

Recipe Finder

Cookbook



My Family Holiday Dinner Tradition Cookbook

Have FUN- Be Healthy Together

Created by: Richland County OSU Extension Family Nutrition Program

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

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

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

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

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Ambrosia

Yield: 8 servings

Ingredients

- 1 can pineapple chunks, in juice (20 oz., drained)
- 1 can mandarin orange (11 oz., drained)
- 1 banana (peeled and sliced)
- 1 1/2 cup grape (seedless)
- 3/4 cups marshmallows (miniature)
- 1/3 cup coconut (flaked)
- 1 carton vanilla yogurt (8 oz., low-fat)

Instructions

1. Drain pineapple and oranges. Use juice as beverage.
2. Combine fruit with marshmallows and coconut.
3. Fold in yogurt.
4. Chill.
5. Serve.

Nutrition Facts

Serving Size 1 cup (189g)
Servings Per Container 8

Amount Per Serving

Calories 150 **Calories from Fat 15**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 35mg **1%**

Total Carbohydrate 33g **11%**

Dietary Fiber 2g **8%**

Sugars 27g

Protein 3g

Vitamin A 10% • Vitamin C 35%

Calcium 6% • Iron 2%

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

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

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

Source

Cornell Cooperative Extension of Onondaga County, A Holiday Dinner

Cost

Per recipe: \$4.25
Per serving: \$0.53

Apple Salad

Yield: 8 servings

Ingredients

- 2 cups apple (diced)
- 1 cup celery (diced)
- 1/2 cup raisins
- 1/2 cup nuts
- 2 tablespoons salad dressing (or mayonnaise)
- 1 tablespoon orange juice

Instructions

1. Mix orange juice with salad dressing or mayonnaise.
2. Toss apples, celery, raisins and nuts with the dressing mixture.

Nutrition Facts	
Serving Size 1/2 cup, 1/8 of recipe (73g)	
Servings Per Container 8	
Amount Per Serving	
Calories 110	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 11g	
Protein 2g	
Vitamin A 2%	• Vitamin C 4%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

University of Kentucky,
 Cooperative Extension Service,
 Food and Nutrition Calendar
 2004
 Fresh Ideas for Fit Families

Cost

Per recipe: \$2.02
 Per serving: \$0.25

Baked Potatoes Primavera

Yield: 4 servings

Ingredients

- 4 potatoes (medium)
- 4 cups mixed vegetables (frozen)
- 1 1/4 cup sour cream, nonfat
- 1/2 teaspoon oregano (dried)
- 1/2 teaspoon basil (dried)
- black pepper (to taste)

Instructions

1. Pierce each potato several times with a fork. Microwave on high until tender, about 3-4 minutes per potato.
2. Steam mixed vegetables until hot.
3. Mix the sour cream with the herbs and pepper.
4. Split the potatoes in the center and fill with steamed veggies. Top with sour cream and serve hot.

Nutrition Facts

Serving Size 1 potato with 1/4 of topping, 1/4 of recipe (475g)
 Servings Per Container 4

Amount Per Serving			
Calories 360		Calories from Fat 5	
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	10mg		3%
Sodium	180mg		8%
Total Carbohydrate	74g		25%
Dietary Fiber	13g		52%
Sugars	12g		
Protein	12g		
Vitamin A	170%	Vitamin C	80%
Calcium	20%	Iron	20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9		Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$4.64
 Per serving: \$1.16

Corn Bread

Yield: 12 servings
 Serving size: 2 inch square

Ingredients

- 1 cup cornmeal
- 1 cup flour (all purpose)
- 2 tablespoons sugar
- 1 tablespoon baking powder
- 1 egg
- 1/4 cup vegetable oil
- 1 cup skim-milk

Instructions

1. Heat oven to 425 degrees. Grease 8- or 9-inch square pan.
2. Measure cornmeal, flour, sugar, and baking powder into a large mixing bowl. Stir to combine ingredients.
3. Crack egg into a small bowl and beat with a fork to combine white and yolk.
4. Add egg, oil, and milk to flour mixture. Mix until ingredients are well blended.
5. Pour batter into prepared pan.
6. Bake 20 to 25 minutes, until firm to touch or wooden pick inserted in the center comes out clean.

Create-a-Flavor Changes:

Buttermilk Corn Bread. Use only 2 teaspoons baking powder and add 1/4 teaspoon baking soda. Substitute 1 cup buttermilk for skim milk.

Whole Wheat Corn Bread. Use 1/2 cup all purpose flour and 1/2 cup whole wheat flour.

Corny Corn Bread. Add 1 cup kernels (fresh, frozen, or canned, well drained) with the milk.

Cheesy Corn Bread. Add 1/2 cup shredded cheddar cheese with the milk.

Chili Cheese Corn Bread. Add 1/2 teaspoon chili powder to the flour mixture. Drain one 4-ounce can chopped green chilies. Add chilies and 1/4 cup shredded Monterey jack cheese with the milk.

Blueberry Corn Bread. Fold 1 cup blueberries (fresh, frozen, or canned, well drained) into the batter.

Corn Bread Muffins. Pour batter into prepared muffin cups. Bake 20 minutes at

Nutrition Facts	
Serving Size 2" square of cornbread, 1/12 of recipe (54g)	
Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 140mg	6%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 10%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Cornell Cooperative Extension,
 Division of Nutritional Sciences,
 Cooking Up Fun - Muffins &
 More

Cost

Per recipe: \$1.12
 Per serving: \$0.09

400 degrees.

Cran-Apple Crisp

Yield: 8 servings

Ingredients

- 4 apple (cored and thinly sliced)
- 1 can cranberry sauce (16 ounce, whole)
- 2 teaspoons margarine (soft melted)
- 1 cup oatmeal (uncooked)
- 1/3 cup brown sugar
- 1 teaspoon cinnamon

Instructions

1. Preheat oven to 400 degrees.
2. Wash apples, remove cores and slice thinly, keeping peel on.
3. In a bowl, combine the cranberries and apples. Pour into an 8x8 inch pan.
4. Combine melted margarine with oatmeal, brown sugar, and cinnamon until well blended. Sprinkle over apple/cranberry mixture.
5. Cover and bake for 15 minutes.
6. Uncover and bake 10 more minutes until the topping is crisp and brown.
7. Serve warm or cold.

Nutrition Facts			
Serving Size 3/4 cup, 1/8 of recipe (168g)			
Servings Per Container 8			
Amount Per Serving			
Calories 210		Calories from Fat 15	
		% Daily Value*	
Total Fat	2g		3%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	25mg		1%
Total Carbohydrate	50g		17%
Dietary Fiber	4g		16%
Sugars	32g		
Protein	2g		
Vitamin A	2%	•	Vitamin C 6%
Calcium	2%	•	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	• Carbohydrate 4 • Protein 4

Source

University of Massachusetts, Extension Nutrition Education Program, Pumpkin Post/Banana Beat

Cost

Per recipe: \$3.34
Per serving: \$0.42

Cranberry Pumpkin Muffins

Yield: 12 servings

Ingredients

2 cups flour
 3/4 cups sugar
 3 teaspoons baking powder
 1/2 teaspoon salt
 1/2 teaspoon cinnamon
 3/4 teaspoons allspice
 1/3 cup vegetable oil
 2 egg, large (large)
 3/4 cups pumpkin (canned)
 2 cups cranberries (fresh or frozen chopped)

Instructions

1. Preheat oven to 400 degrees.
2. Sift together dry ingredients (flour through allspice) and set aside.
3. Beat oil, eggs, and pumpkin together until well blended.
4. Add the wet ingredients (pumpkin mixture) to the dry ingredients all at once. Stir until moistened.
5. Fold in chopped cranberries.
6. Spoon into paper lined muffin cups.
7. Bake at 400 degrees for 15 to 30 minutes.

Notes

Serve with a glass of low-fat milk for a healthy snack.

Nutrition Facts

Serving Size 1 muffin, 1/12 of recipe (82g)
 Servings Per Container 12

Amount Per Serving		% Daily Value*	
Calories	200	Calories from Fat	60
Total Fat 7g 11%			
Saturated Fat 1g 5%			
Trans Fat 0g			
Cholesterol 30mg 10%			
Sodium 230mg 10%			
Total Carbohydrate 32g 11%			
Dietary Fiber 2g 8%			
Sugars 14g			
Protein 3g			
Vitamin A 50%		• Vitamin C 4%	
Calcium 8%		• Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9		• Carbohydrate 4 • Protein 4	

Source

University of Massachusetts, Extension Nutrition Education Program, Pumpkin Post/Banana Beat

Cost

Per recipe: \$3.19
 Per serving: \$0.27

Crustless Pumpkin Pie

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

Ingredients

- 3/4 cups sugar
- 1/2 cup Master Mixes (Oregon)
- 2 tablespoons vegetable oil
- 1 can evaporated milk, nonfat (13 ounce)
- 2 egg
- 1 can pumpkin (16 ounces)
- 3 1/2 teaspoons pumpkin pie spice
- 2 teaspoons vanilla extract

Instructions

1. Preheat the oven to 350 degrees and lightly grease a 9 or 10 inch pie plate.
2. Combine all ingredients in a medium mixing bowl or a blender.
3. Beat 2 minutes with a mixer until smooth, or blend in the blender on high for one minute.
4. Pour into the pie plate.
5. Bake until a knife inserted in the center comes out clean, about 50-55 minutes.
6. Cool slightly and keep refrigerated.
7. Serve with whipped topping or ice cream.

Notes

Recipe for [Master Mix \(Oregon\)](#)

Nutrition Facts	
Serving Size 1 slice, 1/8 of recipe (148g)	
Servings Per Container	
Amount Per Serving	
Calories 220	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0.5g	
Cholesterol 55mg	18%
Sodium 130mg	5%
Total Carbohydrate 34g	11%
Dietary Fiber 2g	8%
Sugars 27g	
Protein 6g	
Vitamin A 180%	Vitamin C 4%
Calcium 15%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$4.07
 Per serving: \$0.51

Deep Dish Apple Cranberry Pie

Yield: 10 servings

Ingredients

- 4 apple (large, peeled, cored, and sliced)
- 2 1/2 cups cranberries (fresh or frozen)
- 3/4 cups sugar
- 1/4 cup flour (all purpose)
- 1 teaspoon apple pie spice
- 1 pie crust (prepared)

Instructions

1. Stir all ingredients together in a medium sized mixing bowl and place in a 10-inch deep dish pie pan.
2. Place one pie crust on top of the fruits. Cut 3 or 4 slits to allow the steam to escape.
3. Bake at 375 degrees for about an hour. Serve warm with a slice of pie crust over top of the fruit. Refrigerate any leftovers.

Nutrition Facts

Serving Size 1 slice, 1/10 of recipe (142g)			
Servings Per Container 10			
Amount Per Serving			
Calories 240		Calories from Fat 70	
% Daily Value*			
Total Fat 8g			12%
Saturated Fat 1.5g			8%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 115mg			5%
Total Carbohydrate 42g			14%
Dietary Fiber 3g			12%
Sugars 24g			
Protein 1g			
Vitamin A 2%		Vitamin C 10%	
Calcium 0%		Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

Source

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

Cost

Per recipe: \$5.95
Per serving: \$0.60

Dutch Green Beans

Yield: 4 servings

Ingredients

- 1 can green beans (15 ounces)
- 1/4 cup brown sugar
- 1 teaspoon cornstarch
- 1/3 cup vinegar
- 1 onion (small, sliced)

Instructions

1. Drain the beans, and save the liquid from the can in small bowl.
2. Pour 1/2 cup bean liquid into the saucepan.
3. Add the cornstarch in the bean liquid. Stir well.
4. Add the vinegar and brown sugar.
5. Put on medium heat and bring to a boil.
6. Turn the heat to low.
7. Add the green beans and onions. Heat and serve.

Nutrition Facts

Serving Size 1/4 of recipe (158g)
 Servings Per Container 4

Amount Per Serving			
Calories	80	Calories from Fat	0
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	360mg		15%
Total Carbohydrate	20g		7%
Dietary Fiber	1g		4%
Sugars	16g		
Protein	1g		
Vitamin A	6%	Vitamin C	6%
Calcium	4%	Iron	2%

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

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

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

Source

Pennsylvania Nutrition
 Education Program,
 Pennsylvania Nutrition
 Education Network
 Website Recipes

Cost

Per recipe: \$1.63
 Per serving: \$0.41

Ginger Bread Mix

Yield: 10 servings
Serving size: 1 cup

Ingredients

8 cups flour (white)
1 1/2 cup sugar
1 tablespoon baking soda
3 tablespoons ginger
3 tablespoons cinnamon
1 teaspoon cloves
1 teaspoon salt

Instructions

1. Combine all ingredients in a large bowl. Mix well.
2. Store mix in a covered jar until ready to use.

Notes

Use this mix in the following recipes:

- [Ginger Orange Muffins](#)

Nutrition Facts	
Serving Size 1 cup prepared mix, 1/10 of recipe (136g) Servings Per Container	
Amount Per Serving	
Calories 490	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 610mg	25%
Total Carbohydrate 109g	36%
Dietary Fiber 4g	16%
Sugars 30g	
Protein 11g	
Vitamin A 0%	• Vitamin C 2%
Calcium 4%	• Iron 30%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$3.43
Per serving: \$0.34

Grandma's Stuffing

Yield: 8 servings

Ingredients

- 10 cups whole wheat bread cubes (or white bread or buns, dry)
- 1/3 cup water
- 1/2 cup onion (chopped)
- 1/2 cup celery (chopped)
- 1 teaspoon parsley, dried (or 1 Tbsp fresh parsley chopped)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 1/2 cup milk
- 1 egg (lightly beaten)
- 2 apple (medium, pared, cored and chopped, or 1/4 cup raisins optional)

Instructions

1. Preheat oven to 350 degrees.
2. Put cubes in a large bowl. Set aside.
3. Put water in medium saucepan. Add onion, celery, parsley, salt and pepper. Cook for 5 minutes. Do not drain. Pour over bread cubes.
4. Stir in milk and egg. Gently stir in apples, and raisins, if desired.
5. Spoon into a greased 2-quart baking dish. Bake at 350 degrees for 1 hour.

Nutrition Facts

Serving Size 1/8 of recipe (123g)
 Servings Per Container 8

Amount Per Serving

Calories 150 **Calories from Fat** 20

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 330mg **14%**

Total Carbohydrate 25g **8%**

Dietary Fiber 1g **4%**

Sugars 5g

Protein 7g

Vitamin A 4% • Vitamin C 2%

Calcium 20% • Iron 10%

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

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

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

Source

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

Cost

Per recipe: \$3.13
 Per serving: \$0.39

Hearty Mashed Potatoes

Yield: 6 servings
Serving size: 1 cup

Ingredients

- 2 pounds potatoes (baking, - peeled and cut in chunks)
- 1 can garbanzo beans (15 ounce, drained)
- 3/4 cups nonfat milk (or fortified soy milk)
- 1/4 cup parmesan cheese
- 1/2 teaspoon garlic powder
- black pepper (to taste)

Instructions

1. Place the potatoes in a large sauce pan and cover with water. Bring to a boil over high heat then reduce to a simmer.
2. Add the garbanzo beans 10 minutes after potatoes start cooking. Continue cooking until potatoes are fork tender, about 20 minutes.
3. Drain water and place the sauce pan back on the stove. Mash the beans and potatoes using a potato masher or hand beaters.
4. Add the milk, cheese and seasonings.
5. Reheat if necessary. Serve hot.

Nutrition Facts	
Serving Size 1 cup prepared potatoes, 1/6 of recipe (247g)	
Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 300mg	13%
Total Carbohydrate 25g	8%
Dietary Fiber 7g	28%
Sugars 3g	
Protein 9g	
Vitamin A 2%	Vitamin C 45%
Calcium 10%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Food and Health Communications, Inc., Cooking Demo II

Cost

Per recipe: \$3.00
Per serving: \$0.50

Herbed Dip

Yield: 10 servings

Ingredients

- 1 cup cottage cheese, lowfat
- 4 tablespoons yogurt, lowfat plain
- 1 tablespoon onion (chopped, or chives)
- 1 teaspoon parsley (dried)
- 1/4 teaspoon dill (dried)

Instructions

1. Place all the ingredients in a blender.
2. Blend all the ingredients thoroughly.
3. Pour the mixture into a clean container.
4. Cover and chill.

Notes

Serve on crackers, or as dip for fresh raw vegetables

Nutrition Facts

Serving Size 2 tablespoons, 1/10 of recipe (29g)
 Servings Per Container 10

Amount Per Serving			
Calories 20	Calories from Fat 5		
% Daily Value*			
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 95mg			4%
Total Carbohydrate 1g			0%
Dietary Fiber 0g			0%
Sugars 1g			
Protein 3g			
Vitamin A 0%		Vitamin C 0%	
Calcium 2%		Iron 0%	

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

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

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

Source

Pennsylvania Nutrition Education Program,
 Pennsylvania Nutrition Education Network
 Website Recipes

Cost

Per recipe: \$1.53
 Per serving: \$0.15

Low Fat Ranch Dip

Yield: 4 servings

Ingredients

- 1 can great northern beans (15 ounce, rinsed and drained)
- 1/4 cup water
- 1/2 cup yogurt, plain lowfat
- 1/2 teaspoon garlic powder
- 1/8 teaspoon cayenne pepper
- 1/4 teaspoon black pepper
- 1 tablespoon chives (chopped fresh)
- 1 tablespoon parsley (chopped fresh)
- 1/4 teaspoon tarragon (dried)
- 1/4 teaspoon salt
- 1 tablespoon lemon juice

Instructions

1. Blend the beans and garlic in a blender, adding enough water for the desired consistency.
2. Blend for 2 minutes to make it silky smooth.
3. Use a spatula to scrape the mixture into a medium bowl.
4. Stir in the yogurt, cayenne, chives, parsley, and tarragon, salt and lemon juice. Serve in a bowl.

Nutrition Facts

Serving Size 1/2 cup prepared dip,
1/4 of recipe (158g)
Servings Per Container 4

Amount Per Serving			
Calories	150	Calories from Fat	10
		% Daily Value*	
Total Fat	1g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	170mg		7%
Total Carbohydrate	26g		9%
Dietary Fiber	6g		24%
Sugars	2g		
Protein	10g		
Vitamin A	6%	Vitamin C	10%
Calcium	10%	Iron	10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
		Fat	9 • Carbohydrate
			4 • Protein
			4

Source

National Cancer Institute (NCI),
[5-A-Day Web site](#)

Cost

Per recipe: \$1.27
Per serving: \$0.32

Magical Fruit Salad

Yield: 12 servings

Ingredients

- 1 can pineapple chunks (20 ounce)
- 1/2 pound grapes, seedless, red or green
- 2 banana
- 1 3/4 cup nonfat or lowfat milk
- 1 package pudding mix, instant, lemon or vanilla (3 1/2 ounce)

Instructions

1. Drain off the juice. Put chunks in a large bowl.
2. Rinse the grapes and drain. Add the grapes to the bowl.
3. Peel the bananas and cut into bite-sized pieces. Add to the bowl.
4. Pour the milk over the fruit. While slowly stirring the fruit mixture, sprinkle in the pudding mix.
5. Let the mixture stand for 5 minutes and serve.
6. Refrigerate leftovers within 2 hours.

Nutrition Facts

Serving Size 1/12 of recipe (130g)
 Servings Per Container 12

Amount Per Serving		% Daily Value*	
Calories	100	Calories from Fat	0
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	140mg		6%
Total Carbohydrate	24g		8%
Dietary Fiber	1g		4%
Sugars	21g		
Protein	2g		
Vitamin A	2%	Vitamin C	10%
Calcium	4%	Iron	2%

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

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

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

Source

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

Cost

Per recipe: \$3.89
 Per serving: \$0.32

Maple Sweet Potatoes

Yield: 2 servings

Ingredients

- 2 sweet potatoes (large)
- 2 tablespoons yogurt, nonfat
- 1 tablespoon maple syrup
- 1 tablespoon orange juice

Instructions

1. Prick potato skins with a fork. Microwave on high for 3 to 4 minute until soft and easily pierced with a knife.
2. Scoop out the pulp into a medium bowl. Mash the pulp and stir in the yogurt, maple syrup, and orange juice. Transfer to a microwave safe serving bowl and microwave for 1 to 2 minutes to heat through.

Nutrition Facts	
Serving Size 1/2 of recipe (162g)	
Servings Per Container 2	
Amount Per Serving	
Calories 150	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 35g	12%
Dietary Fiber 4g	16%
Sugars 13g	
Protein 3g	
Vitamin A 370%	• Vitamin C 6%
Calcium 6%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$1.35
 Per serving: \$0.68

Mock Southern Sweet Potato Pie

Yield: 16 servings
 Serving size: 1 slice

Ingredients

- | | |
|---------------|---|
| | Crust: |
| 1 1/4 cup | flour (all purpose) |
| 1/4 teaspoon | sugar |
| 1/3 cup | milk, nonfat |
| 2 tablespoons | vegetable oil |
| | Filling: |
| 1/4 cup | sugar (white) |
| 1/4 cup | brown sugar |
| 1/2 teaspoon | salt |
| 1/4 teaspoon | nutmeg |
| 3 | egg (large, beaten) |
| 1/4 cup | evaporated milk, nonfat (canned) |
| 1 teaspoon | vanilla extract |
| 3 cups | sweet potatoes, cooked, skin removed and mashed |

Instructions

Preheat oven to 350 degrees.

Crust:

1. Combine the flour and sugar in a bowl.
2. Add milk and oil to the flour mixture.
3. Stir with fork until well mixed and then form pastry into a smooth ball with your hands.
4. Roll the ball between two 12 inch squares of waxed paper using short, brisk, strokes until pastry reaches edge of paper.
5. Peel off top paper and invert crust into pie plate.

Filling:

1. Combine sugars, salt, spices and eggs.
2. Add milk and vanilla. Stir.
3. Add sweet potatoes and mix well.
4. Pour mixture into pie shell.
5. Bake for 60 minutes or until crust is golden brown.
6. Cool and cut into 16 slices.

Nutrition Facts	
Serving Size 1 slice, 1/16 of recipe (99g)	
Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 110mg	5%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	8%
Sugars 11g	
Protein 4g	
Vitamin A 200%	Vitamin C 15%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$2.75
 Per serving: \$0.17

Old Fashioned Dressing

Yield: 10 servings
 Serving size: 1/10 of recipe

Ingredients

- 4 tablespoons margarine or butter
- 2 cups celery (diced)
- 1 cup onion (chopped)
- 8 cups bread cubes, dried from whole wheat bread
- 2 tablespoons parsley (chopped fresh or dried)
- 1/4 cup mushroom (sliced)
- 1 teaspoon sage (ground)
- 3/4 teaspoons poultry seasoning
- 1 teaspoon black pepper
- 3 cups broth, chicken or turkey

Instructions

1. Toast bread cubes and set aside for later use.
2. Melt margarine or butter in medium size fry pan.
3. Add celery and onion; cook until tender, about 10 minutes.
4. Add parsley, mushrooms, seasoning and broth. Cook for 5 minutes.
5. Remove from heat and add the toasted bread cubes. Cover and let stand 10 minutes. Serve immediately.
6. Refrigerate leftovers within 2 hours.

Nutrition Facts	
Serving Size 1/10 of recipe (148g)	
Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 1g	
Cholesterol 0mg	0%
Sodium 270mg	11%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 4g	
Vitamin A 4%	• Vitamin C 4%
Calcium 6%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$4.24
 Per serving: \$0.42

Potato Soup

Yield: 6 servings
 Serving size: 1 cup

Ingredients

- 1/2 cup onion (chopped)
- 1/2 cup celery (chopped)
- 6 potatoes (diced)
- 2 tablespoons margarine
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup nonfat dry milk
- 3 cups water
- 2 tablespoons flour

Instructions

1. Peel and chop the onion.
2. Chop the celery.
3. Peel the potatoes, and cut them into small cubes.
4. Melt the margarine in a large saucepan on low heat.
5. Add the onion and celery. Cook for a few minutes.
6. Add the potatoes, salt, pepper and 1 1/2 cups water.
7. Cook for 15 minutes until the potatoes are tender.
8. In a small bowl, stir together the dry milk and flour.
9. Add 1 1/2 cups water slowly, stirring as you add it.
10. Add the milk mix to the potatoes.
11. Cook until the soup is heated and slightly thickened.
12. Adjust the seasonings.

Nutrition Facts	
Serving Size 1 cup prepared soup or 1/6 of recipe (309g)	
Servings Per Container	
Amount Per Serving	
Calories 130	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 1g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 17g	6%
Dietary Fiber 4g	16%
Sugars 9g	
Protein 7g	
Vitamin A 6%	• Vitamin C 45%
Calcium 15%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Cost

Per recipe: \$1.93
 Per serving: \$0.32

Pumpkin Bread

Yield: 32 servings
 Serving size: 1 slice

Ingredients

- 1 can pumpkin (15 ounce)
- 1 cup sugar
- 1/4 cup vegetable oil
- 1 cup yogurt, plain lowfat
- 1 1/2 cup flour (all purpose)
- 1 1/2 cup whole wheat flour
- 2 teaspoons baking powder
- 2 teaspoons baking soda
- 2 teaspoons cinnamon
- 1/2 teaspoon salt
- 1 cup raisins

Instructions

Preheat oven to 350 degrees.

1. In a large mixing bowl, beat together pumpkin, sugar, oil, and yogurt.
2. In a medium bowl, combine the flours, baking powder, soda, cinnamon, and salt; add to pumpkin mixture, stirring until just moistened.
3. Stir in raisins.
4. Pour into 2 greased 9x5x3 inch loaf pans and bake for about 1 hour.
5. Cool on a wire rack for 10 minutes; remove from pan and cool completely.

Notes

Substituting yogurt for eggs and oil reduces fat and cholesterol.

Nutrition Facts	
Serving Size 1 slice, 1/32 of recipe (46g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 10g	
Protein 2g	
Vitamin A 40%	Vitamin C 2%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Iowa State University Extension,
 Food for Fitness and Fun,
 November 2000

Cost

Per recipe: \$3.52
 Per serving: \$0.11

Pumpkin Soup

Yield: 4 servings

Ingredients

- 1 can white beans (15 ounce, rinsed and drained)
- 1 onion (small, or 2 tsp. onion powder)
- 1 cup water
- 1 can pumpkin (15 ounces, plain)
- 1 can chicken or vegetable broth, low-salt (14.5 ounces)
- 1/2 teaspoon thyme or tarragon
- salt and pepper to taste (optional)

Instructions

1. Blend white beans, onion, and water.
2. In a soup pot, mix bean puree with pumpkin, broth, and spices.
3. Cover and cook over low heat about 15 to 20 minutes until warmed through.

Nutrition Facts

Serving Size 1 1/2 cups prepared soup, 1/4 of recipe (392g)
 Servings Per Container 4

Amount Per Serving		% Daily Value*	
Calories	150	Calories from Fat	10
Total Fat	1g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	320mg		13%
Total Carbohydrate	27g		9%
Dietary Fiber	10g		40%
Sugars	6g		
Protein	11g		
Vitamin A	260%	Vitamin C	4%
Calcium	8%	Iron	15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
		Fat	9 • Carbohydrate 4 • Protein 4

Source

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

Cost

Per recipe: \$3.19
 Per serving: \$0.80

Rice Pudding

Yield: 8 servings
Cook time: 55 minutes

Ingredients

- 1 cup milk, whole
- 1 cup water
- 1 cup rice, uncooked
- 2 egg (large)
- 1 cup milk, evaporated
- 1 teaspoon vanilla
- 1/4 cup sugar
- 1/8 teaspoon cinnamon (ground)

Instructions

1. In a saucepan, heat milk and water.
2. Add rice, bring to a boil, lower heat to simmer; stir mixture every 10 minutes. Cook uncovered until rice is tender, about 30 minutes.
3. In a large bowl, mix eggs, 3/4 cup evaporated milk, vanilla, and sugar. Set aside.
4. Add remaining 1/4 cup evaporated milk to rice mixture.
5. Spoon 1 cup of rice mixture into egg mixture and stir. Pour egg-rice mixture into remaining rice.
6. Heat pudding until it boils, stirring continuously. Remove from heat, and sprinkle with cinnamon.

Nutrition Facts

Serving Size 1/4 cup prepared rice pudding, 1/8 of recipe (134g)
Servings Per Container 8

Amount Per Serving	
Calories 190	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 65mg	3%
Total Carbohydrate 29g	10%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 6g	
Vitamin A 2%	• Vitamin C 0%
Calcium 15%	• Iron 6%

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

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

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

Source

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

Cost

Per recipe: \$1.69
Per serving: \$0.21

Sweet Potato Casserole

Yield: 10 servings
 Serving size: 1/10 of recipe

Ingredients

- 1 pound sweet potatoes (about 4 medium ones*)
- 3 egg whites
- 1/2 cup sugar
- 12 ounces evaporated milk, nonfat
- 1 tablespoon vanilla extract
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon ginger

Instructions

1. Rinse sweet potatoes in cold running water and pierce with a fork.
2. Microwave sweet potatoes on full power until tender, about 15 minutes. Turn them half way during baking.
3. Preheat oven to 400 degrees. Remove skin from sweet potatoes and mash with hand beaters or food processor. Add the rest of the ingredients and mix until smooth.
4. Pour mixture in an 8 inch square baking pan. Bake until casserole is firm in the center, about 40 minutes.
5. Remove pan from oven. Allow to stand for 5 minutes then cut into 10 squares.
6. Serve hot. Refrigerate leftovers.

Notes

You may want to experiment with using canned sweet potatoes.

Nutrition Facts	
Serving Size 1/10 of recipe (101g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 24g	8%
Dietary Fiber 2g	8%
Sugars 16g	
Protein 4g	
Vitamin A 130%	Vitamin C 2%
Calcium 10%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Food and Health
 Communications, Inc, Cooking
 Demo II, p.167

Cost

Per recipe: \$2.67
 Per serving: \$0.27

Sweet Potato Cheesecake

Yield: 14 servings
 Serving size: 1 slice

Ingredients

- 1 cup gingersnaps (finely crumbed, or graham crackers)
- 3 tablespoons butter (unsalted, melted)
- 2 packages cream cheese (8 oz, light, softened)
- 1 cup sweet potatoes (mashed, peeled and cooked)
- 1/3 cup sugar
- 1 1/2 teaspoon pumpkin pie spice
- 1 teaspoon orange peel (finely shredded)
- 5 egg whites
- 1 cup milk (evaporated)

Instructions

Crust:

1. Combine crumbs and butter. Press mixture into bottom and 1 inch up sides of an 8 inch spring form pan. Set aside

Filling:

1. In a large mixing bowl, beat cream cheese, sweet potatoes, egg white, sugar, pumpkin pie spice, orange peel and the vanilla until combined. **DO NOT OVER BEAT.**

- 2. Stir in milk. Carefully pour into prepared pan.
- 3. Bake at 350 degrees for 60-70 minutes until center appears set.
- 4. Cool on wire rack for 45 minutes. Cover and chill thoroughly.
- 5. Remove sides of pan.
- 6. Garnish with dessert topping and orange peel.

Nutrition Facts	
Serving Size 1 slice (106g)	
Servings Per Container 14	
Amount Per Serving	
Calories 170	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 290mg	12%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 15g	
Protein 8g	
Vitamin A 90%	Vitamin C 6%
Calcium 20%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

Cornell University Cooperative Extension, Eat Smart New York!

Cost

Per recipe: \$7.37
 Per serving: \$0.53

Turkey Gravy

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

Ingredients

- 2 tablespoons margarine (or butter or turkey drippings)
- 3 tablespoons flour
- 1/4 teaspoon salt
- 1 1/2 cup chicken or turkey broth
- 1/2 cup giblets (cooked and chopped)

Instructions

1. Melt margarine in skillet over low heat. Mix in flour and salt. Stir and heat until bubbly.
2. Add broth slowly, stirring constantly. Cook over low heat for 5- 10 minutes.
3. Add the cooked giblets. Heat a few minutes to blend flavors.
4. Store leftovers in refrigerator within 2 hours.

Nutrition Facts	
Serving Size 1/6 of recipe (72g)	
Servings Per Container	
Amount Per Serving	
Calories 70	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 1g	
Cholesterol 55mg	18%
Sodium 370mg	15%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 4g	
Vitamin A 15%	• Vitamin C 2%
Calcium 0%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

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

Cost

Per recipe: \$1.07
 Per serving: \$0.18