Chilled Cantaloupe Soup

Yield 6 servings

Ingredients

1	cantaloupe (peeled, seeded, and cubed)
2 cups	orange juice
1 tablespoon	lime juice (fresh)
1⁄4 teaspoon	cinnamon (ground)

Instructions

1. Wash hands with soap and warm water.

2. Place cantaloupe and 1/2 cup orange juice in a container of a blender or food processor.

3. Cover with lid and blend until smooth. Transfer to large bowl.

4. Stir in lime juice, cinnamon, and remaining orange juice.

5. Cover, and refrigerate for at least one hour.

6. Serve chilled.

Cost

Per recipe: $2.54
Per serving: $0.42

Source

Arizona Nutrition Network, Champions for Change Recipes

Nutrition Facts

Serving Size 1/6 of recipe (177g)
Servings Per Container 6

Amount Per Serving	
Calories 70	Calories from Fat 5
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 15mg	**1%**
Total Carbohydrate 16g	**5%**
Dietary Fiber 1g	**4%**
Sugars 14g	
Protein 1g	

Vitamin A 70% • Vitamin C 130%
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	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

Any Days a Picnic Chicken Salad

Yield 6 servings

Ingredients

2 1⁄2 cups	chicken breast (cooked, diced)
1⁄2 cup	celery (chopped)
1⁄4 cup	onion (chopped)
2 tablespoons	pickle relish
1⁄2 cup	mayonnaise (light)

Instructions

1. Combine all ingredients.

2. Refrigerate until ready to serve.

3. Use within 1-2 days. Chicken salad does not freeze well.

How to use:

1. Make chicken salad sandwiches.

2. Make a pasta salad by mixing with 2 cups cooked pasta.

3. Kids will love this salad served in a tomato or a cucumber boat.

Cost

Per recipe: $5.55
Per serving: $0.93

Source

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

Nutrition Facts

Serving Size 1/6 of recipe (98g)
Servings Per Container 6

Amount Per Serving	
Calories 160	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 50mg	**17%**
Sodium 220mg	**9%**
Total Carbohydrate 4g	**1%**
Dietary Fiber 0g	**0%**
Sugars 3g	
Protein 17g	

Vitamin A 4% • Vitamin C 2%
Calcium 2% • Iron 4%

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

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

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

Black Bean and Rice Salad

Yield 3 servings

Ingredients

1⁄2 cup	onion (chopped)
1⁄2 cup	bell pepper (green or red, chopped)
1 cup	brown rice (or white rice, cooked and cooled)
1 can	black beans (15 ounce, drained and rinsed)
1⁄4 cup	rice vinegar (or white wine vinegar or lemon juice)
1⁄2 teaspoon	mustard powder (optional, dry)
1	clove garlic (chopped, or 1/2 teaspoon garlic powder)
1⁄2 teaspoon	salt
1⁄4 teaspoon	pepper
2 tablespoons	vegetable oil

Nutrition Facts

Serving Size 1 cup, 1/3 of recipe (289g)
Servings Per Container 3

Amount Per Serving

Calories 280	Calories from Fat 90
	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 830mg	**35%**
Total Carbohydrate 38g	**13%**
Dietary Fiber 8g	**32%**
Sugars 2g	
Protein 9g	

Vitamin A 2% • Vitamin C 35%
Calcium 6% • Iron 10%

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

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

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

Instructions

1. In a mixing bowl, stir together onion, red or green pepper, rice and beans.

2. In a jar with a tight fitting lid, add vinegar, dry mustard, garlic, salt, pepper and vegetable oil. Shake until dressing is evenly mixed.

3. Pour dressing over bean mixture and stir to mix evenly. Chill for at least one hour. Serve cold as a side dish or main dish.

Cost

Per recipe: $1.76
Per serving: $0.59

Source

Montana State University Extension Service, Montana Extension Nutrition Education Program Website Recipes

Grilled Vegetables

Yield 6 servings

Ingredients

2 tablespoons	vegetable oil
2	garlic clove (finely chopped)
3	sweet potatoes (cut into 1-inch slices)
3	corn cobs (cut into 2-inch sections)
1	eggplant (cut into 1/2-inch slices)
12	green onion (trimmed)

Instructions

1. Mix oil and garlic in a large bowl. Add vegetables and toss.

2. Place vegetable on broiler pan or grill. Cook 10 minutes, turning twice until vegetables are tender.

3. Place vegetables on platter. Serve.

Cost

Per recipe: $5.70
Per serving: $0.95

Source

Centers for Disease Control and Prevention, More Matters Recipes

Nutrition Facts
Serving Size 1/6 of recipe (254g)
Servings Per Container 6

Amount Per Serving

Calories 190 Calories from Fat 45

	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 45mg	**2%**
Total Carbohydrate 36g	**12%**
Dietary Fiber 8g	**32%**
Sugars 6g	
Protein 5g	

Vitamin A 190% • Vitamin C 25%
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	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 Muffins

Yield 12 servings

Ingredients

1 cup	cornmeal
1 cup	flour
1 tablespoon	baking powder
1⁄4 cup	sugar
1	egg
1 cup	milk
1⁄4 cup	vegetable oil
	margarine or butter (to grease the muffin cups)

Nutrition Facts

Serving Size 1 muffin, 1/12 of recipe (58g)
Servings Per Container 12

Amount Per Serving

Calories 160 Calories from Fat 45

	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 140mg	**6%**
Total Carbohydrate 24g	**8%**
Dietary Fiber 1g	**4%**
Sugars 5g	
Protein 3g	

Vitamin A 2% • Vitamin C 0%
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	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. Preheat the oven to 425 degrees.

2. Put the cornmeal, flour, baking powder, salt and sugar in a large bowl. Stir together well. Set aside.

3. In a small bowl, beat the egg lightly. Add the milk and oil.

4. Add the egg, milk, and oil to the cornmeal mix. Stir just until blended.

5. Grease the muffin cups with some margarine or butter.

6. Fill each muffin cup 1/2 full with the batter.

7. Bake for 15 to 20 minutes or until lightly browned.

Cost

Per recipe: $1.32
Per serving: $0.11

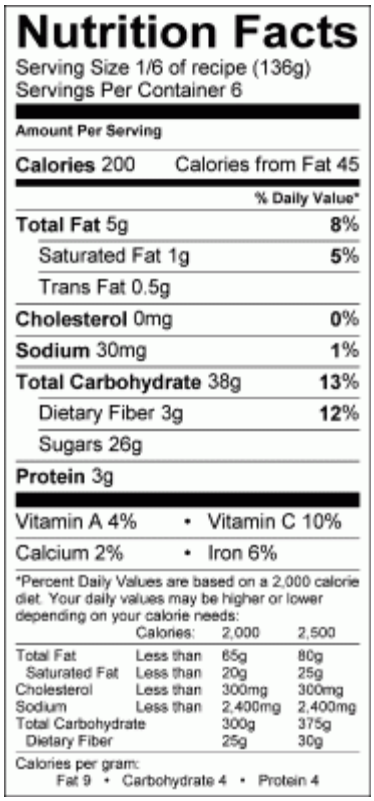
Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Notes

Peach Crisp

Yield 6 servings



Nutrition Facts
Serving Size 1/6 of recipe (136g)
Servings Per Container 6

Amount Per Serving	
Calories 200	Calories from Fat 45
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 1g	**5%**
Trans Fat 0.5g	
Cholesterol 0mg	**0%**
Sodium 30mg	**1%**
Total Carbohydrate 38g	**13%**
Dietary Fiber 3g	**12%**
Sugars 26g	
Protein 3g	

Vitamin A 4% • Vitamin C 10%
Calcium 2% • Iron 6%

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

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

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

Ingredients

4	peaches (4 cups sliced)
2 tablespoons	margarine
3⁄4 cups	quick-cooking oats
1⁄2 cup	sugar
1⁄4 cup	flour
2 teaspoons	cinnamon
1 teaspoon	lemon juice

Instructions

1. Preheat the oven to 375 degrees F.
2. Slice the peaches.
3. Spread the peach slices on the bottom of the baking pan.
4. Melt the margarine in a saucepan.
5. In a small bowl, mix everything but the peaches. Stir until the mix is well blended.
6. Sprinkle the oat mix on top of the peaches.
7. Bake for 20 minutes.

Cost

Per recipe: $1.83
Per serving: $0.30

Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Notes

Serve the peach crisp either hot or cold. To remove the peach fuzz, you can rub the washed peach gently with a paper towel.

Fruit Slush

Yield 4 servings

Ingredients

2 2⁄3 cups	cantaloupe or watermelon (coarsely chopped, - seeded, peeled)
1 2⁄3 cup	kiwi (coarsely chopped, optional)
2 tablespoons	sugar
2 tablespoons	lime juice
2 cups	water
	ice

Nutrition Facts

Serving Size 1/4 of recipe (239g)
Servings Per Container 4

Amount Per Serving

Calories 60 — Calories from Fat 0

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 20mg	**1%**
Total Carbohydrate 16g	**5%**
Dietary Fiber 1g	**4%**
Sugars 14g	
Protein 1g	

Vitamin A 70% • Vitamin C 70%
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	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. In a blender, puree fruit with sugar and lime juice until smooth.
2. Combine fruit mixture and water in a large pitcher.
3. If desired, pour through a strainer to eliminate pulp.
4. Cover and refrigerate for up to a week.
5. To serve, stir well and pour into tall glasses over ice.

Cost

Per recipe: $1.43
Per serving: $0.36

Source

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