

Recipe Finder

Cookbook



Hanukkah

Applesauce Loaf Cake

Yield: 16 servings

Ingredients

1/2 cup	walnuts (chopped)
1 1/2 cup	applesauce
1	egg
1 cup	sugar
2 tablespoons	oil
1 teaspoon	vanilla extract
2 cups	flour (all purpose)
2 teaspoons	baking soda
1/2 teaspoon	cinnamon (ground)
1/2 teaspoon	nutmeg (ground)
1 cup	raisins

Instructions

1. Wash hands well with soap and warm water.
2. Pre-heat the oven to 350 degrees. Grease 2 (8x4x2 inch) loaf pans.
3. Toast walnuts in an ungreased skillet pan. Stir while heating on medium-low heat for 5-7 minutes. They are done when they are brown and smell nutty. Set aside to cool.
4. Mix applesauce, egg, sugar, oil and vanilla in a large bowl.
5. Mix flour, baking soda, cinnamon, and nutmeg together in a smaller bowl.
6. Pour flour mixture into applesauce mixture.
7. Stir in raisins and cooled toasted nuts.
8. Pour half of the batter into each greased pan. Bake for 45-55 minutes.
9. Remove cakes from the oven. Cool for 10 minutes. Remove from pans to finish cooling. For best taste, let cakes cool a few hours before serving.

Nutrition Facts

Serving Size 1" slice, 1/16 of recipe (72g)			
Servings Per Container 16			
Amount Per Serving			
Calories 200	Calories from Fat 40		
% Daily Value*			
Total Fat 4.5g			7%
Saturated Fat 0.5g			3%
Trans Fat 0g			
Cholesterol 10mg			3%
Sodium 170mg			7%
Total Carbohydrate 38g			13%
Dietary Fiber 1g			4%
Sugars 19g			
Protein 3g			
Vitamin A 0%	• Vitamin C 2%		
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

[Rutgers University Cooperative Extension](#). Food Wise Learn at Home Print Materials.

Red Lentil Latkes

Yield: 4 Servings

Ingredients

1/2 cup dry red lentils
 1 potato, medium grated (about 1/2 pound, peeling is optional)
 1 large egg
 1 garlic clove, finely sliced
 2 tablespoons Parmesan cheese, grated or other cheese (optional)
 1 dash hot sauce (1-2 dashes, optional)
 1/4 teaspoon salt
 black pepper (to taste, optional)
 2 tablespoons canola oil (or olive oil, for cooking)

Instructions

1. Add the lentils to a medium saucepan and add water to cover by about an inch. Bring to a boil, then lower heat to a simmer and cook until tender, about 15 minutes. Drain and set aside.
2. Meanwhile, remove the excess water from the potato: you can either squeeze it by the handful, or put the entire pile on a clean tea towel and wring it out.
3. Crack the egg in a medium bowl and beat it lightly. Add the potato, cooked lentils, garlic, green onion, and cheese and hot sauce if you're using them in a medium bowl. Add the salt and a good grinding of black pepper, and stir until combined.
4. Heat a large skillet over medium heat, then add a generous drizzle of oil (1-2 Tablespoons). Working in batches, so as not to crowd the pan, add clumps of the potato-lentil mixture (about the size of a golf ball or slightly larger works well), and flatten each as soon as it's in the pan, making them about a half inch thick.
5. Cook for about 4-5 minutes per side, until the latkes are deeply golden brown and cooked through. Add a little more oil to the pan for each additional batch. Serve immediately or keep the latkes warm in a 200°F oven for up to an hour.

Nutrition Facts

Serving Size 1/4 of recipe (134g)
 Servings Per Container 4

Amount Per Serving			
Calories	190	Calories from Fat	80
		% Daily Value*	
Total Fat	8g		12%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	45mg		15%
Sodium	170mg		7%
Total Carbohydrate	21g		7%
Dietary Fiber	6g		24%
Sugars	2g		
Protein	9g		
Vitamin A	2%	• Vitamin C	15%
Calcium	4%	• Iron	15%
*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

Canadian Lentils. The Big Book of Lentils Cookbook.

[Visit Web site](#)

Spinach Potato Pancakes

Yield: 4 Servings

Ingredients

2 cups	zucchini, shredded
1	potato, medium (peeled and shredded)
1/4 cup	onion, finely chopped
1/4 teaspoon	salt
1/4 cup	whole wheat flour
1 1/2 cup	spinach, chopped and steamed
1/2 teaspoon	pepper
1/4 teaspoon	ground nutmeg
1	egg, beaten
	applesauce (optional)

Instructions

1. Combine the first eight ingredients in a bowl.
2. Stir in egg and mix well.
3. Drop batter by 1/4 cup-fuls onto a well-greased hot griddle and flatten to form patties.
4. Fry until golden brown; turn and cook until the second side is lightly browned. Drain on paper towels and serve with applesauce, if desired.

Nutrition Facts

Serving Size 1/4 recipe (141g)
Servings Per Container 4

Amount Per Serving

Calories 90 **Calories from Fat 15**

% Daily Value*

Total Fat 1.5g **2%**

 Saturated Fat 0.5g **3%**

 Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 180mg **8%**

Total Carbohydrate 16g **5%**

 Dietary Fiber 2g **8%**

 Sugars 2g

Protein 5g

Vitamin A 25% • Vitamin C 35%

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

University of Maine Cooperative Extension, [Visit Web site.](#)

