

# Recipe Finder

# Cookbook



Cinco de Mayo

# A Simple Mexican Salad

Yield: 4 servings

## Ingredients

- 2 cucumber
- 2 orange
- 1 lemon or lime (the juice)
- 1/2 teaspoon chili powder
- 1/2 teaspoon salt

## Instructions

1. Wash the cucumbers, oranges and lemon or lime under cold running water.
2. Slice the cucumbers. Peel and cut the oranges into small pieces.
3. Place cucumber and oranges in a medium size bowl. Add chili powder, lemon or lime juice and salt.

## Nutrition Facts

Serving Size 1/4 of recipe (221g)  
Servings Per Container 4

Amount Per Serving

**Calories 50**      Calories from Fat 5

% Daily Value\*

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 300mg**      **13%**

**Total Carbohydrate 12g**      **4%**

Dietary Fiber 3g      **12%**

Sugars 9g

**Protein 1g**

Vitamin A 6%      • Vitamin C 80%

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

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

# Chicken Pozole Soup

Yield: 6 servings

## Ingredients

1	chicken (whole, skinned and cut into pieces)
8 cups	water
1/2 cup	onion (chopped)
1/4 teaspoon	pepper
1/4 cup	chili powder
8 ounces	tomato sauce (canned)
1/2 teaspoon	oregano (dried)
2 cans	hominy, white or yellow (15 ounce, rinsed and drained)
3 cups	iceberg lettuce (shredded)
6	lime wedges

## Instructions

- Put chicken pieces in a large pot and cover with the 8 cups of water. Simmer over medium heat for 1 hour.
- Add the chopped onion, pepper, chili powder, tomato sauce, and oregano to simmering chicken.
- After the chicken is thoroughly cooked take the pieces out of the pot and remove most of the bones from the chicken and the pot.
- Return chicken to the pot.
- Add the rinsed hominy to the pot of chicken and simmer for another 45 minutes.
- Serve with lettuce and a wedge of lime.

## Notes

To make even healthier, use tomato sauce with no added salt.

## Nutrition Facts

Serving Size 1/6 of recipe (671g)  
Servings Per Container 6

Amount Per Serving			
Calories	270	Calories from Fat	50
		% Daily Value*	
<b>Total Fat</b>	6g		<b>9%</b>
Saturated Fat	1g		<b>5%</b>
Trans Fat	0g		
<b>Cholesterol</b>	75mg		<b>25%</b>
<b>Sodium</b>	680mg		<b>28%</b>
<b>Total Carbohydrate</b>	29g		<b>10%</b>
Dietary Fiber	7g		<b>28%</b>
Sugars	6g		
<b>Protein</b>	27g		
Vitamin A	40%	•	Vitamin C 20%
Calcium	8%	•	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

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

# Classic Honey Flan

Yield: 4 servings

## Ingredients

1	egg (large, whole)
1/2 cup	egg substitute
	vegetable oil spray (non-stick)
1 1/2 cup	milk (fat-free)
7 tablespoons	honey
1 teaspoon	vanilla
1/2 teaspoon	lemon zest (grated)
1/2 teaspoon	cinnamon (ground)

## Instructions

1. Preheat oven to 325 F.
2. Place saucepan with water on stove over medium-high heat and allow to come to a boil.
3. Spray four ovenproof custard cups with vegetable oil spray.
4. Combine the whole egg, egg substitute, milk, 1/4 cup plus 1 tablespoon of honey, grated lemon zest, and vanilla. Beat until mixed but not foamy.
5. In a separate bowl, combine 2 tablespoons of honey and cinnamon, and mix to blend.
6. Place the custard cups in a baking dish large enough to accommodate them, plus the water bath. Spoon 1/2 tablespoon of honey and cinnamon into each custard cup. Divide the egg mixture equally into each custard cup.
7. Place the baking dish on the rack in the middle of the oven and pour the boiling water into the baking dish to a depth of 1 inch, taking care not to let the water splash the flan. Bake for 45 minutes or until the knife blade comes out clean when inserted.
8. Serve warm or cold. Before serving, loosen the edges with a knife or spatula and invert onto individual dessert plates.

## Nutrition Facts

Serving Size 1/2 cup (176g)  
Servings Per Container 4

Amount Per Serving			
Calories	190	Calories from Fat	20
		% Daily Value*	
<b>Total Fat</b>	2.5g		<b>4%</b>
Saturated Fat	0.5g		<b>3%</b>
Trans Fat	0g		
<b>Cholesterol</b>	50mg		<b>17%</b>
<b>Sodium</b>	125mg		<b>5%</b>
<b>Total Carbohydrate</b>	36g		<b>12%</b>
Dietary Fiber	0g		<b>0%</b>
Sugars	35g		
<b>Protein</b>	9g		
Vitamin A	8%	•	Vitamin C 2%
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

National Heart, Lung and Blood Institute (NHLBI), [Delicious Heart Healthy Latino Recipes/Platillos latinos sabrosos y saludables](#)

# Corn Tortillas

Yield: 12 servings

## Ingredients

2 cups masa harina (instant)  
 1/4 teaspoon salt  
 2 tablespoons unsalted butter (at room temperature)  
 1 1/2 cup water (warm)

## Instructions

1. Measure the masa harina and salt into a large bowl. Cut the butter into tablespoon-sized pieces and work it into the dry ingredients using the back of a wooden spoon. Add the water and mix with a wooden spoon or with your hands until a soft dough forms. Cover the dough with a clean cloth and let rest for 5 minutes.
2. Divide the dough into 12 pieces and roll each piece into a ball.
3. To keep the dough from sticking to the tortilla press, put a piece of plastic wrap (or a plastic bag) on the bottom surface of the press. Put a ball of dough in the center of the plastic. Then place another piece of plastic wrap on the top of the dough. Press the dough flat in the press.
4. Pick up the tortilla with the plastic on both sides. Peel off one piece of plastic (which can be reused). Flip the tortilla off of the plastic onto a hot griddle. Cook for 1 to 2 minutes, until the bottom of the tortilla becomes golden. Flip the tortilla and press lightly with a spatula, which will make the tortilla puff slightly. Cook for one to two minutes more, until the tortilla appears to be done.

## Nutrition Facts

Serving Size 1 tortilla, 1/12 of recipe (51g)  
 Servings Per Container 12

Amount Per Serving			
Calories 80		Calories from Fat 25	
		% Daily Value*	
<b>Total Fat</b>	2.5g		<b>4%</b>
Saturated Fat	1g		<b>5%</b>
Trans Fat	0g		
<b>Cholesterol</b>	5mg		<b>2%</b>
<b>Sodium</b>	50mg		<b>2%</b>
<b>Total Carbohydrate</b>	14g		<b>5%</b>
Dietary Fiber	1g		<b>4%</b>
Sugars	0g		
<b>Protein</b>	2g		
Vitamin A	2%	Vitamin C	0%
Calcium	2%	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

New Mexico State University  
 Cooperative Extension Service,  
 Cooking with Kids  
 Lynn Walters and Jane Stacey  
 USDA Food and Nutrition  
 Service Food Stamp Nutrition  
 Education Program

# Fish Tacos

Yield: 4 Servings

## Ingredients

1	red onion, chopped
1/2 cup	cilantro, chopped
1	small bag coleslaw mix
4	tilapia fillets (or any white fish)
8	small corn tortillas
1 teaspoon	chili powder (more or less to taste)

## Instructions

1. Clean and chop onion, cilantro and cabbage. Mix in a bowl and set aside.
2. Coat the baking sheet with cooking spray. Lightly sprinkle fish fillets with chili powder and place on the baking pan.
3. Place in the oven about 6 inches from the broiler and cook for approximately 3 to 4 minutes, or until fish is fully cooked. You will know the fish is done when it "flakes".
4. Lightly fry tortillas on an oiled griddle or skillet, or heat tortillas in the microwave oven for just a few seconds until softened and hot.
5. Fill tortilla with fish, cabbage, onion, and cilantro and fold in half. Serve with salsa and citrus slices, if desired.

## Notes

Suggest serving with salsa and lemon or lime slices.

## Nutrition Facts

Serving Size 2 tacos (231g)  
Servings Per Container 4

Amount Per Serving			
Calories	250	Calories from Fat	35
		% Daily Value*	
<b>Total Fat</b>	4g		<b>6%</b>
Saturated Fat	1g		<b>5%</b>
Trans Fat	0g		
<b>Cholesterol</b>	50mg		<b>17%</b>
<b>Sodium</b>	80mg		<b>3%</b>
<b>Total Carbohydrate</b>	28g		<b>9%</b>
Dietary Fiber	4g		<b>16%</b>
Sugars	3g		
<b>Protein</b>	26g		
Vitamin A	8%	•	Vitamin C 45%
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	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

ONIE Project - Oklahoma Nutrition Information and Education. [Simple Healthy Recipes.](#)

# Flour Tortillas

Yield: 10 servings

## Ingredients

2 cups flour (all-purpose, or 1 1/2 cup all purpose flour and 1/2 cup whole wheat flour)  
 1 teaspoon baking powder  
 1/2 teaspoon salt  
 2 tablespoons vegetable oil (or shortening)  
 3/4 cups water (warm, 105-110 degrees F)

## Instructions

1. In a large bowl, combine flour, baking powder, and salt.
2. Add oil and mix until crumbly.
3. Start with 1/2 cup of water and add 1 Tablespoon at a time until mixture forms a loose crumbly ball.
4. Turn onto a lightly floured surface; knead 6 to 8 times or until smooth.
5. Divide into 10 balls. Roll each piece into an 8 inch circle.
6. Heat a 12 inch dry skillet over medium-high heat. Place one tortilla at a time into skillet and cook until light brown spots appear on bottom. Turn over and cook on other side until lightly browned.

## Nutrition Facts

Serving Size 1 tortilla (44g)  
 Servings Per Container 10

Amount Per Serving

**Calories 120**    **Calories from Fat 25**

% Daily Value\*

**Total Fat 3g**    **5%**

Saturated Fat 0g    **0%**

Trans Fat 0g

**Cholesterol 0mg**    **0%**

**Sodium 170mg**    **7%**

**Total Carbohydrate 19g**    **6%**

Dietary Fiber 1g    **4%**

Sugars 0g

**Protein 3g**

Vitamin A 0%    • Vitamin C 0%

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	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

Montana State University  
 Extension, Nutrition Education  
 Programs, [Montana State University Recipes](#)

# Hearty Mexican Soup

Yield: 4 Servings

## Ingredients

1	onion (small, chopped)
4 cloves	garlic (minced)
1 can	tomatoes, diced (12-oz can, low sodium, drained and rinsed)
2 cans	black beans (15-oz can, low sodium, drained and rinsed)
2	potatoes (large, peeled and diced)
4 cups	water
1/2 cup	cilantro (fresh, chopped)
1/2	lime (squeezed)
1 pinch	cumin powder

## Instructions

1. In a large pot cook onion, garlic and tomatoes on medium-high heat for 3 minutes. Stir often.
2. Add beans, potatoes and water. Bring to a boil, then reduce to low-medium heat. Cover and continue to cook slowly for 20 minutes.
3. Add cilantro, cumin and lime. Stir and continue to simmer for 10 minutes.
4. Serve warm; sprinkle cilantro on top.

## Nutrition Facts

Serving Size 1/4 of recipe (582g)  
Servings Per Container 4

Amount Per Serving			
Calories	190	Calories from Fat	0
		% Daily Value*	
<b>Total Fat</b>	0g		<b>0%</b>
Saturated Fat	0g		<b>0%</b>
Trans Fat	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	330mg		<b>14%</b>
<b>Total Carbohydrate</b>	44g		<b>15%</b>
Dietary Fiber	10g		<b>40%</b>
Sugars	5g		
<b>Protein</b>	8g		
Vitamin A	15%	•	Vitamin C 45%
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

ONIE Project - Oklahoma Nutrition Information and Education. [Simple Healthy Recipes.](#)

# Horchata

Yield: 5 Servings

## Ingredients

1 cup	white rice, long-grain uncooked
5 cups	water
1/2 cup	milk, 1%
1/2 tablespoon	vanilla extract
1/2 tablespoon	ground cinnamon
2/3 cups	sugar

## Instructions

1. Pour the rice and water into the bowl of a blender; blend until the rice just begins to break up, about one minute. Let rice and water stand at room temperature for about three hours.
  2. Strain the rice water into a pitcher and discard the rice. Stir the milk, vanilla, cinnamon, and sugar into the rice water. Chill and stir before serving over ice.
- \* Modification to [North Dakota State University recipe](#) (PDF | 2.23 MB) includes specifying use of 1% milk.

## Notes

Horchata is a traditional Mexican beverage made with rice and flavored with lime, cinnamon, or sugar.

## Nutrition Facts

Serving Size 1/5 of recipe (322g)  
Servings Per Container 5

Amount Per Serving			
Calories	160	Calories from Fat	5
		% Daily Value*	
<b>Total Fat</b>	0g		<b>0%</b>
Saturated Fat	0g		<b>0%</b>
Trans Fat	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	20mg		<b>1%</b>
<b>Total Carbohydrate</b>	38g		<b>13%</b>
Dietary Fiber	1g		<b>4%</b>
Sugars	28g		
<b>Protein</b>	2g		
Vitamin A	2%	•	Vitamin C 0%
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

[North Dakota Food and Culture: A Taste of World Cuisine.](#)

North Dakota State University  
Extension Service.

Recipe on p. 17.

# Migas "Crumbs"

Yield: 4 servings

Cook time: 20 minutes

## Ingredients

4 tortillas (large)  
 3 tablespoons canola oil  
 1/4 cup bell pepper  
 1/4 cup onion  
 4 egg (lightly beaten)  
 4 tablespoons cheddar cheese, low-fat (grated)

## Instructions

1. Wash hands and cooking area.
2. Tear tortillas into small pieces.
3. Heat oil in a medium-sized pan.
4. Add tortillas and stir until pieces begin to brown.
5. Add peppers and onion; sauté until soft.
6. Add eggs; stir until the eggs are cooked.
7. Remove from heat and sprinkle on the grated cheese.
8. Cover the pan and let cheese melt.
9. Serve immediately.

## Nutrition Facts

Serving Size 1/4 recipe (138g)

Servings Per Container 4

Amount Per Serving

**Calories 330**    **Calories from Fat 170**

% Daily Value\*

**Total Fat 19g**    **29%**

    Saturated Fat 3.5g    **18%**

    Trans Fat 0g

**Cholesterol 185mg**    **62%**

**Sodium 450mg**    **19%**

**Total Carbohydrate 27g**    **9%**

    Dietary Fiber 1g    **4%**

    Sugars 3g

**Protein 12g**

Vitamin A 6%

• Vitamin C 10%

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

Texas Cooperative Extension,  
 The Texas A&M University  
 System, Expanded Nutrition  
 Program