

Recipe Finder

Cookbook



Labor Day

Aunt Barbara's Chocolate Squash Cake

Yield: 12 Servings

Ingredients

1/2 cup	vegetable oil
1 package	cake mix, dark chocolate
1 teaspoon	ground cinnamon
3	eggs
1 1/4 cup	water
1 cup	squash (shredded or finely chopped)
1/4 cup	chopped walnuts (optional)

Instructions

1. Preheat oven to 350°F. Grease and flour a 10" tube or bundt pan.
2. In a large bowl, combine cake mix and cinnamon.
3. Add eggs, water, and oil. Blend until combined, then beat with an electric mixer for 2 minutes on medium speed.
4. Fold in squash. Add nuts if you like.
5. Pour into prepared pan. Bake for 50 minutes to 1 hour, until cake springs back when lightly touched.

Notes

Other Ideas:

1. Use a greased 9x13-inch pan. Bake for 45 minutes.
2. To lighten cake, try 6 egg whites in place of whole egg.
3. Replace 1/2 cup oil with 1/2 cup applesauce.

Nutrition Facts

Serving Size 1 slice, 1/12 of recipe (61g)	
Servings Per Container 12	
Amount Per Serving	
Calories 120	Calories from Fat 90
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 55mg	2%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 2g	
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

Connecticut Food Policy Council, [Farm Fresh Summertime Recipes](#)

Baked Tortilla Chips

Yield: 6 Servings

Ingredients

- 3 flour tortillas (10-inch, whole wheat)
- cooking oil spray
- salt (optional)

Instructions

- 1) Preheat oven or toaster oven to 400°F.
- 2) Lightly grease a baking sheet with the cooking spray.
- 3) Cut tortillas into 8 sections (as if you were cutting a pizza) and place on baking sheet.
- 4) Spray tops of tortilla sections with cooking spray and lightly salt, if desired.
- 5) Bake for 10 minutes, until crisp and light brown, watching closely so the chips don't burn.

Notes

Corn tortillas may also be used for less calories and fat.

Nutrition Facts

Serving Size 4 chips (1/6 of recipe) (54g)	
Servings Per Container 6	
Amount Per Serving	
Calories 160	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 5g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• 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

Colorado State University and University of California at Davis. [Eating Smart Being Active](#) Recipes.

Grilled Fruit

Yield: 3 Servings

Ingredients

1 cup pineapple chunks
 1 peach (cubed)
 1 banana (sliced)

Instructions

1. Place fruit chunks on a skewer to make kabobs.
2. Grill or broil on low heat until the fruit is hot and slightly golden.

Notes

If using wooden skewers, thoroughly soak skewers in water prior to using to prevent burning (approximately 30 minutes).

Nutrition Facts

Serving Size 1/3 of recipe (144g)
 Servings Per Container 3

Amount Per Serving

Calories 80 **Calories from Fat 5**

% Daily Value*

Total Fat 0g **0%**

 Saturated Fat 0g **0%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 21g **7%**

 Dietary Fiber 3g **12%**

 Sugars 14g

Protein 1g

Vitamin A 4% • Vitamin C 60%

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 Wyoming
 Cooperative Extension,
[Cent\\$ible Nutrition Program](#).
 Cooking for You or Two, p. 196.

