

Recipe Finder

Cookbook



Christmas

Brown Rice Pilaf with Sage, Walnuts and Dried Fruit

Yield: 8 servings

Ingredients

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

Instructions

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

Nutrition Facts

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

Amount Per Serving

Calories 220 **Calories from Fat 15**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 130mg **5%**

Total Carbohydrate 47g **16%**

Dietary Fiber 4g **16%**

Sugars 3g

Protein 5g

Vitamin A 4% • Vitamin C 2%

Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

American Institute for Cancer Research, Diet & Cancer

Cranberry Ham Slice

Yield: 6 Servings

Ingredients

1 cup brown sugar, firmly packed
 1/2 tablespoon cornstarch
 1/2 teaspoon allspice
 1 pint cranberry juice cocktail
 2 tablespoons lemon juice
 1/4 cup raisins, seedless
 2 ham slices, 1-inch thick

Instructions

1. Set dial of temperature controlled burner at 225°F. Combine brown sugar, cornstarch, and allspice in a saucepan.
2. Gradually add the next three ingredients and stir. Cook until sauce thickens and boils.
3. Place one slice of ham in greased baking dish. Pour one half of the sauce over the ham slice. Top with second slice. Add remaining sauce.
4. Bake, covered in 350°F oven for 45 minutes.

Nutrition Facts

Serving Size 1/6 of recipe (221g)
 Servings Per Container 6

Amount Per Serving

Calories 320 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 55mg **18%**

Sodium 850mg **35%**

Total Carbohydrate 57g **19%**

Dietary Fiber 0g **0%**

Sugars 50g

Protein 19g

Vitamin A 0% • Vitamin C 60%

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 the Virgin Islands,
 Cooperative Extension Service,
[4-H/Family & Consumer Sciences Program.](#)

Dutch Green Beans

Yield: 4 servings

Ingredients

- 1 can green beans (15 ounces)
- 1/4 cup brown sugar
- 1 teaspoon cornstarch
- 1/3 cup vinegar
- 1 onion (small, sliced)

Instructions

1. Drain the beans, and save the liquid from the can in small bowl.
2. Pour 1/2 cup bean liquid into the saucepan.
3. Add the cornstarch in the bean liquid. Stir well.
4. Add the vinegar and brown sugar.
5. Put on medium heat and bring to a boil.
6. Turn the heat to low.
7. Add the green beans and onions. Heat and serve.

Nutrition Facts

Serving Size 1/4 of recipe (158g)
 Servings Per Container 4

Amount Per Serving

Calories 80 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 360mg **15%**

Total Carbohydrate 20g **7%**

Dietary Fiber 1g **4%**

Sugars 16g

Protein 1g

Vitamin A 6% • Vitamin C 6%

Calcium 4% • Iron 2%

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		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

Maple Sweet Potatoes

Yield: 2 servings

Ingredients

- 2 sweet potatoes (large)
- 2 tablespoons yogurt, non-fat
- 1 tablespoon maple syrup
- 1 tablespoon orange juice

Instructions

1. Prick potato skins with a fork. Microwave on high for 3 to 4 minute until soft and easily pierced with a knife.
2. Scoop out the pulp into a medium bowl. Mash the pulp and stir in the yogurt, maple syrup, and orange juice. Transfer to a microwave safe serving bowl and microwave for 1 to 2 minutes to heat through.

Nutrition Facts

Serving Size 1/2 of recipe (162g)
 Servings Per Container 2

Amount Per Serving	
Calories 150	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 35g	12%
Dietary Fiber 4g	16%
Sugars 13g	
Protein 3g	
Vitamin A 370%	• Vitamin C 6%
Calcium 6%	• 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

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

Soul-Healthy Cornbread

Yield: 12 servings

Ingredients

- 1 cup cornmeal
- 1 cup flour (all purpose)
- 1/2 cup sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup low-fat buttermilk
- 1/2 cup applesauce, unsweetened
- 1/2 cup egg whites
- 2 tablespoons vegetable oil

Instructions

1. Preheat oven to 400 degrees. Lightly spray and 8 inch square pan with vegetable oil cooking spray.
2. Mix dry ingredients in an medium-sized mixing bowl.
3. Add the rest of the ingredients and mix well by hand.
4. Pour the batter into the sprayed pan and shake to make it level.
5. Bake until a toothpick inserted in the center comes out clean, about 25 minutes.
6. Allow to cool, then cut into 12 squares.

Nutrition Facts

Serving Size 1 2x2 2/3" piece, 1/12 of recipe (76g)
 Servings Per Container 12

Amount Per Serving			
Calories 160		Calories from Fat 25	
		% Daily Value*	
Total Fat	3g		5%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	220mg		9%
Total Carbohydrate	29g		10%
Dietary Fiber	1g		4%
Sugars	11g		
Protein	4g		
Vitamin A	0%	Vitamin C	0%
Calcium	8%	Iron	6%
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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

Food and Health Communications, Inc., Cooking Demo II, p.166

Waldorf Salad

Yield: 6 servings

Ingredients

- 1/4 cup walnuts (chopped)
- 2 apple (cored and diced)
- 1 cup celery (diced)
- 1/2 cup raisins
- 1/4 cup plain yogurt (non-fat)
- 1/2 teaspoon sugar
- 1 teaspoon lemon juice

Instructions

1. Preheat oven to 350 degrees.
2. Place chopped walnuts on a baking sheet and bake for 12-15 minutes. Stir occasionally until they are evenly toasted.
3. Combine apples, celery, nuts, and raisins.
4. Stir together yogurt, sugar, and lemon juice. Pour over apple mixture and toss lightly.
5. Refrigerate leftovers within 2 hours.

Notes

Serve this dish with a whole wheat roll for a hearty meal.

Nutrition Facts

Serving Size 2/3 cup (87g)
 Servings Per Container 6

Amount Per Serving

Calories 110 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g **5%**

 Saturated Fat 0g **0%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 18g **6%**

 Dietary Fiber 2g **8%**

 Sugars 15g

Protein 2g

Vitamin A 2% • Vitamin C 6%

Calcium 4% • Iron 4%

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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

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