Baked Tortilla Chips

Yield 6 Servings

Ingredients

3	flour tortillas (10-inch, whole wheat)
	cooking oil spray
	salt (optional)

Instructions

1) Preheat oven or toaster oven to 400°F.

2) Lightly grease a baking sheet with the cooking spray.

3) Cut tortillas into 8 sections (as if you were cutting a pizza) and place on baking sheet.

4) Spray tops of tortilla sections with cooking spray and lightly salt, if desired.

5) Bake for 10 minutes, until crisp and light brown, watching closely so the chips don't burn.

Nutrition Facts

Serving Size 4 chips (1/6 of recipe) (54g)
Servings Per Container 6

Amount Per Serving

Calories 160	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	**5%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 200mg	**8%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 2g	**8%**
Sugars 1g	
Protein 5g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • 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

Cost

Per recipe: $0.36
Per serving: $0.06

Source

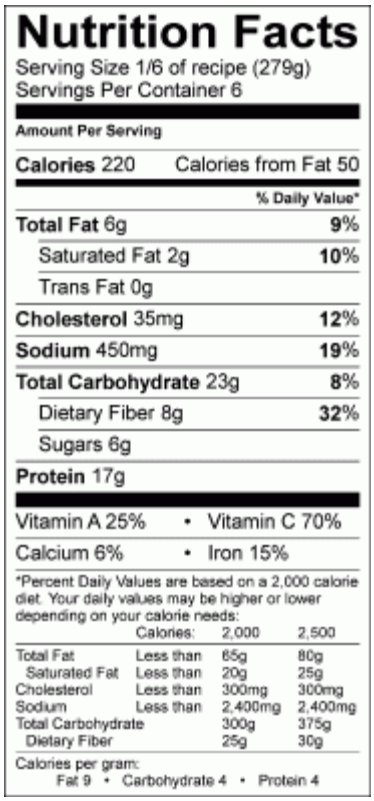
Colorado State University and University of California at Davis. Eating Smart Being Active Recipes.

Notes

Corn tortillas may also be used for less calories and fat.

Beef and Bean Chile Verde

Yield 6 Servings



Nutrition Facts

Serving Size 1/6 of recipe (279g)
Servings Per Container 6

Amount Per Serving

Calories 220	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 450mg	**19%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 8g	**32%**
Sugars 6g	
Protein 17g	

Vitamin A 25% • 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	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

2⁄3 pounds	ground beef (90% lean)
1	bell pepper, large (chopped)
1	onion, large (chopped)
6	garlic cloves (chopped)
1 tablespoon	chili powder
2 teaspoons	ground cumin
1 can	diced tomatoes, low-sodium (12 ounces)
1	jar green salsa (or enchilada sauce, 16 ounces)
1 can	pinto or kidney beans (rinsed and drained, 15 ounces)

Instructions

1. Place meat, bell pepper, tomatoes, and onion in large sauce pan, . Heat on medium 8-10 minutes, stirring frequently until the meat is browned; drain fat.

2. Add garlic, chili powder and cumin, cook until fragrant (15 seconds).

3. Stir in salsa and bring to a boil.

4. Reduce heat and simmer; cover and cook 10-15 minutes, stirring occasionally.

5. Add beans and cook until heated.

Cost

Per recipe: $7.65
Per serving: $1.27

Source

ONIE Project - Oklahoma Nutrition Information and Education. Simple Healthy Recipes.

Vegetarian Chili

Yield 4 servings

Nutrition Facts

Serving Size 1/4 of recipe (703g)
Servings Per Container 4

Amount Per Serving

Calories 300	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 310mg	**13%**
Total Carbohydrate 44g	**15%**
Dietary Fiber 13g	**52%**
Sugars 17g	
Protein 13g	

Vitamin A 70% • Vitamin C 200%
Calcium 20% • Iron 30%

*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

2	onion (large, cut into 1/4 inch pieces)
1	green bell pepper (cut into 1/4 inch pieces)
3	garlic clove
2	jalapeno chilis (fresh, diced)
2 tablespoons	vegetable oil
1 tablespoon	chili powder
1 tablespoon	cumin (ground)
1 can	whole tomatoes (28 ounce - cut into 1/4 inch pieces or 8 medium fresh tomatoes)
2	zucchini (medium - cut into 1/4 inch pieces)
2	summer squash (medium - cut in to 1/4 inch pieces)
1 can	kidney beans (16 ounce, rinsed)
1 cup	cilantro (or coriander) (chopped, fresh)
	salt and pepper (to taste, optional)

Instructions

1. In a large pot saute onions, bell pepper, garlic, and jalapeno in oil over medium high heat for about 5 minutes - stirring often.

2. Add chili powder, cumin, half of the chopped cilantro, salt and pepper, and continue cooking for another 3 minutes, stirring occasionally.

3. Add the tomatoes, zucchini, squash, and bring mixture to a simmer.

4. Simmer for 15 minutes, stirring occasionally.

5. Add beans, and continue to simmer for another 5 minutes.

6. Serve the mixture hot. Put remaining cilantro on top.

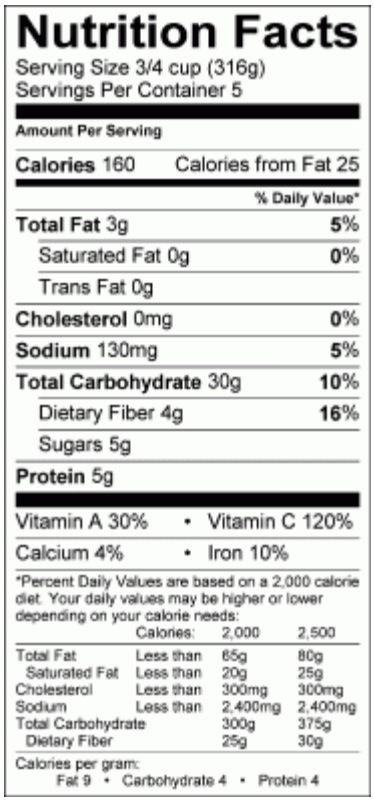
Cost

Per recipe: $6.51
Per serving: $1.63

Source

Grilled Vegetable Packets

Yield 5 servings



Ingredients

2	zucchini, small (sliced)
2	yellow squash, small (sliced)
4	red potatoes, small (scrubbed well and sliced)
1⁄2	red onion (sliced)
1⁄2	bell pepper (red or green, seeded and sliced)
1⁄4 cup	Italian salad dressing, light
1	salt and pepper (optional, to taste)

Instructions

1. Heat grill to medium heat or 350 degrees.
2. Wash vegetables and slice.
3. Toss in a large bowl. Add dressing and toss until all vegetables are coated.
4. Tear 2 large squares of aluminum foil and place half of the vegetable mixture on each piece. Place an equal piece of foil over the top of vegetable mixture and fold bottom piece with top sheet to form a packet.
5. Place on heated grill for 20-30 minutes or until the potatoes are tender. If you don't have a grill bake Veggie Packets in the oven at 400 degrees for 20-30 minutes.
6. Before you open the packets, poke holes in the foil with a fork. Be very careful opening the foil as the steam will be very hot and could burn you!
7. Empty vegetables onto serving plate or serve from foil packets.

Cost

Per recipe: $2.80
Per serving: $0.56

Source

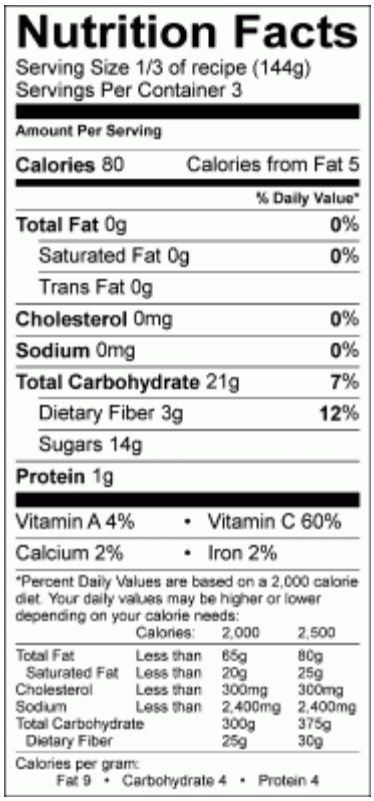
Connecticut Food Policy Council, Visit Website

Notes

Try different vegetables- Tomatoes, green beans, sweet potatoes, mushrooms, broccoli, carrots, corn or your favorites.

Grilled Fruit

Yield 3 Servings



Nutrition Facts

Serving Size 1/3 of recipe (144g)
Servings Per Container 3

Amount Per Serving

Calories 80	Calories from Fat 5
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 3g	**12%**
Sugars 14g	
Protein 1g	

Vitamin A 4% • Vitamin C 60%
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:

		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 cup	pineapple chunks
1	peach (cubed)
1	banana (sliced)

Instructions

1. Place fruit chunks on a skewer to make kabobs.

2. Grill or broil on low heat until the fruit is hot and slightly golden.

Cost

Per recipe: $1.84
Per serving: $0.61

Source

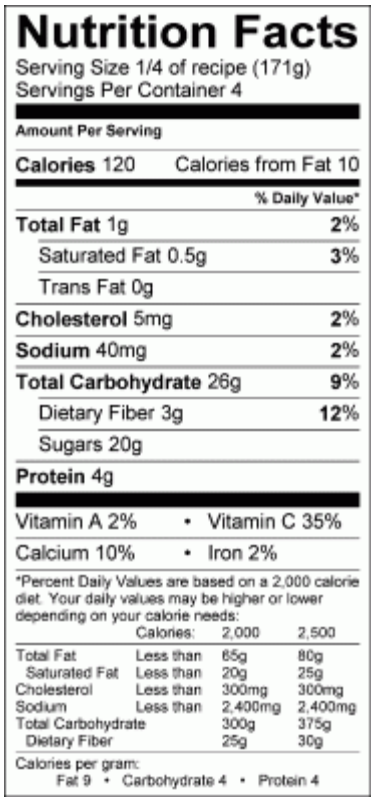
University of Wyoming Cooperative Extension, Cent$ible Nutrition Program.
Cooking for You or Two, p. 196.

Notes

If using wooden skewers, thoroughly soak skewers in water prior to using to prevent burning (approximately 30 minutes).

Fresh Fruit with Cinnamon Yogurt Dip

Yield 4 servings



Nutrition Facts

Serving Size 1/4 of recipe (171g)
Servings Per Container 4

Amount Per Serving

Calories 120	Calories from Fat 10
	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 40mg	**2%**
Total Carbohydrate 26g	**9%**
Dietary Fiber 3g	**12%**
Sugars 20g	
Protein 4g	

Vitamin A 2% • Vitamin C 35%
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	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	apple
1	orange
1⁄4 cup	orange juice
1 cup	vanilla yogurt
1⁄2 teaspoon	cinnamon

Instructions

1. Core and slice the apple.
2. Slice banana into thin circles.
3. Peel the orange and break it into sections.
4. Pour the orange juice into a small bowl.
5. Dip the fruit pieces into the orange juice to prevent browning.
6. Arrange on a plate.
7. Mix the yogurt and cinnamon in a small bowl.
8. Put the bowl of yogurt and cinnamon next to the fruit. Use it as a dip for the fruit.

Cost

Per recipe: $1.76
Per serving: $0.44

Source

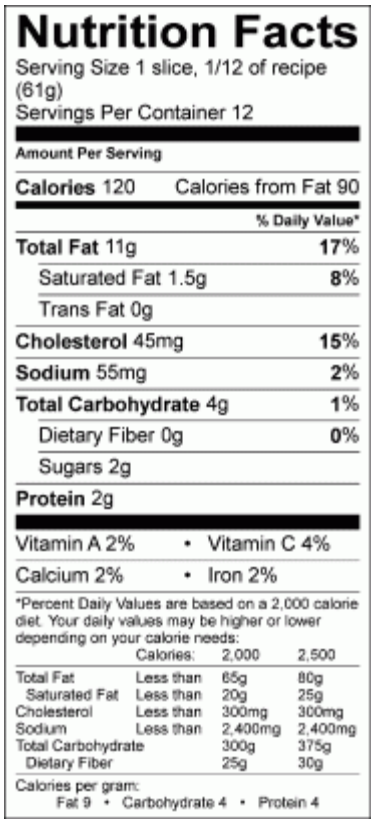
Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Notes

Try making this with other favorite fruits.

Aut Barbara's Chocolate Squash Cake

Yield 12 Servings



Ingredients

1⁄2 cup	vegetable oil
1 package	cake mix, dark chocolate
1 teaspoon	ground cinnamon
3	eggs
1 1⁄4 cup	water
1 cup	squash (shredded or finely chopped)
1⁄4 cup	chopped walnuts (optional)

Instructions

1. Preheat oven to 350°F. Grease and flour a 10" tube or bundt pan.

2. In a large bowl, combine cake mix and cinnamon.

3. Add eggs, water, and oil. Blend until combined, then beat with an electric mixer for 2 minutes on medium speed.

4. Fold in squash. Add nuts if you like.

5. Pour into prepared pan. Bake for 50 minutes to 1 hour, until cake springs back when lightly touched.

Cost

Per recipe: $2.90
Per serving: $0.24

Source

Connecticut Food Policy Council, Farm Fresh Summertime Recipes

Notes

Other Ideas:

1. Use a greased 9x13-inch pan. Bake for 45 minutes.

2. To lighten cake, try 6 egg whites in place of whole egg.