

Recipe Finder

Cookbook



Farmers Market Day

Asparagus with Gremolata Sauce

Yield: 6 servings

Ingredients

2 pounds asparagus (washed and trimmed)
 2 tablespoons margarine (or butter)
 2 teaspoons lemon peel (grated)
 1 garlic clove (large, minced)
 2 tablespoons lemon juice (fresh)

Instructions

1. Cook asparagus in a large pot of boiling water until tender, about 4 minutes.
2. Drain: rinse with cold water to cool quickly, and drain again.
3. Pat dry; wrap in a paper towel and then plastic wrap and refrigerate.
4. Melt margarine in a heavy large skillet over medium-high heat.
5. Add lemon peel and garlic and stir for 30 seconds.
6. Add asparagus and toss to coat.
7. Sprinkle with lemon juice. Sauté until asparagus is heated through and coated with Gremolata sauce, about 3 minutes.
8. Transfer to platter. Sprinkle with parsley and serve.

Nutrition Facts

Serving Size 6 ounces (158g)
 Servings Per Container 6

Amount Per Serving			
Calories	70	Calories from Fat	35
		% Daily Value*	
Total Fat	4g		6%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	35mg		1%
Total Carbohydrate	6g		2%
Dietary Fiber	3g		12%
Sugars	3g		
Protein	3g		
Vitamin A	25%	•	Vitamin C 20%
Calcium	4%	•	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

Cornell University Cooperative
 Extension, Eat Smart New York!

Cantaloupe Cooler

Yield: 8 servings

Ingredients

1 cantaloupe (ripe)
 2 1/2 cups orange juice (cold)
 2 tablespoons sugar (granulated)
 ice (crushed)

Instructions

1. Cut melon in half. Scoop out seeds, remove rind and discard. Cut melon into 1-inch cubes.
2. In blender or food processor, blend melon cubes with 1/2 cup orange juice until smooth.
3. Pour puree into pitcher and stir in the remaining orange juice and the sugar. Stir until sugar is dissolved.
4. Pour into glasses filled with crushed ice.

Notes

For a new twist, try other melons or strawberries in place of the cantaloupe.

Nutrition Facts

Serving Size 1/8 of recipe (210g)
 Servings Per Container 8

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 15mg **1%**

Total Carbohydrate 18g **6%**

 Dietary Fiber 1g **4%**

 Sugars 17g

Protein 1g

Vitamin A 45% • Vitamin C 40%

Calcium 0% • Iron 0%

*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 Department of Health Services, [Celebrate Health with a Lowfat Fiesta](#)
[California Project LEAN](#)

Carne Adobado (Spiced Pork)

Yield: 12 servings

Ingredients

2 cups red chile puree (or 12 tablespoons chile powder)
 3 pounds lean pork (fresh)
 2 teaspoons salt
 1 tablespoon oregano
 2 garlic clove (mashed)

Instructions

1. Cut pork into strips.
2. Mix other ingredients, add to pork strips, and let stand in refrigerator for 24 hours.
3. Cut meat into cubes and brown in small amounts in oil. Add chile sauce and simmer one hour more.
4. To serve, add more fresh chile sauce and cook until tender.

Nutrition Facts

Serving Size 1/12 of recipe (71g)
 Servings Per Container 12

Amount Per Serving	
Calories 170	Calories from Fat 90
% Daily Value*	
Total Fat 9g	18%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 570mg	24%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 17g	
Vitamin A 50%	• Vitamin C 0%
Calcium 4%	• 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

USDA Food Distribution
 Program on Indian Reservations,
 A River of Recipes
 Native American Recipes Using
 Commodity Foods

Farmers Market Gazpacho

Yield: 4 servings

Ingredients

2	cucumber (diced into 1/4 inch pieces)
3	red bell pepper (seeded and diced into 1/4 inch pieces)
3	green pepper (seeded and diced into 1/4 inch pieces)
4	celery stalk (diced into 1/4 inch pieces)
2	tomatoes (diced into 1/4 inch pieces)
1	onion (medium, diced into 1/4 inch pieces)
2	lemon
2 cups	tomato juice, low-sodium
3	garlic clove (fresh minced)
1 tablespoon	cumin (ground)
1 cup	cilantro (fresh chopped)
	salt and pepper (to taste, optional)

Instructions

1. Combine all ingredients except salt, pepper and lemons in a bowl.
2. Remove 2 cups of the mixture and reserve.
3. Using a blender or food processor, puree the remaining mixture in the bowl.
4. Add 2 cups of reserved mixture to the pureed mixture.
5. Season with salt, pepper (optional) and the juice from the lemons.
6. Cover mixture and refrigerate for at least 2 hours before serving.
7. Serve cold, garnished with chopped cilantro.

Nutrition Facts

Serving Size 1/4 of recipe (627g)
Servings Per Container 4

Amount Per Serving	
Calories 130	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 28g	9%
Dietary Fiber 8g	32%
Sugars 17g	
Protein 5g	
Vitamin A 90%	• Vitamin C 400%
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

Johnson and Wales University
and
Rhode Island Department of
Health WIC Program, Veggin'
Out Recipe Book, page 42

Pasta Frittata with Peas

Yield: 5 servings

Ingredients

4 ounces spaghetti (whole grain, regular or thin)
 4 egg (lightly beaten)
 1 dash nutmeg (optional)
 1/8 teaspoon black pepper
 1/8 teaspoon salt (optional, can omit salt and pass at the table)
 2/3 cups cheese (shredded)
 1 cup peas (frozen, thawed, or 1 cup chopped tomatoes)

Instructions

1. Preheat oven to 350 degrees F.
2. Cook pasta according to package directions. Drain and place in a 9-inch pie plate that has been sprayed with nonstick cooking spray.
3. Combine eggs, seasonings, cheese and peas. Spread the egg mixture over the top of the spaghetti so the mixture covers the frittata and some of it sinks between the spaghetti strands.
4. Bake for 20 minutes or until a knife inserted near the center comes out clean. Let frittata stand 5 minutes before serving.

TOMATO VARIATION: Instead of mixing 1 cup of peas with the egg, seasonings, cheese mixture, sprinkle the chopped tomatoes evenly over the top of the frittata before putting it in the oven.

Notes

Salt omitted from nutrition analysis.

Nutrition Facts

Serving Size 1/5 of recipe (86g)
 Servings Per Container 5

Amount Per Serving

Calories 140 **Calories from Fat 80**

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 145mg **48%**

Sodium 170mg **7%**

Total Carbohydrate 6g **2%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 10g

Vitamin A 20% • Vitamin C 6%

Calcium 15% • 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 Nebraska,
 Cooperative Extension, [Healthy Eating Recipes](#)

Zucchini Bread

Yield: 16 servings

Ingredients

3	egg
1 cup	sugar
1/4 cup	vegetable oil
2 cups	zucchini (grated)
1 teaspoon	vanilla
1 1/2 cup	flour (all purpose)
1 1/2 cup	whole wheat flour
1 teaspoon	salt
2 teaspoons	baking soda
2 teaspoons	cinnamon
1/2 teaspoon	baking powder
1/2 cup	raisins

Instructions

1. Preheat oven to 325 degrees and lightly grease and flour a 9 x 5 loaf pan.
2. In a large mixing bowl, beat eggs lightly. Add sugar, oil, zucchini, and vanilla and beat.
3. In a separate bowl, measure dry ingredients and stir to combine. Add raisins.
4. Add dry ingredients to the egg mixture. Stir just until all ingredients are moistened.
5. Spoon into loaf pan.
6. Bake at 325 degrees for 50 minutes. Test for doneness by inserting a toothpick in the center. It should come out dry.
7. Allow loaf to cool 5 to 10 minutes before turning out onto a cooling rack.
8. Serve warm or allow to cool before slicing.

Nutrition Facts

Serving Size 1 slice, 1/16 of recipe
(71g)
Servings Per Container 16

Amount Per Serving		% Daily Value*	
Calories	190	Calories from Fat	40
Total Fat	5g		8%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	35mg		12%
Sodium	330mg		14%
Total Carbohydrate	35g		12%
Dietary Fiber	2g		8%
Sugars	16g		
Protein	4g		
Vitamin A	2%	Vitamin C	4%
Calcium	2%	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

Washington State University
Extension, Favorite Recipes for
Family Meals