Recipe Finder Cookbook

Christmas
Brown Rice Pilaf with Sage, Walnuts and Dried Fruit

Yield: 8 servings

Ingredients

1 canola cooking spray (as needed)
1 onion (medium, chopped)
1 celery (medium stalk, ends trimmed and chopped)
2 cups rice (brown, uncooked)
2 1/2 cups water
2 cups vegetable broth (fat-free, reduced sodium)
1/4 cup raisins (dark)
1/4 cup apricots (dried, chopped)
4 cups walnuts (chopped, optional)
1 teaspoon sage (dried)
2 tablespoons sage (fresh, chopped)
salt (to taste, optional)
pepper (to taste, optional)

Instructions

1. Spray the large skillet with canola cooking spray. Heat skillet over medium heat.

2. Sauté onion and celery until tender, about 5 minutes. Add brown rice and sauté for 5 minutes.

3. Add water, broth, raisins, and apricots; heat to boiling. Reduce heat to low, cover and simmer until rice is tender and liquid is absorbed, about 50 minutes.

4. Stir in walnuts if desired, sage, salt and pepper.

5. Transfer to serving dish. Garnish with fresh sage and serve immediately.

Nutrition Facts

Serving Size 1/8 of recipe (320g)
Servings Per Container 8

Amount Per Serving

Calories 220
Total Fat 1.5g 2%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 130mg 5%
Total Carbohydrate 47g 16%
Dietary Fiber 4g 16%
Sugar 3g
Protein 5g

*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

American Institute for Cancer Research, Diet & Cancer
Cranberry Ham Slice

Yield: 6 Servings

Ingredients

1 cup brown sugar, firmly packed
1/2 tablespoon cornstarch
1/2 teaspoon allspice
1 pint cranberry juice cocktail
2 tablespoons lemon juice
1/4 cup raisins, seedless
2 ham slices, 1-inch thick

Instructions

1. Set dial of temperature controlled burner at 225°F. Combine brown sugar, cornstarch, and allspice in a saucepan.
2. Gradually add the next three ingredients and stir. Cook until sauce thickens and boils.
3. Place one slice of ham in greased baking dish. Pour one half of the sauce over the ham slice. Top with second slice. Add remaining sauce.

Source

University of the Virgin Islands, Cooperative Extension Service, 4-H/Family & Consumer Sciences Program.
Deep Dish Apple Cranberry Pie

Yield: 10 servings

Ingredients

- 4 apples (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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 240</th>
<th>Calories from Fat 70</th>
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<td>0%</td>
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<tr>
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<tr>
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<td>Sugars</td>
<td>24g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
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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:

<table>
<thead>
<tr>
<th>Calories per gram:</th>
<th>Fat 9 • Carbohydrate 4 • Protein 4</th>
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</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less than 20g</td>
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<tr>
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<td>350g</td>
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<td>Dietary Fiber</td>
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Source

Food and Health Communications, Inc., Visit Website
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

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<tr>
<td>Calories 80</td>
<td>Calories from Fat 0% 0%</td>
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<tr>
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<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
</tr>
<tr>
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</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 360mg</td>
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<tr>
<td>Sugars 16g</td>
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</tr>
<tr>
<td>Protein 1g</td>
<td></td>
</tr>
<tr>
<td>Vitamin A 6%</td>
<td>8%</td>
</tr>
<tr>
<td>Vitamin C 6%</td>
<td>8%</td>
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<tr>
<td>Calcium 4%</td>
<td>2%</td>
</tr>
<tr>
<td>Iron 2%</td>
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<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>Calories per gram:</th>
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<tr>
<td>2,000</td>
<td>Less than</td>
<td>Less than</td>
<td>Less than</td>
<td>Less than</td>
<td>30g</td>
<td>2g</td>
<td>Fat 9 Carbohydrate 4 Protein 4</td>
</tr>
<tr>
<td>2,500</td>
<td>65g</td>
<td>20g</td>
<td>330mg</td>
<td>2,400mg</td>
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Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes
Maple Sweet Potatoes

Yield: 2 servings

Ingredients

2 sweet potatoes (large)
2 tablespoons yogurt, non-fat
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.

Source

University of Connecticut, Family Nutrition Program, Senior Nutrition Awareness Project (SNAP) Newsletters
Soul-Healthy Cornbread

Yield: 12 servings

Ingredients

1 cup cornmeal
1 cup flour (all purpose)
1/2 cup sugar
2 teaspoons baking powder
1/2 teaspoon salt
1 cup low-fat buttermilk
1/2 cup applesauce, unsweetened
1/2 cup egg whites
2 tablespoons vegetable oil

Instructions

1. Preheat oven to 400 degrees. Lightly spray an 8 inch square pan with vegetable oil cooking spray.


3. Add the rest of the ingredients and mix well by hand.

4. Pour the batter into the sprayed pan and shake to make it level.

5. Bake until a toothpick inserted in the center comes out clean, about 25 minutes.

6. Allow to cool, then cut into 12 squares.

Nutrition Facts

Serving Size 1 2x2 2/3” piece, 1/12 of recipe (76g)
Servings Per Container 12

<table>
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<th>Amount Per Serving</th>
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<tr>
<td>Trans Fat 0g</td>
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<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
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</tr>
<tr>
<td>Sodium 220mg</td>
<td>9%</td>
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<tr>
<td>Total Carbohydrate 29g</td>
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</tr>
<tr>
<td>Sugars 11g</td>
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</tr>
<tr>
<td>Protein 4g</td>
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Vitamin A 0%  •  Vitamin C 0%
Calcium 8%  •  Iron 6%

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<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
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</thead>
<tbody>
<tr>
<td>Less than 65g</td>
<td>Less than 20g</td>
<td>Less than 300mg</td>
<td>Less than 2,400mg</td>
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<td>30g</td>
<td>25g</td>
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Source

Food and Health Communications, Inc., Cooking Demo II, p.166
Waldorf Salad

Yield: 6 servings

Ingredients

1/4 cup walnuts (chopped)
2 apple (cored and diced)
1 cup celery (diced)
1/2 cup raisins
1/4 cup plain yogurt (non-fat)
1/2 teaspoon sugar
1 teaspoon lemon juice

Instructions

1. Preheat oven to 350 degrees.
2. Place chopped walnuts on a baking sheet and bake for 12-15 minutes. Stir occasionally until they are evenly toasted.
3. Combine apples, celery, nuts, and raisins.
4. Stir together yogurt, sugar, and lemon juice. Pour over apple mixture and toss lightly.
5. Refrigerate leftovers within 2 hours.

Notes

Serve this dish with a whole wheat roll for a hearty meal.

Nutrition Facts

Serving Size: 2/3 cup (87g)
Servings Per Container: 6

<table>
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<th>Amount Per Serving</th>
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<tr>
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<tr>
<td>Vitamin C</td>
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Calories per gram:
- Fat 9
- Carbohydrate 4
- Protein 4

Source

Oregon State University
Cooperative Extension Service,
Healthy Recipes