Recipe Finder Cookbook

SNAP-Ed Connection
Supplemental Nutrition Assistance Program

Father's Day
Carrots with Tomatoes and Macaroni

Yield: 4 servings

Ingredients

1 tablespoon olive oil
1 onion (small, chopped)
4 plum tomatoes (chopped, from a can)
1/2 cup tomato juice (from a can)
6 carrot (large, peeled and sliced)
1/4 teaspoon salt
1/4 teaspoon black pepper
1/4 teaspoon sugar
2 tablespoons fresh parsley (chopped, or 1 teaspoon dried)
1 teaspoon butter
1 cup elbow macaroni, cooked

Instructions

1. In a saucepan, cook the onion in the oil until soft but not brown. Add the tomatoes, carrots, salt, pepper and sugar.

2. Cover and cook over low heat for 5 minutes. Remove the cover and cook over low heat, stirring often, for another 5 minutes, or until the carrots are tender and the tomatoes are cooked down to a sauce.

3. Stir in the parsley. Mix the butter with the cooked elbows. Stir in the carrot mixture and serve.

Source

University of Rhode Island, Cooperative Extension, The Expanded Food and Nutrition Education Program
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

Serving Size 1/4 of recipe (158g) 
Servings Per Container 4

Amount Per Serving

Calories 80 
Calories from Fat 0

% Daily Value*

Total Fat 0g 
Saturated Fat 0g 
Trans Fat 0g 
Cholesterol 0mg 
Sodium 360mg 
Total Carbohydrate 20g 
Dietary Fiber 1g 
Sugars 16g 
Protein 1g

Vitamin A 6% 
Vitamin C 6% 
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 
Less than 80g 
Saturated Fat Less than 20g 
Less than 25g 
Cholesterol Less than 300mg 
Less than 300mg 
Sodium Less than 2,400mg 
Less than 2,400mg 
Total Carbohydrate 300g 
375g 
Dietary Fiber 25g 
30g 

Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes
Frosted Cake

Yield: 16 servings

Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
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<tbody>
<tr>
<td>2 1/4 cups</td>
<td>cake flour</td>
</tr>
<tr>
<td>2 1/4 teaspoons</td>
<td>baking powder</td>
</tr>
<tr>
<td>4 tablespoons</td>
<td>margarine (soft tub)</td>
</tr>
<tr>
<td>1 1/4 cup</td>
<td>sugar</td>
</tr>
<tr>
<td>4</td>
<td>egg</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>vanilla</td>
</tr>
<tr>
<td>1 tablespoon</td>
<td>orange (peel)</td>
</tr>
<tr>
<td>14 tablespoons</td>
<td>milk (fat-free, 3/4 cup + 2 Tbsp)</td>
</tr>
<tr>
<td>3 ounces</td>
<td>cream cheese (low-fat)</td>
</tr>
<tr>
<td>6 tablespoons</td>
<td>cocoa</td>
</tr>
<tr>
<td>2 cups</td>
<td>sugar (confectioners, sifted)</td>
</tr>
<tr>
<td>1/2 teaspoon</td>
<td>vanilla (extract)</td>
</tr>
<tr>
<td></td>
<td>cooking spray</td>
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Instructions

1. Preheat the oven to 325° F.

2. Grease with small amount of cooking oil or use non-stick cooking oil spray on a 10-inch round pan (at least 2 1/2 inches high). Powder pan with flour. Tap out excess flour.

3. Sift together flour and baking powder.

4. In a separate bowl, beat together margarine and sugar until soft and creamy.

5. Beat in eggs, vanilla, and orange peel.

6. Gradually add the flour mixture alternating with milk, beginning and ending with flour.

7. Pour the mixture into the pan. Bake for 40-45 minutes or until done. Let cake cool for 5-10 minutes before removing from the pan. Let cool completely before icing.

Icing:


2. Slowly add sugar until icing is smooth. Mix in vanilla.

3. Smooth icing over top and sides of cooled cake.

Source

US Department of Health and Human Services, A Healthier You
**Manly Muffin Meat Loaf**

Yield: 6 servings

**Ingredients**

1 egg
1/2 cup non-fat milk
3/4 cups oats
1 pound lean ground beef
3 tablespoons onion (chopped)
1/2 teaspoon salt
1/2 cup cheese (any variety) (grated)

**Instructions**

1. Preheat oven to 350 degrees.
2. Combine all ingredients and mix well.
3. Spoon mixture and divide evenly into 12 greased muffin cups.
4. Bake for 1 hour, or until temperature in center of meat loaf is 160 degrees.
5. Cool slightly before removing from muffin cups.

**Notes**

Combine meat loaf ingredients until well mixed, but don't over mix; too much mixing can make a meat loaf tough.

**Safety Tip:** Cook your meat loaves to 160 degrees. Use a meat thermometer to test the temperature. You will know that your loaves will be completely and safely cooked without being dried out from overheating.

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**Source**

Kansas Family Nutrition Program, [Kids a Cookin’](#)
Orange Honeyed Acorn Squash

Yield: 6 servings

Ingredients

3 acorn squash (small)
2 tablespoons orange juice
1/4 cup honey
2 tablespoons butter or margarine
1/8 teaspoon nutmeg (optional)

Instructions

1. Preheat oven to 400 degrees.

2. Cut squash in half. Remove seeds and place halves in shallow baking pan.

3. Combine orange juice and honey. Mix well. Put some of the orange juice/honey mixture in each squash cavity.

4. Add 1 Tablespoon of the margarine to each squash half. Sprinkle with nutmeg, if desired.

5. Cover pan with aluminium foil to keep steam in and speed cooking.

6. Bake 30 minutes. Remove foil and continue baking 30 minutes more, or until squash is tender.

Nutrition Facts

Serving Size 1/2 cup, 1/6 of recipe (239g)
Servings Per Container 6

<table>
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<th>Amount Per Serving</th>
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<th>Calories from Fat</th>
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<td>35</td>
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Vitamin A 20% • Vitamin C 40%
Calcium 8% • 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.

<table>
<thead>
<tr>
<th>Calories per gram:</th>
<th>Fat 9 • Carbohydrate 4 • Protein 4</th>
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<tbody>
<tr>
<td></td>
<td>Less than 65g 4g 25g</td>
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<tr>
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<tr>
<td>Saturated Fat</td>
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<tr>
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<tr>
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<tr>
<td>Dietary Fiber</td>
<td>25g 30g</td>
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Source

University of Wyoming,
Cooperative Extension,
Cent$ible Nutrition Cook Book,
p. FV-37