

# Recipe Finder

# Cookbook



Mother's Day

# Cafe Mocha

Yield: 2 servings

## Ingredients

1/3 cup milk (non-fat, dry)  
 1 cup water  
 1 cup coffee (brewed)  
 4 tablespoons hot chocolate mix  
 whipped topping (non-fat, optional)  
 cinnamon (optional)

## Instructions

1. Heat reconstituted non-fat dried milk in saucepan until warm; do not boil.
2. Add coffee and hot chocolate mix. Stir well and heat to desired temperature.
3. Divide coffee mixture between two mugs. Top with non-fat whipped topping and cinnamon, if desired.

## Notes

You can substitute 1 cup skim milk for the reconstituted non-fat dried milk.

## Nutrition Facts

Serving Size 1/2 of recipe (297g)  
 Servings Per Container 2

Amount Per Serving			
<b>Calories</b>	180	<b>Calories from Fat</b>	5
		% Daily Value*	
<b>Total Fat</b>	1g		<b>2%</b>
Saturated Fat	0g		<b>0%</b>
Trans Fat	0g		
<b>Cholesterol</b>	5mg		<b>2%</b>
<b>Sodium</b>	180mg		<b>8%</b>
<b>Total Carbohydrate</b>	38g		<b>13%</b>
Dietary Fiber	1g		<b>4%</b>
Sugars	34g		
<b>Protein</b>	9g		
Vitamin A	8%	•	Vitamin C 2%
Calcium	25%	•	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

United States Department of Agriculture, [USDA'S Collection of Nonfat Dry Milk \(NDM\) Recipes](#)

# Fruit Compote

Yield: 5 servings

## Ingredients

- 1 can pineapple chunks (8 ounces)
- 1 1/2 cup orange juice
- 1 tablespoon cornstarch
- 1 banana (medium, peeled and sliced)
- 1 pear (sliced in cubes)
- 2 peaches (sliced in cubes)

## Instructions

1. Drain the juice from the canned pineapple into a small saucepan.
2. Stir in orange juice and cornstarch. Blend until smooth.
3. Bring to a boil over medium heat, stirring constantly.
4. Let the juice mix cool to room temperature.
5. While the juice mix is cooling, peel and slice the banana. Wash the pear and peaches and cut them into cubes.
6. Pour the cooled juice mix into a large bowl. Add the pieces of pineapple, banana, pear, and peaches. Stir together.

## Notes

You can serve this compote in serving dishes, or over frozen yogurt or waffles.

## Nutrition Facts

Serving Size 1/2 cup prepared compote, 1/5 of recipe (236g)  
 Servings Per Container 5

Amount Per Serving		% Daily Value*	
<b>Calories</b>	130	<b>Calories from Fat</b>	5
<b>Total Fat</b>	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	0mg		0%
<b>Total Carbohydrate</b>	34g		11%
Dietary Fiber	3g		12%
Sugars	27g		
<b>Protein</b>	1g		
Vitamin A	4%	Vitamin C	20%
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

Pennsylvania Nutrition Education Program,  
 Pennsylvania Nutrition Education Network  
 Website Recipes



# Magic Crust Quiche

Yield: 6 Servings

## Ingredients

1 tablespoon vegetable oil  
 1/2 cup onion (chopped)  
 2 cups vegetables (can use frozen, fresh or leftovers)  
 1 cup cheddar cheese, low-fat (shredded)  
 3 eggs  
 1 1/2 cup milk, 1%  
 3/4 cups baking mix (like Bisquick)

## Instructions

1. Cook onion in oil (or cook with vegetables).
2. Cook vegetables (or use leftovers). Drain well.
3. Grease round pie pan or 8 x 8 inch baking dish.
4. Spread cooked vegetables in pan. Spread cheese on top of vegetables.
5. Mix milk, eggs and baking mix. Pour over vegetables and cheese.
6. Bake at 350 degrees F for 35 minutes, until a safe internal temperature has been reached and a knife inserted into the middle comes out clean.

## Nutrition Facts

Serving Size 1/6 of recipe (178g)  
 Servings Per Container 6

Amount Per Serving		% Daily Value*	
<b>Calories</b>	200	<b>Calories from Fat</b>	60
<b>Total Fat</b>	7g		<b>11%</b>
Saturated Fat	2g		<b>10%</b>
Trans Fat	0g		
<b>Cholesterol</b>	100mg		<b>33%</b>
<b>Sodium</b>	340mg		<b>14%</b>
<b>Total Carbohydrate</b>	21g		<b>7%</b>
Dietary Fiber	2g		<b>8%</b>
Sugars	7g		
<b>Protein</b>	13g		
Vitamin A	20%	Vitamin C	6%
Calcium	25%	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

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