

Recipe Finder

Cookbook



Game Day

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](#)

Colorful Quesadillas

Yield: 8 servings

Ingredients

| | |
|--------------|--|
| 8 ounces | cream cheese, fat-free |
| 1/4 teaspoon | garlic powder |
| 8 | flour tortillas (small) |
| 1 cup | sweet red pepper (chopped) |
| 1 cup | low-fat cheese (shredded) |
| 2 cups | spinach leaves (fresh, or 9 oz. frozen, thawed and squeezed dry) |

Instructions

1. In a small bowl, mix the cream cheese and garlic powder.
2. Spread about 2 tablespoons of the cheese mixture on each tortilla.
3. Sprinkle about 2 tablespoons bell pepper and 2 tablespoons cheese on one half of each tortilla.
4. Add spinach: 1/4 cup if using fresh leaves OR 2 Tablespoons if using frozen. Fold tortillas in half.
5. Heat a large skillet over medium heat until hot. Put 2 folded tortillas in skillet and heat for 1-2 minutes on each side or until golden brown.
6. Remove quesadillas from skillet, place on platter and cover with foil to keep warm while cooking the remainder.
7. Cut each quesadilla into 4 wedges. Serve warm.

Nutrition Facts

Serving Size 4 wedges or 1
quesadilla
Servings Per Container 8

Amount Per Serving

Calories 160 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 420mg **18%**

Total Carbohydrate 20g **7%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 11g

Vitamin A 35% • **Vitamin C 45%**

Calcium 20% • **Iron 8%**

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| 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,
[Iowa State University Extension](#)

Crunchy Vegetable Wraps

Yield: 4 servings

Ingredients

| | |
|---------------|--|
| 4 tablespoons | cream cheese, low-fat (whipped) |
| 2 | flour tortillas |
| 1/2 teaspoon | ranch seasoning mix |
| 1/4 cup | broccoli (washed and chopped) |
| 1/4 cup | carrot (peeled and grated) |
| 1/4 cup | zucchini (washed and cut into small strips) |
| 1/4 cup | summer squash (yellow, washed and cut into small strips) |
| 1/2 | tomato (diced) |
| 2 tablespoons | green bell pepper (seeded and diced) |
| 2 tablespoons | chives (chopped fine) |

Instructions

1. In a small bowl, stir ranch seasoning into cream cheese, chill.
2. Wash and chop vegetables.
3. Steam broccoli in microwave for 1 minute with 1 tablespoon of water.
4. Spread cream cheese onto flour tortilla, staying one inch from edge. Sprinkle vegetables over cream cheese. Roll tortilla tightly.
5. Chill for 1-2 hours before serving (the wrap will hold its shape better). With a sharp knife slice into circles and serve.

Notes

- Be creative. Try different vegetables, herbs and spices. Examples- green beans, lettuce, radishes, corn; dill, oregano, basil, mint, curry or chili powder.
- You can substitute pre-made flavored cream cheeses- chive, herb or vegetable.
- Try a sweet cream cheese and add fruit to your wrap for a different twist.
- This wrap is great with soup or salad or served as a cool summer appetizer!

Nutrition Facts

Serving Size 1/2 tortilla each (94g)
Servings Per Container 4

Amount Per Serving

Calories 110 **Calories from Fat** 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 250mg **10%**

Total Carbohydrate 16g **5%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 4g

Vitamin A 35% • Vitamin C 30%

Calcium 6% • Iron 6%

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| | | 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

Connecticut Food Policy
Council, [Visit Website](#)

Fruit Dip

Yield: 4 servings
Cook time: 15 minutes

Ingredients

- 8 ounces yogurt, low-fat vanilla
- 2 tablespoons orange juice, 100% juice, frozen concentrate (thawed)
- 1 tablespoon lime juice
- 1/2 tablespoon brown sugar
- 2 apple (red, cored and sliced)
- 1 pear (cored and sliced)
- 1 peach (pitted and sliced)

Instructions

1. In a small bowl, combine yogurt, orange juice concentrate, lime juice and brown sugar.
2. Mix well.
3. Place bowl containing dip on a large plate and surround with fruit.

Nutrition Facts

| | | | |
|--|-----------|----------------------|---------|
| Serving Size 1/4 of recipe (223g) | | | |
| Servings Per Container 4 | | | |
| Amount Per Serving | | | |
| Calories 140 | | Calories from Fat 10 | |
| | | % Daily Value* | |
| Total Fat 1g | | 2% | |
| Saturated Fat 0g | | 0% | |
| Trans Fat 0g | | | |
| Cholesterol 5mg | | 2% | |
| Sodium 40mg | | 2% | |
| Total Carbohydrate 32g | | 11% | |
| Dietary Fiber 4g | | 16% | |
| Sugars 27g | | | |
| Protein 4g | | | |
| Vitamin A 4% • Vitamin C 25% | | | |
| Calcium 10% • 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

California Department of Health
Services, Discover the Secret to
Healthy Living
California 5-a-Day—For Better
Health! Campaign

Low Fat Ranch Dip

Yield: 4 servings

Ingredients

| | |
|--------------|---|
| 1 can | great northern beans (15 ounce, rinsed and drained) |
| 1/4 cup | water |
| 1/2 cup | yogurt, low-fat plain |
| 1/2 teaspoon | garlic powder |
| 1/8 teaspoon | cayenne pepper |
| 1/4 teaspoon | black pepper |
| 1 tablespoon | chives (fresh, chopped) |
| 1 tablespoon | parsley (fresh, chopped) |
| 1/4 teaspoon | tarragon (dried) |
| 1/4 teaspoon | salt |
| 1 tablespoon | lemon juice |

Instructions

1. Blend the beans and garlic in a blender, adding enough water for the desired consistency.
2. Blend for 2 minutes to make it silky smooth.
3. Use a spatula to scrape the mixture into a medium bowl.
4. Stir in the yogurt, cayenne, chives, parsley, and tarragon, salt and lemon juice. Serve in a bowl.

Nutrition Facts

Serving Size 1/2 cup prepared dip,
1/4 of recipe (158g)
Servings Per Container 4

| Amount Per Serving | | | |
|--|-----------|------------------------------|---------|
| Calories 150 | | Calories from Fat 10 | |
| | | % Daily Value* | |
| Total Fat 1g | | 2% | |
| Saturated Fat 0g | | 0% | |
| Trans Fat 0g | | | |
| Cholesterol 0mg | | 0% | |
| Sodium 170mg | | 7% | |
| Total Carbohydrate 26g | | 9% | |
| Dietary Fiber 6g | | 24% | |
| Sugars 2g | | | |
| Protein 10g | | | |
| Vitamin A 6% | | • Vitamin C 10% | |
| Calcium 10% | | • Iron 10% | |
| *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 Web site](#)

Orange Glazed Skinless Chicken Wings

Yield: 5 Servings

Ingredients

| | |
|---------------|------------------------------|
| 10 | chicken wings (skin removed) |
| 3 tablespoons | butter |
| 1 teaspoon | seasoned salt |
| 1/2 cup | orange marmalade |

Instructions

1. Rinse chicken wings and dry on paper toweling. Tuck the wing tip under the larger joint to form a triangle.
2. Heat butter in skillet (200°F on temperature controlled gas burner).
3. Sprinkle wings with seasoned salt and place in heated butter. Sauté on temperature controlled gas burner (325°F) until evenly brown on both sides, about 20 minutes.
4. Spread with orange marmalade, continuing to sauté while basting frequently for another 20 minutes.
5. Remove from skillet. Serve hot.
6. Hold at serving temperature on automatic burner or in 'Keep-Warm' oven set at 170°F. They will be glazed and "sticky" good.

Notes

Leg pieces or whole chicken may be prepared this way and served as an entree.

Nutrition Facts

Serving Size 2 wings, 1/5 of recipe (80g)

Servings Per Container 5

Amount Per Serving

Calories 200 **Calories from Fat 70**

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 230mg **10%**

Total Carbohydrate 21g **7%**

Dietary Fiber 0g **0%**

Sugars 19g

Protein 13g

Vitamin A 4% • Vitamin C 2%

Calcium 2% • 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

University of the Virgin Islands,
Cooperative Extension Service.
[4-H/Family & Consumer Sciences Program.](#)

Tortilla Chips and Bean Dip

Yield: 4 servings

Ingredients

| | |
|---------|---------------------------|
| 4 | corn tortillas |
| 1 can | kidney beans (16 ounce) |
| 1/4 cup | salsa |
| 1/4 cup | sour cream, non-fat |
| 1/2 cup | cheddar cheese (shredded) |
| 1 cup | lettuce (shredded) |

Instructions

1. Preheat oven to 400 degrees.
2. Place tortillas in a stack on cutting board. With a sharp knife, cut stack into eight pieces, forming triangles or wedges.
3. Lay tortillas pieces out in single layer on baking sheet. Set aside while making dip.
4. Open canned beans. Pour beans in colander; rinse and drain. Place beans in a small mixing bowl and mash with a potato masher. Spread beans over bottom of baking dish.
5. Measure salsa and spread over beans.
6. Measure sour cream and spread over beans.
7. Grate and measure cheese; sprinkle over bean mixture.
8. Place lettuce wedge on cutting board. Slice into thin strips; set aside.
9. Place both the baking sheet with tortilla pieces and the dip in preheated oven. Bake about 8 minutes or until tortilla pieces are crisp and dip is bubbly. Sprinkle lettuce over dip and serve with tortilla chips.

Create-a-Flavor Changes

- Use Monterey Jack or another cheese.
- Substitute black beans for kidney beans.
- Substitute 1/4 cup chopped fresh tomatoes for taco sauce.
- Spread one small can chopped green chilis over beans.

Nutrition Facts

Serving Size 1/4 of recipe (200g)
Servings Per Container 4

| Amount Per Serving | | | |
|--|-----------|----------------------|---------|
| Calories 240 | | Calories from Fat 70 | |
| | | % Daily Value* | |
| Total Fat 8g | | 12% | |
| Saturated Fat 5g | | 25% | |
| Trans Fat 0g | | | |
| Cholesterol 25mg | | 8% | |
| Sodium 450mg | | 19% | |
| Total Carbohydrate 30g | | 10% | |
| Dietary Fiber 8g | | 32% | |
| Sugars 4g | | | |
| Protein 11g | | | |
| Vitamin A 6% | | • Vitamin C 4% | |
| Calcium 15% | | • Iron 10% | |
| *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 Cooperative Extension,
Division of Nutritional Sciences,
Cooking Up Fun - A Pyramid of
Snacks

Turkey Pinwheel Appetizers

Yield: 16 servings

Ingredients

| | |
|-----------|---|
| 1 package | cream cheese, low-fat (8 oz, garlic and herb) |
| 6 | flour tortillas (8 inch) |
| 6 slices | turkey |
| 3 | Roma tomatoes (small, chopped) |
| 3 cups | baby spinach leaves (fresh) |

Instructions

1. Place tortillas on microwaveable plate or paper towel; microwave uncovered on HIGH 10 - 15 seconds to soften.
2. Spread about 2 Tablespoons cream cheese over each tortilla. Top with a slice of turkey, chopped tomatoes and spinach.
3. Roll up lightly; then wrap in plastic wrap. Refrigerate 2 - 3 hours to blend flavors. Cut each roll into eight 1-inch slices. Arrange with cut side down on serving plate.

Nutrition Facts

Serving Size 3 pinwheels (59g)
Servings Per Container 16

Amount Per Serving

Calories 100 **Calories from Fat** 35

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 340mg **14%**

Total Carbohydrate 13g **4%**

Dietary Fiber 1g **4%**

Sugars 3g

Protein 4g

Vitamin A 6% • Vitamin C 6%

Calcium 8% • Iron 6%

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| | | 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

Ohio State University
Cooperative Extension, [Recipes - Ross County](#)