

Farmers Market Gazpacho

Yield 4 servings

Ingredients

2	cucumber (diced into 1/4 inch pieces)
3	red bell pepper (seeded and diced into 1/4 inch pieces)
3	green pepper (seeded and diced into 1/4 inch pieces)
4	celery stalk (diced into 1/4 inch pieces)
2	tomatoes (diced into 1/4 inch pieces)
1	onion (medium, diced into 1/4 inch pieces)
2	lemon
2 cups	tomato juice, low-sodium
3	garlic clove (fresh minced)
1 tablespoon	cumin (ground)
1 cup	cilantro (fresh chopped)
	salt and pepper (to taste, optional)

Nutrition Facts

Serving Size 1/4 of recipe (627g)
Servings Per Container 4

Amount Per Serving		% Daily Value*	
Calories	130	Calories from Fat	10
Total Fat	1g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	70mg		3%
Total Carbohydrate	28g		9%
Dietary Fiber	8g		32%
Sugars	17g		
Protein	5g		
Vitamin A	90%	Vitamin C	400%
Calcium	10%	Iron	15%

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

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

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

Instructions

1. Combine all ingredients except salt, pepper and lemons in a bowl.
2. Remove 2 cups of the mixture and reserve.
3. Using a blender or food processor, puree the remaining mixture in the bowl.
4. Add 2 cups of reserved mixture to the pureed mixture.
5. Season with salt, pepper (optional) and the juice from the lemons.
6. Cover mixture and refrigerate for at least 2 hours before serving.
7. Serve cold, garnished with chopped cilantro.

Cost

Per recipe: \$7.00

Per serving: \$1.75

Source

Johnson and Wales University and

Pasta Frittata with Peas

Yield 5 servings

Ingredients

4 ounces	spaghetti (whole grain, regular or thin)
4	egg (lightly beaten)
1 dash	nutmeg (optional)
1/8 teaspoon	black pepper
1/8 teaspoon	salt (optional, can omit salt and pass at the table)
2/3 cups	cheese (shredded)
1 cup	peas (frozen, thawed, or 1 cup chopped tomatoes)

Instructions

1. Preheat oven to 350 degrees F.
2. Cook pasta according to package directions. Drain and place in a 9-inch pie plate that has been sprayed with nonstick cooking spray.
3. Combine eggs, seasonings, cheese and peas. Spread the egg mixture over the top of the spaghetti so the mixture covers the frittata and some of it sinks between the spaghetti strands.
4. Bake for 20 minutes or until a knife inserted near the center comes out clean. Let frittata stand 5 minutes before serving.

TOMATO VARIATION: Instead of mixing 1 cup of peas with the egg, seasonings, cheese mixture, sprinkle the chopped tomatoes evenly over the top of the frittata before putting it in the oven.

Cost

Per recipe: \$2.45
Per serving: \$0.49

Source

University of Nebraska, Cooperative Extension, [Healthy Eating Recipes](#)

Notes

Salt omitted from nutrition analysis.

Nutrition Facts	
Serving Size 1/5 of recipe (86g)	
Servings Per Container 5	
Amount Per Serving	
Calories 140	Calories from Fat 80
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 145mg	48%
Sodium 170mg	7%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 10g	
Vitamin A 20%	Vitamin C 6%
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 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	

Corn Salad II

Yield 6 Servings

Ingredients

6	ears of corn (about 3 cups)
2 tablespoons	chopped red onion
2 tablespoons	lemon juice
	pinch of sugar
2 tablespoons	olive oil
1 tablespoon	chopped fresh basil (or 1 tsp dried basil)

Instructions

1. Cook corn in boiling water or in the microwave.
2. Cut corn from the cob. Add onion.
3. In a small bowl, whisk together lemon juice and sugar. Add oil and combine.
4. Stir the oil/lemon mixture, basil, and salt & pepper to taste (optional).
5. Refrigerate at least 30 minutes.

Cost

Per recipe: \$3.58
Per serving: \$0.60

Source

University of Maryland Extension. [Food Supplement Nutrition Education Program](#).

Notes

3 cups frozen corn can be substituted for fresh.

Nutrition Facts	
Serving Size 1/6 of recipe (90g)	
Servings Per Container 6	
Amount Per Serving	
Calories 120	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 3g	
Vitamin A 4%	Vitamin C 10%
Calcium 0%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Zucchini Bread

Yield 16 servings

Ingredients

3	egg
1 cup	sugar
1/4 cup	vegetable oil
2 cups	zucchini (grated)
1 teaspoon	vanilla
1 1/2 cup	flour (all purpose)
1 1/2 cup	whole wheat flour
1 teaspoon	salt
2 teaspoons	baking soda
2 teaspoons	cinnamon
1/2 teaspoon	baking powder
1/2 cup	raisins

Instructions

1. Preheat oven to 325 degrees and lightly grease and flour a 9 x 5 loaf pan.
2. In a large mixing bowl, beat eggs lightly. Add sugar, oil, zucchini, and vanilla and beat.
3. In a separate bowl, measure dry ingredients and stir to combine. Add raisins.
4. Add dry ingredients to the egg mixture. Stir just until all ingredients are moistened.
5. Spoon into loaf pan.
6. Bake at 325 degrees for 50 minutes. Test for doneness by inserting a toothpick in the center. It should come out dry.
7. Allow loaf to cool 5 to 10 minutes before turning out onto a cooling rack.
8. Serve warm or allow to cool before slicing.

Cost

Per recipe: \$2.63

Per serving: \$0.16

Nutrition Facts	
Serving Size 1 slice, 1/16 of recipe (71g)	
Servings Per Container 16	
Amount Per Serving	
Calories 190	Calories from Fat 40
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 330mg	14%
Total Carbohydrate 35g	12%
Dietary Fiber 2g	8%
Sugars 16g	
Protein 4g	
Vitamin A 2%	• Vitamin C 4%
Calcium 2%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Cantaloupe Cooler

Yield 8 servings

Ingredients

1	cantaloupe (ripe)
2 1/2 cups	orange juice (cold)
2 tablespoons	sugar (granulated)
	ice (crushed)

Instructions

1. Cut melon in half. Scoop out seeds, remove rind and discard. Cut melon into 1-inch cubes.
2. In blender or food processor, blend melon cubes with 1/2 cup orange juice until smooth.
3. Pour puree into pitcher and stir in the remaining orange juice and the sugar. Stir until sugar is dissolved.
4. Pour into glasses filled with crushed ice.

Cost

Per recipe: \$2.20

Per serving: \$0.27

Source

California Department of Health Services, [Celebrate Health with a Lowfat Fiesta California Project LEAN](#)

Notes

For a new twist, try other melons or strawberries in place of the cantaloupe.

Nutrition Facts	
Serving Size 1/8 of recipe (210g)	
Servings Per Container 8	
Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 17g	
Protein 1g	
Vitamin A 45%	Vitamin C 40%
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 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	