

Recipe Finder

Cookbook



St. Patrick's Day

Cabbage Comfort

Yield: 4 servings

Ingredients

1 onion (sliced)
1 teaspoon vegetable oil
1 pound cabbage (sliced)
1/4 teaspoon salt
1/4 teaspoon black pepper
1 teaspoon caraway seeds

Instructions

1. Heat oil in a large saute pan.
2. Saute onion over medium heat, until light brown, about 5 to 6 minutes.
3. Add sliced cabbage, salt, black pepper, and caraway seeds.
4. Stir and cook for 30 minutes.
5. Serve immediately.

Nutrition Facts

Serving Size 1/4 of recipe (143g)
Servings Per Container 4

Amount Per Serving

Calories 50 **Calories from Fat 15**

% Daily Value*

Total Fat 1.5g **2%**

 Saturated Fat 0g **0%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 170mg **7%**

Total Carbohydrate 9g **3%**

 Dietary Fiber 3g **12%**

 Sugars 1g

Protein 2g

Vitamin A 2% • Vitamin C 100%

Calcium 6% • Iron 4%

*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](#)

Drop Biscuits (from Better Baking Mix)

Yield: 10 Biscuits

Ingredients

2 cups Better Baking Mix
 1/4 cup vegetable oil
 3/4 cups water

Instructions

1. Preheat oven to 400°F. Lightly grease baking sheet.
2. Add oil and water to the dry mix. Stir just until all ingredients are wet.
3. Drop spoonfuls 4 inches apart on baking sheet.
4. Bake 10-12 minutes until lightly browned.

Notes

Herb biscuits - Add to dry ingredients: 1 teaspoon Italian herb mix.
 Cheese biscuits - Add to dry ingredients: 1/3 cup grated sharp cheese.
 Fruit scones - Add to the dry ingredients: 1/4 cup sugar, 1/2 cup raisins or dried cranberries, 1 teaspoon cinnamon, or the grated rind of an orange or lemon.
 Reduce water to 2/3 cup.

Nutrition Facts

Serving Size 1 biscuit, 1/10 of recipe (45g)
 Servings Per Container 10

Amount Per Serving		% Daily Value*	
Calories	130	Calories from Fat 50	
Total Fat	6g		9%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	190mg		8%
Total Carbohydrate	15g		5%
Dietary Fiber	1g		4%
Sugars	1g		
Protein	3g		
Vitamin A	0%	•	Vitamin C 0%
Calcium	10%	•	Iron 6%
*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. [Visit Web site.](#)

Shepherd's Pie

Yield: 6 Servings

Ingredients

2 potatoes, large with skin, diced
 1/3 cup milk, skim
 1/2 pound ground turkey, 85% lean
 2 tablespoons flour
 1 package frozen mixed vegetables (10 ounces)
 1 can vegetable stock, low sodium
 shredded cheese (optional)

Instructions

1. Place diced potatoes in saucepan. Cover with water and bring to a boil. Reduce heat and simmer (about 15 minutes).
2. Drain potatoes and mash. Stir in milk and set aside.
3. Preheat oven to 375°F.
4. Brown turkey in a large skillet. Stir in flour and cook for 1 minute, stirring constantly.
5. Add vegetables and broth. Bring to a slow boil.
6. Spoon vegetable/meat mixture into an 8-inch square baking dish. Spread potatoes over mixture. Bake 25 minutes.
7. Serve hot. Garnish with shredded cheese (optional).

Nutrition Facts

Serving Size 1/6 of recipe (288g)
 Servings Per Container 6

Amount Per Serving

Calories 210 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g **5%**

 Saturated Fat 1g **5%**

 Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 95mg **4%**

Total Carbohydrate 31g **10%**

 Dietary Fiber 5g **20%**

 Sugars 4g

Protein 13g

Vitamin A 40% • Vitamin C 45%

Calcium 6% • 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

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

Sugarless Oatmeal Cookies

Yield: 15 servings

Ingredients

- 3 banana (ripe)
- 1/3 cup margarine
- 2 cups quick-cooking oats (uncooked)
- 1/4 cup skim milk
- 1/2 cup raisins
- 1 teaspoon vanilla extract

Instructions

1. Preheat oven to 350 degrees.
2. Put the margarine in a small saucepan. Melt it on low heat.
3. Put all the ingredients in a mixing bowl. Mix really well.
4. Let the mix stand for about 5 minutes, until the oats are wet.
5. Lightly grease the cookie sheet.
6. For each cookie, spoon out about 1 tablespoon of dough and drop it onto the greased cookie sheet.
7. Bake the cookies for 15 to 20 minutes.
8. Let the cookies cool on the cookie sheet for about 1 minute.
9. Move the cookies to wire racks or a towel. Let them cool completely.

Nutrition Facts

Serving Size 2 cookies or 1/15 of recipe (49g)
Servings Per Container 15

Amount Per Serving		% Daily Value*	
Calories	110	Calories from Fat	45
Total Fat	5g		8%
Saturated Fat	1g		5%
Trans Fat	0.5g		
Cholesterol	0mg		0%
Sodium	35mg		1%
Total Carbohydrate	17g		6%
Dietary Fiber	2g		8%
Sugars	7g		
Protein	2g		
Vitamin A	0%	Vitamin C	4%
Calcium	2%	Iron	4%

*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

Vegetable Stew

Yield: 8 servings

Ingredients

- 3 cups water
- 1 vegetable bouillon (low sodium, cube)
- 2 cups white potatoes (cut into 2-inch strips)
- 2 cups carrot (sliced)
- 4 cups summer squash (cut into 1-inch chunks)
- 1 cup summer squash (cut into 4 chunks)
- 1 can sweet corn (15 ounces, rinsed and drained)
- 1 teaspoon thyme
- 2 garlic (cloves, minced)
- 1 green onion (stalk, chopped)
- 1/2 green chile pepper (small, chopped)
- 1 cup onion (coarsley chopped)
- 1 cup tomatoes (diced)

Instructions

1. Put water and bouillon in large pot and bring to a boil.
2. Add potatoes and carrots and simmer for 5 minutes.
3. Add remaining ingredients, except for tomatoes, and continue cooking for 15 minutes over medium heat.
4. Remove 4 chunks of squash and puree in blender.
5. Return pureed mixture to pot and let cook for 10 minutes more.
6. Add tomatoes and cook for another 5 minutes.
7. Remove from heat and let sit for 10 minutes to allow stew to thicken.

Nutrition Facts

Serving Size 1 1/4 cup (394g)
 Servings Per Container 8

Amount Per Serving			
Calories	140	Calories from Fat	10
		% Daily Value*	
Total Fat	1g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	210mg		9%
Total Carbohydrate	31g		10%
Dietary Fiber	5g		20%
Sugars	8g		
Protein	4g		
Vitamin A 140%		• Vitamin C 50%	
Calcium 6%		• 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

US Department of Health and Human Services
 National Institutes of Health
 National Heart, Lung and Blood Institute, Heart Healthy Home
 Cooking: African American Style