protein 22g</b>	
Vitamin A 6%	• Vitamin C 30%
Calcium 8%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	30g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Turkey Meatloaf

## Ingredients:

- 1 pound ground turkey (or ground beef)
- 1/2 cup oats (regular, dry)
- 1 egg (large)
- 1 Tablespoon onion (dehydrated, or one small onion, minced)
- 1/4 cup ketchup
- 2 celery stalk (chopped)
- 2 garlic clove (minced)
- 1/2 green pepper (seeded and diced)

## Instructions:

1. Preheat oven to 350 degrees F.
2. Combine all ingredients and mix well.
3. Bake in loaf pan for 25 minutes to an internal temperature of 165 degrees F.
4. Cut into five slices and serve.

**Yield:** 5 servings

**Serving size:** 1 slice (3 ounces)

**Cost:**

**Per recipe:** \$3.39

**Per serving:** \$0.68

Nutrition Facts	
Serving Size 1 slice (3 ounces) (129g)	
Servings Per Container 5	
Amount Per Serving	
<b>Calories</b> 170	<b>Calories from Fat</b> 60
% Daily Value*	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 85mg	<b>28%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 10g	<b>3%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 3g	
<b>Protein</b> 18g	
Vitamin A 6%	• 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    300 mg
Sodium	Less Than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Broccoli Rice Casserole

## Ingredients:

- 1 1/2 cups rice
- 3 1/2 cups water
- 1 onion (medium, chopped)
- 1 can cream of mushroom, or chicken, or celery or cheese soup (10 3/4 ounce, condensed)
- 1 1/2 cups milk (1%)
- 20 ounces broccoli or cauliflower or mixed vegetables (frozen, chopped)
- 1/2 pound cheese (grated or sliced)
- 3 tablespoons margarine or butter

## Instructions:

1. Preheat oven to 350 degrees F and grease a 12 x 9 x 2 inch baking pan.
2. In a saucepan mix rice, salt, and 3 cups of water; bring to a boil.
3. Cover and simmer for 15 minutes; Remove saucepan from heat and set aside for additional 15 minutes.
4. Sauté onions in margarine or butter until tender.
5. Mix soup, milk, 1/2 cup of water, onions, and rice. Spoon mixture into baking pan.
6. Thaw and drain the vegetables and then spread over the rice mixture.
7. Spread the cheese evenly over the top and bake at 350 degrees F for 25-30 minutes until cheese is melted and rice is bubbly.

**Yield:** 12 servings

**Serving size:** 1/12 of recipe

**Cost:**

**Per recipe:** \$7.18

**Per serving:** \$0.60

Nutrition Facts	
Serving Size 1/12 of recipe (191g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 240</b>	<b>Calories from Fat 100</b>
	% Daily Value*
<b>Total Fat 11g</b>	<b>17%</b>
Saturated Fat 5g	25%
Trans Fat 0g	
<b>Cholesterol 20mg</b>	<b>7%</b>
<b>Sodium 340mg</b>	<b>14%</b>
<b>Total Carbohydrate 26g</b>	<b>9%</b>
Dietary Fiber 2g	8%
Sugars 3g	
<b>Protein 9g</b>	
Vitamin A 15%	Vitamin C 45%
Calcium 20%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Caribbean Casserole

## Ingredients:

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

## Instructions:

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

**Yield:** 10 servings

**Serving size:** 1 cup

**Cost:**

**Per recipe:** \$3.26

**Per serving:** \$0.33

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

# Fall Veggie Casserole

## Ingredients:

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

## Instructions:

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

**Yield:** 8 servings

**Serving size:** 1/8 of recipe

**Cost:**

**Per recipe:** \$5.01

**Per serving:** \$0.63

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



# Full of Beans Hot Dish

## Ingredients:

- 1 pound ground beef
- 1 onion (large, chopped)
- 1/4 cup brown sugar
- 1/2 cup ketchup
- 2 Tablespoons vinegar
- 1/2 teaspoon black pepper
- 2 cups kidney beans (cooked, or 15 ounce can)
- 1 can pork and beans (15 ounce can)
- 2 cups great northern beans (cooked, or a 15 ounce can great northern beans, lima beans or butter beans)

## Instructions:

1. Cook ground beef and onions. Drain fat.
2. Add remaining ingredients and mix.
3. Place in casserole dish.
4. Bake in the oven at 350 degrees F for 1 hour.

**Yield:** 8 servings

**Serving size:** 1/8 of recipe

**Cost:**

**Per recipe:** \$6.39

**Per serving:** \$0.80

<b>Nutrition Facts</b>			
Serving Size 1/8 of recipe (262g)			
Servings Per Container			
Amount Per Serving			
<b>Calories 270</b>	<b>Calories from Fat 60</b>		
% Daily Value*			
<b>Total Fat 6g</b>	<b>9%</b>		
Saturated Fat 2.5g	<b>13%</b>		
Trans Fat 0g			
<b>Cholesterol 40mg</b>	<b>13%</b>		
<b>Sodium 830mg</b>	<b>35%</b>		
<b>Total Carbohydrate 38g</b>	<b>13%</b>		
Dietary Fiber 8g	<b>32%</b>		
Sugars 15g			
<b>Protein 20g</b>			
<b>Vitamin A 4%</b>	<b>Vitamin C 10%</b>		
<b>Calcium 8%</b>	<b>Iron 25%</b>		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

# Baked Chicken

## Ingredients:

- 1 pound chicken, boneless, skinless
- 1 teaspoon garlic powder
- 1 teaspoon pepper
- Salt (optional)

## Instructions:

1. Preheat the oven to 350 degrees F.
2. Rinse the chicken.
3. Put the chicken in a baking pan or casserole dish.
4. Sprinkle with garlic powder and pepper to taste.
5. Bake for 1 hour.

**Yield:** 5 servings

**Serving size:** 3 ounces

**Cost:**

**Per recipe:** \$3.60

**Per serving:** \$0.72

<b>Nutrition Facts</b>	
Serving Size 3 oz. or 1/5 of recipe (92g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 110</b>	<b>Calories from Fat 25</b>
<b>% Daily Value*</b>	
<b>Total Fat 3g</b>	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 65mg</b>	<b>22%</b>
<b>Sodium 70mg</b>	<b>3%</b>
<b>Total Carbohydrate 1g</b>	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein 20g</b>	
Vitamin A 0%	• Vitamin C 4%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

# Cheese chicken, Broccoli and Rice Bake

## Ingredients:

- 5 cups water
- 2 1/2 cups rice
- 1/4 cup onion (chopped)
- 1 garlic clove (chopped, optional)
- 1 cup milk (skim)
- 1 can cream of mushroom soup (10.75 ounces, condensed)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 3/4 cups low-fat cheddar cheese (grated)
- 2 cups chicken (shredded, cooked)
- 2 cups broccoli (pieces)

## Instructions:

1. Preheat oven to 350° F. In large saucepan bring water to boil. Add rice, onion, and garlic. Cook for about 20 minutes or until rice is soft.
2. While rice is cooking combine milk, soup, salt, and pepper, mix well. When rice is done combine with milk mixture, chicken and broccoli, mix well.
3. Grease 9 x 13 pan and pour mixture into pan. Bake in the preheated oven for 18 minutes. Sprinkle with cheese. Bake for another 6 minutes or until cheese is melted. Serve immediately.

**Yield:** 12 servings

**Serving size:** 1 cup

**Cost:**

**Per recipe:** \$5.33

**Per serving:** \$0.44

<b>Nutrition Facts</b>	
Serving Size 1 cup (324g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories 240</b>	<b>Calories from Fat 25</b>
<hr/>	
<b>% Daily Value*</b>	
<b>Total Fat 2.5g</b>	<b>4%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 25mg</b>	<b>8%</b>
<b>Sodium 320mg</b>	<b>13%</b>
<b>Total Carbohydrate 39g</b>	<b>13%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 2g	
<b>Protein 13g</b>	
<b>Vitamin A 10%</b>	<b>Vitamin C 30%</b>
<b>Calcium 8%</b>	<b>Iron 10%</b>
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories    2,000    2,500</small>
Total Fat	Less Than 65g    80g
Saturated Fat	Less Than 20g    25g
Cholesterol	Less Than 300mg    300mg
Sodium	Less Than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
<small>Calories per gram:</small>	
	<small>Fat 9 • Carbohydrate 4 • Protein 4</small>

# Chicken and Beans

## Ingredients:

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

## Instructions:

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

**Yield:** 6 servings

**Serving size:** 1/6 of recipe

**Cost:**

**Per recipe:** \$5.71

**Per serving:** \$0.95

<b>Nutrition Facts</b>	
Serving Size 1/6 of recipe (329g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 310	<b>Calories from Fat</b> 70
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 155mg	<b>52%</b>
<b>Sodium</b> 600mg	<b>25%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 3g	
<b>Protein</b> 42g	
Vitamin A 6%	• Vitamin C 8%
Calcium 4%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Chicken Ratatouille

## Ingredients:

- 1 Tablespoon vegetable oil
- 4 chicken breasts halved (medium, skinned, fat removed, boned, and cut into 1 inch pieces)
- 2 zucchini (7 inches long, unpeeled and thinly sliced)
- 1 eggplant (small, peeled and cut into 1-inch cubes)
- 1 onion (medium, thinly sliced)
- 1/2 pound mushrooms (fresh, sliced)
- 1 can tomatoes (16 ounces, whole, cut up)
- 1 garlic clove (minced)
- 1 1/2 teaspoons basil (dried, crushed, optional)
- 1 tablespoon parsley (fresh, minced, optional)
- Black pepper (to taste)

## Instructions:

1. Heat oil in large non-stick skillet. Add chicken and sauté about 3 minutes, or until lightly browned.
2. Add zucchini, eggplant, onion, green pepper, and mushrooms. Cook about 15 minutes, stirring occasionally.
3. Add tomatoes, garlic, basil, parsley, and pepper; stir and continue cooking about 5 minutes, or until chicken is tender.

**Yield:** 4 servings

**Serving size:** 1 1/2 cups

**Cost:**

**Per recipe:** \$7.90

**Per serving:** \$1.97

Nutrition Facts	
Serving Size 1-1/2 cups (531g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 270	<b>Calories from Fat</b> 70
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 75mg	<b>25%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Dietary Fiber 8g	<b>32%</b>
Sugars 10g	
<b>Protein</b> 32g	
<b>Vitamin A</b> 10%	<b>Vitamin C</b> 100%
<b>Calcium</b> 10%	<b>Iron</b> 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Easy Chicken Pot Pie

## Ingredients:

- 1 2/3 cups 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, such as Bisquick)
- 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.

**Yield:** 6 servings

**Serving size:** 1/6 of pie

**Cooking time:** 45 minutes

**Total time:** 45 minutes

**Cost:**

**Per recipe:** \$3.47

**Per serving:** \$0.58

<b>Nutrition Facts</b>			
Serving Size 1/6 of pie (155g)			
Servings Per Container 6			
Amount Per Serving			
<b>Calories</b> 190	<b>Calories from Fat</b> 35		
% Daily Value*			
<b>Total Fat</b> 4g	6%		
Saturated Fat 1g	5%		
Trans Fat 0g			
<b>Cholesterol</b> 60mg	20%		
<b>Sodium</b> 460mg	19%		
<b>Total Carbohydrate</b> 25g	8%		
Dietary Fiber 1g	4%		
Sugars 4g			
<b>Protein</b> 12g			
Vitamin A 10%	Vitamin C 2%		
Calcium 6%	Iron 8%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

# Un-Fried Chicken

## Ingredients:

4 pounds chicken pieces, skin removed

8 ounces yogurt, nonfat plain

1 1/2 cups bread crumbs (or crushed corn flakes)

Nonstick cooking spray

## Instructions:

1. Preheat oven to 325 degrees F.
2. Coat chicken with yogurt. Roll in bread crumbs or crushed cereal.
3. Spray baking sheets with nonstick cooking spray and place chicken pieces on them.
4. Bake 1 hour, turning chicken pieces after first 30 minutes or when chicken browns.
5. Serve. Refrigerate leftovers.

**Yield:** 8 servings

**Serving size:** 1 and 1/2 pieces

**Cost:**

**Per recipe:** \$5.85

**Per serving:** \$0.73

<b>Nutrition Facts</b>			
Serving Size 1/8 of recipe (275g)			
Servings Per Container			
Amount Per Serving			
<b>Calories</b> 340	<b>Calories from Fat</b> 35		
% Daily Value*			
<b>Total Fat</b> 4g	<b>6%</b>		
Saturated Fat 1g	<b>5%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 130mg	<b>43%</b>		
<b>Sodium</b> 310mg	<b>13%</b>		
<b>Total Carbohydrate</b> 17g	<b>6%</b>		
Dietary Fiber 1g	<b>4%</b>		
Sugars 3g			
<b>Protein</b> 56g			
Vitamin A 4%	Vitamin C 8%		
Calcium 10%	Iron 15%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

# Oriental Rice

## Ingredients:

- 1 Tablespoon vegetable oil
- 2 eggs (beaten)
- 3 1/2 cups rice. Cooked
- 1 cup chicken breast, ham or pork, cooked (and chopped)
- 1 cup mixed vegetables, cooked (and chopped)
- 2 green onions (sliced)
- Soy sauce or hot sauce to taste (optional)

## Ingredients:

1. Heat pan. Add 1 teaspoon of oil. Add eggs and scramble.
2. Remove cooked eggs and set aside.
3. Add the rest of oil (2 teaspoons) to pan. Stir fry rice, breaking up lumps by pressing rice against pan.
4. Add leftover meat and/or vegetables. Stir-fry until heated.
5. Add green onions, reserved eggs and sauce to taste. Serve hot.
6. Cover and refrigerate leftovers within 2 hours.

**Yield:** 4 servings

**Serving size:** 1/4 recipe

**Cost:**

**Per recipe:** \$2.89

**Per serving:** \$0.72

<b>Nutrition Facts</b>			
Serving Size 1/4 of recipe (239g)			
Servings Per Container			
Amount Per Serving			
<b>Calories</b> 310	<b>Calories from Fat</b> 70		
% Daily Value*			
<b>Total Fat</b> 8g			<b>12%</b>
Saturated Fat 2g			<b>10%</b>
Trans Fat 0g			
<b>Cholesterol</b> 135mg			<b>45%</b>
<b>Sodium</b> 120mg			<b>5%</b>
<b>Total Carbohydrate</b> 40g			<b>13%</b>
Dietary Fiber 2g			<b>8%</b>
Sugars 1g			
<b>Protein</b> 17g			
<b>Vitamin A</b> 25%	•	<b>Vitamin C</b> 15%	
<b>Calcium</b> 2%	•	<b>Iron</b> 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4



# Pasta Frittata with Peas

## Ingredients:

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

## Instructions:

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

**Yield:** 5 servings

**Serving size:** 1/5 or recipe

**Cost:**

**Per recipe:** \$2.45

**Per serving:** \$0.49

Nutrition Facts	
Serving Size 1/5 of recipe (86g)	
Servings Per Container 5	
Amount Per Serving	
<b>Calories</b> 140	<b>Calories from Fat</b> 80
% Daily Value*	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 165mg	<b>55%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 2g	
<b>Protein</b> 10g	
Vitamin A 20%	Vitamin C 6%
Calcium 15%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories    2,000    2,500
Total Fat	Less Than 65g    80g
Saturated Fat	Less Than 20g    25g
Cholesterol	Less Than 300mg    300 mg
Sodium	Less Than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Baked Pork Chops:

## Ingredients:

- 6 pork chops (lean center-cut, 1/2 inch thick)
- 1 onion (medium, thinly sliced)
- 1/2 cup green pepper (chopped)
- 1/2 cup red pepper (chopped)
- 1/8 teaspoon black pepper
- 1/4 teaspoon salt

## Instructions:

1. Preheat oven to 375 degrees F.
2. Trim fat from pork chops. Place chops in a 13x9-inch baking pan.
3. Spread onion and peppers on top of chops. Sprinkle with pepper and salt. Refrigerate for 1 hour.
4. Cover pan and bake 30 minutes.
5. Uncover, turn chops, and continue baking for an additional 15 minutes or until no pink remains. Garnish with fresh parsley.

**Yield:** 6 servings

**Serving size:** 1 pork chop

**Cost:**

**Per recipe:** \$5.50

**Per serving:** \$0.92

<b>Nutrition Facts</b>	
Serving Size 1 pork chop or 1/6 of recipe (113g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 160</b>	<b>Calories from Fat 80</b>
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol 55mg</b>	<b>18%</b>
<b>Sodium 150mg</b>	<b>6%</b>
<b>Total Carbohydrate 4g</b>	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 2g	
<b>Protein 17g</b>	
Vitamin A 8%	• Vitamin C 60%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Creamy Chicken Hash

## Ingredients:

- 1 russet potato (scrubbed, medium)
- 2 Tablespoons butter (or canola oil, divided)
- 1/2 onion (small, finely chopped)
- 1/4 cup green bell pepper (finely chopped)
- 1/4 cup red bell pepper (finely chopped)
- 1/4 cup celery (finely chopped)
- Canola cooking spray
- 2 cups skinless cooked chicken breast (diced)
- 2 Tablespoons low-fat milk
- Cayenne pepper (pinch of, or to taste, optional)
- Salt (and freshly ground black pepper, to taste)
- 4 Tablespoons barbecue sauce (prepared)

## Instructions:

1. Shred the potato and set aside. (It will darken in color, but this will not affect hash.)
2. Heat 1 Tbsp. butter or oil in a medium/large non-stick skillet. Add onion, bell peppers, celery and garlic. Sauté until lightly browned, 5 minutes. Push vegetables to one side of pan. Add remaining butter or oil. Add potatoes and mix with oil to coat them. Mix and combine well with the vegetables. Cook 3 minutes. If potatoes stick, scrape pan vigorously and move contents around pan to spray the bottom with cooking spray.
3. Mix in chicken, milk, cayenne, salt and pepper. Spread and flatten out the mixture into a thick cake. Use the edge of a pan-cake turner to cut it into 4 sections. (Or, hash can be broken into rough pieces while cooking.) Cover the pan. Cook until potatoes are tender and hash is lightly browned, 3 to 5 minutes, turning so bottom sides can also brown. (Spray pan with oil spray if necessary while turning hash.)
4. When hash is done, divide equally among four plates. Serve with barbecue sauce drizzled on top or around each portion. (If desired, sauce can first be thinned, by mixing 4 tablespoons sauce with 4 tablespoons milk.)

**Yield:** 4 servings

**Serving size:** 1/4 recipe

**Cost:**

**Per recipe:** \$\$3.45

**Per serving:** \$0.89

Nutrition Facts	
Serving Size 1/4 of recipe (180g)	
Servings Per Container 4	
Amount Per Serving	
Calories 250	Calories from Fat 80
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 75mg	<b>25%</b>
<b>Sodium</b> 320mg	<b>13%</b>
<b>Total Carbohydrate</b> 18g	<b>6%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 6g	
<b>Protein</b> 23g	
Vitamin A 15%	Vitamin C 45%
Calcium 4%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories    2,000    2,500
Total Fat	Less Than 65g    80g
Saturated Fat	Less Than 20g    25g
Cholesterol	Less Than 300mg    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	

# Meaty Stuffed Potatoes

## Ingredients:

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

## Instructions:

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

**Yield:** 3 servings

**Serving size:** 1 potato

**Cost:**

**Per recipe:** \$4.54

**Per serving:** \$1.51

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

# Arroz con Pollo Chicken and Rice

## Ingredients:

- 2 Tablespoons vegetable oil
- 1 chicken (whole, cut up, skin removed)
- 1 green pepper (chopped)
- 1 onion (chopped)
- 3 garlic cloves (minced, optional)
- 2 tomatoes (chopped)
- 2 1/4 cups chicken broth (low-sodium)
- 1 bay leaf (optional)
- 1 cup rice (uncooked)
- 1 cup peas
- Salt (to taste)
- Pepper (to taste)

## Instructions

1. In a large skillet heat oil and brown chicken on both sides.
2. Add green pepper, onion, and garlic and cook for about 5 minutes.
3. Add tomato, chicken broth, bay leaf, salt pepper to taste.
4. Cover and cook for 20 minutes.
5. Add rice, stir well, cover and simmer for 20-30 minutes longer, or until all liquid has been absorbed and chicken is tender.
6. Add peas, cook until hot.

## Note:

It is less expensive to buy a whole chicken or thighs that have the skin than boneless, skinless chicken breasts. All you need to do is put the chicken in a large pot of boiling water for 2 hours or so and the meat comes right off. Freeze leftovers.

**Yield:** 6 servings

**Serving size:** 1/6 of recipe

**Cost:**

**Per recipe:** \$6.31

**Per serving:** \$1.05

Nutrition Facts			
Serving Size 1/6 of recipe (307g)			
Servings Per Container 6			
Amount Per Serving			
Calories 210		Calories from Fat 35	
% Daily Value*			
<b>Total Fat</b> 4g			<b>6%</b>
Saturated Fat 1g			<b>5%</b>
Trans Fat 0g			
<b>Cholesterol</b> 15mg			<b>5%</b>
<b>Sodium</b> 75mg			<b>3%</b>
<b>Total Carbohydrate</b> 32g			<b>11%</b>
Dietary Fiber 3g			<b>12%</b>
Sugars 5g			
<b>Protein</b> 11g			
Vitamin A 20%		Vitamin C 50%	
Calcium 4%		Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

# Bean and Rice Burritos

## Ingredients:

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

## Instructions:

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

**Yield:** 8 servings

**Serving size:** 1 burrito

**Cost:**

**Per recipe:** \$3. 14

**Per serving:** \$0.39

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

# Bean Enchiladas

## Ingredients:

- 3 1/2 cups pinto beans (cooked or 2– 15 ounce low sodium can, drained and rinsed)
- 1/2 cup cheese, reduced fat Monterey Jack
- 1 Tablespoon chili powder
- 8 flour tortillas (6 inch)
- Salsa (optional)

## Instructions:

1. Place beans in a large bowl and mash coarsely with a fork or potato masher; stir in chili powder.
2. Wrap tortillas in a damp paper towel. Microwave on high for 45 seconds, or until tortillas are soft and warm.
3. Divide bean mixture among tortillas and spread down center of tortilla. Sprinkle cheese on bean mixture.
4. Roll tortillas to enclose mixture.
5. Spray a 9"x13" baking dish with non-stick cooking spray
6. Place enchiladas, seam side down, into baking dish.
7. Cover with foil and bake at 350 degrees F for 20 minutes or until heated through.
8. Serve warm with salsa.

**Yield:** 4 servings

**Serving size:** 2, 6" enchiladas

**Cost:**

**Per recipe:** \$2.15

**Per serving:** \$0.54

<b>Nutrition Facts</b>	
Serving Size 2 6" enchiladas, 1/4 of recipe (230g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 460	<b>Calories from Fat</b> 80
% Daily Value*	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 540mg	<b>23%</b>
<b>Total Carbohydrate</b> 74g	<b>25%</b>
Dietary Fiber 16g	<b>64%</b>
Sugars 2g	
<b>Protein</b> 23g	
<b>Vitamin A</b> 15%	<b>Vitamin C</b> 4%
<b>Calcium</b> 35%	<b>Iron</b> 30%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
<b>Total Fat</b>	Less than 65g 80g
<b>Saturated Fat</b>	Less than 20g 25g
<b>Cholesterol</b>	Less than 300mg 300 mg
<b>Sodium</b>	Less than 2,400mg 2,400mg
<b>Total Carbohydrate</b>	300g 375g
<b>Dietary Fiber</b>	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Black Bean Soup

## Ingredients:

- 1 cup onion (chopped)
- 3/4 cups celery (chopped)
- 2 teaspoons garlic (chopped)
- 1 1/2 cups beef broth (fat removed)
- 2 cans black beans ( 15 ounces each, drained and rinsed)
- 1/2 cup salsa (thick and chunky)
- 1 1/2 teaspoons cumin (optional)
- 1/2 teaspoon onion powder
- 1/4 teaspoon oregano (dried, optional)

## Instructions:

1. Combine all ingredients in a sauce-pan.
2. Cover and simmer for 20-25 minutes or until vegetables are tender.

**Yield:** 4 servings

**Serving size:** 1 and 1/4 cup

**Cost:**

**Per recipe:** \$3.11

**Per serving:** \$0.78

<b>Nutrition Facts</b>			
Serving Size 1-1/4 cups (336g)			
Servings Per Container 4			
Amount Per Serving			
<b>Calories</b> 180	<b>Calories from Fat</b> 15		
<hr/>			
			<b>% Daily Value*</b>
<b>Total Fat</b> 1.5g			<b>2%</b>
Saturated Fat	0g		<b>0%</b>
Trans Fat	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	870mg		<b>36%</b>
<b>Total Carbohydrate</b>	27g		<b>9%</b>
Dietary Fiber	10g		<b>40%</b>
Sugars	3g		
<b>Protein</b>	10g		
<b>Vitamin A</b> 2%		<b>Vitamin C</b> 6%	
<b>Calcium</b> 8%		<b>Iron</b> 20%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>			
		<small>Calories</small>	<small>2,000</small>
		<small>2,500</small>	
<small>Total Fat</small>	<small>Less Than</small>	<small>65g</small>	<small>80g</small>
<small>Saturated Fat</small>	<small>Less Than</small>	<small>20g</small>	<small>25g</small>
<small>Cholesterol</small>	<small>Less Than</small>	<small>300mg</small>	<small>300 mg</small>
<small>Sodium</small>	<small>Less Than</small>	<small>2,400mg</small>	<small>2,400mg</small>
<small>Total Carbohydrate</small>		<small>300g</small>	<small>375g</small>
<small>Dietary Fiber</small>		<small>25g</small>	<small>30g</small>
<small>Calories per gram:</small>			
	<small>Fat</small> 9	<small>Carbohydrate</small> 4	<small>Protein</small> 4



# Broccoli Potato Soup

## Ingredients:

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

## Instructions:

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

**Yield:** 4 servings

**Serving size:** 1/4 recipe

**Cost:**

**Per recipe:** \$4.53

**Per serving:** \$1.13

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

# Brunswick Stew

## Ingredients:

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

## Instructions:

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

**Yield:** 8 servings

**Serving size:** 1 cup

**Cost:**

**Per recipe:** \$6.76

**Per serving:** \$0.84

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

# Cheese and Corn Chowder

## Ingredients:

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

## Instructions:

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

**Yield:** 6 servings

**Serving size:** 1/6 of recipe

**Cost:**

**Per recipe:** \$3.15

**Per serving:** \$0.52

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

# Ground Beef Stew

## Ingredients:

- 1/2 pound ground beef, or ground turkey, or venison
- 1/8 teaspoon salt (optional)
- 1/8 teaspoon pepper (optional)
- 1 can tomato soup , condensed (10 3/4 ounce)
- Water, one soup can full
- 6 carrots (medium, diced or sliced)
- 2 potatoes (medium, diced or sliced)
- 1 cup onion (diced)

## Instructions:

1. Brown meat. Drain fat, if any. Season lightly with salt and pepper (optional).
2. Add soup and 1 can of water to fry pan. Add vegetables.
3. Bring to a boil, then simmer, covered, about 25 minutes or until tender. Remove from heat, cover for last 10 minutes to thicken.
4. Serve. Refrigerate leftovers.

**Yield:** 4 servings

**Serving size:** 1 cup

**Cooking time:** 55 minutes

**Cost:**

**Per recipe:** \$4.18

**Per serving:** \$1.05

Nutrition Facts	
Serving Size 1 cup prepared stew, 1/4 of recipe (415g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 250	<b>Calories from Fat</b> 70
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 540mg	<b>23%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 13g	
<b>Protein</b> 20g	
<b>Vitamin A</b> 310%	<b>Vitamin C</b> 50%
<b>Calcium</b> 6%	<b>Iron</b> 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	

# Minute Potato Corn Chowder

## Ingredients:

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

## Instructions:

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

**Yield:** 4 servings

**Serving size:** 1/4 of recipe

**Cost:**

**Per recipe:** \$2.28

**Per serving:** \$0.57

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

# Quick Chili

## 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 Tablespoons chili powder

## Instructions:

1. Thoroughly cook ground beef in skillet until browned (160 degrees F). 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.

**Yield:** 4 servings

**Serving size:** 3/4 cups

**Cost:**

**Per recipe:** \$3.39

**Per serving:** \$0.85

<b>Nutrition Facts</b>	
Serving Size 3/4 cup prepared chili, 1/4 of recipe (233g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 230</b>	<b>Calories from Fat 60</b>
% Daily Value*	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol 35mg</b>	<b>12%</b>
<b>Sodium 460mg</b>	<b>19%</b>
<b>Total Carbohydrate 25g</b>	<b>8%</b>
Dietary Fiber 9g	<b>36%</b>
Sugars 4g	
<b>Protein 19g</b>	
Vitamin A 25%	• Vitamin C 15%
Calcium 6%	• Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000    2,500
Total Fat	Less Than 65g    80g
Saturated Fat	Less Than 20g    25g
Cholesterol	Less Than 300mg    300 mg
Sodium	Less Than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Split Pea Soup

## Ingredients:

- 1 onion (large)
- 3 tablespoons margarine or butter
- 1 1/2 cups split peas, dry
- 6 cups water
- 1 teaspoon salt

## Instructions:

1. Chop onion. Cook in margarine in a large pan until tender.
2. Wash and drain split peas.
3. Add water, split peas and salt to onion. Bring to boiling.
4. Lower heat and cover pan. Simmer about 2 hours, until thickened.

**Yield:** 6 servings

**Serving size:** 3/4 cup

**Cost:**

**Per recipe:** \$1.10

**Per serving:** \$0.18

<b>Nutrition Facts</b>	
Serving Size 3/4 cup prepared soup, 1/6 of recipe (319g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 230	<b>Calories from Fat</b> 50
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 1.5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 450mg	<b>19%</b>
<b>Total Carbohydrate</b> 32g	<b>11%</b>
Dietary Fiber 13g	<b>52%</b>
Sugars 5g	
<b>Protein</b> 12g	
Vitamin A 2%	• Vitamin C 4%
Calcium 4%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# Helpful Food Resources



## Polk County Resources for Families

<http://polk.uwex.edu/>

## Polk County Community Food Resource Directory:

[www.polkNPACoalition.org](http://www.polkNPACoalition.org)

Go to Community happenings on web page

## Food Security Website:

<http://foodsecurity.wisc.edu/>

## State of the Valley UWRF:

[www.uwrf.edu/stateofthevalley](http://www.uwrf.edu/stateofthevalley)





## LEGAL

Judicare ..... 800-472-1638  
Probation & Parole ..... 715-485-3114  
Melissa Weigen, Attorney  
Domestic Violence/Sexual Assault ..... 715-414-0307  
Victim Witness Program ..... 715-485-8298

## SHELTER/HOUSING

### Housing Authorities

Army Housing Authority (Spec. 8) ..... 715-288-2800  
Clear Lake ..... 715-288-5870  
Frederic Housing Authority (Elderly/Disabled) ..... 715-327-8400  
Luck/Don Tomlinson (Elderly/Handicapped) ..... 715-472-2200  
Luck Housing Authority ..... 715-472-2092  
Millison – (Elderly & Handicapped) ..... 715-834-2040  
Polk Co. Housing Authority (Elderly/Disabled Only) ..... 715-294-4243

### Homeless Shelters

CRA – Domestic Abuse ..... 715-825-4414  
Northwoods Homeless Shelter, Army ..... 715-288-5730  
Serenity Home/Salvation Army  
Bakem Lake ..... 715-485-1221

### WESTCAP

Families in Transition Program ..... 1-800-606-9227  
[www.westcap.org](http://www.westcap.org)

### Veterans Services

Polk County ..... 715-485-8243

## TRANSPORTATION

Car Care Ministry ..... 715-288-7300  
Assistance vehicle maintenance  
Innwithn Caregivers ..... 715-485-9500  
The Salvation Army ..... 715-485-1221  
Wheel CAP, Inc. ..... 800-606-9227  
Army Staff assists low-income families to get into  
Reusable fuel efficient cars

University of Wisconsin, U.S. Department of Agriculture and Wisconsin coalition cooperating. UW-Extension provides equal opportunities in employment and programming including Title IX and ADA.

For corrections or additions contact:

*Kim Henningsgard*  
*School/Home Liaison*  
*Polk County Family Preservation and*  
*Support*  
*(715)485-8548*

Or

*Gail Reavey*  
*Family Living Agent*  
*Polk County UW-Extension*  
*(715)485-8600*

This brochure can be downloaded at:

<http://polk.uwex.edu>

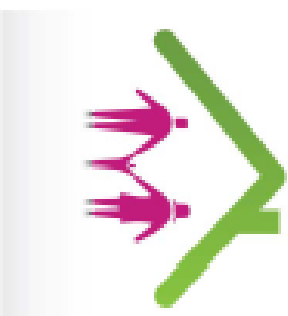


Updated 1/15/2013

## QUICK LIST

## Resources For Families

Make The Connection



Polk County, Wisconsin

## EMERGENCY CONTACTS

Fire – Polk – Rescue & Ambulance ..... 911  
Community Mental Agency, Inc. (Domestic Abuse –  
Sexual Assault Crisis Line) ..... 800-261-7233  
Sheriff – Polk County ..... 715-485-8300  
Sheriff's Chaplains ..... 715-485-8300  
ADRC (Aging & Disability Resource Center) - 1-877-485-2872  
American Red Cross ..... 715-485-3025  
Department of Human Services ..... 715-485-8400  
Serenity Home/Salvation Army ..... 715-485-1221

## AGING & DISABILITIES SERVICES

Aging & Disability Resource Center ..... 715.485.8440  
 (Toll Free) ..... 877.485.2572  
 Adult At Risk & Elder Abuse ..... 715.485.8400  
 Alzheimer's Assn. Helpline ..... 1.800.272.5900  
 Center for Independent Living For  
 Western WI ..... 800.228.5287  
 Interfaith Caregivers of Polk County ..... 715.485.8500  
 Polk County Home Care ..... 715.485.8500

## CHILD CARE

### Human Services Department

Child Care Provider Certification ..... 715.485.8410  
 Contact Nicole at .....  
 Child Care Assistance ..... 715.485.8478  
 Contact Dana at .....

## CLOTHING/HOUSEHOLD

### Thrift Stores

Army - Worn Again ..... 715.288.8080  
 Between Lakes - C&D Thrift Stores, Inc. .... 715.485.9099  
 Luck - Birds Nest Thrift Store ..... 715.472.7777  
 SCS Respite - Habitat for Humanity ..... 715.483.2700  
 St. Croix Falls - Family Pathways ..... 715.483.2919

## CHILDREN & FAMILY SERVICES

Adult Protection/Human Services ..... 715.485.8400  
 Birth-20-Three Intervention ..... 715.485.8581  
 Child Protection/Human Services ..... 715.485.8400  
 Child Support ..... 715.485.6297  
 Family Resource Center St. Croix Valley ..... 715.684.4440  
 Juvenile Justice/Human Services ..... 715.485.8400  
 Kinship of Polk County ..... 715.405.5900  
 Northern Waters Library (Tutoring) ..... 715.405.7329  
 School/Home Liaison Program  
 (Family Preservation) ..... 715.485.8558  
 Or 715.485.8833  
 Sunrise Mediation Services ..... 715.268.4594  
 St. Croix Chippewa Indians of WI ..... 715.340.2195  
 Teen Care Crisis Intervention Program ..... 800.491.8336  
 University of Wisconsin-Extension ..... 715.485.8600

## FINANCIAL SERVICES/RESOURCES

ADRC Benefits Specialist ..... 715.485.8440  
 Family/Mutual Consumer Credit ..... 800.780.2800  
 Human Services/Economic Support ..... 715.485.8878  
 Polk County LW Extension ..... 715.485.8600  
 The Salvation Army ..... 715.485.1221

## FOOD

### Community Food Resource Pamphlet

Website:

<https://www.foodbank.org/foodresources/foodresources/>  
[Download](#)

### Food Shelves

**Army:**  
 Army Food Shelf, 230 Deronda St. .... 715.288.5909

**Clear Lake & Clayton:**  
 Uterre Food Pantry, 560 9<sup>th</sup> St. .... 715.283.3848

**Fraser:**  
 Family Pathways, 101 E. Oak St. .... 715.327.4625

**Luck:**  
 Lorenz & Felske Interfaith Food Pantry, 400 Main St. .... 715.405.3727

**Osgoda:**  
 The Open Cupboard, 402 2<sup>nd</sup> Ave. .... 715.294.4357

**St. Croix Falls:**  
 St. Croix Falls Food Shelf, 809 Pine St. .... 715.483.9494  
 Family Pathways, 1028 US Hwy 8. .... 715.483.2920

### Food Distribution

Ruby's Pantry, 201 Hartman Ave., Army ..... 715.288.7300  
 Ruby's Pantry, Luck ..... 320.629.7400  
[www.foodbank.org/foodresources/](http://www.foodbank.org/foodresources/)

### Food Share

Human Services/Economic Support ..... 715.485.8400

### WIC

Public Health Nutrition/WIC ..... 715.485.8520

## HEALTH CLINICS

ADRC - Army ..... 715.288.8000  
 Clear Lake Clinic ..... 715.283.5100  
 Friends Medical Clinic ..... 715.327.5700  
 Greenburg Clinic ..... 800.637.7187  
 Luck Family Medical Clinic ..... 715.472.2177  
 New Richmond Clinic ..... 800.942.0795  
 Onondaga Medical Center ..... 715.294.2195  
 SORRMC ..... 715.483.5021  
 Tri-County LinCare Center ..... 715.755.2220  
 Turda Lake Clinic ..... 715.686.4101  
 Uterre Clinic ..... 715.825.5078

### Hospitals

Army Regional Medical Center ..... 715.288.8000  
 Onondaga Medical Center ..... 715.294.2111  
 St. Croix Regional Medical Center ..... 715.483.5981

### Public Health Department

Birth to Three Early Intervention ..... 715.485.8581  
 Family Health Benefits ..... 715.485.8500  
 Reproductive Health ..... 715.485.8575

### Mental Health Resources

**Substance Abuse**  
 Comprehensive list of providers at  
<http://www.wisconsinmentalhealthbook.com>  
 Polk County Mental Health/Chemical Dependency  
 Services ..... 715.485.8400

## HEAT/UTILITIES

Department of Human Services/Economic Support  
 ..... 715.485.8486

## JOBS & EDUCATION

DVR - Individuals with disabilities ..... 800.228.2287  
 Endlesson Adult Development Center ..... 715.485.8770  
 Experience Works (Employment  
 Assistance) ..... 800.782.7519  
 Northern Waters Library Program ..... 715.405.7329  
 Polk County Early Learning Center  
 (Head Start) ..... 715.485.3413  
 University of Wisconsin-Extension  
 Workforce Resource, Polk County ..... 715.485.5115