

Recipe Finder

Cookbook



Kwanzaa

Apple Salad

Yield: 8 servings

Ingredients

- 2 cups apple (diced)
- 1 cup celery (diced)
- 1/2 cup raisins
- 1/2 cup nuts
- 2 tablespoons lite mayonnaise-type dressing (or mayonnaise)
- 1 tablespoon orange juice

Instructions

1. Mix orange juice with salad dressing or mayonnaise.
2. Toss apples, celery, raisins and nuts with the dressing mixture.

Nutrition Facts

Serving Size 1/2 cup, 1/8 of recipe (73g)	
Servings Per Container 8	
Amount Per Serving	
Calories 110	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 11g	
Protein 2g	
Vitamin A 2%	• Vitamin C 4%
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

University of Kentucky,
 Cooperative Extension Service,
 Food and Nutrition Calendar
 2004
 Fresh Ideas for Fit Families

Blue Corn Pan Bread

Yield: 12 servings

Ingredients

- 3 cups water
- 2 cups blue cornmeal (yellow may be used)
- 1 cup cornmeal (yellow)
- 3/4 cups raisins
- 1/2 cup sprouted wheat
- 1/3 cup brown sugar

Instructions

1. Preheat oven to 300 degrees. Line 8x8 inch cake pan with foil.
2. Bring water to boil in a large pot. Add each ingredient, one at a time.
3. Stir well until mixture is smooth and pour into foil-lined cake pan. Cover with a piece of foil.
4. Bake for 2 hours. Bread is done when toothpick inserted in center comes out clean.

Nutrition Facts

Serving Size 1 piece approx. 2x2.5",
1/12 of recipe (111g)
Servings Per Container 12

Amount Per Serving	
Calories 180	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 39g	13%
Dietary Fiber 3g	12%
Sugars 12g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• 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

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

Mock Southern Sweet Potato Pie

Yield: 16 servings

Ingredients

	Crust:
1 1/4 cup	flour (all purpose)
1/4 teaspoon	sugar
1/3 cup	milk, non-fat
2 tablespoons	vegetable oil
	Filling:
1/4 cup	sugar (white)
1/4 cup	brown sugar
1/2 teaspoon	salt
1/4 teaspoon	nutmeg
3	egg (large, beaten)
1/4 cup	evaporated milk, non-fat (canned)
1 teaspoon	vanilla extract
3 cups	sweet potatoes, cooked, skin removed and mashed

Instructions

Preheat oven to 350 degrees.

Crust:

1. Combine the flour and sugar in a bowl.
2. Add milk and oil to the flour mixture.
3. Stir with fork until well mixed and then form pastry into a smooth ball with your hands.
4. Roll the ball between two 12 inch squares of waxed paper using short, brisk, strokes until pastry reaches edge of paper.
5. Peel off top paper and invert crust into pie plate.

Filling:

1. Combine sugars, salt, spices and eggs.
2. Add milk and vanilla. Stir.
3. Add sweet potatoes and mix well.
4. Pour mixture into pie shell.
5. Bake for 60 minutes or until crust is golden brown.
6. Cool and cut into 16 slices.

Nutrition Facts

Serving Size 1 slice, 1/16 of recipe (99g)	
Servings Per Container 16	
Amount Per Serving	
Calories 140	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 110mg	5%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	8%
Sugars 11g	
Protein 4g	
Vitamin A 200%	• Vitamin C 15%
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

National Heart, Lung and Blood Institute (NHLBI), [Heart Healthy Home Cooking African American Style. p.24-25](#)

Peanutty African Stew

Yield: 8 Servings

Ingredients

1 cup	brown rice (instant)
2 cups	chicken broth (reduced sodium)
1 teaspoon	dehydrated onion (minced)
1/2 teaspoon	garlic powder
1/2 teaspoon	ginger (ground)
1/8 teaspoon	red pepper (optional)
2 cups	sweet potato (peeled and diced)
1 can	tomatoes (diced, 14.5 ounces, with liquid)
1/2 teaspoon	salt (optional)
1/2 cup	peanut butter (creamy, reduced-fat)
1 1/4 cup	milk (non-fat)
3 cups	baby spinach (coarsely chopped)
1/4 cup	peanuts (roasted, chopped)
	green onion (optional, thinly sliced for garnish)

Instructions

1. Combine first 9 ingredients in a soup pot. Bring to boil, then turn down to medium low, cover and simmer for 10 minutes.
2. Stir in peanut butter and milk. Return to gentle simmer and cook uncovered for 5 minutes.
3. Stir in spinach and cook until wilted, 2 to 3 minutes. Remove from heat.
4. Ladle stew into bowls and top with peanuts and green onion, if desired.

Notes

Substitute 12 ounces frozen spinach for fresh.

Flavor boosters: chopped cilantro, red and green peppers, raisins.

Nutrition Facts

Serving Size 1 cup (223g)
Servings Per Container 8

Amount Per Serving			
Calories	220	Calories from Fat	80
		% Daily Value*	
Total Fat	9g		14%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	420mg		18%
Total Carbohydrate	27g		9%
Dietary Fiber	4g		16%
Sugars	7g		
Protein	9g		
Vitamin A 110%		• Vitamin C 25%	
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

[Healthy Recipes.](#)

Oregon State University Cooperative Extension Service.

Squash Soup

Yield: 6 servings

Ingredients

- 1 tablespoon olive oil
- 2 onion (medium, chopped)
- 2 carrot (medium, chopped)
- 2 garlic clove (minced)
- 1 cup tomato puree (canned)
- 5 cups chicken or vegetable broth, low-sodium
- 4 cups winter squash (cooked)
- 1 1/2 oregano (dried)
tablespoon
- 1 1/2 basil (dried)
tablespoon

Instructions

1. In a large saucepan, warm oil over medium heat.
2. Stir in onions, carrot and garlic.
3. Cook for about 5 minutes, covered.
4. Stir in the tomato puree, chicken broth, cooked squash, and herbs.
5. Bring soup to a simmer and cook, covered, for 30 minutes.

Nutrition Facts

Serving Size 1/6 of recipe (522g)
Servings Per Container 6

Amount Per Serving

Calories 140 **Calories from Fat 25**

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 140mg **6%**

Total Carbohydrate 25g **8%**

Dietary Fiber 5g **20%**

Sugars 7g

Protein 5g

Vitamin A 210% • Vitamin C 50%

Calcium 6% • Iron 8%

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		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,
Cooperative Extension, From the
Farm to the Table, p.12
Hispanic Health Council