

Healthy Stocked Pantry

Dry Storage List

Canned Fruits and Canned Vegetables:

- ✓ Canned no-salt added veggies - corn, tomatoes, green beans, garbanzo beans, tomato sauce/paste
- ✓ Canned fruits packed in 100% juice or water – mixed fruit, peaches, pears, pineapple, plums
- ✓ Unsweetened applesauce cups or pouches
- ✓ Canned pasta/pizza sauces with less than 8 grams of sugar per serving
- ✓ Dried fruit – apricots, raisins, dates, prunes, reduced sugar cranberries

Dairy:

- ✓ Shelf-stable cartons of cow's milk, unsweetened vanilla almond milk, or soy milk
- ✓ Instant, fortified dry milk powder

Miscellaneous:

- ✓ Unsalted/low sodium broths/stalks – chicken, turkey, vegetable, beef broth
- ✓ Whole grain/fruit-based granola bars
- ✓ Canned olives, canned reduced sodium soups

Grains:

- ✓ Whole grain/enriched pastas - spaghetti, orzo, rotini, penne, couscous
- ✓ Whole grains or rice - brown rice, wild rice, quinoa, white rice
- ✓ Whole grain crackers
- ✓ Whole grain cereals – shredded wheat, oatmeal, muesli

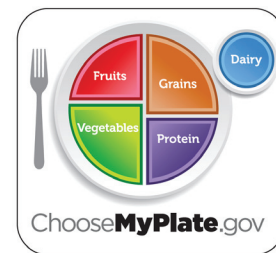
Shelf-Stable Sources of Protein:

- ✓ Canned/pouches of tuna or salmon (look for lower sodium)
- ✓ Canned chicken (packed in water)
- ✓ Canned no-salt-added beans - black beans, chili beans, white beans
- ✓ Dry beans or lentils
- ✓ Nut butters (no-salt added, natural) or nuts/seeds – sunflower, pistachios, cashews

Disclaimer: This is not an all-inclusive list and is meant to assist in planning ahead for emergency preparedness in the event of a winter storm or inability to leave the home or access food.



eating better on a budget



10 tips to help you stretch your food dollars

Get the most for your food budget! There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.

1 plan, plan, plan!

Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or stir-fries, which “stretch” expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.



2 get the best price

Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood—often the most expensive items on your list.

3 compare and contrast

Locate the “Unit Price” on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is more economical.

4 buy in bulk

It is almost always cheaper to buy foods in bulk. Smart choices are family packs of chicken, steak, or fish and larger bags of potatoes and frozen vegetables. Before you shop, remember to check if you have enough freezer space.

5 buy in season

Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

6 convenience costs... go back to the basics

Convenience foods like frozen dinners, pre-cut vegetables, and instant rice, oatmeal, or grits will cost you more than if you were to make them from scratch. Take the time to prepare your own—and save!

7 easy on your wallet

Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy carrots, greens, or potatoes. As for fruits, apples and bananas are good choices.



8 cook once...eat all week!

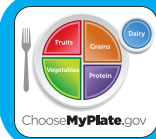
Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won't have to spend money on take-out meals.

9 get your creative juices flowing

Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry or over a garden salad, or to make chicken chili. Remember, throwing away food is throwing away your money!

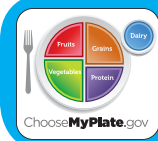
10 eating out

Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for “2 for 1” deals. Stick to water instead of ordering other beverages, which add to the bill.



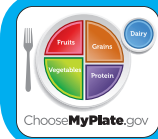
SAMPLE 2-WEEK MENUS

	DAY 1	DAY 2	DAY 3	DAY 4
BREAKFAST	Peanut Butter Raisin Oatmeal: <i>1 cup cooked oatmeal</i> <i>1 Tbsp peanut butter</i> <i>¼ cup raisins</i> Beverage: 1 cup orange juice	Cereal with Fruit: <i>1 cup toasted oat cereal</i> <i>1 medium banana</i> <i>¼ cup lowfat milk</i> 1 hard-cooked egg Beverage: Water, coffee, tea	Scrambled Eggs: <i>2 eggs</i> <i>2 Tbsp lowfat milk</i> <i>1 tsp vegetable oil</i> 2 turkey sausage links 1 slice whole-wheat toast <i>½ tsp tub margarine</i> <i>1 tsp jelly</i> Beverage: 1 cup apple juice	Banana Walnut Oatmeal 1 large orange Beverage: 1 cup lowfat milk
LUNCH	Tuna-Cucumber Wrap: <i>1 8" flour tortilla</i> <i>3 oz tuna (canned in water)</i> <i>2 Tbsp mayonnaise</i> <i>5 cucumber sticks</i> ¼ cup lowfat vanilla yogurt Beverage: 1 cup lowfat milk	Green Salad with Honey Lemon Chicken: <i>1 cup romaine lettuce</i> <i>3 oz sliced Honey Lemon Chicken*</i> <i>3 slices tomato</i> <i>5 slices cucumber</i> <i>2 Tbsp vinaigrette dressing**</i> 1 slice whole-wheat bread <i>½ tsp tub margarine</i> 1 Chocolate Chip Yogurt Cookie* Beverage: 1 cup lowfat milk	One Pan Spaghetti* Side Salad: <i>1 cup romaine lettuce</i> <i>3 medium slices tomato</i> <i>5 slices cucumber</i> <i>1 Tbsp vinaigrette dressing**</i> 1 slice whole-wheat bread <i>½ tsp tub margarine</i> Beverage: 1 cup lowfat milk	Green Salad with Tuna: <i>1 cup romaine lettuce</i> <i>3 oz tuna (canned in water)</i> <i>¼ cup sliced carrots</i> <i>2 Tbsp vinaigrette dressing**</i> 1 slices whole-wheat bread <i>1 tsp tub margarine</i> Shake-A-Pudding* Beverage: 1 cup lowfat milk
DINNER	Honey Lemon Chicken* Brown Rice Pilaf 1 cup peas and corn: <i>½ cup corn (frozen)</i> <i>½ cup green peas (frozen)</i> <i>1 tsp tub margarine</i> 1 Chocolate Chip Yogurt Cookie* Beverage: 1 cup lowfat milk	One Pan Spaghetti* (includes ground beef and tomato sauce) ½ cup steamed broccoli (frozen) <i>½ tsp tub margarine</i> 1 white roll <i>1 tsp tub margarine</i> Shake-A-Pudding* Beverage: 1 cup lowfat milk	Polenta with Pepper and Cheese (includes black or kidney beans) 1 cup cooked green beans (frozen) <i>1 tsp tub margarine</i> 1 Chocolate Chip Yogurt Cookie* Beverage: 1 cup lowfat milk	Marinated Beef Mashed potatoes: <i>1 cup cooked potatoes</i> <i>1 Tbsp lowfat milk</i> <i>2 tsp tub margarine</i> 1 cup mixed vegetables (frozen) <i>1 tsp tub margarine</i> Beverage: Water, coffee, tea
SNACKS	Carrot Sticks with Dip: <i>½ cup carrot sticks</i> <i>2 Tbsp hummus</i> 6 whole-grain crackers	Popcorn (3 cups popped) <i>2 Tbsp kernels</i> <i>1 tsp vegetable oil</i> 1 large orange	Pretzels and Dip <i>½ cup pretzels</i> <i>1 Tbsp hummus</i> 1 medium banana	Banana Bread* <i>½ tsp tub margarine</i> 1 cup grapes



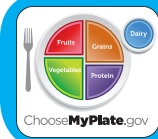
SAMPLE 2-WEEK MENUS

	DAY 5	DAY 6	DAY 7	DAY 8
BREAKFAST	Open-faced Egg and Tomato on an English Muffin <i>2 eggs, fried in 1 tsp oil</i> <i>1 English muffin, toasted</i> <i>2 medium slices tomato</i> <i>¼ cup cheddar cheese, shredded</i> Beverage: 1 cup apple juice	Scrambled Tofu Burrito <i>1 serving Scrambled Tofu</i> <i>1 8" flour tortilla</i> <i>¼ cup black beans (canned)</i> <i>2 Tbsp salsa</i> Beverage: 1 cup lowfat milk	Fantastic French Toast <i>1 Tbsp pancake syrup</i> <i>1 tsp tub margarine</i> <i>Dash of cinnamon (optional)</i> 1 medium banana Beverage: 1 cup orange juice	Raisin Oatmeal: <i>1 cup cooked oatmeal</i> <i>1 Tbsp raisins</i> 1 medium banana <i>1 Tbsp peanut butter</i> Beverage: 1 cup lowfat milk
LUNCH	Peanut Butter and Banana Sandwich: <i>2 slices whole-wheat bread</i> <i>2 Tbsp peanut butter</i> <i>1 medium banana</i> <i>½ cup celery sticks</i> Beverage: 1 cup lowfat milk	Crunchy Chicken Salad Sandwich: <i>2 slices whole-wheat bread</i> <i>¾ cup Crunchy Chicken Salad</i> <i>1 romaine lettuce leaf</i> <i>½ cup carrot sticks</i> <i>1 Tbsp Ranch dressing</i> 1 large orange Beverage: 1 cup lowfat milk	Lentil Stew* 1 cup brown rice 1 slice whole-wheat bread <i>½ tsp tub margarine</i> Beverage: 1 cup lowfat milk	Tuna Sandwich: <i>2 slices whole-wheat bread</i> <i>3 oz tuna (canned in water)</i> <i>2 Tbsp mayonnaise</i> <i>2 medium slices tomato</i> <i>1 romaine lettuce leaf</i> 10 cucumber slices <i>1 Tbsp Ranch dressing</i> Beverage: 1 cup lowfat milk
DINNER	Mouth-Watering Oven-Fried Fish Couscous with Peas and Onions 1 cup green beans (frozen) 1 white roll <i>1 tsp tub margarine</i> Beverage: Water, coffee, tea	Lentil Stew* 1 cup brown rice ½ cup broccoli (frozen) <i>½ tsp tub margarine</i> ½ cup canned pears Beverage: Water, coffee, tea	Pan-fried Pork Chop (5 oz raw chop with bone) 1 medium baked potato <i>2 Tbsp salsa</i> Cabbage slaw <i>½ cup shredded green cabbage</i> <i>1 Tbsp vinaigrette dressing**</i> Beverage: 1 cup apple juice	Red Hot Fusilli Pasta <i>2 Tbsp shredded Parmesan cheese</i> ½ cup green peas (frozen) <i>½ tsp tub margarine</i> 1 white roll <i>1 tsp tub margarine</i> Apple Cinnamon Bar* Beverage: Water, coffee, tea
SNACKS	Banana Bread* <i>½ tsp tub margarine</i> 1 cup lowfat milk	Yogurt Parfait: <i>¾ cup lowfat vanilla yogurt</i> <i>¼ cup toasted oat cereal</i> <i>1 Tbsp chopped nuts</i> <i>1 Tbsp raisins</i>	Banana Bread* <i>½ tsp tub margarine</i> 1 cup lowfat milk	1 large orange 2 graham crackers 1 cup lowfat milk



SAMPLE 2-WEEK MENUS

	DAY 9	DAY 10	DAY 11	DAY 12
BREAKFAST	<p>Sausage Omelet:</p> <ul style="list-style-type: none"> 2 eggs 2 Tbsp lowfat milk 1 tsp vegetable oil 1 turkey sausage link, diced ¼ cup cheddar cheese, shredded ½ cup hash brown potatoes (frozen) Cooked in 1 tsp vegetable oil <p>Beverage: 1 cup orange juice</p>	<p>Cold Cereal:</p> <ul style="list-style-type: none"> 1 cup toasted oat cereal 1 medium banana ¾ cup lowfat milk <p>1 slice whole-wheat toast</p> <p>1 Tbsp peanut butter</p> <p>Beverage: Water, coffee, tea</p>	<p>Breakfast Burrito with Salsa</p> <ul style="list-style-type: none"> 1 slice whole-wheat toast ½ tsp tub margarine 1 tsp jelly <p>Beverage: 1 cup apple juice</p>	<ul style="list-style-type: none"> 1 cup toasted oat cereal ¾ cup lowfat milk <p>Scrambled Egg with Salsa:</p> <ul style="list-style-type: none"> 1 egg 1 Tbsp lowfat milk ½ tsp vegetable oil 1 Tbsp salsa <p>Beverage: 1 cup apple juice</p>
LUNCH	<p>Peanut Butter and Jelly Sandwich:</p> <ul style="list-style-type: none"> 2 slices whole-wheat bread 2 Tbsp peanut butter 2 tsp jelly <p>1 cup sliced apple</p> <p>½ cup carrot sticks</p> <p>1 Tbsp Ranch dressing</p> <p>Beverage: 1 cup lowfat milk</p>	<p>Green Salad with Salmon:</p> <ul style="list-style-type: none"> 1 cup romaine lettuce 3 oz salmon (canned) 2 medium slices tomato 4 slices cucumber 2 Tbsp vinaigrette dressing** <p>6 whole-grain crackers</p> <p>Beverage: 1 cup lowfat milk</p>	<p>Roast Beef Sandwich:</p> <ul style="list-style-type: none"> 2 slices whole-wheat bread 2 oz lean roast beef (deli meat) 2 slices tomato 1 romaine lettuce leaf 1 Tbsp mayonnaise <p>½ cup carrot sticks</p> <p>1 cup sliced apple</p> <p>1 Tbsp peanut butter</p> <p>Beverage: Water, coffee, tea</p>	<p>White Chili*</p> <p>Side Salad:</p> <ul style="list-style-type: none"> ¾ cup romaine lettuce ¼ cup chopped carrot 1 Tbsp vinaigrette dressing** <p>1 slice whole-wheat bread</p> <p>½ tsp tub margarine</p> <p>Beverage: 1 cup lowfat milk</p>
DINNER	<p>Quick Tuna Casserole</p> <ul style="list-style-type: none"> ½ cup green beans (frozen) ½ tsp tub margarine 1 white roll 1 tsp tub margarine <p>Apple Cinnamon Bar*</p> <p>Beverage: Water, coffee, tea</p>	<p>Honey Mustard Pork Chops</p> <ul style="list-style-type: none"> 1 medium baked potato 1 tsp tub margarine <p>½ cup shredded green cabbage</p> <p>Sauteed in ½ tsp vegetable oil</p> <p>1 white roll</p> <p>1 tsp tub margarine</p> <p>2 Applesauce Cookies*</p> <p>Beverage: Water, coffee, tea</p>	<p>White Chili*</p> <p>Herbed Vegetables</p> <ul style="list-style-type: none"> 1 small sweet potato, baked ½ tsp tub margarine <p>½ cup chocolate pudding (prepared from a dry mix)</p> <p>Beverage: 1 cup lowfat milk</p>	<p>Misickquatash (Indian Succotash with ground beef)</p> <p>Mashed potatoes:</p> <ul style="list-style-type: none"> 1 cup cooked potatoes 1 Tbsp lowfat milk 2 tsp tub margarine <p>1 slice whole-wheat bread</p> <p>½ tsp tub margarine</p> <p>Beverage: 1 cup lowfat milk</p>
SNACKS	<p>Peanut Butter on Banana:</p> <ul style="list-style-type: none"> 1 medium banana 1 Tbsp peanut butter <p>1 cup lowfat milk</p>	<p>2 graham crackers</p> <p>1 cup lowfat milk</p>	<p>Apple Cinnamon Bar*</p> <p>1 cup lowfat milk</p>	<p>2 Applesauce Cookies*</p> <p>½ cup canned pineapple chunks</p>



SAMPLE 2-WEEK MENUS

	DAY 13	DAY 14
BREAKFAST	Banana Walnut Oatmeal 1 hard-boiled egg Beverage: 1 cup orange juice	Perfect Pumpkin Pancakes <i>2 Tbsp pancake syrup</i> 1 turkey sausage link 1 medium banana Beverage: 1 cup apple juice
LUNCH	Tofu Salad Sandwich: <i>2 slices whole-wheat bread</i> $\frac{3}{4}$ cup Tofu Salad <i>2 slices tomato</i> <i>1 romaine lettuce leaf</i> $\frac{1}{2}$ cup carrot sticks <i>1 Tbsp Ranch dressing</i> Apple Cinnamon Bar* Beverage: 1 cup lowfat milk	Easy Red Beans and Rice* <i>$\frac{1}{4}$ cup cheddar cheese, shredded</i> Side Salad: <i>$\frac{3}{4}$ cup romaine lettuce</i> <i>4 slices cucumber</i> <i>$\frac{1}{4}$ cup chopped carrot</i> <i>1 Tbsp vinaigrette dressing**</i> 1 slice whole-wheat bread <i>$\frac{1}{2}$ tsp tub margarine</i> Beverage: 1 cup lowfat milk
DINNER	Easy Red Beans and Rice* <i>$\frac{1}{4}$ cup cheddar cheese, shredded</i> Lemon Spinach 1 large orange Beverage: 1 cup lowfat milk	Manly Muffin Meatloaf Mashed potatoes: <i>1 cup cooked potatoes</i> <i>1 Tbsp lowfat milk</i> <i>2 tsp tub margarine</i> $\frac{1}{2}$ cup green peas (frozen) <i>$\frac{1}{2}$ tsp tub margarine</i> Beverage: 1 cup lowfat milk
SNACKS	Yogurt Parfait: <i>$\frac{3}{4}$ cup lowfat vanilla yogurt</i> <i>$\frac{1}{4}$ cup toasted oat cereal</i> <i>1 Tbsp chopped nuts</i> <i>1 Tbsp raisins</i>	Popcorn (3 cups popped) <i>2 Tbsp kernels</i> <i>1 tsp vegetable oil</i> Yogurt Pop

* Bolded recipes are from [What's Cooking? USDA Mixing Bowl](#), and those with a star make 8 or more servings. These recipes are used two or more times in these menus. Prepare the entire recipe on the first day it appears and eat the remaining portions as noted on the following days.

**Homemade vinaigrette salad dressing. To make about 4 Tbsp of the dressing, mix:

- 3 Tbsp vegetable oil (canola, olive, soybean, etc.)
- 1 Tbsp vinegar (cider, wine, or balsamic)
- $\frac{1}{4}$ tsp mustard (yellow, Dijon, or brown)
- $\frac{1}{4}$ tsp sugar
- Optional: black pepper, dried herbs to taste

Notes:

- Italicized foods are part of the dish or food that precedes it.
- Unless indicated, all beverages are unsweetened.
- To keep sodium amounts within recommended limit, use salt only as specified in recipes, not in cooking other foods or at the table.
- Be sure to follow food safety guidelines when preparing and cooking food. Tips for keeping food safe can be found at www.foodsafety.gov.

Average Food Group and Nutrient Content

Average Food Group Content of Menus		
Food Group	Goal*	Average Daily Amount in Menus
Grains	6 ounces	6 ounces
Whole Grains	≥3 ounces	3 ½ ounces
Refined Grains	≤3 ounces	2 ½ ounces
Vegetables	2 ½ cups	2 ½ cups
Dark Green	1 ½ cups/week	1 ¾ cups
Red & Orange	5 ½ cups/week	5 ¼ cups
Beans & Peas	1 ½ cups/week	1 ¾ cups
Starchy	5 cups/week	5 cups
Other	4 cups/week	3 ¾ cups
Fruits	2 cups	2 ¼ cups
Whole Fruit	No Specific Goal	1 ½ cups
Fruit Juice	No Specific Goal	¾ cups
Dairy	3 cups	3 cups
Milk & Yogurt	3 cups	2 ¾ cups
Cheese	No Specific Goal	¼ cups
Protein Foods	5 ½ ounces	5 ½ ounces
Seafood	8 ounces/week	8 ½ ounces/week
Meat, Poultry & Eggs	No Specific Goal	3 ounces
Nuts, Seeds & Soy	No Specific Goal	1 ½ ounces
Oils	6 teaspoons	6 teaspoons
	Limit*	Average Daily Amount in Menus
Total Calories	2000 Calories	1948 Calories
Empty Calories**	≤258 Calories	233 Calories
Solid Fats	No Specific Goal	143 Calories
Added Sugars	No Specific Goal	90 Calories

*Food group goals and limits are the amounts in the 2,000 calorie USDA Food Pattern (<http://www.cnpp.usda.gov/USDAFoodPatterns.htm>).

**Empty Calories are calories from food components such as added sugars and solid fats that provide little nutritional value. Empty Calories are part of Total Calories.

Average Nutrient Content of Menus		
Nutrients	Goal*	Average Daily Amount in Menus
Macronutrients		
Protein (g)**	46 g	93 g
Protein (% Calories)**	10 - 35% Calories	19 % Calories
Carbohydrate (g)**	130 g	261 g
Carbohydrate (% Calories)**	45 - 65% Calories	54% Calories
Dietary Fiber	25 g	27 g
Total Fat	20 - 35% Calories	30% Calories
Saturated Fat	<10% Calories	8% Calories
Monounsaturated Fat	No Daily Goal or Limit	11% Calories
Polyunsaturated Fat	No Daily Goal or Limit	8% Calories
Linoleic Acid (g)**	12 g	15 g
Linoleic Acid (% Calories)**	5 - 10% Calories	7% Calories
α -Linoleic Acid (g)**	1.1 g	2.5 g
α -Linoleic Acid (% Calories)**	0.6 - 1.2% Calories	1.1% Calories
Omega 3 - EPA	No Daily Goal or Limit	63 mg
Omega 3 - DHA	No Daily Goal or Limit	133 mg
Cholesterol	<300 mg	291 mg
Minerals		
Calcium	1000 mg	1339 mg
Potassium	4700 mg	3859 mg
Sodium	<2300 mg	2197 mg
Copper	900 μ g	1491 μ g
Iron	18 mg	14 mg
Magnesium	320 mg	405 mg
Phosphorus	700 mg	1721 mg
Selenium	55 μ g	138 μ g
Zinc	8 mg	12 mg
Vitamins		
Vitamin A	700 μ g RAE	1140 μ g RAE
Vitamin B6	1.3 mg	2.7 mg
Vitamin B12	2.4 μ g	6.9 μ g
Vitamin C	75 mg	130 mg
Vitamin D	15 μ g	11 μ g
Vitamin E	15 mg AT	9 mg AT
Vitamin K	90 μ g	115 μ g
Folate	400 μ g DFE	501 μ g DFE
Thiamin	1.2 mg	1.6 mg
Riboflavin	1.2 mg	2.6 mg
Niacin	14 mg	24 mg
Choline	425 mg	423 mg

*Goals are recommended intakes for a 20- to 35-year-old woman consuming about 2,000 calories per day.

** Nutrients that appear twice (**protein**, **carbohydrate**, **linoleic acid**, and **α -linolenic acid**) have two separate recommendations: (1) Amount eaten (in grams) compared to your minimum recommended intake and (2) Percent of Calories eaten from that nutrient compared to the recommended range.

Nutrition Facts

Serving Size 1 package (272g)

Servings Per Container 1

Amount Per Serving

Calories 300 Calories from Fat 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 430mg **18%**

Total Carbohydrate 55g **18%**

Dietary Fiber 6g **24%**

Sugars 23g

Protein 14g

Vitamin A 80%

Vitamin C 35%

Calcium 6%

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

Dietary fiber promotes intestinal regularity and can reduce the risk of developing cardiovascular disease.

Dietary fiber is a nutrient to get more of.

Dietary Fiber

What It Is

Dietary fiber, or fiber, is sometimes referred to as “roughage.” It is a type of **carbohydrate** found in **plant foods** and is made up of many sugar molecules linked together. But unlike other carbohydrates (such as starch), dietary fiber is bound together in such a way that it cannot be readily digested in the small intestine.

There are **two types** of dietary fiber, and most plant foods contain some of each kind:

- **Soluble fiber** dissolves in water to form a thick gel-like substance in the stomach. It is broken down by bacteria in the large intestine and provides some calories.
- **Insoluble fiber** does not dissolve in water and passes through the gastrointestinal tract relatively intact and, therefore, is not a source of calories.

Where It Is Found

Soluble fiber is found in a variety of foods, including:

- Beans and peas
- Fruits
- Oats (such as oat bran and oatmeal)
- Nuts and seeds
- Vegetables

Insoluble fiber is found in a variety of foods, including:

- Fruits
- Nuts and seeds
- Vegetables
- Wheat bran
- Whole grain foods (such as brown rice and whole grain breads, cereals, and pasta)

What It Does

- **Soluble fiber** can interfere with the absorption of dietary fat and cholesterol. This, in turn, can help lower low-density lipoprotein (LDL or “bad”) cholesterol levels in the blood. Soluble fiber also slows digestion and the rate at which carbohydrates and other nutrients are absorbed into the bloodstream. This can help control the level of blood glucose (often referred to as blood sugar) by preventing rapid rises in blood glucose following a meal.
- **Insoluble fiber** provides “bulk” for stool formation and speeds up the movement of food and waste through the digestive system, which can help prevent constipation.
- Both **soluble and insoluble fiber** make you feel full, which may help you eat less and stay satisfied longer.



Health Facts

- Most Americans do not get the recommended amount of dietary fiber. Dietary fiber is considered a “nutrient of public health concern” because low intakes are associated with potential health risks.
- Diets higher in dietary fiber promote **intestinal regularity** and can **reduce the risk of developing cardiovascular disease**.
- The *Dietary Guidelines for Americans* recommends consuming a variety of ***nutrient-dense** foods that are good sources of dietary fiber, such as beans and peas, fruits, unsalted nuts and seeds, vegetables, and whole grains. The guidelines also recommend consuming **at least half of total grains as whole grains** and limiting the intake of refined grains and products made with refined grains.

*Nutrient-Dense: Defined

Nutrient-dense foods and beverages contain vitamins, minerals, dietary fiber, and other beneficial substances that may have positive health effects. They are also naturally lean or low in saturated fat and have little or no added saturated fat, sugars, refined starches, and sodium. Examples of nutrient dense foods are: beans and peas, eggs, fat-free (skim) and low-fat (1%) dairy products, fruits, lean meats and poultry, seafood, unsalted nuts and seeds, vegetables, and whole grains.

The Scoop on Grains

Grains are the seeds from certain cereal crops grown for food. Examples of grains include barley, corn, millet, oats, rice, and wheat. There are several types of grains:

- **Whole grains** include the entire grain seed (usually called the “kernel”), which consists of the bran, germ, and endosperm — nothing has been added or taken away by processing. Whole grains contain dietary fiber and other carbohydrates, protein, vitamins, minerals, and beneficial fats. Whole grains are consumed either as a single food (such as brown rice, oatmeal, and popcorn) or as an ingredient in food (such as in breads, cereals, crackers, and pasta).
- **Refined grains** have been *processed* (also called milled) to remove the bran and germ from the grain. This is done to give the grains a finer texture, lighter color, and longer shelf life. But, processing also removes dietary fiber, iron, B vitamins, and other nutrients.
- **Enriched grains** have the *key nutrients* that were lost during processing *restored*. Typically, this includes iron and B vitamins (thiamin, riboflavin, and niacin). Most refined grain products in the U.S. are enriched, and often there will be a statement on the food package indicating that the product is “enriched.” Examples of enriched grain products include enriched white rice and enriched white bread.

Many grain-based foods are also **fortified** with *additional vitamins and minerals*. These are considered “nutrients to get more of” because they are generally lacking in the American diet. For example, many ready-to-eat cereals and snack bars are fortified with calcium.

✓ Action Steps

For Increasing Dietary Fiber in Your Diet

Use the **Nutrition Facts Label** as your tool for increasing consumption of dietary fiber. The Nutrition Facts Label on food and beverage packages shows the amount in grams (g) and the Percent Daily Value (%DV) of dietary fiber in **one serving** of the food.

Food manufacturers may *voluntarily* list the amount in grams (g) per serving of soluble fiber and insoluble fiber on the Nutrition Facts Label (under Dietary Fiber), but they are *required* to list soluble fiber and/or insoluble fiber if a statement is made on the package labeling about their health effects or the amount (for example, “high” or “low”) contained in the food.

The Daily Value for fiber is **25 g per day**. This is based on a 2,000 calorie diet — your Daily Value may be higher or lower depending on your calorie needs.

- ☐ When comparing foods, choose foods with a higher %DV of dietary fiber. The goal is to get 100% of the Daily Value for dietary fiber on most days. And remember:
 - 5% DV or less of dietary fiber per serving is low
 - 20% DV or more of dietary fiber per serving is high
- ☐ Look for whole grains on the ingredient list on a food package. Some examples of whole grain ingredients are: barley, brown rice, buckwheat, bulgur, millet, oatmeal, quinoa, rolled oats, whole grain corn, whole grain sorghum, whole oats, whole rye, and whole wheat.

Tip: Ingredients are listed in descending order by weight — the closer they are to the beginning of the list, the more of that ingredient is in the food.

- ☐ Switch from refined to whole grain versions of commonly consumed foods (such as breads, cereals, pasta, and rice).
- ☐ Limit refined grains and products made with refined grains (such as cakes, chips, cookies, and crackers), which can be high in added sugars, saturated fat, and/or sodium and are common sources of excess calories.
- ☐ Start your day with a bowl of whole grain breakfast cereal (such as bran or oatmeal) that is high in dietary fiber and low in added sugars. Top your cereal with fruit for sweetness and even more fiber!
- ☐ Choose fruit (fresh, frozen, dried, or canned in 100% fruit juice) as snacks, salads, or desserts.
- ☐ Keep raw, cut-up vegetables handy for quick snacks — choose colorful dark green, orange, and red vegetables, such as broccoli florets, carrots, and red peppers.
- ☐ Add beans (such as garbanzo, kidney, or pinto), lentils, or peas to salads, soups, and side dishes — or serve them as a main dish.
- ☐ Try unsalted nuts and seeds in place of some meats and poultry.

Honey Mustard Pork Chops

Prep/Cook Time: 15 minutes **Number of Servings:** 4

Ingredients:

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



Directions:

1. Put the pork chops in a 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 then add the rest of the ingredients and stir.
4. Cover the pan, lower the heat, and simmer for 6 to 8 minutes until chops are done.

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Honey Mustard Pork Chops

Tips:

- ✓ 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.
- ✓ To thicken sauce, if needed, remove cooked pork chops and cook sauce without a lid until desired consistency is reached.

Recipe courtesy of USDA Healthy Eating on a Budget Cookbook

Nutrition Facts (per serving)

Calories: 300 Protein: 40gm Total Carbohydrates: 6gm
Fiber: 0gm Total Fat: 12gm Cholesterol: 95mg Sodium: 400mg

Honey Mustard Pork Chops

Tips:

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Recipe courtesy of USDA Healthy Eating on a Budget Cookbook

Nutrition Facts (per serving)

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Fiber: 0gm Total Fat: 12gm Cholesterol: 95mg Sodium: 400mg

White Chili

Preparation/Cook Time: 30 minutes **Number of Servings:** 5

Ingredients:

- 4 cups white beans (canned or cooked beans from dried)
- 1 tablespoon olive oil
- 2 red peppers, chopped
- 1 large onion, chopped
- 1-4.5oz can green chiles
- 3 garlic cloves, minced
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1 teaspoon oregano
- 2 cups low sodium chicken broth
- 2 cups low-fat milk
- ¼ cup cilantro
- ¾ pound chicken, cooked and cubed
- 6 corn tortillas, toasted and cut into 1-inch squares



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- 6 corn tortillas, toasted and cut into 1-inch squares



White Chili

Directions:

1. Sauté peppers and onion in olive oil.
2. Add green chiles, garlic, spices and chicken broth. Simmer for 20 minutes.
3. Add milk, cooked beans, and cooked chicken. Allow to thicken before adding cilantro. Heat through.
4. Top chili with crisp tortillas before serving.

Tips:

- ✓ If using canned white beans, rinse and drain before using for less sodium.
- ✓ May use fresh parsley in place of fresh cilantro.
- ✓ May use Italian mixed herbs/seasonings, basil, or thyme in place of oregano.

Nutrition Facts (per serving):

Calories: 420 Protein: 36gm Total Carbohydrates: 50gm
Fiber: 10gm Total Fat: 10gm Cholesterol: 60mg Sodium: 300mg

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United States Department of Agriculture

Healthy Eating on a Budget

Cookbook



This custom cookbook was created using recipes from the *SNAP-Ed Connection Recipe Finder Database*. Recipes included in the database have been reviewed by nutrition professionals at the SNAP-Ed Connection using specific cost and nutrition criteria. Recipes are consistent with the current Dietary Guidelines for Americans and MyPlate. Nutrition educators in the Supplemental Nutrition Assistance Program (SNAP) and other Food and Nutrition Service (FNS) nutrition assistance programs and their partners are encouraged to use the database to support their nutrition education program goals.

For additional recipes and more information about the *SNAP-Ed Connection Recipe Finder Database*, please visit the Web site at <http://recipefinder.nal.usda.gov/>.

This material was funded by USDA's Supplemental Nutrition Assistance Program.

The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689 for the contact information for your local SNAP office or visit the Web site at <http://www.fns.usda.gov/SNAP/>.

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Table Of Contents

Apple Cinnamon Bars	4
Applesauce Cookies	5
Banana Bread II	6
Banana Walnut Oatmeal	7
Breakfast Burrito with Salsa	8
Brown Rice Pilaf	9
Chocolate Chip Yogurt Cookies	10
Couscous with Peas and Onions	11
Crunchy Chicken Salad	12
Easy Red Beans and Rice	13
Fantastic French Toast	14
Herbed Vegetables	15
Honey Lemon Chicken	16
Honey Mustard Pork Chops	17
Lemon Spinach	18
Lentil Stew	19
Manly Muffin Meat Loaf	20
Marinated Beef	21
Misickquatash (Indian Succotash)	22
Mouth-Watering Oven-Fried Fish	23
One Pan Spaghetti	24
Perfect Pumpkin Pancakes	25
Polenta with Pepper and Cheese	26
Quick Tuna Casserole	27
Red Hot Fusilli	28
Scrambled Tofu	29
Shake-A-Pudding	30
Tofu Salad	31
White Chili	32
Yogurt Pops	33

Apple Cinnamon Bars

Yield: 24 servings

Ingredients

4	apple (medium)
1 cup	flour
1/4 teaspoon	salt
1/2 teaspoon	baking soda
1/2 teaspoon	cinnamon
1/2 cup	brown sugar
1 cup	oats (uncooked)
1/2 cup	shortening

Instructions

1. Preheat the oven to 350 degrees.
2. Put the flour, salt, baking soda, cinnamon, brown sugar, and oats in the mixing bowl. Stir together.
3. Add the shortening to the bowl. Use the 2 table knives to mix the ingredients and cut them into crumbs.
4. Lightly grease the bottom and sides of the baking dish with a little bit of shortening.
5. Spread half of the crumb mixture in the greased baking dish.
6. Remove the core from the apples and slice them. Put the apple slices into the baking dish.
7. Top the apples with the rest of the crumb mixture.
8. Bake in the oven for 40 – 45 minutes.
9. Cut into squares. It will fall apart easily.

Notes

You can use applesauce (16 ounces) or canned apples in place of fresh apples.
 You can use either peeled or unpeeled apples.
 May use 1/2 cup of margarine or vegetable oil spread in place of shortening.
 May use pumpkin pie spice in place of cinnamon.

Nutrition Facts

Serving Size 1 bar, 1/24 of recipe
 (42g)
 Servings Per Container 24

Amount Per Serving

Calories 100 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 1g **5%**

Trans Fat 1.5g

Cholesterol 0mg **0%**

Sodium 50mg **2%**

Total Carbohydrate 14g **5%**

Dietary Fiber 1g **4%**

Sugars 7g

Protein 1g

Vitamin A 0% • Vitamin C 2%

Calcium 0% • 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

Pennsylvania Nutrition
 Education Program,
 Pennsylvania Nutrition
 Education Network
 Website Recipes

Cost

Per recipe: \$2.09
 Per serving: \$0.09

Applesauce Cookies

Yield: 12 servings

Ingredients

1 cup	sugar
1/2 cup	margarine (or butter or shortening)
1	egg
2 teaspoons	baking soda
2 1/2 cups	flour (all purpose)
1/2 teaspoon	salt
1 teaspoon	cinnamon
1 1/2 cup	applesauce, unsweetened
1 cup	raisins
1 cup	nuts (optional)

Instructions

1. Preheat oven to 350°F. Prepare pan or cookie sheet (see below).
2. Cream together sugar, shortening and egg.
3. In a separate bowl, combine baking soda, flour, salt, and cinnamon. Mix well.
4. Stir flour mixture into shortening mixture just until moist.
5. Add applesauce, raisins, and nuts (if using).

For Cookies: Drop dough by heaping teaspoon several inches apart on a greased baking sheet. Bake at 350 degrees for 10 to 12 minutes.

For Cake: Bake at 350 degrees in an 8 inch x 8 inch pan for 40 minutes.

Notes

To check cake for doneness, pierce top of cake with a toothpick. Cake is done when toothpick comes out clean.

May use pumpkin pie spice, nutmeg, or allspice in place of cinnamon.

Menus include 2 cookies per person on 2 different days. For a family of 4, make 16 smaller cookies instead of the 12 called for in the recipe.

Nutrition Facts

Serving Size 2 cookies, 1/12 of recipe (102g)

Servings Per Container 12

Amount Per Serving

Calories 290 **Calories from Fat 70**

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1.5g **8%**

Trans Fat 1.5g

Cholesterol 15mg **5%**

Sodium 380mg **16%**

Total Carbohydrate 51g **17%**

Dietary Fiber 2g **8%**

Sugars 28g

Protein 4g

Vitamin A 0% • Vitamin C 2%

Calcium 2% • Iron 10%

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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.

Cost

Per recipe: \$2.98

Per serving: \$0.25

Banana Bread II

Yield: 12 servings

Ingredients

3 banana (large, well-ripened)
 1 egg
 2 tablespoons vegetable oil
 1/3 cup milk
 1/3 cup sugar
 1 teaspoon salt
 1 teaspoon baking soda
 1/2 teaspoon baking powder
 1 1/2 cup flour

Instructions

1. Preheat the oven to 350 degrees.
2. Peel the bananas. Put them in a mixing bowl. Mash the bananas with a fork.
3. Add the egg, oil, milk, sugar, salt, baking soda, and baking powder. Mix well with the fork.
4. Slowly stir the flour into the banana mixture. Stir for 20 seconds until the flour is moistened.
5. Lightly grease the bread pan with a little oil -OR- cooking spray -OR- line it with wax paper.
6. Pour the batter into the bread pan.
7. Bake for 45 minutes until a toothpick inserted near the middle comes out clean.
8. Let the bread cool for 5 minutes before removing it from the pan.

Notes

The key to good banana bread is to use well-ripened bananas that are covered with brown speckles. Try using half whole wheat flour to add some fiber. Add nuts if desired.

Nutrition Facts

Serving Size 1 slice, 1/12 of recipe
 (70g)

Servings Per Container 12

Amount Per Serving

Calories 140 **Calories from Fat 25**

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 330mg **14%**

Total Carbohydrate 26g **9%**

Dietary Fiber 1g **4%**

Sugars 10g

Protein 3g

Vitamin A 2% • Vitamin C 4%

Calcium 2% • Iron 6%

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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

Cost

Per recipe: \$1.13

Per serving: \$0.09

Banana Walnut Oatmeal

Yield: 4 servings

Ingredients

2/3 cups milk (non-fat, dry)
 1 pinch salt
 2 3/4 cups water
 2 cups oats (quick cooking)
 2 banana (very ripe, mashed)
 2 tablespoons maple syrup
 2 tablespoons walnuts (chopped)

Instructions

1. In a small saucepan, combine reconstituted non-fat dry milk, salt, and additional water. Heat over medium heat until steaming hot, but not boiling.
2. Add oats and cook, stirring until creamy, 1 to 2 minutes.
3. Remove the pan from heat and stir in mashed banana and maple syrup. Divide between 4 bowls, garnish with walnuts, and serve.

Notes

You can substitute 2 cups water or 2 cups skim milk for the reconstituted non-fat dry milk.

May use pancake syrup or reduced calorie syrup in place of maple syrup.

May use other nuts in place of walnuts.

Nutrition Facts

Serving Size 1/4 of recipe (298g)
 Servings Per Container 4

Amount Per Serving

Calories 340 **Calories from Fat** 50

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 190mg **8%**

Total Carbohydrate 60g **20%**

Dietary Fiber 6g **24%**

Sugars 25g

Protein 14g

Vitamin A 10% • Vitamin C 10%

Calcium 30% • Iron 15%

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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

United States Department of Agriculture, [USDA'S Collection of Nonfat Dry Milk \(NDM\) Recipes](#)

Cost

Per recipe: \$2.10

Per serving: \$0.53

Breakfast Burrito with Salsa

Yield: 4 servings

Cook time: 30 minutes

Ingredients

4 egg (large)
 2 tablespoons corn (frozen)
 1 tablespoon milk (1%)
 2 tablespoons green pepper (diced)
 1/4 cup onion (minced)
 1 tablespoon tomatoes (diced fresh)
 1 teaspoon mustard
 1/4 teaspoon garlic (granulated)
 1/4 teaspoon hot pepper sauce (optional)
 4 flour tortillas (8 inch)
 1/4 cup salsa (canned)

Instructions

Preheat oven to 350 degrees.

1. In a large mixing bowl, blend the eggs, corn, milk, green peppers, onions, tomatoes, mustard, garlic, hot pepper sauce, and salt for 1 minute until eggs are smooth.
2. Pour egg mixture into a lightly oiled 9x9x2 inch baking dish and cover with foil.
3. Bake for 20-25 minutes until eggs are set and thoroughly cooked.
4. Wrap tortillas in plastic and microwave for 20 seconds until warm. Be careful when unwrapping the tortillas. The steam can be hot.
5. Cut baked egg mixture into 4 equal pieces and roll 1 piece of cooked egg in each tortilla.
6. Serve each burrito topped with 2 Tablespoons of salsa.

Notes

May use brown or Dijon mustard in place of yellow mustard.

May use fresh or minced garlic in place of granulated garlic.

Nutrition Facts

Serving Size 1 burrito, 1/4 of recipe (159g)

Servings Per Container 4

Amount Per Serving

Calories 240 Calories from Fat 70

% Daily Value*

Total Fat 8g **12%**Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 185mg **62%****Sodium** 620mg **26%****Total Carbohydrate** 30g **10%**Dietary Fiber 2g **8%**

Sugars 4g

Protein 11g

Vitamin A 8% • Vitamin C 10%

Calcium 10% • 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

 USDA, Food and Nutrition Service (FNS), [Food Family Fun](http://www.foodfamilyfun.org)

Cost

Per recipe: \$1.67

Per serving: \$0.42

Brown Rice Pilaf

Yield: 4 servings

Ingredients

1 1/2 cup	brown rice
3 cups	water
1/4 cup	almonds (chopped)
1 teaspoon	parsley (dried)
1/2 teaspoon	garlic powder
1/4 teaspoon	black pepper

Instructions

1. Place all ingredients in a rice cooker and cook until the water evaporates, about 30 minutes.
2. Fluff cooked rice with a fork.

Notes

This dish goes very well with fish and chicken. Add a large green salad to complete the meal. The dish may be made on the stovetop as well but may require more water.

May use other nuts in place of almonds.

May use Italian mixed herbs/seasonings or cilantro in place of dried parsley.

May use fresh garlic, minced; or onion powder in place of garlic powder.

Nutrition Facts

Serving Size 1 cup prepared pilaf, 1/4 of recipe (254g)
Servings Per Container 4

Amount Per Serving

Calories 290 **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 55g **18%**

Dietary Fiber 3g **12%**

Sugars 1g

Protein 7g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 8%

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Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Source

Food and Health
Communications, Inc., [Visit Website](#)

Cost

Per recipe: \$0.98

Per serving: \$0.24

Chocolate Chip Yogurt Cookies

Yield: 36 servings

Ingredients

1/2 cup	sugar
1/2 cup	brown sugar (firmly packed)
1/2 cup	margarine
1/2 cup	yogurt (non-fat, plain)
1 1/2 teaspoon	vanilla
3/4 cups	flour (all-purpose)
1 cup	flour (whole wheat)
1/2 teaspoon	baking soda
1/2 cup	chocolate chips (miniature, or carob chips)

Instructions

1. Heat oven to 375° F.
2. In a large bowl combine sugar, brown sugar and margarine; beat until light and fluffy.
3. Add yogurt and vanilla; blend well. Stir in flour and baking soda; mix well. Stir in chocolate chips.
4. Drop dough by rounded teaspoonfuls 2 inches apart onto un-greased cookie sheets. Bake at 375° F for 8 to 12 minutes or until light and golden brown.
5. Cool 1 minute, remove from cookie sheets.

Nutrition Facts

Serving Size 1 cookie (21g)
Servings Per Container 36

Amount Per Serving	
Calories 80	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 1g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	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 University Cooperative
Extension, Eat Smart New York!

Cost

Per recipe: \$1.86
Per serving: \$0.05

Couscous with Peas and Onions

Yield: 4 servings

Ingredients

1 cup	onion (finely chopped)
1/2 teaspoon	sage (ground)
1 teaspoon	olive oil
1 1/3 cup	water
1 cup	green peas (frozen)
1 cup	couscous
1/2 teaspoon	salt (optional)

Instructions

1. Combine oil and onions in heavy skillet.
2. Sauté for 5-10 minutes until lightly browned.
3. Add the peas, sage, water, couscous, and salt if desired.
4. Cover and cook on low for about 5 minutes or until peas are tender but still bright green and all of the water is absorbed.
5. Fluff with fork.

Notes

Serve with lemon wedges or balsamic vinegar.

May use poultry seasoning in place of ground sage.

May use any vegetable oil in place of olive oil.

Nutrition Facts

Serving Size 1 cup (275g)
Servings Per Container 4

Amount Per Serving

Calories	190	Calories from Fat 15	
		% Daily Value*	
Total Fat	1.5g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	45mg		2%
Total Carbohydrate	37g		12%
Dietary Fiber	4g		16%
Sugars	3g		
Protein 7g			
Vitamin A	15%	• Vitamin C 15%	
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

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

Cost

Per recipe: \$1.78
Per serving: \$0.44

Crunchy Chicken Salad

Yield: 5 servings

Ingredients

2 cups	cooked chicken (chunked)
1/2 cup	celery
1/4 cup	green pepper
1/4	onion
1/2	cucumber
1/2 cup	grape
1	apple (small, diced, leave the peel on)
1/4 cup	yogurt, plain

Instructions

1. Use leftover cooked chicken, or cook enough chicken to make 2 cups of chicken pieces.
2. Chop the celery into small pieces.
3. Chop the green pepper into small pieces.
4. Peel and chop 1/4 of an onion.
5. Peel and chop half of a cucumber.
6. Chop the apple into pieces. It's okay to leave the peel on the apple.
7. Cut the grapes in half.
8. Put all the ingredients in a large bowl. Stir together.

Notes

Serve on lettuce, crackers, or bread.

Nutrition Facts

Serving Size 3/4 cup prepared salad,
1/5 of recipe (156g)
Servings Per Container 5

Amount Per Serving

Calories 140 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 65mg **3%**

Total Carbohydrate 8g **3%**

Dietary Fiber 1g **4%**

Sugars 6g

Protein 17g

Vitamin A 4% • Vitamin C 15%

Calcium 4% • 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

Pennsylvania Nutrition
Education Program,
Pennsylvania Nutrition
Education Network
Website Recipes

Cost

Per recipe: \$3.65

Per serving: \$0.73

Easy Red Beans and Rice

Yield: 8 servings

Ingredients

	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.

Notes

May use "no salt added" canned, diced tomatoes for less sodium.

May use fresh garlic, minced; or onion powder in place of garlic powder.

Nutrition Facts

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

Amount Per Serving

Calories 270 **Calories from Fat 20**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Total Carbohydrate 55g **18%**

Dietary Fiber 10g **40%**

Sugars 7g

Protein 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

Cost

Per recipe: \$4.56

Per serving: \$0.57

Fantastic French Toast

Yield: 6 servings

Ingredients

2 egg
 1/2 cup non-fat milk
 1/2 teaspoon vanilla extract
 6 slices whole wheat bread
 syrup or other toppings (optional)

Instructions

1. Preheat the griddle over medium heat, or set an electric frying pan at 375 degrees.
2. Put eggs, milk, and vanilla in a pie pan or shallow bowl and beat with a fork until well mixed.
3. Grease the griddle or pan with a thin layer of oil or use nonstick spray.
4. Dip both sides of bread, one slice at a time, in the egg mixture and cook on the hot griddle or frying pan.
5. Cook on one side until golden brown. Turn the bread over to cook the other side. It will take about 4 minutes on each side.
6. Serve with syrup, applesauce, fruit slices, or jam.

Notes

May use pancake syrup or reduced calorie syrup in place of maple syrup.

Nutrition Facts

Serving Size 1 slice, 1/6 of recipe
 (66g)
 Servings Per Container 6

Amount Per Serving

Calories 100 **Calories from Fat** 25

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 60mg **20%**

Sodium 170mg **7%**

Total Carbohydrate 13g **4%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 6g

Vitamin A 2% • Vitamin C 0%

Calcium 6% • 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

University of Wisconsin,
 Cooperative Extension Service,
 A Family Living Program

Cost

Per recipe: \$1.12

Per serving: \$0.19

Herbed Vegetables

Yield: 6 servings

Ingredients

1 can vegetables (any combination green or yellow beans, carrots, corn, mixed, etc.) (16 ounce)
 1/4 cup onion (chopped)
 1/2 teaspoon Italian herbs, basil or rosemary (dried, crushed)
 1 tablespoon margarine or butter

Instructions

1. Drain vegetables, saving 2 Tablespoons liquid.
2. Cook onion, herbs, and garlic in the margarine/butter in a small saucepan until onion is tender.
3. Stir in the vegetables and liquid.
4. Cook and stir until heated through.

Notes

May use "no salt added" canned vegetables for less sodium.

May use margarine or vegetable oil spreads in place of butter.

May use Italian herbs in place of dried basil and rosemary.

Nutrition Facts

Serving Size 1/6 of recipe (85g)
 Servings Per Container 6

Amount Per Serving

Calories 60 **Calories from Fat** 20

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 130mg **5%**

Total Carbohydrate 8g **3%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 2g

Vitamin A 180% • Vitamin C 8%

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

Ohio State University
 Cooperative Extension, Quick
 and Healthy Meals
 Tips and Tools for Planning
 Meals for Your Family
 Cuyahoga County

Cost

Per recipe: \$1.24

Per serving: \$0.21

Honey Lemon Chicken

Yield: 8 servings

Ingredients

1 tablespoon	vegetable oil
4 pounds	chicken (cut into 8 pieces)
1/2 cup	flour (all purpose)
1 teaspoon	salt
1/4 cup	honey
1/4 cup	lemon juice

Instructions

1. Preheat oven to 375 degrees. Line a baking pan with foil for easy clean up. Lightly oil the foil.
2. Combine flour and salt in a plastic bag. Shake chicken pieces in flour mixture, remove from bag and place on prepared pan.
3. Bake for 45 minutes.
4. Combine honey and lemon. Spoon mixture over chicken to glaze chicken pieces. Bake another 15 minutes.

Notes

May use canola or olive oil in place of vegetable oil.

Nutrition Facts

Serving Size 1 chicken piece
(average), 1/8 of recipe (240g)
Servings Per Container 8

Amount Per Serving

Calories 330 **Calories from Fat 70**

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 150mg **50%**

Sodium 160mg **7%**

Total Carbohydrate 15g **5%**

Dietary Fiber 0g **0%**

Sugars 9g

Protein 46g

Vitamin A 2% • Vitamin C 15%

Calcium 2% • 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

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

Cost

Per recipe: \$4.29
Per serving: \$0.54

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.
 To thicken sauce, if needed, remove cooked pork chops and cook sauce without a lid until desired consistency is reached.

Nutrition Facts

Serving Size 1 pork chop, 1/4 of recipe (168g)
 Servings Per Container 4

Amount Per Serving

Calories 300 **Calories from Fat 110**

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 95mg **32%**

Sodium 400mg **17%**

Total Carbohydrate 6g **2%**

Dietary Fiber 0g **0%**

Sugars 5g

Protein 40g

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

Pennsylvania Nutrition
 Education Program,
 Pennsylvania Nutrition
 Education Network
 Website Recipes

Cost

Per recipe: \$2.40

Per serving: \$0.60

Lemon Spinach

Yield: 4 servings

Ingredients

1 bunch spinach (1 pound, fresh)
 1/4 teaspoon black pepper
 1 tablespoon lemon juice

Instructions

1. Wash the spinach. Trim off the stems.
2. Put the spinach, black pepper, and lemon juice in a pan.
3. Cook over medium heat. Let the spinach boil for about 3 minutes, until just tender.

Nutrition Facts

Serving Size 1/4 cup, 1/4 of recipe
 (117g)

Servings Per Container 4

Amount Per Serving

Calories 25 **Calories from Fat 5**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 90mg **4%**

Total Carbohydrate 4g **1%**

Dietary Fiber 3g **12%**

Sugars 1g

Protein 3g

Vitamin A 210% • Vitamin C 60%

Calcium 10% • 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

Pennsylvania Nutrition
 Education Program,
 Pennsylvania Nutrition
 Education Network
 Website Recipes

Cost

Per recipe: \$1.42

Per serving: \$0.36

Lentil Stew

Yield: 10 servings

Ingredients

2 teaspoons	olive oil (or canola oil)
1	onion (large, chopped)
1 teaspoon	garlic powder
1 package	frozen sliced carrots (16 ounces)
1 package	dry lentils (16 ounces, rinsed and drained)
3 cans	diced tomatoes (14.5 ounces each)
3 cups	water
1 teaspoon	chili powder

Instructions

1. Heat the oil in a large pot over medium heat.
2. Add chopped onion.
3. Cook for 3 minutes, or until tender.
4. Stir in garlic powder, carrots, lentils, tomatoes, water and chili powder.
5. Simmer, uncovered, for about 20 minutes or until lentils are tender.

Notes

May use any vegetable oil in place of olive oil.

May use fresh garlic, minced, in place of garlic powder.

May use "no salt added" canned, diced tomatoes for less sodium.

May use a mix of other spices such as cayenne pepper, cumin, and oregano in place of chili powder.

Nutrition Facts

Serving Size 1 cup (296g)
Servings Per Container 10

Amount Per Serving

Calories 110 **Calories from Fat** 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 310mg **13%**

Total Carbohydrate 20g **7%**

Dietary Fiber 6g **24%**

Sugars 7g

Protein 6g

Vitamin A 160% • Vitamin C 40%

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

Maryland Food Supplement
Nutrition Education program,
2009 Recipe Calendar

Cost

Per recipe: \$5.54

Per serving: \$0.55

Manly Muffin Meat Loaf

Yield: 6 servings

Ingredients

1	egg
1/2 cup	non-fat milk
3/4 cups	oats
1 pound	lean ground beef
3 tablespoons	onion (chopped)
1/2 teaspoon	salt
1/2 cup	cheese (any variety) (grated)

Instructions

1. Preheat oven to 350 degrees.
2. Combine all ingredients and mix well.
3. Spoon mixture and divide evenly into 12 greased muffin cups.
4. Bake for 1 hour, or until temperature in center of meat loaf is 160 degrees.
5. Cool slightly before removing from muffin cups.

Notes

Combine meat loaf ingredients until well mixed, but don't over mix; too much mixing can make a meat loaf tough.

May also fill 12 small muffin cups and serve 2 muffins per person.

Safety Tip: Cook your meat loaves to 160 degrees. Use a meat thermometer to test the temperature. You will know that your loaves will be completely and safely cooked without being dried out from overheating.

Nutrition Facts

Serving Size 2 muffin meatloaves, 1/6 of recipe (130g)
Servings Per Container 6

Amount Per Serving

Calories 230 **Calories from Fat 110**

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 90mg **30%**

Sodium 330mg **14%**

Total Carbohydrate 8g **3%**

Dietary Fiber 1g **4%**

Sugars 2g

Protein 21g

Vitamin A 4% • Vitamin C 0%

Calcium 10% • 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

Kansas Family Nutrition Program, [Kids a Cookin'](#)

Cost

Per recipe: \$4.57

Per serving: \$0.76

Marinated Beef

Yield: 4 servings

Ingredients

12 ounces beef round steak
1 garlic clove
2 tablespoons lemon juice
4 tablespoons vegetable oil
1/2 teaspoon salt
1/2 teaspoon black pepper

Instructions

1. Using a cutting board and sharp knife, cut round steak across the grain into thin strips about 1/2 inch wide and 2 to 3 inches long.
2. In a medium glass mixing bowl, combine garlic, lemon juice, 2 Tablespoons of vegetable oil, salt and pepper.
3. Add beef strips and stir to coat with the oil mixture (marinade sauce). Cover bowl with plastic wrap and refrigerate for about 2 hours.
4. In a medium skillet over medium-high heat, heat 2 Tablespoons of the oil for 1-2 minutes until hot.
5. Drain marinade from beef. Put beef in skillet, stir and cook for 5 to 7 minutes or until meat is thoroughly browned.

Notes

For more tender meat, slice into very thin strips. Partially freeze meat for easier slicing. Note that thin slices will cook more quickly.

Nutrition Facts

Serving Size 1/4 of recipe (108g)
Servings Per Container 4

Amount Per Serving

Calories 240 **Calories from Fat 150**

% Daily Value*

Total Fat 18g **28%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 200mg **8%**

Total Carbohydrate 1g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 20g

Vitamin A 0% • Vitamin C 6%

Calcium 2% • 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

Kansas Family Nutrition Program, [Kids a Cookin'](#)

Cost

Per recipe: \$3.67

Per serving: \$0.92

Misickquatash (Indian Succotash)

Yield: 6 servings

Ingredients

1 cup	lean ground beef
1 cup	lima beans (frozen, cooked and drained)
1 can	corn (15 1/2 ounce, drained)
1 can	tomatoes (15 1/2 ounce, broken up)
1/4 teaspoon	salt
1/4 teaspoon	pepper
1/8 teaspoon	nutmeg

Instructions

1. Brown ground beef in pan. Drain excess liquid.
2. Add remaining ingredients except nutmeg. Cover and simmer 5 minutes or until thoroughly heated.
3. Sprinkle with nutmeg before serving.

Notes

To reduce fat, use ground beef that is 90% lean or higher.

May use "no salt added" canned corn and tomatoes for less sodium.

May use pumpkin pie spice, cinnamon, or ginger in place of nutmeg.

Nutrition Facts

Serving Size 1/6 of recipe (205g)
Servings Per Container 6

Amount Per Serving		
Calories	160	Calories from Fat 35
		% Daily Value*
Total Fat	3.5g	5%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	20mg	7%
Sodium	420mg	18%
Total Carbohydrate	19g	6%
Dietary Fiber	4g	16%
Sugars	7g	
Protein	10g	
Vitamin A	4%	Vitamin C 15%
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

USDA Food Distribution
Program on Indian Reservations,
A River of Recipes
Native American Recipes Using
Commodity Foods

Cost

Per recipe: \$4.03
Per serving: \$0.67

Mouth-Watering Oven-Fried Fish

Yield: 6 servings

Ingredients

2 pounds	fish fillets (see notes)
1 tablespoon	lemon juice (fresh)
1/4 cup	buttermilk (fat-free or low-fat, see notes)
1 teaspoon	garlic (fresh, minced)
1/8 teaspoon	hot sauce
1/4 teaspoon	white pepper (ground)
1/4 teaspoon	salt
1/4 teaspoon	onion powder
1/2 cup	corn flakes (crumbled or regular bread crumbs)
1 tablespoon	vegetable oil
1	lemon (fresh, cut in wedges)

Instructions

1. Preheat oven to 475 F .
2. Clean and rinse fish. Wipe fillets with lemon juice and pat dry.
3. Combine milk, hot sauce, and garlic.
4. Combine pepper, salt, and onion powder with crumbs and place on plate.
5. Let fillets sit briefly in milk. Remove and coat fillets on both sides with seasoned crumbs. Let stand briefly until coating sticks to each side of fish.
6. Arrange on lightly oiled shallow baking dish.
7. Bake for 20 minutes on middle rack without turning.
8. Cut into 6 pieces. Serve with fresh lemon.

Notes

*Atlantic cod and low fat buttermilk (1%) used for nutritional analysis.
 May substitute black pepper for white pepper.
 May use cayenne pepper in place of hot sauce.
 May use dry bread crumbs, cracker crumbs, or other unsweetened cereal crumbs in place of corn flakes.
 May use fat-free or lowfat milk with vinegar in place of buttermilk (1 tsp vinegar and 1/4 cup of milk; stir and let stand a few minutes).

Nutrition Facts

Serving Size 1 Piece (134g)
 Servings Per Container 6

Amount Per Serving			
Calories 150		Calories from Fat 30	
		% Daily Value*	
Total Fat 3.5g			5%
Saturated Fat 0.5g			3%
Trans Fat 0g			
Cholesterol 60mg			20%
Sodium 210mg			9%
Total Carbohydrate 4g			1%
Dietary Fiber 0g			0%
Sugars 1g			
Protein 25g			
Vitamin A 2%		• Vitamin C 10%	
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

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

Cost

Per recipe: \$5.61
 Per serving: \$0.94

One Pan Spaghetti

Yield: 10 servings

Ingredients

1 pound	ground beef (lean)
1	onion (medium, chopped)
3 1/2 cups	water
1 can	tomato sauce (15 ounces)
2 teaspoons	dried oregano
1/2 teaspoon	sugar
1/2 teaspoon	garlic powder
1/2 teaspoon	rosemary
1/4 teaspoon	pepper
2 cups	spaghetti noodles (broken)
1 cup	Parmesan cheese (shredded)

Instructions

1. Brown meat and onions in a large skillet over medium-high heat (300 degrees in an electric skillet). Drain fat.
2. Stir in water, tomato sauce, and spices; bring to a boil.
3. Add spaghetti, cover pan, and simmer 10-15 minutes, stirring often to prevent sticking.
4. When spaghetti is tender, top with grated cheese.
5. Refrigerate leftovers with in 2-3 hours.

Notes

For 2 cups of broken spaghetti noodles, use about 1/3 of a one pound box.

May use "no salt added" canned tomato sauce for less sodium.

May use Italian mixed herbs/seasonings, basil, or thyme in place of dried oregano.

Nutrition Facts

Serving Size 1 cup (239g)
Servings Per Container 10

Amount Per Serving

Calories 220 **Calories from Fat 45**

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 360mg **15%**

Total Carbohydrate 29g **10%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 13g

Vitamin A 6% • Vitamin C 6%

Calcium 10% • 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

Oregon State University
Cooperative Extension Service,
[Healthy Recipes](#)

Cost

Per recipe: \$7.25
Per serving: \$0.73

Perfect Pumpkin Pancakes

Yield: 12 servings

Ingredients

2 cups flour
 2 tablespoons brown sugar
 1 tablespoon baking powder
 1 1/4 teaspoon pumpkin pie spice
 1 teaspoon salt
 1 egg
 1/2 cup pumpkin (canned)
 1 3/4 cup milk, low-fat
 2 tablespoons vegetable oil

Instructions

1. Combine flour, brown sugar, baking powder, pumpkin pie spice and salt in a large mixing bowl.
2. In a medium bowl, combine egg, canned pumpkin, milk and vegetable oil, mixing well.
3. Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy. (For thinner batter, add more milk).
4. Lightly coat a griddle or skillet with cooking spray and heat on medium.
5. Using a 1/4 cup measure, pour batter onto hot griddle. Cook until bubbles begin to burst, then flip pancakes and cook until golden brown, 1 1/2 to 2 1/2 minutes. Repeat with remaining batter. Makes about 1 dozen 3 1/2 inch pancakes.

Notes

If you don't have pumpkin spice on hand, don't worry - it's just a combination of cinnamon, nutmeg, ginger, and cloves. In this recipe, you can substitute 3/4 teaspoon cinnamon, 1/4 teaspoon nutmeg and 1/8 teaspoon each of ginger and cloves for the pumpkin pie spice.

Remaining pumpkin puree can be frozen in an air-tight container for 1 to 2 months.

Safety Tip: You can be sure your skillet or griddle is hot enough for pancakes without burning your hand. Just sprinkle a few (3 or 4) drops of water on the surface. If they dance and sizzle, you are ready to cook. Be sure handles of skillets and pans are always turned toward the center or back of the stove, to prevent the pan from catching on hands or clothes and causing burns.

Nutrition Facts

Serving Size 1 pancake, 1/12 of recipe (78g)
 Servings Per Container 12

Amount Per Serving

Calories 130 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 340mg **14%**

Total Carbohydrate 21g **7%**

Dietary Fiber 1g **4%**

Sugars 4g

Protein 4g

Vitamin A 35% • Vitamin C 2%

Calcium 10% • 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

Kansas Family Nutrition Program, [Kids a Cookin'](#)

Cost

Per recipe: \$1.34

Per serving: \$0.11

Polenta with Pepper and Cheese

Yield: 8 servings

Cook time: 23 minutes

Ingredients

4 cups water
 1 1/2 cup corn meal (or polenta, uncooked)
 1 can whole kernel corn mixed with green and red peppers (11 ounces, drained)
 1 can green chiles (7 ounces)
 1/2 teaspoon salt
 1 tablespoon margarine or butter
 6 ounces cheese, cheddar, reduced fat, shredded
 1 can black or pinto beans (15 ounces, rinsed)
 Garnish:
 cilantro sprigs
 1 red bell pepper (cut into rings)

Instructions

1. In a medium sauce pan, bring the water to a boil. Gradually add the cornmeal or polenta. Reduce heat to low.
2. Continue stirring, add the corn, chiles and the salt. Cook 6-8 minutes or until mixture thickens, stirring occasionally.
3. Gently stir in the margarine, cheese and beans.
4. Remove from the heat and transfer to a serving dish.
5. Garnish with red bell pepper rings and cilantro.

Notes

If made in advance or for leftovers, spread in a pan and chill. To serve, slice into squares and heat in microwave or oven.

May use margarine or vegetable oil spread in place of butter.

May use "no salt added" canned beans for less sodium.

Nutrition Facts

Serving Size 1 cup prepared polenta,
 1/8 of recipe (303g)
 Servings Per Container 8

Amount Per Serving

Calories 270 **Calories from Fat 50**

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 590mg **25%**

Total Carbohydrate 43g **14%**

Dietary Fiber 6g **24%**

Sugars 4g

Protein 11g

Vitamin A 20% • Vitamin C 60%

Calcium 15% • 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

California Health Department -
 Los Angeles County, Es Facil
 Campaign
 Submitted by Gloria Vargas

Cost

Per recipe: \$4.38

Per serving: \$0.55

Quick Tuna Casserole

Yield: 6 servings

Ingredients

4 cups	water
5 ounces	egg noodles (wide)
10 ounces	cream of mushroom soup (low-sodium)
1/3 cup	skim milk
1 can	tuna (6.5 ounces, packed in water, drained)
1 cup	green peas (frozen)
1 cup	bread crumbs (fresh)

Instructions

1. Preheat oven to 350 degrees.
2. Bring 1 quart of water to a boil in a large pot and cook the egg noodles in the water for 2 minutes.
3. Then, cover the pot, remove from heat and let stand for 10 minutes.
4. In the meantime, mix the soup and milk together in a bowl.
5. Combine tuna and peas with the mixture and pour into a 1-quart casserole dish.
6. Drain the noodles well and combine with the tuna mixture.
7. Sprinkle the top with bread crumbs.
8. Bake for 30 minutes.

Notes

May use lowfat cream of mushroom soup for low-sodium soup. Lowfat soup is lower in sodium than regular soup.

Measuring hint: 2 slices of bread will yield roughly 1 cup of bread crumbs.

Nutrition Facts

Serving Size 1/6 of recipe (355g)
Servings Per Container 6

Amount Per Serving		
Calories	240	Calories from Fat 40
		% Daily Value*
Total Fat	4.5g	7%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	30mg	10%
Sodium	280mg	12%
Total Carbohydrate	35g	12%
Dietary Fiber	3g	12%
Sugars	4g	
Protein	15g	
Vitamin A	10%	• Vitamin C 8%
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

Tara Caulder, Soaad Ali, and Laide Bello
(Supervised by Dr. Mira Mehta and Terri Kieckhefer), Healthy Cookbook for African American Populations

Cost

Per recipe: \$3.69
Per serving: \$0.61

Red Hot Fusilli

Yield: 4 servings

Ingredients

1 tablespoon	olive oil
2 cloves	garlic (minced)
1/4 cup	parsley (fresh minced)
4 cups	ripe tomatoes (chopped)
1 tablespoon	fresh basil (chopped or 1 tsp dried basil)
1 tablespoon	oregano leaves (crushed or 1 tsp dried oregano)
1/4 teaspoon	salt
	ground red pepper (or cayenne to taste)
8 ounces	fusilli pasta (uncooked, 4 cups cooked)
1/2 pound	cooked chicken breast, optional* (diced into 1/2-inch pieces)

Instructions

1. Heat oil in a medium saucepan. Saute garlic and parsley until golden.
2. Add tomatoes and spices. Cook uncovered over low heat 15 minutes or until thickened, stirring frequently. If desired, add chicken and continue cooking for 15 minutes until chicken is heated through and sauce is thick.
3. Cook pasta firm in unsalted water.
4. To serve, spoon sauce over pasta and sprinkle with coarsely chopped parsley. Serve hot as a main dish and cold for the next day's lunch.

*Cost estimate and nutritional analysis includes optional chicken.

Notes

If pre-cooked chicken is not available, cook $\frac{3}{4}$ lb raw chicken and chop into $\frac{1}{2}$ -inch pieces when cooled down.

May use 28 ounces of "no salt added" canned tomatoes for fresh tomatoes; drain if desired.

May use any vegetable oil in place of olive oil.

May use cayenne pepper in place of ground red pepper.

Nutrition Facts

Serving Size 1 cup (388g)
Servings Per Container 4

Amount Per Serving

Calories 380 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 200mg **8%**

Total Carbohydrate 51g **17%**

Dietary Fiber 5g **20%**

Sugars 6g

Protein 28g

Vitamin A 40% • Vitamin C 50%

Calcium 6% • 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

National Heart, Lung and Blood Institute

National Institutes of Health,
[Stay Young at Heart Recipe Book](#)

Cost

Per recipe: \$4.82

Per serving: \$1.20

Scrambled Tofu

Yield: 4 servings

Ingredients

1 package tofu (20 ounces)
 1 tablespoon butter
 2 egg
 salt and pepper (optional, to taste)
 bean sprouts or chop suey mix, garlic, watercress, mushrooms,
 cheese, bell pepper, green onions (optional)

Instructions

1. Drain tofu.
2. In small bowl, dice or mash tofu. For optional ingredients, crush garlic and/or slice watercress, mushrooms, cheese, bell peppers, and green onions.
3. In a pan, melt butter. Add tofu. Add optional ingredients. Saute over medium heat until lightly browned.
4. Beat eggs and add to tofu mixture. Cook until firm.
5. Sprinkle with salt and pepper to taste.
6. Stir and cook until firm.

Notes

May use margarine or vegetable oil spread in place of butter.

Nutrition Facts

Serving Size 1/4 of recipe (114g)
 Servings Per Container 4

Amount Per Serving

Calories 140 **Calories from Fat** 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 100mg **33%**

Sodium 60mg **3%**

Total Carbohydrate 1g **0%**

Dietary Fiber 1g **4%**

Sugars 0g

Protein 13g

Vitamin A 4% • Vitamin C 0%

Calcium 10% • 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

University of Hawaii at Manoa,
 Cooperative Extension, [Lifeskills
 in Food Education, Food Skills
 Cookbook
 Food Stamps Nutrition
 Education Program](#)

Cost

Per recipe: \$3.28

Per serving: \$0.82

Shake-A-Pudding

Yield: 8 servings

Ingredients

2 cups milk (skim or lowfat 1%)
 1 carton pudding mix (3 1/2 ounces, instant vanilla)
 2 banana (peeled, sliced or other sliced fruit)

Instructions

1. Place 2 cups of milk in a quart jar with tight-fitting lid.
2. Add one small package of instant vanilla pudding mix to the jar; screw lid on jar.
3. Shake until mixture is smooth.
4. Place pieces of fruit in a serving bowl or paper cups.
5. Pour pudding over fruit and chill.

Notes

May use skim milk or lowfat 1% milk.

Nutrition Facts

Serving Size 1/2 cup (103g)
 Servings Per Container 8

Amount Per Serving

Calories 100 **Calories from Fat** 5

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 210mg **9%**

Total Carbohydrate 21g **7%**

Dietary Fiber 1g **4%**

Sugars 18g

Protein 2g

Vitamin A 2% • Vitamin C 4%

Calcium 8% • Iron 0%

*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](#)

Cost

Per recipe: \$1.48
 Per serving: \$0.18

Tofu Salad

Yield: 4 servings

Ingredients

3/4 pounds	tofu (firm)
2 tablespoons	mayonnaise, reduced calorie
3 teaspoons	brown mustard
1/2 teaspoon	soy sauce, low-sodium
1/2 cup	celery (diced)
1 tablespoon	onion (diced)
1/2	green pepper (seeded and diced)
1 tablespoon	parsley (minced)

Instructions

1. Prepare tofu by draining the water from the package and placing tofu between two plates. Put a heavy object on top and let stand for 10 to 15 minutes. Drain the water that collects on the bottom plate every few minutes.
2. In a small bowl, mix the mayonnaise, mustard and soy sauce.
3. In a medium bowl, combine the diced tofu, celery, onion, pepper, and parley; stir in the mayonnaise mixture and toss gently to coat.
4. Refrigerate covered until the flavors are blended - at least one hour.
5. Use as a sandwich filling or on top of whole grain crackers.

Notes

You may substitute yellow mustard for brown mustard.

Nutrition Facts

Serving Size 3/4 cup prepared salad,
1/4 of recipe (127g)
Servings Per Container 4

Amount Per Serving

Calories 90 **Calories from Fat 45**

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 160mg **7%**

Total Carbohydrate 4g **1%**

Dietary Fiber 1g **4%**

Sugars 2g

Protein 6g

Vitamin A 4% • Vitamin C 25%

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

University of Connecticut, Family
Nutrition Program, Senior
Nutrition Awareness Project
(SNAP) Newsletters

Cost

Per recipe: \$2.38

Per serving: \$0.59

White Chili

Yield: 10 servings

Ingredients

4 cups	white beans (cooked, see recipe)
1 tablespoon	olive oil
2	red pepper (chopped)
1	onion (large, chopped)
1	chopped green chili (can adjust to taste)
3	garlic (cloves, minced)
1 tablespoon	chili powder
1 teaspoon	cumin
1 teaspoon	oregano
2 cups	chicken broth (low sodium)
2 cups	milk, low-fat
1/4 cup	cilantro
3/4 pounds	chicken (cooked and cubed)
6	corn tortillas (toasted and cut into 1 inch squares)

Instructions

1. Sauté peppers and onion in olive oil.
2. Add green chili, garlic, spices and chicken broth. Simmer for 20 minutes.
3. Add milk, cooked beans, and cooked chicken. Allow to thicken before adding cilantro. Heat through.
4. Top chili with crisp tortillas before serving.

Notes

If using canned white beans, rinse and drain before using for less sodium.

May use any vegetable oil in place of olive oil.

May use fresh parsley in place of fresh cilantro.

May use a mix of other spices such as cayenne pepper, cumin, or oregano in place of chili powder.

May use Italian mixed herbs/seasonings, basil, or thyme in place of oregano.

Nutrition Facts

Serving Size 1/10 recipe (279g)
Servings Per Container 10

Amount Per Serving		
Calories	210	Calories from Fat 45
		% Daily Value*
Total Fat	5g	8%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	30mg	10%
Sodium	150mg	6%
Total Carbohydrate	25g	8%
Dietary Fiber	5g	20%
Sugars	5g	
Protein	18g	
Vitamin A 20% • Vitamin C 60%		
Calcium 10% • 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

Washington State WIC Program,
[The Bold and Beautiful Book of Bean Recipes](#)

Cost

Per recipe: \$6.11
Per serving: \$0.61

Yogurt Pops

Yield: 4 servings

Ingredients

6 ounces yogurt, fat-free, flavored or plain
3/4 cups fruit juice

Instructions

1. Put the yogurt and juice in a bowl.
2. Stir together well.
3. Pour the mix into paper cups.
4. Stick a popsicle stick in the center of the mix in the cup.
5. Place the yogurt pops in the freezer until they turn solid.

Notes

Here are some good flavor mixes for yogurt pops:

- Lemon yogurt with orange juice
- Vanilla yogurt with raspberry juice

Use 100% fruit juice for no added sugars.

You can buy popsicle sticks in a crafts store, or in the crafts department of a discount store.

Nutrition Facts

Serving Size 1 pop, 1/4 of recipe
(87g)
Servings Per Container 4

Amount Per Serving

Calories 45 **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 10g **3%**

Dietary Fiber 0g **0%**

Sugars 9g

Protein 1g

Vitamin A 4% • Vitamin C 4%

Calcium 4% • Iron 0%

*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

Cost

Per recipe: \$0.77

Per serving: \$0.19