

Recipe Finder

Cookbook



Ramadan

Berries with Banana Cream

Yield: 4 Servings

Ingredients

1/3 cup yogurt, low-fat plain
 1/2 banana (ripe)
 1 tablespoon fruit juice (orange works well)
 2 cups sliced strawberries
 1 teaspoon honey
 1 dash cinnamon

Instructions

1. Combine yogurt, banana, and juice and mash with a fork until most chunks are gone.
2. Wash and slice berries.
3. Top the berries with the yogurt banana mixture.
4. Top with honey and cinnamon.

Nutrition Facts

Serving Size 1/4 of recipe (122g)
 Servings Per Container 4

Amount Per Serving

Calories 60 **Calories from Fat** 5

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 13g **4%**

Dietary Fiber 2g **8%**

Sugars 9g

Protein 2g

Vitamin A 2% • Vitamin C 90%

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

Iowa Department of Public Health. [Iowa Nutrition Network](#).

Brown Rice Pilaf with Sage, Walnuts and Dried Fruit

Yield: 8 servings

Ingredients

- 1 canola cooking spray (as needed)
- 1 onion (medium, chopped)
- 1 celery (medium stalk, ends trimmed and chopped)
- 2 cups rice (brown, uncooked)
- 2 1/2 cups water
- 2 cups vegetable broth (fat-free, reduced sodium)
- 1/4 cup raisins (dark)
- 1/4 cup apricots (dried, chopped)
- 4 cups walnuts (chopped, optional)
- 1 teaspoon sage (dried)
- 2 tablespoons sage (fresh, chopped)
- salt (to taste, optional)
- pepper (to taste, optional)

Instructions

1. Spray the large skillet with canola cooking spray. Heat skillet over medium heat.
2. Sauté onion and celery until tender, about 5 minutes. Add brown rice and sauté for 5 minutes.
3. Add water, broth, raisins, and apricots; heat to boiling. Reduce heat to low, cover and simmer until rice is tender and liquid is absorbed, about 50 minutes.
4. Stir in walnuts if desired, sage, salt and pepper.
5. Transfer to serving dish. Garnish with fresh sage and serve immediately.

Nutrition Facts

Serving Size 1/8 of recipe (320g)
Servings Per Container 8

Amount Per Serving

Calories 220 **Calories from Fat 15**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 130mg **5%**

Total Carbohydrate 47g **16%**

Dietary Fiber 4g **16%**

Sugars 3g

Protein 5g

Vitamin A 4% • Vitamin C 2%

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

American Institute for Cancer Research, Diet & Cancer

Chapatis Flatbread

Yield: 6 servings

Ingredients

2 cups whole wheat flour
 2/3 cups water (warm)
 2 teaspoons vegetable oil
 1 pinch salt

Instructions

1. Place the flour in a large mixing bowl. Add water, oil, and salt. Mix with fork and then with hands. Keep mixing until you can make a ball.
2. Knead the dough for about 10 minutes. Let rest for 30 minutes in the bowl, covered with a damp cloth.
3. Roll the ball into a 12-inch log and cut into 6 chunks.
4. Roll each chunk into a very thin pancake, about 7-inches in diameter. Don't worry about making the dough into a perfect circle-just try to get it as thin as you can.
5. Heat a cast iron skillet (lightly greased) on medium-high heat. Place one chapati in the skillet and cook for 30 seconds.
6. Use a spatula to lift bread. When chapati gets brown spots and bubbles, flip it over and cook for another 30 seconds.
7. Wrap the cooked chapati in a cloth napkin while cooking the rest.
8. Eat them right away with a little butter or margarine, or use as scoops for eating other dishes.

Nutrition Facts

Serving Size 1 chapati, 1/6 of recipe (68g)
 Servings Per Container 6

| Amount Per Serving | | % Daily Value* | |
|--|-----------|--------------------------|----------------------------|
| Calories | 150 | Calories from Fat | 20 |
| Total Fat | 2.5g | | 4% |
| Saturated Fat | 0g | | 0% |
| Trans Fat | 0g | | |
| Cholesterol | 0mg | | 0% |
| Sodium | 50mg | | 2% |
| Total Carbohydrate | 29g | | 10% |
| Dietary Fiber | 4g | | 16% |
| Sugars | 0g | | |
| Protein | 5g | | |
| 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

University of Illinois, Extension Service, [Wellness Ways Resource Book: Taste of the World](#)

Fruit Slush

Yield: 4 servings

Ingredients

- 2 2/3 cups cantaloupe or watermelon (coarsely chopped, - seeded, peeled)
- 1 2/3 cup kiwi (coarsely chopped, optional)
- 2 tablespoons sugar
- 2 tablespoons lime juice
- 2 cups water
- ice

Instructions

1. In a blender, puree fruit with sugar and lime juice until smooth.
2. Combine fruit mixture and water in a large pitcher.
3. If desired, pour through a strainer to eliminate pulp.
4. Cover and refrigerate for up to a week.
5. To serve, stir well and pour into tall glasses over ice.

Nutrition Facts

Serving Size 1/4 of recipe (239g)
 Servings Per Container 4

Amount Per Serving

Calories 60 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

 Saturated Fat 0g **0%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 20mg **1%**

Total Carbohydrate 16g **5%**

 Dietary Fiber 1g **4%**

 Sugars 14g

Protein 1g

Vitamin A 70% • Vitamin C 70%

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

Oregon State University
 Cooperative Extension Service,
 Pictorial Recipes
 Lynn Myers Steele, 2000
 Oregon Family Nutrition
 Program

Kibbeh Khamoustah

Yield: 8 Servings

Ingredients

| | |
|--------------|---|
| 1 pound | ground beef, 85% lean (coarsely ground, if available) |
| 1 tablespoon | salad oil |
| 1 cup | matzo meal |
| 1 1/2 cup | semolina |
| 1 cup | water |
| 1 teaspoon | salt |
| 6 cloves | garlic, chopped (use 6-7 cloves) |
| 10 | scallions, chopped |
| 2 bunches | Swiss chard |
| | lemon juice (optional) |

Instructions

1. Fry ground beef in a small amount of oil.
 2. Prepare the dough by mixing matzo meal, semolina, water, and salt.
 3. Wet hands and shape into walnut-sized pieces.
 4. Roll out dough into a small circle and fill with 1 Tablespoon of meat.
 5. Seal the dough. Continue until all the dough and meat is used.
 6. In a large pot, heat a small amount of oil and fry garlic until golden.
 7. Add the scallions and Swiss chard. Mix well.
 8. Cook about 10 minutes.
 9. Cover with water and continue to cook until boiling.
 10. Add lemon juice, to taste (optional).
 11. Add stuffed dough to soup and cook 15 more minutes.
- *Modification to [North Dakota State University recipe](#) (PDF | 2.23 MB) includes specifying use of 85% lean ground beef.

Notes

Kibbeh Khamoustah is a Kurdish dish. Kibbeh, or dumplings, are stuffed with meat, traditionally lamb or beef, and served with soup.

Nutrition Facts

Serving Size 1/8 of recipe (173g)
Servings Per Container 8

| Amount Per Serving | | | |
|---------------------------|-------|-------------------|------------|
| Calories | 320 | Calories from Fat | 80 |
| | | % Daily Value* | |
| Total Fat | 9g | | 14% |
| Saturated Fat | 3g | | 15% |
| Trans Fat | 0g | | |
| Cholesterol | 40mg | | 13% |
| Sodium | 390mg | | 16% |
| Total Carbohydrate | 39g | | 13% |
| Dietary Fiber | 3g | | 12% |
| Sugars | 2g | | |
| Protein | 19g | | |
| Vitamin A | 35% | Vitamin C | 20% |
| Calcium | 4% | Iron | 20% |

*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

[North Dakota Food and Culture: A Taste of World Cuisine.](#)

North Dakota State University
Extension Service.
Recipe on p. 13.

Lentil Vegetable Soup

Yield: 6 servings

Ingredients

- 1 cup lentils (dry)
- 5 cups water
- 2 tablespoons vegetable oil
- 1 tablespoon onion (finely chopped)
- 1 cup tomato sauce (canned)
- 1/2 teaspoon garlic powder (or 1 garlic clove)
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1 bay leaf
- 1 celery stalk (chopped)
- 2 tablespoons vinegar

Instructions

1. Sort lentils.
2. Place lentils in deep pot with water. Bring to a boil and add all ingredients except vinegar.
3. Reduce heat and cover.
4. Cook slowly for 1 hour, adding more water if necessary.
5. Add vinegar.
6. Remove garlic and bay leaf before serving.

Nutrition Facts

Serving Size 1/6 of recipe (316g)
Servings Per Container 6

| Amount Per Serving | |
|--|------------------------------|
| Calories 180 | Calories from Fat 45 |
| % Daily Value* | |
| Total Fat 5g | 8% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 230mg | 10% |
| Total Carbohydrate 24g | 8% |
| Dietary Fiber 11g | 44% |
| Sugars 4g | |
| Protein 9g | |
| Vitamin A 4% | • Vitamin C 10% |
| 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

University of Nebraska,
Cooperative Extension, Recipe
Collection, p.101
Staff from the University of
Nebraska-Lincoln

Shorba (Lamb and Peanut Soup)

Yield: 8 Servings

Ingredients

| | |
|---------------|---|
| 3 pounds | lamb bones (or lean beef ribs) |
| 2 quarts | water |
| 2 teaspoons | salt (optional) |
| 1/2 pound | onions, slightly chopped |
| 1/2 pound | carrots, peeled and cut into chunks |
| 1 pound | cabbage, cut into small wedges |
| 1/2 pound | string beans, trimmed |
| 3 cloves | garlic, chopped finely |
| 4 tablespoons | peanut butter |
| 1 | lemon, juiced (approximately 3 Tablespoons) |
| 1/2 cup | cooked rice (optional) |

Instructions

1. In a 6-quart saucepan, simmer lamb bones in 2 quarts of water and 2 teaspoons of salt (optional) for one hour.
 2. Add onions, carrots, cabbage, string beans, and garlic.
 3. Simmer for one hour until vegetables are thoroughly cooked.
 4. Remove lamb bones and puree the mixture.
 5. Add 4 Tablespoons peanut butter thinned with lemon juice.
 6. Add cooked rice (optional).
 7. Add salt and pepper to taste.
- * Modification to [North Dakota State University recipe](#) (PDF | 2.23 MB) includes making salt optional.

Notes

Shorba is a Sudanese dish based around lamb. In Sudan, lamb bones commonly are used to flavor the soup-like dish.

Nutrition Facts

Serving Size 1/8 of recipe (365g)
Servings Per Container 8

| Amount Per Serving | | | |
|--|-----------|-------------------|----------------------------|
| Calories | 180 | Calories from Fat | 40 |
| | | % Daily Value* | |
| Total Fat | 4.5g | | 7% |
| Saturated Fat | 1g | | 5% |
| Trans Fat | 0g | | |
| Cholesterol | 0mg | | 0% |
| Sodium | 75mg | | 3% |
| Total Carbohydrate | 27g | | 9% |
| Dietary Fiber | 7g | | 28% |
| Sugars | 6g | | |
| Protein | 10g | | |
| Vitamin A | 100% | Vitamin C | 30% |
| Calcium | 8% | 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

[North Dakota Food and Culture: A Taste of World Cuisine.](#)

North Dakota State University
Extension Service.
Recipe on p. 26.

Somali Summer Salad

Yield: 8 Servings

Ingredients

- 3 tablespoons olive oil
- 1 tablespoon lemon juice
- 3 apples
- 2 green peppers
- 3 tomatoes
- 2 cucumbers
- salt and pepper (optional)

Instructions

1. In a large bowl, combine oil and lemon juice.
2. Dice all the fruits and vegetables and then add to the bowl.
3. Add salt and pepper to taste (optional).
4. Serve chilled.
5. Best served within 24 hours.

Notes

Note: Modification to [NDSU recipe](#) (PDF | 2.23 MB) includes making salt and pepper optional.

Nutrition Facts

Serving Size 1/8 of recipe (211g)
Servings Per Container 8

Amount Per Serving

Calories 100 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 14g **5%**

Dietary Fiber 3g **12%**

Sugars 10g

Protein 1g

Vitamin A 10% • **Vitamin C** 60%

Calcium 2% • **Iron** 4%

*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

[North Dakota Food and Culture: A Taste of World Cuisine.](#)

North Dakota State University
Extension Service.

Recipe on p. 24.