

# Recipe Finder

# Cookbook



Father's Day



# 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

# Frosted Cake

Yield: 16 servings

## Ingredients

2 1/4 cups cake flour  
 2 1/4 teaspoons baking powder  
 4 tablespoons margarine (soft tub)  
 1 1/4 cup sugar  
 4 egg  
 1 teaspoon vanilla  
 1 tablespoon orange (peel)  
 14 tablespoons milk (fat-free, 3/4 cup + 2 Tbsp)  
 3 ounces cream cheese (low-fat)  
 6 tablespoons cocoa  
 2 cups sugar (confectioners, sifted)  
 1/2 teaspoon vanilla (extract)  
 cooking spray

## Instructions

1. Preheat the oven to 325° F.
2. Grease with small amount of cooking oil or use non-stick cooking oil spray on a 10-inch round pan (at least 2 1/2 inches high). Powder pan with flour. Tap out excess flour.
3. Sift together flour and baking powder.
4. In a separate bowl, beat together margarine and sugar until soft and creamy.
5. Beat in eggs, vanilla, and orange peel.
6. Gradually add the flour mixture alternating with milk, beginning and ending with flour.
7. Pour the mixture into the pan. Bake for 40-45 minutes or until done. Let cake cool for 5-10 minutes before removing from the pan. Let cool completely before icing.

Icing:

1. Cream together cream cheese and milk until smooth. Add cocoa. Blend well.
2. Slowly add sugar until icing is smooth. Mix in vanilla.
3. Smooth icing over top and sides of cooled cake.

## Nutrition Facts

Serving Size 1 slice (87g)  
 Servings Per Container 16

Amount Per Serving			
Calories	250	Calories from Fat	45
		% Daily Value*	
<b>Total Fat</b>	5g		<b>8%</b>
Saturated Fat	1.5g		<b>8%</b>
Trans Fat	0g		
<b>Cholesterol</b>	45mg		<b>15%</b>
<b>Sodium</b>	140mg		<b>6%</b>
<b>Total Carbohydrate</b>	48g		<b>16%</b>
Dietary Fiber	1g		<b>4%</b>
Sugars	32g		
<b>Protein</b>	4g		
Vitamin A	4%	•	Vitamin C 0%
Calcium	8%	•	Iron 10%

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

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

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

## Source

US Department of Health and Human Services, [A Healthier You](#)

# 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.

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

## Nutrition Facts

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

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

## Source

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

# Orange Honeyed Acorn Squash

Yield: 6 servings

## Ingredients

3 acorn squash (small)  
 2 tablespoons orange juice  
 1/4 cup honey  
 2 tablespoons butter or margarine  
 1/8 teaspoon nutmeg (optional)

## Instructions

1. Preheat oven to 400 degrees.
2. Cut squash in half. Remove seeds and place halves in shallow baking pan.
3. Combine orange juice and honey. Mix well. Put some of the orange juice/honey mixture in each squash cavity.
4. Add 1 Tablespoon of the margarine to each squash half. Sprinkle with nutmeg, if desired.
5. Cover pan with aluminium foil to keep steam in and speed cooking.
6. Bake 30 minutes. Remove foil and continue baking 30 minutes more, or until squash is tender.

## Nutrition Facts

Serving Size 1/2 cup, 1/6 of recipe (239g)	
Servings Per Container 6	
<b>Amount Per Serving</b>	
<b>Calories 170</b>	<b>Calories from Fat 35</b>
% Daily Value*	
<b>Total Fat 4g</b>	<b>6%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 40mg</b>	<b>2%</b>
<b>Total Carbohydrate 34g</b>	<b>11%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 16g	
<b>Protein 2g</b>	
Vitamin A 20%	• Vitamin C 40%
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 Wyoming,  
 Cooperative Extension,  
 Cent\$ible Nutrition Cook Book,  
 p. FV-37