Crunchy Berry Parfait

Yield: 1 Parfait
Prep time: 5 minutes

Ingredients

1/2 cup yogurt, non-fat vanilla
1 cup blueberries or strawberries (fresh or frozen thawed)
1/2 cup low-fat granola (or crunchy cereal)

Instructions

Spoon yogurt into glass, then top with fruit and granola.

Notes

Can use fortified soy yogurt
1/4 cup blueberries and 1/4 cup strawberries used for nutrition analysis.
Frozen berries used for costing.

Nutrition Facts

Serving Size 1 parfait (244g)
Servings Per Container 1

| Amount Per Serving | Calories 340 | Calories from Fat 30%
<table>
<thead>
<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>3g</td>
<td>5%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0.5g</td>
<td>3%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>5mg</td>
<td>2%</td>
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<tr>
<td>Sodium</td>
<td>210mg</td>
<td>9%</td>
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<tr>
<td>Total Carbohydrate</td>
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<td>23%</td>
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<tr>
<td>Dietary Fiber</td>
<td>8g</td>
<td>32%</td>
</tr>
<tr>
<td>Sugars</td>
<td>34g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>13g</td>
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Vitamin A 15% • Vitamin C 50%
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

<table>
<thead>
<tr>
<th>Total Fat</th>
<th>Less than 65g</th>
<th>Less than 20g</th>
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<tbody>
<tr>
<td>Saturated Fat</td>
<td>Less than 300mg</td>
<td>Less than 2,400mg</td>
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<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>Less than 2,400mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 25g</td>
<td>30g</td>
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<tr>
<td>Total Carbohydrate</td>
<td>30g</td>
<td>37g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>50g</td>
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Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Saint Joseph College SNAP-Ed Nutrition Education Team (NET)
Fantastic French Toast

Yield: 6 servings

Ingredients

2 egg
1/2 cup non-fat milk
1/2 teaspoon vanilla extract
6 slices whole wheat bread
syrup or other toppings (optional)

Instructions

1. Preheat the griddle over medium heat, or set an electric frying pan at 375 degrees.

2. Put eggs, milk, and vanilla in a pie pan or shallow bowl and beat with a fork until well mixed.

3. Grease the griddle or pan with a thin layer of oil or use nonstick spray.

4. Dip both sides of bread, one slice at a time, in the egg mixture and cook on the hot griddle or frying pan.

5. Cook on one side until golden brown. Turn the bread over to cook the other side. It will take about 4 minutes on each side.

6. Serve with syrup, applesauce, fruit slices, or jam.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size 1 slice, 1/6 of recipe (66g)</th>
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<tbody>
<tr>
<td>Servings Per Container 6</td>
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<tr>
<td>Amount Per Serving</td>
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<tr>
<td>Calories 100</td>
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<tr>
<td>% Daily Value*</td>
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<tr>
<td>Total Fat 2.5g</td>
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<tr>
<td>Sugars 3g</td>
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<tr>
<td>Protein 6g</td>
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</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

<table>
<thead>
<tr>
<th>Calories</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>Protein</th>
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</thead>
<tbody>
<tr>
<td>2,000</td>
<td>9</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>2,500</td>
<td>9</td>
<td>4</td>
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</tr>
</tbody>
</table>

Source

University of Wisconsin, Cooperative Extension Service, A Family Living Program
Orange Delight Juice

Yield: 4 servings

Ingredients

1 cup orange juice
1/2 banana
1 cup apple juice
1 teaspoon honey
1/8 teaspoon cinnamon
1 cup ice (crushed)

Instructions

1. Blend at high speed in blender until frothy.

Nutrition Facts

Source

USDA Food Distribution
Program on Indian Reservations,
A River of Recipes
Native American Recipes Using
Commodity Foods
Spinach and Meat Cakes

Yield: 6 servings
Cook time: 25 minutes

Ingredients

1 pound ground beef, or turkey, 7% fat (93% lean)
2 bunches spinach (washed and cut into pieces may substitute a 1-pound bag of frozen chopped spinach, thawed and well drained)
1/2 onion (small, finely chopped)
2 garlic clove (minced)
1/2 teaspoon salt
black pepper (to taste)
3 cups brown rice

Instructions

1. Preheat frying pan (no oil).
2. Combine all ingredients except brown rice in a large mixing bowl. Mix well.
3. Form mixture into 12 small balls. Place in frying pan and flatten into patties using a spatula.
4. Cook over medium heat until cooked on both sides.
5. Serve over brown rice.

Source

California Health Department - Los Angeles County, Es Facil Campaign
Submitted by Brenda Grajeda
Sure to Please Baked Eggs & Cheese

Yield: 4 servings

Ingredients
1 tablespoon oil
6 eggs
1/2 cup non-fat milk
1/2 cup low-fat cheese (grated)
1 teaspoon garlic powder
1 1/2 teaspoon oregano

Instructions
1. Preheat oven to 350 degrees.
2. Put oil in a medium baking dish or small cake pan and heat in the oven for a few minutes.
3. In a bowl, beat eggs. Mix in remaining ingredients. Pour into hot pan.
4. Bake 20 minutes or until eggs are firm. Serve immediately.

* 4 eggs and 4 egg whites may be used instead of 6 eggs to reduce fat and cholesterol (nutrient analysis reflects this modification).

Nutrition Facts

Source
University of Wisconsin,
Cooperative Extension Service,
Healthy Snacks