

# Recipe Finder

# Cookbook



Easter

# Basic Quiche

Yield: 6 servings

## Ingredients

- 1 pie crust (baked, 9-inch)
- 1 cup vegetables (chopped, broccoli, zucchini, or mushrooms)
- 1/2 cup cheese (shredded)
- 3 egg (beaten)
- 1 cup milk (non-fat)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder

## Instructions

1. Preheat the oven to 375 degrees.
2. Shred the cheese with a grater. Put it in a small bowl for now.
3. Chop the vegetables until you have 1 cup of chopped vegetables.
4. Cook the vegetables until they are cooked, but still crisp.
5. Put the cooked vegetables and shredded cheese into a pie shell.
6. Mix the eggs, milk, salt, pepper, and garlic powder in a bowl.
7. Pour the egg mix over the cheese and vegetables
8. Bake for 30-40 minutes, or until a knife inserted near the center comes out clean.
9. Let the quiche cool for 5 minutes before serving

## Nutrition Facts

Serving Size 1 slice, 1/6 of recipe (128g)  
Servings Per Container 6

| Amount Per Serving   |                              |
|--|------------------------------|
| <b>Calories</b> 230  | <b>Calories from Fat</b> 120 |
| % Daily Value*   |                              |
| <b>Total Fat</b> 13g   | <b>20%</b>                   |
| Saturated Fat 5g   | <b>25%</b>                   |
| Trans Fat 0g   |                              |
| <b>Cholesterol</b> 105mg   | <b>35%</b>                   |
| <b>Sodium</b> 440mg  | <b>18%</b>                   |
| <b>Total Carbohydrate</b> 18g  | <b>6%</b>                    |
| Dietary Fiber 2g   | <b>8%</b>                    |
| Sugars 4g  |                              |
| <b>Protein</b> 9g  |                              |
| Vitamin A 10%  | • Vitamin C 25%              |
| Calcium 15%  | • 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

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

# Heavenly Deviled Eggs

Yield: 6 Servings

## Ingredients

6 eggs (in shell)  
 2 tablespoons light mayonnaise  
 1 teaspoon mustard

## Instructions

1. Put eggs into a saucepan. Cover with cold water.
2. Bring eggs to a simmer (small bubbles) and cook for 12 minutes.
3. Remove from the heat and drain.
4. Crack eggs under cold water and allow to cool. Remove shells.
5. Split eggs in half, lengthwise and remove yolks.
6. Put yolks, dressing and mustard into a small zipper-lock plastic bag to mix.
7. Cut a small hole in a lower corner of the bag. Squeeze mixture into egg white halves. Garnish as desired.

## Notes

Garnishes: paprika, cayenne pepper (if you like it hot), pickle relish, sliced scallions, or sliced green or black olives  
 1/8 tsp each of salt and pepper may be substituted for 1 tsp mustard.

## Nutrition Facts

Serving Size 2 prepared egg halves,  
 1/6 of recipe (56g)  
 Servings Per Container 6

| Amount Per Serving   |                      |                |            |
|--|----------------------|----------------|------------|
| Calories 90  | Calories from Fat 60 |                |            |
|  |                      | % Daily Value* |            |
| <b>Total Fat</b> 6g  |                      |                | <b>9%</b>  |
| Saturated Fat 2g   |                      |                | <b>10%</b> |
| Trans Fat 0g   |                      |                |            |
| <b>Cholesterol</b> 185mg   |                      |                | <b>62%</b> |
| <b>Sodium</b> 110mg  |                      |                | <b>5%</b>  |
| <b>Total Carbohydrate</b> 1g   |                      |                | <b>0%</b>  |
| Dietary Fiber 0g   |                      |                | <b>0%</b>  |
| Sugars 1g  |                      |                |            |
| <b>Protein</b> 6g  |                      |                |            |
| Vitamin A 6%   |                      | Vitamin C 0%   |            |
| Calcium 2%   |                      | Iron 4%        |            |
| *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](#).

# Parmesan Chive Biscuits

Yield: 12 servings

## Ingredients

- 2 cups biscuit mix
- 2/3 cups milk (2% or fat-free)
- 1/4 cup butter (melted)
- 3/4 cups Parmesan cheese (freshly grated)
- 1/2 cup chives (finely chopped, fresh)

## Instructions

1. Combine all ingredients in a large bowl.
2. Stir together to mix well. Do not over mix.
3. Turn out onto a floured board. Roll to a 1-inch thick square.
4. Cut into 12 squares. Bake on a cookie sheet, spaced slightly apart, in a 400° F oven for 12 to 15 minutes.

## Nutrition Facts

Serving Size 1 biscuit (45g)  
Servings Per Container 12

### Amount Per Serving

**Calories** 150      **Calories from Fat** 80

**% Daily Value\***

**Total Fat** 9g      **14%**

**Saturated Fat** 4.5g      **23%**

**Trans Fat** 0g

**Cholesterol** 15mg      **5%**

**Sodium** 340mg      **14%**

**Total Carbohydrate** 14g      **5%**

**Dietary Fiber** 0g      **0%**

**Sugars** 3g

**Protein** 4g

**Vitamin A** 6%      • **Vitamin C** 2%

**Calcium** 10%      • **Iron** 4%

\*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 Arkansas, Division of Agriculture, [Cooperative Extension Service, Expanded Food and Nutrition Education Program](#)

# Pear Rabbit

Yield: 1 Pear Rabbit  
 Prep time: 5 minutes

## Ingredients

- 3                   canned pear halves
- 1                   raisin

## Instructions

1. Wash hands; get out ingredients and utensils.
2. Place 2 pear halves, flat side down, on a small plate to make the body.
3. Use butter knife to cut a tail, ears and feet from another pear half. Add each part to the body.
4. Use butter knife to cut one raisin in half and place on small end for eyes.
5. Enjoy your pear rabbit.

## Notes

Adults: If cooking with kids, use can opener, open pear halves and discard sharp edged lid.

## Nutrition Facts

|  |                     |         |         |
|--|---------------------|---------|---------|
| Serving Size 1 pear rabbit (229g)  |                     |         |         |
| Servings Per Container 1   |                     |         |         |
| <b>Amount Per Serving</b>  |                     |         |         |
| <b>Calories</b> 120  | 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> 10mg   | <b>0%</b>           |         |         |
| <b>Total Carbohydrate</b> 30g  | <b>10%</b>          |         |         |
| Dietary Fiber 4g   | <b>16%</b>          |         |         |
| Sugars 22g   |                     |         |         |
| <b>Protein</b> 1g  |                     |         |         |
| Vitamin A 0%   | • Vitamin C 6%      |         |         |
| Calcium 2%   | • Iron 4%           |         |         |
| *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

Chickasaw Nation Get Fresh!  
[Nutrition Education Program.](#)

# Pork Loin Roast with Veggies

Yield: 6 Servings

## Ingredients

- 2 cups onions, cut in wedges (about 1/2 pound or 2 medium )
- 2 cups potatoes, diced (about 12 ounces or medium)
- 2 cups baby carrots (or 3/4 pound regular carrots, sliced)
- 2 tablespoons vegetable oil (divided)
- 1 1/4 pound pork loin
- 1 tablespoon brown sugar
- 1/2 teaspoon garlic powder
- 1/2 teaspoon pepper
- 1/4 teaspoon salt

## Instructions

1. Preheat oven to 400°F.
2. In a bowl mix veggies with 1 tablespoon oil, salt, and pepper.
3. Lay veggies around the edge of a 9"x13" pan and put in oven.
4. Use a small bowl to make the rub. Mix the brown sugar, garlic, 1/2 teaspoon pepper, and 1/4 teaspoon salt in the bowl.
5. Sprinkle the rub over the loin. Press gently so the rub sticks to the roast. Wash your hands after handling the raw meat.
6. Heat the remaining 1 tablespoon vegetable oil in a large skillet over medium high heat. Add the loin. Brown the sides of meat. Turn after about 2-3 minutes per side.
7. Transfer the pork to the center of the pan with veggies. Bake for about 40 minutes. A meat thermometer should read 145°F. Check the temperature after 30 minutes in the oven.
8. Remove from oven. Let set for 5 minutes. Slice and serve.

## Notes

Wash and cut potatoes and onion into chunks about the same size as baby carrots.  
 Use a meat thermometer. Cooked pork can be pink even when the meat has reached a safe temperature.  
 For safety and quality, allow meat to rest for at least three minutes before slicing.

## Nutrition Facts

Serving Size Approx 3 oz. meat and 1 cup of veggies, 1/6 of recipe (235g)  
 Servings Per Container 6

| Amount Per Serving   |           | % Daily Value*       |             |
|--|-----------|----------------------|-------------|
| <b>Calories</b>  | 240       | Calories from Fat 80 |             |
| <b>Total Fat</b>   | 10g       |                      | <b>15%</b>  |
| Saturated Fat  | 2g        |                      | <b>10%</b>  |
| Trans Fat  | 0g        |                      |             |
| <b>Cholesterol</b>   | 45mg      |                      | <b>15%</b>  |
| <b>Sodium</b>  | 280mg     |                      | <b>12%</b>  |
| <b>Total Carbohydrate</b>  | 22g       |                      | <b>7%</b>   |
| Dietary Fiber  | 4g        |                      | <b>16%</b>  |
| Sugars   | 8g        |                      |             |
| <b>Protein</b>   | 17g       |                      |             |
| 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

Iowa State University Extension.  
[Spend Smart. Eat Smart.](#)

# Spring Vegetable Saute

Yield: 4 servings

## Ingredients

- 1 teaspoon olive oil
- 1/2 cup sweet onion (sliced)
- 1 garlic clove (finely chopped)
- 3 new potatoes (tiny, quartered)
- 3/4 cups carrot (sliced)
- 3/4 cups asparagus pieces
- 3/4 cups sugar snap peas, or green beans
- 1/2 cup radishes (quartered)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon dill (dried)

## Instructions

1. Heat the oil in a skillet. Cook the onion 2 minutes, add the garlic and cook another minute
2. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about 4 minutes.
3. If the vegetables start to brown, add a Tablespoon or 2 of water.
4. Now add the asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender - about 4 minutes more.
5. Serve immediately.

## Nutrition Facts

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

| Amount Per Serving            |                      |
|-------------------------------|----------------------|
| Calories 70                   | Calories from Fat 10 |
| % Daily Value*                |                      |
| <b>Total Fat</b> 1.5g         | <b>2%</b>            |
| Saturated Fat 0g              | <b>0%</b>            |
| Trans Fat 0g                  |                      |
| <b>Cholesterol</b> 0mg        | <b>0%</b>            |
| <b>Sodium</b> 170mg           | <b>7%</b>            |
| <b>Total Carbohydrate</b> 13g | <b>4%</b>            |
| Dietary Fiber 2g              | <b>8%</b>            |
| Sugars 2g                     |                      |
| <b>Protein</b> 2g             |                      |
| Vitamin A 80%                 | • Vitamin C 25%      |
| Calcium 4%                    | • Iron 4%            |

\*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 Cancer Institute (NCI).  
 5-A-Day campaign.

# Sunshine Salad

Yield: 5 servings

## Ingredients

- 5 cups spinach leaves (packed, washed, and dried well)
- 1/2 red onion (sliced thin)
- 1/2 red pepper (sliced)
- 1 cucumber (whole, sliced)
- 2 orange (peeled and chopped into bite-size pieces)
- 1/3 cup vinaigrette dressing ("lite", around 15 calories per tablespoon or less)

## Instructions

1. Toss all ingredients together in a large bowl. Add dressing and toss again. Serve immediately.

| <b>Nutrition Facts</b>   |                           |
|--|---------------------------|
| Serving Size 1/5 of recipe (193g)  |                           |
| Servings Per Container 5   |                           |
| Amount Per Serving   |                           |
| <b>Calories</b> 70   | 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> 180mg  | <b>8%</b>                 |
| <b>Total Carbohydrate</b> 16g  | <b>5%</b>                 |
| Dietary Fiber 3g   | <b>12%</b>                |
| Sugars 9g  |                           |
| <b>Protein</b> 2g  |                           |
| Vitamin A 70%  | • Vitamin C 100%          |
| 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

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