Recipe Finder Cookbook

Halloween
**English Muffin Veggie Pizza**

Yield: 4 servings

**Ingredients**

- 1 cup broccoli (cooked chopped)
- 4 English muffins
- 1 cup pizza sauce (or spaghetti sauce)
- 1/2 cup mozzarella cheese, shredded, part skim
- 3 tablespoons carrot (shredded)
- 1 teaspoon Parmesan cheese (grated)

**Instructions**

1. Cut the broccoli to make 1 cup of chopped broccoli.
2. Put the broccoli in a saucepan with water. Cook on medium until tender.
3. Drain the water from the saucepan. Let the broccoli cool.
4. Cut 4 English muffins in half. Toast the 8 muffin halves.
5. Shred the mozzarella cheese to make ½ cup of shredded cheese.
6. Peel and shred the carrots to make 3 tablespoons shredded carrots.
7. Spoon 2 tablespoons pizza sauce over each English muffin half.
8. Sprinkle 1 tablespoon shredded mozzarella cheese on top of each half.
9. Put 2 tablespoons broccoli and 1 teaspoon shredded carrots on top of each half.
10. Sprinkle each half with 1 teaspoon grated parmesan cheese.
11. Toast in the toaster oven for 2 minutes, until the cheese melts.

**Nutrition Facts**

Serving Size 2 pizzas (each made from 1/2 English muffin), 1/4 of recipe (185g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>240</td>
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<tr>
<td>Total Fat</td>
<td>5g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1.5g</td>
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<tr>
<td>Trans Fat</td>
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<tr>
<td>Cholesterol</td>
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<tr>
<td>Sodium</td>
<td>340mg</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
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<tr>
<td>Sugars</td>
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</tr>
<tr>
<td>Protein</td>
<td>13g</td>
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*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>
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</thead>
<tbody>
<tr>
<td>Fat 9g</td>
</tr>
<tr>
<td>Carbohydrate 4g</td>
</tr>
<tr>
<td>Protein 4g</td>
</tr>
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</table>

**Source**

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes
Fruit Kabobs with Yogurt Dip

Yield: 8 servings

Ingredients

1 cup watermelon (chunks)
1 cup pineapple (chunks)
1 cup grapes, red seedless
1 cup strawberries (stemmed)
2 kiwi (peeled and cut in quarters)
8 bamboo skewers (6 inches long)
1 cup yogurt, light strawberry

Instructions

1. Place fruit chunks on bamboo skewers. Place fruit kabobs on platter.


Nutrition Facts

Serving Size 1/8 of recipe (122g)
Servings Per Container 8

Amount Per Serving

Calories 60
Calories from Fat 0%

Total Fat 0g
Saturated Fat 0g
Trans Fat 0g

Cholesterol 0mg
Sodium 20mg

Total Carbohydrate 14g
Dietary Fiber 1g

Sugars 11g

Protein 2g

Vitamin A 2%  •  Vitamin C 70%
Calcium 8%  •  Iron 2%

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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

Food and Health Communications, Inc, Cooking Demo II
Orange Cow

Yield: 3 servings

Ingredients

- orange juice (frozen, 1 6 oz. can)
- 2 cups water (cold)
- 1/3 cup milk (non-fat, dry)
- 1 teaspoon vanilla
- 1 cup ice (or more)

Instructions

1. Place all ingredients in blender or food processor.
2. Secure lid and blend until smooth. Serve immediately.

Notes

Substitute 1 cup milk and 1 cup water for 2 cups water and 1 cup nonfat dry milk.

Nutrition Facts

<table>
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<tr>
<th>Serving Size 8 ounces (319g)</th>
<th>Servings Per Container 3</th>
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<tbody>
<tr>
<td>Amount Per Serving</td>
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<tr>
<td>Calories 170</td>
<td>Calories from Fat 0%</td>
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<tr>
<td>% Daily Value*</td>
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<tr>
<td>Total Fat 0g</td>
<td>0%</td>
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<tr>
<td>Saturated Fat 0g</td>
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<tr>
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<tr>
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<tr>
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<tr>
<td>Sugars 34g</td>
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</tr>
<tr>
<td>Protein 7g</td>
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</tr>
<tr>
<td>Vitamin A 10%</td>
<td>• Vitamin C 160%</td>
</tr>
<tr>
<td>Calcium 20%</td>
<td>• Iron 2%</td>
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<thead>
<tr>
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<th>2,500</th>
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<tbody>
<tr>
<td>Total Fat</td>
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<tr>
<td>Saturated Fat</td>
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<tr>
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<tr>
<td>Sodium</td>
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Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Source

Montana State University Extension, Nutrition Education Programs, [Buy Better. Eat Better. recipes](#)
Peter Pumpkin Squares

Yield: 24 servings

Ingredients

1 can pumpkin (16 ounces)  
1 1/2 cup brown sugar  
4 egg  
3/4 cups oil (cooking)  
1 1/2 cup flour (all-purpose)  
1 1/2 cup rolled oats  
1 tablespoon cinnamon (ground)  
2 teaspoons baking powder  
1 teaspoon baking soda  
margarine or butter (to grease the pan)

Instructions

1. Preheat oven to 350 degrees.

2. In a medium bowl, stir together the pumpkin, brown sugar, eggs, and oil. Mix well.

3. In a large bowl, mix the flour, oats, cinnamon, baking powder, and baking soda.

4. Add the pumpkin mix to the flour mix. Stir well.

5. Grease a 9” x 13” baking pan with butter or margarine.

6. Pour the batter into the greased baking pan.

7. Bake for 30 minutes.
Roasted Pumpkin Seed Snack Mix

Yield: 8 Servings

Ingredients

2 cups crispy rice or wheat cereal squares
1/2 cup roasted whole pumpkin seeds
1/3 cup slivered almonds
1/2 cup dried cranberries
1/2 cup raisins

Instructions

1. Mix all ingredients together and serve.

Nutrition Facts

Serving Size 1/2 cup, 1/8 of recipe (32g)
Servings Per Container 8

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 120</th>
<th>Calories from Fat 30</th>
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<td></td>
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<td>Total Fat</td>
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<tr>
<td>Sugars</td>
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<td></td>
</tr>
<tr>
<td>Protein</td>
<td>2g</td>
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Calories per gram:
- Fat 9
- Carbohydrate 4
- Protein 4

Source

Regional Mental Health Center
Regional Mental Health Center Cookbook.