

Recipe Finder

Cookbook



Thanksgiving

Apple Cranberry Salad Toss

Yield: 8 servings

Ingredients

1	head of lettuce (about 10 cups)
2	apple (medium, sliced)
1/2 cup	walnuts (chopped)
1 cup	dried cranberries
1/2 cup	green onion (sliced)
3/4 cups	vinaigrette dressing

Instructions

1. Toss lettuce, apples, walnuts, cranberries, and onions in large bowl.
2. Add dressing; toss to coat. Serve immediately.

Nutrition Facts

Serving Size 1/8 of recipe (157g)
Servings Per Container 8

Amount Per Serving

Calories 140 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8%**

 Saturated Fat 0g **0%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 24g **8%**

 Dietary Fiber 3g **12%**

 Sugars 19g

Protein 2g

Vitamin A 8% • Vitamin C 8%

Calcium 2% • Iron 4%

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

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

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

Source

USDA Food and Nutrition
Service, Creative Recipes for
Less Familiar USDA
Commodities Used by
Household Programs
Food Distribution Service

Candied Yams

Yield: 6 servings

Ingredients

1 1/2 cup	yams
1/4 cup	brown sugar (packed)
1 teaspoon	flour (sifted)
1/4 teaspoon	salt
1/4 teaspoon	cinnamon (ground)
1/4 teaspoon	orange peel
1 teaspoon	margarine, tub (soft, unsalted)
1/2 cup	orange juice

Instructions

1. Preheat oven to 350 degrees Fahrenheit.
2. Cut yams in half and boil until tender, but firm (about 20 minutes). When cool enough to handle, peel and slice into 1/4-inch thickness.
3. Combine sugar, flour, salt, cinnamon, nutmeg, and grated orange peel.
4. Place half of sliced yams in medium-sized casserole dish. Sprinkle with spiced sugar mixture.
5. Dot with half the amount of margarine.
6. Add second layer of yams, using the rest of the ingredients in the order above. Add orange juice.
7. Bake uncovered for 20 minutes.

Nutrition Facts

Serving Size 1/4 Cup (66g)
Servings Per Container 6

Amount Per Serving

Calories 90 **Calories from Fat 5**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 100mg **4%**

Total Carbohydrate 21g **7%**

Dietary Fiber 1g **4%**

Sugars 11g

Protein 1g

Vitamin A 2% • Vitamin C 25%

Calcium 2% • Iron 2%

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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

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

Fall Veggie Casserole

Yield: 8 servings

Ingredients

1 eggplant (medium)
 4 tomatoes
 1 green pepper
 1 onion
 1 teaspoon salt
 1/4 teaspoon pepper
 3 tablespoons vegetable oil
 1 garlic clove
 2 tablespoons Parmesan cheese (grated)

Instructions

1. Remove the skin from the eggplant. Cut the eggplant into cubes.
2. Chop the tomatoes into small pieces.
3. Cut the green pepper in half. Remove the seeds and cut it into small pieces.
4. Chop the onion into small pieces.
5. Cut the garlic into tiny pieces.
6. Cook the first 8 ingredients in a large skillet until tender.
7. Top with the Parmesan cheese and serve.

Nutrition Facts

Serving Size 1/8 of recipe (172g)
 Servings Per Container 8

Amount Per Serving

Calories 90 **Calories from Fat 50**

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 320mg **13%**

Total Carbohydrate 8g **3%**

Dietary Fiber 3g **12%**

Sugars 4g

Protein 2g

Vitamin A 10% • Vitamin C 45%

Calcium 4% • Iron 4%

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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

Grandma's Stuffing

Yield: 8 servings

Ingredients

10 cups	whole wheat bread cubes (or white bread or buns, dry)
1/3 cup	water
1/2 cup	onion (chopped)
1/2 cup	celery (chopped)
1 teaspoon	parsley, dried (or 1 Tbsp fresh parsley chopped)
1/4 teaspoon	salt
1/4 teaspoon	black pepper
1 1/2 cup	milk
1	egg (lightly beaten)
2	apple (medium, pared, cored and chopped, or 1/4 cup raisins optional)

Instructions

1. Preheat oven to 350 degrees.
2. Put cubes in a large bowl. Set aside.
3. Put water in medium saucepan. Add onion, celery, parsley, salt and pepper. Cook for 5 minutes. Do not drain. Pour over bread cubes.
4. Stir in milk and egg. Gently stir in apples, and raisins, if desired.
5. Spoon into a greased 2-quart baking dish. Bake at 350 degrees for 1 hour.

Nutrition Facts

Serving Size 1/8 of recipe (123g)
Servings Per Container 8

Amount Per Serving	
Calories	Calories from Fat
150	20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 330mg	14%
Total Carbohydrate 25g	8%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 7g	
Vitamin A 4%	• Vitamin C 2%
Calcium 20%	• Iron 10%
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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

Green Bean Saute

Yield: 6 servings

Ingredients

1 cup onion (chopped)
 1 cup mushroom (sliced)
 1 teaspoon garlic (minced)
 1 can green beans (16 ounce, drained, cut)

Instructions

1. Spray a skillet with non-stick cooking spray.
2. Sauté onions, mushrooms, and garlic.
3. Add green beans and heat thoroughly.

Nutrition Facts

Serving Size 1/2 cup, 1/6 of recipe
 (114g)

Servings Per Container 6

Amount Per Serving

Calories 35 **Calories from Fat 5**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 190mg **8%**

Total Carbohydrate 6g **2%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 2g

Vitamin A 6% • Vitamin C 8%

Calcium 4% • Iron 4%

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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

Ponichtera, Brenda RD
 ScaleDown Publishing, Inc.,
 Quick and Healthy, Vol.II, 1995,
 p.93

Hearty Mashed Potatoes

Yield: 6 servings

Ingredients

2 pounds potatoes (baking, peeled and cut in chunks)
 1 can garbanzo beans (15 ounce, drained)
 3/4 cups milk, non-fat (or fortified soy milk)
 1/4 cup Parmesan cheese
 1/2 teaspoon garlic powder
 black pepper (to taste)

Instructions

1. Place the potatoes in a large sauce pan and cover with water. Bring to a boil over high heat then reduce to a simmer.
2. Add the garbanzo beans 10 minutes after potatoes start cooking. Continue cooking until potatoes are fork tender, about 20 minutes.
3. Drain water and place the sauce pan back on the stove. Mash the beans and potatoes using a potato masher or hand beaters.
4. Add the milk, cheese and seasonings.
5. Reheat if necessary. Serve hot.

Nutrition Facts

Serving Size 1 cup prepared potatoes, 1/6 of recipe (247g)
 Servings Per Container 6

Amount Per Serving

Calories 200 **Calories from Fat 25**

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 270mg **11%**

Total Carbohydrate 37g **12%**

Dietary Fiber 5g **20%**

Sugars 2g

Protein 9g

Vitamin A 0% • Vitamin C 45%

Calcium 10% • Iron 10%

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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

Homemade Cranberry Sauce

Yield: 8 Servings

Ingredients

1 package fresh cranberries (12 ounces, can also use frozen)
 1 orange
 1 cup sugar

Instructions

1. Place all ingredients in a blender and blend until mixed well.
2. Heat up and serve over turkey, ice cream sandwiches, etc.

Notes

1 cup white grape juice concentrate can be substituted for 1 cup sugar.

Nutrition Facts

Serving Size 1/8 of recipe (84g)
 Servings Per Container 8

Amount Per Serving			
Calories	120	Calories from Fat	0
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	32g		11%
Dietary Fiber	2g		8%
Sugars	28g		
Protein	0g		
Vitamin A	2%	• Vitamin C	25%
Calcium	2%	• Iron	0%

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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

Utah State University
 Cooperative Extension, [Visit Website](#)

Homemade Mashed Potatoes

Yield: 8 servings

Ingredients

2 pounds potatoes (6 medium)
 1 cup milk, low-fat
 3 tablespoons margarine or butter
 1 teaspoon salt
 1/2 teaspoon pepper (ground)

Instructions

1. Peel the potatoes, and cut them into chunks.
2. Put the potatoes in a medium saucepan with enough water to cover them.
3. Cook the potatoes on medium heat for 15 minutes or until tender.
4. Remove the potatoes from the heat. Drain the water off the potatoes.
5. Mash the potatoes with a fork or potato masher.
6. Stir in enough milk to make the potatoes smooth and creamy.
7. Add the butter, salt and pepper.

Nutrition Facts

Serving Size 1/2 cup prepared potatoes, 1/8 of recipe (151g)
 Servings Per Container 8

Amount Per Serving

Calories 140 Calories from Fat 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 1g **5%**

Trans Fat 1g

Cholesterol 0mg **0%**

Sodium 340mg **14%**

Total Carbohydrate 22g **7%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 3g

Vitamin A 2% • Vitamin C 35%

Calcium 6% • 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

Pennsylvania Nutrition
 Education Program,
 Pennsylvania Nutrition
 Education Network
 Website Recipes

Turkey Gravy

Yield: 6 servings

Ingredients

2 tablespoons margarine (or butter or turkey drippings)
 3 tablespoons flour
 1/4 teaspoon salt
 1 1/2 cup chicken or turkey broth
 1/2 cup giblets (cooked and chopped)

Instructions

1. Melt margarine in skillet over low heat. Mix in flour and salt. Stir and heat until bubbly.
2. Add broth slowly, stirring constantly. Cook over low heat for 5- 10 minutes.
3. Add the cooked giblets. Heat a few minutes to blend flavors.
4. Store leftovers in refrigerator within 2 hours.

Nutrition Facts

Serving Size 1/6 of recipe (72g)
 Servings Per Container 6

Amount Per Serving

Calories 70 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

 Saturated Fat 1g **5%**

 Trans Fat 0.5g

Cholesterol 55mg **18%**

Sodium 370mg **15%**

Total Carbohydrate 3g **1%**

 Dietary Fiber 0g **0%**

 Sugars 0g

Protein 4g

Vitamin A 15% • Vitamin C 2%

Calcium 0% • 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

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