

# Recipe Finder

# Cookbook



Mardi Gras



# Confetti Slaw

Yield: 8 servings

## Ingredients

- 1/4 head of cabbage (green)
- 2 carrot
- 1/4 cup raisins
- 1/4 cup peanuts
- 1/2 cup yogurt, low-fat vanilla
- 1 tablespoon orange juice

## Instructions

1. Slice and cut cabbage into thin strips. Place pieces in large mixing bowl.
2. Peel and grate carrots. Add to mixing bowl.
3. Measure raisins and peanuts. Add to mixing bowl.
4. Mix all ingredients together.
5. Combine yogurt and orange juice in small bowl.
6. Add yogurt mixture to cabbage mixture, stirring to combine ingredients thoroughly.

### Create-a-Flavor Changes

- Combine 1/8 head each red and green cabbage.
- Add 2 tablespoons mini-marshmallows.
- Try a different flavor yogurt and juice.

## Nutrition Facts

Serving Size 1/2 cup prepared slaw,  
1/8 of recipe (74g)  
Servings Per Container 8

Amount Per Serving			
Calories 70		Calories from Fat 25	
		% Daily Value*	
<b>Total Fat</b>	2.5g		<b>4%</b>
Saturated Fat	0g		<b>0%</b>
Trans Fat	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	30mg		<b>1%</b>
<b>Total Carbohydrate</b>	11g		<b>4%</b>
Dietary Fiber	2g		<b>8%</b>
Sugars	7g		
<b>Protein</b>	2g		
Vitamin A	50%	Vitamin C	30%
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

Cornell Cooperative Extension,  
Division of Nutritional Sciences,  
Cooking Up Fun - A Pyramid of  
Snacks

# Corn Muffins

Yield: 12 servings

## Ingredients

- 1 cup cornmeal
- 1 cup flour
- 1 tablespoon baking powder
- 1/4 cup sugar
- 1 egg
- 1 cup milk
- 1/4 cup vegetable oil
- margarine or butter (to grease the muffin cups)

## Instructions

1. Preheat the oven to 425 degrees.
2. Put the cornmeal, flour, baking powder, salt and sugar in a large bowl. Stir together well. Set aside.
3. In a small bowl, beat the egg lightly. Add the milk and oil.
4. Add the egg, milk, and oil to the cornmeal mix. Stir just until blended.
5. Grease the muffin cups with some margarine or butter.
6. Fill each muffin cup 1/2 full with the batter.
7. Bake for 15 to 20 minutes or until lightly browned.

## Notes

Add 1/2 cup grated apple or 1/2 cup applesauce in the batter.

## Nutrition Facts

Serving Size 1 muffin, 1/12 of recipe (58g)  
 Servings Per Container 12

Amount Per Serving		% Daily Value*	
<b>Calories</b>	160	<b>Calories from Fat</b>	45
<hr/>			
<b>Total Fat</b>	5g		8%
Saturated Fat	0.5g		3%
Trans Fat	0g		
<b>Cholesterol</b>	15mg		5%
<b>Sodium</b>	140mg		6%
<b>Total Carbohydrate</b>	24g		8%
Dietary Fiber	1g		4%
Sugars	5g		
<hr/>			
<b>Protein</b>	3g		
<hr/>			
Vitamin A	2%	Vitamin C	0%
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

Pennsylvania Nutrition Education Program,  
 Pennsylvania Nutrition Education Network  
 Website Recipes

# Easy Red Beans and Rice

Yield: 8 servings

## Ingredients

- 1 cooking oil spray, as needed (non-stick)
- 1 onion (large, peeled and chopped)
- 1 green bell pepper (medium, washed, seeded and chopped)
- 1 teaspoon garlic powder
- 2 cans diced tomatoes (14.5 ounces)
- 1 can kidney beans (15.5 oz, drained and rinsed)
- 6 cups cooked brown rice

## Instructions

1. Spray skillet with cooking oil spray.
2. Cook onion and pepper over medium heat for 5 minutes or until tender.
3. Add garlic powder, tomatoes, and kidney beans.
4. Bring mixture to a boil.
5. Reduce heat to low and simmer for 5 minutes.
6. Serve over rice.

## Nutrition Facts

Serving Size 1 cup (330g)  
Servings Per Container 8

Amount Per Serving			
Calories	270	Calories from Fat	20
		% Daily Value*	
<b>Total Fat</b>	2g		<b>3%</b>
Saturated Fat	0g		<b>0%</b>
Trans Fat	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	140mg		<b>6%</b>
<b>Total Carbohydrate</b>	55g		<b>18%</b>
Dietary Fiber	10g		<b>40%</b>
Sugars	7g		
<b>Protein</b>	10g		
Vitamin A	6%	•	Vitamin C 30%
Calcium	6%	•	Iron 10%

\*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

Maryland Food Supplement  
Nutrition Education program,  
2009 Recipe Calendar

# Lite Fried Okra

Yield: 4 servings

## Ingredients

2 cups okra (fresh, sliced)  
 3/4 teaspoons vegetable oil  
 1/8 teaspoon salt  
 1/8 teaspoon pepper  
 cooking spray (nonstick, as needed)

## Instructions

1. Wash hands with warm water and soap.
2. In a bowl, mix sliced okra, oil, salt and pepper.
3. Coat a large fry pan with cooking spray.
4. Heat over medium heat, and add okra mixture, turning often with a wooden spoon or spatula.
5. Cook until okra is browned, about 10 minutes.
6. Serve with hot sauce or favorite relish.

## Nutrition Facts

Serving Size 1/4 recipe (81g)  
 Servings Per Container 4

Amount Per Serving			
Calories 25	Calories from Fat 10		
		% Daily Value*	
<b>Total Fat</b> 1g		<b>2%</b>	
Saturated Fat 0g		<b>0%</b>	
Trans Fat 0g			
<b>Cholesterol</b> 0mg		<b>0%</b>	
<b>Sodium</b> 75mg		<b>3%</b>	
<b>Total Carbohydrate</b> 4g		<b>1%</b>	
Dietary Fiber 2g		<b>8%</b>	
Sugars 2g			
<b>Protein</b> 2g			
Vitamin A 4%		• Vitamin C 20%	
Calcium 6%		• 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

Arizona Nutrition Network,  
[Champions for Change Recipes](#)

# Southern Banana Pudding

Yield: 10 servings

## Ingredients

- 3 3/4 cups milk (fat-free)
- 2 instant vanilla pudding and pie-filling mix (small packages 4 serving size, fat-free, sugar free)
- 32 vanilla wafers (reduced-fat)
- 2 banana (medium, sliced)
- 2 cups frozen whipped topping (fat-free, thawed)

## Instructions

1. Mix 3½ cups of the milk with the pudding mixes. Beat the pudding mixture with a wire whisk for 2 minutes until it is well blended. Let stand for 5 minutes.
2. Fold 1 cup of the whipped topping into the pudding mix.
3. Arrange a layer of wafers on the bottom and sides of a 2-quart serving bowl. Drizzle 2 tablespoons of the remaining milk over the wafers. Add a layer of banana slices and top with one-third of the pudding.
4. Repeat layers, drizzling wafer layer with remaining milk and ending with pudding. Spread the remaining whipped topping over the pudding.
5. Refrigerate for at least 3 hours before serving.

## Nutrition Facts

Serving Size 3/4 Cup (146g)  
 Servings Per Container 10

Amount Per Serving			
Calories	140	Calories from Fat	20
		% Daily Value*	
<b>Total Fat</b>	2g		<b>3%</b>
Saturated Fat	0.5g		<b>3%</b>
Trans Fat	0g		
<b>Cholesterol</b>	10mg		<b>3%</b>
<b>Sodium</b>	170mg		<b>7%</b>
<b>Total Carbohydrate</b>	26g		<b>9%</b>
Dietary Fiber	1g		<b>4%</b>
Sugars	14g		
<b>Protein</b>	4g		
Vitamin A	4%	•	Vitamin C 4%
Calcium	10%	•	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

US Department of Health and Human Services  
 National Institutes of Health  
 National Heart, Lung and Blood Institute, Heart Healthy Home Cooking: African American Style