

Recipe Finder

Cookbook



Valentine's Day

Brown Rice Pilaf

Yield: 4 servings

Ingredients

1 1/2 cup brown rice
 3 cups water
 1/4 cup almonds (chopped)
 1 teaspoon parsley (dried)
 1/2 teaspoon garlic powder
 1/4 teaspoon black pepper

Instructions

1. Place all ingredients in a rice cooker and cook until the water evaporates, about 30 minutes.
2. Fluff cooked rice with a fork.

Notes

This dish goes very well with fish and chicken. Add a large green salad to complete the meal. The dish may be made on the stovetop as well but may require more water.

Nutrition Facts

Serving Size 1 cup prepared pilaf, 1/4 of recipe (254g)
 Servings Per Container 4

Amount Per Serving			
Calories 290		Calories from Fat 45	
		% Daily Value*	
Total Fat	5g		8%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	10mg		0%
Total Carbohydrate	55g		18%
Dietary Fiber	3g		12%
Sugars	1g		
Protein	7g		
Vitamin A	0%	Vitamin C	0%
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

Food and Health Communications, Inc., [Visit Website](#)

Caribbean Casserole

Yield: 10 servings

Ingredients

1	onion (medium, chopped)
1/2	green pepper (diced)
1 tablespoon	canola oil
1 can	stewed tomatoes (14.5 ounces)
1 teaspoon	oregano leaves
1/2 teaspoon	garlic powder
1 1/2 cup	brown rice (instant, uncooked)
1 can	black beans or beans of your choice (16 ounces)

Instructions

1. Saute onion and green pepper in canola oil, in a large pan, until tender. Do not brown.
2. Add tomatoes, beans (include liquid from both), oregano, and garlic powder. Bring to a boil.
3. Stir in rice and cover.
4. Reduce heat to simmer for 5 minutes.
5. Remove from heat and let stand for 5 minutes.

Nutrition Facts

Serving Size 1 Cup (114g)
Servings Per Container 10

Amount Per Serving			
Calories	100	Calories from Fat	15
		% Daily Value*	
Total Fat	2g		3%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	280mg		12%
Total Carbohydrate	20g		7%
Dietary Fiber	3g		12%
Sugars	2g		
Protein	4g		
Vitamin A	2%	•	Vitamin C 15%
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

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

Fudgy Fruit

Yield: 4 servings

Ingredients

- 2 tablespoons chocolate chips (semi-sweet)
- 2 banana (large, peeled and cut into quarters)
- 8 strawberries (large)
- 1/4 cup peanuts (chopped, unsalted)

Instructions

1. Place chocolate chips in a small microwave safe bowl. Heat on high for 10 seconds and stir. Repeat until chocolate is melted, about 30 seconds.
2. Place fruit on a small tray covered with a piece of waxed paper. Use a spoon to drizzle the melted chocolate on top of the fruit.
3. Sprinkle the fruit with chopped nuts.
4. Cover the fruit and place in the refrigerator for 10 minutes or until the chocolate hardens. Serve chilled.

Nutrition Facts

Serving Size 1/2 banana and 2 strawberries (118g)
 Servings Per Container 4

Amount Per Serving		% Daily Value*	
Calories	150	Calories from Fat	50
Total Fat	6g		9%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	23g		8%
Dietary Fiber	3g		12%
Sugars	13g		
Protein	3g		
Vitamin A	0%	Vitamin C	45%
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

California Champions for Change, [Dessert Recipes](#)
[California Department of Public Health. Network for a Healthy California](#)

Pink Party Salad

Yield: 6 servings

Ingredients

- 4 potatoes (washed and cut in half)
- 3 cups beets, cooked (peeled and diced)
- 1 cup peas, green, fresh or frozen
- 3 eggs, hard boiled
- 1 apple
- 1 teaspoon lemon juice
- 2 tablespoons olive oil
- 3 tablespoons vinegar
- 1 tablespoon sugar

Instructions

1. Boil the potatoes in 2 cups of water in a deep kettle. Cover and cook over moderate heat for about 20 minutes, until the potatoes are tender.
2. When thoroughly cool, dice potatoes and place in a big bowl.
3. Add diced beets and mix with the potatoes.
4. Set aside 1/4 cup of peas for garnishing and add the rest to the bowl.
5. Save 1 egg to use as a garnish. Chop the rest and add to the bowl.
6. Peel the skin off the apple and remove the core. Cut the apple into small pieces, place in a small bowl and sprinkle with lemon juice. Add apple to the salad.
7. Add the vinegar, olive oil and sugar.
8. Mix thoroughly. Chill and serve.

Nutrition Facts

Serving Size 1/6 of recipe (246g)
 Servings Per Container 6

Amount Per Serving

Calories 190 **Calories from Fat** 40

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 90mg **4%**

Total Carbohydrate 34g **11%**

Dietary Fiber 5g **20%**

Sugars 13g

Protein 5g

Vitamin A 10% • Vitamin C 45%

Calcium 4% • 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

University of Connecticut,
 Cooperative Extension, From the
 Farm to the Table, p.8
 Hispanic Health Council