

Recipe Finder

Cookbook



4th of July

Chilled Cantaloupe Soup

Yield: 6 servings

Ingredients

- 1 cantaloupe (peeled, seeded, and cubed)
- 2 cups orange juice
- 1 tablespoon lime juice (fresh)
- 1/4 teaspoon cinnamon (ground)

Instructions

1. Wash hands with soap and warm water.
2. Place cantaloupe and 1/2 cup orange juice in a container of a blender or food processor.
3. Cover with lid and blend until smooth. Transfer to large bowl.
4. Stir in lime juice, cinnamon, and remaining orange juice.
5. Cover, and refrigerate for at least one hour.
6. Serve chilled.

Nutrition Facts

Serving Size 1/6 of recipe (177g)
Servings Per Container 6

Amount Per Serving			
Calories	70	Calories from Fat	5
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	15mg		1%
Total Carbohydrate	16g		5%
Dietary Fiber	1g		4%
Sugars	14g		
Protein	1g		
Vitamin A	70%	•	Vitamin C 130%
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

Arizona Nutrition Network.

Corn Muffins

Yield: 12 servings

Ingredients

- 1 cup cornmeal
- 1 cup flour
- 1 tablespoon baking powder
- 1/4 cup sugar
- 1 egg
- 1 cup milk
- 1/4 cup vegetable oil
- margarine or butter (to grease the muffin cups)

Instructions

1. Preheat the oven to 425 degrees.
2. Put the cornmeal, flour, baking powder, salt and sugar in a large bowl. Stir together well. Set aside.
3. In a small bowl, beat the egg lightly. Add the milk and oil.
4. Add the egg, milk, and oil to the cornmeal mix. Stir just until blended.
5. Grease the muffin cups with some margarine or butter.
6. Fill each muffin cup 1/2 full with the batter.
7. Bake for 15 to 20 minutes or until lightly browned.

Notes

Add 1/2 cup grated apple or 1/2 cup applesauce in the batter.

Nutrition Facts

Serving Size 1 muffin, 1/12 of recipe (58g)
 Servings Per Container 12

Amount Per Serving		% Daily Value*	
Calories	160	Calories from Fat	45
Total Fat 5g 8%			
Saturated Fat 0.5g 3%			
Trans Fat 0g			
Cholesterol 15mg 5%			
Sodium 140mg 6%			
Total Carbohydrate 24g 8%			
Dietary Fiber 1g 4%			
Sugars 5g			
Protein 3g			
Vitamin A 2%		• Vitamin C 0%	
Calcium 10%		• Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	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

Fruit Slush

Yield: 4 servings

Ingredients

- 2 2/3 cups cantaloupe or watermelon (coarsely chopped, - seeded, peeled)
- 1 2/3 cup kiwi (coarsely chopped, optional)
- 2 tablespoons sugar
- 2 tablespoons lime juice
- 2 cups water
- ice

Instructions

1. In a blender, puree fruit with sugar and lime juice until smooth.
2. Combine fruit mixture and water in a large pitcher.
3. If desired, pour through a strainer to eliminate pulp.
4. Cover and refrigerate for up to a week.
5. To serve, stir well and pour into tall glasses over ice.

Nutrition Facts

Serving Size 1/4 of recipe (239g)
 Servings Per Container 4

Amount Per Serving

Calories 60 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

 Saturated Fat 0g **0%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 20mg **1%**

Total Carbohydrate 16g **5%**

 Dietary Fiber 1g **4%**

 Sugars 14g

Protein 1g

Vitamin A 70% • Vitamin C 70%

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

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

Grilled Vegetables

Yield: 6 servings

Ingredients

- 2 tablespoons vegetable oil
- 2 garlic clove (finely chopped)
- 3 sweet potatoes (cut into 1-inch slices)
- 3 corn cobs (cut into 2-inch sections)
- 1 eggplant (cut into 1/2-inch slices)
- 12 green onion (trimmed)

Instructions

1. Mix oil and garlic in a large bowl. Add vegetables and toss.
2. Place vegetable on broiler pan or grill. Cook 10 minutes, turning twice until vegetables are tender.
3. Place vegetables on platter. Serve.

Nutrition Facts

Serving Size 1/6 of recipe (254g)
 Servings Per Container 6

Amount Per Serving	
Calories 190	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 36g	12%
Dietary Fiber 8g	32%
Sugars 6g	
Protein 5g	
Vitamin A 190%	• Vitamin C 25%
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 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

Centers for Disease Control and Prevention.

