



United States Department of Agriculture

MyPlate **KITCHEN**

Father's Day

Carrots with Tomatoes and Macaroni

Make: 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 carrots (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

Directions:

1. Wash hands with soap and water.
2. In a saucepan, cook the onion in the oil until soft but not brown. Add the tomatoes, carrots, salt, pepper and sugar.
3. 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.
4. Stir in the parsley. Mix the butter with the cooked elbows. Stir in the carrot mixture and serve.

Dutch Green Beans

Make: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)

Directions:

1. Wash hands with soap and warm water.
2. Drain the beans, and save the liquid from the can in small bowl.
3. Pour 1/2 cup bean liquid into the saucepan.
4. Add the cornstarch in the bean liquid. Stir well.
5. Add the vinegar and brown sugar.
6. Put on medium heat and bring to a boil.
7. Turn the heat to low.
8. Add the green beans and onions. Heat and serve.

For nutrition information, please visit MyPlate Kitchen: Dutch Green Beans

source:<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/dutch-green-beans>

Frosted Cake

Make: 16 servings

Ingredients:

2 1/4 cups cake flour
2 1/4 teaspoons baking powder
4 tablespoons margarine (soft tub)
1 1/4 cups sugar
4 eggs
1 teaspoon vanilla
1 tablespoon orange (peel)
3/4 cup skim milk (fat free)
cooking spray (for cake pan)

Icing:

2 tablespoons skim milk (fat free)
3 ounces cream cheese (low-fat)
6 tablespoons cocoa powder (unsweetened)
2 cups sugar (confectioners, sifted)
1/2 teaspoon vanilla (extract)

Directions:

1. Wash hands with soap and warm water.
2. Preheat the oven to 325° F.
3. 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.
4. Sift together flour and baking powder.
5. In a separate bowl, beat together margarine and sugar until soft and creamy.
6. Beat in eggs, vanilla, and orange peel.
7. Gradually add the flour mixture alternating with milk, beginning and ending with flour.
8. 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:

1. Cream together cream cheese and milk until smooth. Add cocoa. Blend well.
2. Slowly add sugar until icing is smooth. Mix in vanilla.
3. Smooth icing over top and sides of cooled cake.

For nutrition information, please visit MyPlate Kitchen: Frosted Cake

source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/frosted-cake>

Savory Meatloaf Muffins

Make: 6 servings

Ingredients:

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

Directions:

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

For nutrition information, please visit MyPlate Kitchen: Savory Meatloaf Muffins

source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/savory-meatloaf-muffins>

Orange Honeyed Acorn Squash

Make: 6 servings

Ingredients:

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

Directions:

1. Wash hands with soap and warm water.
2. Preheat oven to 400 degrees.
3. Cut squash in half. Remove seeds and place halves in shallow baking pan.
4. Combine orange juice and honey. Mix well. Put some of the orange juice/honey mixture in each squash cavity.
5. Add 1 Tablespoon of the margarine to each squash half. Sprinkle with nutmeg, if desired.
6. Cover pan with aluminum foil to keep steam in and speed cooking.
7. Bake 30 minutes. Remove foil and continue baking 30 minutes more, or until squash is tender.