

# Recipe Finder

# Cookbook



Father's Day



# 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%

\*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





# Orange Honeyed Acorn Squash

Yield: 6 servings

## Ingredients

3 acorn squash (small)  
 2 tablespoons orange juice  
 1/4 cup honey  
 2 tablespoons butter or margarine  
 1/8 teaspoon nutmeg (optional)

## Instructions

1. Preheat oven to 400 degrees.
2. Cut squash in half. Remove seeds and place halves in shallow baking pan.
3. Combine orange juice and honey. Mix well. Put some of the orange juice/honey mixture in each squash cavity.
4. Add 1 Tablespoon of the margarine to each squash half. Sprinkle with nutmeg, if desired.
5. Cover pan with aluminium foil to keep steam in and speed cooking.
6. Bake 30 minutes. Remove foil and continue baking 30 minutes more, or until squash is tender.

## Nutrition Facts

Serving Size 1/2 cup, 1/6 of recipe (239g)	
Servings Per Container 6	
<b>Amount Per Serving</b>	
<b>Calories 170</b>	<b>Calories from Fat 35</b>
% Daily Value*	
<b>Total Fat 4g</b>	<b>6%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 40mg</b>	<b>2%</b>
<b>Total Carbohydrate 34g</b>	<b>11%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 16g	
<b>Protein 2g</b>	
Vitamin A 20%	• Vitamin C 40%
Calcium 8%	• 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

University of Wyoming,  
 Cooperative Extension,  
 Cent\$ible Nutrition Cook Book,  
 p. FV-37