

Build A Healthier Plate Fruit & Vegetable Cookbook ^{6th} Edition

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Fruit & Vegetable Cookbook

6th Edition

Common Kitchen Conversions

Liquid Measures

1 gallon = 4 quarts = 8 pints = 16 cups = 128 fl oz

$\frac{1}{2}$ gallon = 2 quarts = 4 pints = 8 cups = 64 fl oz

$\frac{1}{4}$ gallon = 1 quart = 2 pints = 4 cups = 32 fl oz

$\frac{1}{2}$ quart = 1 pint = 2 cups = 16 fl oz

$\frac{1}{4}$ quart = $\frac{1}{2}$ pint = 1 cup = 8 fl oz

$\frac{1}{2}$ stick butter = $\frac{1}{4}$ cup

1 stick butter = $\frac{1}{2}$ cup

Dry Measures

1 cup = 16 Tbsp = 48 tsp = 250 ml

$\frac{3}{4}$ cup = 12 Tbsp = 36 tsp = 175 ml

$\frac{2}{3}$ cup = $10\frac{2}{3}$ Tbsp = 32 tsp = 150 ml

$\frac{1}{2}$ cup = 8 Tbsp = 24 tsp = 125 ml

$\frac{1}{3}$ cup = $5\frac{1}{3}$ Tbsp = 16 tsp = 75 ml

$\frac{1}{4}$ cup = 4 Tbsp = 12 tsp = 50 ml

$\frac{1}{8}$ cup = 2 Tbsp = 6 tsp = 30 ml

1 Tbsp = 3 tsp = 15 ml

Abbreviations

gal = gallon

qt = quart

pt = pint

c = cup

fl oz = fluid ounce

T = Tbsp = tablespoon

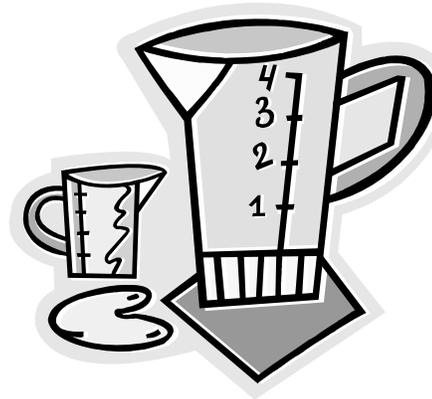
t = tsp = teaspoon

ml = milliliter

= lb = pound

oz = ounce

kg = kilogram



How many fruits & vegetables should I eat daily?

Fruits: 2 cups daily

Vegetables: 2½ cups daily

One cup refers to a common measuring cup (the kind used in recipes).

Vegetables: 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group.

Fruits: 1 cup of fruit or 100% fruit juice, or $\frac{1}{2}$ cup of dried fruit can be considered as 1 cup from the fruit group.

Table of Contents

(page number in parenthesis)



Common Kitchen Conversions (front cover)

Welcome to the Wonderful World of Produce

Common Cooking Terms & Definitions

Fruit & Vegetable Introduction

- The Importance of Produce (A)
- What's in THAT Fruit? (B)
- What's in THAT Vegetable? (C)
- 55 Ways to Eat More Fruits & Veggies (D&E)
- Selecting Fruits & Vegetables (F)
- Shopping at Produce Stands (G)
- Fresh Produce Calendar (H&I)
- Storing Fruits & Vegetables (J)
- Storage Tips for Fresh Produce (K)
- Fruit & Vegetable Storage Times (L)
- Safe Handling of Fruits & Vegetables (M&N)
- Healthy Cooking Tips for Recipes (O)
- Herb & Spice Buying Guide (P)

Fruit & Vegetable Recipes

- Beverage (1)
- Breakfast (7)
- Soup, Salad & Side (19)
- Dinner (55)
- Dessert (77)

Recipe Index (95)

Fruit Index (96)

Vegetable Index (97)

Common Ingredient Substitutions (back cover)

Welcome to the Wonderful World of Produce!

Are you interested in eating more fruits & vegetables? If so, this cookbook was developed for you! If not, we hope to change your mind by showing you how easy it is to eat more produce. Why should you eat more fruits & vegetables? Leading health authorities urge most adults to eat 2 cups of fruits and 2½ cups of vegetables daily. They all agree that eating more fruits & vegetables, as part of a well-balanced diet, can help you maintain a healthy weight and reduce your risk of certain chronic diseases.

The Yakama Nation Basic Food Nutrition Education Program (BFNEP) staff tested over 200 simple, inexpensive fruit & vegetable recipes; then, Commodity Foods participants sampled the recipes and provided feedback. The 94 most popular recipes were selected and compiled in this cookbook. Whenever possible, Commodity Foods fruits & vegetables were utilized in the recipes—fresh, canned, juiced and dried. Food items frequently available at Commodity Foods and local food banks are **highlighted** in the recipes as an easy reference. A food label is also included to show you the nutrition information for each recipe.

The information in the *Fruit & Vegetable Introduction* was originally adapted from the Honor the Gift of Food curriculum. Through the years, this section has been expanded and updated to include the most current nutrition recommendations. Please read the *Fruit & Vegetable Introduction*—it provides general nutrition information on produce, how and when to select produce, how to correctly store produce in your home, and how to keep produce safe in your kitchen. Information on increasing your fruit & vegetable intake as well as reducing fat, sugar and salt in the recipes is also located in this section.

If you have a particular fruit or vegetable you want to prepare (such as sweet potato), turn to the *Fruit & Vegetable Index* at the back of the cookbook. This index lists the recipes (Holiday Sweet Potatoes) based on the main fruit and/or vegetable used in the recipe.

Lastly, *Common Kitchen Conversions* (and fruit & vegetable serving information) are located inside the front cover and *Common Ingredient Substitutions* are located inside the back cover. The following two pages are full of *Common Cooking Terms & Definitions* as a resource.

Many individuals helped mold and create this cookbook. Thanks to Margaret Ambrose for revision assistance and elbow grease in the kitchen. Thanks to Linda Moncrief, RD, for everlasting support, cooking experience and attention to detail. Additionally, thanks to Monika Frantz, MPH, RD, for helping with the *Fruit & Vegetable Introduction* plus the recipe testing. Thanks to Andrea Mitchell for lending a much needed extra hand in the kitchen. Also thanks to Donjulie Aranha, MAT, RD, for her fresh perspective and patience. Finally, thanks to Linda Walker for overall project support. It could not have been created without these individuals! And to keep the cookbook current, it is updated and modified biannually. For the **6th edition**, the *Fruit & Vegetable Introduction* was revised and more tasty recipes were added.

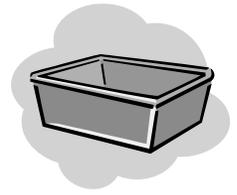
Enjoy the recipes and please share them with your family and friends!

Thanks,
Stephanie Hightower Rendulic, RD, CD
Yakama Nation BFNEP Consultant

"A recipe is only a theme, which an intelligent cook can play each time with a variation." – Madame Benoit



Common Cooking Terms & Definitions



Bake: To cook in an oven with dry heat

Barbecue: To roast slowly on a rack over hot coals, fire or other source of direct heat; food is brushed with a sauce during cooking

Baste: To moisten meat or other foods during cooking, adding flavor and preventing drying; liquid is usually melted fat, meat drippings, fruit or vegetable juice, sauce or marinade

Batter: A mixture of flour and liquid, often with other ingredients, that can be stirred and poured

Beat: To mix with a rapid, regular motion using a wire whisk, spoon, hand beater or electric mixer until the mixture is smooth and lump-free

Blanch: To briefly heat vegetables or fruit in steam or boiling water to loosen and remove skins, or to inactivate enzymes before freezing or drying

Blend: To mix two or more ingredients thoroughly

Boil: To cook in water or other liquid that is boiling; boiling liquids have bubbles rising and breaking the surface continuously

Braise: To cook in a covered pot with a small amount of liquid over low heat for a long time

Bread: To coat food with bread, cracker, cookie or other food crumbs; surface is often first coated with beaten egg or other liquid

Brine: To soak pickled, fermented or cured foods in a strong salt solution, adding flavor and preventing microbial growth

Broil: To cook with direct heat, usually under an oven heating element

Brown: To cook with moderate to high heat until food browns in color

Chop: To cut into small ($\frac{1}{2}$ to $\frac{3}{4}$ inch) pieces with a knife or other sharp tool

Coat: To spread or dip food into another substance like flour or sauce until it is covered

Combine: To stir two or more ingredients together to form a mixture of uniform consistency

Core: To remove the inedible central part of a fruit (apple, pear, pineapple) or the hard stem of a vegetable (like cabbage) with a knife or special tool

Cream: To mix one or more foods (usually fat & sugar) until soft and smooth

Cube: To cut food into small cubes

Cut In: To distribute solid fat throughout dry ingredients, using two knives or a pastry blender, until flour coated fat particles are the desired size

Dice: To cut into small cubes, usually $\frac{1}{4}$ to $\frac{1}{2}$ inch pieces

Dilute: To make less strong by adding liquid

Dissolve: To thoroughly mix a dry ingredient into a liquid until it melts or liquefies completely, thus making a solution

Divide: To separate a food or liquid into two or more parts

Dough: A mixture of flour and water, usually with other ingredients, that is stiff enough to be rolled or kneaded

Extract: To remove the juice from a food, usually fruit, by squeezing or pressing

Flake: To break into small pieces, typically with a fork

Fold: To combine one ingredient with another by gently turning the mixture with a spoon or spatula to minimize loss of air; cut vertically through the mixture and slide across the bottom of the bowl and up the other side

Fry: To cook in fat; to pan fry use a small amount of fat; to deep-fat fry submerge food in fat

Garnish: To add decorative and sometimes edible touches to food that is served

Glaze: To coat with a glossy mixture that enhances both the flavor and appearance of the food

Grate: To rub a hard food, such as carrots or cheese over a grater to produce very small particles



Grease: To rub the surface of a pan or dish with fat to prevent sticking

Grill: To cook food on a rack over hot coals or another heat source

Knead: To work dough by hand or machine to develop the protein (gluten) needed to give bread its texture



Marinate: To soak food in a flavorful liquid; usually a combination of oil, seasonings plus an acid liquid like vinegar, lemon or other fruit juice

Mash: To crush into a soft mass

Mince: To chop or cut into very small pieces ($\frac{1}{16}$ to $\frac{1}{8}$ inch)

Mix: To combine two or more ingredients into a uniform mixture

Pan Broil: To cook, uncovered, over high heat in a preheated skillet, pouring off accumulating fat

Par Boil: To boil until partially cooked; cooking is then completed by another method

Pare: To cut off the outside rind or skin of a fruit or vegetable

Peel: To remove the outer covering of foods like bananas or oranges

Pinch: The amount of a substance that can be held between the thumb and forefinger

Pit: To remove the seed (pit) from a whole fruit such as a cherry or plum

Poach: To cook gently in liquid just below the boiling point, careful to retain the shape of the food

Punch Down: To deflate risen yeast dough by pushing it down with the fist

Puree: To press food through a fine sieve or food mill; to blend in a blender or food processor until a smooth thick mixture; also a thick sauce made from pureed vegetables

Reconstitute: To restore concentrated or dehydrated foods such as frozen orange juice or nonfat dry milk to their original form by adding water

Reduce: To decrease the amount of liquid by rapid boiling

Roast: To cook uncovered with dry heat in an oven

Sauté: To cook quickly in a small amount of fat, stirring so food browns evenly

Scald: To heat liquid to just below the boiling point; to dip food in or pour boiling water over

Sear: To brown the surface of foods quickly with high heat

Season: To add salt, pepper or other seasonings to taste

Seed: To remove the seeds from a fruit or vegetable, such as a pepper or squash

Shred: To shave or cut into very thin ribbons using the large holes on a grater or food processor; or to cut vegetables (like cabbage or lettuce) into thin strips

Sift: To put a powdered substance through a sieve or sifter to introduce air or remove lumps

Simmer: To cook slowly in liquid just below the boiling point; bubbles form slowly and break apart just below the surface

Slice: To cut into thin, flat, uniform pieces

Soften: To make a food like cream cheese, margarine, or ice cream softer by letting it sit at room temperature

Steam: To cook food in steam over boiling water in a closed container

Stew: To cook in liquid with a tightly covered pot over low heat

Stir: To mix ingredients with a circular motion

Stir Fry: To cook small pieces of meat, poultry, fish and/or vegetables in a very small amount of oil over high heat, stirring continuously; sometimes broth or other liquid is added

Strain: To remove liquid from food using a strainer or sieve

Toast: To brown by direct heat or in a hot oven

Toss: To mix foods lightly with a lifting motion

Whip: To beat food such as eggs, cream or gelatin to rapidly incorporate air and increase volume

Zest: The grated thin, colored, outer layer of an orange, lemon, lime or grapefruit peel



Fruit & Vegetable

Introduction

The Importance of Produce

A growing body of research shows that fruits & vegetables are critical to promoting good health. People who eat more fruits & vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic disease like cardiovascular disease, high blood pressure, diabetes and cancer. The average American should consume 2 cups of fruits and 2½ cups of vegetables daily. To get the recommended amount, most people need to eat more fruits & vegetables.



Focus on Fruits – 2 cups daily

- Any fruit or 100% fruit juice counts as a member of the fruit group. Fruits may be fresh, frozen, canned or dried; and whole, cut-up or pureed.
- *What counts as a cup?* 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit

Vary your Veggies – 2½ cups daily

- Any vegetable or 100% vegetable counts as a member of the vegetable group. Vegetables may be fresh, frozen, canned or dried; and whole, cut-up or mashed.
- *What counts as a cup?* 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens



Most fruits & vegetables are naturally low in fat, sodium and calories – none have cholesterol. Fruits & vegetables also provide nutrients vital for health and maintenance of your body such as vitamin A, vitamin C, folate (folic acid), fiber and potassium. Below is a table showing the reasons why your body needs each nutrient and amount needed daily (or daily value). See [pages B&C](#) for a list of fruits & vegetables and which nutrients they contain.

Nutrient	Daily Value	Benefits
Vitamin A (carotenoids)	5,000 IU	Keeps eyes & skin healthy; Protects against infections
Vitamin C	60 mg	Aids growth & repair of all body tissues; Helps heal cuts & wounds; Keeps teeth & gums healthy; Aids in iron absorption
Folate (folic acid)	400 µg	Helps form red blood cells
Fiber	25 g	Maintains proper bowel function; Reduces blood cholesterol levels; Provides a feeling of fullness
Potassium	3,500 mg	Helps maintain healthy blood pressure; Aids in nerve impulses & muscle contractions

What's in THAT Fruit?



Since fruits & vegetables contain different nutrients for your body, it's important to eat a variety of produce. Here is a list of nutrients found in fruits that are typically available at Commodity Foods, food banks, or that are inexpensive choices at your local produce stand or grocery store while in season.

Fruits*	Vitamin A	Vitamin C	Folate	Fiber	Potassium
Apple (fresh)		★		★	
Applesauce (cnd)				★	
Apricot (cnd)	★	★		★	★
Banana (fresh)		★		★	★
Blackberry (fresh)		★	★	★	
Blueberry (fresh)		★		★	
Cantaloupe (fresh)	★	★			★
Cherry (fresh)					
Dried Plum (dried)	★			★	★
Grape (fresh)					
Grapefruit (fresh)		★		★	
Honeydew (fresh)		★			★
Huckleberry (fresh)		★		★	
Kiwifruit (fresh)		★		★	
Lemon (fresh)		★			
Lime (fresh)		★			
Mango (fresh)	★	★		★	
Mixed Fruit (cnd)		★		★	
Nectarine (fresh)	★	★		★	
Orange (fresh)		★	★	★	
Peach (cnd)	★	★		★	
Pear (fresh)		★		★	
Pineapple (cnd)		★		★	
Plum (fresh)		★			
Raisin (dried)				★	★
Raspberry (fresh)		★		★	
Strawberry (fresh)		★		★	
Watermelon (fresh)	★	★			
Fruit Juices					
Apple Juice (cnd)		★ †			
Cranberry Apple Juice (cnd)		★			
Grape Juice (cnd)		★ †			
Grapefruit Juice (cnd)		★			★
Orange Juice (cnd)		★	★		★
Pineapple Juice (cnd)		★	★		

Resource: Pennington J. Bowes & Church's Food Values of Portions Commonly Used, 17th edition. Philadelphia: Lippincott Williams & Wilkins, 1998.

† Juice is not naturally high in vitamin C; it has been added.

Tip: Canned fruits & vegetables are very healthy; although, some nutrients are destroyed during the canning process. For the most fiber, do not remove the skins from produce before eating.

* Each fruit is a good source of the marked nutrients. Table is based on at least 10% of Daily Value (DV) in a standard label serving (fresh = 1 medium or 1 cup; canned = 1 cup; dried = ½ cup; juice = 8 oz). Fiber determined based on 2 g per serving.

What's in THAT Vegetable?



Since fruits & vegetables contain different nutrients for your body, it's important to eat a variety of produce. Here is a list of nutrients found in vegetables that are typically available at Commodity Foods, food banks, or that are inexpensive choices at your local produce stand or grocery store while in season.

Vegetables*	Vitamin A	Vitamin C	Folate	Fiber	Potassium
<i>Asparagus</i> (fresh)	★	★	★	★	
<i>Bean, Great Northern</i> (dried)			★	★	★
<i>Bean, Kidney</i> (cnd)			★	★	★
<i>Bean, Lima</i> (dried)			★	★	★
<i>Bean, Pinto</i> (dried)			★	★	★
<i>Bean, Refried</i> (cnd)			★	★	★
<i>Broccoli</i> (fresh)	★	★	★	★	★
<i>Bell Pepper</i> (fresh)	★	★			
<i>Brussels Sprout</i> (fresh)	★	★	★	★	★
<i>Cabbage</i> (fresh)		★			
<i>Carrot</i> (fresh)	★	★		★	
<i>Cauliflower</i> (fresh)		★	★	★	
<i>Celery</i> (fresh)					
<i>Chili Pepper</i> (fresh)		★			
<i>Collard</i> (fresh)	★	★		★	
<i>Corn</i> (cnd)		★	★	★	
<i>Creamed Corn</i> (cnd)		★	★	★	
<i>Cucumber</i> (fresh)		★			
<i>Green Bean</i> (cnd)		★	★	★	
<i>Green Pea</i> (cnd)	★	★	★	★	
<i>Loose Leaf Lettuce</i> (fresh)	★	★			
<i>Mixed Veggies</i> (cnd)	★	★		★	★
<i>Mushroom</i> (fresh)		★		★	★
<i>Onion</i> (fresh)		★		★	
<i>Potato, Red</i> (fresh)		★	★	★	★
<i>Potato, Russet</i> (fresh)		★		★	★
<i>Pumpkin</i> (cnd)	★	★		★	★
<i>Spinach</i> (cnd)	★	★	★	★	★
<i>Squash, Winter</i> (fresh)	★	★	★	★	★
<i>Sweet Potato</i> (cnd)	★	★		★	★
<i>Tomato</i> (cnd)		★		★	★
<i>Zucchini</i> (fresh)		★		★	★
Vegetable Juice					
<i>Tomato Juice</i> (cnd)	★	★	★		★

Resource: Pennington J. Bowes & Church's Food Values of Portions Commonly Used, 17th edition. Philadelphia: Lippincott Williams & Wilkins, 1998.

Tip: Canned fruits & vegetables are very healthy; although, some nutrients are destroyed during the canning process. For the most fiber, do not remove the skins from produce before eating.

* Each vegetable is a good source of the marked nutrients. Table is based on at least 10% of Daily Value (DV) in a standard label serving (fresh = 1 medium or 1 cup; canned = 1 cup; dried = ½ cup; juice = 8 oz). Fiber determined based on 2 g per serving.

55 WAYS TO EAT MORE FRUITS & VEGGIES



Breakfast Breakthroughs

1. Top cereal with fresh or dried fruit.
2. Whirl up a fruit shake with your favorite fresh fruit, milk and yogurt.
3. Stir dried fruit into your muffin mix.
4. Top your pancakes with fruit instead of syrup, or mix the fruit into the batter.
5. Have a fresh grapefruit lightly sweetened with brown sugar or honey for breakfast or snack!
6. Don't forget about topping yogurt with fresh or dried fruit.
7. Top bagels or toast with pureed fresh fruit!
8. Remember to have a glass of 100% juice for breakfast to start your day off right!

Easy Brown Bags

9. Add zucchini, carrot or sweet pepper strips to your lunch bag.
10. Try peanut butter and banana sandwiches instead of peanut butter and jam.
11. Use spinach, tomatoes and sprouts in sandwiches instead of lettuce.
12. Marinate a variety of sliced vegetables with low-fat Italian dressing and use with turkey in a pita pocket.
13. Add slices of fruit to your sandwich instead of the usual.
14. Try something different! Go meat-free in sandwiches and make it a veggie sandwich instead!
15. Include one fresh fruit and one fresh vegetable in all brown bag lunches.

Smart Snacks

16. Keep single serving 100% juice boxes in your car.
17. Freeze unsweetened fruit juice into ice cubes or pops.
18. Drink a glass of 100% fruit juice – anytime!
19. Keep cut vegetables in cold water in the front of your refrigerator.
20. Buy pre-cut packages of broccoli, carrots and cauliflower.
21. Put fruits and vegetables out while dinner is being prepared.
22. Put single serving raisin boxes in your cookie jar.
23. Use tomatoes to make a fresh salsa. Mix chopped tomatoes with minced onion, garlic and cilantro.
24. Prepare a berry spritzer by adding berry puree to sparkling water.
25. Serve cut-up fruits and vegetables with a yogurt dip.
26. Make a yummy fruit salsa using grapes, pineapples and mangoes with brown sugar and onions!
27. Serve cucumber slices instead of crackers with dips and spreads!
28. Take along dried fruit as a snack.
29. Pack an apple for your commute home.

55 WAYS TO EAT MORE FRUITS & VEGGIES



Quick Dinner Tips

30. Use spaghetti squash instead of pasta or rice in your favorite dishes.
31. Add vegetables to a can of soup.
32. Substitute finely chopped vegetables with low-fat ricotta cheese for meat in your lasagna recipe.
33. Cook veggies for 5 minutes in the microwave.
34. For variety, try a veggie potato bar.
35. Order extra vegetables when eating out.
36. Use fruit canned in water or its own juice to top salads.
37. Garnish your favorite dishes with colorful fruits and vegetables (like tomatoes)!
38. Add pureed or finely minced vegetables to your meatloaf, or spaghetti sauce.

More Quick Dinner Tips

39. Quick Veggie Pizza: top an English muffin with spaghetti sauce, low-fat cheese and vegetables.
40. Use greens other than iceberg lettuce in your salads.
41. Add veggies to your pasta.
42. Top a baked potato with salsa.
43. Add 1-3 more vegetables in casserole recipes.
44. Use pureed fruit for a sauce over meat.
45. Add pureed vegetables to thicken sauces, soups or casseroles.
46. For a south of the border flavor, make a layered vegetable burrito. Start with rice, beans, cheese and corn. Then bring on the veggies!
47. In place of stir fry or teriyaki sauce, use undiluted frozen 100% juices.

Daring Desserts

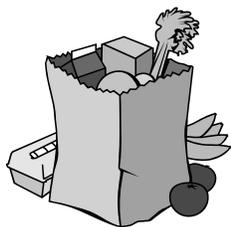
48. Prepare Jell-O® with juice instead of water and add fruit slices.
49. Use two times the amount of pureed canned beans for oil in cake mixes for a low fat treat!
50. Mash or puree fruit, sweeten lightly and serve over ice cream.
51. For a treat, pour Sprite® over cut-up fruit.
52. Bake pears or bananas with brown sugar and pineapple juice. Stuff them with raisins and spices.
53. Use canned baby food, pureed dried plums or applesauce in place of fat baked goods.
54. Top off a piece of angel food cake with fresh fruit.

JUST DO IT....

55. Be experimental. Try a new vegetable or fruit (or a different method of preparation) each week!!

Utah Department of Health Cardiovascular Program

Selecting Fruits & Vegetables



When shopping for produce, you will notice fruits & vegetables can be purchased fresh, frozen, canned, juiced, and/or dried. These all count towards the daily goal of 2 cups of fruits and 2½ cups of vegetables for adults. Everyone should eat a wide variety of produce; so, the next time you visit the grocery store, produce stand or Commodity Foods building, select a new and different fruit or vegetable.

Fresh Produce

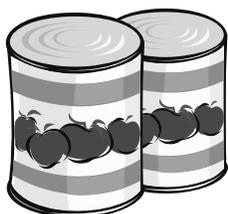
Choose fresh fruits & vegetables in season; they are cheaper and taste better. The produce calendar ([pages H & I](#)) contains seasonal buying information as well as selection guidelines for most fruits & vegetables. Fresh produce spoils quickly, so buy fruits & vegetables weekly and only purchase what you and your family will eat. Do not buy pre-packaged produce because it is more expensive. Handle produce gently; separate fruits & vegetables from other foods in your shopping cart and ask the store to bag them together and not with other foods (such as cans) that can damage produce. Take fresh produce home quickly and follow the storage guidelines ([pages J & K](#)).

Frozen Produce

Frozen produce is a good value year-round and when fresh produce is not available. Frozen fruits & vegetables are picked ripe and processed quickly; this ensures maximum retention of nutrients and quality. Frozen vegetables are blanched before freezing, so cooking times are much shorter than for raw vegetables. Select bags with separate and loose produce pieces; bags with large solid lumps of produce were thawed and refrozen. To limit fat, salt, calories and price, select plain vegetables and not those with added sauces/seasonings. To limit added sugar and calories, choose unsweetened fruit. Whenever possible, purchase store brands because they are less expensive and the quality is the same as name brands. Take frozen produce home quickly and store according to the guidelines on [page J](#). When cooking, use the amount needed, close the bag tightly and return the rest to the freezer.



Canned Produce



Canned fruits & vegetables also offer a good value year-round with a long shelf life. Similar to frozen produce, canned produce is picked ripe and processed quickly; but, the canning process does destroy some nutrients. Canned vegetables are precooked and only need to be heated prior to eating. Store brands are a good value compared to name brands. Select low sodium varieties of canned vegetables and choose canned fruits packed in their own juice or lite syrup.

Juiced Produce

Juice is available frozen and canned and is a good value year-round. Purchase 100% fruit or vegetable juice with no added sugar. Store brands are a good value compared to name brands.



Dried Produce

Additionally, you can purchase dried fruits & vegetables which can be stored at room temperature. The most common dried fruits are raisins, dried plums, dates, apples and peaches. Choose products with the whole dried fruit or 100% fruit leather instead of fruit snacks. Dried vegetables (onion and garlic) are convenient but may have some loss of flavor. Store brands are cheaper than name brands and taste the same.

Shopping at Produce Stands

It can be enjoyable and often cheaper to shop at produce stands where locally grown fruits & vegetables are available. The produce is straight from the orchards or fields and does not spend time on the road or in a warehouse; produce stands offer the freshest fruits & vegetables. Local farmers are frequently present and willing to share information on their produce. Make the trip a family activity and let children taste different fruits & vegetables. Additionally, some farms allow you to pick your own produce (such as berries, peaches, apples or tomatoes). Shop early in the day for the best selection and don't forget to bring a bag from home for carrying your produce. Below is a partial list of stands in the Lower Yakima Valley; this is not a complete list, just a few to get you started! If you live elsewhere in Washington, check local phone books and newspapers for produce stands in your area.

Badgley Ranches, Inc.
73 W. Parker Heights Road
Wapato, WA
509.877.2043

Imperial's Garden
2701 Corner Lateral A & Lateral 1
Wapato, WA
509.877.2766

Blueberry Hill Berries
1520 W. Wapato Road
Wapato, WA
509.961.3001

Real Yakama Fruit & Produce
74610 U.S. Hwy 97
Wapato, WA
509.877.7256

Bouchey Potatoes
2310 Evans Road
Wapato, WA
509.848.2061

Schell's Produce
10 Harris Road
Toppenish, WA
509.865.4511
www.schellsproduce.com

Dagdagan Farm & Produce
4640 Lateral A
Wapato, WA
509.877.2727

Yakima Farmer's Market
3rd Street & Yakima Avenue
(in front of Historic Capitol Theatre)
Yakima, WA
www.yakimafarmersmarket.org

E.W. Brandt & Sons, Inc.
561 Ragan Road
Wapato, WA
509.877.3193
www.ewbrandt.com



Fresh Produce Calendar

Produce (Fruit or Vegetable)	Local Produce Harvest Dates (estimated)	Tips to Select Produce for Freshness and Taste
Apples	July – October **	firm, heavy, good color with smooth skin; avoid bruised or shriveled skin apples
Apricots	July – August	plump, golden orange with velvety feel; red blush okay; avoid hard or yellow/green apricots
Artichokes	not grown locally	plump, heavy with compact thick, green, fresh leaves; avoid artichokes with brown or moldy scales
Asparagus	April – June	closed, compact tips; smooth, round, rich green spears with tender stalks; avoid wilted or mushy stalks
Avocado	not grown locally **	firm, black/green; ripen at room temperature until black & tender when pressed; avoid dark sunken spots
Banana	not grown locally **	firm, bright yellow; brown flecks indicate sweetness; avoid green or bruised bananas
Beets	June – July **	firm, round, deep red with smooth skin; avoid flabby, scaly skinned or shriveled beets
Bell Peppers	July – October **	plump, heavy, glossy with bright color (red, green, orange, yellow); avoid peppers with soft spots
Blackberries	July	firm, plump, black; avoid baskets with red or moldy berries & stained bottoms
Blueberries	June – July	firm, plump, dry, dark blue with silvery bloom (natural, protective waxy coating); avoid stems & leaves
Broccoli	June **	firm, compact, tightly closed dark green/purplish-green florets; avoid yellowish florets or woody stalks
Brussels Sprouts	not grown locally	firm, bright green sprouts with tight fitting outer leaves; avoid soft, black or yellow wilted leaves
Cabbage	June – October **	firm, heavy, bright colored (green or purple/red) heads; avoid heads with wilted or blemished leaves
Carrots	July – October **	firm, clean, well shaped with bright orange/gold color; avoid green, limp, rubbery or cracked carrots
Cauliflower	June **	firm, compact, white/creamy curds (head) with crisp green leaves; avoid browned, yellowed or open florets
Celery	not grown locally **	crisp, pale green stalks with fresh leaves; avoid limp stalks & brown discoloration of small center branches
Cherries	June – July	firm, plump, bright, glossy colored with fresh stems; avoid shriveled or soft cherries with dark stems
Chili Peppers	July – October **	firm, plump, bright, glossy colored (red or green); avoid peppers with thin walls or soft spots
Choke Cherries	August – Frost	firm, plump, glossy colored; avoid shriveled or soft cherries
Corn	July – October	fresh, moist, green husks with yellow/white ears; free of decay/worm injury; avoid dented kernels
Cranberries	not grown locally **	firm, plump, lustrous colored (red) berries; avoid bags with soft, crushed or shriveled berries
Cucumbers	June – September **	firm entire length, dark green with small surface lumps; avoid soft, shriveled or yellow cucumbers
Eggplant	July – October **	firm, heavy with smooth, dark purple skin; avoid eggplant with brown spots or shriveled skin
Garlic	June – October **	firm bulb with dry, crackly skin; avoid sprouted bulbs with soft cloves
Grapefruit	not grown locally **	firm, heavy, well shaped with thin skin; avoid grapefruits with pointed ends or deeply pored skin
Grapes	August – October **	plump, well colored (green or red) with fresh stems; avoid soft or wrinkled grapes & bleached stems
Green Beans	June – August **	slender, crisp, green pods without blemishes; avoid swollen, thick or wilted pods
Green Onions	June – October **	crisp, tender, green tops with clean (2-3 inch) white bottoms; avoid yellow, wilted or discolored tops
Green Peas	June **	crisp, angular, well filled, green pods; avoid discolored (yellow or white) or swollen pods
Huckleberries	August – September	firm, glossy, deep red colored; avoid baskets with soft, shriveled or crushed berries
Kiwifruit	not grown locally **	firm with slight give to gentle pressure; avoid kiwifruit with dark, wrinkled or uneven colored skin
Lemons	not grown locally **	firm, heavy with rich yellow, smooth textured skin; avoid lemons with soft, moldy spots or hardened skin
Lettuce		
Crisp Head	not grown locally **	round, light green head with crisp outside leaves; avoid hard, whitish or irregular shaped heads
Loose Leaf	not grown locally **	soft textured, green leaves; avoid wilted, bruised, tan/brown ("tip burn") or slimy leaves

** Available year-round in stores (quality & price vary)

Fresh Produce Calendar (cont)

Produce (Fruit or Vegetable)	Local Produce Harvest Dates (estimated)	Tips to Select Produce for Freshness and Taste
Limes	not grown locally **	heavy with glossy green, smooth textured skin; avoid dry or hardened limes
Melons		
Cantaloupe	July – September	heavy, yellow cast with pronounced rind netting; sweet aroma; avoid bright yellow, soft or moldy melons
Honeydew	July – September	soft, velvety texture with yellow/cream rind color; sweet aroma; avoid white/green or bruised melons
Watermelon	July – September	heavy with smooth, green-speckled surface & creamy underside; avoid pale colored or white melons
Mangoes	not grown locally **	heavy, dark colored (yellow or red/orange) skin with slight give to gentle pressure; avoid bruised mangoes
Mushrooms	not grown locally **	closed, white/creamy caps (or light brown); avoid slimy or wide open caps with dark, discolored gills
Nectarines	July – September	plump, softening around stem, red color with orange/yellow background; avoid hard or soft nectarines
Oranges	not grown locally **	firm, heavy with bright orange, smooth textured skin; avoid oranges with rough skin, soft spots or mold
Onions	July – September **	dry brittle, papery outer skin with white, tan or purple color; avoid onions with sprouts or soft, watery spots
Papaya	not grown locally **	firm, yellow or green color, slight give on blossom end; sweet aroma; avoid papayas with bruises
Peaches	July – September **	firm feel, red color with yellow background; sweet aroma; avoid hard & green, soft or bruised peaches
Pears	August – October **	firm, yellow or green color (depending on variety); avoid pears with bruises, cuts or dark spots
Pineapple	not grown locally **	heavy with golden-yellow color; sweet aroma; avoid pineapples with soft spots or fermented odor
Plums	July – September	firm, well colored (red, yellow or blue); avoid hard, poorly colored, soft or bruised plums
Potatoes	June – October **	firm, well shaped with smooth skin; avoid potatoes with wrinkles, sprouts, decay, bruises or green spots
Radishes	not grown locally **	firm, plump, round with bright red color; avoid large and flabby radishes or yellow tops
Raspberries	June – July	plump with uniform red/purple color; sweet aroma; avoid stained baskets with overripe or moldy berries
Rhubarb	June – October	firm, tender, glossy stems with large amounts of pink/red color; avoid wilted, very thick or flabby stalks
Rutabagas	not grown locally **	firm, heavy, smooth skin with round, elongated shape; avoid rutabagas with a hard texture or cuts
Spinach	not grown locally **	tender, bright green (or red depending of variety) leaves; avoid bruised, wilted, yellow, torn or slimy leaves
Squash		
Acorn/Butternut	August – October **	heavy with hard, tough rind; avoid squash with tender rind, bruises, cuts or sunken spots
Banana/Hubbard	August – October **	typically sold in cut pieces; avoid bruised, soggy squash
Patty Pan (Scallop)	July – October	heavy, tender but firm with light green color; avoid squash with dull appearance or hard surface
Yellow Crooked Neck	July – October	heavy, tender but firm with yellow color; avoid squash with dull appearance or hard surface
Zucchini	June – September **	heavy, tender but firm with dark green color; avoid squash with dull appearance or hard surface
Strawberries	June	firm, plump, small-medium sized with full red color; sweet aroma; avoid berries with white/green shoulders
Sweet Potatoes	not grown locally	firm, smooth skin with tapered ends; avoid potatoes with soft or sunken spots, shriveled or broken skin
Tangerines	not grown locally	bright luster with deep orange color; avoid tangerines with pale color, soft spots or mold
Tomatoes	July – October **	well formed, smooth skin with slight give to gentle pressure & red color; avoid discolored or split tomatoes
Turnips	not grown locally	firm, small-medium sized with smooth skin; avoid large turnips or flabby fibrous roots
Yams	not grown locally	firm, smooth skin with tapered ends; avoid potatoes with soft or sunken spots, shriveled or broken skin

** Available year-round in stores (quality & price vary)

Storing Fruits & Vegetables

To make sure your fruits & vegetables taste great and do not spoil early, it is important to store them properly. Follow these general storage tips:

Fresh Produce

- Never store produce with broken skins
- Dispose of spoiled fruits & vegetables immediately
- Don't wash fruits & vegetables before storing
- Store fruits & vegetables separate from raw meat, poultry, and seafood
- Some fruits (*apple, apricot, banana, peach, pear, tomato*) continue to ripen after harvest and should be left at room temperature in a paper bag; while, other fruits (*berries, citrus fruits, grapes, melons*) are ripe at harvest and should be refrigerated in the produce crisper
- Vegetables continue to ripen after harvest and refrigeration slows this process, except for potatoes and beans
- *Storage Tips for Fresh Produce* (see [page K](#)) provides more specific instructions for some popular produce items
- Room temperature storage conditions should be dark, cool (50°F - 70°F) and dry; higher temperatures will speed spoilage
- Protect produce from pests (such as rodents, flies and roaches) to help prevent contamination



Frozen Produce

- If you don't plan on eating produce within the refrigerated time limit (see [page L](#)), blanch (if necessary) and freeze to maintain quality
- Mark frozen produce with freeze date – throw away if frozen longer than recommended (see [page L](#))

Canned Produce

- Store canned produce in a dark, cool (50°F - 70°F) and dry place for up to one year
- Practice first in, first out rule – use older cans first and always place newer cans behind older cans in the pantry

Juiced Produce

- Store canned juice at room temperature and frozen concentrate in freezer for up to one year
- Refrigerate juice in a plastic pitcher once opened and not in its original container
- Don't refreeze defrosted juice

Dried Produce

- Store at room temperature up to six months
- After opening dried fruits/vegetables, slow spoilage by storing the dried produce in an airtight container in the refrigerator or freezer



Storage Tips for Fresh Produce



Apple	store in cool, dry place or refrigerate (in plastic bag); don't store near carrots
Apricot	store in refrigerator; ripen at room temperature in paper bag
Asparagus	stand stalks upright in 1-inch of water and cover with plastic bag
Avocado	do not refrigerate unless ripe; ripen in warm, humid place
Banana	do not refrigerate
Beet	remove tops; refrigerate in airtight container or plastic bag
Berry	discard bruised berries; refrigerate: spread on tray, uncovered or in ventilated container
Broccoli	refrigerate in ventilated plastic bag
Cabbage	refrigerate in closed plastic bag
Carrot	remove tops; refrigerate in closed plastic bag; don't store near apples
Celery	refrigerate in closed plastic bag; freeze easily, so don't store in back of fridge where it is coldest
Corn	refrigerate; do not remove husks until ready to cook
Garlic	store in open container away from heat & light
Herbs	remove from plastic bag, wrap in paper towel & place back in plastic bag; store in produce crisper
Grapefruit	store at room temperature or refrigerate
Herbs	remove from plastic bag, wrap in paper towel & place back in plastic bag; store in produce crisper
Lettuce	store in plastic bag with paper towel to absorb excess moisture
Melon	room temperature; cover cut melon & refrigerate
Mushroom	remove from package & refrigerate in paper bag
Onion	store uncut in dark, cool, dry place with good air circulation; wrap cut onion in plastic & refrigerate
Orange	store at room temperature or refrigerate
Peach	store in refrigerator; ripen at room temperature in paper bag
Pear	do not refrigerate unless ripe; ripen at room temperature; don't store near potatoes & onions
Potato	store in dark, cool, dry place; such as bottom of well-ventilated pantry
Spinach	refrigerate in closed plastic bag
Squash	refrigerate in plastic bag
Tomato	do not refrigerate; store in cool pantry with stem side down; don't store in plastic bag



Fruit & Vegetable Storage Times

Food	Refrigerator (40° F or below)	Freezer (0° F or below)
Fruit		
Apple	1 month	8-12 months
Apricot	3-5 days	8-12 months
Artichoke	2-3 days	8-12 months
Avocado	3-5 days	8-12 months
Banana	not recommended	8-12 months
Berry	2-3 days	8-12 months
Cherry	2-3 days	8-12 months
Grape	3-5 days	8-12 months
Grapefruit	2 weeks	4-6 months
Kiwifruit	3-5 days	4-6 months
Lemon/Lime	2 weeks	4-6 months
Mango	not recommended	8-12 months
Melon	1 week	8-12 months
Nectarine	3-5 days	8-12 months
Orange	2 weeks	4-6 months
Papaya	1-2 days	8-12 months
Peach	3-5 days	8-12 months
Pear	3-5 days	8-12 months
Pineapple	2-3 days	4-6 months
Plum	3-5 days	8-12 months
Vegetable		
Asparagus	2-3 days	8-12 months
Beet	2 weeks	8-12 months
Broccoli	3-5 days	8-12 months
Brussels Sprout	3-5 days	8-12 months
Cabbage	1-2 weeks	8-12 months
Carrot	2 weeks	8-12 months
Cauliflower	1 week	8-12 months
Celery	1 week	8-12 months
Chili (Green and Red)	1 week	8-12 months
Corn	1-2 days	8-12 months
Green Bean	1 week	8-12 months
Green Onion	3-5 days	not recommended
Herbs	2-3 days	not recommended
Lettuce	1 week	not recommended
Lima Bean	3-5 days	8-12 months
Mushroom	1-2 days	8-12 months
Pea	3-5 days	8-12 months
Pepper	1 week	8-12 months
Radish	2 weeks	not recommended
Rhubarb	3-5 days	8-12 months
Spinach	3-5 days	8-12 months
Squash	3-5 days	8-12 months
Tomato	not recommended	8-12 months

Safe Handling of Fruits & Vegetables

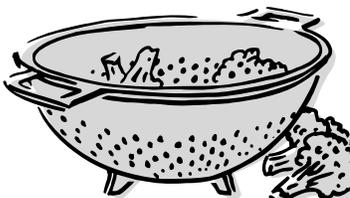
Fresh fruits & vegetables can occasionally become contaminated with harmful bacteria or viruses. This contamination can occur at any point from the field to your table. If you eat contaminated produce, it could cause a food-borne illness. From 1990-2003, contaminated produce caused 428 food-borne illness outbreaks and 23,857 illnesses in the United States, according to the Center for Science in the Public Interest. Common signs of food-borne illness include nausea, vomiting, diarrhea, headache and fever. These signs usually appear within 12 to 72 hours from the time the food was eaten. To reduce your risk of illness, follow these steps to keep your fruits & vegetables safe.



- **Wash your hands:** Wash your hands with hot, soapy water for 20 seconds before handling food, after touching raw meat, changing a diaper, using the restroom, handling a pet or touching anything that could contaminate your hands; then, dry hands well with a disposable paper towel.

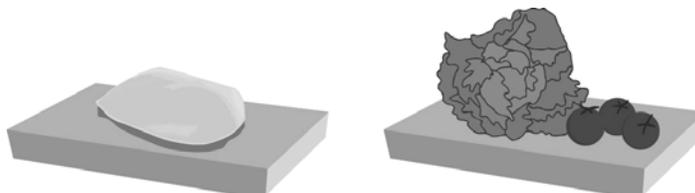


- **Wash cooking & sink areas:** Wash (hot, soapy water) and sanitize (1 teaspoon chlorine bleach to 1 quart water) countertops, sinks, cutting boards and cooking utensils frequently.
- **Wash fresh produce:** Wash all whole fruits & vegetables before preparing them – even if the skin or rind will not be eaten. This prevents transferring bacteria and viruses from the outside to the inside of the produce when it is cut. To slow spoilage and mold growth during storage, wait and wash fruits & vegetables immediately before eating. Wash produce under clean, running water; fresh fruits & vegetables should not be soaked in water. Discard any produce with broken skins, even if washed.
 - *Firm Produce (such as potatoes, melons):* Scrub with a clean, sanitized fruit/vegetable brush; peel carrots.
 - *Soft Produce (such as tomatoes):* Gently rub with your hands to loosen dirt; remove outer leaves of lettuce and cabbage before washing.
 - *Berries, Parsley and Greens:* Rinse in a clean colander; turn and gently shake the colander as you wash the produce.
 - *Fresh Garden Produce:* Rinse with clean, running water before storing to remove excess dirt and debris; dry thoroughly and store; wash again before preparing.



Safe Handling of Fruits & Vegetables (cont)

- **Detergents, Soap, Bleach & Produce Washes:** Do not use detergents, soap or bleach (undiluted) to wash produce. These products may change the flavor and could be poisonous. Produce washes found at the grocery store are expensive and not recommended to clean fresh produce.
- **Fruit & Vegetable Waxes:** Some fruits & vegetables have waxy coatings to keep them fresh, to protect them from bruising, to prevent the growth of mold, and to make them more attractive. Waxes are safe to eat! Washing fresh produce with water may not remove the wax and washing with soap is not recommended. If you prefer, remove the waxed skin before eating or purchase unwaxed produce.
- **Frozen Fruits & Vegetables:** Keep frozen produce frozen until ready to use; do not refreeze if thawed. Keep freezer temperature at or below 0° F.
- **Canned Fruits & Vegetables:** Dispose of leaking, rusted, badly dented, or bulging cans because they may contain bacteria that can cause illness. Rinse can tops with clean water before opening and frequently wash your can opener with warm, soapy water.
- **Juiced Fruits & Vegetables:** Throw away leaking, rusted, badly dented, or bulging cans because they may contain bacteria that can cause illness. Always wash the tops of canned or frozen juice with clean water before opening and frequently wash your can opener with warm, soapy water. When making frozen concentrate, prepare the entire can and don't refreeze the juice.



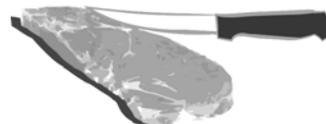
- **Cutting Fruits & Vegetables:** Designate a separate knife and cutting board used only for produce. If you must use the same knife and cutting board for other foods, wash and sanitize them between foods, especially after raw meat.
- **Pest Control:** Protect produce from pests such as rodents, flies and roaches; all pests spread illness and can contaminate fruits & vegetables.



Healthy Cooking Tips for Recipes

Tips for decreasing fat:

- Sauté and grease pans with cooking spray instead of oil or butter
- Use fat-free or low-fat milk, cheese, cream cheese, sour cream and other dairy products
- Remove skin from chicken and turkey; trim all visible fat from meats before cooking
- Choose white poultry over dark poultry
- Remove top layer of fat from canned meats
- Cook with bison or lean cuts (round or loin) of beef and pork
- Drain fat from meat after cooking; rinse ground beef with hot water
- Select fat-free or low-fat products for margarine, mayonnaise and salad dressing
- Skim fat from soups and stews
- Choose more meatless meals; replace meat with beans and other vegetables
- Limit extra fat added at the table like butter, margarine, mayonnaise and salad dressing



Tips for decreasing sugar:

- Choose canned fruit with lite syrup or juice when possible
- Drain (discard) and rinse canned fruits with heavy syrup
- Cut down on sugar in recipes like cakes and muffins
- Limit added sugar at the table like syrups, jams and spreads
- Substitute a sweetener for sugar (use chart below or instructions on box)



For This Much Sugar:	Use This Much Sweetener:		
	<i>Splenda Granular®</i> , <i>Equal Spoonful®</i> , <i>Equal Sugar Lite®</i>	<i>Splenda Sugar Blend®</i>	<i>Packets (Splenda®, Equal®, Sweet & Low® or equivalent)</i>
2 teaspoons	2 teaspoons	1 teaspoons	1
1 tablespoon	1 tablespoon	½ tablespoon	1½
¼ cup	¼ cup	2 tablespoons	6
⅓ cup	⅓ cup	2½ tablespoons	8
½ cup	½ cup	¼ cup	12
⅔ cup	⅔ cup	⅓ cup	16
¾ cup	¾ cup	6 tablespoons	18
1 cup	1 cup	½ cup	24

Tips for decreasing salt:

- Limit processed foods such as canned soups, ramen noodles, spam and hot dogs
- Drain (discard) and rinse all canned vegetables
- Select low sodium broth and canned foods when possible
- Cut down on salt in recipes
- Cook pasta and rice without adding salt to the water
- Season with herbs, lemon juice, spices (onion, garlic, pepper) or no salt blends (Ms. Dash®); see [page P](#)
- Limit seasoning salts, ketchup and sauces (teriyaki, soy, worcestershire, barbecue)
- Do not add extra salt at the table



Herb & Spice Buying Guide

Herb Buying Guide

Use this handy guide to stock your kitchen's herb shelf, determine how to use an herb or convert amounts for fresh and dry herbs. Note that some herbs, like tarragon or rosemary are more potent dry than fresh while others, like cilantro or parsley, are less potent when dry. Dried herbs lose their potency after prolonged storage so buy them in small amounts and replace them at least once a year.



Herb	Forms	Fresh=Dry	Uses
Allspice	dry: whole, ground		baked goods, fruits, grilled poultry or veggies
Anise	dry seeds		pasta sauce, barbecue sauce, soups
Basil	fresh or dry leaves	1 tbsp=1.5 tsp	sprinkle over pasta, salads & soups
Bay Leaf	dry		soups, chowders, stews, beans
Black Pepper	dry: whole, ground		salads, pasta, soups, stews, veggies, beans
Caraway	dry seeds		slaw, cabbage, rye bread, veggies, salads, pizza
Chervil	fresh or dry leaves	1 Tbsp=1.5 tsp	pasta, salads, soups, veggies
Chives	fresh or dry leaves	1 Tbsp=1 tsp	baked potatoes, soups, pasta, dips
Cilantro	fresh or dry leaves	1 Tbsp=2 tsp	salsa, guacamole, pasta, pizza, dips, tossed salad
Cinnamon	dry: sticks or ground		tea, coffee, fruit, cereal, baked goods, pancakes
Cloves	dry: whole, ground		stew, baked goods, baked or stewed fruit
Coriander	dry: whole, ground		pasta, fish, beans, soups
Dill	fresh or dry leaves	1 Tbsp=1.5 tsp	potato salad, salads, pasta, soups
Fennel	dry seeds		pasta, barbecue sauce, soups
Garlic	garlic powder	1 tsp=.5 tsp	beans, grains, veggies, fish, poultry
Garlic	fresh		beans, grains, veggies, fish, poultry
Ginger	dry or fresh	1 Tbsp=1 tsp	stir fry dishes, pasta, salads, baked goods
Marjoram	fresh or dry leaves	1 Tbsp=2 tsp	pasta dishes, beans, veggies, salads, grains
Nutmeg	dry: whole, ground		beverages, sauces, fruits, baked goods
Oregano	fresh or dry leaves	1 Tbsp=1.5 tsp	pasta dishes, beans, salsa, veggies, salads, grains
Parsley	fresh or dry leaves	1 Tbsp=2 tsp	pasta dishes, beans, potatoes, soups, salads
Peppermint	fresh leaves		tea, grain dishes, fruit, yogurt
Rosemary	fresh or dry leaves	1 Tbsp=1 tsp	beans, poultry, grains, veggies, potatoes
Saffron	dry		rice, seafood
Sage	fresh or dry leaves	1 Tbsp=1 tsp	stuffing, rice, veggies, grain dishes, beans
Savory	fresh or dry leaves	1 Tbsp=1.5 tsp	dips, pasta, grains, beans, rice, stuffing
Tarragon	fresh or dry leaves	1 Tbsp=1 tsp	poultry, rice, veggies, salads, dressings, dips
Thyme	fresh or dry leaves	1 Tbsp=1.5 tsp	poultry, rice, veggies, beans, soups, potatoes
Vanilla	extract or bean		desserts, fruit, yogurt

"An herb is the friend of physicians and the praise of cooks." – Charlemagne



Beverage

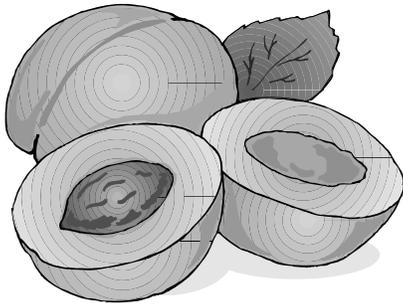
Refreshing Apricot Smoothie

2 servings

- 1 can (15.5 oz) **Apricots, Peaches** or Pineapple (chilled, chunks)
- 1 cup Plain, Vanilla or Lemon Yogurt (low fat)
- 1 tablespoon Honey
- 2-3 drops Vanilla Extract (to taste)
- 6-8 Ice Cubes (optional)

1. Combine all ingredients in a covered blender; blend at high speed, until smooth.
2. Add additional ice cubes for desired consistency.

Original recipe from Apricot Producers of California



Nutrition Facts			
Serving Size 1/2 recipe (412g)			
Servings Per Container 2			
Amount Per Serving			
Calories 250	Calories from Fat 15		
% Daily Value*			
Total Fat 1.5g	2%		
Saturated Fat 1g	5%		
Cholesterol 5mg	2%		
Sodium 85mg	4%		
Total Carbohydrate 52g	17%		
Dietary Fiber 3g	12%		
Sugars 25g			
Protein 7g			
Vitamin A 60%	• Vitamin C 15%		
Calcium 25%	• 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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	• Carbohydrate 4 • Protein 4

"Life is not merely living, but living in health." – Martial

Very Berry Smoothie

2 servings

- 1 small Banana (sliced)
- ½ cup Berries (strawberries, blueberries, raspberries)
- 1 cup **Orange Juice**
- ¼ cup Vanilla Yogurt (low fat)
- 4-5 Ice Cubes (optional)

1. Combine all ingredients in a covered blender; blend at high speed, until smooth.
2. Add additional ice cubes for desired consistency.

Original recipe by Linda Moncrief, RD

Nutrition Facts	
Serving Size 1/2 recipe (310g)	
Servings Per Container 2	
Amount Per Serving	
Calories 150	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 35g	12%
Dietary Fiber 2g	8%
Sugars 27g	
Protein 2g	
Vitamin A 2%	• Vitamin C 45%
Calcium 6%	• Iron 2%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



"Live in each season as it passes; breathe the air,
drink the drink, taste the fruit." – Henry David

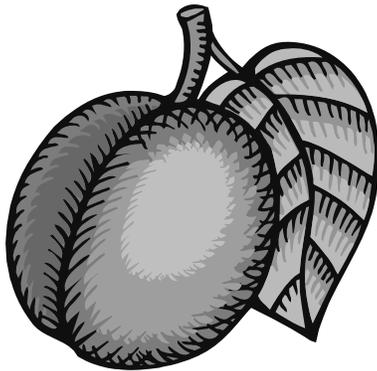
Nectarine Whirl

1 serving

- | | |
|--------------|--------------------------|
| 1 large | Nectarine (ripe, chunks) |
| ½ cup | Milk (low fat) |
| ½ cup | Orange Juice |
| 1 tablespoon | Honey |
| ¼ teaspoon | Almond Extract |
| 2 | Ice Cubes (optional) |

1. Combine all ingredients in a covered blender; blend at high speed, about 15 seconds.
2. Add additional ice cubes for desired consistency.

Original recipe by Produce for Better Health



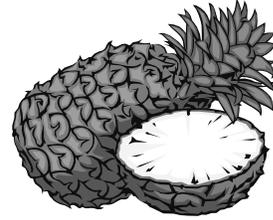
Nutrition Facts	
Serving Size 1 recipe (447g)	
Servings Per Container 1	
Amount Per Serving	
Calories 250	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Cholesterol 10mg	3%
Sodium 65mg	3%
Total Carbohydrate 54g	18%
Dietary Fiber 2g	8%
Sugars 48g	
Protein 6g	
Vitamin A 10%	Vitamin C 15%
Calcium 15%	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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

"Let us eat and drink, for tomorrow we diet." – Wendy Morgan

Pineapple Limeade

4 servings

- 1 medium Pineapple (peeled)
- 2 medium Limes (seeded, peeled)
- 1 tablespoon Sugar
- 3 cups Club Soda or Sparkling Water



1. Extract juice from the pineapple and limes with a juicer.
2. Mix juices and sugar; refrigerate until chilled.
3. Before serving, stir in club soda or sparkling water; serve over ice.
4. Garnish with lime, if desired.

Original recipe by 5ADay

Nutrition Facts			
Serving Size 1/4 recipe (331g)			
Servings Per Container 4			
Amount Per Serving			
Calories 70	Calories from Fat 0		
% Daily Value*			
Total Fat 0g			0%
Saturated Fat 0g			0%
Cholesterol 0mg			0%
Sodium 0mg			0%
Total Carbohydrate 21g			7%
Dietary Fiber 3g			12%
Sugars 13g			
Protein 1g			
Vitamin A 2%		Vitamin C 90%	
Calcium 2%		Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

Tip: If you don't have a juicer, cube and mash pineapple; then, strain through a cheese cloth to extract juice.

Tip: Don't have a pineapple? Use 2 cups of pineapple juice instead.

"We are living in a world today where lemonade is made from artificial flavors and furniture polish is made from real lemons." – Alfred E. Newman

Lemonade

6 servings

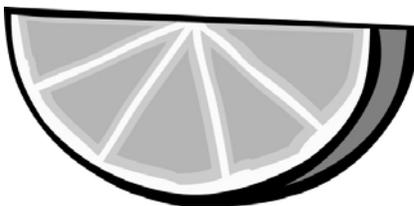
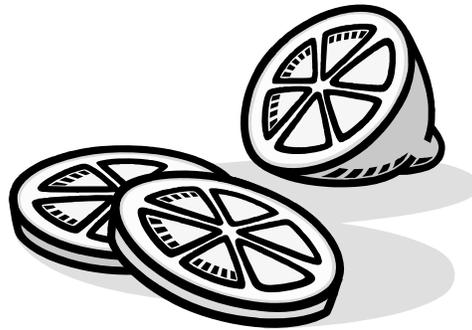
6 large Lemons
1 cup Sugar
5 cups Water

1. Wash and seed lemons; squeeze lemons, placing 1 cup juice in a pitcher.
2. Add sugar; stir until dissolved, 2-3 minutes.
3. Stir in water; serve over ice.

Original recipe by Linda Moncrief, RD

Nutrition Facts	
Serving Size 1/6 recipe (262g)	
Servings Per Container 6	
Amount Per Serving	
Calories 90	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 28g	9%
Dietary Fiber 0g	0%
Sugars 25g	
Protein 0g	
Vitamin A 0%	• Vitamin C 30%
Calcium 0%	• 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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Tip: To make Orangeade, substitute 1 cup orange juice for lemon juice and decrease sugar to ½ cup.



Orange Juice

Wash and seed **oranges**; squeeze oranges, placing juice in a pitcher; squeeze until desired amount accumulated.

Chocolate Banana Milkshake

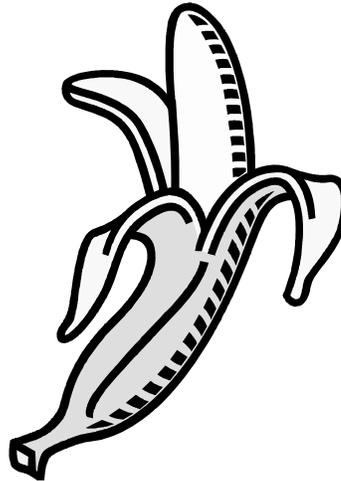
2 servings

- 1 cup Chocolate Milk (low fat)
- 2 medium Bananas
- ¼ cup **Peanut Butter** (low fat, creamy)
- 1 tablespoon Honey
- 4-5 Ice Cubes (optional)

1. Combine all ingredients in a covered blender; blend at high speed, until smooth.
2. Add additional ice cubes for desired consistency.

Original recipe by 5ADay

Nutrition Facts	
Serving Size 1/2 recipe (332g)	
Servings Per Container 2	
Amount Per Serving	
Calories 400	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 3g	15%
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 64g	21%
Dietary Fiber 6g	24%
Sugars 38g	
Protein 14g	
Vitamin A 6%	• Vitamin C 20%
Calcium 15%	• 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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



"I come from a family where gravy is considered a beverage." – Erma Bombeck

Breakfast

Cornmeal Flapjack with Dried Plums

6 servings

¾ cup
 ½ cup
 2 tablespoons
 1½ teaspoons
 ¼ teaspoon
 1 cup
 2 large
 2 tablespoons
 ¾ cup

Yellow Cornmeal
All-Purpose Flour
 Sugar
 Baking Powder
 Salt
Milk
Eggs
 Butter (melted)
Dried Plums (diced)
 Syrup (optional)



1. In a medium bowl, combine cornmeal, flour, sugar, baking powder and salt; mix well.
2. In a small bowl, whisk together milk, eggs and butter. Combine wet and dry ingredients; only mix until dry ingredients are moistened.
3. Add dried plums; let stand 5 minutes.
4. Spray skillet with cooking spray and heat skillet over medium heat.
5. For each pancake, pour ¼ cup batter onto skillet; turn pancake when top is covered with bubbles and edges look cooked.
6. Cook second side until golden brown; serve warm with syrup.

Original recipe by California Dried Plums (submitted by Normal Van Aken)

Nutrition Facts	
Serving Size 1/6 recipe (110g)	
Servings Per Container 6	
Amount Per Serving	
Calories 220	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 3.5g	18%
Cholesterol 85mg	28%
Sodium 310mg	13%
Total Carbohydrate 36g	12%
Dietary Fiber 3g	12%
Sugars 10g	
Protein 6g	
Vitamin A 10%	Vitamin C 0%
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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

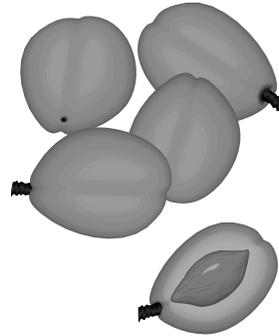
"Water is the most neglected nutrient in your diet but one of the most vital." – Kelly Barton

Tip: Top pancakes with Peach Pancake Topping (page 18). Substitute apricots for peaches in recipe for variety.

Apricot Oatmeal Breakfast Cake

15 servings

- | | |
|-----------------------|--|
| 2 cups | Cooking Spray |
| ½ cup | All-Purpose Flour |
| 1 teaspoon | Oatmeal |
| 1 teaspoon | Baking Powder |
| 1 teaspoon | Baking Soda |
| ¼ teaspoon | Cinnamon (ground) |
| 1 cup | Salt |
| 1 cup | Vegetable Oil |
| ½ cup | Sugar |
| 2 large | Brown Sugar |
| 1 cup | Eggs |
| 2 cans (15.5 oz each) | Buttermilk |
| | Apricots (drained, pitted, diced) |
| | Confectioner's Sugar (optional) |



1. Preheat oven to 350° F; spray a 9"x13" baking pan with cooking spray.
2. In a large bowl, mix together flour, oatmeal, baking powder, baking soda, cinnamon and salt.
3. In a medium bowl, beat oil, sugar, brown sugar, eggs and buttermilk until well blended.
4. Combine wet and dry ingredients; stir in apricots (don't over mix).
5. Pour batter into pan; bake 35-45 minutes until golden brown on top.
6. Cool and sprinkle confectioner's sugar on top.

Original recipe by Apricot Producers of California

Tip: To make buttermilk, add 1 tablespoon white vinegar or lemon juice to 1 cup of milk; let stand for 5-10 minutes.

Nutrition Facts	
Serving Size 1/15 recipe (133g)	
Servings Per Container 15	
Amount Per Serving	
Calories 300	Calories from Fat 140
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 2.5g	13%
Cholesterol 30mg	10%
Sodium 100mg	4%
Total Carbohydrate 39g	13%
Dietary Fiber 2g	8%
Sugars 24g	
Protein 4g	
Vitamin A 20%	Vitamin C 6%
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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Summer Harvest Scrambled Eggs

2 servings

2 teaspoons
 ½ small
 ½ small
 ½ cup
 ½ small
 4 large
 ½ teaspoon

Vegetable Oil
Onion (diced)
Carrot (grated)
Spinach (chopped)
 Red Bell Pepper (diced)
Eggs (beaten)
 Salt
 Black Pepper (to taste)



1. In a large skillet, sauté onion, carrot, spinach and bell pepper in oil over medium heat, until tender.
2. Pour beaten eggs over sautéed vegetables in skillet.
3. Add salt and pepper (to taste); stir well; cook eggs over medium heat.
4. Once eggs are firm, remove from heat and serve immediately.

Original recipe by Katie Brinker (Quinault Indian Nation)

Nutrition Facts	
Serving Size 1/2 recipe (176g)	
Servings Per Container 2	
Amount Per Serving	
Calories 200	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 3.5g	18%
Cholesterol 370mg	123%
Sodium 720mg	30%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 12g	
Vitamin A 90%	• Vitamin C 60%
Calcium 8%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Tip: If using canned or frozen spinach - rinse and drain well, and decrease amount to ¼ cup.

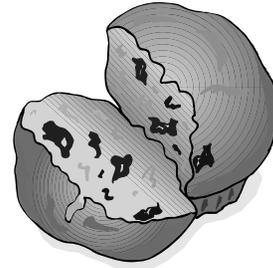
"Eat breakfast like a king, lunch like a prince, and dinner like a pauper." – Adelle Davis

Mixed Fruit Muffins

12 servings

2 cans (15.5 oz each)
 1 large
 ¼ cup
 1 teaspoon
 1 teaspoon
 1 cup
 1 cup
 ¾ cup
 2 teaspoons
 1 teaspoon
 ¼ teaspoon
 ½ cup

Cooking Spray
Mixed Fruit (drained, diced)
Egg (beaten)
Vegetable Oil
 Vanilla Extract
Orange Peel (grated)
All-Purpose Flour
Oatmeal
 Brown Sugar
 Baking Powder
 Cinnamon (ground)
 Salt
Raisins



1. Preheat oven to 400° F; spray a muffin pan with cooking spray.
2. Puree one can of mixed fruit (drained); in a small bowl, combine 1 cup mixed fruit puree, egg, oil, vanilla and orange peel; set aside.
3. In a large bowl, combine flour, oatmeal, brown sugar, baking powder, cinnamon and salt; mix well.
4. Stir liquid mixture into dry mixture; mix until just moistened; fold in raisins and 1 cup mixed fruit (drained, not pureed).
5. Spoon batter into muffin tins; bake 20-25 minutes or until toothpick inserted comes out clean.

Recipe adapted by BFNEP staff

Nutrition Facts	
Serving Size 1/12 recipe (117g)	
Servings Per Container 12	
Amount Per Serving	
Calories 210	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Cholesterol 15mg	5%
Sodium 150mg	6%
Total Carbohydrate 39g	13%
Dietary Fiber 2g	8%
Sugars 25g	
Protein 3g	
Vitamin A 2%	• Vitamin C 2%
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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Warm Spiced Pear Sauce

8 servings

- 2 cans (15.5 oz each)
 - 1 cup
 - 1 teaspoon
 - 1 teaspoon
 - ½ teaspoon
 - ¼ cup
- Pears** (diced, drained – keep ½ cup juice)
 - Honey
 - Ginger (ground)
 - Cinnamon (ground)
 - Nutmeg (ground)
 - Butter (cut into pieces)

1. Drain pears keeping ½ cup juice.
2. In a medium saucepan, combine pears and juice with remaining ingredients except butter.
3. Simmer gently over medium heat for approximately 10-15 minutes, or until sauce is reduced by half; add butter and stir well.
4. Serve warm pear sauce over pancakes, waffles or crepes.

Original recipe from *Pacific Northwest Canned Pears*

Nutrition Facts			
Serving Size 1/8 recipe (156g)			
Servings Per Container 8			
Amount Per Serving			
Calories 200	Calories from Fat 25		
% Daily Value*			
Total Fat 3g			5%
Saturated Fat 2g			10%
Cholesterol 10mg			3%
Sodium 0mg			0%
Total Carbohydrate 47g			16%
Dietary Fiber 2g			8%
Sugars 41g			
Protein 1g			
Vitamin A 6%		Vitamin C 4%	
Calcium 2%		Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

Tip: Serve pear sauce over pound cake or ice cream for dessert.



Tip: Too sweet for you? Decrease honey to ½ cup.

Fruit and Granola Sundae

1 serving

- ½ cup Granola (low fat)
- ¾ cup Plain or Vanilla Yogurt (low fat)
- 1 small Banana (sliced)
- ½ cup **Fruit** (berries, apples, nectarines, plums or pears)
Raisins or **Dried Plums** (diced, optional)

1. Layer ingredients (half of granola, yogurt, fruit; repeat) in a tall clear glass or bowl. Sprinkle top with dried fruit (optional).
2. Serve cold.

Original recipe by Katie Brinker (Quinault Indian Nation)

Nutrition Facts	
Serving Size 1 recipe (440g)	
Servings Per Container 1	
Amount Per Serving	
Calories 500	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2.5g	13%
Cholesterol 10mg	3%
Sodium 170mg	7%
Total Carbohydrate 100g	33%
Dietary Fiber 7g	28%
Sugars 66g	
Protein 16g	
Vitamin A 30%	• Vitamin C 30%
Calcium 35%	• 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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Tip: Use dried, frozen or canned fruit if fresh is not available.

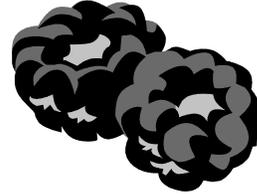




Berry Bramble Muffins

12 servings

- | | |
|--------------|--|
| 1 cup | Cooking Spray |
| 1 cup | All-Purpose Flour |
| 1 tablespoon | Whole Wheat Flour |
| 1½ teaspoon | Baking Powder |
| ¼ teaspoon | Cinnamon (ground) |
| ½ teaspoon | Nutmeg (ground) |
| ¾ cup | Salt |
| 1 large | Sugar |
| 1 cup | Egg (beaten) |
| ¼ cup | Milk (low fat) |
| 2 cups | Vegetable Oil |
| | Berries (blackberries, blueberries or huckleberries) |



Oat Topping (optional, mix thoroughly):

- | | |
|--------------|------------------------|
| ½ cup | Oatmeal |
| 1 tablespoon | <i>Butter (melted)</i> |
| 1 tablespoon | <i>Honey</i> |

1. Preheat oven to 375° F; spray a muffin pan with cooking spray.
2. Mix together flours, baking powder, cinnamon, nutmeg and salt.
3. In a small bowl, combine sugar, egg, milk and oil.
4. Add egg mixture to flour mixture and stir until well combined; toss berries lightly in mixture.
5. Scoop into muffin pan, fill ¾ full.
6. Sprinkle unbaked muffins with oat topping (optional).
7. Bake 15-20 minutes, until light brown.

Original recipe by Katie Brinker (Quinault Indian Nation)

"Never work before breakfast; if you have to work before breakfast, eat your breakfast first." – Josh Billings

Nutrition Facts	
Serving Size 1/12 recipe (91g)	
Servings Per Container 12	
Amount Per Serving	
Calories 200	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Cholesterol 20mg	7%
Sodium 250mg	10%
Total Carbohydrate 33g	11%
Dietary Fiber 3g	12%
Sugars 13g	
Protein 5g	
Vitamin A 4%	Vitamin C 8%
Calcium 6%	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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Cherry Coffee Cake

15 servings

1 cup
1¼ cups + 2 tablespoons
1 teaspoon
½ teaspoon
2 large
1 cup
2½ cups
1 teaspoon
½ teaspoon
¼ teaspoon
2 cups
½ cup
½ teaspoon

Cooking Spray
Butter (softened)
Sugar (divided)
Vanilla Extract
Lemon Peel (grated)
Eggs
Sour Cream (low fat)
All-Purpose Flour
Baking Powder
Baking Soda
Salt
Cherries (pitted, chopped)
Pecans or **Peanuts** (chopped)
Cinnamon (ground)

Streusel Topping (mix thoroughly):

1 cup
½ cup
¼ cup
1 teaspoon

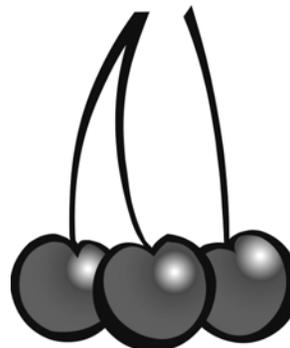
All-Purpose Flour
Butter (softened)
Sugar
Cinnamon (ground)

1. Preheat oven to 350° F; spray a 9"x13" pan with cooking spray.
2. In a large bowl, cream butter, 1¼ cups sugar, vanilla and lemon peel; beat in eggs one at a time; add sour cream; mix thoroughly.
3. In another bowl, combine flour, baking powder, baking soda and salt.
4. Add flour mixture to cream mixture for batter; beat until smooth.
5. In a small bowl, combine cherries, pecans, 2 tablespoons sugar and cinnamon.
6. Spread half of batter in pan; spoon cherry mixture over batter; spread remaining batter over top.
7. Sprinkle with streusel topping.
8. Bake 40-45 minutes or until toothpick inserted comes out clean.

*Original recipe by Grandma Belle Johnson
(Johnson Orchards Cookbook)*

Tip: If using frozen cherries, thaw and drain before adding to batter. Substitute a variety of berries for cherries.

Nutrition Facts	
Serving Size 1/15 recipe (114g)	
Servings Per Container 15	
Amount Per Serving	
Calories 300	Calories from Fat 120
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 7g	35%
Cholesterol 60mg	20%
Sodium 95mg	4%
Total Carbohydrate 44g	15%
Dietary Fiber 2g	8%
Sugars 20g	
Protein 7g	
Vitamin A 20%	• Vitamin C 2%
Calcium 4%	• Iron 10%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
	Fat 9 • Carbohydrate 4 • Protein 4



Breakfast Banana Split

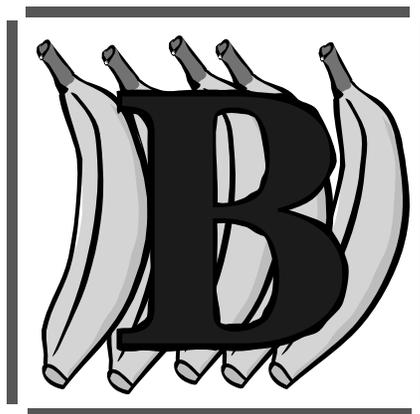
1 serving

- 1 small Banana
- ½ cup Berries (strawberries, raspberries or blueberries)
- ½ cup Vanilla Yogurt (low fat)
- ½ cup Cereal (Tasteeos®, Cheerios®)

1. Peel banana and slice it lengthwise (from tip to tip).
2. Wash berries; cut fruit to desirable size.
3. Spoon yogurt into a mound in center of a cereal bowl.
4. Arrange banana halves on either side of yogurt; sprinkle cereal on top of yogurt; generously top with berries.

Original recipe by Katie Brinker (Quinault Indian Nation)

Nutrition Facts			
Serving Size 1 recipe (332g)			
Servings Per Container 1			
Amount Per Serving			
Calories 290	Calories from Fat 25		
% Daily Value*			
Total Fat 3g	5%		
Saturated Fat 1.5g	8%		
Cholesterol 5mg	2%		
Sodium 190mg	8%		
Total Carbohydrate 61g	20%		
Dietary Fiber 6g	24%		
Sugars 36g			
Protein 10g			
Vitamin A 8%	• Vitamin C 100%		
Calcium 30%	• Iron 35%		
*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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	• Carbohydrate 4 • Protein 4



"Laughter is brightest where food is best." – Irish Proverb

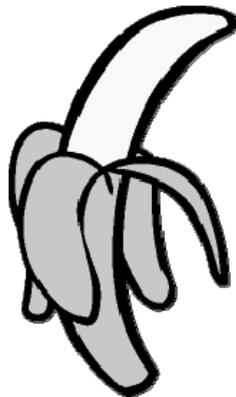
Banana Breakfast Cake

9 servings

1 cup	Cooking Spray
2/3 cup	Orange Juice
1 1/2 cups	Instant Dry Milk (fat free)
1/4 cup	Raisin Bran Cereal (or 1 1/4 c Bran Cereal & 1/4 c Raisins)
1 large	Vegetable Oil
2 small	Egg (lightly beaten)
1 1/2 cups	Bananas (thinly sliced)
1/2 cup	All-Purpose Flour
1 teaspoon	Sugar
1 teaspoon	Baking Soda
1/2 teaspoon	Cinnamon (ground)
	Salt

1. Preheat oven to 350° F; spray an 8"x8" square pan with cooking spray.
2. In a medium bowl, combine orange juice and instant milk; stir in raisin bran and let stand until soft, about 2 minutes.
3. Mix in oil, egg and bananas.
4. Add flour, sugar, baking soda, cinnamon and salt; stir until just moistened; batter will be lumpy.
5. Spread in pan; bake 40-45 minutes or until top springs back when lightly touched.

Original recipe from *Food for Tots*



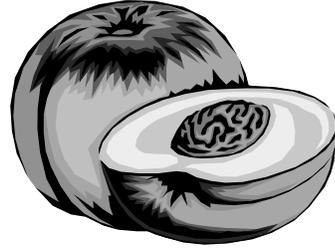
"Looks can be deceiving; it's eating that's believing." – James Thurber

Nutrition Facts	
Serving Size 1/9 recipe (122g)	
Servings Per Container 9	
Amount Per Serving	
Calories 300	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Cholesterol 20mg	7%
Sodium 310mg	13%
Total Carbohydrate 51g	17%
Dietary Fiber 3g	12%
Sugars 28g	
Protein 11g	
Vitamin A 2%	Vitamin C 10%
Calcium 30%	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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Peach Pancake Topping

6 servings

- 1 can (15.5 oz) **Peaches** (undrained)
- 2 tablespoons Honey or Corn Syrup
- ½ teaspoon Cinnamon (ground)
- 2 teaspoons Cornstarch
- 1 tablespoon Water



1. Coarsely chop peaches, keep juice.
2. In a saucepan, mix peaches and juice with honey or corn syrup and cinnamon.
3. Dissolve cornstarch in water, add to peach mixture.
4. Heat on medium until mixture boils and thickens, about 4-5 minutes.
5. Spoon ⅓ cup over hot pancakes.

Original recipe by California Cling Peach Advisory Board

Nutrition Facts	
Serving Size 1/6 recipe (81g)	
Servings Per Container 6	
Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 16g	
Protein 1g	
Vitamin A 2%	• Vitamin C 45%
Calcium 0%	• 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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Tip: Recipe can also be used as a pie filling (leave out cinnamon).

"We never repent of having eaten too little." – Thomas Jefferson

**Soup, Salad
& Side**

Creamy Tomato Soup

6 servings

4 cans (15.5 oz each)
2 cups
1 cup
2 tablespoons
2 teaspoons
¼ teaspoon
¼ teaspoon

Tomatoes (diced)
Chicken Broth (low sodium)
Milk (low fat)
Onion (chopped)
Sugar
Basil (dried)
Black Pepper
Salt (to taste)

1. Place tomatoes in a blender; process until pureed.
2. Combine pureed tomatoes, broth, milk, onion, sugar, basil, pepper and salt (to taste) in a large saucepan; heat through.
3. Serve immediately.

Recipe adapted by BFNEP staff

Nutrition Facts	
Serving Size 1/6 recipe (401g)	
Servings Per Container 6	
Amount Per Serving	
Calories 90	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 10mg	3%
Sodium 860mg	36%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 10g	
Protein 6g	
Vitamin A 25%	• Vitamin C 60%
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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



"You are what you eat." – American Proverb

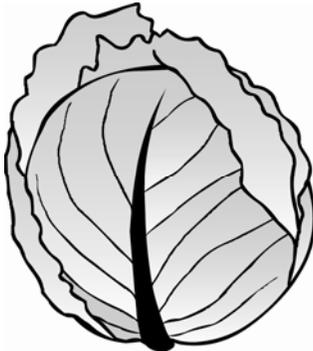
Simple Cabbage Stew

7 servings

- 1 package Onion Soup Mix (dry)
- 2 cans (15.5 oz each) **Tomatoes** (diced)
- 2 medium Green Bell Peppers (seeded, chopped)
- 1 cup Celery (chopped)
- 2 small **Onions** (chopped)
- 1 head Cabbage (6" diameter)

1. In a large saucepan, cook onion soup mix according to package directions.
2. Add tomatoes, bell peppers, celery, onions and cabbage.
3. Simmer over medium heat for 25 minutes or until vegetables are tender.

Recipe adapted by BFNEP staff



Nutrition Facts	
Serving Size 1/7 recipe (330g)	
Servings Per Container 7	
Amount Per Serving	
Calories 80	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 580mg	24%
Total Carbohydrate 19g	6%
Dietary Fiber 5g	20%
Sugars 6g	
Protein 4g	
Vitamin A 10%	• Vitamin C 200%
Calcium 15%	• 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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

"Cooking is like love. It should be entered into with abandon or not at all." – Harriet Van Horne

Cream of Potato Soup

6 servings

- | | |
|-----------------|------------------------------------|
| 1 cup | Onion (chopped) |
| 2 cups | Lunchmeat (diced) |
| 2 tablespoons | Butter |
| 1 cup | Instant Dry Milk (fat free) |
| 3 cups | Water |
| 1 can (15.5 oz) | Corn |
| ¾ cup | Instant Potato Flakes |
| ½ teaspoon | Black Pepper |



1. Sauté onion and lunchmeat in butter over medium heat until onion is tender and meat browns (about 5 minutes).
2. Add instant milk, water and corn; simmer 5 minutes.
3. Add potato flakes and pepper; mix well and serve warm.

Recipe adapted by BFNEP staff

Nutrition Facts	
Serving Size 1/6 recipe (292g)	
Servings Per Container 6	
Amount Per Serving	
Calories 180	Calories from Fat 35
<small>% Daily Value*</small>	
Total Fat 4g	6%
Saturated Fat 2g	10%
Cholesterol 15mg	5%
Sodium 320mg	13%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 16g	
Protein 12g	
Vitamin A 10%	• Vitamin C 10%
Calcium 25%	• Iron 4%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories 2,000 2,500</small>
Total Fat	<small>Less Than 65g 80g</small>
Saturated Fat	<small>Less Than 20g 25g</small>
Cholesterol	<small>Less Than 300mg 300 mg</small>
Sodium	<small>Less Than 2,400mg 2,400mg</small>
Total Carbohydrate	<small>300g 375g</small>
Dietary Fiber	<small>25g 30g</small>
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

Quick Pea Soup

6 servings

2 cans (15.5 oz each)
 2 tablespoons
 ½ cup
 1 stalk
 1 small
 1 clove
 ¼ teaspoon
 1 cup
 2½ cups

Peas
 Butter or Margarine
Onion (diced)
 Celery (chopped)
Carrot (grated)
 Garlic (minced)
 Sage (ground)
Canned Meat (diced)
 Water



1. Drain canned peas well and keep juice; mash peas.
2. In a large saucepan, melt butter over medium heat; sauté onion, celery, carrot and garlic in butter until golden, about 6 minutes.
3. Add pea juice and sage; stir until blended.
4. Simmer on medium heat for 5 minutes; add meat, mashed peas and water; mix well.
5. Simmer an additional 10 minutes; serve warm.

Recipe adapted by BFNEP staff

"First we eat; then, we do everything else." – MFK Fisher

Nutrition Facts	
Serving Size 1/6 recipe (315g)	
Servings Per Container 6	
Amount Per Serving	
Calories 210	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3.5g	18%
Cholesterol 25mg	8%
Sodium 460mg	19%
Total Carbohydrate 21g	7%
Dietary Fiber 7g	28%
Sugars 6g	
Protein 16g	
Vitamin A 40%	Vitamin C 30%
Calcium 4%	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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Sunday's Best Fruit Salad

8 servings

- | | |
|---------------|---------------------------------------|
| 2 large | Apples (bite-sized pieces) |
| 1 can (20 oz) | Pineapple (diced – keep juice) |
| 1 large | Grapefruit (bite-sized pieces) |
| 1 pint | Strawberries (sliced) |
| 2 teaspoons | Vanilla Extract |
| 2 teaspoons | Cinnamon (ground) |
| | Fruit Dressing (recipe below) |
| 2 large | Bananas (sliced) |

1. In a small bowl, toss apples with pineapple juice for 5 minutes to prevent browning.
2. In a large bowl, combine pineapple, grapefruit, strawberries, vanilla and cinnamon with cooled fruit dressing (recipe below).
3. Add apples to large bowl; place banana slices in pineapple juice for 5 minutes to prevent browning.
4. Place banana slices around edge of serving bowl; chill and serve.

Fruit Dressing:

- | | |
|-----------------|-----------------------------|
| 1 can (15.5 oz) | Peaches (keep juice) |
| 2 tablespoons | Honey or Corn Syrup |
| 2 teaspoons | Cornstarch |
| 1 tablespoon | Water |

1. Coarsely chop peaches, keep juice.
2. In a saucepan, mix peaches and juice with honey or corn syrup.
3. Dissolve cornstarch in water, add to peach mixture.
4. Heat on medium until mixture boils and thickens, about 4-5 minutes.
5. Cool before adding to salad.

Recipe adapted by BFNEP staff

Nutrition Facts	
Serving Size 1/8 recipe (292g)	
Servings Per Container 8	
Amount Per Serving	
Calories 160	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 41g	14%
Dietary Fiber 6g	24%
Sugars 31g	
Protein 1g	
Vitamin A 10%	• Vitamin C 90%
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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Chilled Fruit Salad

8 servings

- 1 medium Cantaloupe or Watermelon (bite-sized pieces)
- ½ medium Honeydew (bite-sized pieces)
- 1 large **Grapefruit** (bite-sized pieces)
- 1 pound Grapes (seedless)

Fruit Dressing (mix thoroughly):

- ½ cup Plain Yogurt (low fat)
- 2 tablespoons Apricot Preserves
- 2 tablespoons **Orange Juice**

1. Place melons, grapefruit and grapes in a large bowl.
2. Blend yogurt, apricot preserves and orange juice for fruit dressing.
3. Add fruit dressing to mixed fruit, toss gently; chill before serving.

Recipe adapted by BFNEP staff

Nutrition Facts	
Serving Size 1/8 recipe (249g)	
Servings Per Container 8	
Amount Per Serving	
Calories 120	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 29g	10%
Dietary Fiber 3g	12%
Sugars 26g	
Protein 3g	
Vitamin A 60%	• Vitamin C 90%
Calcium 6%	• 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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Tip: If you don't have apricot preserves, blend 1 tablespoon sugar and 2 apricots for substitution.

"If you organize your kitchen, you can organize your life." – Louis Parish

Apricot Pasta Salad

6 servings

- | | |
|-----------------|--|
| 4 ounces | Macaroni (uncooked) |
| 1 can (15.5 oz) | Apricots (drained, diced) |
| 1 can (12.5 oz) | Chicken or Turkey (drained, diced) |
| 2 small | Zucchini (thinly sliced) |
| 1 large | Red Bell Pepper (thinly sliced) |
| | Apricot Dressing (recipe below) |
| | Salt (to taste) |
| | Black Pepper (to taste) |

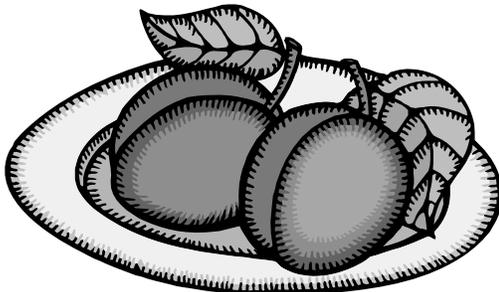
Apricot Dressing:

Blend 4 apricots (pitted), 4 tablespoons vinegar and 2 tablespoons sugar in a covered blender. Add ¼ cup vegetable oil; blend until thick and smooth.

1. Cook pasta according to package directions; drain well and let cool.
2. In a bowl, combine pasta, apricots, meat, zucchini and bell pepper.
3. Toss with apricot dressing; season with salt and pepper to taste.

Original recipe by California Fresh Apricot Council

Tip: Heat prepared salad in microwave and enjoy warm.



Nutrition Facts	
Serving Size 1/6 recipe (266g)	
Servings Per Container 6	
Amount Per Serving	
Calories 230	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1.5g	8%
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 32g	11%
Dietary Fiber 3g	12%
Sugars 14g	
Protein 4g	
Vitamin A 50%	Vitamin C 110%
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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Cold Green Bean Salad

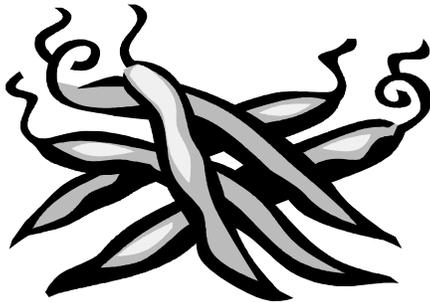
8 servings



- 2 cans (15.5 oz each) **Green Beans** (drained)
- 1 medium **Red Onion** (vertically sliced)
- 1 bottle (16 oz) **Italian Salad Dressing** (fat free)

1. Place beans in a serving dish; toss with onion and salad dressing.
2. Cover with plastic wrap, chill for 1 hour before serving.

Original recipe from Allrecipes.com



Nutrition Facts		
Serving Size 1/8 recipe (180g)		
Servings Per Container 8		
Amount Per Serving		
Calories 110	Calories from Fat 0	
% Daily Value*		
Total Fat 0g	0%	
Saturated Fat 0g 0%		
Cholesterol 0mg	0%	
Sodium 720mg	30%	
Total Carbohydrate 24g	8%	
Dietary Fiber 3g 12%		
Sugars 9g		
Protein 1g		
Vitamin A 8%	• Vitamin C 4%	
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 300 mg
Sodium	Less Than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

"What is food to one man may be fierce poison to others." – Lucretius

Red Broccoli Salad

8 servings

1 large stalk	Broccoli (washed, trimmed)
2 large	Tomatoes (seeded, diced)
1 cup	Onion (chopped)
½ cup	Walnuts or Pecans (chopped)
½ cup	Bacon Bits

Salad Dressing (mix thoroughly):

¾ cup	Mayonnaise (low fat)
2 tablespoons	Vinegar
¼ cup	Sugar

Tip: Substitute fresh tomatoes for canned diced tomatoes.

1. Cut broccoli into small florets and ½” stem pieces.
2. Combine broccoli, tomatoes, onion, nuts and bacon bits in a large bowl.
3. In a separate bowl, mix mayonnaise, vinegar and sugar for salad dressing.
4. Pour salad dressing over broccoli mixture.
5. Refrigerate, covered, overnight to soften broccoli.
6. Toss before serving.

Recipe adapted by BFNEP staff



Nutrition Facts	
Serving Size 1/8 recipe (133g)	
Servings Per Container 8	
Amount Per Serving	
Calories 130	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Cholesterol 5mg	2%
Sodium 410mg	17%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars 10g	
Protein 5g	
Vitamin A 10%	Vitamin C 35%
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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Fiesta Corn Salad

10 servings

2 tablespoons
 1 cup
 2 teaspoons
 1 teaspoon
 3 cans (15.5 oz each)
 1 medium
 1 medium
 1 can (15.5 oz)
 4 tablespoons
 2 tablespoons

Vegetable Oil
 Red **Onion** (minced)
 Chili Powder
 Cumin (ground)
Corn (drained)
 Green Bell Pepper (seeded, diced)
 Red Bell Pepper (seeded, diced)
Tomatoes (diced)
 Cilantro (chopped)
 Cider Vinegar
 Salt (to taste)
 Black Pepper (to taste)

Tip: Add a Jalapeño pepper and serve with chips as a salsa.

1. In a skillet, sauté onion in oil over medium heat until golden.
2. Add chili powder and cumin; sauté 1 additional minute.
3. In a serving bowl, combine corn, bell peppers, tomatoes and cooled onions.
4. Toss to mix; add cilantro and vinegar.
5. Season to taste with salt and pepper, toss again.
6. Serve at room temperature.

Original recipe by 5ADay



"The belly rules the mind." – Spanish Proverb

Nutrition Facts	
Serving Size 1/10 recipe (213g)	
Servings Per Container 10	
Amount Per Serving	
Calories 110	Calories from Fat 35
<small>% Daily Value*</small>	
Total Fat 4g	6%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 16g	5%
Dietary Fiber 5g	20%
Sugars 10g	
Protein 3g	
Vitamin A 20% • Vitamin C 90%	
Calcium 2% • Iron 4%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories 2,000 2,500</small>
<small>Total Fat</small>	<small>Less Than 65g 80g</small>
<small>Saturated Fat</small>	<small>Less Than 20g 25g</small>
<small>Cholesterol</small>	<small>Less Than 300mg 300 mg</small>
<small>Sodium</small>	<small>Less Than 2,400mg 2,400mg</small>
<small>Total Carbohydrate</small>	<small>300g 375g</small>
<small>Dietary Fiber</small>	<small>25g 30g</small>
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

Creamy Pea Salad

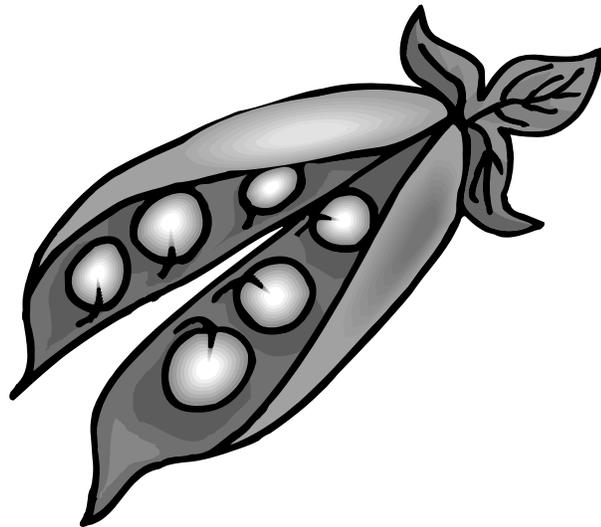
5 servings

- | | |
|-----------------------|------------------------------|
| ½ cup | Sour Cream (fat free) |
| 2 strips | Bacon (cooked, crumbled) |
| 1 medium | Green Onion (finely chopped) |
| 1 teaspoon | Vinegar or Cider |
| ½ teaspoon | Salt |
| ⅛ teaspoon | Black Pepper |
| 2 cans (15.5 oz each) | Peas (drained) |

1. In a medium bowl, combine sour cream, bacon, onion, vinegar, salt and pepper; mix well.
2. Add peas; toss to coat.
3. Refrigerate for 1 hour to blend flavors.

Original recipe by www.allrecipes.com (submitted by Candy Snyder)

Nutrition Facts	
Serving Size 1/5 recipe (160g)	
Servings Per Container 5	
Amount Per Serving	
Calories 150	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Cholesterol 10mg	3%
Sodium 630mg	26%
Total Carbohydrate 19g	6%
Dietary Fiber 5g	20%
Sugars 7g	
Protein 8g	
Vitamin A 15%	• Vitamin C 20%
Calcium 6%	• Iron 8%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories 2,000 2,500</small>
Total Fat	<small>Less Than 65g 80g</small>
Saturated Fat	<small>Less Than 20g 25g</small>
Cholesterol	<small>Less Than 300mg 300 mg</small>
Sodium	<small>Less Than 2,400mg 2,400mg</small>
Total Carbohydrate	<small>300g 375g</small>
Dietary Fiber	<small>25g 30g</small>
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	



"The spirit cannot endure the body when overfed, but, if underfed, the body cannot endure the spirit." – St. Frances de Sales

Ranch Potato Salad

10 servings

4 large
 ½ cup
 ½ cup
 1 cup
 ½ cup
 2 large
 ½ teaspoon
 ½ teaspoon

Potatoes (Russet, Yukon Gold)
 Mayonnaise (low fat)
 Ranch Salad Dressing (low fat)
 Celery (diced)
 Green Onions (chopped)
 Eggs (hard boiled, chopped)
 Salt (to taste)
 Black Pepper (to taste)



Hard Boiled Eggs:

Place eggs in a sauce pan and cover with cold water, bring water to a boil; cover and remove from heat; let stand for 15-20 minutes.

1. Cook whole potatoes in boiling water for 20-25 minutes until tender (or cube potatoes and reduce cooking time to about 15 minutes).
2. Drain and cool potatoes to room temperature; chop into cubes.
3. In a large bowl, mix together mayonnaise, dressing, celery, green onions, eggs, salt (to taste) and pepper (to taste).
4. Add potatoes; toss and refrigerate for 1 hour.

Original recipe by Katie Brinker (Quinault Indian Nation)

Tip: Experiment with other potato varieties such as red, blue or finger link; when selecting smaller varieties for this recipe, use 8 potatoes instead of 4.

Nutrition Facts			
Serving Size 1/10 recipe (171g)			
Servings Per Container 10			
Amount Per Serving			
Calories	190	Calories from Fat	50
% Daily Value*			
Total Fat	6g		9%
Saturated Fat	1g		5%
Cholesterol	45mg		15%
Sodium	370mg		15%
Total Carbohydrate	28g		9%
Dietary Fiber	3g		12%
Sugars	3g		
Protein	4g		
Vitamin A	4%	Vitamin C	30%
Calcium	4%	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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
		Fat 9	• Carbohydrate 4 • Protein 4

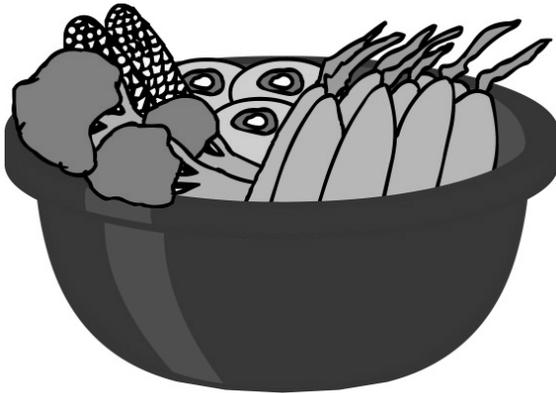
Sweet and Sour Vegetable Salad

10 servings

- | | |
|-----------------------|------------------------------|
| 3/4 cup | Sugar |
| 3/4 cup | Vinegar |
| 1/2 cup | Vegetable Oil |
| 1 teaspoon | Black Pepper |
| 1/2 teaspoon | Salt |
| 1 can (15.5 oz) | Green Beans (drained) |
| 1 can (15.5 oz) | Peas (drained) |
| 2 cans (15.5 oz each) | Corn (drained) |
| 1 cup | Celery (chopped) |
| 1/2 large | Green Bell Pepper (diced) |
| 5 large | Green Onions (chopped) |

1. In a small saucepan, combine sugar, vinegar, vegetable oil, pepper and salt; bring to a boil. Cool.
2. Toss dressing with vegetables; mix well.
3. Refrigerate at least 8 hours before serving.

Original recipe by Margaret Ambrose



Nutrition Facts	
Serving Size 1/10 recipe (249g)	
Servings Per Container 10	
Amount Per Serving	
Calories 260	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 1.5g	8%
Cholesterol 0mg	0%
Sodium 650mg	27%
Total Carbohydrate 38g	13%
Dietary Fiber 5g	20%
Sugars 20g	
Protein 5g	
Vitamin A 10%	• Vitamin C 30%
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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

"Eat what you like and let the food fight it out inside." – Mark Twain

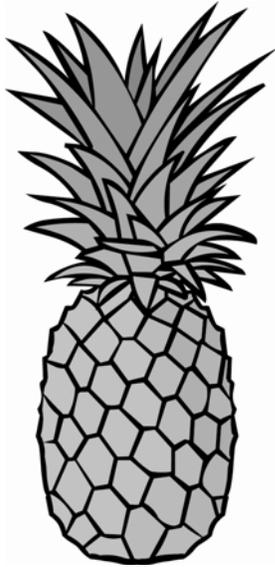
Pineapple Salsa

8 servings

1 can (20 oz)	Pineapple (drained, diced)
2 tablespoons	Lime Juice
½ cup	Red Bell Pepper (chopped)
¼ cup	Red Onion (finely chopped)
1 small	Jalapeño Pepper (seeded, finely chopped)
2 tablespoons	Cilantro (chopped)
⅛ teaspoon	Chili Powder

1. Combine all ingredients in a medium bowl; mix well.
2. Refrigerate to blend flavors.

Original recipe from Betty Crocker Cookbook



Nutrition Facts	
Serving Size 1/8 recipe (91g)	
Servings Per Container 8	
Amount Per Serving	
Calories 45	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Sugars 9g	
Protein 0g	
Vitamin A 6%	• Vitamin C 45%
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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Tip: Serve salsa with grilled meat, poultry, fish or tortilla chips.

Grapefruit and Orange Salsa

8 servings

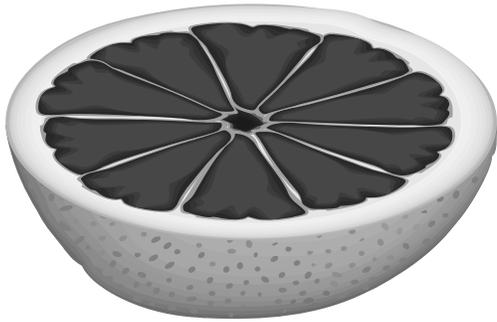
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|---------------|-------------------------------------|
| 1 large | Grapefruit (peeled, chopped) |
| 1 large | Orange (peeled, chopped) |
| 1 medium | Tomato (seeded, diced) |
| 1 cup | Green Bell Pepper (diced) |
| 1 medium | Jalapeno Pepper (seeded, minced) |
| 3 tablespoons | Red Onion (diced) |
| 1 tablespoon | Cilantro (minced) |
| 1½ teaspoons | Sugar |
| ⅛ teaspoon | Salt |

Tip: Serve salsa with fish or chicken.

1. Combine all ingredients in a medium bowl; mix well.
2. Refrigerate to blend flavors; drain juice well before serving.

Original recipe by Texas Citrus - Texas Rio Star Grapefruit

Tip: Use different colored bell peppers such as red, orange and yellow for variety.



Nutrition Facts		
Serving Size 1/8 recipe (101g)		
Servings Per Container 8		
Amount Per Serving		
Calories 35	Calories from Fat 0	
% Daily Value*		
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Cholesterol 0mg	0%	
Sodium 40mg	2%	
Total Carbohydrate 9g	3%	
Dietary Fiber 2g	8%	
Sugars 6g		
Protein 1g		
Vitamin A 8%	• Vitamin C 80%	
Calcium 2%	• 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 300 mg
Sodium	Less Than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
	Fat 9	• Carbohydrate 4 • Protein 4

"There is no love sincerer than the love of food." – George Bernard Shaw

Tex-Mex Salsa

10 servings

- 5 medium Tomatoes (diced)
- 1 medium **Onion** (diced)
- 1 clove Garlic (minced)
- 1-1½ medium Jalapeño Peppers (seeded, minced)
- 3 tablespoons Cilantro (minced, to taste)
- 2 teaspoons Lime Juice
- Salt (to taste)



1. Combine all ingredients in a medium bowl; mix well.
2. Refrigerate overnight to blend flavors; serve cold.

Original recipe by Stephanie Rendulic, RD

Tip: Try different pepper varieties such as Serrano, Anaheim or Habanero.

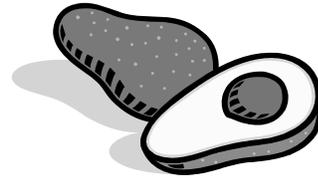
Nutrition Facts	
Serving Size 1/10 recipe (103g)	
Servings Per Container 10	
Amount Per Serving	
Calories 20	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 470mg	20%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 1g	
Vitamin A 15%	• Vitamin C 20%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

"Home grown tomatoes, home grown tomatoes
What would life be without homegrown tomatoes
Only two things that money can't buy
That's true love and home grown tomatoes."
– John Denver, 'Home Grown Tomatoes'

Guacamole

8 servings

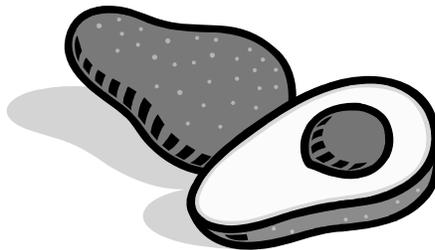
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|---------------|---|
| 1 large | Avocado (mashed) |
| ¼ teaspoon | Seasoned Salt |
| 1 tablespoon | Lime Juice |
| 1 teaspoon | Hot Sauce (optional, to taste) |
| ½ small | Tomato (diced) |
| 2 tablespoons | Onion (minced) |
| optional | Garlic (minced), Cilantro (minced), Jalapeño (minced) |



1. Mix avocado, seasoned salt, lime juice and hot sauce (to taste) together.
2. Stir in tomato and onion.
3. Add garlic, cilantro and/or jalapeño, if desired; adjust seasoning to taste.

Original recipe provided by Linda Moncrief, RD

Nutrition Facts	
Serving Size 1/8 recipe (50g)	
Servings Per Container 8	
Amount Per Serving	
Calories 45	Calories from Fat 35
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 1g	
Vitamin A 2%	• Vitamin C 15%
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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

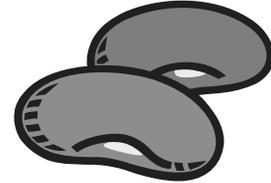


Tip: Substitute fresh tomatoes for canned diced tomatoes.

Creamy Bean Dip

15 servings

- | | |
|-----------------|--------------------------------|
| 1 tablespoon | Vegetable Oil |
| 4 large | Green Onions (chopped) |
| 1 teaspoon | Rosemary (dried) |
| 1 teaspoon | Oregano (dried) |
| 1 can (15.5 oz) | Beans (rinsed, drained) |
| 6 cloves | Garlic (minced) |
| 2-4 tablespoons | Lemon Juice (to taste) |
| 1 tablespoon | Parsley (chopped, optional) |



1. Sauté green onions in oil over medium heat, 5 minutes or until wilted.
2. Add rosemary and oregano; cook 1 additional minute.
3. Add beans and garlic; cook another 4 minutes or until beans well heated.
4. Cool; puree in covered blender (or mash with potato masher); add lemon juice as needed for desired consistency.
5. Spread over bread or crackers; top with parsley, if desired.

Original recipe by Katie Brinker (Quinault Indian Nation)

Tip: Use refried beans instead of whole beans and eliminate the blender step.

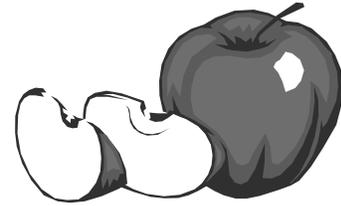
"Self delusion is pulling in your stomach when you step on the scales." – Paul Sweeney

Nutrition Facts	
Serving Size 1/15 recipe (43g)	
Servings Per Container 15	
Amount Per Serving	
Calories 50	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 2g	
Vitamin A 2%	• Vitamin C 6%
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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Apple Cabbage Slaw

6 servings

- 4 cups Cabbage (shredded)
- 1 large **Granny Smith Apple** (diced)
- ¼ cup Pecans, Walnuts or **Peanuts** (chopped)



Slaw Dressing (mix thoroughly):

- ½ cup *Miracle Whip* (low fat)
- 1 tablespoon *Sugar*
- 2 tablespoons *Lime Juice* (to taste)

1. Mix cabbage and apple together with above slaw dressing.
2. Sprinkle nuts on top before serving.

Recipe adapted by BFNEP staff

Nutrition Facts			
Serving Size 1/6 recipe (100g)			
Servings Per Container 6			
Amount Per Serving			
Calories 110	Calories from Fat 70		
% Daily Value*			
Total Fat 8g			12%
Saturated Fat 1g			5%
Cholesterol 5mg			2%
Sodium 180mg			8%
Total Carbohydrate 11g			4%
Dietary Fiber 2g			8%
Sugars 6g			
Protein 1g			
Vitamin A 2%		Vitamin C 45%	
Calcium 2%		Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

"Those who think they have no time for healthy eating will sooner or later have to find time for illness." – Edward Stanley

Celery Mashed Potatoes

4 servings

2 pounds (4 cups)
 2 cups
 ½ cup
 3 tablespoons
 2 cloves
 ½ teaspoon
 1 teaspoon

Red Potatoes (1" chunks with skins)
 Celery (diced)
Milk (low fat)
 Butter
 Garlic (minced)
 Salt
 Black Pepper (to taste)



1. In a medium saucepan, place potatoes and celery in enough water to cover them; bring to a boil; reduce heat, cover and simmer until potatoes are tender (about 15-20 minutes).
2. Drain water; place potatoes in a large bowl; mash well.
3. Add milk, butter, garlic, salt and pepper (to taste); mash to desired consistency.
4. Serve immediately.

Original recipe by American Celery Council

Nutrition Facts	
Serving Size 1/4 recipe (331g)	
Servings Per Container 4	
Amount Per Serving	
Calories 230	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 3.5g	18%
Cholesterol 15mg	5%
Sodium 370mg	15%
Total Carbohydrate 40g	13%
Dietary Fiber 5g	20%
Sugars 5g	
Protein 7g	
Vitamin A 15%	Vitamin C 80%
Calcium 8%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Crisp Oven Fries

5 servings

1 large
 ¼ teaspoon
 ¼ teaspoon
 ¼ teaspoon
 ¼ teaspoon
 4 medium (5 cups)

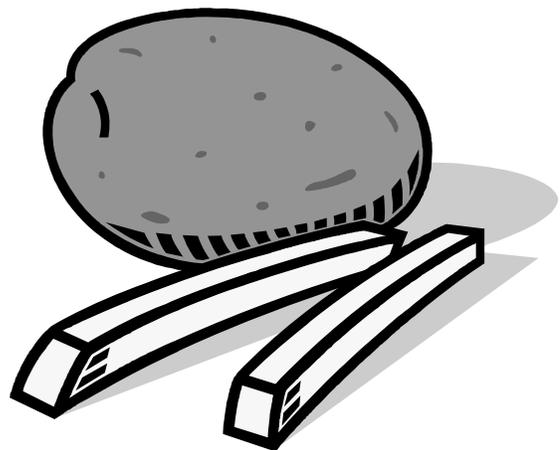
Cooking Spray
 Egg White
 Paprika (ground)
 Garlic Powder
 Salt
 Black Pepper
Potatoes (thinly sliced or wedges)

Tip: Experiment with fresh sweet potatoes or yams. YUM!

1. Preheat oven to 425° F.
2. Cover a cookie sheet with foil; generously spray foil with cooking spray.
3. In a medium bowl, beat egg white with fork until frothy.
4. Add paprika, garlic powder, salt and pepper; mix well.
5. Add potatoes and stir until egg white mixture coats potatoes well.
6. Spread potatoes on cookie sheet.
7. Bake 20 minutes; turn fries with spatula and bake another 10-20 minutes or until golden brown.

Original recipe from Food for Tots

Nutrition Facts			
Serving Size 1/5 recipe (126g)			
Servings Per Container 5			
Amount Per Serving			
Calories 120	Calories from Fat 0		
% Daily Value*			
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Cholesterol 0mg	0%		
Sodium 125mg	5%		
Total Carbohydrate 27g	9%		
Dietary Fiber 2g	8%		
Sugars 2g			
Protein 3g			
Vitamin A 2%	• Vitamin C 25%		
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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	• Carbohydrate 4
			• Protein 4



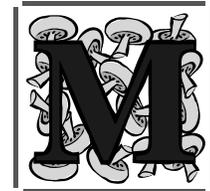
"Let the sky rain potatoes." – William Shakespeare

Vegetable Medley Bake

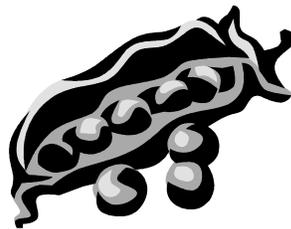
8 servings

- | | |
|-----------------------|-------------------------------------|
| 2 tablespoons | Cooking Spray |
| 2 cups | Butter |
| 3 tablespoons | Celery (sliced) |
| 2 cans (15.5 oz each) | Water |
| 1 can (10.5 oz) | Green Peas |
| 1 can (4 oz) | Cream of Mushroom Soup (low sodium) |
| ¼ teaspoon | Mushrooms (sliced, drained) |
| 2 tablespoons | Sage (ground) |
| ¾ cup | Butter (melted) |
| | Bread Crumbs |

1. Preheat oven to 350° F; spray 1½ quart casserole dish with cooking spray.
2. Melt 2 tablespoons of butter in a sauce pan.
3. Add celery and water; cover tightly and cook, stirring occasionally until tender-crisp, about 4 minutes.
4. Add peas; simmer 5 additional minutes; add sage.
5. In another pan, combine mushroom soup and mushrooms; heat to make cream mixture.
6. Layer vegetables alternatively with cream mixture in casserole dish.
7. Mix 2 tablespoons of melted butter with bread crumbs; layer on top of casserole dish.
8. Bake 20 minutes or until bubbly.



Original recipe from *Ideas for Cooking Vegetables*



Tip: Flavor recipe with sautéed onion or diced chicken.

Nutrition Facts	
Serving Size 1/8 recipe (269g)	
Servings Per Container 8	
Amount Per Serving	
Calories 190	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2.5g	13%
Cholesterol 10mg	3%
Sodium 330mg	14%
Total Carbohydrate 28g	9%
Dietary Fiber 5g	20%
Sugars 6g	
Protein 8g	
Vitamin A 35%	Vitamin C 25%
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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Green Bean Sauté

4 servings

1 pound (16 oz) **Green Beans** (fresh, frozen or canned)
1 tablespoon **Vegetable Oil**
1 large **Onion** (vertically sliced)
½ teaspoon **Salt**
¼ teaspoon **Black Pepper**
1 tablespoon **Parsley** (chopped)

1. If using fresh green beans, cook green beans in boiling water for 10-12 minutes or steam for 5 minutes until barely fork tender; drain well. If using frozen green beans, thaw first. If using canned green beans, drain juice.
2. In a skillet, sauté onion in oil until golden.
3. Stir in green beans, salt and pepper; heat through.
4. Toss with parsley before serving.

Recipe adapted by BFNEP staff



Nutrition Facts	
Serving Size 1/4 recipe (156g)	
Servings Per Container 4	
Amount Per Serving	
Calories 70	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 480mg	20%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 1g	
Vitamin A 10%	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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

"I eat merely to put food out of my mind." – N.F. Simpson

Sweet and Simple Greens

4 servings

- | | |
|--------------|------------------------|
| 1 pound | Spinach (fresh) |
| 2 teaspoons | Vegetable Oil |
| 2 cloves | Garlic (minced) |
| ¼ cup | Water |
| 2 teaspoons | Sugar |
| 1 tablespoon | Soy Sauce (low sodium) |

1. Tear washed spinach leaves (discard tough stems) into 2" pieces.
2. In a large pot, sauté garlic in oil, about 15 seconds.
3. Add water and bring to a boil; add spinach and mix well.
4. Cover pot and steam for 2-4 minutes until tender and bright green.
5. Drain excess water; add sugar and soy sauce.
6. Toss and serve.

Original recipe by Katie Brinker (Quinault Indian Nation)



"Eating is an agricultural act." – Wendall Berry

Nutrition Facts			
Serving Size 1/4 recipe (141g)			
Servings Per Container 4			
Amount Per Serving			
Calories 70	Calories from Fat 25		
		% Daily Value*	
Total Fat 3g			5%
Saturated Fat 0g			0%
Cholesterol 0mg			0%
Sodium 220mg			9%
Total Carbohydrate 9g			3%
Dietary Fiber 3g			12%
Sugars 5g			
Protein 4g			
Vitamin A 210% • Vitamin C 50%			
Calcium 10% • 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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Holiday Sweet Potatoes

12 servings

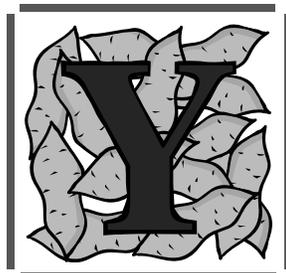
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|-----------------------|--|
| 4 cans (15.5 oz each) | Cooking Spray |
| ½ cup + ½ cup | Sweet Potatoes |
| 2 tablespoons | Evaporated Milk or Milk (low fat, divided) |
| 1 large | Butter |
| 2 teaspoons | Apple (grated) |
| 1 tablespoon | Lemon Juice |
| ¼ teaspoon | Brown Sugar (divided) |
| 1 teaspoon | Ginger (ground) |
| ½ teaspoon | Cinnamon (ground) |
| ½ teaspoon | Black Pepper |
| | Salt (to taste) |

Nut Topping (mix thoroughly):

- | | |
|------------|---|
| 1 cup | Pecans, Walnuts or Peanuts (chopped) |
| ½ cup | Coconut (flaked) |
| 1 teaspoon | Brown Sugar |

1. Preheat oven to 375° F; spray 1½ quart casserole dish with cooking spray.
2. If using raw, peel and chop potatoes/yams into 1" pieces; cook potatoes/yams on stovetop or in microwave until tender. If using canned, drain juice.
3. Combine potatoes/yams with ½ cup milk and butter; mash potatoes to desired consistency (if using raw potatoes/yams, add remaining ½ cup milk to the mixture).
4. Add apple, lemon juice, brown sugar, ginger, cinnamon, pepper and salt (to taste); mix well.
5. In a separate bowl, combine nuts, coconut and brown sugar for nut topping; mix well.
6. Bake 15 minutes; sprinkle with nut topping; bake another 15 minutes or until center is hot.

Recipe adapted by BFNEP staff



Nutrition Facts	
Serving Size 1/12 recipe (200g)	
Servings Per Container 12	
Amount Per Serving	
Calories 290	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2.5g	13%
Cholesterol 5mg	2%
Sodium 480mg	20%
Total Carbohydrate 49g	16%
Dietary Fiber 7g	28%
Sugars 8g	
Protein 5g	
Vitamin A 8%	Vitamin C 30%
Calcium 10%	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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

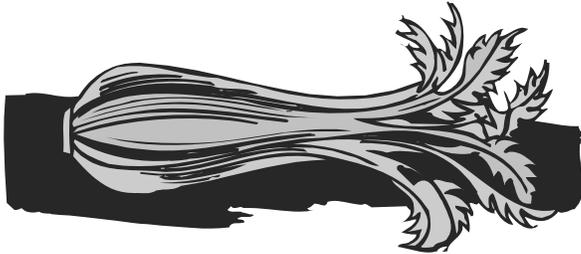
Celery au Gratin

8 servings

5 cups	Cooking Spray
2 tablespoons	Celery (1" slices)
¼ cup	Butter
2 cups	All-Purpose Flour
½ teaspoon	Milk (low fat)
½ cup	Black Pepper
½ cup	Swiss Cheese (shredded)
	Parmesan Cheese (grated)

1. Spray casserole dish with cooking spray.
2. Steam celery for 3-5 minutes; drain well.
3. In a heavy saucepan, melt butter and stir in flour; cook 1 minute, stirring constantly; add milk and continue cooking over medium heat, stirring constantly until thickened.
4. Add pepper, Swiss cheese, Parmesan cheese and celery to flour mixture; mix well.
5. Spoon into casserole dish; sprinkle top with additional Parmesan cheese.
6. Broil in oven until golden brown.

Original recipe from The Market Basket



Nutrition Facts

Serving Size 1/8 recipe (152g)
Servings Per Container 8

Amount Per Serving

Calories 100 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 3g **15%**

Cholesterol 15mg **5%**

Sodium 140mg **6%**

Total Carbohydrate 9g **3%**

Dietary Fiber 1g **4%**

Sugars 4g

Protein 6g

Vitamin A 15% • Vitamin C 4%

Calcium 20% • 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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

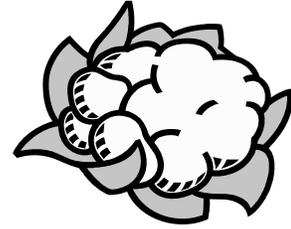
Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

"He who eats alone chokes alone." – Proverb

Spicy and Roasted Cauliflower

8 servings

- | | |
|---------------|-------------------------------------|
| 3 tablespoons | Cooking Spray |
| 1 tablespoon | Lemon Juice |
| 1 teaspoon | Vegetable Oil |
| 1 teaspoon | Salt |
| ½ -1 teaspoon | Cumin (ground) |
| ½ cup | Crushed Red Pepper (to taste) |
| 30 medium | Cilantro (minced) |
| 1 large | Cauliflower Florets (1 medium head) |
| 1 large | Yellow Bell Pepper (diced) |
| | Red Bell Pepper (diced) |



1. Preheat oven to 450° F; spray small cooking sheet with cooking spray.
2. Combine lemon juice, oil, salt, cumin, red pepper (to taste) and cilantro in a large bowl, stirring with a whisk.
3. Add cauliflower and bell peppers; toss to coat well.
4. Place vegetables on cooking sheet; bake 25 minutes or until lightly browned and tender-crisp, stirring every 10 minutes.

Recipe adapted by BFNEP staff

Nutrition Facts			
Serving Size 1/8 recipe (102g)			
Servings Per Container 8			
Amount Per Serving			
Calories	40	Calories from Fat	15
% Daily Value*			
Total Fat	2g		3%
	Saturated Fat 0g		0%
Cholesterol	0mg		0%
Sodium	310mg		13%
Total Carbohydrate	6g		2%
	Dietary Fiber 2g		8%
	Sugars 3g		
Protein	2g		
Vitamin A 15% • Vitamin C 180%			
Calcium 2% • Iron 2%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	Carbohydrate 4 • Protein 4

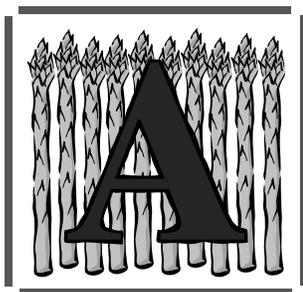
Lemon Asparagus Sauté

4 servings

2 teaspoons **Vegetable Oil**
½ cup **Red Onion** (finely chopped)
2 pounds **Asparagus** (trimmed)
2 tablespoons **Lemon Juice**
2 teaspoons **Black Pepper** (to taste)

1. In a skillet, sauté onion in oil over medium heat until golden.
2. Add asparagus, lemon juice and pepper (to taste).
3. Continue to sauté until asparagus is tender, about 10 minutes.

Original recipe by 5ADay



Tip: Substitute asparagus with carrots, broccoli or cauliflower.

Nutrition Facts

Serving Size 1/4 recipe (258g)
Servings Per Container 4

Amount Per Serving

Calories 90 **Calories from Fat 20**

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 13g **4%**

Dietary Fiber 5g **20%**

Sugars 6g

Protein 5g

Vitamin A 25% • Vitamin C 45%

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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

"The most remarkable thing about my mother is that for thirty years she served the family nothing but leftovers. The original meal has never been found." – Calvin Trillin

Carrots and Brussels Sprouts

6 servings

1 tablespoon
 ½ pound
 2 cups
 ¾ cup
 ¼ teaspoon
 1 tablespoon

Vegetable Oil
 Brussels Sprouts (trimmed, cut in half)
Carrots (sliced)
 Chicken Broth (low sodium)
 Dill, Thyme or Rosemary (dried)
 Lemon Juice
 Black Pepper (to taste)



1. In a skillet, sauté Brussels sprouts and carrots in oil over medium heat, about 2 minutes.
2. Add broth and seasoning of choice; cover, and simmer 7 minutes or until vegetables are tender.
3. Boil to reduce liquid, until ¼ cup remains.
4. Add lemon juice; season with pepper (to taste) and cook 1 additional minute.

Original recipe by 5ADay



Nutrition Facts

Serving Size 1/6 recipe (149g)
 Servings Per Container 6

Amount Per Serving

Calories 80 Calories from Fat 20

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 100mg **4%**

Total Carbohydrate 11g **4%**

Dietary Fiber 3g **12%**

Sugars 5g

Protein 3g

Vitamin A 230% • Vitamin C 60%

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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

"My tongue is smiling." – Abigail Trillin

Cheesy Potato and Spinach Bake

8 servings

	Cooking Spray
1½ cup	Instant Potato Flakes
¼ cup	Instant Dried Milk (fat free)
¼ cup	Egg Mix
½ teaspoon	Black Pepper
2 cups	Water
2 tablespoons	Onion (minced)
2 tablespoons	Butter
1 cup	Cheese (grated)
1 can (15.5 oz)	Spinach (drained, rinsed)

1. Preheat oven to 425° F; spray an 8"x8" square pan with cooking spray.
2. In a small bowl, mix potato flakes, instant milk, egg, mix, and pepper.
3. Place water, onion and butter in a saucepan and heat until water boils; remove saucepan from heat.
4. Add potato flake mixture to water; stir until liquid is absorbed; then, mix cheese into potatoes.
5. Place spinach in bottom of square pan; spread potato mixture on top of spinach.
6. Bake 20 minutes or until top is light brown.

Original recipe from USDA, Food & Nutrition Service,
Quick & Easy Commodity Recipes



Nutrition Facts	
Serving Size 1/8 recipe (180g)	
Servings Per Container 8	
Amount Per Serving	
Calories 100	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1.5g	8%
Cholesterol 15mg	5%
Sodium 320mg	13%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 7g	
Vitamin A 30%	Vitamin C 15%
Calcium 15%	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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Orange Glazed Carrots

4 servings

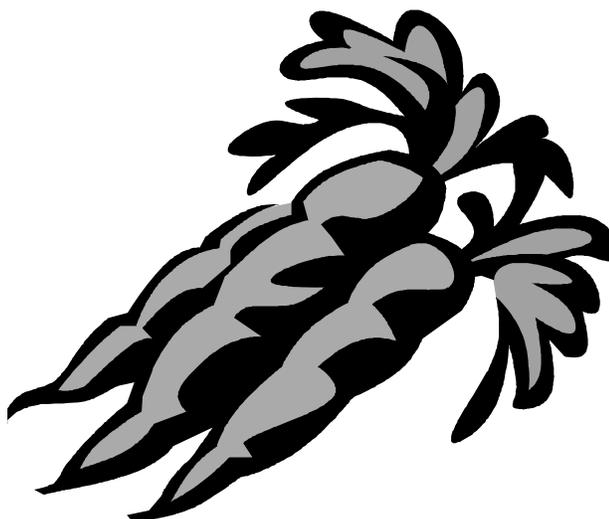
- | | |
|---------------|---------------------------------|
| 4 cups | Carrots (peeled, sliced) |
| 2 tablespoons | Brown Sugar |
| 1 teaspoon | Cornstarch |
| ¼ teaspoon | Salt |
| 3 tablespoons | Orange Juice |
| 2 tablespoons | Butter |

Tip: Add 1 cup dried plums (quartered) for a sweet variety.

1. Cook carrots by steaming, simmering or microwaving.
2. In a small saucepan, stir together brown sugar, cornstarch and salt.
3. Mix orange juice into sugar mixture; add butter to sugar mixture.
4. Cook sauce on stovetop over medium heat; stir until sugar dissolves and butter melts, 1-2 minutes.
5. Combine sauce and carrots; heat and serve.

Original recipe from Food For Tots

Nutrition Facts			
Serving Size 1/4 recipe (153g)			
Servings Per Container 4			
Amount Per Serving			
Calories 110	Calories from Fat 30		
% Daily Value*			
Total Fat 3.5g	5%		
Saturated Fat 2g	10%		
Cholesterol 10mg	3%		
Sodium 230mg	10%		
Total Carbohydrate 20g	7%		
Dietary Fiber 4g	16%		
Sugars 13g			
Protein 2g			
Vitamin A 310% • Vitamin C 15%			
Calcium 4% • Iron 2%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			



Pasta with Spring Vegetables

12 servings

- ¼ cup
- ½ cup
- 2 cloves
- 1 pound
- 2½ cups
- 2 cups
- ¾ cup
- 1 teaspoon
- 1 teaspoon
- 1 teaspoon
- 1 teaspoon
- 1 box (16 oz)
- ½ cup

- Vegetable Oil**
- Onion** (chopped)
- Garlic (minced)
- Asparagus (trimmed, 1" pieces)
- Cherry Tomatoes (halved)
- Yellow Squash (diced)
- Chicken Broth (low sodium)
- Oregano (dried)
- Basil (dried)
- Black Pepper
- Salt
- Spaghetti or Macaroni**
- Parmesan Cheese** (optional)



1. In a large skillet, sauté onion and garlic in oil over medium heat, about 3 minutes.
2. Add asparagus, cook 3 minutes; add tomatoes and squash; cook 3 additional minutes or until tomatoes are softened.
3. Add broth, oregano, basil, pepper and salt; reduce heat to simmer and cook another 5 minutes.
4. Cook pasta according to package directions, drain well.
5. Combine pasta with vegetable mixture; top with cheese and serve.

Recipe adapted by BFNEP staff



"All people are made alike. They are made of bones, flesh and dinners. Only the dinners are different." – Gertrude Louise Cheney

Nutrition Facts	
Serving Size 1/12 recipe (178g)	
Servings Per Container 12	
Amount Per Serving	
Calories 230	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 37g	12%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 8g	
Vitamin A 90%	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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Tasty Cabbage

6 servings

1 tablespoon	Vegetable Oil
1 large	Onion (chopped)
1 pound	Cabbage (cored, thinly sliced)
1 large	Carrot (shredded)
2 stalks	Celery (thinly sliced)
1 large	Apple (thinly sliced)
1 tablespoon	Brown Sugar
1 cup	Water (warm)
1 tablespoon	Vinegar
	Black Pepper (to taste)

1. In a large skillet, sauté onion in oil until golden.
2. Add cabbage, carrot, celery and apple, cook 5 minutes.
3. Add brown sugar, water, vinegar and pepper (to taste) to the cabbage mixture; cook, covered, over low heat another 20 minutes.
4. Stir every 5 minutes; serve hot or cold.

Recipe adapted by BFNEP staff



Nutrition Facts	
Serving Size 1/6 recipe (216g)	
Servings Per Container 6	
Amount Per Serving	
Calories 90	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 16g	5%
Dietary Fiber 4g	16%
Sugars 8g	
Protein 2g	
Vitamin A 35%	• Vitamin C 70%
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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

"The wise man should consider that health is the greatest of human blessings. Let food be your medicine." – Hippocrates

Zucchini Pizzas

20 servings

- | | |
|--------------|-----------------------------------|
| 1 cup | Tomato Sauce |
| 1/8 teaspoon | Oregano (dried) |
| 1/8 teaspoon | Basil (dried) |
| 2 large | Zucchini Squash (1/4" slices) |
| 1/4 cup | Black Olives (pitted, chopped) |
| 2 large | Green Onion (minced) |
| 1/2 cup | Mozzarella Cheese (grated) |



1. Combine tomato sauce, oregano and basil; mix well.
2. Top each zucchini slice with seasoned tomato sauce, olives, green onion and cheese.
3. Place on baking sheet; broil until cheese melts, about 3-5 minutes; zucchini should be crisp.

Recipe adapted by BFNEP staff

Nutrition Facts			
Serving Size 1/20 recipe (52g)			
Servings Per Container 20			
Amount Per Serving			
Calories 20	Calories from Fat 5		
% Daily Value*			
Total Fat 0.5g			1%
Saturated Fat 0g			0%
Cholesterol 0mg			0%
Sodium 65mg			3%
Total Carbohydrate 2g			1%
Dietary Fiber 1g			4%
Sugars 1g			
Protein 1g			
Vitamin A 4% • Vitamin C 10%			
Calcium 2% • Iron 2%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			



Ranch Beans

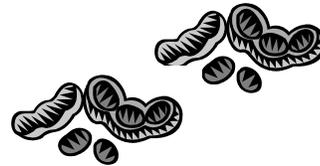
5 servings



- | | |
|-----------------|---------------------------------------|
| ¼ cup | Green Bell Pepper (chopped) |
| 1 can (15.5 oz) | Vegetarian Beans (undrained) |
| 1 can (15.5 oz) | Kidney Beans (rinsed, drained) |
| 2 tablespoons | Ketchup |
| 2 tablespoons | Brown Sugar |
| ½ teaspoon | Onion Powder |

1. Place all ingredients in a saucepan; heat well, about 10 minutes.
2. Serve immediately.

Recipe adapted by BFNEP staff



Nutrition Facts	
Serving Size 1/5 recipe (194g)	
Servings Per Container 5	
Amount Per Serving	
Calories 200	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 540mg	23%
Total Carbohydrate 40g	13%
Dietary Fiber 9g	36%
Sugars 16g	
Protein 10g	
Vitamin A 4%	• Vitamin C 15%
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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

"Hunger makes beans taste like almonds." – Italian Proverb

Spinach Cakes

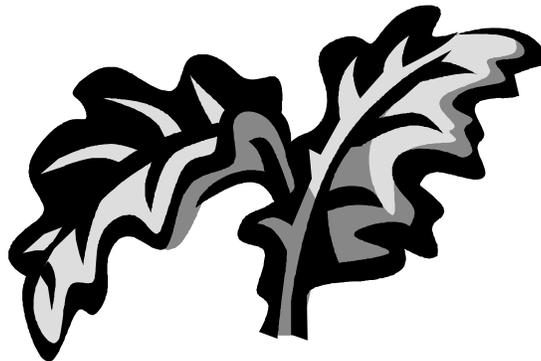
6 servings

2 cans (15.5 oz each)	Spinach (drained)
1 tablespoon	Butter
½ medium	Onion (chopped)
¼ cup	Bread Crumbs (dried)
	Salt (to taste)
	Black Pepper (to taste)
2 large	Eggs (beaten)

1. Heat spinach and drain well. Set aside to cool.
2. Sauté onion in butter until golden, about 5 minutes.
3. In a medium bowl, combine spinach, onion and bread crumbs; season with salt and pepper to taste; add eggs and mix well.
4. Spray a skillet with cooking spray; drop spoonfuls of spinach mixture onto skillet and cook both sides until lightly browned.

Original recipe by Indiana Department of Education

Nutrition Facts	
Serving Size 1/6 recipe (183g)	
Servings Per Container 6	
Amount Per Serving	
Calories 100	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 2g	10%
Cholesterol 75mg	25%
Sodium 580mg	24%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 6g	
Vitamin A 80%	• Vitamin C 25%
Calcium 10%	• 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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



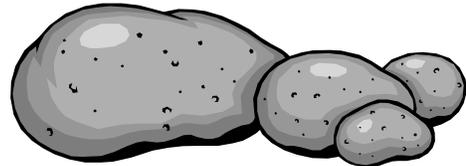
"To eat is a necessity, but to eat intelligently is an art." – La Rochefoucauld

Dinner

Salmon Corn Chowder

7 servings

- | | |
|-----------------|---------------------------------|
| 1 tablespoon | Vegetable Oil |
| ½ cup | Onion (chopped) |
| ½ cup | Celery (chopped) |
| 1 clove | Garlic (minced) |
| 2 cups | Potatoes (peeled, diced) |
| 1 cup | Carrots (sliced) |
| ½ teaspoon | Seasoned Salt |
| ¼ teaspoon | Dill Weed (dried) |
| ¼ teaspoon | Cayenne Pepper (optional) |
| 1 can (14.5 oz) | Chicken Broth (low sodium) |
| 1 can (15.5 oz) | Corn (rinsed, drained) |
| 1 can (15.5 oz) | Creamed Corn |
| 1 can (12 oz) | Evaporated Milk |
| 2 cups | Salmon (cooked, chunks) |



1. In a large saucepan, sauté onion, celery and garlic in oil until tender.
2. Add potatoes, carrots, seasoned salt, dill, cayenne (optional) and broth.
3. Cover and simmer 20 minutes or until vegetables are tender.
4. Add corn, creamed corn, milk and salmon; heat through and serve.

Original recipe by Linda Moncrief, RD

Nutrition Facts			
Serving Size 1/7 recipe (400g)			
Servings Per Container 7			
Amount Per Serving			
Calories 300		Calories from Fat 80	
% Daily Value*			
Total Fat 9g			14%
Saturated Fat 1g			5%
Cholesterol 50mg			17%
Sodium 390mg			16%
Total Carbohydrate 34g			11%
Dietary Fiber 4g			16%
Sugars 15g			
Protein 27g			
Vitamin A 50%	•	Vitamin C 15%	
Calcium 15%	•	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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

"After a good dinner one can forgive anybody, even one's own relatives." – Oscar Wilde

Vegetable Beef Soup

10 servings

- 1 tablespoon
- 1 large
- 1 clove
- 1 can (24 oz)
- 1 can (15.5 oz)
- 2 cans (15.5 oz each)

- Vegetable Oil**
- Onion** (diced)
- Garlic (minced)
- Beef** (remove fat)
- Potatoes** (sliced)
- Vegetarian Beans**
- Carrots** (sliced)
- Corn**
- Green Beans**
- Tomatoes** (diced)

Tip: Experiment with different herbs and/or spices for a different flavor.

1. In a large saucepan, sauté onion and garlic in oil until golden.
2. Add the remaining ingredients and stir well; bring to a boil and lower heat.
3. Simmer 10 minutes and serve warm.

Recipe adapted by BFNEP staff

Tip: Add ½ to 1 cup of cooked rice or pasta instead of potatoes.



Nutrition Facts	
Serving Size 1/10 recipe (390g)	
Servings Per Container 10	
Amount Per Serving	
Calories 220	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	5%
Cholesterol 30mg	10%
Sodium 1110mg	46%
Total Carbohydrate 32g	11%
Dietary Fiber 5g	20%
Sugars 8g	
Protein 17g	
Vitamin A 45%	• Vitamin C 40%
Calcium 8%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

Tip: To decrease sodium, use fresh, frozen or low sodium canned vegetables.

Green Chili Stew

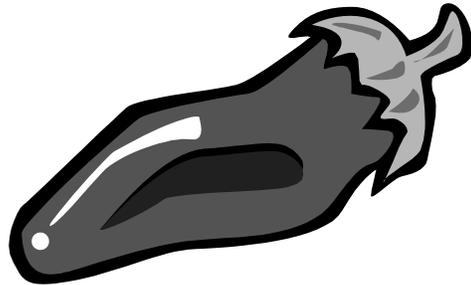
8 servings

- | | |
|-----------------|---|
| 1½ pounds | Beef or Pork |
| 3 tablespoons | Vegetable Oil |
| 1½ cups | Onion (diced) |
| 1 clove | Garlic (minced) |
| 6 cups | Beef Broth (low sodium) |
| 1 pound | Potatoes (½" cubes) |
| 1 can (15.5 oz) | Tomatoes (diced) |
| 1 can (7 oz) | Roasted Green Chilies (diced, to taste) |
| 3 tablespoons | Red Bell Pepper (diced) |
| 2 tablespoons | Cilantro (chopped) |
| | Salt (to taste) |
| | Black Pepper (to taste) |

1. Sauté meat, onions and garlic in oil until meat browns.
2. Add broth and simmer, covered, until meat is almost tender, about 1 hour.
3. Add potatoes, tomatoes, green chilies and bell pepper; simmer for an additional 30 minutes until potatoes are tender.
4. Add cilantro, salt (to taste) and pepper (to taste); stir and serve.

Original recipe by Linda Moncrief, RD

Nutrition Facts	
Serving Size 1/8 recipe (447g)	
Servings Per Container 8	
Amount Per Serving	
Calories 310	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Cholesterol 75mg	25%
Sodium 380mg	16%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 31g	
Vitamin A 4%	• Vitamin C 50%
Calcium 8%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Hardy Bean Chili

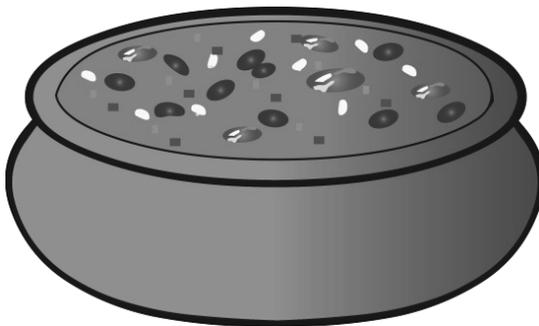
8 servings

- 3 tablespoons
- 1 pound
- 1 cup
- 2 cloves
- 1 cup
- 1 package (1.25 oz)
- 1 can (15.5 oz)
- 4 cups
- 1 can (15.5 oz)
- 2 cups
- 1 can (15.5 oz)

- Vegetable Oil**
- Beef or Bison** (ground)
- Onion** (diced)
- Garlic (minced)
- Bell Peppers (diced)
- Chili Mix
- Tomato Sauce**
- Water
- Tomatoes** (diced, drained)
- Pinto Beans** (cooked)
- Corn** (drained)
- Salt (to taste)
- Black Pepper (to taste)

1. In a large pot, cook beef in oil until browned; sauté onion, garlic and peppers until golden; drain excess liquid.
2. Add chili mix, tomato sauce and water; bring to a boil, reduce heat and simmer 20 minutes.
3. Add tomatoes, beans and corn; cook 10 additional minutes.
4. Add salt and pepper to taste; continue to simmer until water reduces to desired consistency.

Original recipe by Stephanie Rendulic, RD



"An empty belly is the best cook." – Estonian Proverb

Nutrition Facts			
Serving Size 1/8 recipe (439g)			
Servings Per Container 8			
Amount Per Serving			
Calories 220	Calories from Fat 35		
% Daily Value*			
Total Fat 4g			6%
Saturated Fat 1g			5%
Cholesterol 30mg			10%
Sodium 430mg			18%
Total Carbohydrate 31g			10%
Dietary Fiber 6g			24%
Sugars 12g			
Protein 17g			
Vitamin A 10%		Vitamin C 70%	
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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
		Fat 9	Carbohydrate 4 • Protein 4

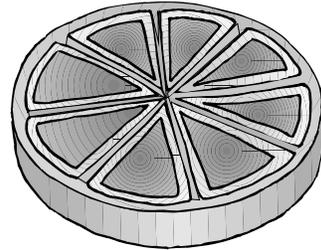
Grapefruit Chicken Salad

4 servings

1½ cups
¼ cup
¼ cup
1 large
¼ cup

2 large

Chicken or Turkey (cooked, diced)
Celery (finely chopped)
Bell Pepper (chopped)
Green Onion (thinly sliced)
Mayonnaise (low fat)
Salt (to taste)
Black Pepper (to taste)
Paprika (to taste)
Grapefruit (sectioned)
Lettuce Leaves



1. Combine meat, celery, bell pepper, onion and mayonnaise; mix well. Season with salt, pepper and paprika to taste.
2. Place grapefruit sections on lettuce leaves and top with meat salad.
3. Refrigerate to chill and blend flavors.

Original recipe by Texas Citrus - Texas Rio Star Grapefruit

Tip: To sweeten grapefruit, sprinkle sections with sugar before placing them on the lettuce leaves.

"We should look for someone to eat and drink with before looking for something to eat and drink." – Epicurus

Nutrition Facts		
Serving Size 1/4 recipe (269g)		
Servings Per Container 4		
Amount Per Serving		
Calories 260	Calories from Fat 100	
% Daily Value*		
Total Fat 11g		17%
Saturated Fat 1.5g		8%
Cholesterol 45mg		15%
Sodium 240mg		10%
Total Carbohydrate 20g		7%
Dietary Fiber 6g		24%
Sugars 10g		
Protein 21g		
Vitamin A 20%	•	Vitamin C 120%
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 300 mg
Sodium	Less Than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
	Fat 9 •	Carbohydrate 4 • Protein 4

Taco Salad

6 servings

- | | |
|-----------------|--|
| 1 pound | Ground Beef (lean), Bison or Chicken (sliced) |
| 1 can (15.5 oz) | Beans (rinsed, drained) |
| 1 can (15.5 oz) | Corn (rinsed, drained) |
| 1 package | Taco Seasoning |
| 1 cup | Water |
| 3 cups | Romaine Lettuce (bite-sized pieces) |
| 2 medium | Tomatoes (diced) |
| 1 small | Onion (chopped) |
| 1 cup | Cheddar Cheese (shredded) |
| | Tortilla Chips (baked) |



1. In a large skillet, cook beef or chicken; drain excess liquid.
2. Add beans, corn, taco seasoning and water; mix well, cover and simmer 10 minutes.
3. In a large bowl, toss lettuce, tomatoes and onion together.
4. Spoon meat mixture over lettuce mixture; sprinkle with cheese.
5. Serve with tortilla chips.

Recipe adapted by BFNEP staff

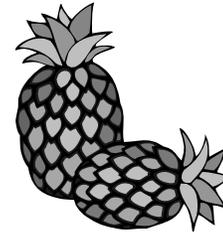
Nutrition Facts	
Serving Size 1/6 recipe (405g)	
Servings Per Container 6	
Amount Per Serving	
Calories 380	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2g	10%
Cholesterol 45mg	15%
Sodium 580mg	24%
Total Carbohydrate 49g	16%
Dietary Fiber 9g	36%
Sugars 11g	
Protein 29g	
Vitamin A 45%	• Vitamin C 30%
Calcium 15%	• Iron 25%
*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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

"Food is our common ground, a universal experience." – James Beard

Aloha! Tuna Salad

4 servings

1 can (6 oz)	Tuna (packed in water)
¼ can (20 oz)	Pineapple (drained, diced)
1 medium	Green Onion (finely chopped)
⅓ cup	Celery (finely chopped)
⅓ cup	Walnuts or Peanuts (finely chopped)
⅓ cup	Mayonnaise (low fat)
1 teaspoon	Lemon Juice
4 medium	Lettuce Leaves



1. Drain and flake tuna.
2. In a large bowl, combine tuna, pineapple, green onion, celery, walnuts, mayonnaise and lemon juice; mix well.
3. Chill, covered, for at least 30 minutes to combine flavors.
4. Serve tuna mixture over lettuce leaves.

Original recipe by Margaret L. Thompson (Atlanta)

Nutrition Facts		
Serving Size 1/4 recipe (135g)		
Servings Per Container 4		
Amount Per Serving		
Calories 150	Calories from Fat 60	
% Daily Value*		
Total Fat 7g		11%
Saturated Fat 0.5g		3%
Cholesterol 30mg		10%
Sodium 340mg		14%
Total Carbohydrate 9g		3%
Dietary Fiber 2g		8%
Sugars 6g		
Protein 13g		
Vitamin A 15% • Vitamin C 10%		
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 300 mg
Sodium	Less Than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

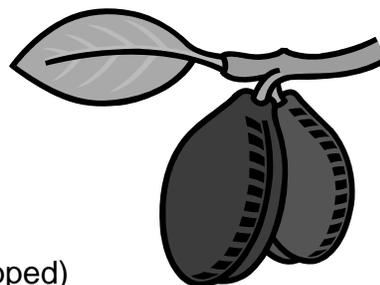
"Hey, salads don't have to be boring, they can be wild!" – Emeril Lagasse

Dried Plum Chicken Waldorf Salad

6 servings

1 cup
4 tablespoons
4 cups
1 can (12.5 oz)
1 cup
1 cup
½ cup

Mayonnaise (low fat)
Orange Juice
Apples (chopped)
Chicken (drained)
Dried Plums (chopped)
Celery (chopped)
Peanuts or Walnuts (chopped)



1. In a medium bowl, combine mayonnaise and orange juice; mix well.
2. Add apples, chicken, dried plums, celery and peanuts; toss to coat.
3. Refrigerate to chill and blend flavors.

Original recipe by California Dried Plums

Tip: Use canned turkey or tuna in place of chicken.

Nutrition Facts			
Serving Size 1/6 recipe (245g)			
Servings Per Container 6			
Amount Per Serving			
Calories 410		Calories from Fat 220	
% Daily Value*			
Total Fat 24g		37%	
Saturated Fat 2g		10%	
Cholesterol 45mg		15%	
Sodium 430mg		18%	
Total Carbohydrate 34g		11%	
Dietary Fiber 5g		20%	
Sugars 17g			
Protein 19g			
Vitamin A 10%		• Vitamin C 8%	
Calcium 4%		• 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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

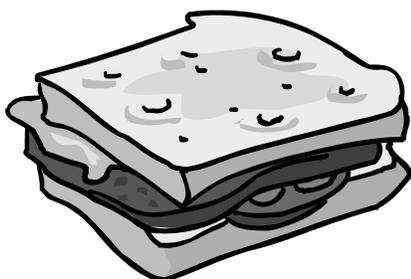
Vegetable and Egg Salad Sandwich

4 servings

4 large	Eggs (hard boiled, chopped)
½ cup	Spinach (chopped)
¼ cup	Carrot (grated)
¼ cup	Celery (diced)
1 tablespoon	Onion (chopped)
¼ cup	Mayonnaise (low fat)
¼ teaspoon	Salt
¼ teaspoon	Black Pepper
8 slices	Whole Wheat Bread

1. Place eggs, vegetables, mayonnaise, salt and pepper in a bowl; mix well.
2. Divide salad mixture between 4 slices of bread; spread evenly.
3. Top with remaining 4 slices of bread.
4. Serve immediately.

Original recipe from Honor the Gift of Food



Nutrition Facts		
Serving Size 1/4 recipe (151g)		
Servings Per Container 4		
Amount Per Serving		
Calories 260	Calories from Fat 60	
	% Daily Value*	
Total Fat 7g		11%
Saturated Fat 1.5g		8%
Cholesterol 190mg		63%
Sodium 660mg		28%
Total Carbohydrate 34g		11%
Dietary Fiber 5g		20%
Sugars 6g		
Protein 14g		
Vitamin A 30%	•	Vitamin C 4%
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 300 mg
Sodium	Less Than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
	Fat 9	• Carbohydrate 4 • Protein 4

"One cannot think well, love well, sleep well, if one has not dined well." – Virginia Woolf

Veggie and Meat Wraps

6 servings

- | | |
|---------------|--|
| 1 can (10 oz) | Meat (chicken, turkey or tuna) |
| 4 tablespoons | Mayonnaise (low fat) |
| 1 medium | Carrot (thinly sliced vertically) |
| 1 small | Cucumber (thinly sliced vertically) |
| 1 small | Bell Pepper (thinly sliced vertically) |
| 1 large | Tomato (thinly sliced vertically) |
| 2 cups | Spinach (shredded) |
| ¼ teaspoon | Salt |
| ¼ teaspoon | Black Pepper |
| 4 large | Flour Tortillas |

1. Drain water from canned meat and flake into a large bowl.
2. Stir together all ingredients except tortillas.
3. Top each tortilla with the mixture; roll each tortilla and slice into 3 pieces.

Original recipe by Alice Garcia (New York)



Tip: The thinner the vegetable slices, the better the wraps. Experiment with whole wheat tortillas instead of flour.

Nutrition Facts

Serving Size 1/6 recipe (216g)
 Servings Per Container 6

Amount Per Serving	
Calories 160	Calories from Fat 35
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Cholesterol 20mg	7%
Sodium 600mg	25%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 12g	
Vitamin A 70%	Vitamin C 50%
Calcium 8%	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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

Spinach Meatballs

6 servings

- | | |
|-----------------|---|
| 1 pound | Ground Beef or Bison (lean) |
| 1 medium | Onion (diced) |
| 1 can (15.5 oz) | Spinach (rinsed, drained, chopped) |
| ½ cup | Bread Crumbs |
| 1 large | Egg (beaten) |
| ½ teaspoon | Black Pepper |
| ¼ teaspoon | Garlic Powder |
| 2 tablespoons | All-Purpose Flour |
| 1½ cups | Water (cold, divided) |
| 1 can (15.5 oz) | Tomato Sauce |
| ½ teaspoon | Oregano (dried) |



1. In a large bowl, combine meat, onion, spinach, bread crumbs, egg, pepper and garlic powder; mix well.
2. Shape meat mixture into balls, about 1 tablespoon each.
3. Brown meatballs in a skillet over medium heat; remove meatballs from skillet and drain excess liquid.
4. Mix flour with ½ cup cold water, until well blended.
5. Place flour mixture, 1 cup water, tomato sauce and oregano in a large pan; cook, stirring until mixture boils and thickens.
6. Add meatballs to pan; cover and simmer 30 minutes, stirring every 5 minutes to prevent sticking.
7. Serve immediately over pasta.

Original recipe from Honor the Gift of Food

"No man is lonely while eating spaghetti - it requires too much attention." – Christopher Morley

Nutrition Facts	
Serving Size 1/6 recipe (301g)	
Servings Per Container 6	
Amount Per Serving	
Calories 190	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Cholesterol 70mg	23%
Sodium 150mg	6%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 20g	
Vitamin A 130%	Vitamin C 30%
Calcium 10%	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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Chunky Tomato Sauce

4 servings

2 cans (15.5 oz each)
 ½ cup
 1 clove
 1½ teaspoons

Tomatoes (diced)
Onion (finely chopped)
 Garlic (minced)
 Oregano (dried)
 Salt (to taste)
 Black Pepper (to taste)



1. Combine ingredients in a medium saucepan; simmer 10-15 minutes or until sauce thickens; add salt and pepper to taste.
2. Serve immediately over pasta; top with parmesan cheese (optional).

Recipe adapted by BFNEP staff

Nutrition Facts	
Serving Size 1/4 recipe (234g)	
Servings Per Container 4	
Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 560mg	23%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 2g	
Vitamin A 8%	Vitamin C 50%
Calcium 10%	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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

"The trouble with eating Italian food is that five or six days later, you're hungry again." – George Miller

Broccoli Corn Bake

6 servings

2 tablespoons	Butter
2 tablespoons	All-Purpose Flour
¾ cup	Milk (low fat)
1 cup	Cheddar Cheese (shredded)
1 can (15.5 oz)	Corn (rinsed, drained)
1 pound	Chicken Breast (cooked, diced)
1 package (10 oz)	Frozen Broccoli Cuts (thawed, drained)

Cereal Topping (mix thoroughly):

1 tablespoon	Butter (melted)
2 cups	Rice Crisps

1. Preheat oven to 350° F.
2. In a saucepan, melt butter; mix flour with butter until smooth.
3. Add milk; cook over medium heat, stirring constantly, until mixture boils; then, continue cooking and stirring 1 additional minute.
4. Add cheese, stirring until melted; remove from heat.
5. Add corn and chicken; mix well.
6. Place broccoli in bottom of a 10"x6"x2" baking dish; pour chicken/corn sauce evenly over broccoli; sprinkle with cereal topping.
7. Bake 25 minutes or until thoroughly heated and cereal has browned.

Original recipe by Kellogg's®

Nutrition Facts			
Serving Size 1/6 recipe (262g)			
Servings Per Container 6			
Amount Per Serving			
Calories 240		Calories from Fat 50	
% Daily Value*			
Total Fat 6g		9%	
Saturated Fat 3g		15%	
Cholesterol 60mg		20%	
Sodium 310mg		13%	
Total Carbohydrate 20g		7%	
Dietary Fiber 4g		16%	
Sugars 7g			
Protein 27g			
Vitamin A 20%		• Vitamin C 60%	
Calcium 15%		• 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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			



"Eat little, sleep sound." – Iranian Proverb

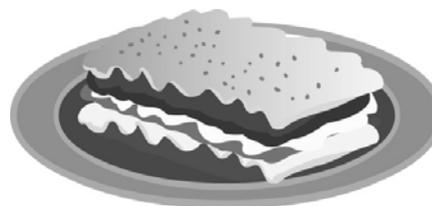
Easy Cheesy Vegetable Lasagna

9 servings

- | | |
|-----------------|--|
| 1 cup | Cooking Spray |
| 2 medium | Cottage Cheese (low fat) |
| 1 can (15.5 oz) | Green Onions (chopped) |
| 1 can (15.5 oz) | Carrots (rinsed, drained, sliced) |
| 1 can (15.5 oz) | Spinach (rinsed, drained) |
| 1 tablespoon | Corn (rinsed, drained) |
| 3 medium | Vegetable Oil |
| 2 cloves | Zucchini Squash (sliced into coins) |
| 1 can (15.5 oz) | Garlic (minced) |
| ¼ teaspoon | Tomato Sauce |
| ¼ teaspoon | Basil (dried) |
| 4 large | Oregano (dried) |
| 3 cups | Lasagna Noodles (cooked, cooled) |
| | Cheese (shredded, divided) |

1. Preheat oven to 375° F; spray casserole dish with cooking spray.
2. Combine cottage cheese and green onions in a mixing bowl; combine carrots, spinach and corn in another mixing bowl. If substituting fresh vegetables for canned, sauté fresh vegetables with zucchini.
3. Sauté zucchini and garlic in oil over medium heat until lightly brown; combine with vegetable (carrots/spinach/corn) mixture.
4. In another mixing bowl, season tomato sauce with basil and oregano.
5. Layer lasagna starting at the bottom:
 - a. Thin layer of seasoned tomato sauce
 - b. Two lasagna noodles
 - c. Cottage cheese with green onions
 - d. Vegetable (carrots, spinach, corn, zucchini) mixture
 - e. 1 cup cheese
 - f. Two lasagna noodles
 - g. Seasoned tomato sauce
 - h. 2 cups cheese
6. Cover pan with aluminum foil; bake 35-40 minutes.
7. Remove aluminum foil; broil 2-5 minutes.
8. Cool and serve.

Nutrition Facts	
Serving Size 1/9 recipe (363g)	
Servings Per Container 9	
Amount Per Serving	
Calories 230	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 4.5g	23%
Cholesterol 20mg	7%
Sodium 490mg	20%
Total Carbohydrate 23g	8%
Dietary Fiber 5g	20%
Sugars 9g	
Protein 16g	
Vitamin A 170%	Vitamin C 60%
Calcium 35%	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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Tip: Experiment with a variety of vegetables such as squash, bell peppers or broccoli.

Original recipe by 5ADay

Cowgirl Vegetable Casserole

6 servings

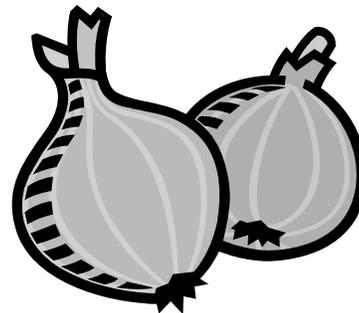
- | | |
|-----------------|--------------------------------------|
| 1 tablespoon | Vegetable Oil |
| 1 medium | Onion (chopped) |
| 1 cup | Carrots (diced) |
| 1 large | Red Bell Pepper (diced) |
| 1 can (15.5 oz) | Green Beans (rinsed, drained) |
| 1 can (15.5 oz) | Corn (rinsed, drained) |
| 1 can (15.5 oz) | Vegetarian Beans (undrained) |
| ½ teaspoon | Barbecue Seasoning |
| 1 tablespoon | Ketchup or Tomato Paste |
| 1 cup | Cheddar Cheese (shredded) |



1. Preheat oven to 375° F.
2. In a large skillet, sauté onion, carrots and bell pepper in oil until golden.
3. Add green beans, cook 3-5 additional minutes; stir in corn, vegetarian beans (undrained), barbeque seasoning and ketchup or tomato paste.
4. Cook 2 minutes or until heated through; pour into a baking dish and sprinkle top with cheese.
5. Cover; bake 30 minutes or until casserole is bubbling and cheese has melted.

Original recipe from Better Homes and Gardens

Nutrition Facts			
Serving Size 1/6 recipe (301g)			
Servings Per Container 6			
Amount Per Serving			
Calories 190		Calories from Fat 40	
% Daily Value*			
Total Fat 4.5g			7%
Saturated Fat 1g			5%
Cholesterol 5mg			2%
Sodium 760mg			32%
Total Carbohydrate 30g			10%
Dietary Fiber 7g			28%
Sugars 15g			
Protein 11g			
Vitamin A 80%		• Vitamin C 100%	
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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			



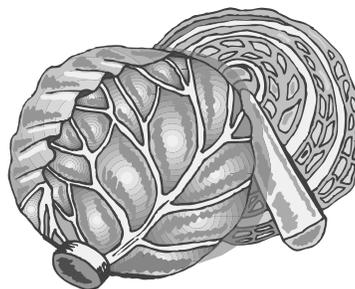
"My mother's menu consisted of two choices: take it or leave it." – Buddy Hackett

Cabbage Beef Casserole

4 servings

1 cup
1 tablespoon
½ cup
1 pound
½ cup
2 cups
½ teaspoon
½ teaspoon

Cooking Spray
Cabbage (shredded)
Vegetable Oil
Onion (chopped)
Ground Beef (lean)
White Rice (uncooked)
Tomato Sauce
Garlic Powder
Oregano (dried)



1. Preheat oven to 350° F; spray 2-quart casserole dish with cooking spray.
2. Place shredded cabbage in casserole dish.
3. In a skillet, sauté onion in oil until golden, about 3 minutes; add beef; cook until browned; drain fat.
4. Add uncooked rice to beef mixture; mix well; then, place beef/rice mixture over cabbage in casserole dish.
5. Combine tomato sauce, garlic powder and oregano; mix well; pour on top of beef/cabbage mixture.
6. Cover and bake about 60 minutes.

Recipe adapted by BFNEP staff

Nutrition Facts			
Serving Size 1/4 recipe (314g)			
Servings Per Container 4			
Amount Per Serving			
Calories 300	Calories from Fat 70		
% Daily Value*			
Total Fat 8g			12%
Saturated Fat 2g			10%
Cholesterol 60mg			20%
Sodium 380mg			16%
Total Carbohydrate 30g			10%
Dietary Fiber 4g			16%
Sugars 5g			
Protein 26g			
Vitamin A 20%		Vitamin C 30%	
Calcium 4%		Iron 25%	
*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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	• Carbohydrate 4 • Protein 4

"Red meat is not bad for you. Now blue-green meat, that's bad for you!" – Tommy Smothers

Vegetable Stir-Fry

6 servings

- 1 tablespoon
- 2 cloves
- 1 small
- 2 cups
- 1 cup
- 1/2 cup
- 6 tablespoons

Vegetable Oil

- Garlic (minced)
- Onion** (chopped)
- Broccoli (sliced into coins)
- Bell Pepper (sliced)
- Carrots** (sliced into coins)
- Tomato (sliced)
- Beef or Chicken Broth (low sodium)
- Pineapple Juice** (optional)
- Soy Sauce (low sodium, to taste)
- Salt (to taste)
- Black Pepper (to taste)



1. In a skillet, sauté garlic and onion in oil until golden.
2. Add broccoli, bell pepper, carrots, tomato, broth, pineapple juice (optional) and soy sauce (to taste).
3. Sauté vegetables to remove excess liquid; cook another 3 minutes.
4. Add salt and pepper to taste; serve over cooked rice.

Recipe adapted by BFNEP staff

Tip: Add 1 pound of cubed meat (pork, beef, shrimp or chicken) and sauté with garlic and onion mixture; cook meat through until no longer pink.

Nutrition Facts	
Serving Size 1/6 recipe (238g)	
Servings Per Container 6	
Amount Per Serving	
Calories 120	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 740mg	31%
Total Carbohydrate 22g	7%
Dietary Fiber 4g	16%
Sugars 14g	
Protein 4g	
Vitamin A 80%	Vitamin C 80%
Calcium 6%	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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Salmon Tomato Loaf

6 servings

- | | |
|-----------------|---|
| 1 can (16 oz) | Cooking Spray |
| 1 can (15.5 oz) | Salmon |
| 2 tablespoons | Tomatoes (diced) |
| 2 cups | Evaporated Milk or Milk (low fat) |
| 1 large | Corn Flakes (crushed) |
| ¼ cup | Egg (beaten) |
| ¼ cup | Green Bell Pepper (chopped) |
| ½ teaspoon | Onion (chopped) |
| 1 tablespoon | Black Pepper |
| | Lemon Juice (optional, to taste) |



1. Preheat oven to 350° F; spray loaf pan with cooking spray.
2. Drain salmon, discard juice and skin; separate salmon with fork and mash bones.
3. Place salmon, tomatoes, milk, cornflakes (measure 2 cups first, then crush), egg, bell pepper, onion, pepper and lemon juice (to taste) in bowl; mix lightly with fork.
4. Place salmon mixture in loaf pan; bake 30-35 minutes.

Original recipe from Honor the Gift of Food

Nutrition Facts	
Serving Size 1/6 recipe (186g)	
Servings Per Container 6	
Amount Per Serving	
Calories 170	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Cholesterol 60mg	20%
Sodium 320mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 19g	
Vitamin A 8%	• Vitamin C 35%
Calcium 25%	• 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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

"After dinner sit a while, and after supper walk a mile." – English Proverb

Vegetable Burgers

8 servings

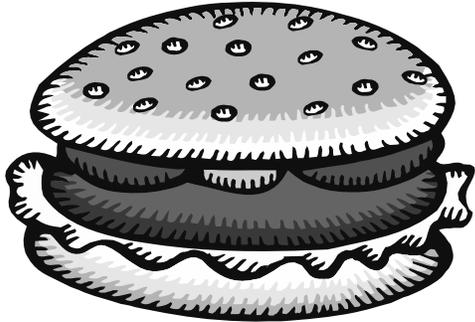
- 1 can (15.5 oz) **Refried Beans** (drained)
- ½ can (15.5 oz) **Corn** (rinsed, drained)
- ½ cup Celery (diced)
- ½ cup **Carrots** (shredded)
- ½ cup Red Bell Pepper (diced)
- ½ cup **Onion** (diced)
- 1½ tablespoons Soy Sauce (low sodium)
- ½ teaspoon Black Pepper
- ½ teaspoon Crushed Red Pepper (optional)
- 1 cup **Oatmeal**

1. Combine all ingredients together in a large bowl; mix well to blend flavors.
2. Prepare into patties and cook in a skillet over medium heat; carefully flip patties until vegetables are grilled and cooked through.

Original recipe by Stephanie Rendulic, RD

Tip: Freeze extra patties to serve later; or heat in a loaf pan for a vegetarian meatloaf.

Nutrition Facts			
Serving Size 1/8 (130g)			
Servings Per Container 8			
Amount Per Serving			
Calories 100	Calories from Fat 15		
% Daily Value*			
Total Fat 1.5g	2%		
Saturated Fat 0g	0%		
Cholesterol 0mg	0%		
Sodium 460mg	19%		
Total Carbohydrate 19g	6%		
Dietary Fiber 4g	16%		
Sugars 3g			
Protein 5g			
Vitamin A 25%	• Vitamin C 35%		
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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			



Bean Chili Macaroni

5 servings

- | | |
|-----------------|--|
| 1 tablespoon | Vegetable Oil |
| 1 small | Onion (chopped) |
| 2 cloves | Garlic (minced) |
| ½ pound | Ground Beef (lean) |
| 2 teaspoons | Chili Powder |
| ½ teaspoon | Cumin (ground) |
| ¼ teaspoon | Salt |
| 1 can (14.5 oz) | Tomatoes (diced, undrained) |
| 1 can (15.5 oz) | Beans (undrained) |
| ¾ cup | Macaroni (uncooked) |
| | Black Pepper (to taste) |
| | Cheddar Cheese (shredded, optional) |

1. In a large skillet, sauté onion and garlic in oil; add meat, chili powder, cumin and salt; cook meat until browned; drain liquid.
2. Add tomatoes (with juice), beans and macaroni; mix well; bring to a boil, cover, and simmer 20 minutes until macaroni is tender.
3. Sprinkle with cheddar cheese; serve immediately.

Original recipe from Honor the Gift of Food



Nutrition Facts	
Serving Size 1/5 recipe (254g)	
Servings Per Container 5	
Amount Per Serving	
Calories 250	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Cholesterol 25mg	8%
Sodium 700mg	29%
Total Carbohydrate 37g	12%
Dietary Fiber 5g	20%
Sugars 11g	
Protein 17g	
Vitamin A 10% • Vitamin C 25%	
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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

"The only man who is really free is the one who can turn down an invitation to dinner without giving an excuse." – Jules Renard

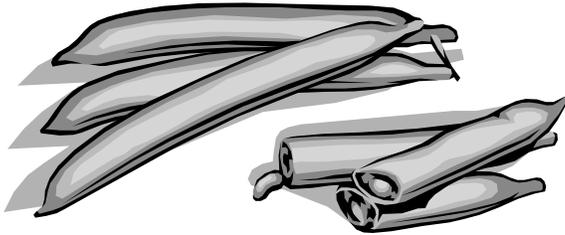
Green Bean Chicken

4 servings

- | | |
|-------------------|--|
| 1½ tablespoons | Butter |
| 2 cloves | Garlic (minced) |
| ½ cup | Onion (chopped) |
| 1 pound | Chicken Breast (sliced in strips) |
| 1 package (10 oz) | Green Beans (frozen) |
| ¼ teaspoon | Black Pepper |

1. In a heavy skillet, sauté garlic and onion in butter until golden, about 5 minutes.
2. Add chicken strips to skillet; cook over medium heat, until chicken is no longer pink in color, about 10 minutes.
3. Stir in frozen green beans and pepper; cook, covered, over medium-low heat until beans are tender, about 5 minutes.

Recipe adapted by BFNEP staff



Tip: Substitute frozen green beans for canned.

Nutrition Facts	
Serving Size 1/4 recipe (274g)	
Servings Per Container 4	
Amount Per Serving	
Calories 370	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 3.5g	18%
Cholesterol 160mg	53%
Sodium 140mg	6%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 59g	
Vitamin A 10%	• Vitamin C 15%
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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

"Eat to live and not to eat." – Proverb

Dessert

Amazingly Easy Apricot Sorbet

6 servings

2 cans (15.5 oz each)

$\frac{1}{3}$ cup

$\frac{1}{2}$ teaspoon

Apricots (drained)

Sugar

Vanilla Extract

1. Combine all ingredients in a covered blender; blend at high speed, until smooth.
2. Place apricot mixture in a shallow pan and freeze overnight.
3. Serve cold.

Original recipe by Apricot Producers of California



"Food for thought is no substitute
for the real thing." – Walt Kelly

Four Fruit Pizza

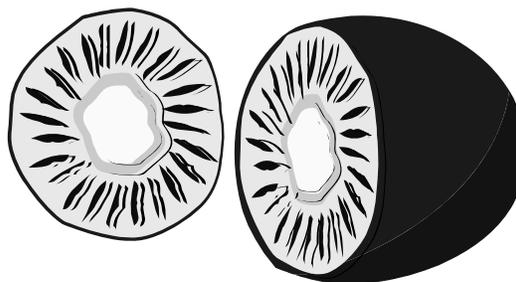
16 servings

- | | |
|------------------|--|
| 1 roll (18 oz) | Sugar Cookie Dough (refrigerated) |
| 1 package (8 oz) | Cream Cheese (low fat, softened) |
| ¼ cup | Sugar |
| 1 tablespoon | Lemon Juice |
| 3 medium | Bananas (thinly sliced) |
| 1 quart | Strawberries (thinly sliced) |
| 4 medium | Kiwifruits (thinly sliced) |
| 2 medium | Peaches or Nectarines (thinly sliced with skin) |

1. Preheat oven to 350° F.
2. Unwrap cookie dough roll and slice into ¼” rounds. Place in a single layer on a 9”x13” cookie sheet (slightly overlap the rounds); evenly press the rounds together so no pan is showing.
3. Bake cookie 10-12 minutes; cool on rack.
4. Whip cream cheese and sugar in a medium bowl; spread cream cheese mixture on top of dough.
5. Squeeze lemon juice on sliced fruit to prevent browning.
6. Layer bananas, strawberries, kiwifruit and peaches or nectarines on top of cream cheese.
7. Refrigerate at least 2 hours before serving.

Original recipe by Neal Wilson (Atlanta)

Nutrition Facts	
Serving Size 1/16 recipe (141g)	
Servings Per Container 16	
Amount Per Serving	
Calories 220	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2g	10%
Cholesterol 10mg	3%
Sodium 230mg	10%
Total Carbohydrate 36g	12%
Dietary Fiber 2g	8%
Sugars 17g	
Protein 4g	
Vitamin A 4%	• Vitamin C 70%
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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

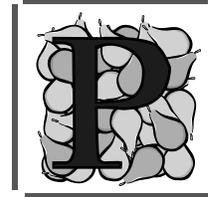


Sweet Baked Pears

8 servings

2 cans (15.5 oz each)
 ½ cup
 1 tablespoon
 1 teaspoon

Pears (drained, halved)
 Brown Sugar
 Lemon Juice
 Cinnamon (ground)



1. Preheat oven to 350° F.
2. Place drained pear halves, cut side up, on a 9"x13" baking pan.
3. In a small bowl, combine brown sugar, lemon juice and cinnamon; drizzle over pears.
4. Bake, uncovered, 20 minutes; cool slightly; spoon brown sugar mixture over pears before eating.

Recipe adapted by BFNEP staff

Tip: To substitute fresh pears for canned – bake fresh pear halves, covered, in oven for 15 minutes then continue to step 3.

Nutrition Facts	
Serving Size 1/8 recipe (121g)	
Servings Per Container 8	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 21g	
Protein 0g	
Vitamin A 0%	• Vitamin C 6%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Carrot Cake

15 servings

- | | |
|--------------|--------------------------------|
| 1 cup | Cooking Spray |
| 1 cup | All-Purpose Flour |
| 2 teaspoons | Whole Wheat Flour |
| 1½ teaspoons | Baking Powder |
| ½ teaspoon | Baking Soda |
| 1 teaspoon | Salt |
| 3 large | Cinnamon (ground) |
| ½ cup | Eggs (beaten) |
| 1½ cups | Vegetable Oil |
| ½ cup | Sugar or Brown Sugar |
| 2 cups | Raisins |
| 1 cup | Carrots (shredded) |
| 1 teaspoon | Pineapple (diced – keep juice) |
| | Vanilla Extract |

Cream Cheese Frosting (mix thoroughly):

- | | |
|------------------|---|
| 1 package (8 oz) | <i>Cream Cheese (low fat, softened)</i> |
| 2 tablespoons | <i>Butter (softened)</i> |
| 1 cup | <i>Powdered Sugar</i> |
| ½ teaspoon | <i>Vanilla Extract</i> |

Nutrition Facts	
Serving Size 1/15 recipe (112g)	
Servings Per Container 15	
Amount Per Serving	
Calories 280	Calories from Fat 80
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2g	10%
Cholesterol 40mg	13%
Sodium 260mg	11%
Total Carbohydrate 46g	15%
Dietary Fiber 2g	8%
Sugars 31g	
Protein 6g	
Vitamin A 40%	Vitamin C 4%
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

1. Preheat oven to 350° F; spray a 9"x13" baking pan with cooking spray.
2. In a medium bowl, mix dry ingredients (flours, baking powder, baking soda, salt and cinnamon) together.
3. In a large bowl, mix wet ingredients (eggs, oil, sugar, raisins, carrots, pineapple, pineapple juice and vanilla) together.
4. Combine dry and wet ingredients, mix until blended (don't over mix).
5. Pour batter into pan; bake 35-40 minutes.
6. To prepare frosting, cream together cream cheese and butter (until creamy); gradually stir in powdered sugar and vanilla.
7. When cake cools, frost with cream cheese icing.

Original recipe by Linda Moncrief, RD

"I've been on a diet for two weeks and all I've lost is two weeks." – Totie Fields



Raspberry Cheesecake

8 servings

- | | |
|------------------------|----------------------------------|
| 1 envelope | Unflavored Gelatin |
| ½ cup | Sugar |
| 1 cup | Water (boiling) |
| 2 packages (8 oz each) | Cream Cheese (low fat, softened) |
| 1 teaspoon | Vanilla Extract |
| 1 (9") | Graham Cracker Crust |



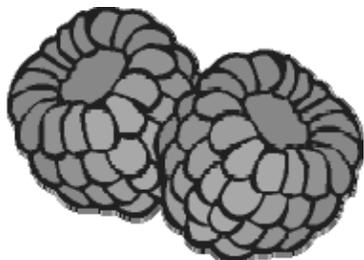
1. Mix gelatin and sugar in a small bowl; add boiling water and stir until gelatin completely dissolves, about 5 minutes.
2. Beat cream cheese and vanilla in a large bowl, until smooth; slowly beat in gelatin mixture; mix well.
3. Pour into graham cracker crust; refrigerate until firm, about 3 hours.
4. Top with fresh raspberries or fruit sauce (recipe below).

Raspberry Fruit Sauce:

- | | |
|----------------|----------------------------------|
| 1 pound | Raspberries (or berry of choice) |
| ¼-½ cup | Sugar (to taste) |
| 1½ tablespoons | Cornstarch |
| ⅓ cup | Water or Orange Juice |
| 1 teaspoon | Lemon Juice (optional) |

1. Wash berries and mash with sugar (to taste).
2. In a saucepan, bring berry/sugar mixture to a boil.
3. Thin cornstarch with water or orange juice and pour into hot berries, stirring constantly; bring to a boil again and cook, stirring, until thickened and clear, about 2 minutes.
4. Remove from heat and stir in lemon juice (optional); pour into a bowl and chill.

Original recipe by Knox® Gelatin



Nutrition Facts

Serving Size 1/8 recipe (177g)
Servings Per Container 8

Amount Per Serving

Calories 160 **Calories from Fat** 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0.5g **3%**

Cholesterol 5mg **2%**

Sodium 330mg **14%**

Total Carbohydrate 30g **10%**

Dietary Fiber 4g **16%**

Sugars 16g

Protein 10g

Vitamin A 10% • Vitamin C 20%

Calcium 10% • 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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

"The more you eat, the less flavor; the less you eat, the more flavor." – Chinese Proverb

Peach Upside-Down Cake

9 servings

1½ cups
 ⅓ cup
 ½ teaspoon
 ½ cup
 2 tablespoons
 1 large
 ½ teaspoon
 ¼ cup
 ½ cup
 1 can (15.5 oz)

Baking Mix (or use recipe below)
 Sugar
 Allspice (ground)
 Water
Vegetable Oil
Egg (beaten)
 Vanilla Extract
 Butter
 Brown Sugar
Peaches, Apricots or Mixed Fruit (chunks, drained)



1. Preheat oven to 350° F.
2. Stir baking mix, sugar, and allspice together in a large bowl.
3. In another bowl, beat water, oil, egg, and vanilla together until foamy.
4. Stir liquid mixture into dry mixture; beat until smooth.
5. Melt butter in an 8"x8" square baking pan; sprinkle brown sugar over melted butter.
6. Place fruit (drained) in pan on top of brown sugar/butter mixture; then, pour cake batter over fruit.
7. Bake 25 minutes or until cake springs back from touch.
8. Place a plate upside down over cake pan; hold plate and cake together and turn upside down so cake is on top. Cake will drop from the pan onto the plate.

Baking Mix (9 cups):

4 cups **All-Purpose Flour**
 4 cups **Whole Wheat Flour**
 1½ cups **Instant Dry Milk** (fat free)
 ¼ cup **Baking Powder**
 1 teaspoon **Salt**

1. Mix flours, milk, baking powder and salt together.
2. Store in container with tight-fitting lid at room temperature.

Original recipe from *Honor the Gift of Food*

Nutrition Facts	
Serving Size 1/9 recipe (118g)	
Servings Per Container 9	
Amount Per Serving	
Calories 230	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2.5g	13%
Cholesterol 30mg	10%
Sodium 220mg	9%
Total Carbohydrate 43g	14%
Dietary Fiber 2g	8%
Sugars 24g	
Protein 4g	
Vitamin A 15%	Vitamin C 4%
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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Oatmeal Raisin Fruit Cookies

42 servings

- | | |
|--------------|---|
| ½ cup | Butter (softened) |
| 1 cup | Brown Sugar |
| ½ cup | Sugar |
| 2 large | Eggs |
| 1 teaspoon | Vanilla Extract |
| ½ cup | Applesauce |
| 1¾ cups | All-Purpose Flour |
| 1½ teaspoons | Cinnamon (ground) |
| 1 teaspoon | Baking Soda |
| ½ teaspoon | Salt |
| 3 cups | Oatmeal |
| 1 cup | Apples or Pears (finely chopped) |
| 1 cup | Raisins |



1. Preheat oven to 375° F; spray cookie sheets with cooking spray.
2. In a large bowl, beat butter, brown sugar and sugar until creamy; add eggs, vanilla and applesauce; beat well.
3. In a small bowl, combine flour, cinnamon, baking soda and salt; then, add to the butter/sugar mixture; mix well. Stir in oatmeal, apples and raisins.
4. Drop dough by rounded tablespoonfuls about two inches apart onto cookie sheets.
5. Bake 11-13 minutes or until golden brown (centers will be soft); cool two minutes on cookie sheets; remove to wire rack and cool completely.

Recipe adapted by BFNEP staff

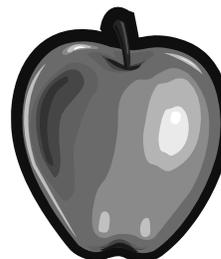
Nutrition Facts	
Serving Size 1/42 recipe (33g)	
Servings Per Container 42	
Amount Per Serving	
Calories 90	Calories from Fat 15
<small>% Daily Value*</small>	
Total Fat 2g	3%
Saturated Fat 1g	5%
Cholesterol 15mg	5%
Sodium 30mg	1%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 10g	
Protein 2g	
Vitamin A 2%	• Vitamin C 0%
Calcium 0%	• Iron 4%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
	<small>Calories 2,000 2,500</small>
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
Fat 9 • Carbohydrate 4 • Protein 4	

Tip: Try pears instead of apples in this recipe.

Delicious Apple Pie

8 servings

1 (9")	Pie Crust (refrigerated)
6 cups	Apples (cored, sliced)
½ cup	Sugar
1 teaspoon	Cinnamon (ground)
2 tablespoons	Cornstarch



1. Preheat oven to 450° F.
2. Remove pie crust from refrigerator and warm to room temperature.
3. Mix together apples, sugar, cinnamon and cornstarch.
4. Unfold the crusts and place one in the bottom of a 9" pie pan; fill with apple mixture.
5. Place the other crust on top of the apple mixture; moisten edges and pinch to seal crusts together; cut ventilation on top.
6. Bake for 10 minutes at 450° F; then, bake another 35-45 minutes at 350° F or until apples are cooked.

Huckleberry Pie Filling (mix thoroughly):

4 cups	Huckleberries
¾ cup	Sugar
1 teaspoon	Lemon Juice
3 tablespoons	Cornstarch

Original recipe by *Monika Frantz, RD & Margaret Ambrose*

Tip: To add rhubarb to recipe – use 4 cups apples with 2 cups rhubarb, and increase sugar to ¾ cup. Substitute apples with other fruits like huckleberries (recipe filling above).

Nutrition Facts	
Serving Size 1/8 recipe (145g)	
Servings Per Container 8	
Amount Per Serving	
Calories 250	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 4g	20%
Cholesterol 10mg	3%
Sodium 120mg	5%
Total Carbohydrate 44g	15%
Dietary Fiber 2g	8%
Sugars 20g	
Protein 2g	
Vitamin A 2%	• Vitamin C 8%
Calcium 4%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

"Take rest; a field that has rested gives a bountiful crop." – Ovid

Chocolate Mint Dried Plum Cake

12 servings

- | | |
|---------------|--|
| 1 cup | Cooking Spray |
| ¼ cup | Dried Plums (dried, finely chopped) |
| 1 cup | Mint (finely chopped) |
| 1 teaspoon | Water (boiling) |
| ¼ cup | Baking Soda |
| ¾ cup | Vegetable Oil |
| 2 large | Sugar |
| ½ cup | Eggs (beaten) |
| ¼ teaspoon | Applesauce |
| 2 teaspoons | Salt |
| 4 tablespoons | Vanilla Extract |
| 1¼ cups | Cocoa |
| | All-Purpose Flour |

Tip: To use mint extract, add 1 teaspoon with other liquids during step 3.

1. Preheat oven to 350° F; spray a 9"x13" baking pan with cooking spray.
2. Place dried plums and mint in a bowl; pour boiling water over the top and sprinkle with baking soda; mix well and let stand until cool.
3. Add oil and sugar; then, blend in eggs, applesauce, salt, vanilla and cocoa.
4. Add flour to dried plum batter; mix well.
5. Spread batter in pan.
6. Bake 40 minutes or until toothpick inserted comes out clean.

Recipe adapted by BFNEP staff



"Strength is the capacity to break a chocolate bar into four pieces with your bare hands - and then eat just one of the pieces." – Judith Viorst

Nutrition Facts	
Serving Size 1/12 recipe (83g)	
Servings Per Container 12	
Amount Per Serving	
Calories 180	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Cholesterol 30mg	10%
Sodium 60mg	3%
Total Carbohydrate 31g	10%
Dietary Fiber 2g	8%
Sugars 16g	
Protein 3g	
Vitamin A 4%	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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Peach Crisp

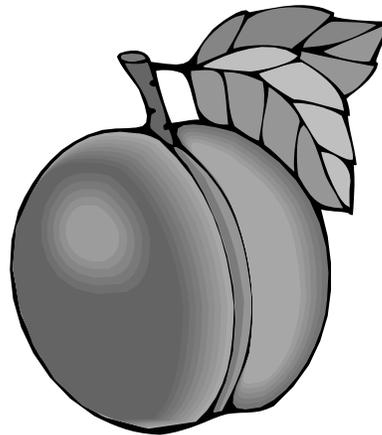
8 servings

7 cups	Cooking Spray
½ cup	Peaches, Apricots or Apples (peeled, sliced)
⅓ cup	Brown Sugar
¾ cup	Whole Wheat Flour
1½ teaspoon	Oatmeal
¾ teaspoon	Cinnamon (ground)
⅓ cup	Ginger (ground)
	Butter (softened)

1. Preheat oven to 350° F; spray an 8"x8" square pan with cooking spray; place sliced fruit in bottom of pan.
2. In a medium bowl, mix together brown sugar, flour, oatmeal, cinnamon and ginger.
3. Stir butter into sugar mixture until crumbly.
4. Sprinkle crumbly mixture over fruit.
5. Bake 40 minutes or until fruit is tender and the top browns.

Original recipe from Honor the Gift of Food

Nutrition Facts	
Serving Size 1/8 recipe (184g)	
Servings Per Container 8	
Amount Per Serving	
Calories 190	Calories from Fat 40
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 3g	15%
Cholesterol 15mg	5%
Sodium 0mg	0%
Total Carbohydrate 36g	12%
Dietary Fiber 4g	16%
Sugars 24g	
Protein 4g	
Vitamin A 15%	• Vitamin C 15%
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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



"I can resist everything except temptation." – Oscar Wilde

Mixed Fruit Cake

10 servings

- | | |
|---------------|------------------------------|
| 1 large | Cooking Spray |
| 1 can (15 oz) | Egg |
| ½ cup | Mixed Fruit (drained) |
| 1 cup | Sugar |
| 1 teaspoon | All-Purpose Flour |
| 1 teaspoon | Baking Soda |
| 1 tablespoon | Cinnamon (ground) |
| | Brown Sugar |



1. Preheat oven to 325° F; spray an 8”x8” square pan with cooking spray.
2. In a medium bowl, beat egg lightly with a fork.
3. Stir in drained mixed fruit; add sugar.
4. Add flour, baking soda and cinnamon to mixed fruit mixture; stir until well mixed.
5. Pour mixture into square pan; lightly sprinkle the top with brown sugar.
6. Bake 40 minutes or until toothpick inserted comes out clean.

Original recipe from Food For Tots

Tip: Serve with whipped cream!

Nutrition Facts		
Serving Size 1/10 recipe (68g)		
Servings Per Container 10		
Amount Per Serving		
Calories 100	Calories from Fat 5	
% Daily Value*		
Total Fat 0.5g		1%
Saturated Fat 0g		0%
Cholesterol 20mg		7%
Sodium 10mg		0%
Total Carbohydrate 23g		8%
Dietary Fiber 1g		4%
Sugars 14g		
Protein 2g		
Vitamin A 2%	•	Vitamin C 2%
Calcium 0%	•	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories	2,000 2,500
Total Fat	Less Than	65g 80g
Saturated Fat	Less Than	20g 25g
Cholesterol	Less Than	300mg 300 mg
Sodium	Less Than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
	Fat 9	• Carbohydrate 4 • Protein 4

Spiced Sweet Potato Cookies

36 servings

- | | |
|-----------------|--------------------------------|
| 1/2 cup | Cooking Spray |
| 1 cup | Butter |
| 1 can (15.5 oz) | Sugar |
| 1 large | Sweet Potatoes (mashed) |
| 1 teaspoon | Egg |
| 1 teaspoon | Vanilla Extract |
| 2 cups | All-Purpose Flour |
| 1 teaspoon | Baking Powder |
| 1 teaspoon | Baking Soda |
| 1 teaspoon | Cinnamon (ground) |
| 1/2 teaspoon | Nutmeg (ground) |
| 1/4 teaspoon | Allspice (ground) |
| 1/4 teaspoon | Salt |
| 3/4 cup | Raisins |



1. Preheat oven to 350° F; spray cookie sheets with cooking spray.
2. In a large bowl, cream butter and sugar together; add sweet potatoes, egg and vanilla; beat well.
3. In a small bowl, mix flour, baking powder, baking soda, cinnamon, nutmeg, allspice and salt.
4. Add dry ingredients into wet ingredients; mix well; stir in raisins.
5. Drop dough by rounded teaspoonfuls about two inches apart onto cookie sheets.
6. Bake 12-15 minutes or until lightly browned.

Recipe adapted by BFNEP staff

Nutrition Facts	
Serving Size 1/36 recipe (31g)	
Servings Per Container 36	
Amount Per Serving	
Calories 70	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Cholesterol 10mg	3%
Sodium 45mg	2%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 1g	
Vitamin A 2%	Vitamin C 2%
Calcium 0%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ambrosia

6 servings

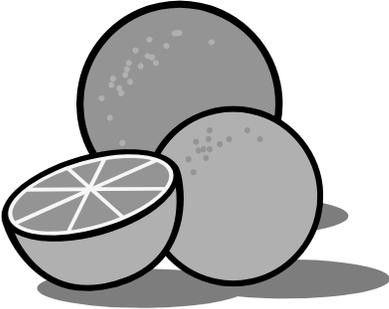
- | | |
|---------------|---|
| ¼ cup | Honey |
| ¼ cup | Orange Juice |
| 1 can (20 oz) | Pineapple (diced, drained) |
| 2 medium | Bananas (sliced) |
| 2 medium | Oranges (peeled, sectioned, diced) |
| ½ cup | Coconut (flaked) |

1. In a large bowl, mix honey and orange juice together.
2. Add all the fruit and half the coconut; stir gently.
3. Sprinkle the remaining coconut on top.

Original recipe by Linda Moncrief, RD

Nutrition Facts	
Serving Size 1/6 recipe (212g)	
Servings Per Container 6	
Amount Per Serving	
Calories 200	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 2.5g	13%
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 44g	15%
Dietary Fiber 3g	12%
Sugars 36g	
Protein 1g	
Vitamin A 2%	• Vitamin C 70%
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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Tip: Substitute 2 cups fresh pineapple chunks for canned; substitute 2 cans (15 oz each) mandarin oranges (drained) for fresh.



"Never eat more than you can lift." – Miss Piggy

Irish Apple Cake

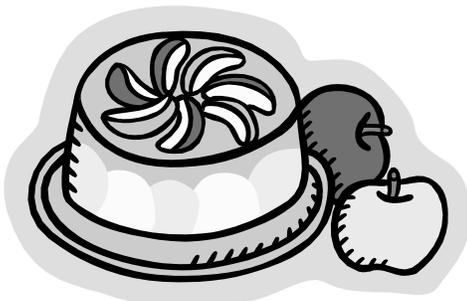
12 servings

- | | |
|--------------|--------------------------|
| ½ cup | Cooking Spray |
| ½ cup | All-Purpose Flour |
| ½ teaspoon | Whole Wheat Flour |
| ½ teaspoon | Baking Soda |
| ½-1 teaspoon | Baking Powder |
| ½ teaspoon | Cinnamon (ground) |
| ¼ teaspoon | Nutmeg (ground) |
| 1 large | Salt |
| 1 cup | Egg |
| ¼ cup | Sugar |
| ¼ cup | Vegetable Oil |
| 2 teaspoons | Applesauce |
| 2 cups | Vanilla Extract |
| ¼ cup | Apples (chopped) |
| | Walnuts |

Tip: 1-2 apples yields 2 cups diced. Only use ½ cup sugar or brown sugar to reduce sugar.

1. Preheat oven to 350° F; spray an 8"x8" square pan with cooking spray.
2. In a small bowl, mix dry ingredients (flour, baking soda, baking powder, cinnamon, nutmeg and salt) together.
3. In a large bowl, beat egg, sugar, oil, applesauce and vanilla; add dry ingredients and stir just until mixed; stir in apples and nuts.
4. Pour batter into pan; bake 30-40 minutes, or until toothpick inserted comes out clean.

Recipe adapted by Linda Moncrief, RD



"Life is uncertain...eat dessert first." – Anonymous

Nutrition Facts	
Serving Size 1/12 recipe (80g)	
Servings Per Container 12	
Amount Per Serving	
Calories 140	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1.5g	8%
Cholesterol 20mg	7%
Sodium 125mg	5%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Sugars 17g	
Protein 2g	
Vitamin A 4%	Vitamin C 4%
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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Apricot Cobbler

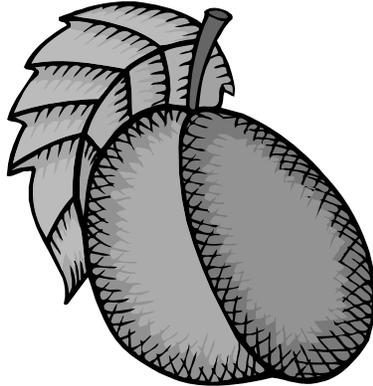
8 servings

1 cup
2 teaspoons
¾ cup
¾ cup
2 tablespoons
1 can (15.5 oz)

All-Purpose Flour
Baking Powder
Sugar
Milk
Butter or Margarine
Apricots (drained, sliced)

1. Preheat oven to 325°F.
2. Melt butter in a 9"x9" baking pan.
3. Mix flour, baking powder, sugar and milk together.
4. Pour batter in baking pan over butter; place apricots on top of the batter.
5. Bake for 50-60 minutes or until toothpick inserted comes out clean.

Original recipe by Washington WIC & Senior Farmers Market Nutrition Program



Tip: Substitute a variety of other fruits for apricots like berries, apples or peaches.

Nutrition Facts	
Serving Size 1/8 recipe (112g)	
Servings Per Container 8	
Amount Per Serving	
Calories 160	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 2g	10%
Cholesterol 10mg	3%
Sodium 170mg	7%
Total Carbohydrate 34g	11%
Dietary Fiber 1g	4%
Sugars 21g	
Protein 3g	
Vitamin A 20%	• Vitamin C 4%
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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Quick Pumpkin Pie

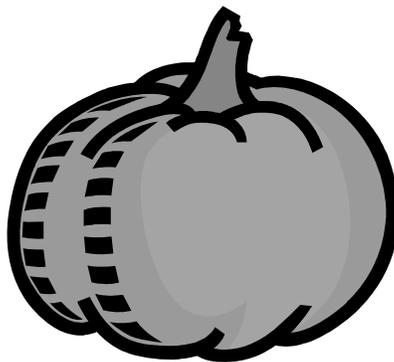
8 servings

- | | |
|--------------------|-------------------------------------|
| 1 cup | Whipped Topping (frozen) |
| 1/3 cup | Evaporated Milk or Milk (2%) |
| 1 can (15.5 oz) | Pumpkin |
| 1 package (3.4 oz) | Vanilla Pudding (instant) |
| 1/2 teaspoon | Cinnamon (ground) |
| 1/4 teaspoon | Nutmeg (ground) |
| 1/4 teaspoon | Ginger (ground) |
| 1 (9") | Graham Cracker Pie Crust |

1. Thaw frozen whipped topping.
2. In a large bowl, mix milk and pumpkin until smooth; then, add pudding, cinnamon, nutmeg and ginger; beat 2 minutes with whisk.
3. Fold in the thawed whipped topping; pour into pie crust.
4. Chill at least 2 hours and serve.

Recipe adapted by BFNEP staff

Tip: Use Cool Whip® or Dream Whip® for whipped topping.



Nutrition Facts	
Serving Size 1/8 recipe (114g)	
Servings Per Container 8	
Amount Per Serving	
Calories 250	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 4g	20%
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 38g	13%
Dietary Fiber 2g	8%
Sugars 23g	
Protein 2g	
Vitamin A 170%	Vitamin C 4%
Calcium 4%	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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

"Vegetables are a must on a diet. I suggest carrot cake, zucchini bread and pumpkin pie." – Jim Davis

Pink Grapefruit Sorbet

4 servings

2 tablespoons
4 large
½ cup
1½ teaspoons
¼ teaspoon

Grapefruit Zest
Grapefruits
Sugar
Lemon Juice
Nutmeg (ground)



1. Using the finest grating face on a cheese grater, remove the zest (colored part) from the peel of half a grapefruit.
2. Squeeze 2 cups of juice from the grapefruits.
3. Strain juice into a mixing bowl through a cheesecloth (or clean piece of fabric) to remove excess pulp and seeds.
4. Add zest, sugar, lemon juice and nutmeg to strained grapefruit juice; mix well.
5. Freeze grapefruit mixture in a metal cake pan; remove from freezer when partially frozen and break-up sorbet with a fork; then, return to freezer until solid.
6. Shave sorbet with a spoon; serve in cups.

Original recipe from ultimatecitrus.com

"There is a lot more juice in grapefruit than meets the eye." – Anonymous

Tip: Substitute 1½ cups grapefruit juice and ½ cup water for fresh grapefruit. If using grapefruit juice, switch sugar to brown sugar and don't use zest.

Nutrition Facts	
Serving Size 1/4 recipe (352g)	
Servings Per Container 4	
Amount Per Serving	
Calories 170	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 45g	15%
Dietary Fiber 4g	16%
Sugars 41g	
Protein 2g	
Vitamin A 60%	Vitamin C 190%
Calcium 4%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Cinnamon Pear Cake

9 servings

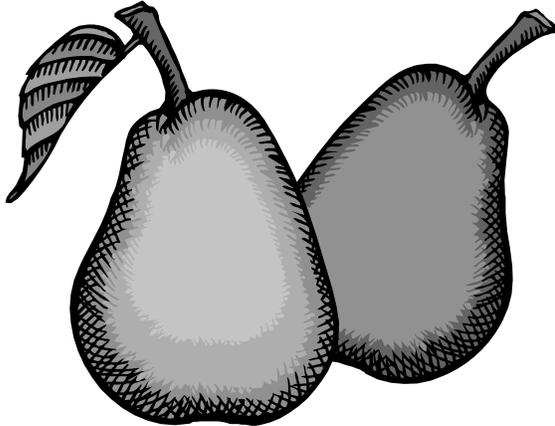
2 cups	Cooking Spray
1 teaspoon	Baking Mix (or use recipe page 82)
1 cup	Cinnamon (ground)
1 teaspoon	Water
1 large	Vanilla Extract
	Pears (chunked)

Sugar Topping (mix thoroughly):

¼ cup	Sugar
½ teaspoon	Cinnamon (ground)

1. Preheat oven to 325°F; spray an 8"x8" square pan with cooking spray.
2. In a large bowl, combine baking mix and cinnamon; mix well.
3. In a small bowl, blend water and vanilla; combine the water/vanilla mixture and the baking mix/cinnamon mixture; mix through, careful not to over mix; toss pears lightly in mixture.
4. Pour batter into pan; sprinkle cake batter with sugar topping; bake 30 minutes or until toothpick inserted comes out clean.

Recipe adapted by BFNEP staff



Nutrition Facts	
Serving Size 1/9 recipe (101g)	
Servings Per Container 9	
Amount Per Serving	
Calories 150	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 340mg	14%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 2g	
Vitamin A 0%	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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Recipe Index

(page number in parenthesis)

Beverage – 6

Refreshing Apricot Smoothie (1)
Very Berry Smoothie (2)
Nectarine Whirl (3)
Pineapple Limeade (4)
Lemonade/Orange Juice (5)
Chocolate Banana Milkshake (6)

Breakfast – 12

Cornmeal Flapjack w/ Dried Plums (7)
Apricot Oatmeal Breakfast Cake (8)
Summer Harvest Scrambled Eggs (9)
Mixed Fruit Muffins (10)
Warm Spiced Pear Sauce (11)
Blueberry Breakfast Bake (12)
Fruit & Granola Sundae (13)
Berry Bramble Muffins (14)
Cherry Coffee Cake (15)
Breakfast Banana Split (16)
Banana Breakfast Cake (17)
Peach Pancake Topping (18)

Soup, Salad & Side – 36

Creamy Tomato Soup (19)
Simple Cabbage Stew (20)
Cream of Potato Soup (21)
Quick Pea Soup (22)
Sunday's Best Fruit Salad (23)
Chilled Fruit Salad (24)
Apricot Pasta Salad (25)
Cold Green Bean Salad (26)
Red Broccoli Salad (27)
Fiesta Corn Salad (28)
Creamy Pea Salad (29)
Ranch Potato Salad (30)
Sweet & Sour Vegetable Salad (31)
Pineapple Salsa (32)
Grapefruit & Orange Salsa (33)
Tex-Mex Salsa (34)
Guacamole (35)
Creamy Bean Dip (36)
Apple Cabbage Slaw (37)
Celery Mashed Potatoes (38)
Crisp Oven Fries (39)
Vegetable Medley Bake (40)
Green Bean Sauté (41)
Sweet & Simple Greens (42)
Holiday Sweet Potatoes (43)
Celery au Gratin (44)
Spicy & Roasted Cauliflower (45)
Lemon Asparagus Sauté (46)

Carrots & Brussels Sprouts (47)
Cheesy Potato & Spinach Bake (48)
Orange Glazed Carrots (49)
Pasta w/ Spring Vegetables (50)
Tasty Cabbage (51)
Zucchini Pizzas (52)
Ranch Beans (53)
Spinach Cakes (54)

Dinner – 22

Salmon Corn Chowder (55)
Vegetable Beef Soup (56)
Green Chili Stew (57)
Hardy Bean Chili (58)
Grapefruit Chicken Salad (59)
Taco Salad (60)
Aloha! Tuna Salad (61)
Dried Plum Chicken Waldorf Salad (62)
Vegetable & Egg Salad Sandwich (63)
Veggie & Meat Wraps (64)
Spinach Meatballs (65)
Chunky Tomato Sauce (66)
Broccoli Corn Bake (67)
Easy Cheesy Vegetable Lasagna (68)
Cowgirl Vegetable Casserole (69)
Spicy Veggie Quesadillas (70)
Cabbage Beef Casserole (71)
Vegetable Stir-Fry (72)
Salmon Tomato Loaf (73)
Vegetable Burgers (74)
Bean Chili Macaroni (75)
Green Bean Chicken (76)

Dessert – 18

Amazingly Easy Apricot Sorbet (77)
Four Fruit Pizza (78)
Sweet Baked Pears (79)
Carrot Cake (80)
Raspberry Cheesecake (81)
Peach Upside-Down Cake (82)
Oatmeal Raisin Fruit Cookies (83)
Delicious Apple Pie (84)
Chocolate Mint Dried Plum Cake (85)
Peach Crisp (86)
Mixed Fruit Cake (87)
Spiced Sweet Potato Cookies (88)
Ambrosia (89)
Irish Apple Cake (90)
Apricot Cobbler (91)
Quick Pumpkin Pie (92)
Pink Grapefruit Sorbet (93)
Cinnamon Pear Cake (94)

Fruit Index

(page number in parenthesis)

Apple

Sunday's Best Fruit Salad (23)
Apple Cabbage Slaw (37)
Oatmeal Raisin Fruit Cookies (83)
Delicious Apple Pie (84)
Peach Crisp (86)
Irish Apple Cake (90)

Apricot

Refreshing Apricot Smoothie (1)
Apricot Oatmeal Breakfast Cake (8)
Apricot Pasta Salad (25)
Amazingly Easy Apricot Sorbet (77)
Peach Crisp (86)
Apricot Cobbler (91)

Avocado

Guacamole (35)

Banana

Very Berry Smoothie (2)
Chocolate Banana Milkshake (6)
Fruit & Granola Sundae (13)
Breakfast Banana Split (16)
Banana Breakfast Cake (17)
Four Fruit Pizza (78)
Ambrosia (89)

Berry

Very Berry Smoothie (2)
Blueberry Breakfast Bake (12)
Fruit & Granola Sundae (13)
Berry Bramble Muffins (14)
Breakfast Banana Split (16)
Sunday's Best Fruit Salad (23)
Four Fruit Pizza (78)
Raspberry Cheesecake (81)
Delicious Apple Pie (84)

Cherry

Cherry Coffee Cake (15)

Grapefruit

Sunday's Best Fruit Salad (23)
Chilled Fruit Salad (24)
Grapefruit & Orange Salsa (33)
Grapefruit Chicken Salad (59)
Pink Grapefruit Sorbet (93)

Lemon

Lemonade (5)

Lime

Pineapple Limeade (4)

Melon

Chilled Fruit Salad (24)

Mixed Fruit

Mixed Fruit Muffins (10)
Mixed Fruit Cake (87)

Nectarine

Nectarine Whirl (3)
Fruit & Granola Sundae (13)

Orange

Orange Juice (5)
Grapefruit & Orange Salsa (33)
Ambrosia (89)

Peach

Fruit & Granola Sundae (13)
Peach Pancake Topping (18)
Sunday's Best Fruit Salad (23)
Four Fruit Pizza (78)
Peach Upside-Down Cake (82)
Peach Crisp (86)

Pear

Warm Spiced Pear Sauce (11)
Sweet Baked Pears (79)
Cinnamon Pear Cake (94)

Pineapple

Pineapple Limeade (4)
Sunday's Best Fruit Salad (23)
Pineapple Salsa (32)
Aloha! Tuna Salad (61)
Ambrosia (89)

Dried Plum

Cornmeal Flapjack w/ Dried Plums (7)
Fruit & Granola Sundae (13)
Orange Glazed Carrots (49)
Dried Plum Chicken Waldorf Salad (62)
Chocolate Mint Dried Plum Cake (85)

Raisin

Mixed Fruit Muffins (10)
Banana Breakfast Cake (17)
Carrot Cake (80)
Oatmeal Raisin Fruit Cookies (83)
Spiced Sweet Potato Cookies (88)

Vegetable Index

(page number in parenthesis)

Asparagus

Lemon Asparagus Sauté (46)
Pasta w/ Spring Vegetables (50)

Bean

Creamy Bean Dip (36)
Ranch Beans (53)
Hardy Bean Chili (58)
Taco Salad (60)
Cowgirl Vegetable Casserole (69)
Spicy Veggie Quesadillas (70)
Vegetable Burgers (74)
Bean Chili Macaroni (75)

Broccoli

Red Broccoli Salad (27)
Broccoli Corn Bake (67)

Brussels Sprout

Carrots & Brussels Sprouts (47)

Cabbage

Simple Cabbage Stew (20)
Apple Cabbage Slaw (37)
Tasty Cabbage (51)
Cabbage Beef Casserole (71)

Carrot

Summer Harvest Scrambled Eggs (9)
Carrots & Brussels Sprouts (47)
Orange Glazed Carrots (49)
Vegetable Beef Soup (56)
Easy Cheesy Vegetable Lasagna (68)
Carrot Cake (80)

Cauliflower

Spicy & Roasted Cauliflower (45)

Celery

Celery Mashed Potatoes (38)
Vegetable Medley Bake (40)
Celery au Gratin (44)

Corn

Fiesta Corn Salad (28)
Sweet & Sour Vegetable Salad (31)
Salmon Corn Chowder (55)
Vegetable Beef Soup (56)
Hardy Bean Chili (58)
Taco Salad (60)
Broccoli Corn Bake (67)
Easy Cheesy Vegetable Lasagna (68)
Cowgirl Vegetable Casserole (69)
Spicy Veggie Quesadillas (70)
Vegetable Burgers (74)

Green Bean

Cold Green Bean Salad (26)
Sweet & Sour Vegetable Salad (31)
Green Bean Sauté (41)

Green Bean Chicken (76)
Vegetable Beef Soup (56)
Cowgirl Vegetable Casserole (69)

Green Pea

Quick Pea Soup (22)
Creamy Pea Salad (29)
Sweet & Sour Vegetable Salad (31)
Vegetable Medley Bake (40)

Mushroom

Vegetable Medley Bake (40)

Onion

Simple Cabbage Stew (20)

Potato

Cream of Potato Soup (21)
Ranch Potato Salad (30)
Celery Mashed Potatoes (38)
Crisp Oven Fries (39)
Cheesy Potato & Spinach Bake (48)
Salmon Corn Chowder (55)
Vegetable Beef Soup (56)
Green Chili Stew (58)

Spinach

Summer Harvest Scrambled Eggs (9)
Sweet & Simple Greens (42)
Cheesy Potato & Spinach Bake (48)
Spinach Cakes (54)
Vegetable & Egg Salad Sandwich (63)
Veggie & Meat Wraps (64)
Spinach Meatballs (65)
Easy Cheesy Vegetable Lasagna (68)

Squash

Pasta w/ Spring Vegetables (50)
Zucchini Pizzas (52)
Easy Cheesy Vegetable Lasagna (68)
Quick Pumpkin Pie (92)

Sweet Potato

Holiday Sweet Potatoes (43)
Spiced Sweet Potato Cookies (88)

Tomato

Creamy Tomato Soup (19)
Simple Cabbage Stew (20)
Red Broccoli Salad (27)
Fiesta Corn Salad (28)
Tex-Mex Salsa (34)
Pasta w/ Spring Vegetables (50)
Vegetable Beef Soup (56)
Green Chili Stew (57)
Hardy Bean Chili (58)
Chunky Tomato Sauce (66)
Spicy Veggie Quesadillas (70)
Salmon Tomato Loaf (73)
Bean Chili Macaroni (75)

Common Ingredient Substitutions

Product	Amount	Substitute
Allspice	1 tsp	½ tsp cinnamon + ½ tsp ground cloves
Apple Pie Spice	1 tsp	½ tsp cinnamon + ¼ tsp nutmeg + ¼ tsp cardamom
Baking Powder	1 tsp	¼ tsp baking soda + ⅝ tsp cream of tartar
Baking Soda	1 tsp	no substitute
Bread Crumbs, Dry	1 cup	¾ c cracker crumbs or 3 slices bread
Broth, Beef or Chicken	1 cup	1 bouillon cube or 1 tsp bouillon granules + 1c boiling water
Butter, Unsalted	1 cup	1c margarine or ⅞ c vegetable shortening or ⅞ c vegetable oil
Chocolate Chips	6 oz	2 squares unsweetened chocolate + 2 Tbsp shortening + ½ c sugar (melted)
Coconut, Grated	1 Tbsp	1½ Tbsp fresh coconut, grated
Corn Syrup	1 cup	1c sugar + ¼ c liquid (whatever recipe calls for) or 1c honey
Cornstarch	1 Tbsp	2 Tbsp all-purpose flour
Cream of Tartar	½ tsp	1½ tsp lemon juice or 1½ tsp vinegar
Dill, Fresh	1 head	1 tsp dill seed
Egg	1 egg	¼ c Commodity dry egg mix + ¼ c water or 2 egg whites or ¼ c egg substitute
Flour, All-Purpose	1 cup	1½ c bread crumbs or ½ c whole wheat flour + ½ c all-purpose flour
Garlic	1 clove	⅛ tsp garlic powder or ¼ tsp instant minced garlic
Ginger, Raw	1 Tbsp	⅛ tsp powdered ginger
Herbs, Fresh	1 Tbsp	1 tsp dried or ½ tsp ground
Honey	1 cup	1¼ c sugar + ¼ c liquid (whatever recipe calls for)
Italian Seasoning	1 tsp	¼ tsp basil + ⅔ tsp parsley + pinch of oregano
Ketchup	1 cup	1c tomato sauce + ½ c sugar + 2 Tbsp vinegar
Lemon Juice	1 tsp	½ tsp vinegar
Lemon Zest	1 tsp	½ tsp lemon extract
Maple Syrup	2 cups	2c sugar + 1c water; bring to boil; take off heat; add ½ tsp maple flavoring
Marshmallows, Mini	1 cup	10 large marshmallows
Mayonnaise	1 cup	1c sour cream or 1c yogurt or 1c cottage cheese (pureed)
Milk	1 cup	⅓ c powdered fat free milk + ⅞ c water
Mustard, Dry	1 tsp	1 Tbsp prepared mustard
Oil, Sautéing	¼ cup	¼ c butter or ¼ c margarine
Onion	1 small	1 tsp onion powder or 1 Tbsp instant minced onion
Onion Powder	1 tsp	¼ c onion, chopped
Orange	1 medium	6-8 Tbsp orange juice
Parsley, Fresh	1 Tbsp	1 tsp parsley flakes
Pepper, White	1 tsp	1 tsp black pepper
Pumpkin Pie Spice	1 tsp	½ tsp cinnamon + ¼ tsp ginger + ⅛ tsp allspice + ⅛ tsp nutmeg
Rice	1 cup	equal substitute any variety; cooking times & water required will differ
Sour Cream	1 cup	1c plain yogurt or ⅞ c sour milk + ⅓ c butter
Sugar, Brown	1 cup	1c granulated sugar
Sugar, Confectioners	1 cup	¾ c granulated sugar
Sugar, Granulated	1 cup	1¾ c confectioners sugar or 1c brown sugar
Sugar, Substitute		** see Fruit & Vegetable Introduction, page O**
Tomato Juice	1 cup	½ c tomato sauce + ½ c water
Tomato Sauce	15 oz	6 oz tomato paste + 1c water
Vinegar	1 tsp	2 tsp lemon juice
Whipped Cream	2 cups	1c evaporated milk (chilled 12 hours) + ½ tsp lemon juice (whipped)
Worcestershire Sauce	1 tsp	1 tsp steak sauce (bottled)
Yogurt	1 cup	1c buttermilk or 1c cottage cheese (blended) or 1c sour cream

This material was funded by the USDA's Food Stamp Program. This institution is an equal opportunity provider and employer. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-877-980-9140.

The Basic Food Nutrition Education Program (BFNEP) is a non-competitive nutrition education program sponsored by the Washington State Department of Health, the Washington State Department of Social & Health Services and the US Department of Agriculture, Food & Nutrition Services.

The BFNEP goal is to provide educational programs that increase, within a limited budget, the likelihood that Basic Food Program and Food Distribution Program recipients will make healthy food choices and choose active lifestyles consistent with the Dietary Guidelines for Americans.