

# Roasted Pumpkin Seed Snack Mix

**Yield** 8 Servings

## Ingredients

2 cups	crispy rice or wheat cereal squares
1/2 cup	roasted whole pumpkin seeds
1/3 cup	slivered almonds
1/2 cup	dried cranberries
1/2 cup	raisins

## Instructions

1. Mix all ingredients together and serve.

## Cost

Per recipe: \$2.56  
 Per serving: \$0.32

## Source

[Regional Mental Health Center](#). Regional Mental Health Center Cookbook.

<b>Nutrition Facts</b>	
Serving Size 1/2 cup, 1/8 of recipe (32g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 120	Calories from Fat 30
% Daily Value*	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 55mg	<b>2%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 11g	
<b>Protein</b> 2g	
Vitamin A 4%	Vitamin C 8%
Calcium 2%	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	

# English Muffin Veggie Pizza

**Yield** 4 servings

## Ingredients

1 cup	broccoli (cooked chopped)
4	English muffins
1 cup	pizza sauce (or spaghetti sauce)
1/2 cup	mozzarella cheese, shredded, part skim
3 tablespoons	carrot (shredded)
1 teaspoon	Parmesan cheese (grated)

## Instructions

1. Cut the broccoli to make 1 cup of chopped broccoli.
2. Put the broccoli in a saucepan with water. Cook on medium until tender.
3. Drain the water from the saucepan. Let the broccoli cool.
4. Cut 4 English muffins in half. Toast the 8 muffin halves.
5. Shred the mozzarella cheese to make 1/2 cup of shredded cheese.
6. Peel and shred the carrots to make 3 tablespoons shredded carrots.
7. Spoon 2 tablespoons pizza sauce over each English muffin half.
8. Sprinkle 1 tablespoon shredded mozzarella cheese on top of each half.
9. Put 2 tablespoons broccoli and 1 teaspoon shredded carrots on top of each half.
10. Sprinkle each half with 1 teaspoon grated parmesan cheese.
11. Toast in the toaster oven for 2 minutes, until the cheese melts.

## Cost

Per recipe: \$2.95

Per serving: \$0.74

## Source

Nutrition Facts	
Serving Size 2 pizzas (each made from 1/2 English muffin), 1/4 of recipe (185g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 240	Calories from Fat 45
% Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 340mg	<b>14%</b>
<b>Total Carbohydrate</b> 40g	<b>13%</b>
Dietary Fiber 7g	<b>28%</b>
Sugars 4g	
<b>Protein</b> 13g	
Vitamin A 40%	Vitamin C 60%
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 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	

# Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

# Fruit Kabobs with Yogurt Dip

Yield 8 servings

## Ingredients

1 cup	watermelon (chunks)
1 cup	pineapple (chunks)
1 cup	grapes, red seedless
1 cup	strawberries (stemmed)
2	kiwi (peeled and cut in quarters)
8	bamboo skewers (6 inches long)
1 cup	yogurt, light strawberry

## Instructions

1. Place fruit chunks on bamboo skewers. Place fruit kabobs on platter.
2. Place light strawberry yogurt in bowl. Serve kabobs with yogurt on the side.

## Cost

Per recipe: \$3.24

Per serving: \$0.41

## Source

Food and Health Communications, Inc, Cooking Demo II

Nutrition Facts	
Serving Size 1/8 of recipe (122g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 60	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 11g	
<b>Protein</b> 2g	
Vitamin A 2%	Vitamin C 70%
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 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	

# Peter Pumpkin Squares

Yield 24 servings

## Ingredients

1 can	pumpkin (16 ounces)
1 1/2 cup	brown sugar
4	egg
3/4 cups	oil (cooking)
1 1/2 cup	flour (all-purpose)
1 1/2 cup	rolled oats
1 tablespoon	cinnamon (ground)
2 teaspoons	baking powder
1 teaspoon	baking soda
	margarine or butter (to grease the pan)

## Instructions

1. Preheat oven to 350 degrees.
2. In a medium bowl, stir together the pumpkin, brown sugar, eggs, and oil. Mix well.
3. In a large bowl, mix the flour, oats, cinnamon, baking powder, and baking soda.
4. Add the pumpkin mix to the flour mix. Stir well.
5. Grease a 9" x 13" baking pan with butter or margarine.
6. Pour the batter into the greased baking pan.
7. Bake for 30 minutes.

## Cost

Per recipe: \$3.17  
Per serving: \$0.13

## Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network  
Website Recipes

Nutrition Facts	
Serving Size 1 bar, 1/24 of recipe (62g)	
Servings Per Container 24	
Amount Per Serving	
<b>Calories</b> 180	Calories from Fat 70
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 14g	
<b>Protein</b> 3g	
<b>Vitamin A</b> 45%	<b>Vitamin C</b> 0%
<b>Calcium</b> 4%	<b>Iron</b> 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	

# Orange Cow

Yield 3 servings

## Ingredients

	orange juice (frozen, 1 6 oz. can)
2 cups	water (cold)
1/3 cup	milk (non-fat, dry)
1 teaspoon	vanilla
1 cup	ice (or more)

## Instructions

1. Place all ingredients in blender or food processor.
2. Secure lid and blend until smooth. Serve immediately.

## Cost

Per recipe: \$0.79

Per serving: \$0.26

## Source

Montana State University Extension, Nutrition Education Programs, [Buy Better. Eat Better. recipes](#)

## Notes

Substitute 1 cup milk and 1 cup water for 2 cups water and 1/3 cup nonfat dry milk

Nutrition Facts	
Serving Size 8 ounces (319g)	
Servings Per Container 3	
Amount Per Serving	
<b>Calories</b> 170	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 34g	<b>11%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 34g	
<b>Protein</b> 7g	
Vitamin A 10%	Vitamin C 160%
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 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	