

# Recipe Finder

## Cookbook



## Thanksgiving Leftovers

# Black Bean and Rice Salad

Yield: 3 servings

## Ingredients

1/2 cup onion (chopped)  
 1/2 cup bell pepper (green or red, chopped)  
 1 cup brown rice (or white rice, cooked and cooled)  
 1 can black beans (15 ounce, drained and rinsed)  
 1/4 cup rice vinegar (or white wine vinegar or lemon juice)  
 1/2 teaspoon mustard powder (optional, dry)  
 1 clove garlic (chopped, or 1/2 teaspoon garlic powder)  
 1/2 teaspoon salt  
 1/4 teaspoon pepper  
 2 tablespoons vegetable oil

## Instructions

1. In a mixing bowl, stir together onion, red or green pepper, rice and beans.
2. In a jar with a tight fitting lid, add vinegar, dry mustard, garlic, salt, pepper and vegetable oil. Shake until dressing is evenly mixed.
3. Pour dressing over bean mixture and stir to mix evenly. Chill for at least one hour. Serve cold as a side dish or main dish.

## Nutrition Facts

Serving Size 1 cup, 1/3 of recipe  
 (289g)  
 Servings Per Container 3

Amount Per Serving		% Daily Value*	
<b>Calories</b>	280	<b>Calories from Fat</b> 90	
<b>Total Fat</b>	11g		<b>17%</b>
Saturated Fat	1g		<b>5%</b>
Trans Fat	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	830mg		<b>35%</b>
<b>Total Carbohydrate</b>	38g		<b>13%</b>
Dietary Fiber	8g		<b>32%</b>
Sugars	2g		
<b>Protein</b>	9g		
Vitamin A	2%	•	Vitamin C 35%
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

Montana State University  
 Extension Service, [Montana Extension Nutrition Education Program Website Recipes](#)



# Corn Tortillas

Yield: 12 servings

## Ingredients

2 cups masa harina (instant)  
 1/4 teaspoon salt  
 2 tablespoons unsalted butter (at room temperature)  
 1 1/2 cup water (warm)

## Instructions

1. Measure the masa harina and salt into a large bowl. Cut the butter into tablespoon-sized pieces and work it into the dry ingredients using the back of a wooden spoon. Add the water and mix with a wooden spoon or with your hands until a soft dough forms. Cover the dough with a clean cloth and let rest for 5 minutes.
2. Divide the dough into 12 pieces and roll each piece into a ball.
3. To keep the dough from sticking to the tortilla press, put a piece of plastic wrap (or a plastic bag) on the bottom surface of the press. Put a ball of dough in the center of the plastic. Then place another piece of plastic wrap on the top of the dough. Press the dough flat in the press.
4. Pick up the tortilla with the plastic on both sides. Peel off one piece of plastic (which can be reused). Flip the tortilla off of the plastic onto a hot griddle. Cook for 1 to 2 minutes, until the bottom of the tortilla becomes golden. Flip the tortilla and press lightly with a spatula, which will make the tortilla puff slightly. Cook for one to two minutes more, until the tortilla appears to be done.

## Nutrition Facts

Serving Size 1 tortilla, 1/12 of recipe (51g)  
 Servings Per Container 12

Amount Per Serving			
Calories 80		Calories from Fat 25	
		% Daily Value*	
<b>Total Fat</b>	2.5g		4%
Saturated Fat	1g		5%
Trans Fat	0g		
<b>Cholesterol</b>	5mg		2%
<b>Sodium</b>	50mg		2%
<b>Total Carbohydrate</b>	14g		5%
Dietary Fiber	1g		4%
Sugars	0g		
<b>Protein</b>	2g		
Vitamin A	2%	Vitamin C	0%
Calcium	2%	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

New Mexico State University  
 Cooperative Extension Service,  
 Cooking with Kids  
 Lynn Walters and Jane Stacey  
 USDA Food and Nutrition  
 Service Food Stamp Nutrition  
 Education Program

# Curried Potatoes with Red Lentils

Yield: 6 Servings

## Ingredients

1 tablespoon	canola oil
1 tablespoon	butter (or more oil)
1	small onion, chopped
2	garlic cloves, crushed (use 2-3 garlic cloves)
1	sweet potato, medium peeled and cut into 1/2-inch pieces (use a dark-fleshed potatoes)
2	potatoes, yellow, cut into 1/2-inch pieces (use thin-skinned potatoes, such as Yukon Gold)
1 tablespoon	ginger, fresh grated
1 tablespoon	curry paste (or curry powder)
1/2 cup	dried red lentils
1/2 cup	chopped fresh cilantro, divided (optional)
2 cups	vegetable stock (or chicken stock)
1 cup	coconut milk
2 teaspoons	lime juice
	salt (to taste, optional)

## Instructions

1. In a large, heavy skillet, heat the oil and butter over medium-high heat. When the butter melts and foam subsides, sauté the onion for 3-4 minutes, until soft and starting to turn golden.
2. Add the garlic and potatoes and cook for another 3-4 minutes until the potatoes are starting to turn golden on the edges.
3. Add the ginger and curry paste and cook for another minute.
4. Add the lentils, cilantro (optional), vegetable stock, and coconut milk. Stir to combine well and reduce the heat to a simmer.
5. Cover and cook, stirring occasionally, for 30 minutes, or until the potatoes are tender. Add a little water, stock, or coconut milk if it gets too thick.
6. Add the lime juice and season with salt (optional). Serve hot.

## Notes

Curry powder used for recipe costing and nutrition analysis.

## Nutrition Facts

Serving Size 1/6 of recipe (259g)  
Servings Per Container 6

Amount Per Serving			
Calories	240	Calories from Fat	110
		% Daily Value*	
<b>Total Fat</b>	13g		<b>20%</b>
Saturated Fat	9g		<b>45%</b>
Trans Fat	0g		
<b>Cholesterol</b>	5mg		<b>2%</b>
<b>Sodium</b>	330mg		<b>14%</b>
<b>Total Carbohydrate</b>	27g		<b>9%</b>
Dietary Fiber	6g		<b>24%</b>
Sugars	4g		
<b>Protein</b>	7g		
Vitamin A	80%	Vitamin C	25%
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

Canadian Lentils. The Big Book of Lentils Cookbook.

[Visit Web site](#)

# Naan

Yield: 40 Servings

## Ingredients

1 package yeast, active dry (1/4 ounce)  
 1 cup warm water  
 1/4 cup sugar  
 3 tablespoons milk, 1%  
 1 egg, beaten  
 2 teaspoons salt  
 4 1/2 cups bread flour  
 2 teaspoons garlic, minced (optional)  
 1/4 cup butter, melted

## Instructions

1. In a large bowl, dissolve yeast in warm water and let stand about 10 minutes or until frothy.
2. Stir in sugar, milk, egg, salt and enough flour to make a soft dough.
3. Knead for six to eight minutes on a lightly floured surface or until smooth.
4. Place dough in a well-oiled bowl, cover with a damp cloth and set aside to rise.
5. Let it rise one hour until the dough has doubled in volume.
6. Punch down dough and knead in garlic.
7. Pinch off small handfuls of dough about the size of a golf ball.
8. Roll into balls and place on a tray. Cover with a towel and allow to rise until doubled in size, about 30 minutes.
9. During the second rising, preheat grill to high heat.
10. At grill side, roll one ball of dough out into a thin circle. Lightly oil grill. Place dough on grill and cook for two to three minutes or until puffy and lightly browned.
11. Brush uncooked side with butter and turn over.
12. Brush cooked side with butter and cook until browned, another two to four minutes.
13. Remove from grill and continue the process until all the naan has been prepared.

## Nutrition Facts

Serving Size 1 piece, 1/40 of recipe (27g)  
 Servings Per Container 40

Amount Per Serving		% Daily Value*	
<b>Calories</b>	<b>70</b>	<b>Calories from Fat</b>	<b>15</b>
<b>Total Fat</b>	<b>1.5g</b>		<b>2%</b>
Saturated Fat	1g		5%
Trans Fat	0g		
<b>Cholesterol</b>	<b>10mg</b>		<b>3%</b>
<b>Sodium</b>	<b>130mg</b>		<b>5%</b>
<b>Total Carbohydrate</b>	<b>13g</b>		<b>4%</b>
Dietary Fiber	0g		0%
Sugars	1g		
<b>Protein</b>	<b>2g</b>		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	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. 10.



# Turkey Tostadas

Yield: 4 servings

## Ingredients

- 2 cups cooked turkey (cut into bite-size pieces, or 2 cups ground turkey, browned in a skillet and drained)
- 2 tablespoons taco seasoning (chili)
- 1 1/2 cup water
- 4 corn tortillas
- 1/4 cup refried beans (low-fat or fat-free)
- 1/4 cup Cheddar or Monterey Jack cheese (shredded, low-fat)
- 1/2 cup tomatoes (chopped)
- 1/2 cup lettuce (shredded)
- 2 tablespoons onion (chopped)
- 1/2 cup taco sauce
- plain yogurt (low-fat or fat-free optional)
- guacamole (or mashed avocado optional)

## Instructions

1. Wash and prepare vegetables.
2. In a large skillet over medium heat, combine turkey, taco seasoning, and water.
3. Bring mixture to boil, reduce heat and simmer 5 minutes, stirring occasionally.
4. Place tortillas on a cooking sheet. Bake at 375° for 4-7 minutes or until tortillas are crispy.
5. Spread tortillas with a tablespoon of beans. Top with 1/4 meat mixture and cheese.
6. Return tortillas to oven to cook for 2-3 minutes or until cheese is melted.
7. Top with tomatoes, lettuce, onions and taco sauce. Garnish with yogurt and guacamole, if desired.

## Notes

Recipe analysis includes light meat turkey without skin.

## Nutrition Facts

Serving Size 1 tostada (276g)			
Servings Per Container 4			
<b>Amount Per Serving</b>			
<b>Calories</b> 230	<b>Calories from Fat</b> 35		
<b>% Daily Value*</b>			
<b>Total Fat</b> 4g	<b>6%</b>		
Saturated Fat 1g	<b>5%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 50mg	<b>17%</b>		
<b>Sodium</b> 420mg	<b>18%</b>		
<b>Total Carbohydrate</b> 20g	<b>7%</b>		
Dietary Fiber 3g	<b>12%</b>		
Sugars 3g			
<b>Protein</b> 26g			
Vitamin A 4%	• Vitamin C 6%		
Calcium 8%	• 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

UMass Extension Nutrition Education Program, [CHOICES Steps Toward Health](#)