



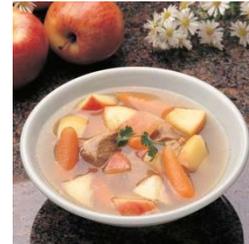
Previous Recipes of the Week

Apple Carrot Soup

Yield: 8 servings

Ingredients:

- 1 pound pork (lean, cut into chunks)
- 4 apples (with skin, cored and quartered)
- 4 carrots (large, peeled and cut into chunks)
- 1 orange peel (dried, optional)
- 4 slices ginger
- 1/2 teaspoon salt
- 20 cups water



Directions:

1. In a large pot over high heat, combine all ingredients, bring to a boil.
2. Reduce heat to medium and simmer until soup reduces to about 8 cups of liquid, about 3 to 4 hours.
3. Skim fat from surface and serve.
4. Store leftover soup covered in refrigerator for up to 3 days.

Nutrition Facts: Calories, 120; Calories from fat, 30; Total fat, 3g; Saturated fat, 1g; Trans fat 0g; Cholesterol, 25mg; Sodium, 200mg; Total Carbohydrate, 13g; Fiber, 3g; Protein, 10g; Vit. A, 100%; Vit. C, 10%; Calcium, 4%; Iron, 2%.

Cost: Per recipe: \$3.59; Per serving: \$0.45

<http://recipefinder.nal.usda.gov/>

Apple Coleslaw

Yield: 4 servings

Ingredients:

- 2 cups cabbage
- 1 carrot (medium, grated)
- 1/2 green pepper (chopped)
- 1 apple (chopped)
- 5 tablespoons yogurt, low-fat



1 tablespoon mayonnaise, low-fat
1 teaspoon lemon juice
1/4 teaspoon dill weed

Directions:

1. Wash the cabbage. Cut it into fine shreds, until you have 2 cups of cabbage.
2. Peel the carrot. Grate it with a grater.
3. Chop half a green pepper into small pieces.
4. Remove the core, and chop the apple.
5. Put the cabbage, carrot, green pepper, and apple in a large mixing bowl. Stir together.
6. Put the yogurt, mayonnaise, lemon juice, and dill weed in a small bowl. Stir together to make the dressing.
7. Pour the dressing over the salad. Toss to mix.

Note: Add salt and pepper to taste.

Nutrition Facts: Calories, 60; Calories from fat, 10; Total fat, 1.5g; Saturated fat, 0g; Trans fat 0g; Cholesterol, 0mg; Sodium, 60mg; Total Carbohydrate, 11g; Fiber, 2g; Protein, 2g; Vit. A, 50%; Vit. C, 45%; Calcium, 6%; Iron, 2%.

Cost: Per recipe: \$1.44; Per serving: \$0.36

Source: <http://recipefinder.nal.usda.gov/>

Apple Oatmeal Muffins

Yield: 6 Muffins

Ingredients:

1/2 cup milk, non-fat
1/3 cup applesauce
1/2 cup flour, all-purpose
1/2 cup quick-cooking oats (uncooked)
1/4 cup sugar
1/2 tablespoon baking powder
1/2 teaspoon ground cinnamon
1 apple (tart, cored & chopped)



Directions:

1. Preheat oven to 400°F.
2. Place 6 cupcake holders in baking tin.
3. In a mixing bowl, add milk and applesauce. Stir until blended.
4. Stir in flour, oats, sugar, baking powder, and cinnamon. Mix until moistened (do not over mix).

5. Gently stir in the chopped apples.
6. Spoon into cupcake holders.
7. Bake for 15-20 minutes or until an inserted toothpick comes out clean.
8. Cool in pan 5 minutes before serving. Store unused portions in an airtight container.

Cost: Per recipe: \$1.19; Per serving: \$0.20

Nutrition Facts: Calories, 120; Calories from fat, 5; Total fat, 0.5g; Saturated fat, 0g; Trans fat 0g; Cholesterol, 0mg; Sodium, 135mg; Total Carbohydrate, 28g; Fiber, 2g; Protein, 3g; Vit. A, 2%; Vit. C, 2%; Calcium, 10%; Iron, 6%.

Source: <http://recipefinder.nal.usda.gov/>

Asian Salad Dressing

Yield: 5 servings

Ingredients:

- 2 tablespoons vegetable oil
- 3 tablespoons red vinegar
- 2 teaspoons soy sauce, low-sodium
- 2 tablespoons brown sugar
- 2 tablespoons lemon juice
- 1/2 teaspoon garlic powder



Directions:

1. Put all the ingredients in a jar or bottle with a lid.
2. Put on the lid. Shake well.
3. Chill in the fridge for at least 1 hour before serving.

Cost: Per recipe: \$0.35; per serving: \$0.07

Nutrition Facts: Calories, 70; Calories from fat, 50; Total fat, 6g; Saturated fat, 0.5g; Trans fat 0g; Cholesterol, 10mg; Sodium, 80mg; Total Carbohydrate, 6g; Fiber, 0g; Protein, 13g; Vit. A, 0%; Vit. C, 0%; Calcium, 4%; Iron, 0%.

<http://recipefinder.nal.usda.gov/>

Baked Fish and Vegetables

Serving Size: 4 ounces of fish and 1/2 cup of vegetables

Yield: 4 servings

Ingredients:

- 4 white fish fillets (frozen, or cod or perch total of 16-20 oz)



16 ounces mixed vegetables (frozen)
1 onion (small, diced)
1 teaspoon lemon juice (or fresh lemon, sliced thin)
1 tablespoon parsley flakes (dried or fresh chopped)
4 aluminum foil (10x12 inches square)

Directions:

1. Preheat oven to 450 degrees.
2. Separate and place fish fillets in center of each tin foil square.
3. Combine frozen vegetables and diced onion in bowl and mix. Spoon vegetables around fillets.
4. Sprinkle with lemon juice (or top with lemon slice) and add parsley on top. Fold ends of tin foil together to form leak-proof seal.
5. Bake for 10 minutes. Serve.

Cost: per recipe: \$6.49: per serving: \$1.62

Nutrition Facts: Calories, 360; Calories from fat, 100; Total fat, 12g; Saturated fat, 2g; Trans fat 0g; Cholesterol, 130mg; Sodium, 130mg; Total Carbohydrate, 19g; Fiber, 3g; Protein, 41 g; Vit. A, 30%; Vit. C, 15%; Calcium, 8%; Iron, 8%.

Source: <http://recipefinder.nal.usda.gov/>

BBQ Chicken Pizza

Yield: 12 servings

Ingredients:

6 English muffins
3/4 cups barbecue sauce
1 1/2 cup chicken (cooked, cut-up)
3/4 cups cheddar cheese (shredded, smoked or regular)
1 bell pepper (chopped)



Directions:

1. Wash hands and any cooking surface
2. Heat oven to 450°F
3. Slice English muffins in half and place on ungreased, large cookie sheet.
4. Cut-up bell pepper
5. Spread barbecue sauce on English muffins to within 1/4 inch of edges. Top with chicken, cheese and bell pepper.
6. Bake 7 to 12 minutes or until cheese is melted.

* Substitutions:

English muffins = Pizza bread

Chicken = Pinto beans, chopped tomatoes and chopped onions

Cost: Per recipe: \$5.24; Per serving: \$0.44

Nutrition Facts: Calories, 130; Calories from fat, 15; Total fat, 2g; Saturated fat, 0.5g; Trans fat 0g; Cholesterol, 15mg; Sodium, 320mg; Total Carbohydrate, 19g; Fiber, 1g; Protein, 9g; Vit. A, 2%; Vit. C, 15%; Calcium, 4%; Iron, 6%.

Source: <http://recipefinder.nal.usda.gov/>

Bean Dip

Serving size: ½ cup

Yield: 6 servings

Ingredients:

- 2 cups kidney beans (canned)
- 1 tablespoon vinegar
- ¾ teaspoons chili powder
- 1/8 teaspoon cumin (ground)
- 2 teaspoons onion (finely chopped)
- 1 cup cheddar cheese (grated)



Directions:

1. Drain the kidney beans, but save the liquid in a small bowl
2. Place the beans, vinegar, chili powder and cumin in a blender. Blend until smooth. Add enough saved bean liquid to make the dip easy to spread.
3. Stir in the chopped onion and grated cheese.
4. Store in a tightly covered container and place in the fridge
5. Serve with raw vegetable sticks or crackers.

Notes: If you don't have a blender, you can mix the first 4 ingredients in a medium bowl and mash with a fork. Then stir in the onion and cheese.

You can store this dip in the fridge for up to 4 or 5 days.

Cost: Per recipe: \$2.64; Per serving: \$0.44

Nutrition Facts: Calories, 150; Calories from fat, 60; Total fat, 7g; Saturated fat, 4g; Trans fat 0g; Cholesterol, 20mg; Sodium, 340mg; Total Carbohydrate, 13g; Fiber, 5g; Protein, 9g; Vit. A, 6%; Vit. C, 2%; Calcium, 15%; Iron, 8%.

Source: <http://recipefinder.nal.usda.gov/>

Beef and Bean Chile Verde

Yield: 6 Servings

Ingredients:

- 23 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)



Directions:

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

Nutrition Facts: Calories, 220; Calories from fat, 60; Total fat, 6g; Saturated fat, 2g; Trans fat 0g; Cholesterol, 35mg; Sodium, 450mg; Total Carbohydrate, 23g; Fiber, 8g; Protein, 17g; Vit. A, 25%; Vit. C, 70%; Calcium, 6%; Iron, 15%.

<http://recipefinder.nal.usda.gov/>

Broccoli Alfredo

Yield: 4 Servings

Ingredients:

- 4 cups broccoli, cooked
- 4 cups cooked whole wheat pasta
- 2 cups milk, 1% (or non-fat)
- 1 cup fat-free parmesan cheese
- 1 teaspoon basil
- 1/2 teaspoon garlic powder



2 tablespoons cornstarch
pepper (to taste, optional)

Directions:

1. Heat milk over medium heat and then add basil and garlic powder. When hot, add Parmesan cheese.
2. Mix cornstarch with 2 or 3 Tbsp of milk and add to hot mixture. Heat until thickened.
3. Pour mixture over pasta and broccoli. Serve.

Cost: Per recipe: \$4.27; Per serving: \$1.07

Nutrition Facts: Calories, 360; Calories from fat, 30; Total fat, 3.5g; Saturated fat, 1.5g; Trans fat 0g; Cholesterol, 10mg; Sodium, 330mg; Total Carbohydrate, 63g; Fiber, 9g; Protein, 24g; Vit. A, 50%; Vit. C, 2100%; Calcium, 40%; Iron, 25%.

<http://recipefinder.nal.usda.gov/>

Brunswick Stew

Yield: 8 servings

Ingredients:

- 1 tablespoon vegetable oil
- 1 onion (medium, chopped)
- 2 cups chicken broth, low-sodium
- 2 cups chicken or turkey (cooked, diced and boned)
- 2 cups tomatoes, canned or cooked
- 2 cups lima beans, canned or cooked
- 2 cups whole kernel corn, canned or cooked



Directions:

1. Heat oil in a large pan. Add onion and cook in oil until tender.
2. Add all remaining ingredients. Bring to a simmer for 30 minutes at medium-low.
3. Makes 8 servings of about 1 cup each.

Cost: Per recipe: \$7.03; Per serving: \$0.88

Nutrition Facts: Calories, 200; Calories from fat, 45; Total fat, 5g; Saturated fat, 1g; Trans fat 0g; Cholesterol, 30mg; Sodium, 480mg; Total Carbohydrate, 22g; Fiber, 5g; Protein, 16g; Vit. A, 4%; Vit. C, 20%; Calcium, 4%; Iron, 15%.

Source: <http://recipefinder.nal.usda.gov/>

Caribbean Casserole

Serving size: 1 cup

Yield: 10 servings

Ingredients:

- 1 onion (medium, chopped)
- 1/2 green pepper (diced)
- 1 tablespoon canola oil
- 1 can stewed tomatoes (14.5 ounces)
- 1 teaspoon oregano leaves
- 1/2 teaspoon garlic powder
- 1 1/2 cup brown rice (instant, uncooked)
- 1 can black beans or beans of your choice (16 ounces)



Directions:

1. Sauté onion and green pepper in canola oil, in a large pan, until tender. Do not brown.
2. Add tomatoes, beans (include liquid from both), oregano, and garlic powder. Bring to a boil.
3. Stir in rice and cover.
4. Reduce heat to simmer for 5 minutes.
5. Remove from heat and let stand for 5 minutes.

Cost: per recipe: \$3.31; per serving: \$0.33

Nutrition Facts: Calories, 100; Calories from fat, 15; Total fat, 2g; Saturated fat, 0g; Trans fat 0g; Cholesterol, 0mg; Sodium, 280mg; Total Carbohydrate, 20g; Fiber, 3g; Protein, 4 g; Vit. A, 2%; Vit. C, 15%; Calcium, 4%; Iron, 8%.

Source: <http://recipefinder.nal.usda.gov/>

Cauliflower Shells with Cheese

Yield: 7 Servings

Ingredients:

- 1 pound whole wheat pasta shells
- 8 cups water
- 2 cups chopped cauliflower
- 1 1/2 cup milk, non-fat
- 1 teaspoon garlic salt
- 1 cup flour
- 1/4 cup vegetable oil



1 cup cheese, low-fat

Directions:

1. Fill 1 pot with 6 cups of water and bring to a boil. Once the water is boiling, add pasta and cook for 8 minutes.
2. Drain pasta and fill the same pot with 2 cups of water, bring to a boil.
3. Place the chopped cauliflower in the boiling water and cook until the florets are soft (about 4 minutes). Drain cauliflower.
4. Placed the cooked cauliflower, 1/2 cup milk, and garlic salt in a blender and blend until smooth.
5. In a separate pot, heat oil. Add the flour and whisk until the mixture is smooth. Add 1 cup of milk and cook the mixture until it bubbles and thickens. Add the cheese and cauliflower and mix.
6. Once the mixture is complete, remove from heat. Add the pasta back into the sauce and serve.

Cost: Per recipe: \$4.64; Per serving: \$0.66

Nutrition Facts: Calories, 160; Calories from fat, 80; Total fat, 10g; Saturated fat, 2g; Trans fat 0g; Cholesterol, 5mg; Sodium, 270mg; Total Carbohydrate, 54g; Fiber, 6g; Protein, 16g; Vit. A, 2%; Vit. C, 20%; Calcium, 15%; Iron, 15%.

Notes: Low-fat cheddar cheese used in nutrition analysis.

Source: <http://recipefinder.nal.usda.gov/>

Chicken Creole

Serving Size: 1 cup

Yield: 8 servings

Ingredients:

- 1 tablespoon vegetable oil
- 2 chicken breasts (whole, skinless, boneless)
- 1 can diced tomatoes (14 1/2 oz., with juice)
- 1 cup chili sauce (low sodium)
- 1 green pepper (chopped, large)
- 2 celery stalks (chopped)
- 1 onion (chopped, small)
- 2 garlic clove (minced)
- 1 teaspoon dried basil
- 1 teaspoon parsley (dried)
- 1/4 teaspoon cayenne pepper



1/4 teaspoon salt

Directions:

1. Heat pan over medium-high heat (350 degrees F in an electric skillet). Add vegetable oil and chicken (cut in pieces) and cook until no longer pink when cut (3-5 minutes).
2. Reduce heat to medium (300 degrees in electric skillet).
3. Add tomatoes with juice, chili sauce, green pepper, celery, onion, garlic, basil, parsley, cayenne pepper, and salt.
4. Bring to a boil; reduce heat to low and simmer, covered for 10-15 minutes.
5. Serve over hot, cooked rice or whole wheat pasta.

Nutrition Facts: Calories, 130; Calories from fat, 25g; Total fat, 3g; Saturated fat, 0g; Trans fat 0g; Cholesterol, 20mg; Sodium, 230mg; Total Carbohydrate, 19g; Fiber, 2g; Protein, 9g; Vit. A, 10%; Vit. C, 45%; Calcium, 4%; Iron, 6%.

Cost: Per recipe: \$6.47; Per serving: \$0.81

<http://recipefinder.nal.usda.gov/>

Confetti Bean Salsa

Serving Size: 1/2 cup

Yield: 6 servings

Ingredients:

- 1 can (15 ounce) black or red beans
- 1 can (11 ounce) corn
- 1 cup salsa.



Directions:

1. Drain and rinse the beans. Drain the corn.
2. Combine beans, corn, and salsa in a medium-size bowl. Mix

Note: Like it hot? Add a few drops of hot sauce or chopped green chilies. Try chopped cilantro, parsley or green pepper, too.
May be served as a dip or hot over rice.

Nutrition Facts: Calories, 100; Calories from fat, 10; Total fat, 1g; Saturated fat, 3g; Trans fat 0g; Cholesterol, 10mg; Sodium, 550mg; Total Carbohydrate, 19g; Fiber, 5g; Protein, 5g; Vit. A, 4%; Vit. C, 6%; Calcium, 4%; Iron, 10%.

Crispy Oven-Fried Chicken

Serving Size: 1/2 a breast or 2 small drumsticks

Yield: 6 servings



Ingredients:

1/2 cup milk, non-fat (or buttermilk)
1 teaspoon poultry seasoning
1 cup cornflakes, crumbled
1 1/2 tablespoon onion powder
1 1/2 tablespoon garlic powder
2 teaspoons black pepper
2 teaspoons hot pepper (dried crushed)
1 teaspoon ginger (ground)
8 chicken pieces, skinless (4 breasts and 4 drumsticks)
paprika (a few shakes of)
1 teaspoon vegetable oil (to grease baking pan)

Directions:

1. Preheat oven to 350 degrees.
2. Add 1/2 teaspoon of poultry seasoning to milk.
3. Combine all other spices with cornflake crumbs and place in a plastic bag.
4. Dip chicken into milk, shake to remove excess, then quickly shake in bag with seasoning and crumbs.
5. Refrigerate for 1 hour.
6. Remove from refrigerator and sprinkle lightly with paprika for color.
7. Evenly space chicken on greased baking pan.
8. Cover with aluminum foil and bake for 40 minutes.
9. Remove foil and continue baking for an additional 30 to 40 minutes or until the meat can be easily pulled away from the bone with a fork. The drumsticks may require less baking time than the breasts. Crumbs will form a crispy "skin." (Do not turn chicken during baking.)

Cost: per recipe: \$7.25; per serving: \$1.21

Nutrition Facts: Calories, 230; Calories from fat, 60; Total fat, 6g; Saturated fat, 1.5g; Trans fat 0g; Cholesterol, 125mg; Sodium, 230mg; Total Carbohydrate, 9g; Fiber, 1g; Protein, 34g; Vit. A, 8%; Vit. C, 4%; Calcium, 6%; Iron, 15%.

Source: <http://recipefinder.nal.usda.gov/>

Crunchy Chicken Fingers with Tangy Dipping Sauce

Serving size: 3 chicken strips, 1/4 cup sauce

Yield: 4 servings

Ingredients:

For chicken:



½ tsp reduced-sodium crab seasoning (or substitute ¼ tsp paprika and ¼ tsp garlic powder for a sodium-free alternative)
¼ tsp ground black pepper
1 Tbsp. whole-wheat flour
12 oz. boneless, skinless, chicken breast, cut into 12 strips
2 Tbsp. fat-free (skim) milk
1 egg white (or substitute 2 Tbsp. egg white substitute)
3 cup cornflake cereal, crushed

For sauce:

¼ cup ketchup
¼ cup 100 percent orange juice
¼ cup balsamic vinegar
2 Tbsp. honey
2 tsp deli mustard
1 tsp. Worcestershire sauce

Directions:

1. Preheat oven to 400 °F.
2. Mix crab seasoning, pepper, and flour in a bowl.
3. Add chicken strips, and toss well to coat evenly.
4. Combine milk and egg white in a separate bowl, and mix well. Pour over seasoned chicken, and toss well.
5. Place crushed cornflakes in a separate bowl. Dip each chicken strip into the cornflakes, and coat well. Place strips on a nonstick baking sheet. (Discard any leftover cornflake mixture.)
6. Bake chicken strips for 10–12 minutes (to a minimum internal temperature of 165 °F).
7. Meanwhile, prepare the sauce by combining all ingredients and mixing well.
8. Serve three chicken strips with ¼ cup dipping sauce.

Nutrition Facts: Calories, 248; Total fat, 2g; Saturated fat, 1g; Trans fat 0g; Cholesterol, 47mg; Sodium, 422mg; Total Carbohydrate, 36g; Fiber, 1g; Protein, 29 g; Vit. A, 4%; Vit. C, 16%; Calcium, 6%; Iron, 4%.

Source: Deliciously Healthy Foods from WeCan!

Crunchy Chicken Salad

Serving Size: ¾ cup of prepared salad

Yield: 5 servings

Ingredients:

2 cups cooked chicken (chunked)
½ cup celery
¼ cup green pepper



1/4 onion
1/2 cucumber
1/2 cup grape
1 apple (small, diced, leave the peel on)
1/4 cup yogurt, plain

Instructions:

1. Use leftover cooked chicken, or cook enough chicken to make 2 cups of chicken pieces.
2. Chop the celery into small pieces.
3. Chop the green pepper into small pieces.
4. Peel and chop 1/4 of an onion.
5. Peel and chop half of a cucumber.
6. Chop the apple into pieces. It's okay to leave the peel on the apple.
7. Cut the grapes in half.
8. Put all the ingredients in a large bowl. Stir together.

Cost: Per recipe: \$3.65; Per serving: \$0.73

Nutrition Facts: Calories, 140; Calories from fat, 40; Total fat, 4.5g; Saturated fat, 1g; Trans fat 0g; Cholesterol, 50mg; Sodium, 65mg; Total Carbohydrate, 8g; Fiber, 1g; Protein, 17g; Vit. A, 4%; Vit. C, 15%; Calcium, 4%; Iron, 4%.

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Easy Chicken Pot Pie

Yield: 6 servings

Ingredients:

1 2/3 cup frozen mixed vegetables (thawed)
1 cup cooked chicken (cut-up)
1 can cream of chicken soup, low-fat (10-3/4 ounce, condensed)
1 cup baking mix, reduced-fat (example: Bisquick)
1/2 cup milk (non-fat)
1 egg



Directions:

1. Wash hands and any cooking surfaces.
2. Pre-heat oven to 400°F.
3. Mix vegetables, chicken and soup in ungreased, 9-inch pie plate

4. Stir remaining ingredients in a mixing bowl with fork until blended. Pour over vegetables and chicken in pie plate.
5. Bake 30 minutes or until golden brown.
6. Let cool for 5 minutes and serve.

Cost: Per recipe: \$3.47; Per serving: \$0.58

Nutrition Facts: Calories, 180; Calories from fat, 25; Total fat, 3g; Saturated fat, 1g; Trans fat 0g; Cholesterol, 55mg; Sodium, 420mg; Total Carbohydrate, 25g; Fiber, 2g; Protein, 13 g; Vit. A, 10%; Vit. C, 2%; Calcium, 15%; Iron, 8%.

Source: <http://recipefinder.nal.usda.gov/>

Easy Stuffed Pasta Shells

Yield: 8 Servings

Ingredients:

- 1 package frozen chopped spinach, thawed (10 ounces)
- 1 package cottage cheese, low-fat (12 ounces)
- 1 1/2 cup mozzarella, part skim shredded (save 1/2 cup for topping)
- 1 1/2 teaspoon dried oregano
- 1/4 teaspoon black pepper
- 1 jar light tomato basil pasta sauce, low-sodium (26 ounces)
- 3/4 cup water
- 1/2 package pasta shells, uncooked (large)



Directions:

1. Wash hands.
2. Preheat oven to 375°. Lightly coat a 13x9x2-inch baking dish with cooking spray. Set aside.
3. Drain spinach by placing in a sieve or collander over the sink, or in a bowl and pressing with a spool to remove as much liquid as possible, or squeeze out liquid with clean hands. Place spinach in medium bowl.
4. Add the cottage cheese, 1 cup of the mozzarella cheese, oregano, and pepper to the spinach. Stir to mix thoroughly.
5. Pour half of the spaghetti sauce into prepared baking dish. Add water and stir into sauce to mix.
6. Spoon about 3 tablespoons cheese mixture into each uncooked pasta shell and arrange in a single layer over top.
7. Cover with remaining sauce and sprinkle remaining 1/2 cup mozzarella cheese evenly over sauce.
8. Cover tightly with foil. Bake for 1 hour or until shells are tender. Let stand 10 minutes before serving.

Cost: Per recipe: \$8.11; Per serving: \$1.01

Nutrition Facts: Calories, 230; Calories from fat, 45; Total fat, 5g; Saturated fat, 2.5g; Trans fat 0g; Cholesterol, 15mg; Sodium, 320mg; Total Carbohydrate, 31g; Fiber, 3g; Protein, 17g; Vit. A, 80%; Vit. C, 10%; Calcium, 25%; Iron, 15%.

<http://recipefinder.nal.usda.gov/>

Fantastic French Toast

Yield: 6 servings

Ingredients:

2 eggs
1/2 cup non-fat milk
1/2 teaspoon vanilla extract
6 slices whole wheat bread
syrup or other toppings (optional)



Directions:

1. Preheat the griddle over medium heat, or set an electric frying pan at 375 degrees.
2. Put eggs, milk, and vanilla in a pie pan or shallow bowl and beat with a fork until well mixed.
3. Grease the griddle or pan with a thin layer of oil or use nonstick spray.
4. Dip both sides of bread, one slice at a time, in the egg mixture and cook on the hot griddle or frying pan.
5. Cook on one side until golden brown. Turn the bread over to cook the other side. It will take about 4 minutes on each side.
6. Serve with syrup, applesauce, fruit slices, or jam.

Cost: Per recipe: \$1.12; Per serving: \$0.19

Nutrition Facts: Calories, 100; Calories from fat, 25; Total fat, 2.5g; Saturated fat, 0.5g; Trans fat 0g; Cholesterol, 60mg; Sodium, 170mg; Total Carbohydrate, 13g; Fiber, 2g; Protein, 6g; Vit. A, 2%; Vit. C, 0%; Calcium, 6%; Iron, 6%.

<http://recipefinder.nal.usda.gov/>

Four Layer Casserole

Serving size: 1 cup
Yield: 6 Servings



Ingredients:

- 1 pound ground beef, 85% lean
- 4 potatoes
- 1 package frozen mixed vegetables (or canned mixed vegetables)
- 1/4 cup cheese, low-fat shredded (cheddar or colby jack)
- 1/4 cup milk, 1%
- salt and pepper (optional, to taste)

Directions:

1. Cook ground beef in frying pan until brown. Rinse in warm water and drain to remove excess fat.
2. Scrub potatoes and cut into slices without peeling.
3. Place potatoes in a large baking or casserole dish. Top with vegetables, ground beef, and cheese.
4. Pour milk over the casserole. Add salt and pepper as desired.
5. Cover with a lid or foil. Bake at 350°F for 1 hour or microwave in non-metal baking or casserole dish for 19-23 minutes on high.

Cost: Per recipe: \$7.43; Per serving: \$1.24

Notes: Try other favorite vegetables in place of mixed vegetables such as carrots, broccoli, cauliflower, green beans, peas, or corn.

Nutrition Facts: Calories, 280; Calories from fat, 80; Total fat, 9g; Saturated fat, 3.5g; Trans fat 0.5g; Cholesterol, 55mg; Sodium, 90mg; Total Carbohydrate, 29g; Fiber, 3g; Protein, 21g; Vit. A, 25%; Vit. C, 35%; Calcium, 8%; Iron, 15%.

Source: <http://recipefinder.nal.usda.gov/>

Fruit Milk Shakes

Yield: 2 servings

Ingredients:

- 1 cup milk
- 1/2 cup nonfat dry milk
- 2 banana (ripe, or 1/3 cup orange juice concentrate)
- 1 teaspoon vanilla
- 10 large ice cubes

**Directions:**

1. Place the following foods together in a blender. Blend for 30 seconds to 1 minute.

Nutrition Facts: Calories, 220; Calories from fat, 5; Total fat, 0.5g; Saturated fat, 0g; Trans fat 0g; Cholesterol, 5mg; Sodium, 170mg; Total Carbohydrate, 43g; Fiber, 3g; Protein, 12g; Vit. A, 15%; Vit. C, 20%; Calcium, 40%; Iron, 2%.

Source: <http://recipefinder.nal.usda.gov>

Garden Vegetable Soup

Yield: 6 Servings

Ingredients:

non-stick cooking spray
2 carrots, sliced
1 small onion, chopped
1/4 teaspoon garlic powder (or 1/2 garlic clove, minced)
3 cups broth (beef, chicken, or vegetable)
1 cup chopped green cabbage
1 can green beans, undrained (14 ounces)
1 can diced tomatoes, undrained (14 ounces)
1/2 teaspoon Italian seasoning
1 zucchini, chopped



Directions:

1. In a large saucepan sprayed with non-stick cooking spray, saute the carrots, onion, and garlic over low heat about 5 minutes.
2. Add broth, cabbage, green beans, tomatoes, and Italian seasoning; bring to a boil.
3. Cover, lower heat. Simmer about 15 minutes or until carrots are tender.
4. Stir in zucchini and heat for 3-4 minutes. Serve hot.
5. Refrigerate leftovers.

Cost: Per recipe: \$5.76; Per serving: \$0.96

Nutrition Facts: Calories, 80; Calories from fat, 0; Total fat, 0g; Saturated fat, 0g; Trans fat 0g; Cholesterol, 10mg; Sodium, 470mg; Total Carbohydrate, 12g; Fiber, 4g; Protein, 2 g; Vit. A, 80%; Vit. C, 35%; Calcium, 6%; Iron, 4%.

Source: <http://recipefinder.nal.usda.gov/>

Green Beans with Tomatoes and Basil

Yield: 6 Servings



Ingredients:

- 1 pound green beans (ends snipped)
- 1 tablespoon olive oil
- 1 onion (small, finely chopped)
- 1 can tomatoes (14-oz can, drained and chopped)
- 1 tablespoon basil (fresh or 1/2 teaspoon dried)
- 1 tablespoon parsley (fresh or 1/2 teaspoon dried)
- salt and pepper (to taste, optional)

Directions:

1. Cook beans in a large saucepan of boiling water for 5 minutes; beans will still be crisp. Drain and rinse under cold running water. Set aside.
2. In a large frying pan, heat olive oil over medium heat. Add onion and cook 2-3 minutes until softened.
3. Add tomatoes, basil and parsley. Cook 3 minutes to heat and combine flavors.
4. Stir beans into pan and cook 5-6 minutes. Season with salt and pepper (optional).

Cost: Per recipe: \$3.97; Per serving: \$0.66

Nutrition Facts: Calories, 60; Calories from fat, 20; Total fat, 2.5g; Saturated fat, 0g; Trans fat 0g; Cholesterol, 0mg; Sodium, 100mg; Total Carbohydrate, 9g; Fiber, 3g; Protein, 5g; Vit. A, 10%; Vit. C, 25%; Calcium, 6%; Iron, 8%.

Source: <http://recipefinder.nal.usda.gov/>

Ham and Swiss Breakfast Casserole

Serves: 6

Ingredients:

- 6 ounces ham, thinly sliced, low sodium, extra lean (NOT honey-baked ham)
- 6 ounces Swiss cheese, shredded
- 3 slices enriched white bread
- 3 slices whole wheat bread
- 1 cup skim milk
- 2 eggs, large
- 1 tablespoon yellow mustard
- ½ teaspoon "beau monde" seasoning (Spice Island seasoning mix) or alternate
- ½ teaspoon Worcestershire sauce
- 1-2 dashes onion powder

**Directions:**

1. Lightly spray an 8" xX 8" baking pan with non-stick spray. Lay 3 slices of bread in the bottom. Layer ½ the ham and ½ the cheese. Repeat layer of bread, ham and cheese.
2. Beat together remaining ingredients and pour over the casserole. Cover and refrigerate over-night. Bake, uncovered, for 1 hour at 325 degrees F; serve hot.

Nutrition Facts: Calories, 250; Calories from fat, 12; Total fat, 11g; Saturated fat, 6g;; Sodium, 588mg;

Source: www.choosemyplate.gov

Kale Chips

Yield: 6 Servings

Ingredients:

- 1 bunch kale (or chard, spinach, or collards)
- 1 1/2 tablespoon olive oil



Directions:

1. Line a cookie sheet with parchment paper (optional).
2. Wash and dry kale. With a knife or kitchen scissors, carefully remove the leaves from the thick stems. Tear into bite-size pieces.
3. Place kale pieces on cookie sheet.
4. Drizzle olive oil over kale and then sprinkle with seasonings of choice.
5. Bake 10 to 15 minutes or until kale is crisp and edges are brown but not burned.

Cost: Per recipe: \$0.77; Per serving: \$0.13

Nutrition Facts: Calories, 45; Calories from fat, 35; Total fat, 3.5g; Saturated fat, 0g; Trans fat 0g; Cholesterol, 0mg; Sodium, 15mg; Total Carbohydrate, 3g; Fiber, 1g; Protein, 1g; Vit. A, 70%; Vit. C, 70%; Calcium, 6%; Iron, 2%.

Source: <http://recipefinder.nal.usda.gov/>

Pasta Vegetable Salad

Yield: 6 Servings

Ingredients:

- 2 cups cooked pasta (any shape)
- 1 cup diced cucumber
- 1 large tomato, chopped
- 1/2 green pepper, medium (diced)
- 1/4 onion, medium (diced)



1/2 cup frozen peas (thawed)
1/4 cup Italian salad dressing

Directions:

1. Mix all ingredients in a medium-sized bowl.
2. Cover and refrigerate for at least 1 hour.
3. Mix again before serving.
4. Refrigerate leftovers.

Cost: Per recipe: \$2.54; Per serving: \$0.42

Nutrition Facts: Calories, 120; Calories from fat, 25; Total fat, 2.5g; Saturated fat, 0g; Trans fat 0g; Cholesterol, 0mg; Sodium, 110mg; Total Carbohydrate, 20g; Fiber, 2g; Protein, 4g; Vit. A, 10%; Vit. C, 25%; Calcium, 2%; Iron, 6%.

<http://recipefinder.nal.usda.gov/>

Picadillo

Yield: 6 servings

Ingredients:

1 pound turkey, ground
1 onion (chopped)
5 carrot (small, diced)
2 zucchini (medium, or other squash)
2 potatoes (medium, diced)
1 teaspoon salt
black pepper (to taste)
1/2 teaspoon cumin
1 can Mexican style tomato sauce (10 1/2 ounces)
1 teaspoon cornstarch



Directions:

1. Brown ground turkey in a non-stick frying pan.
2. Add onions, carrots, squash, potatoes, salt, pepper, and cumin. Sauté for about 5 minutes.
3. Add tomato sauce and just enough water to cover. Bring to a boil, then lower heat and simmer, uncovered, until vegetables are tender.
4. Dissolve cornstarch in about 1 Tablespoon of cold water, add to mixture, bring back to a boil until gravy thickens. Serve.

Cost: Per recipe: \$5.57; Per serving: \$0.93

Nutrition Facts: Calories, 210; Calories from fat, 60; Total fat, 6g; Saturated fat, 1.5g; Trans fat 0g; Cholesterol, 50mg; Sodium, 730mg; Total Carbohydrate, 23g; Fiber, 4g; Protein, 18g; Vit. A, 150%; Vit. C, 50%; Calcium, 6%; Iron, 15%.

Source: <http://recipefinder.nal.usda.gov/>

Potato Beef Casserole

Yield: 5 Servings

Ingredients:

1 onion (diced)
1/2 pound ground beef (85% lean)
5 potatoes (or 1 package hash browns)
1 can mushroom soup (10 ounces)
5 ounces water



Directions:

1. Peel onion and dice into 1/4-inch pieces.
2. Cook ground beef and onions in a skillet until the meat is browned. Drain of fat.
3. Add mushroom soup and 1/2 can water.
4. Use a brush to scrub potatoes under cold running water. Slice potatoes into 1/2-inch thick pieces and places in the bottom of a casserole dish.
5. Spread meat and soup mixture over potatoes.
6. Bake at 350°F for 45 minutes until potatoes are tender and casserole is bubbly and browned.

Cost: Per recipe: \$4.09; Per serving: \$0.82

Nutrition Facts: Calories, 240; Calories from fat, 60; Total fat, 7g; Saturated fat, 2.5g; Trans fat 0g; Cholesterol, 35mg; Sodium, 250mg; Total Carbohydrate, 33g; Fiber, 3g; Protein, 15g; Vit. A, 0%; Vit. C, 50%; Calcium, 4%; Iron, 14%.

Source: <http://recipefinder.nal.usda.gov/>

Quinoa and Black Bean Salad

Serving Size: 1 cup

Yield: 6 servings

Ingredients:

1/2 cup quinoa (dry)
1 1/2 cup water
1 1/2 tablespoon olive oil
3 teaspoons lime juice



1/4 teaspoon cumin
1/4 teaspoon coriander (ground, dried cilantro seeds)
2 tablespoons cilantro (chopped)
2 scallions (medium, minced)
15 ounces black beans (can, rinsed and drained)
2 cups tomato (chopped)
1 red bell pepper (medium, chopped)
1 green bell pepper (medium, chopped)
2 green chilis (fresh, minced, to taste)
black pepper (to taste)

Directions:

1. Rinse the quinoa in cold water. Boil water in a saucepan, and then add the quinoa.
2. Return to boil, and then simmer until the water is absorbed, 10 to 15 minutes.
3. Cool for 15 minutes. While quinoa is cooking, mix olive oil, lime juice, cumin, coriander, chopped cilantro, and scallions in a small bowl, and set aside.
4. Combine chopped vegetables with the black beans in a large bowl, and set aside.
5. Once quinoa has cooled, combine all ingredients and mix well. Cover and refrigerate until ready to serve.

Cost: Per recipe: \$4.78; Per serving: \$0.80

Nutrition Facts: Calories, 140; Calories from fat, 40; Total fat, 4.5g; Saturated fat, 0.5g; Trans fat 0g; Cholesterol, 0mg; Sodium, 210mg; Total Carbohydrate, 23g; Fiber, 5g; Protein, 5g; Vit. A, 30%; Vit. C, 150%; Calcium, 4%; Iron, 10%.

<http://recipefinder.nal.usda.gov/>

Salata Ma Jibna (Salad with Parmesan Cheese)

Yield: 8 Servings

Ingredients:

1 cup onions, cut into slivers or thin slices
1 cup cabbage, cut into slivers or thin slices
1/2 cup carrots, cut into very thin slices
1 cup tomatoes, diced
1/4 cup olive oil
1/4 cup lemon juice
2 tablespoons white vinegar
1 teaspoon salt
1/4 teaspoon black pepper
1 clove garlic, minced
1/4 cup parmesan cheese, grated



Directions:

1. In a salad bowl, combine onions, cabbage, carrots, and tomatoes.
2. Toss with olive oil, lemon juice, vinegar, salt, and pepper.
3. Sprinkle garlic and Parmesan over salad.

Cost: Per recipe: \$2.90; Per serving: \$0.36

Nutrition Facts: Calories, 90; Calories from fat, 70; Total fat, 8g; Saturated fat, 1.5g; Trans fat 0g; Cholesterol, 0mg; Sodium, 390mg; Total Carbohydrate, 5g; Fiber, 1g; Protein, 2g; Vit. A, 30%; Vit. C, 15%; Calcium, 6%; Iron, 2%.

Source: <http://recipefinder.nal.usda.gov/>

Skinny Pizzas

Serves: 4

Ingredients:

- 4 6" flour tortillas
- ½ tsp extra virgin olive oil
- 2 cups sliced mushrooms (white button or baby Portobello)
- 1 green bell pepper, thinly sliced (about 1 cup)
- 1 red onion, thinly sliced (about 1 cup)
- 2 tsp minced garlic
- ½ cup low-sodium tomato sauce
- ½ cup shredded fat-free mozzarella cheese
- 2 tsp grated reduced-fat parmesan cheese
- 2 tsp minced garlic
- ½ cup low-sodium tomato sauce
- ½ cup shredded fat-free mozzarella cheese
- 2 tsp grated reduced-fat parmesan cheese

**Directions:**

1. Heat oven to 400 °F. Place tortillas on 2 large baking sheets. Cook, flipping once, until crisp, about 10 minutes; set aside.
2. Meanwhile, heat oil in large skillet over medium heat. Add mushrooms, peppers, onions and garlic. Cook until vegetables are soft and tender, about 10 minutes; set aside.
3. Spread tortilla crust with 2 tbsp tomato sauce, ¼ cup vegetable mixture, 2 tbsp mozzarella cheese and ½ tsp parmesan cheese; repeat with remaining crusts and toppings ingredients.
4. Transfer pizzas to same baking sheets. Cook until cheese is melted and edges of tortillas are golden brown, about 10 minutes.

Nutrition Facts: Calories, 180; Calories from fat, 20; Total fat, 2.5g; Saturated fat, 0.5g; Trans fat 0g; Cholesterol, 5mg; Sodium, 470mg; Total Carbohydrate, 33g; Fiber, 2g; Protein, 8g; Vit. A, 4%; Vit. C, 8%; Calcium, 15%; Iron, 8%.

Source: www.choosemyplate.gov

Spaghetti and Spinach Pesto

Serving Size: 1¼ cups

Yield: 8 servings

Ingredients:

- 1 lb. whole wheat spaghetti (or your favorite pasta shape), uncooked
- 1 (10 oz.) package frozen spinach, thawed, well drained
- 2 tbsp. Canola oil
- ¼ cup grated Parmesan cheese
- 2 tbsp. chopped parsley
- 2 cloves garlic
- ½ tsp. salt
- ½ tsp. dried basil
- 2 tbsp. tub margarine
- 1/3 cup water
- 2 oz. crumbled feta cheese



Directions:

1. In a blender (or food processor), combine spinach, oil, Parmesan cheese, parsley, garlic, salt and basil.
2. Mix at medium speed until finely chopped.
3. Melt margarine in water.
4. With blender or processor running, gradually pour in melted margarine mixture until blended.
5. Cook pasta according to package directions.
6. Toss pesto with cooked pasta. Sprinkle feta on top and serve.

Nutrition Facts: Calories, 294; Saturated Fat, 3 g; Fiber, 8 g; Sodium, 417 mg; Potassium, 203 mg; Calcium, 202 mg; Vitamin D, 22 IU

Source: www.choosemyplate.gov

Spinach Salad with Apples and Eggs

Serves: 4

Ingredients:

- 4 large eggs
- 2 apples
- 8 cups fresh spinach
- 1 cup dried figs (about 16 figs or one 7-oz pkg)
- 1 cup whole-grain croutons
- ½ cup light honey mustard or poppy seed dressing

**Directions:**

1. To hard-boil eggs:
 - Place eggs in saucepan large enough to hold them in a single layer.
 - Add cold water to cover eggs by 1 inch.
 - Heat over high heat just to boiling.
 - Remove from heat and cover.
 - Let eggs stand in hot water about 12 minutes.
 - Drain and fill pan with cold water; let sit 10-15 minutes.
 - Peel and slice. (If making ahead, refrigerate cooked unpeeled eggs.)
2. Prepare other ingredients while eggs are cooking and cooling.
3. Wash, slice, and core apples.
4. Cut apples and dried figs into bite-size chunks.
5. Wash and drain spinach.
6. To plate, divide ingredients evenly among four plates, top spinach with apples, eggs, dried figs, and croutons. Drizzle with dressing.

Nutrition Facts: Calories, 360; Calories from fat, 100; Total fat, 11g; Saturated fat, 2g; Trans fat 0g; Cholesterol, 185mg; Sodium, 560mg; Total Carbohydrate, 56g; Fiber, 10g; Protein, 9g; Vit. A, 40%; Vit. C, 20%; Calcium, 15%; Iron, 20%.

Source: www.choosemyplate.gov

Squash Salsa

Yield: 12 Servings

Ingredients:

- 1 can black beans (rinsed)
- 6 tomatoes, seeded and diced
- ½ green pepper, seeded and diced
- 1 medium red onion (minced)
- 1 summer squash, large (peeled, seeds removed, diced)
- 2 tablespoons red wine vinegar
- 1 teaspoon Adobo seasoning (combination of garlic, coriander, salt, and cumin)
- 2 tablespoons lemon or lime juice (optional)



4 tablespoons mozzarella cheese, part skim
fresh cilantro or dried parsley (optional)

Directions:

1. Combine all ingredients except cheese. Let sit for 30 minutes.
2. Spoon over tortilla chips, cooked rice, or noodles.
3. Top with grated, part-skim mozzarella cheese. Serve hot or cold!

Cost: Per recipe: \$5.89; Per serving: \$0.49

Nutrition Facts: Calories, 60; Calories from fat, 5; Total fat, 0.5g; Saturated fat, 0g; Trans fat 0g; Cholesterol, 0mg; Sodium, 200mg; Total Carbohydrate, 10g; Fiber, 4g; Protein, 4g; Vit. A, 10%; Vit. C, 30%; Calcium, 4%; Iron, 6%.

Source: <http://recipefinder.nal.usda.gov/>

Sweet Acorn Squash

Yield: 4 servings

Ingredients:

- 2 acorn squash
- 1/2 cup orange-juice
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg



Directions:

1. Put each squash in the microwave. Heat for 1 1/2 minutes on high. This will soften the squash, and make it easier to cut.
2. Cut each squash in half. Remove the seeds and loosen fibers in the middle.
3. Place the squash on an ungreased baking pan. The cut side of the squash should be face-up, and the uncut part of the squash should touch the pan.
4. Pour 2 tablespoons of juice into each half of the squash. Spread it evenly on the inside of each squash.
5. Bake at 400 degrees F for 30 to 45 minutes, until tender.
6. Season with cinnamon and nutmeg, and serve.

Cost: per recipe: \$2.62; per serving: \$0.66

Nutrition Facts: Calories, 100; Calories from fat, 0; Total fat, 0g; Saturated fat, 0g; Trans fat 0g; Cholesterol, 0mg; Sodium, 5mg; Total Carbohydrate, 27g; Fiber, 4g; Protein, 2g; Vit. A, 15%; Vit. C, 40%; Calcium, 8%; Iron, 8%.

<http://recipefinder.nal.usda.gov/>

Sweet Potato Pancakes

Yield: 4 Servings

Ingredients:

- 1 cup complete pancake & waffle mix (or 1 8-ounce package)
- 1 teaspoon pumpkin pie spice
- 1 teaspoon vanilla
- 1 tablespoon brown sugar
- 1/2 cup mashed sweet potatoes, winter squash, or pumpkin (baked or canned)
- 1/4 cup chopped nuts (optional)



Directions:

1. Combine all ingredients and stir just until large lumps disappear. Over-stirring will cause tough pancakes.
2. Pour slightly less than 1/4 cup batter for each pancake onto skillet or electric griddle at 350°F-375°F.
3. When pancakes bubble around edges and towards center, sprinkle with chopped nuts (if you choose) and flip pancakes.
4. Pancake is done when bottoms are golden brown.
5. Serve with applesauce or syrup.

Cost: Per recipe: \$2.46; Per serving: \$0.62

Nutrition Facts: Calories, 160; Calories from fat, 10; Total fat, 1g; Saturated fat, 0g; Trans fat 0g; Cholesterol, 0mg; Sodium, 360mg; Total Carbohydrate, 32g; Fiber, 2g; Protein, 4g; Vit. A, 130%; Vit. C, 10%; Calcium, 15%; Iron, 8%.

Source: <http://recipefinder.nal.usda.gov/>

Tortilla Pizzas

Serving Size: 1 prepared pizza

Yield: 6 servings

Ingredients:

- 12 corn tortillas, small (or flour tortillas)
- vegetable oil or margarine
- 1 can refried beans (16 ounce)
- 1/4 cup onion (chopped)
- 2 ounces fresh or canned green chili peppers (diced)
- 6 tablespoons red taco sauce
- 3 cups vegetables, such as broccoli, mushrooms, spinach, and red bell pepper (chopped)
- 1/2 cup cheese, shredded part-skim mozzarella



1/2 cup cilantro (chopped, fresh, optional)

Directions:

1. Brush one side of each of two tortillas with water. Press the wet sides of the tortillas together to form a thick crust for the pizza.
2. Brush the outside of the tortillas with a small amount of oil or margarine. Evenly brown both sides in a heated frying pan. Repeat with the rest of the tortillas. Set aside.
3. Heat refried beans, onion, and half of the chili peppers together in a medium saucepan, stirring occasionally. Remove from heat.
4. Spread about 1/3 cup of the bean mixture on each tortilla pizza. Sprinkle with 1 Tablespoon taco sauce, then top with 1/2 cup of the chopped vegetables, 1 teaspoon chili peppers, and 1 Tablespoon cheese for each pizza.
5. Return to frying pan and heat until cheese melts. Top with cilantro, if desired. Serve immediately.

Cost: Per recipe: \$4.45; Per serving: \$0.74

Nutrition Facts: Calories, 320; Calories from fat, 70; Total fat, 7g; Saturated fat, 2.5g; Trans fat 0g; Cholesterol, 5mg; Sodium, 840mg; Total Carbohydrate, 53g; Fiber, 6g; Protein, 12g; Vit. A, 15%; Vit. C, 10%; Calcium, 15%; Iron, 20%.

<http://recipefinder.nal.usda.gov/>

Zesty Lemon Fish

Yield: 2 Servings

Ingredients:

- 1/2 pound fish fillets (whitefish, cod or halibut)
- 1/2 onion, small (sliced)
- 2 tablespoons lemon juice
- 1/2 teaspoon canola oil
- 3/4 teaspoons lemon pepper
- 1/2 teaspoon dried parsley
- dried paprika (optional)



Directions:

1. Separate fish into two serving size pieces. Place on an ungreased baking sheet.
2. Top with onion slices.
3. Drizzle lemon juice and oil evenly over fish.
4. Sprinkle lemon pepper, parsley, and dust with paprika (optional).
5. Cover and let stand for 5 minutes. Bake at 350°F for 20 minutes, or until fish flakes easily with fork.

Nutrition Facts: Calories, 150; Calories from fat, 25; Total fat, 3g; Saturated fat, 0.5g; Trans fat 0g; Cholesterol, 70mg; Sodium, 95mg; Total Carbohydrate, 3g; Fiber, 0g; Protein, 26g; Vit. A, 2%; Vit. C, 8%; Calcium, 2%; Iron, 2%.

Source: <http://recipefinder.nal.usda.gov/>

Zingy Lemon Chicken Pasta

Yield: 4 servings

Ingredients:

8 oz. whole wheat spaghetti, uncooked
1 tbsp. tub margarine
1 tbsp. olive oil
¼ lbs. boneless, skinless chicken breast, cut into ¾-inch pieces
5 green onions, sliced
1 large clove garlic, minced
¼ cup all-purpose flour
¼ tsp. salt
1/8 tsp. black pepper
1/8 tsp. cayenne pepper
1 1/3 cups chicken broth
2/3 cup skim milk
2 tsp. prepared mustard
¼ cup freshly squeezed lemon juice

Topping: ¼ cup chopped almonds 2 tbsp. chopped chives or scallions ¼ tsp. paprika (optional)



Directions:

1. Combine flour, salt, pepper and cayenne in a saucepan; gradually add chicken broth and skim milk, stirring with a wire whisk until smooth. Place over medium heat and cook, stirring constantly, until thickened. Add mustard and lemon juice. Allow to cool.
2. Heat margarine and oil in a skillet. Add chicken pieces, green onions and garlic. Sauté until chicken is just firm and cooked through, about 10 minutes.
3. Prepare pasta according to package directions and drain. Combine sauce, chicken and pasta mixture. Put into a 2 ½-quart casserole dish. Sprinkle top with almonds, chopped chives and paprika (if using). Bake at 375° for 10 minutes or until heated through.

Nutrition Facts: Calories, 540; Saturated Fat, 2.9 g; Fiber, 8.5 g; Sodium, 324 mg; Potassium, 505 mg; Calcium, 100 mg; Vitamin D, 20 IU

Source: www.choosemyplate.gov

