Manly Muffin Meat Loaf

Yield 6 servings

Ingredients

1	egg
1⁄2 cup	non-fat milk
3⁄4 cups	oats
1 pound	lean ground beef
3 tablespoons	onion (chopped)
1⁄2 teaspoon	salt
1⁄2 cup	cheese (any variety) (grated)

Nutrition Facts

Serving Size 2 muffin meatloaves, 1/6 of recipe (130g)
Servings Per Container 6

Amount Per Serving

Calories 230 Calories from Fat 110

	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 90mg	**30%**
Sodium 330mg	**14%**
Total Carbohydrate 8g	**3%**
Dietary Fiber 1g	**4%**
Sugars 2g	
Protein 21g	

Vitamin A 4% • Vitamin C 0%
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. Preheat oven to 350 degrees.
2. Combine all ingredients and mix well.
3. Spoon mixture and divide evenly into 12 greased muffin cups.
4. Bake for 1 hour, or until temperature in center of meat loaf is 160 degrees.
5. Cool slightly before removing from muffin cups.

Cost

Per recipe: $4.57
Per serving: $0.76

Source

Kansas Family Nutrition Program, Kids a Cookin'

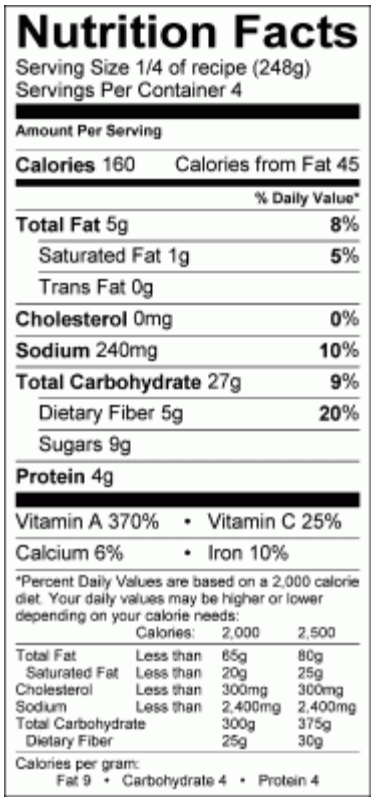
Notes

Combine meat loaf ingredients until well mixed, but don't over mix; too much mixing can make a meat loaf tough.

Safety Tip: Cook your meat loaves to 160 degrees. Use a meat thermometer to test the temperature. You will know that your loaves will be completely and safely cooked without being dried out from overheating.

Carrots with Tomatoes and Macaroni

Yield 4 servings



Nutrition Facts

Serving Size 1/4 of recipe (248g)
Servings Per Container 4

Amount Per Serving	
Calories 160	Calories from Fat 45
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 240mg	**10%**
Total Carbohydrate 27g	**9%**
Dietary Fiber 5g	**20%**
Sugars 9g	
Protein 4g	

Vitamin A 370% • Vitamin C 25%
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

Ingredients

1 tablespoon	olive oil
1	onion (small, chopped)
4	plum tomatoes (chopped, from a can)
1⁄2 cup	tomato juice (from a can)
6	carrot (large, peeled and sliced)
1⁄4 teaspoon	salt
1⁄4 teaspoon	black pepper
1⁄4 teaspoon	sugar
2 tablespoons	fresh parsley (chopped, or 1 teaspoon dried)
1 teaspoon	butter
1 cup	elbow macaroni, cooked

Instructions

1. In a saucepan, cook the onion in the oil until soft but not brown. Add the tomatoes, carrots, salt, pepper and sugar.

2. Cover and cook over low heat for 5 minutes. Remove the cover and cook over low heat, stirring often, for another 5 minutes, or until the carrots are tender and the tomatoes are cooked down to a sauce.

3. Stir in the parsley. Mix the butter with the cooked elbows. Stir in the carrot mixture and serve.

Cost

Per recipe: $2.28
Per serving: $0.57

Source

University of Rhode Island, Cooperative Extension, The Expanded Food and Nutrition Education Program

Apple Salad

Yield 8 servings

Ingredients

2 cups	apple (diced)
1 cup	celery (diced)
1⁄2 cup	raisins
1⁄2 cup	nuts
2 tablespoons	lite mayonnaise-type dressing (or mayonnaise)
1 tablespoon	orange juice

Instructions

1. Mix orange juice with salad dressing or mayonnaise.

2. Toss apples, celery, raisins and nuts with the dressing mixture.

Cost

Per recipe: $2.06
Per serving: $0.26

Source

University of Kentucky, Cooperative Extension Service, Food and Nutrition Calendar 2004
Fresh Ideas for Fit Families

Nutrition Facts

Serving Size 1/2 cup, 1/8 of recipe (73g)
Servings Per Container 8

Amount Per Serving	
Calories 110	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 45mg	**2%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 2g	**8%**
Sugars 11g	
Protein 2g	

Vitamin A 2% • 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	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

Dutch Green Beans

Yield 4 servings

Ingredients

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

Instructions

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

Nutrition Facts

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

Amount Per Serving

Calories 80 — Calories from Fat 0

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 360mg	**15%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 1g	**4%**
Sugars 16g	
Protein 1g	

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

*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

Cost

Per recipe: $1.68
Per serving: $0.42

Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Frosted Cake

Yield 16 servings

Ingredients

2 1⁄4 cups	cake flour
2 1⁄4 teaspoons	baking powder
4 tablespoons	margarine (soft tub)
1 1⁄4 cup	sugar
4	egg
1 teaspoon	vanilla
1 tablespoon	orange (peel)
14 tablespoons	milk (fat-free, 3/4 cup + 2 Tbsp)
3 ounces	cream cheese (low-fat)
6 tablespoons	cocoa
2 cups	sugar (confectioners, sifted)
1⁄2 teaspoon	vanilla (extract)
	cooking spray

Nutrition Facts

Serving Size 1 slice (87g)
Servings Per Container 16

Amount Per Serving

Calories 250 Calories from Fat 45

	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 140mg	**6%**
Total Carbohydrate 48g	**16%**
Dietary Fiber 1g	**4%**
Sugars 32g	
Protein 4g	

Vitamin A 4% • Vitamin C 0%
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	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 325° F.

2. Grease with small amount of cooking oil or use non-stick cooking oil spray on a 10-inch round pan (at least 2 1/2 inches high). Powder pan with flour. Tap out excess flour.

3. Sift together flour and baking powder.

4. In a separate bowl, beat together margarine and sugar until soft and creamy.

5. Beat in eggs, vanilla, and orange peel.

6. Gradually add the flour mixture alternating with milk, beginning and ending with flour.

7. Pour the mixture into the pan. Bake for 40-45 minutes or until done. Let cake cool for 5-10 minutes before removing from the pan. Let cool completely before icing.

Icing:

1. Cream together cream cheese and milk until smooth. Add cocoa. Blend well.

2. Slowly add sugar until icing is smooth. Mix in vanilla.

3. Smooth icing over top and sides of cooled cake.

Cost

Per recipe: $4.20
Per serving: $0.26

Source

US Department of Health and Human Services, A Healthier You