

Recipe Finder

Cookbook



Memorial Day

Baked Beans

Yield: 6 servings

Ingredients

- 1 1/2 cup navy, kidney or lima beans (dry, sorted and rinsed)
- 2 cups water
- 2 cups apple juice
- 1 teaspoon salt
- 2 tablespoons molasses
- 1/2 cup ketchup
- 2 teaspoons vinegar
- 1 teaspoon mustard (dried)

Instructions

1. Combine apple juice and water. Bring to a boil.
2. Add beans and simmer for 2 1/2 hours until beans are tender.
3. Drain beans, reserve the liquid.
4. Put beans and other ingredients in greased baking dish.
5. Cover and bake at 250° for 3 to 4 hours.
6. Uncover the last hour of baking and add some reserved liquid if beans become dry.

Nutrition Facts

Serving Size 1/6 recipe (234g)
 Servings Per Container 6

Amount Per Serving

Calories 230 **Calories from Fat 5**

% Daily Value*

Total Fat 0g **0%**

 Saturated Fat 0g **0%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 630mg **26%**

Total Carbohydrate 45g **15%**

 Dietary Fiber 11g **44%**

 Sugars 19g

Protein 11g

Vitamin A 4% • Vitamin C 8%

Calcium 8% • Iron 25%

*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 WIC Program,
[The Bold and Beautiful Book of Bean Recipes](#)

Bugs on a Log

Yield: 1 servings

Ingredients

Bug Options:

- raisins (regular or golden)
- whole grain cereal (unsweetened)
- peanuts (chopped)

Log Options:

- celery (cut in 3" pieces)
- apples (quartered and cored)
- carrot sticks (cut in 3" pieces)

Spread Options:

- cream cheese (low-fat with pineapple)
- cheese (low-fat with pimienta)

Instructions

Choose one "log" option, top with a spread and sprinkle with a "bug."

*Recipe cost and nutrient analysis are based on using 3" celery piece, 1 tablespoon low-fat cream cheese and pineapple spread and 1/2 tablespoon raisins.

Nutrition Facts

Serving Size 1 3" celery log with spread and bugs (29g)
Servings Per Container 1

Amount Per Serving			
Calories 30		Calories from Fat 5	
		% Daily Value*	
Total Fat	0.5g		1%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	35mg		1%
Total Carbohydrate	5g		2%
Dietary Fiber	0g		0%
Sugars	4g		
Protein	1g		
Vitamin A	2%	•	Vitamin C 2%
Calcium	2%	•	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

National Network for Childcare

Fresh Fruit with Cinnamon Yogurt Dip

Yield: 4 servings

Ingredients

- 1 apple
- 1 orange
- 1/4 cup orange juice
- 1 cup vanilla yogurt
- 1/2 teaspoon cinnamon

Instructions

1. Core and slice the apple.
2. Slice banana into thin circles.
3. Peel the orange and break it into sections.
4. Pour the orange juice into a small bowl.
5. Dip the fruit pieces into the orange juice to prevent browning.
6. Arrange on a plate.
7. Mix the yogurt and cinnamon in a small bowl.
8. Put the bowl of yogurt and cinnamon next to the fruit. Use it as a dip for the fruit.

Notes

Try making this with other favorite fruits.

Nutrition Facts

Serving Size 1/4 of recipe (171g)
Servings Per Container 4

Amount Per Serving

Calories 120 **Calories from Fat 10**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 40mg **2%**

Total Carbohydrate 26g **9%**

Dietary Fiber 3g **12%**

Sugars 20g

Protein 4g

Vitamin A 2% • Vitamin C 35%

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

Pennsylvania Nutrition
Education Program,
Pennsylvania Nutrition
Education Network
Website Recipes

Italian Pasta Salad

Yield: 8 servings

Ingredients

4 cups pasta, cooked
 2 cups broccoli (blanched, pieces)
 1 cup carrot (cooked, slices)
 1/2 cup red pepper (strips)
 1/4 cup green onion (sliced)
 1/2 cup Italian salad dressing, light or reduced fat (can use 1/2 to 3/4 cup)

Instructions

1. Mix all ingredients together and refrigerate for about 30 minutes before serving.

Notes

For a more hearty salad, add strips of cooked ham, a can of cooked red beans or sprinkle with grated cheese.

Nutrition Facts	
Serving Size 1/8 of recipe (153g)	
Servings Per Container 8	
Amount Per Serving	
Calories 150	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 5g	
Vitamin A 80%	• Vitamin C 70%
Calcium 4%	• 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

Oregon State University
 Cooperative Extension Service,
[Oregon's Healthy Harvest Recipes](#)

Lemonade

Yield: 1 servings

Ingredients

1 lemon
 3/4 cups water
 2 tablespoons sugar

Instructions

1. Cut lemon in half crosswise.
2. Place lemon half on juicer. Push and twist to squeeze out the juice.
3. Pour juice into glass. Add about 3/4 cup water.
4. Add sugar, stirring to mix ingredients.

Create-a-Flavor Changes

- Squeeze one-half each lemon and lime.
- Squeeze one-half each lemon and orange.
- Add 1/4 cup apple juice concentrate and leave out the sugar.
- Use 1/4 cup seltzer water and 1/2 cup water.

Nutrition Facts

Serving Size 1 glass lemonade
 approx. 1 cup (248g)
 Servings Per Container 1

Amount Per Serving		% Daily Value*	
Calories 60	Calories from Fat 0		
		% Daily Value*	
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 10mg			0%
Total Carbohydrate 18g			6%
Dietary Fiber 1g			4%
Sugars 14g			
Protein 0g			
Vitamin A 0%		• Vitamin C 40%	
Calcium 2%		• 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

Cornell Cooperative Extension,
 Division of Nutritional Sciences,
 Cooking Up Fun - A Pyramid of
 Snacks

Tastee Burgers

Yield: 8 servings

Ingredients

1 1/4 cup lentils
 3 cups water
 1 cup onion (chopped)
 1 cup carrot (grated)
 3 cups bread crumbs (fresh)
 1 egg
 1 teaspoon garlic powder
 1/2 teaspoon oregano (crumbled leaf)
 1/2 teaspoon salt
 3 tablespoons margarine
 4 ounces cheddar cheese (sliced)

Instructions

1. Place lentils in a colander, rinse in cold water and drain.
2. In a medium saucepan, bring water to a boil. Add lentils, reduce heat to low, cover and cook for 15 minutes.
3. Add onion and carrots. Cook 15 minutes more or until lentils are tender.
4. Remove from heat and cool slightly.
5. Stir in bread crumbs, egg, garlic powder, oregano and salt.
6. Melt margarine in large skillet. Drop lentil mixture by rounded 1/2 cupfuls into hot margarine. Flatten mounds into patties and cook until firm and golden brown on both sides.
7. Top each patty with a thin slice of cheese.
8. Serve immediately.
9. Refrigerate leftovers within two hours.

Nutrition Facts

Serving Size 1 prepared burger, 1/8 of recipe (238g)
 Servings Per Container 8

Amount Per Serving		% Daily Value*	
Calories	390	Calories from Fat	110
Total Fat	12g		18%
Saturated Fat	4.5g		23%
Trans Fat	1g		
Cholesterol	40mg		13%
Sodium	590mg		25%
Total Carbohydrate	51g		17%
Dietary Fiber	11g		44%
Sugars	6g		
Protein	18g		
Vitamin A	50%	• Vitamin C	6%
Calcium	25%	• Iron	25%
*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

Turkey Burgers

Yield: 4 Servings

Ingredients

1 pound turkey, ground
2 onion (medium)
3 tablespoons lemon juice (or 1 lemon juiced)
1/4 teaspoon Worcestershire sauce
1/4 teaspoon parsley (dried or fresh)

Instructions

1. Chop onions.
2. Combine onions, turkey, lemon juice, worchestershire sauce and parsley. Mix well.
3. Shape mixture into four patties.
4. Fry in a pan on medium heat or grill until internal temperature reaches 165 degrees F.

Nutrition Facts

Serving Size 1 burger (158g)
Servings Per Container 4

Amount Per Serving

Calories 200 **Calories from Fat 90**

% Daily Value*

Total Fat 9g **14%**

 Saturated Fat 2.5g **13%**

 Trans Fat 0g

Cholesterol 85mg **28%**

Sodium 80mg **3%**

Total Carbohydrate 5g **2%**

 Dietary Fiber 1g **4%**

 Sugars 4g

Protein 25g

Vitamin A 2% • Vitamin C 10%

Calcium 4% • Iron 10%

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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

ONIE Project - Oklahoma
Nutrition Information and
Education. [Simple Healthy
Recipes.](#)