

Recipe Finder

Cookbook



New Year's Day

Baked Lentils Casserole

Yield: 5 servings

Ingredients

1 cup lentils (rinsed)
3/4 cups water
1/2 teaspoon salt
1/4 teaspoon pepper (optional)
1/2 cup onion (chopped)
1/4 teaspoon garlic powder (optional)
1 can tomatoes (16 ounces)
2 carrot (thinly sliced)
1/2 cup cheddar cheese (shredded)

Instructions

1. Combine lentils, water, seasonings, onion, and tomatoes.
2. Place in 2 quart casserole dish.
3. Cover tightly with lid or foil.
4. Bake at 350 degrees for 30 minutes.
5. Remove from oven and add carrots. Stir.
6. Cover and bake 30 minutes longer.
7. Remove cover and sprinkle cheese on top.
8. Bake, uncovered 5 minutes, until cheese melts.

Nutrition Facts

Serving Size 1/5 of recipe (216g)
Servings Per Container 5

Amount Per Serving

Calories 210 **Calories from Fat 35**

% Daily Value*

Total Fat 3.5g **5%**

 Saturated Fat 2.5g **13%**

 Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 240mg **10%**

Total Carbohydrate 32g **11%**

 Dietary Fiber 14g **56%**

 Sugars 5g

Protein 13g

Vitamin A 90% • Vitamin C 20%

Calcium 4% • Iron 20%

*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

Source

University of Wisconsin,
Cooperative Extension Service,
Let's Make Meatless Meals

Broiled Tomatoes and Cheese

Yield: 3 servings

Ingredients

- 3 tomatoes (large, firm)
- 8 ounces cottage cheese, low-fat
- 1/2 teaspoon basil (dried)
- 1/8 teaspoon black pepper
- 1/4 cup bread crumbs (plain)
- cooking spray (or vegetable oil)

Instructions

1. Wash tomatoes and cut in half.
2. Mix cottage cheese, basil and pepper.
3. Spread cheese on tomato halves.
4. Sprinkle with bread crumbs and spray with cooking spray.
5. Spray broiler pan with cooking spray. Place prepared tomatoes on a pan and broil about 10 minutes.

Nutrition Facts

Serving Size 2 prepared tomato halves, 1/3 of recipe (267g)
 Servings Per Container 3

Amount Per Serving		% Daily Value*	
Calories	120	Calories from Fat	15
<hr/>			
Total Fat	1.5g		2%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	380mg		16%
Total Carbohydrate	16g		5%
Dietary Fiber	3g		12%
Sugars	7g		
Protein	12g		
<hr/>			
Vitamin A	30%	Vitamin C	40%
Calcium	8%	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

Source

University of Massachusetts,
 Extension Nutrition Education
 Program, Choices: Steps
 Toward Health

Corn Bread

Yield: 12 servings

Ingredients

1 cup cornmeal
 1 cup flour (all purpose)
 2 tablespoons sugar
 1 tablespoon baking powder
 1 egg
 1/4 cup vegetable oil
 1 cup milk, non-fat

Instructions

1. Heat oven to 425 degrees. Grease 8- or 9-inch square pan.
2. Measure cornmeal, flour, sugar, and baking powder into a large mixing bowl. Stir to combine ingredients.
3. Crack egg into a small bowl and beat with a fork to combine white and yolk.
4. Add egg, oil, and milk to flour mixture. Mix until ingredients are well blended.
5. Pour batter into prepared pan.
6. Bake 20 to 25 minutes, until firm to touch or wooden pick inserted in the center comes out clean.

Create-a-Flavor Changes:

Buttermilk Corn Bread. Use only 2 teaspoons baking powder and add 1/4 teaspoon baking soda. Substitute 1 cup buttermilk for skim milk.

Whole Wheat Corn Bread. Use 1/2 cup all purpose flour and 1/2 cup whole wheat flour.

Corny Corn Bread. Add 1 cup kernels (fresh, frozen, or canned, well drained) with the milk.

Cheesy Corn Bread. Add 1/2 cup shredded cheddar cheese with the milk.

Chili Cheese Corn Bread. Add 1/2 teaspoon chili powder to the flour mixture. Drain one 4-ounce can chopped green chilies. Add chilies and 1/4 cup shredded Monterey jack cheese with the milk.

Blueberry Corn Bread. Fold 1 cup blueberries (fresh, frozen, or canned, well drained) into the batter.

Corn Bread Muffins. Pour batter into prepared muffin cups. Bake 20 minutes at 400 degrees.

Nutrition Facts

Serving Size 2" square of cornbread,
 1/12 of recipe (56g)
 Servings Per Container 12

Amount Per Serving	
Calories 150	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 22g	7%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 3g	
Vitamin A 2%	• Vitamin C 0%
Calcium 10%	• 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	

Source

Cornell Cooperative Extension,
 Division of Nutritional Sciences,
 Cooking Up Fun - Muffins &
 More

Delicious Greens

Yield: 4 servings

Ingredients

- 1/2 pound mustard or collard greens (rinsed, stems removed and coarsely shredded)
- 2 cups cabbage (shredded)
- 1 tablespoon olive oil
- 2 tablespoons garlic (minced)
- 1 onion (chopped)
- 1 tablespoon vinegar

Instructions

1. Rinse greens, remove stems, and tear in small pieces.
2. In a large saucepan, boil 3 quarts of water.
3. Add mustard greens, return to a boil and cook 3 minutes. Add cabbage and cook 1 more minute. Drain in colander.
4. Heat a large non-stick skillet over medium high heat. Add oil and sauté garlic and onion until light brown, about 3 minutes.
5. Add greens and vinegar and cook briefly, about 3 minutes. Serve hot.

Nutrition Facts

Serving Size 1 1/2 cups prepared greens, 1/4 of recipe (143g)
 Servings Per Container 4

Amount Per Serving		% Daily Value*	
Calories	90	Calories from Fat	40
Total Fat	4.5g		7%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	20mg		1%
Total Carbohydrate	9g		3%
Dietary Fiber	3g		12%
Sugars	4g		
Protein	2g		
Vitamin A 120% • Vitamin C 90%			
Calcium 8% • 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:			
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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

Source

Food and Health
 Communications, Inc., Cooking
 Demo II, p.166

Fat-Free Apple Crumb Dessert

Yield: 4 servings

Ingredients

- 4 apple (medium, baking)
- 1/2 cup oatmeal, quick cooking (uncooked)
- 1/4 cup brown sugar (light or dark)
- 2 teaspoons cinnamon (ground)
- 1/3 cup apple juice
- non-stick cooking spray

Instructions

1. Move the oven rack to the center of the oven. Then preheat the oven to 350 degrees.
2. Spray the bottom and sides of a 9" square baking dish with nonstick cooking spray.
3. Wash and peel the apples. Cut them into thin slices.
4. Spread the apple slices evenly over the bottom of the baking dish.
5. In a small bowl, use a fork to mix the oatmeal, brown sugar and cinnamon.
6. Spread the oatmeal mix evenly over the apples in the baking dish.
7. Lightly pour the apple juice over the oatmeal mixture.
8. Cover the dish and bake for 20 to 30 minutes until apples are just starting to soften.
9. Uncover and bake for another 15 to 20 minutes until apples are soft.

Nutrition Facts

Serving Size 1/4 of recipe (195g)
Servings Per Container 4

Amount Per Serving

Calories 180 **Calories from Fat 10**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 44g **15%**

Dietary Fiber 5g **20%**

Sugars 31g

Protein 2g

Vitamin A 2% • Vitamin C 10%

Calcium 4% • Iron 4%

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Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

Source

Pennsylvania Nutrition
Education Program,
Pennsylvania Nutrition
Education Network
Website Recipes

