Apple Cake

Yield: 12 servings

Ingredients

10 tablespoons butter  
3/4 cups sugar  
3 egg  
1 3/4 cup flour (sifted)  
2 teaspoons baking powder  
1 tablespoon lemon rind (grated)  
2 apple (medium, pared, cored, sliced)  
2 teaspoons sugar  
1/2 cup apricot jam

Instructions

1. Beat butter with sugar until creamy.
2. Add eggs one at a time, beating until well blended.
3. Add flour, baking powder, and lemon rind, beat 4 minutes.
4. Pour into greased 9-inch spring-form pan.
5. Arrange the apples on the batter, sprinkle with 2 teaspoons sugar.
6. Bake 1 hour at 350 degrees.
7. Remove from pan, brush apples with jam, cool.

Nutrition Facts

<table>
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<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
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<tbody>
<tr>
<td></td>
<td>260</td>
<td>100</td>
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<table>
<thead>
<tr>
<th>% Daily Value*</th>
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<tbody>
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Source

University of Illinois, Extension Service, Wellness Ways Resource Book: Taste of the World
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

Source

Pennsylvania Nutrition Education Program,
Pennsylvania Nutrition Education Network
Website Recipes
Honey Mustard Pork Chops

Yield: 4 servings

Ingredients

4 top loin pork chops
1/3 cup orange juice
1 tablespoon soy sauce
2 tablespoons honey mustard

Instructions

1. Put the pork chops in the large non-stick skillet.
2. Cook over medium-high heat to brown one side of the pork chops.
3. Use the spatula to turn the chops.
4. Add the rest of the ingredients and stir.
5. Cover the pan and lower the heat.
6. Simmer for 6 to 8 minutes until chops are done.

Notes

Pork chops are done when they reach an internal temperature of 145 degrees.
2 Tablespoons of honey mustard can be substituted with 1 Tablespoon of honey and 1 Tablespoon of mustard mixed together.
**Soft Pretzels**

Yield: 12 servings

**Ingredients**

1 package yeast (or one Tablespoon)
warm water (100-110 degrees F)
2 cups all-purpose flour
1 1/2 cup whole wheat flour
1 egg
1 tablespoon sugar
2 tablespoons sesame seeds (optional)

**Instructions**

1. Preheat oven to 425°F. Lightly grease 2 baking sheets.

2. In large bowl, sprinkle yeast over warm water (if water is too hot, it will kill the yeast). Stir until well blended.

3. Combine white and wheat flour in a separate bowl.

4. Stir in sugar, ½ teaspoon salt and 2½ to 3 cups flour to make a soft, sticky dough. Turn dough onto well-floured surface.

5. To knead, fold dough in half and push dough flat with heels of hands. Turn dough 1/4 turn. Repeat for 5 to 7 minutes. If needed, add more flour until dough is smooth and elastic. Dough should not stick to hands or counter.

6. Cut dough into 12 even pieces (about golf-ball size).

To Form Pretzels:
1. Roll one piece of dough into 15 inch long rope.

2. Cross left side over middle, creating loop.

3. Fold right side of rope up and over first loop to form pretzel shape.

To Bake:
1. Place pretzels 3 inch apart on baking sheet. Enlarge holes in pretzels by inserting finger into holes. This will prevent them from closing during baking.

2. In small bowl, mix egg and 1 Tablespoon water together. Brush on pretzels. Sprinkle with sesame seeds.

3. Bake for 15 to 20 minutes or until golden brown. Best if eaten warm.

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**Nutrition Facts**

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<table>
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*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 per gram:
- Fat 9
- Carbohydrate 4
- Protein 4

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**Source**

Montana State University Extension, Nutrition Education Programs, [Buy Better. Eat Better. recipes](#)
Stuffed Summer Squash

Yield: 4 Servings

Ingredients

2 summer squash
3 cups cooked brown rice
1 cup diced tomatoes
1 cup squash pulp (from summer squash listed above)
1 cup white beans, drained and rinsed
1 tablespoon fresh basil
4 tablespoons Parmesan cheese

Instructions

1. Wash and cut squash in half, lengthwise. Remove the large seeds.
2. Steam the squash, skin side down, in a small amount of water in a fry pan or skillet until slightly tender (but not mushy).
3. Scoop out a good amount of pulp (1 cup), place in a bowl and mix with stuffing (brown rice through Parmesan cheese).
4. Place the squash shells in a baking dish. Stuff the squash with the stuffing mixture.
5. Top with grated Parmesan cheese. Bake at 350°F for about 30 minutes.

Notes

Other Stuffing Options:
Rice + Turkey Stuffing: 1 cup squash pulp, 1 pound cooked ground turkey, 2 cups cooked brown rice, 1 can low-sodium condensed cream of mushroom soup, 2 Tablespoons shredded cheddar cheese.
Cornbread Stuffing: 2 cups squash pulp, 2 cups cornbread stuffing from a mix, dry, 1 cup diced cook chicken or ham, 1/4 cup raisins, 1/4 cup almonds or other nuts

Nutrition Facts

Source

Connecticut Food Policy Council, Farm Fresh Summertime Recipes
Sweet and Sour Cabbage

Yield: 8 servings

Ingredients

1/2 head of cabbage (about 4 cups when chopped)
1/2 teaspoon salt
1/2 teaspoon celery seed
2 tablespoons sugar
3 tablespoons vinegar

Instructions

1. Cut the cabbage in half and rinse it with water.
2. Chop the cabbage into very thin bit-sized slices.
3. In a large bowl, combine ingredients and mix well.
4. Cover the bowl.
5. Chill in the fridge for several hours before serving.