

# Recipe Finder

# Cookbook



4th of July

# Any Days a Picnic Chicken Salad

Yield: 6 servings

## Ingredients

2 1/2 cups chicken breast (cooked, diced)  
 1/2 cup celery (chopped)  
 1/4 cup onion (chopped)  
 2 tablespoons pickle relish  
 1/2 cup mayonnaise (light)

## Instructions

1. Combine all ingredients.
2. Refrigerate until ready to serve.
3. Use within 1-2 days. Chicken salad does not freeze well.

How to use:

1. Make chicken salad sandwiches.
2. Make a pasta salad by mixing with 2 cups cooked pasta.
3. Kids will love this salad served in a tomato or a cucumber boat.

## Nutrition Facts

Serving Size 1/6 of recipe (98g)  
 Servings Per Container 6

Amount Per Serving			
Calories	160	Calories from Fat	70
		% Daily Value*	
<b>Total Fat</b>	8g		<b>12%</b>
Saturated Fat	1.5g		<b>8%</b>
Trans Fat	0g		
<b>Cholesterol</b>	50mg		<b>17%</b>
<b>Sodium</b>	220mg		<b>9%</b>
<b>Total Carbohydrate</b>	4g		<b>1%</b>
Dietary Fiber	0g		<b>0%</b>
Sugars	3g		
<b>Protein</b>	17g		
Vitamin A	4%	•	Vitamin C 2%
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

University of Wisconsin,  
 Cooperative Extension Service,  
 A Family Living Program



# Chilled Cantaloupe Soup

Yield: 6 servings

## Ingredients

- 1 cantaloupe (peeled, seeded, and cubed)
- 2 cups orange juice
- 1 tablespoon lime juice (fresh)
- 1/4 teaspoon cinnamon (ground)

## Instructions

1. Wash hands with soap and warm water.
2. Place cantaloupe and 1/2 cup orange juice in a container of a blender or food processor.
3. Cover with lid and blend until smooth. Transfer to large bowl.
4. Stir in lime juice, cinnamon, and remaining orange juice.
5. Cover, and refrigerate for at least one hour.
6. Serve chilled.

## Nutrition Facts

Serving Size 1/6 of recipe (177g)  
 Servings Per Container 6

Amount Per Serving	
<b>Calories</b> 70	Calories from Fat 5
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 14g	
<b>Protein</b> 1g	
Vitamin A 70%	• Vitamin C 130%
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

Arizona Nutrition Network,  
[Champions for Change Recipes](#)

# Corn Muffins

Yield: 12 servings

## Ingredients

- 1 cup cornmeal
- 1 cup flour
- 1 tablespoon baking powder
- 1/4 cup sugar
- 1 egg
- 1 cup milk
- 1/4 cup vegetable oil
- margarine or butter (to grease the muffin cups)

## Instructions

1. Preheat the oven to 425 degrees.
2. Put the cornmeal, flour, baking powder, salt and sugar in a large bowl. Stir together well. Set aside.
3. In a small bowl, beat the egg lightly. Add the milk and oil.
4. Add the egg, milk, and oil to the cornmeal mix. Stir just until blended.
5. Grease the muffin cups with some margarine or butter.
6. Fill each muffin cup 1/2 full with the batter.
7. Bake for 15 to 20 minutes or until lightly browned.

## Notes

Add 1/2 cup grated apple or 1/2 cup applesauce in the batter.

## Nutrition Facts

Serving Size 1 muffin, 1/12 of recipe (58g)  
 Servings Per Container 12

Amount Per Serving		% Daily Value*	
<b>Calories</b>	160	<b>Calories from Fat</b>	45
<b>Total Fat</b> 5g <b>8%</b>			
Saturated Fat 0.5g		<b>3%</b>	
Trans Fat 0g			
<b>Cholesterol</b> 15mg		<b>5%</b>	
<b>Sodium</b> 140mg		<b>6%</b>	
<b>Total Carbohydrate</b> 24g		<b>8%</b>	
Dietary Fiber 1g		<b>4%</b>	
Sugars 5g			
<b>Protein</b> 3g			
Vitamin A 2%		• 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

Pennsylvania Nutrition Education Program,  
 Pennsylvania Nutrition Education Network  
 Website Recipes

# Fruit Slush

Yield: 4 servings

## Ingredients

- 2 2/3 cups cantaloupe or watermelon (coarsely chopped, - seeded, peeled)
- 1 2/3 cup kiwi (coarsely chopped, optional)
- 2 tablespoons sugar
- 2 tablespoons lime juice
- 2 cups water
- ice

## Instructions

1. In a blender, puree fruit with sugar and lime juice until smooth.
2. Combine fruit mixture and water in a large pitcher.
3. If desired, pour through a strainer to eliminate pulp.
4. Cover and refrigerate for up to a week.
5. To serve, stir well and pour into tall glasses over ice.

## Nutrition Facts

Serving Size 1/4 of recipe (239g)  
 Servings Per Container 4

Amount Per Serving			
Calories	60	Calories from Fat	0
		% Daily Value*	
<b>Total Fat</b>	0g		<b>0%</b>
Saturated Fat	0g		<b>0%</b>
Trans Fat	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	20mg		<b>1%</b>
<b>Total Carbohydrate</b>	16g		<b>5%</b>
Dietary Fiber	1g		<b>4%</b>
Sugars	14g		
<b>Protein</b>	1g		
Vitamin A	70%	•	Vitamin C 70%
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

Oregon State University  
 Cooperative Extension Service,  
 Pictorial Recipes  
 Lynn Myers Steele, 2000  
 Oregon Family Nutrition  
 Program

# Grilled Vegetables

Yield: 6 servings

## Ingredients

- 2 tablespoons vegetable oil
- 2 garlic clove (finely chopped)
- 3 sweet potatoes (cut into 1-inch slices)
- 3 corn cobs (cut into 2-inch sections)
- 1 eggplant (cut into 1/2-inch slices)
- 12 green onion (trimmed)

## Instructions

1. Mix oil and garlic in a large bowl. Add vegetables and toss.
2. Place vegetable on broiler pan or grill. Cook 10 minutes, turning twice until vegetables are tender.
3. Place vegetables on platter. Serve.

## Nutrition Facts

Serving Size 1/6 of recipe (254g)  
 Servings Per Container 6

Amount Per Serving	
<b>Calories</b> 190	Calories from Fat 45
% Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 45mg	<b>2%</b>
<b>Total Carbohydrate</b> 36g	<b>12%</b>
Dietary Fiber 8g	<b>32%</b>
Sugars 6g	
<b>Protein</b> 5g	
Vitamin A 190%	• Vitamin C 25%
Calcium 6%	• 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

Centers for Disease Control and Prevention, [More Matters Recipes](#)

# Peach Crisp

Yield: 6 servings

## Ingredients

- 4 peaches (4 cups sliced)
- 2 tablespoons margarine
- 3/4 cups quick-cooking oats
- 1/2 cup sugar
- 1/4 cup flour
- 2 teaspoons cinnamon
- 1 teaspoon lemon juice

## Instructions

1. Preheat the oven to 375 degrees F.
2. Slice the peaches.
3. Spread the peach slices on the bottom of the baking pan.
4. Melt the margarine in a saucepan.
5. In a small bowl, mix everything but the peaches. Stir until the mix is well blended.
6. Sprinkle the oat mix on top of the peaches.
7. Bake for 20 minutes.

## Notes

Serve the peach crisp either hot or cold. To remove the peach fuzz, you can rub the washed peach gently with a paper towel.

## Nutrition Facts

Serving Size 1/6 of recipe (136g)  
 Servings Per Container 6

Amount Per Serving	
<b>Calories</b> 200	Calories from Fat 45
% Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0.5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 38g	<b>13%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 26g	
<b>Protein</b> 3g	
Vitamin A 4%	• Vitamin C 10%
Calcium 2%	• 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

Pennsylvania Nutrition  
 Education Program,  
 Pennsylvania Nutrition  
 Education Network  
 Website Recipes