Healthy Stocked Pantry

Dry Storage List

**Canned Fruits and Canned Vegetables:**
- Canned no-salt added veggies - corn, tomatoes, green beans, garbanzo beans, tomato sauce/paste
- Canned fruits packed in 100% juice or water – mixed fruit, peaches, pears, pineapple, plums
- Unsweetened applesauce cups or pouches
- Canned pasta/pizza sauces with less than 8 grams of sugar per serving
- Dried fruit – apricots, raisins, dates, prunes, reduced sugar cranberries

**Grains:**
- Whole grain/enriched pastas - spaghetti, orzo, rotini, penne, couscous
- Whole grains or rice - brown rice, wild rice, quinoa, white rice
- Whole grain crackers
- Whole grain cereals – shredded wheat, oatmeal, muesli

**Dairy:**
- Shelf-stable cartons of cow’s milk, unsweetened vanilla almond milk, or soy milk
- Instant, fortified dry milk powder

**Miscellaneous:**
- Unsalted/low sodium broths/stalks – chicken, turkey, vegetable, beef broth
- Whole grain/fruit-based granola bars
- Canned olives, canned reduced sodium soups

**Shelf-Stable Sources of Protein:**
- Canned/pouches of tuna or salmon (look for lower sodium)
- Canned chicken (packed in water)
- Canned no-salt-added beans - black beans, chili beans, white beans
- Dry beans or lentils
- Nut butters (no-salt added, natural) or nuts/seeds – sunflower, pistachios, cashews

**Disclaimer:** This is not an all-inclusive list and is meant to assist in planning ahead for emergency preparedness in the event of a winter storm or inability to leave the home or access food.

12-2019
eating better on a budget

10 tips to help you stretch your food dollars

Get the most for your food budget! There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.

1 plan, plan, plan!
Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or stir-fries, which “stretch” expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.

2 get the best price
Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood—often the most expensive items on your list.

3 compare and contrast
Locate the “Unit Price” on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is more economical.

4 buy in bulk
It is almost always cheaper to buy foods in bulk. Smart choices are family packs of chicken, steak, or fish and larger bags of potatoes and frozen vegetables. Before you shop, remember to check if you have enough freezer space.

5 buy in season
Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

6 convenience costs...
go back to the basics
Convenience foods like frozen dinners, pre-cut vegetables, and instant rice, oatmeal, or grits will cost you more than if you were to make them from scratch. Take the time to prepare your own—and save!

7 easy on your wallet
Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy carrots, greens, or potatoes. As for fruits, apples and bananas are good choices.

8 cook once...eat all week!
Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won’t have to spend money on take-out meals.

9 get your creative juices flowing
Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry or over a garden salad, or to make chicken chili. Remember, throwing away food is throwing away your money!

10 eating out
Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for “2 for 1” deals. Stick to water instead of ordering other beverages, which add to the bill.

Go to www.ChooseMyPlate.gov for more information.
# Sample 2-Week Menus

<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Snacks</th>
</tr>
</thead>
</table>
| Day 1 | Peanut Butter Raisin Oatmeal:  
1 cup cooked oatmeal  
1 Tbsp peanut butter  
¼ cup raisins  
Beverage: 1 cup orange juice | Tuna-Cucumber Wrap:  
1 8” flour tortilla  
3 oz tuna (canned in water)  
2 Tbsp mayonnaise  
5 cucumber sticks  
½ cup lowfat vanilla yogurt  
Beverage: 1 cup lowfat milk | Honey Lemon Chicken*:  
Brown Rice Pilaf  
1 cup peas and corn:  
½ cup corn (frozen)  
½ cup green peas (frozen)  
1 tsp tub margarine  
1 Chocolate Chip Yogurt Cookie*:  
Beverage: 1 cup lowfat milk | Carrot Sticks with Dip:  
½ cup carrot sticks  
2 Tbsp hummus  
6 whole-grain crackers |
| Day 2 | Cereal with Fruit:  
1 cup toasted oat cereal  
1 medium banana  
¼ cup lowfat milk  
1 hard-cooked egg  
Beverage: Water, coffee, tea | Green Salad with Honey Lemon Chicken*:  
1 cup romaine lettuce  
3 oz sliced Honey Lemon Chicken*  
3 slices tomato  
5 slices cucumber  
2 Tbsp vinaigrette dressing**  
1 slice whole-wheat bread  
½ tsp tub margarine  
1 Chocolate Chip Yogurt Cookie*:  
Beverage: 1 cup lowfat milk | One Pan Spaghetti*:  
Side Salad:  
1 cup romaine lettuce  
3 medium slices tomato  
5 slices cucumber  
1 Tbsp vinaigrette dressing**  
1 slice whole-wheat bread  
½ tsp tub margarine  
Shake-A-Pudding*  
Beverage: 1 cup lowfat milk | Popcorn (3 cups popped)  
2 Tbsp kernels  
1 tsp vegetable oil  
1 large orange |
| Day 3 | Scrambled Eggs:  
2 eggs  
2 Tbsp lowfat milk  
1 tsp vegetable oil  
2 turkey sausage links  
1 slice whole-wheat toast  
½ tsp tub margarine  
1 tsp jelly  
Beverage: 1 cup apple juice | One Pan Spaghetti*:  
Includes  
ground beef and tomato sauce  
½ cup steamed broccoli (frozen)  
1 white roll  
1 tsp tub margarine  
1 Chocolate Chip Yogurt Cookie*:  
Beverage: 1 cup lowfat milk | Polenta with Pepper and Cheese  
Includes black or kidney beans  
1 cup cooked green beans (frozen)  
1 tsp tub margarine  
1 Chocolate Chip Yogurt Cookie*:  
Beverage: 1 cup lowfat milk | Pretzels and Dip  
½ cup pretzels  
1 Tbsp hummus  
1 medium banana |
| Day 4 | Banana Walnut Oatmeal  
1 large orange  
Beverage: 1 cup lowfat milk | Green Salad with Tuna:  
1 cup romaine lettuce  
3 oz tuna (canned in water)  
⅛ cup sliced carrots  
2 Tbsp vinaigrette dressing**  
1 slice whole-wheat bread  
1 tsp tub margarine  
Shake-A-Pudding*  
Beverage: 1 cup lowfat milk | Marinated Beef  
Mashed potatoes:  
1 cup cooked potatoes  
1 Tbsp lowfat milk  
2 tsp tub margarine  
1 cup mixed vegetables (frozen)  
1 tsp tub margarine  
Beverage: Water, coffee, tea | Banana Bread*:  
½ tsp tub margarine  
1 cup grapes |
<table>
<thead>
<tr>
<th></th>
<th>DAY 5</th>
<th>DAY 6</th>
<th>DAY 7</th>
<th>DAY 8</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td>Open-faced Egg and Tomato on an English Muffin</td>
<td>Scrambled Tofu Burrito</td>
<td>Fantastic French Toast</td>
<td>Raisin Oatmeal:</td>
</tr>
<tr>
<td></td>
<td>2 eggs, fried in 1 tsp oil</td>
<td>1 serving Scrambled Tofu</td>
<td>1 Tbsp pancake syrup</td>
<td>1 cup cooked oatmeal</td>
</tr>
<tr>
<td></td>
<td>1 English muffin, toasted</td>
<td>1 8” flour tortilla</td>
<td>1 tsp tub margarine</td>
<td>1 Tbsp raisins</td>
</tr>
<tr>
<td></td>
<td>2 medium slices tomato</td>
<td>¼ cup black beans (canned)</td>
<td>Dash of cinnamon (optional)</td>
<td>1 medium banana</td>
</tr>
<tr>
<td></td>
<td>¼ cup cheddar cheese, shredded</td>
<td>2 Tbsp salsa</td>
<td>1 medium banana</td>
<td>1 Tbsp peanut butter</td>
</tr>
<tr>
<td></td>
<td>Beverage: 1 cup apple juice</td>
<td>Beverage: 1 cup lowfat milk</td>
<td>Beverage: 1 cup orange juice</td>
<td>Beverage: 1 cup lowfat milk</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td>Peanut Butter and Banana Sandwich</td>
<td>Crunchy Chicken Salad Sandwich:</td>
<td>Lentil Stew*</td>
<td>Tuna Sandwich:</td>
</tr>
<tr>
<td></td>
<td>2 slices whole-wheat bread</td>
<td>2 slices whole-wheat bread</td>
<td>1 cup brown rice</td>
<td>2 slices whole-wheat bread</td>
</tr>
<tr>
<td></td>
<td>2 Tbsp peanut butter</td>
<td>¼ cup Crunchy Chicken Salad</td>
<td>1 slice whole-wheat bread</td>
<td>3 oz tuna (canned in water)</td>
</tr>
<tr>
<td></td>
<td>1 medium banana</td>
<td>1 romaine lettuce leaf</td>
<td>½ tsp tub margarine</td>
<td>2 Tbsp mayonnaise</td>
</tr>
<tr>
<td></td>
<td>½ cup celery sticks</td>
<td>½ cup carrot sticks</td>
<td>1 large orange</td>
<td>2 medium slices tomato</td>
</tr>
<tr>
<td></td>
<td>Beverage: 1 cup lowfat milk</td>
<td>1 Tbsp Ranch dressing</td>
<td>Beverage: 1 cup lowfat milk</td>
<td>1 rosemary</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td>Mouth-Watering Oven-Fried Fish Couscous with Peas and Onions</td>
<td>Lentil Stew*</td>
<td>Pan-fried Pork Chop (5 oz raw chop with bone)</td>
<td>Red Hot Fusilli Pasta</td>
</tr>
<tr>
<td></td>
<td>1 cup green beans (frozen)</td>
<td>1 cup brown rice</td>
<td>1 medium baked potato</td>
<td>2 Tbsp shredded Parmesan cheese</td>
</tr>
<tr>
<td></td>
<td>1 white roll</td>
<td>½ cup broccoli (frozen)</td>
<td>2 Tbsp salsa</td>
<td>½ cup green peas (frozen)</td>
</tr>
<tr>
<td></td>
<td>1 tsp tub margarine</td>
<td>½ tsp tub margarine</td>
<td>Cabbage slaw</td>
<td>½ tsp tub margarine</td>
</tr>
<tr>
<td></td>
<td>Beverage: Water, coffee, tea</td>
<td>½ cup canned pears</td>
<td>½ cup shredded green cabbage</td>
<td>1 white roll</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1 Tbsp vinaigrette dressing**</td>
<td>1 tsp tub margarine</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Beverage: 1 cup apple juice</td>
<td>Apple Cinnamon Bar*</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Beverage: Water, coffee, tea</td>
</tr>
<tr>
<td><strong>SNACKS</strong></td>
<td>Banana Bread*</td>
<td>Yogurt Parfait:</td>
<td>Banana Bread*</td>
<td>1 large orange</td>
</tr>
<tr>
<td></td>
<td>½ tsp tub margarine</td>
<td>¼ cup lowfat vanilla yogurt</td>
<td>½ tsp tub margarine</td>
<td>2 graham crackers</td>
</tr>
<tr>
<td></td>
<td>1 cup lowfat milk</td>
<td>¼ cup toasted oat cereal</td>
<td>1 cup lowfat milk</td>
<td>1 cup lowfat milk</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 Tbsp chopped nuts</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## SAMPLE 2-WEEK MENUS

### DAY 9

**BREAKFAST**

- Sausage Omelet:
  - 2 eggs
  - 2 Tbsp lowfat milk
  - 1 tsp vegetable oil
  - 1 turkey sausage link, diced
  - ¼ cup hash brown potatoes (frozen)
  - *Cooked in 1 tsp vegetable oil*
  - Beverage: 1 cup orange juice

**LUNCH**

- Peanut Butter and Jelly Sandwich:
  - 2 slices whole-wheat bread
  - 2 Tbsp peanut butter
  - 2 tsp jelly
  - 1 cup sliced apple
  - ½ cup carrot sticks
  - 1 Tbsp Ranch dressing
  - Beverage: 1 cup lowfat milk

**DINNER**

- Quick Tuna Casserole:
  - ½ cup green beans (frozen)
  - ½ tsp tub margarine
  - 1 white roll
  - 1 tsp tub margarine
  - *Apple Cinnamon Bar*:
    - Beverage: Water, coffee, tea

**SNACKS**

- Peanut Butter on Banana:
  - 1 medium banana
  - 1 Tbsp peanut butter
  - 1 cup lowfat milk

### DAY 10

**BREAKFAST**

- Cold Cereal:
  - 1 cup toasted oat cereal
  - 1 medium banana
  - ¼ cup lowfat milk
  - 1 slice whole-wheat toast
  - 1 Tbsp peanut butter
  - Beverage: Water, coffee, tea

**LUNCH**

- Green Salad with Salmon:
  - 1 cup romaine lettuce
  - 3 oz salmon (canned)
  - 2 medium slices tomato
  - 4 slices cucumber
  - 2 Tbsp vinaigrette dressing**
  - 6 whole-grain crackers
  - Beverage: 1 cup lowfat milk

**DINNER**

- Honey Mustard Pork Chops:
  - 1 medium baked potato
  - 1 tsp tub margarine
  - ¼ cup shredded green cabbage
  - *Sauteed in ½ tsp vegetable oil*
  - 1 white roll
  - 1 tsp tub margarine
  - *2 Applesauce Cookies*:
    - Beverage: Water, coffee, tea

**SNACKS**

- 2 graham crackers
- 1 cup lowfat milk

### DAY 11

**BREAKFAST**

- Breakfast Burrito with Salsa:
  - 1 slice whole-wheat toast
  - ½ tsp tub margarine
  - 1 tsp jelly
  - Beverage: 1 cup apple juice

**LUNCH**

- Roast Beef Sandwich:
  - 2 slices whole-wheat bread
  - 2 oz lean roast beef (deli meat)
  - 2 slices tomato
  - 1 romaine lettuce leaf
  - 1 Tbsp mayonnaise
  - ½ cup carrot sticks
  - 1 cup sliced apple
  - 1 Tbsp peanut butter
  - Beverage: Water, coffee, tea

**DINNER**

- White Chili*:
  - Side Salad:
    - ½ cup romaine lettuce
    - ¼ cup chopped carrot
    - 1 Tbsp vinaigrette dressing**
    - 1 slice whole-wheat bread
    - ½ tsp tub margarine
  - Beverage: 1 cup lowfat milk

**SNACKS**

- *Apple Cinnamon Bar*:
- *2 Applesauce Cookies*:
- ½ cup canned pineapple chunks
- 1 cup toasted oat cereal
- ½ cup lowfat milk

### DAY 12

**BREAKFAST**

- 1 cup toasted oat cereal
- ½ cup lowfat milk
- Scrambled Egg with Salsa:
  - 1 egg
  - 1 Tbsp lowfat milk
  - ½ tsp vegetable oil
  - 1 Tbsp salsa
  - Beverage: 1 cup apple juice

**LUNCH**

- Roast Beef Sandwich:
  - 2 slices whole-wheat bread
  - 2 oz lean roast beef (deli meat)
  - 2 slices tomato
  - 1 romaine lettuce leaf
  - 1 Tbsp mayonnaise
  - ½ cup carrot sticks
  - 1 cup sliced apple
  - 1 Tbsp peanut butter
  - Beverage: Water, coffee, tea

**DINNER**

- *White Chili* (Indian Succotash with ground beef):
  - Mashed potatoes:
    - 1 cup cooked potatoes
    - 1 Tbsp lowfat milk
    - 2 tsp tub margarine
    - 1 slice whole-wheat bread
    - ½ tsp tub margarine
  - Beverage: 1 cup lowfat milk

**SNACKS**

- *2 Applesauce Cookies*:
- ½ cup canned pineapple chunks
### SAMPLE 2-WEEK MENUS

<table>
<thead>
<tr>
<th>DAY 13</th>
<th>DAY 14</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td><strong>BREAKFAST</strong></td>
</tr>
</tbody>
</table>
| Banana Walnut Oatmeal  
1 hard-boiled egg  
Beverage: 1 cup orange juice | Perfect Pumpkin Pancakes  
2 Tbsp pancake syrup  
1 turkey sausage link  
1 medium banana  
Beverage: 1 cup apple juice |
| **LUNCH** | **LUNCH** |
| Tofu Salad Sandwich:  
2 slices whole-wheat bread  
¼ cup Tofu Salad  
2 slices tomato  
1 romaine lettuce leaf  
½ cup carrot sticks  
1 Tbsp Ranch dressing  
Apple Cinnamon Bar*  
Beverage: 1 cup lowfat milk | Easy Red Beans and Rice*  
¾ cup cheddar cheese, shredded  
Side Salad:  
¾ cup romaine lettuce  
4 slices cucumber  
¾ cup chopped carrot  
1 Tbsp vinaigrette dressing**  
1 slice whole-wheat bread  
½ tsp tub margarine  
Beverage: 1 cup lowfat milk |
| **DINNER** | **DINNER** |
| Easy Red Beans and Rice*  
¾ cup cheddar cheese, shredded  
Lemon Spinach  
1 large orange  
Beverage: 1 cup lowfat milk | Manly Muffin Meatloaf  
Mashed potatoes:  
1 cup cooked potatoes  
1 Tbsp lowfat milk  
2 tsp tub margarine  
½ cup green peas (frozen)  
½ tsp tub margarine  
Beverage: 1 cup lowfat milk |
| **SNACKS** | **SNACKS** |
| Yogurt Parfait:  
¾ cup lowfat vanilla yogurt  
¾ cup toasted oat cereal  
1 Tbsp chopped nuts  
1 Tbsp raisins | Popcorn (3 cups popped)  
2 Tbsp kernels  
1 tsp vegetable oil  
Yogurt Pop |

* Bolded recipes are from What’s Cooking? USDA Mixing Bowl, and those with a star make 8 or more servings. These recipes are used two or more times in these menus. Prepare the entire recipe on the first day it appears and eat the remaining portions as noted on the following days.

**Homemade vinaigrette salad dressing. To make about 4 Tbsp of the dressing, mix:  
3 Tbsp vegetable oil (canola, olive, soybean, etc.)  
1 Tbsp vinegar (cider, wine, or balsamic)  
¼ tsp mustard (yellow, Dijon, or brown)  
¼ tsp sugar  
Optional: black pepper, dried herbs to taste

Notes:
- Italicized foods are part of the dish or food that precedes it.
- Unless indicated, all beverages are unsweetened.
- To keep sodium amounts within recommended limit, use salt only as specified in recipes, not in cooking other foods or at the table.
- Be sure to follow food safety guidelines when preparing and cooking food. Tips for keeping food safe can be found at www.foodsafety.gov.
### Average Food Group and Nutrient Content

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Goal*</th>
<th>Average Daily Amount in Menus</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains</td>
<td>6 ounces</td>
<td>6 ounces</td>
</tr>
<tr>
<td>Whole Grains</td>
<td>≥3 ounces</td>
<td>3 ½ ounces</td>
</tr>
<tr>
<td>Refined Grains</td>
<td>≤3 ounces</td>
<td>2 ½ ounces</td>
</tr>
<tr>
<td><strong>Vegetables</strong></td>
<td>2 ½ cups</td>
<td>2 ½ cups</td>
</tr>
<tr>
<td>Dark Green</td>
<td>1 ½ cups/week</td>
<td>1 ¾ cups</td>
</tr>
<tr>
<td>Red &amp; Orange</td>
<td>5 ½ cups/week</td>
<td>5 ¼ cups</td>
</tr>
<tr>
<td>Beans &amp; Peas</td>
<td>1 ½ cups/week</td>
<td>1 ¾ cups</td>
</tr>
<tr>
<td>Starchy</td>
<td>5 cups/week</td>
<td>5 cups</td>
</tr>
<tr>
<td>Other</td>
<td>4 cups/week</td>
<td>3 ¾ cups</td>
</tr>
<tr>
<td><strong>Fruits</strong></td>
<td>2 cups</td>
<td>2 ¼ cups</td>
</tr>
<tr>
<td>Whole Fruit</td>
<td>No Specific Goal</td>
<td>1 ½ cups</td>
</tr>
<tr>
<td>Fruit Juice</td>
<td>No Specific Goal</td>
<td>¼ cups</td>
</tr>
<tr>
<td><strong>Dairy</strong></td>
<td>3 cups</td>
<td>3 cups</td>
</tr>
<tr>
<td>Milk &amp; Yogurt</td>
<td>3 cups</td>
<td>2 ¾ cups</td>
</tr>
<tr>
<td>Cheese</td>
<td>No Specific Goal</td>
<td>¼ cups</td>
</tr>
<tr>
<td><strong>Protein Foods</strong></td>
<td>5 ½ ounces</td>
<td>5 ½ ounces</td>
</tr>
<tr>
<td>Seafood</td>
<td>8 ounces/week</td>
<td>8 ½ ounces/week</td>
</tr>
<tr>
<td>Meat, Poultry &amp; Eggs</td>
<td>No Specific Goal</td>
<td>3 ounces</td>
</tr>
<tr>
<td>Nuts, Seeds &amp; Soy</td>
<td>No Specific Goal</td>
<td>1 ½ ounces</td>
</tr>
<tr>
<td><strong>Oils</strong></td>
<td>6 teaspoons</td>
<td>6 teaspoons</td>
</tr>
<tr>
<td><strong>Total Calories</strong></td>
<td>2000 Calories</td>
<td>1948 Calories</td>
</tr>
<tr>
<td>Empty Calories**</td>
<td>≤258 Calories</td>
<td>233 Calories</td>
</tr>
<tr>
<td>Solid Fats</td>
<td>No Specific Goal</td>
<td>143 Calories</td>
</tr>
<tr>
<td>Added Sugars</td>
<td>No Specific Goal</td>
<td>90 Calories</td>
</tr>
</tbody>
</table>

*Food group goals and limits are the amounts in the 2,000 calorie USDA Food Pattern ([http://www.cnpp.usda.gov/USDAFoodPatterns.htm](http://www.cnpp.usda.gov/USDAFoodPatterns.htm)).

**Empty Calories are calories from food components such as added sugars and solid fats that provide little nutritional value. Empty Calories are part of Total Calories.
## Average Nutrient Content of Menus

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Goal*</th>
<th>Average Daily Amount in Menus</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Macronutrients</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein (g)**</td>
<td>46 g</td>
<td>93 g</td>
</tr>
<tr>
<td>Protein (% Calories)**</td>
<td>10 - 35% Calories</td>
<td>19% Calories</td>
</tr>
<tr>
<td>Carbohydrate (g)**</td>
<td>130 g</td>
<td>261 g</td>
</tr>
<tr>
<td>Carbohydrate (% Calories)**</td>
<td>45 - 65% Calories</td>
<td>54% Calories</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25 g</td>
<td>27 g</td>
</tr>
<tr>
<td>Total Fat</td>
<td>20 - 35% Calories</td>
<td>30% Calories</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>&lt;10% Calories</td>
<td>8% Calories</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>No Daily Goal or Limit</td>
<td>11% Calories</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>No Daily Goal or Limit</td>
<td>8% Calories</td>
</tr>
<tr>
<td>Linoleic Acid (g)**</td>
<td>12 g</td>
<td>15 g</td>
</tr>
<tr>
<td>Linoleic Acid (% Calories)**</td>
<td>5 - 10% Calories</td>
<td>7% Calories</td>
</tr>
<tr>
<td>α-Linoleic Acid (g)**</td>
<td>1.1 g</td>
<td>2.5 g</td>
</tr>
<tr>
<td>α-Linoleic Acid (% Calories)**</td>
<td>0.6 - 1.2% Calories</td>
<td>1.1% Calories</td>
</tr>
<tr>
<td>Omega 3 - EPA</td>
<td>No Daily Goal or Limit</td>
<td>63 mg</td>
</tr>
<tr>
<td>Omega 3 - DHA</td>
<td>No Daily Goal or Limit</td>
<td>133 mg</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>&lt;300 mg</td>
<td>291 mg</td>
</tr>
<tr>
<td><strong>Minerals</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td>1000 mg</td>
<td>1339 mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>4700 mg</td>
<td>3859 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>&lt;2300 mg</td>
<td>2197 mg</td>
</tr>
<tr>
<td>Copper</td>
<td>900 µg</td>
<td>1491 µg</td>
</tr>
<tr>
<td>Iron</td>
<td>18 mg</td>
<td>14 mg</td>
</tr>
<tr>
<td>Magnesium</td>
<td>320 mg</td>
<td>405 mg</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>700 mg</td>
<td>1721 mg</td>
</tr>
<tr>
<td>Selenium</td>
<td>55 µg</td>
<td>138 µg</td>
</tr>
<tr>
<td>Zinc</td>
<td>8 mg</td>
<td>12 mg</td>
</tr>
<tr>
<td><strong>Vitamins</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>700 µg RAE</td>
<td>1140 µg RAE</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>1.3 mg</td>
<td>2.7 mg</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>2.4 µg</td>
<td>6.9 µg</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>75 mg</td>
<td>130 mg</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>15 µg</td>
<td>11 µg</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>15 mg AT</td>
<td>9 mg AT</td>
</tr>
<tr>
<td>Vitamin K</td>
<td>90 µg</td>
<td>115 µg</td>
</tr>
<tr>
<td>Folate</td>
<td>400 µg DFE</td>
<td>501 µg DFE</td>
</tr>
<tr>
<td>Thiamin</td>
<td>1.2 mg</td>
<td>1.6 mg</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>1.2 mg</td>
<td>2.6 mg</td>
</tr>
<tr>
<td>Niacin</td>
<td>14 mg</td>
<td>24 mg</td>
</tr>
<tr>
<td>Choline</td>
<td>425 mg</td>
<td>423 mg</td>
</tr>
</tbody>
</table>

*Goals are recommended intakes for a 20- to 35-year-old woman consuming about 2,000 calories per day.

** Nutrients that appear twice (protein, carbohydrate, linoleic acid, and α-linolenic acid) have two separate recommendations: (1) Amount eaten (in grams) compared to your minimum recommended intake and (2) Percent of Calories eaten from that nutrient compared to the recommended range.
Dietary Fiber

What It Is

Dietary fiber, or fiber, is sometimes referred to as “roughage.” It is a type of carbohydrate found in plant foods and is made up of many sugar molecules linked together. But unlike other carbohydrates (such as starch), dietary fiber is bound together in such a way that it cannot be readily digested in the small intestine.

There are two types of dietary fiber, and most plant foods contain some of each kind:

- **Soluble fiber** dissolves in water to form a thick gel-like substance in the stomach. It is broken down by bacteria in the large intestine and provides some calories.
- **Insoluble fiber** does not dissolve in water and passes through the gastrointestinal tract relatively intact and, therefore, is not a source of calories.

Where It Is Found

**Soluble fiber** is found in a variety of foods, including:

- Beans and peas
- Fruits
- Oats (such as oat bran and oatmeal)

**Insoluble fiber** is found in a variety of foods, including:

- Fruits
- Nuts and seeds
- Vegetables

What It Does

- **Soluble fiber** can interfere with the absorption of dietary fat and cholesterol. This, in turn, can help lower low-density lipoprotein (LDL or “bad”) cholesterol levels in the blood. Soluble fiber also slows digestion and the rate at which carbohydrates and other nutrients are absorbed into the bloodstream. This can help control the level of blood glucose (often referred to as blood sugar) by preventing rapid rises in blood glucose following a meal.

- **Insoluble fiber** provides “bulk” for stool formation and speeds up the movement of food and waste through the digestive system, which can help prevent constipation.

- Both soluble and insoluble fiber make you feel full, which may help you eat less and stay satisfied longer.

Dietary fiber promotes intestinal regularity and can reduce the risk of developing cardiovascular disease.

Dietary fiber is a nutrient to get more of.

http://www.fda.gov/nutritioneducation
Health Facts

• Most Americans do not get the recommended amount of dietary fiber. Dietary fiber is considered a “nutrient of public health concern” because low intakes are associated with potential health risks.
• Diets higher in dietary fiber promote intestinal regularity and can reduce the risk of developing cardiovascular disease.
• The Dietary Guidelines for Americans recommends consuming a variety of nutrient-dense foods that are good sources of dietary fiber, such as beans and peas, fruits, unsalted nuts and seeds, vegetables, and whole grains. The guidelines also recommend consuming at least half of total grains as whole grains and limiting the intake of refined grains and products made with refined grains.

*Nutrient-Dense: Defined
Nutrient-dense foods and beverages contain vitamins, minerals, dietary fiber, and other beneficial substances that may have positive health effects. They are also naturally lean or low in saturated fat and have little or no added saturated fat, sugars, refined starches, and sodium. Examples of nutrient dense foods are: beans and peas, eggs, fat-free (skim) and low-fat (1%) dairy products, fruits, lean meats and poultry, seafood, unsalted nuts and seeds, vegetables, and whole grains.

The Scoop on Grains
Grains are the seeds from certain cereal crops grown for food. Examples of grains include barley, corn, millet, oats, rice, and wheat. There are several types of grains:

• Whole grains include the entire grain seed (usually called the “kernel”), which consists of the bran, germ, and endosperm — nothing has been added or taken away by processing. Whole grains contain dietary fiber and other carbohydrates, protein, vitamins, minerals, and beneficial fats. Whole grains are consumed either as a single food (such as brown rice, oatmeal, and popcorn) or as an ingredient in food (such as in breads, cereals, crackers, and pasta).
• Refined grains have been processed (also called milled) to remove the bran and germ from the grain. This is done to give the grains a finer texture, lighter color, and longer shelf life. But, processing also removes dietary fiber, iron, B vitamins, and other nutrients.
• Enriched grains have the key nutrients that were lost during processing restored. Typically, this includes iron and B vitamins (thiamin, riboflavin, and niacin). Most refined grain products in the U.S. are enriched, and often there will be a statement on the food package indicating that the product is “enriched.” Examples of enriched grain products include enriched white rice and enriched white bread.

Many grain-based foods are also fortified with additional vitamins and minerals. These are considered “nutrients to get more of” because they are generally lacking in the American diet. For example, many ready-to-eat cereals and snack bars are fortified with calcium.

Tips for Increasing Dietary Fiber

For Increasing Dietary Fiber in Your Diet
Use the Nutrition Facts Label as your tool for increasing consumption of dietary fiber. The Nutrition Facts Label on food and beverage packages shows the amount in grams (g) and the Percent Daily Value (%DV) of dietary fiber in one serving of the food.

Food manufacturers may voluntarily list the amount in grams (g) per serving of soluble fiber and insoluble fiber on the Nutrition Facts Label (under Dietary Fiber), but they are required to list soluble fiber and/or insoluble fiber if a statement is made on the package labeling about their health effects or the amount (for example, “high” or “low”) contained in the food.

The Daily Value for fiber is 25 g per day. This is based on a 2,000 calorie diet — your Daily Value may be higher or lower depending on your calorie needs.

• When comparing foods, choose foods with a higher %DV of dietary fiber. The goal is to get 100% of the Daily Value for dietary fiber on most days. And remember:
  • 5% DV or less of dietary fiber per serving is low
  • 20% DV or more of dietary fiber per serving is high
• Look for whole grains on the ingredient list on a food package. Some examples of whole grain ingredients are: barley, brown rice, buckwheat, bulgur, oatmeal, quinoa, rolled oats, whole grain corn, whole grain sorghum, whole oats, whole rye, and whole wheat.
  Tip: Ingredients are listed in descending order by weight — the closer they are to the beginning of the list, the more of that ingredient is in the food.
• Switch from refined to whole grain versions of commonly consumed foods (such as breads, cereals, pasta, and rice).
• Limit refined grains and products made with refined grains (such as cakes, chips, cookies, and crackers), which can be high in added sugars, saturated fat, and/or sodium and are common sources of excess calories.
• Start your day with a bowl of whole grain breakfast cereal (such as bran or oatmeal) that is high in dietary fiber and low in added sugars. Top your cereal with fruit for sweetness and even more fiber!
• Choose fruit (fresh, frozen, dried, or canned in 100% fruit juice) as snacks, salads, or desserts.
• Keep raw, cut-up vegetables handy for quick snacks — choose colorful dark green, orange, and red vegetables, such as broccoli florets, carrots, and red peppers.
• Add beans (such as garbanzo, kidney, or pinto), lentils, or peas to salads, soups, and side dishes — or serve them as a main dish.
• Try unsalted nuts and seeds in place of some meats and poultry.
**Honey Mustard Pork Chops**  
*Prep/Cook Time: 15 minutes   Number of Servings: 4*

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

**Directions:**  
1. Put the pork chops in a large non-stick skillet.  
2. Cook over medium-high heat to brown one side of the pork chops.  
3. Use the spatula to turn the chops then add the rest of the ingredients and stir.  
4. Cover the pan, lower the heat, and simmer for 6 to 8 minutes until chops are done.
Honey Mustard Pork Chops

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

Recipe courtesy of USDA Healthy Eating on a Budget Cookbook

Nutrition Facts (per serving)
Calories: 300  Protein: 40gm  Total Carbohydrates: 6gm  Fiber: 0gm  Total Fat: 12gm  Cholesterol: 95mg  Sodium: 400mg
White Chili
Preparation/Cook Time: 30 minutes  Number of Servings: 5

Ingredients:
• 4 cups white beans (canned or cooked beans from dried)
• 1 tablespoon olive oil
• 2 red peppers, chopped
• 1 large onion, chopped
• 1-4.5oz can green chiles
• 3 garlic cloves, minced
• 1 tablespoon chili powder
• 1 teaspoon cumin
• 1 teaspoon oregano
• 2 cups low sodium chicken broth
• 2 cups low-fat milk
• ¼ cup cilantro
• ¾ pound chicken, cooked and cubed
• 6 corn tortillas, toasted and cut into 1-inch squares
White Chili

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

**Tips:**
- If using canned white beans, rinse and drain before using for less sodium.
- May use fresh parsley in place of fresh cilantro.
- May use Italian mixed herbs/seasonings, basil, or thyme in place of oregano.

**Nutrition Facts (per serving):**
- Calories: 420
- Protein: 36gm
- Total Carbohydrates: 50gm
- Fiber: 10gm
- Total Fat: 10gm
- Cholesterol: 60mg
- Sodium: 300mg
This custom cookbook was created using recipes from the SNAP-Ed Connection Recipe Finder Database. Recipes included in the database have been reviewed by nutrition professionals at the SNAP-Ed Connection using specific cost and nutrition criteria. Recipes are consistent with the current Dietary Guidelines for Americans and MyPlate. Nutrition educators in the Supplemental Nutrition Assistance Program (SNAP) and other Food and Nutrition Service (FNS) nutrition assistance programs and their partners are encouraged to use the database to support their nutrition education program goals.

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

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

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

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800)795-3272 (voice) or (202)720-6382 (TTY). USDA is an equal opportunity provider and employer.
Table Of Contents

<table>
<thead>
<tr>
<th>Recipe</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple Cinnamon Bars</td>
<td>4</td>
</tr>
<tr>
<td>Applesauce Cookies</td>
<td>5</td>
</tr>
<tr>
<td>Banana Bread II</td>
<td>6</td>
</tr>
<tr>
<td>Banana Walnut Oatmeal</td>
<td>7</td>
</tr>
<tr>
<td>Breakfast Burrito with Salsa</td>
<td>8</td>
</tr>
<tr>
<td>Brown Rice Pilaf</td>
<td>9</td>
</tr>
<tr>
<td>Chocolate Chip Yogurt Cookies</td>
<td>10</td>
</tr>
<tr>
<td>Couscous with Peas and Onions</td>
<td>11</td>
</tr>
<tr>
<td>Crunchy Chicken Salad</td>
<td>12</td>
</tr>
<tr>
<td>Easy Red Beans and Rice</td>
<td>13</td>
</tr>
<tr>
<td>Fantastic French Toast</td>
<td>14</td>
</tr>
<tr>
<td>Herbed Vegetables</td>
<td>15</td>
</tr>
<tr>
<td>Honey Lemon Chicken</td>
<td>16</td>
</tr>
<tr>
<td>Honey Mustard Pork Chops</td>
<td>17</td>
</tr>
<tr>
<td>Lemon Spinach</td>
<td>18</td>
</tr>
<tr>
<td>Lentil Stew</td>
<td>19</td>
</tr>
<tr>
<td>Manly Muffin Meat Loaf</td>
<td>20</td>
</tr>
<tr>
<td>Marinated Beef</td>
<td>21</td>
</tr>
<tr>
<td>Misickquatash (Indian Succotash)</td>
<td>22</td>
</tr>
<tr>
<td>Mouth-Watering Oven-Fried Fish</td>
<td>23</td>
</tr>
<tr>
<td>One Pan Spaghetti</td>
<td>24</td>
</tr>
<tr>
<td>Perfect Pumpkin Pancakes</td>
<td>25</td>
</tr>
<tr>
<td>Polenta with Pepper and Cheese</td>
<td>26</td>
</tr>
<tr>
<td>Quick Tuna Casserole</td>
<td>27</td>
</tr>
<tr>
<td>Red Hot Fusilli</td>
<td>28</td>
</tr>
<tr>
<td>Scrambled Tofu</td>
<td>29</td>
</tr>
<tr>
<td>Shake-A-Pudding</td>
<td>30</td>
</tr>
<tr>
<td>Tofu Salad</td>
<td>31</td>
</tr>
<tr>
<td>Tofu Salad</td>
<td>31</td>
</tr>
<tr>
<td>White Chili</td>
<td>32</td>
</tr>
<tr>
<td>Yogurt Pops</td>
<td>33</td>
</tr>
</tbody>
</table>
Apple Cinnamon Bars

Yield: 24 servings

Ingredients

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

Instructions

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

Notes

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

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size 1 bar, 1/24 of recipe (42g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings Per Container 24</td>
</tr>
<tr>
<td>Amount Per Serving</td>
</tr>
<tr>
<td>Calories: 100</td>
</tr>
<tr>
<td>Calories from Fat 40</td>
</tr>
<tr>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Total Fat: 4.5g</td>
</tr>
<tr>
<td>Saturated Fat: 1g</td>
</tr>
<tr>
<td>Trans Fat: 1.5g</td>
</tr>
<tr>
<td>Cholesterol: 0mg</td>
</tr>
<tr>
<td>Sodium: 50mg</td>
</tr>
<tr>
<td>Total Carbohydrate: 14g</td>
</tr>
<tr>
<td>Dietary Fiber: 1g</td>
</tr>
<tr>
<td>Sugars: 7g</td>
</tr>
<tr>
<td>Protein: 1g</td>
</tr>
</tbody>
</table>

Vitamin A 0%  •  Vitamin C 2%
Calcium 0%  •  Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000  •  2,500

Sodium: Less than 2,400mg  •  300mg
Total Carbohydrate: Less than 375g  •  350g
Dietary Fiber: Less than 25g  •  30g

Cost

Per recipe: $2.09
Per serving: $0.09

Source

Pennsylvania Nutrition Education Program,
Pennsylvania Nutrition Education Network
Website Recipes

http://recipefinder.nal.usda.gov/
Sample 2-Week Menus

Applesauce Cookies

Yield: 12 servings

Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup</td>
<td>sugar</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>margarine (or butter or shortening)</td>
</tr>
<tr>
<td>1</td>
<td>egg</td>
</tr>
<tr>
<td>2 teaspoons</td>
<td>baking soda</td>
</tr>
<tr>
<td>2 1/2 cups</td>
<td>flour (all purpose)</td>
</tr>
<tr>
<td>1/2 teaspoon</td>
<td>salt</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>cinnamon</td>
</tr>
<tr>
<td>1 1/2 cup</td>
<td>applesauce, unsweetened</td>
</tr>
<tr>
<td>1 cup</td>
<td>raisins</td>
</tr>
<tr>
<td>1 cup</td>
<td>nuts (optional)</td>
</tr>
</tbody>
</table>

Instructions

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

2. Cream together sugar, shortening and egg.

3. In a separate bowl, combine baking soda, flour, salt, and cinnamon. Mix well.

4. Stir flour mixture into shortening mixture just until moist.

5. Add applesauce, raisins, and nuts (if using).

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

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

Notes

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

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

Menus include 2 cookies per person on 2 different days. For a family of 4, make 16 smaller cookies instead of the 12 called for in the recipe.

Nutrition Facts

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size 2 cookies, 1/12 of recipe (102g)</td>
</tr>
<tr>
<td>Servings Per Container 12</td>
</tr>
<tr>
<td>Amount Per Serving</td>
</tr>
<tr>
<td>Calories 290</td>
</tr>
<tr>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Total Fat 8g</td>
</tr>
<tr>
<td>Saturated Fat 1.5g</td>
</tr>
<tr>
<td>Trans Fat 1.5g</td>
</tr>
<tr>
<td>Cholesterol 15mg</td>
</tr>
<tr>
<td>Sodium 380mg</td>
</tr>
<tr>
<td>Total Carbohydrate 51g</td>
</tr>
<tr>
<td>Dietary Fiber 2g</td>
</tr>
<tr>
<td>Sugars 28g</td>
</tr>
<tr>
<td>Protein 4g</td>
</tr>
</tbody>
</table>

Vitamin A 0% • Vitamin C 2% • Calcium 2% • Iron 10%

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

Calories: 2,000 2,500

Total Fat
Saturated Fat
Cholesterol
Sodium
Total Carbohydrate
Dietary Fiber

Less than 6g 20g 300mg
Less than 300mg 300mg
Less than 2.400mg 3.400mg

Calories per gram:

<table>
<thead>
<tr>
<th>Fat</th>
<th>Carbohydrate</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>4</td>
<td>4</td>
</tr>
</tbody>
</table>

Source

Montana State University
Extension Service, Montana Extension Nutrition Education Program.
Website Recipes.

Cost

Per recipe: $2.98
Per serving: $0.25

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

Yield: 12 servings

Ingredients

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

Instructions

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

Notes

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

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 slice, 1/12 of recipe (70g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>140</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>3g 5%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g 0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g 0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>15mg 5%</td>
</tr>
<tr>
<td>Sodium</td>
<td>330mg 14%</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>26g 9%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g 4%</td>
</tr>
<tr>
<td>Sugars</td>
<td>10g</td>
</tr>
<tr>
<td>Protein</td>
<td>3g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>2%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>4%</td>
</tr>
<tr>
<td>Calcium</td>
<td>2%</td>
</tr>
<tr>
<td>Iron</td>
<td>6%</td>
</tr>
</tbody>
</table>

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

Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Cost

Per recipe: $1.13
Per serving: $0.09

http://recipefinder.nal.usda.gov/
Banana Walnut Oatmeal

Yield: 4 servings

Ingredients

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

Instructions

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

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

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

Notes

You can substitute 2 cups water or 2 cups skim milk for the reconstituted non-fat dry milk.
May use pancake syrup or reduced calorie syrup in place of maple syrup.
May use other nuts in place of walnuts.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size: 1/4 of recipe (298g)</th>
<th>Servings Per Container: 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>340</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>50</td>
</tr>
<tr>
<td>Total Fat</td>
<td>6g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>5mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>190mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>60g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>6g</td>
</tr>
<tr>
<td>Sugars</td>
<td>25g</td>
</tr>
<tr>
<td>Protein</td>
<td>14g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>10%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>10%</td>
</tr>
<tr>
<td>Calcium</td>
<td>30%</td>
</tr>
<tr>
<td>Iron</td>
<td>15%</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Less than</td>
<td>Less than</td>
<td>Less than</td>
<td>Less than</td>
<td>300mg</td>
<td>375g</td>
</tr>
<tr>
<td></td>
<td>2,000</td>
<td>65g</td>
<td>20g</td>
<td>250mg</td>
<td>2,400mg</td>
<td>25g</td>
</tr>
<tr>
<td></td>
<td>2,500</td>
<td>80g</td>
<td>25g</td>
<td>300mg</td>
<td>2,400mg</td>
<td>30g</td>
</tr>
</tbody>
</table>

Cost

Per recipe: $2.10
Per serving: $0.53

Source

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

http://recipefinder.nal.usda.gov/
Breakfast Burrito with Salsa

Yield: 4 servings  
Cook time: 30 minutes

Ingredients

<table>
<thead>
<tr>
<th>Amount</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>egg (large)</td>
</tr>
<tr>
<td>2 tbsp</td>
<td>corn (frozen)</td>
</tr>
<tr>
<td>1 tbsp</td>
<td>milk (1%)</td>
</tr>
<tr>
<td>2 tbsp</td>
<td>green pepper (diced)</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>onion (minced)</td>
</tr>
<tr>
<td>1 tbsp</td>
<td>tomatoes (diced fresh)</td>
</tr>
<tr>
<td>1 tsp</td>
<td>mustard</td>
</tr>
<tr>
<td>1/4 tsp</td>
<td>garlic (granulated)</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>hot pepper sauce (optional)</td>
</tr>
<tr>
<td>4</td>
<td>flour tortillas (8 inch)</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>salsa (canned)</td>
</tr>
</tbody>
</table>

Instructions

Preheat oven to 350 degrees.

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

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

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

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

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

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

Notes

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

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

Nutrition Facts

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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th></th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>240</td>
<td>12%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>8g</td>
<td>12%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>2.5g</td>
<td>13%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>185mg</td>
<td>62%</td>
</tr>
<tr>
<td>Sodium</td>
<td>620mg</td>
<td>26%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>30g</td>
<td>10%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
<td>8%</td>
</tr>
<tr>
<td>Sugars</td>
<td>4g</td>
<td>2%</td>
</tr>
<tr>
<td>Protein</td>
<td>11g</td>
<td>15%</td>
</tr>
</tbody>
</table>

Vitamin A 8% • Vitamin C 10%
Calcium 10% • Iron 15%

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

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

Source

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

Cost

Per recipe: $1.67  
Per serving: $0.42

http://recipefinder.nal.usda.gov/
Brown Rice Pilaf

Yield: 4 servings

Ingredients

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

Instructions

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

Notes

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

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

Source

Food and Health Communications, Inc., Visit Website

Cost

Per recipe: $0.98
Per serving: $0.24
Chocolate Chip Yogurt Cookies

Yield: 36 servings

Ingredients

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

Instructions

1. Heat oven to 375º F.

2. In a large bowl combine sugar, brown sugar and margarine; beat until light and fluffy.

3. Add yogurt and vanilla; blend well. Stir in flour and baking soda; mix well. Stir in chocolate chips.

4. Drop dough by rounded teaspoonfuls 2 inches apart onto un-greased cookie sheets. Bake at 375º F for 8 to 12 minutes or until light and golden brown.

5. Cool 1 minute, remove from cookie sheets.

Nutrition Facts

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

Amount Per Serving

Calories 80 Calories from Fat 30

% Daily Value*

Total Fat 3.5g 5%
Saturated Fat 1g 5%
Trans Fat 0g

Cholesterol 0mg 0%

Sodium 50mg 2%

Total Carbohydrate 12g 4%
Dietary Fiber 1g 4%

 Sugars 7g

Protein 1g

Vitamin A 2% • Vitamin C 0%
Calcium 0% • Iron 2%

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

Calories per gram:

<table>
<thead>
<tr>
<th>Fat</th>
<th>Carbohydrate</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>9g</td>
<td>4g</td>
<td>4g</td>
</tr>
</tbody>
</table>

Source

Cornell University Cooperative Extension, Eat Smart New York!

Cost

Per recipe: $1.86
Per serving: $0.05

http://recipefinder.nal.usda.gov/
Couscous with Peas and Onions

Yield: 4 servings

Ingredients

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

Instructions

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

Notes

Serve with lemon wedges or balsamic vinegar.

May use poultry seasoning in place of ground sage.

May use any vegetable oil in place of olive oil.
Crunchy Chicken Salad

Yield: 5 servings

Ingredients

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

Instructions

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

Notes

Serve on lettuce, crackers, or bread.

Nutrition Facts

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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 140</th>
<th>Calories from Fat 40</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>4.5g</td>
<td>7%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less than 6g</td>
<td>5%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>Less than 2g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>50mg</td>
<td>17%</td>
</tr>
<tr>
<td>Sodium</td>
<td>65mg</td>
<td>3%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>8g</td>
<td>3%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
<td>4%</td>
</tr>
<tr>
<td>Sugars</td>
<td>6g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>17g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 4%  •  Vitamin C 15%
Calcium 4%  •  Iron 4%

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

Calories: 2,000  •  2,500

Total Fat
- Less than 2g
- Less than 6g
Cholesterol
- Less than 100mg
- Less than 300mg
Sodium
- Less than 240mg
- Less than 300mg
Total Carbohydrate
- 25g
- 30g
Dietary Fiber
- 25g
- 30g

Cost

Per recipe: $3.65
Per serving: $0.73

Source

Pennsylvania Nutrition Education Program,
Pennsylvania Nutrition Education Network
Website Recipes

http://recipefinder.nal.usda.gov/
Easy Red Beans and Rice

Yield: 8 servings

**Ingredients**

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

**Instructions**

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

**Notes**

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

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

---

**Nutrition Facts**

| Serving | Calories 270 | Calories from Fat 20%
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Per Container 8</td>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>2g</td>
<td>3%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>140mg</td>
<td>6%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>55g</td>
<td>18%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>10g</td>
<td>40%</td>
</tr>
<tr>
<td>Sugars</td>
<td>7g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>10g</td>
<td></td>
</tr>
</tbody>
</table>

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

**Source**

Maryland Food Supplement Nutrition Education program, 2009 Recipe Calendar

**Cost**

Per recipe: $4.56
Per serving: $0.57
Fantastic French Toast

Yield: 6 servings

Ingredients

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

Instructions

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

Notes

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

Nutrition Facts

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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 100</td>
<td>Calories from Fat 25</td>
</tr>
<tr>
<td>Total Fat 2.5g</td>
<td>4%</td>
</tr>
<tr>
<td>Saturated Fat 0.5g</td>
<td>3%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 60mg</td>
<td>20%</td>
</tr>
<tr>
<td>Sodium 170mg</td>
<td>7%</td>
</tr>
<tr>
<td>Total Carbohydrate 13g</td>
<td>4%</td>
</tr>
<tr>
<td>Dietary Fiber 2g</td>
<td>8%</td>
</tr>
<tr>
<td>Sugars 3g</td>
<td></td>
</tr>
<tr>
<td>Protein 6g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 2%  •  Vitamin C 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 per gram:
- Fat 9  •  Carbohydrate 4  •  Protein 4

Source

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

Cost

Per recipe: $1.12
Per serving: $0.19
Herbed Vegetables

Yield: 6 servings

Ingredients

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

Instructions

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

Notes

- May use "no salt added" canned vegetables for less sodium.
- May use margarine or vegetable oil spreads in place of butter.
- May use Italian herbs in place of dried basil and rosemary.

Nutrition Facts

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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories (60)</th>
<th>Calories from Fat (20%)*</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Total Fat (2g)</td>
<td>Saturated Fat (0g)</td>
</tr>
<tr>
<td></td>
<td>Trans Fat (0g)</td>
<td>Cholesterol (0mg)</td>
</tr>
<tr>
<td></td>
<td>Sodium (130mg)</td>
<td>Total Carbohydrate (8g)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Dietary Fiber (2g)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sugars (2g)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Protein (2g)</td>
</tr>
</tbody>
</table>

Vitamin A: 180% • Vitamin C: 8%
Calcium: 2% • Iron: 6%

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

<table>
<thead>
<tr>
<th>Calories</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>Less than 65g</td>
<td>Less than 30g</td>
<td>Less than 25g</td>
</tr>
<tr>
<td>2,500</td>
<td>Less than 80g</td>
<td>Less than 300mg</td>
<td>Less than 25g</td>
</tr>
<tr>
<td></td>
<td>2,400mg</td>
<td>2,400mg</td>
<td>25g</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Calories per gram:</th>
<th>Fat 9 • Carbohydrate 4 • Protein 4</th>
</tr>
</thead>
</table>

Source

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

Cost

Per recipe: $1.24
Per serving: $0.21

http://recipefinder.nal.usda.gov/
Honey Lemon Chicken

Yield: 8 servings

Ingredients

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

Instructions

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

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

3. Bake for 45 minutes.

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

Notes

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

Nutrition Facts

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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calorie Value</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>330</td>
<td>70</td>
</tr>
<tr>
<td>Total Fat</td>
<td>8g</td>
<td>12%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>2g</td>
<td>10%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>150mg</td>
<td>7%</td>
</tr>
<tr>
<td>Sodium</td>
<td>160mg</td>
<td>5%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>15g</td>
<td>0%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Sugars</td>
<td>9g</td>
<td>0%</td>
</tr>
<tr>
<td>Protein</td>
<td>46g</td>
<td>15%</td>
</tr>
</tbody>
</table>

Vitamin A 2% • Vitamin C 15%
Calcium 2% • Iron 15%

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

<table>
<thead>
<tr>
<th>Calories</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>25g</td>
<td>375g</td>
<td>35g</td>
</tr>
<tr>
<td>2,500</td>
<td>65g</td>
<td>2,400mg</td>
<td>30g</td>
</tr>
<tr>
<td>300mg</td>
<td>300mg</td>
<td>2,400mg</td>
<td>9g</td>
</tr>
</tbody>
</table>

Source

Montana State University
Extension Service, Montana Extension Nutrition Education Program
Website Recipes

Cost

Per recipe: $4.29
Per serving: $0.54
Honey Mustard Pork Chops

Yield: 4 servings

Ingredients

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

Instructions

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

Notes

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

Yield: 4 servings

Ingredients

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

Instructions

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

Nutrition Facts

Serving Size 1/4 cup, 1/4 of recipe (117g)
Servings Per Container 4

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 25</th>
<th>Calories from Fat 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>90mg</td>
<td>4%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>4g</td>
<td>1%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3g</td>
<td>12%</td>
</tr>
<tr>
<td>Sugars</td>
<td>1g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>3g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 210%  •  Vitamin C 60%
Calcium 10%  •  Iron 15%

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

Calories 2,000  •  Calories 2,500

<table>
<thead>
<tr>
<th>Fat</th>
<th>Carbohydrate</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 65g</td>
<td>Less than 20g</td>
<td>Less than 25g</td>
</tr>
<tr>
<td>Less than 300mg</td>
<td>Less than 300mg</td>
<td>Less than 300mg</td>
</tr>
<tr>
<td>Less than 2,400mg</td>
<td>Less than 375mg</td>
<td>Less than 375mg</td>
</tr>
<tr>
<td>Dietary Fiber 25g</td>
<td>Dietary Fiber 30g</td>
<td>Dietary Fiber 30g</td>
</tr>
</tbody>
</table>

Source

Pennsylvania Nutrition Education Program,
Pennsylvania Nutrition Education Network
Website Recipes

Cost

Per recipe: $1.42
Per serving: $0.36

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

Yield: 10 servings

Ingredients

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

Instructions

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

Notes

May use any vegetable oil in place of olive oil.

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

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

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

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size 1 cup (296g)</th>
<th>Servings Per Container 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td></td>
</tr>
<tr>
<td>Calories 110</td>
<td>Calories from Fat 10</td>
</tr>
<tr>
<td>Total Fat 1g</td>
<td>2%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 310mg</td>
<td>13%</td>
</tr>
<tr>
<td>Total Carbohydrate 20g</td>
<td>7%</td>
</tr>
<tr>
<td>Dietary Fiber 6g</td>
<td>24%</td>
</tr>
<tr>
<td>Sugars 7g</td>
<td></td>
</tr>
<tr>
<td>Protein 6g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 160% • Vitamin C 40%
Calcium 4% • Iron 15%

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

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
<th>Sugars</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>less than</td>
<td>less than</td>
<td>less than</td>
<td>2,400mg</td>
<td>30g</td>
<td>25g</td>
<td>7g</td>
<td>6g</td>
</tr>
<tr>
<td>2,500</td>
<td>less than</td>
<td>less than</td>
<td>less than</td>
<td>2,400mg</td>
<td>37g</td>
<td>30g</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Cost

Per recipe: $5.54
Per serving: $0.55

Source

Maryland Food Supplement
Nutrition Education program,
2009 Recipe Calendar

http://recipefinder.nal.usda.gov/
Manly Muffin Meat Loaf

Yield: 6 servings

Ingredients

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

Instructions

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

Notes

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

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

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

Nutrition Facts

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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 230</td>
<td></td>
</tr>
<tr>
<td>Calories from Fat 110</td>
<td></td>
</tr>
<tr>
<td>Total Fat 12g</td>
<td>18%</td>
</tr>
<tr>
<td>Saturated Fat 5g</td>
<td>25%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 90mg</td>
<td>30%</td>
</tr>
<tr>
<td>Sodium 330mg</td>
<td>14%</td>
</tr>
<tr>
<td>Total Carbohydrate 8g</td>
<td>3%</td>
</tr>
<tr>
<td>Dietary Fiber 1g</td>
<td>4%</td>
</tr>
<tr>
<td>Sugars 2g</td>
<td></td>
</tr>
<tr>
<td>Protein 21g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 4% • Vitamin C 0%
Calcium 10% • Iron 15%

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

<table>
<thead>
<tr>
<th>Calories per gram:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat 9 • Carbohydrate 4 • Protein 4</td>
</tr>
</tbody>
</table>

Source

Kansas Family Nutrition Program, Kids a Cookin'

Cost

Per recipe: $4.57
Per serving: $0.76

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

Yield: 4 servings

Ingredients

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

Instructions

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

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

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

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

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

Notes

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

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size 1/4 of recipe (108g)</th>
<th>Servings Per Container 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>240</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>150</td>
</tr>
<tr>
<td>% Daily Value</td>
<td>28%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>18g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>2.5g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>45mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>200mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>1g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
</tr>
<tr>
<td>Sugars</td>
<td>0g</td>
</tr>
<tr>
<td>Protein</td>
<td>20g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>0%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>6%</td>
</tr>
<tr>
<td>Calcium</td>
<td>2%</td>
</tr>
<tr>
<td>Iron</td>
<td>10%</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Calories per gram:</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>2,000</td>
<td>2,500</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less than 20g</td>
<td>25g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
<td></td>
</tr>
</tbody>
</table>

Source

Kansas Family Nutrition Program, Kids a Cookin'

Cost

Per recipe: $3.67
Per serving: $0.92

http://recipefinder.nal.usda.gov/
Misickquatash (Indian Succotash)

Yield: 6 servings

Ingredients

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

Instructions

2. Add remaining ingredients except nutmeg. Cover and simmer 5 minutes or until thoroughly heated.
3. Sprinkle with nutmeg before serving.

Notes

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

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

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

Nutrition Facts

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

Amount Per Serving

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>160</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>35</td>
</tr>
<tr>
<td>Total Fat</td>
<td>3.5g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>20mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>420mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>19g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4g</td>
</tr>
<tr>
<td>Sugars</td>
<td>7g</td>
</tr>
<tr>
<td>Protein</td>
<td>10g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>4%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>15%</td>
</tr>
<tr>
<td>Calcium</td>
<td>4%</td>
</tr>
<tr>
<td>Iron</td>
<td>15%</td>
</tr>
</tbody>
</table>

*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: 

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat</td>
<td>Less than 65g</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>Less than 80g</td>
</tr>
<tr>
<td>Protein</td>
<td>Less than 20g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less than 25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 300mg</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>Less than 2.400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>Less than 375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>Less than 25g</td>
</tr>
</tbody>
</table>

Cost

Per recipe: $4.03
Per serving: $0.67

Source

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

http://recipefinder.nal.usda.gov/
Mouth-Watering Oven-Fried Fish

Yield: 6 servings

Ingredients

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

Instructions

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

Notes

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

Yield: 10 servings

Ingredients

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

Instructions

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

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

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

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

5. Refrigerate leftovers with in 2-3 hours.

Notes

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

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

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

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup (239g)</td>
<td>220</td>
<td>45</td>
<td>8%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>5g</td>
<td>8%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>2.5g</td>
<td>13%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>20mg</td>
<td>7%</td>
</tr>
<tr>
<td>Sodium</td>
<td>360mg</td>
<td>15%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>29g</td>
<td>10%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
<td>8%</td>
</tr>
<tr>
<td>Sugars</td>
<td>3g</td>
<td>-</td>
</tr>
<tr>
<td>Protein</td>
<td>13g</td>
<td>-</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>6%</td>
<td>-</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>6%</td>
<td>-</td>
</tr>
<tr>
<td>Calcium</td>
<td>10%</td>
<td>-</td>
</tr>
<tr>
<td>Iron</td>
<td>10%</td>
<td>-</td>
</tr>
</tbody>
</table>

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

Source

Oregon State University
Cooperative Extension Service, Healthy Recipes

Cost

Per recipe: $7.25
Per serving: $0.73

http://recipefinder.nal.usda.gov/
Perfect Pumpkin Pancakes

Yield: 12 servings

Ingredients

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

Instructions

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

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

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

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

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

Notes

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

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

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

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 pancake, 1/12 of recipe (78g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings Per Container</td>
<td>12</td>
</tr>
<tr>
<td>Amount Per Serving</td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>130</td>
</tr>
<tr>
<td>% Daily Value</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>3.5g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less than 0.5g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>20mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 340mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>21g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
</tr>
<tr>
<td>Sugars</td>
<td>4g</td>
</tr>
<tr>
<td>Protein</td>
<td>4g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>35%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>2%</td>
</tr>
<tr>
<td>Calcium</td>
<td>10%</td>
</tr>
<tr>
<td>Iron</td>
<td>8%</td>
</tr>
</tbody>
</table>

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

Source


Cost

Per recipe: $1.34
Per serving: $0.11

http://recipefinder.nal.usda.gov/
Polenta with Pepper and Cheese

Yield: 8 servings  
Cook time: 23 minutes

Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 cups</td>
<td>water</td>
</tr>
<tr>
<td>1 1/2 cup</td>
<td>corn meal (or polenta, uncooked)</td>
</tr>
<tr>
<td>1 can</td>
<td>whole kernel corn mixed with green and red peppers (11 ounces, drained)</td>
</tr>
<tr>
<td>1 can</td>
<td>green chiles (7 ounces)</td>
</tr>
<tr>
<td>1/2 teaspoon</td>
<td>salt</td>
</tr>
<tr>
<td>1 tablespoon</td>
<td>margarine or butter</td>
</tr>
<tr>
<td>6 ounces</td>
<td>cheese, cheddar, reduced fat, shredded</td>
</tr>
<tr>
<td>1 can</td>
<td>black or pinto beans (15 ounces, rinsed)</td>
</tr>
</tbody>
</table>

Garnish:
- cilantro sprigs
- red bell pepper (cut into rings)

Instructions

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

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

3. Gently stir in the margarine, cheese and beans.

4. Remove from the heat and transfer to a serving dish.

5. Garnish with red bell pepper rings and cilantro.

Notes

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

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

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

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 cup prepared polenta, 1/8 of recipe (303g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings Per Container</td>
<td>8</td>
</tr>
<tr>
<td>Amount Per Serving</td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>270</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>8%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>5g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>5mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>43g</td>
</tr>
<tr>
<td>Sugars</td>
<td>4g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>20%</td>
</tr>
<tr>
<td>Calcium</td>
<td>15%</td>
</tr>
</tbody>
</table>

*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

Source

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

Cost

Per recipe: $4.38  
Per serving: $0.55

http://recipefinder.nal.usda.gov/
Quick Tuna Casserole

Yield: 6 servings

Ingredients

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

Instructions

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

Notes

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

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

Nutrition Facts

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>240</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>4.5g</td>
<td>7%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1g</td>
<td>5%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>30mg</td>
<td>10%</td>
</tr>
<tr>
<td>Sodium</td>
<td>280mg</td>
<td>12%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>35g</td>
<td>12%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3g</td>
<td>12%</td>
</tr>
<tr>
<td>Sugars</td>
<td>4g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>15g</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>10%</td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td>15%</td>
<td></td>
</tr>
</tbody>
</table>

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

Source

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

Cost

Per recipe: $3.69
Per serving: $0.61
Red Hot Fusilli

Yield: 4 servings

Ingredients

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

Instructions


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

3. Cook pasta firm in unsalted water.

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

*Cost estimate and nutritional analysis includes optional chicken.

Notes

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

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

Yield: 4 servings

Ingredients

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

Instructions

1. Drain tofu.
2. In small bowl, dice or mash tofu. For optional ingredients, crush garlic and/or slice watercress, mushrooms, cheese, bell peppers, and green onions.
4. Beat eggs and add to tofu mixture. Cook until firm.
5. Sprinkle with salt and pepper to taste.
6. Stir and cook until firm.

Notes

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

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4 of recipe (114g)</td>
<td>140</td>
<td>90</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
</tr>
<tr>
<td>Saturated Fat</td>
</tr>
<tr>
<td>Trans Fat</td>
</tr>
<tr>
<td>Cholesterol</td>
</tr>
<tr>
<td>Sodium</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
</tr>
<tr>
<td>Dietary Fiber</td>
</tr>
<tr>
<td>Sugars</td>
</tr>
<tr>
<td>Protein</td>
</tr>
</tbody>
</table>

Vitamin A 4%  •  Vitamin C 0%
Calcium 10%  •  Iron 10%

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

<table>
<thead>
<tr>
<th>Calories per gram:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat 9  •  Carbohydrate 4  •  Protein 4</td>
</tr>
</tbody>
</table>

Source

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

Cost

Per recipe: $3.28
Per serving: $0.82

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

Yield: 8 servings

Ingredients

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

Instructions

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

Notes

May use skim milk or lowfat 1% milk.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup (103g)</td>
<td>100</td>
<td>5%</td>
</tr>
</tbody>
</table>

Amount Per Serving

- Calories: 100
- Calories from Fat: 2%
- Total Fat: 1g
- Saturated Fat: 0g
- Trans Fat: 0g
- Cholesterol: 5mg
- Sodium: 210mg
- Total Carbohydrate: 21g
- Dietary Fiber: 1g
- Sugars: 18g
- Protein: 2g
- Vitamin A: 2%
- Vitamin C: 4%
- Calcium: 8%
- Iron: 0%

Steps Toward Health

Cost

- Per recipe: $1.48
- Per serving: $0.18

Source

UMass Extension Nutrition Education Program, CHOICES Steps Toward Health

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

Yield: 4 servings

Ingredients

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

Instructions

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

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

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

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

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

Notes

You may substitute yellow mustard for brown mustard.

Nutrition Facts

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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 90</th>
<th>Calories from Fat 45</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>5g</td>
<td>8%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0.5g</td>
<td>3%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>5mg</td>
<td>2%</td>
</tr>
<tr>
<td>Sodium</td>
<td>160mg</td>
<td>7%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>4g</td>
<td>1%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
<td>4%</td>
</tr>
<tr>
<td>Sugars</td>
<td>2g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>6g</td>
<td></td>
</tr>
</tbody>
</table>

*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

<table>
<thead>
<tr>
<th>Total Fat</th>
<th>Less than 65g</th>
<th>Less than 20g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturated Fat</td>
<td>Less than 25g</td>
<td>Less than 10g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>Less than 250mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>Less than 2,000mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>250g</td>
<td>300g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>35g</td>
<td>40g</td>
</tr>
<tr>
<td>Sugars</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Cost

Per recipe: $2.38
Per serving: $0.59

Source

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

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

Yield: 10 servings

**Ingredients**

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

**Instructions**

1. Sauté peppers and onion in olive oil.

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

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

4. Top chili with crisp tortillas before serving.

**Notes**

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

May use any vegetable oil in place of olive oil.

May use fresh parsley in place of fresh cilantro.

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

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

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size 1/10 recipe (279g)</th>
<th>Servings Per Container 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 210 Calorie from Fat 45</td>
<td></td>
</tr>
<tr>
<td>Total Fat 5g 8%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 1g 5%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 30mg 10%</td>
<td></td>
</tr>
<tr>
<td>Sodium 150mg 6%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate 25g 8%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber 5g 20%</td>
<td></td>
</tr>
<tr>
<td>Sugars 5g</td>
<td></td>
</tr>
<tr>
<td>Protein 18g</td>
<td></td>
</tr>
<tr>
<td>Vitamin A 20% Iron 15%</td>
<td></td>
</tr>
</tbody>
</table>

1Percent 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

**Source**

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

**Cost**

Per recipe: $6.11
Per serving: $0.61

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

Yield: 4 servings

Ingredients

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

Instructions

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

Notes

Here are some good flavor mixes for yogurt pops:
- Lemon yogurt with orange juice
- Vanilla yogurt with raspberry juice

Use 100% fruit juice for no added sugars.
You can buy popsicle sticks in a crafts store, or in the crafts department of a discount store.

Nutrition Facts

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

| Amount Per Serving | Calories 45 | Calories from Fat 0%
|--------------------|-------------|---------------------
| Total Fat          | 0g          | 0%                  |
| Saturated Fat      | 0g          | 0%                  |
| Trans Fat          | 0g          | 0%                  |
| Cholesterol        | 0mg         | 0%                  |
| Sodium             | 20mg        | 1%                  |
| Total Carbohydrate | 10g         | 3%                  |
| Dietary Fiber      | 0g          | 0%                  |
| Sugars             | 9g          |
| Protein            | 1g          |

Vitamin A 4% • Vitamin C 4%
Calcium 4% • Iron 0%

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

Calories: 2,000 2,500

Total Fat: Less than 20g 25g
Saturated Fat: Less than 5g 8g
Cholesterol: Less than 300mg 200mg
Sodium: Less than 2,400mg 2,400mg
Total Carbohydrate: 300g 375g
Dietary Fiber: 25g 30g

Cost

Per recipe: $0.77
Per serving: $0.19

Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

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