

# Recipe Finder

# Cookbook



Christmas

# Brown Rice Pilaf with Sage, Walnuts and Dried Fruit

Yield: 8 servings

## Ingredients

- 1 canola cooking spray (as needed)
- 1 onion (medium, chopped)
- 1 celery (medium stalk, ends trimmed and chopped)
- 2 cups rice (brown, uncooked)
- 2 1/2 cups water
- 2 cups vegetable broth (fat-free, reduced sodium)
- 1/4 cup raisins (dark)
- 1/4 cup apricots (dried, chopped)
- 4 cups walnuts (chopped, optional)
- 1 teaspoon sage (dried)
- 2 tablespoons sage (fresh, chopped)
- salt (to taste, optional)
- pepper (to taste, optional)

## Instructions

1. Spray the large skillet with canola cooking spray. Heat skillet over medium heat.
2. Sauté onion and celery until tender, about 5 minutes. Add brown rice and sauté for 5 minutes.
3. Add water, broth, raisins, and apricots; heat to boiling. Reduce heat to low, cover and simmer until rice is tender and liquid is absorbed, about 50 minutes.
4. Stir in walnuts if desired, sage, salt and pepper.
5. Transfer to serving dish. Garnish with fresh sage and serve immediately.

## Nutrition Facts

Serving Size 1/8 of recipe (320g)  
Servings Per Container 8

Amount Per Serving

**Calories 220**      **Calories from Fat 15**

% Daily Value\*

**Total Fat 1.5g**      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 130mg**      **5%**

**Total Carbohydrate 47g**      **16%**

Dietary Fiber 4g      **16%**

Sugars 3g

**Protein 5g**

Vitamin A 4%      • Vitamin C 2%

Calcium 4%      • 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

American Institute for Cancer Research, Diet & Cancer

# Cranberry Ham Slice

Yield: 6 Servings

## Ingredients

1 cup brown sugar, firmly packed  
 1/2 tablespoon cornstarch  
 1/2 teaspoon allspice  
 1 pint cranberry juice cocktail  
 2 tablespoons lemon juice  
 1/4 cup raisins, seedless  
 2 ham slices, 1-inch thick

## Instructions

1. Set dial of temperature controlled burner at 225°F. Combine brown sugar, cornstarch, and allspice in a saucepan.
2. Gradually add the next three ingredients and stir. Cook until sauce thickens and boils.
3. Place one slice of ham in greased baking dish. Pour one half of the sauce over the ham slice. Top with second slice. Add remaining sauce.
4. Bake, covered in 350°F oven for 45 minutes.

## Nutrition Facts

Serving Size 1/6 of recipe (221g)  
 Servings Per Container 6

### Amount Per Serving

**Calories 320**      **Calories from Fat 30**

**% Daily Value\***

**Total Fat 3.5g**      **5%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 55mg**      **18%**

**Sodium 850mg**      **35%**

**Total Carbohydrate 57g**      **19%**

Dietary Fiber 0g      **0%**

Sugars 50g

**Protein 19g**

Vitamin A 0%      • Vitamin C 60%

Calcium 4%      • Iron 6%

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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 the Virgin Islands,  
 Cooperative Extension Service,  
[4-H/Family & Consumer Sciences Program.](#)

# Deep Dish Apple Cranberry Pie

Yield: 10 servings

## Ingredients

- 4 apple (large, peeled, cored, and sliced)
- 2 1/2 cups cranberries (fresh or frozen)
- 3/4 cups sugar
- 1/4 cup flour (all purpose)
- 1 teaspoon apple pie spice
- 1 pie crust (prepared)

## Instructions

1. Stir all ingredients together in a medium sized mixing bowl and place in a 10-inch deep dish pie pan.
2. Place one pie crust on top of the fruits. Cut 3 or 4 slits to allow the steam to escape.
3. Bake at 375 degrees for about an hour. Serve warm with a slice of pie crust over top of the fruit. Refrigerate any leftovers.

## Nutrition Facts

Serving Size 1 slice, 1/10 of recipe (142g)			
Servings Per Container 10			
<b>Amount Per Serving</b>			
<b>Calories</b> 240	<b>Calories from Fat</b> 70		
% Daily Value*			
<b>Total Fat</b> 8g			<b>12%</b>
Saturated Fat 1.5g			<b>8%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 115mg			<b>5%</b>
<b>Total Carbohydrate</b> 42g			<b>14%</b>
Dietary Fiber 3g			<b>12%</b>
Sugars 24g			
<b>Protein</b> 1g			
Vitamin A 2%		Vitamin C 10%	
Calcium 0%		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

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

# Dutch Green Beans

Yield: 4 servings

## Ingredients

- 1 can green beans (15 ounces)
- 1/4 cup brown sugar
- 1 teaspoon cornstarch
- 1/3 cup vinegar
- 1 onion (small, sliced)

## Instructions

1. Drain the beans, and save the liquid from the can in small bowl.
2. Pour 1/2 cup bean liquid into the saucepan.
3. Add the cornstarch in the bean liquid. Stir well.
4. Add the vinegar and brown sugar.
5. Put on medium heat and bring to a boil.
6. Turn the heat to low.
7. Add the green beans and onions. Heat and serve.

## Nutrition Facts

Serving Size 1/4 of recipe (158g)  
 Servings Per Container 4

### Amount Per Serving

**Calories 80**      **Calories from Fat 0**

**% Daily Value\***

**Total Fat 0g**      **0%**

    Saturated Fat 0g      **0%**

    Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 360mg**      **15%**

**Total Carbohydrate 20g**      **7%**

    Dietary Fiber 1g      **4%**

    Sugars 16g

### Protein 1g

Vitamin A 6%      • Vitamin C 6%

Calcium 4%      • Iron 2%

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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

# Maple Sweet Potatoes

Yield: 2 servings

## Ingredients

- 2 sweet potatoes (large)
- 2 tablespoons yogurt, non-fat
- 1 tablespoon maple syrup
- 1 tablespoon orange juice

## Instructions

1. Prick potato skins with a fork. Microwave on high for 3 to 4 minute until soft and easily pierced with a knife.
2. Scoop out the pulp into a medium bowl. Mash the pulp and stir in the yogurt, maple syrup, and orange juice. Transfer to a microwave safe serving bowl and microwave for 1 to 2 minutes to heat through.

## Nutrition Facts

Serving Size 1/2 of recipe (162g)  
Servings Per Container 2

Amount Per Serving	
<b>Calories</b> 150	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> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 35g	<b>12%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 13g	
<b>Protein</b> 3g	
Vitamin A 370%	• Vitamin C 6%
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

University of Connecticut, Family Nutrition Program, Senior Nutrition Awareness Project (SNAP) Newsletters

# Soul-Healthy Cornbread

Yield: 12 servings

## Ingredients

- 1 cup cornmeal
- 1 cup flour (all purpose)
- 1/2 cup sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup low-fat buttermilk
- 1/2 cup applesauce, unsweetened
- 1/2 cup egg whites
- 2 tablespoons vegetable oil

## Instructions

1. Preheat oven to 400 degrees. Lightly spray and 8 inch square pan with vegetable oil cooking spray.
2. Mix dry ingredients in an medium-sized mixing bowl.
3. Add the rest of the ingredients and mix well by hand.
4. Pour the batter into the sprayed pan and shake to make it level.
5. Bake until a toothpick inserted in the center comes out clean, about 25 minutes.
6. Allow to cool, then cut into 12 squares.

## Nutrition Facts

Serving Size 1 2x2 2/3" piece, 1/12 of recipe (76g)  
 Servings Per Container 12

Amount Per Serving			
<b>Calories 160</b>		<b>Calories from Fat 25</b>	
		% Daily Value*	
<b>Total Fat</b>	3g		<b>5%</b>
Saturated Fat	0g		<b>0%</b>
Trans Fat	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	220mg		<b>9%</b>
<b>Total Carbohydrate</b>	29g		<b>10%</b>
Dietary Fiber	1g		<b>4%</b>
Sugars	11g		
<b>Protein</b>	4g		
Vitamin A	0%	•	Vitamin C 0%
Calcium	8%	•	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

Food and Health  
 Communications, Inc., Cooking  
 Demo II, p.166

# Waldorf Salad

Yield: 6 servings

## Ingredients

1/4 cup	walnuts (chopped)
2	apple (cored and diced)
1 cup	celery (diced)
1/2 cup	raisins
1/4 cup	plain yogurt (non-fat)
1/2 teaspoon	sugar
1 teaspoon	lemon juice

## Instructions

1. Preheat oven to 350 degrees.
2. Place chopped walnuts on a baking sheet and bake for 12-15 minutes. Stir occasionally until they are evenly toasted.
3. Combine apples, celery, nuts, and raisins.
4. Stir together yogurt, sugar, and lemon juice. Pour over apple mixture and toss lightly.
5. Refrigerate leftovers within 2 hours.

## Notes

Serve this dish with a whole wheat roll for a hearty meal.

## Nutrition Facts

Serving Size 2/3 cup (87g)  
Servings Per Container 6

### Amount Per Serving

**Calories 110**      **Calories from Fat 30**

**% Daily Value\***

**Total Fat 3.5g**      **5%**

    Saturated Fat 0g      **0%**

    Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 25mg**      **1%**

**Total Carbohydrate 18g**      **6%**

    Dietary Fiber 2g      **8%**

    Sugars 15g

**Protein 2g**

Vitamin A 2%      • Vitamin C 6%

Calcium 4%      • Iron 4%

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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,  
[Healthy Recipes](#)