

Recipe Finder

Cookbook



April Fool's Day

Crunchy Berry Parfait

Yield: 1 Parfait

Prep time: 5 minutes

Ingredients

- 1/2 cup yogurt, non-fat vanilla
- 1 cup blueberries or strawberries (fresh or frozen thawed)
- 1/2 cup low-fat granola (or crunchy cereal)

Instructions

Spoon yogurt into glass, then top with fruit and granola.

Notes

Can use fortified soy yogurt

1/4 cup blueberries and 1/4 cup strawberries used for nutrition analysis.

Frozen berries used for costing.

Nutrition Facts

Serving Size 1 parfait (244g)

Servings Per Container 1

Amount Per Serving

Calories 340 **Calories from Fat 30**

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 210mg **9%**

Total Carbohydrate 68g **23%**

Dietary Fiber 8g **32%**

Sugars 34g

Protein 13g

Vitamin A 15% • **Vitamin C 50%**

Calcium 25% • **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

Saint Joseph College SNAP-Ed
Nutrition Education Team (NET)

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.

Nutrition Facts

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

Amount Per Serving	
Calories 100	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 170mg	7%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 6g	
Vitamin A 2%	• Vitamin C 0%
Calcium 6%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 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

Orange Delight Juice

Yield: 4 servings

Ingredients

1 cup orange juice
1/2 banana
1 cup apple juice
1 teaspoon honey
1/8 teaspoon cinnamon
1 cup ice (crushed)

Instructions

1. Blend at high speed in blender until frothy.

Nutrition Facts

Serving Size 1/4 of recipe (162g)
Servings Per Container 4

Amount Per Serving

Calories 70 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 19g **6%**

Dietary Fiber 1g **4%**

Sugars 15g

Protein 1g

Vitamin A 2% • Vitamin C 60%

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

USDA Food Distribution
Program on Indian Reservations,
[A River of Recipes](#)
[Native American Recipes Using Commodity Foods](#)

Spinach and Meat Cakes

Yield: 6 servings

Cook time: 25 minutes

Ingredients

- 1 pound ground beef, or turkey, 7% fat (93% lean)
- 2 bunches spinach (washed and cut into pieces may substitute a 1-pound bag of frozen chopped spinach, thawed and well drained)
- 1/2 onion (small, finely chopped)
- 2 garlic clove (minced)
- 1/2 teaspoon salt
- black pepper (to taste)
- 3 cups brown rice

Instructions

1. Preheat frying pan (no oil).
2. Combine all ingredients except brown rice in a large mixing bowl. Mix well.
3. Form mixture into 12 small balls. Place in frying pan and flatten into patties using a spatula.
4. Cook over medium heat until cooked on both sides.
5. Serve over brown rice.

Nutrition Facts

Serving Size 2 meat cakes, 1/6 of recipe (294g)
Servings Per Container 6

Amount Per Serving	
Calories 270	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 340mg	14%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 21g	
Vitamin A 210%	Vitamin C 50%
Calcium 15%	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 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

California Health Department -
Los Angeles County, Es Facil
Campaign
Submitted by Brenda Grajeda

Sure to Please Baked Eggs & Cheese

Yield: 4 servings

Ingredients

1 tablespoon oil
6 eggs
1/2 cup non-fat milk
1/2 cup low-fat cheese (grated)
1 teaspoon garlic powder
1 1/2 teaspoon oregano

Instructions

1. Preheat oven to 350 degrees.
2. Put oil in a medium baking dish or small cake pan and heat in the oven for a few minutes.
3. In a bowl, beat eggs. Mix in remaining ingredients. Pour into hot pan.
4. Bake 20 minutes or until eggs are firm. Serve immediately.

* 4 eggs and 4 egg whites may be used instead of 6 eggs to reduce fat and cholesterol (nutrient analysis reflects this modification).

Nutrition Facts

Serving Size 1/4 of recipe (133g)
Servings Per Container 4

Amount Per Serving

Calories 160 **Calories from Fat 80**

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 190mg **63%**

Sodium 230mg **10%**

Total Carbohydrate 3g **1%**

Dietary Fiber 0g **0%**

Sugars 2g

Protein 15g

Vitamin A 8% • Vitamin C 0%

Calcium 15% • Iron 8%

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		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,
Healthy Snacks