

Recipe Finder

Cookbook



Game Day

Cantaloupe Cooler

Yield: 8 servings

Ingredients

- 1 cantaloupe (ripe)
- 2 1/2 cups orange juice (cold)
- 2 tablespoons sugar (granulated)
- ice (crushed)

Instructions

1. Cut melon in half. Scoop out seeds, remove rind and discard. Cut melon into 1-inch cubes.
2. In blender or food processor, blend melon cubes with 1/2 cup orange juice until smooth.
3. Pour puree into pitcher and stir in the remaining orange juice and the sugar. Stir until sugar is dissolved.
4. Pour into glasses filled with crushed ice.

Notes

For a new twist, try other melons or strawberries in place of the cantaloupe.

Nutrition Facts

Serving Size 1/8 of recipe (210g)
 Servings Per Container 8

Amount Per Serving

Calories 70 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

 Saturated Fat 0g **0%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 18g **6%**

 Dietary Fiber 1g **4%**

 Sugars 17g

Protein 1g

Vitamin A 45% • Vitamin C 40%

Calcium 0% • Iron 0%

*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

California Department of Health Services, [Celebrate Health with a Lowfat Fiesta](#)
[California Project LEAN](#)

Colorful Quesadillas

Yield: 8 servings

Ingredients

8 ounces cream cheese, fat-free
 1/4 teaspoon garlic powder
 8 flour tortillas (small)
 1 cup sweet red pepper (chopped)
 1 cup low-fat cheese (shredded)
 2 cups spinach leaves (fresh, or 9 oz. frozen, thawed and squeezed dry)

Instructions

1. In a small bowl, mix the cream cheese and garlic powder.
2. Spread about 2 tablespoons of the cheese mixture on each tortilla.
3. Sprinkle about 2 tablespoons bell pepper and 2 tablespoons cheese on one half of each tortilla.
4. Add spinach: 1/4 cup if using fresh leaves OR 2 Tablespoons if using frozen. Fold tortillas in half.
5. Heat a large skillet over medium heat until hot. Put 2 folded tortillas in skillet and heat for 1-2 minutes on each side or until golden brown.
6. Remove quesadillas from skillet, place on platter and cover with foil to keep warm while cooking the remainder.
7. Cut each quesadilla into 4 wedges. Serve warm.

Nutrition Facts

Serving Size 4 wedges or 1 quesadilla
 Servings Per Container 8

Amount Per Serving		% Daily Value*	
Calories	160	Calories from Fat	30
<hr/>			
Total Fat	3.5g		5%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	420mg		18%
Total Carbohydrate	20g		7%
Dietary Fiber	2g		8%
Sugars	2g		
Protein	11g		
<hr/>			
Vitamin A	35%	Vitamin C	45%
Calcium	20%	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

Iowa State University Extension,
[Iowa State University Extension](http://www.extension.iastate.edu)

Fruit Dip

Yield: 4 servings

Cook time: 15 minutes

Ingredients

- 8 ounces yogurt, low-fat vanilla
- 2 tablespoons orange juice, 100% juice, frozen concentrate (thawed)
- 1 tablespoon lime juice
- 1/2 tablespoon brown sugar
- 2 apple (red, cored and sliced)
- 1 pear (cored and sliced)
- 1 peach (pitted and sliced)

Instructions

1. In a small bowl, combine yogurt, orange juice concentrate, lime juice and brown sugar.
2. Mix well.
3. Place bowl containing dip on a large plate and surround with fruit.

Nutrition Facts

Serving Size 1/4 of recipe (223g)
 Servings Per Container 4

Amount Per Serving	
Calories 140	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 40mg	2%
Total Carbohydrate 32g	11%
Dietary Fiber 4g	16%
Sugars 27g	
Protein 4g	
Vitamin A 4%	• Vitamin C 25%
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

Source

California Department of Health Services, Discover the Secret to Healthy Living
 California 5-a-Day—For Better Health! Campaign

Low Fat Ranch Dip

Yield: 4 servings

Ingredients

- 1 can great northern beans (15 ounce, rinsed and drained)
- 1/4 cup water
- 1/2 cup yogurt, low-fat plain
- 1/2 teaspoon garlic powder
- 1/8 teaspoon cayenne pepper
- 1/4 teaspoon black pepper
- 1 tablespoon chives (fresh, chopped)
- 1 tablespoon parsley (fresh, chopped)
- 1/4 teaspoon tarragon (dried)
- 1/4 teaspoon salt
- 1 tablespoon lemon juice

Instructions

1. Blend the beans and garlic in a blender, adding enough water for the desired consistency.
2. Blend for 2 minutes to make it silky smooth.
3. Use a spatula to scrape the mixture into a medium bowl.
4. Stir in the yogurt, cayenne, chives, parsley, and tarragon, salt and lemon juice. Serve in a bowl.

Nutrition Facts

Serving Size 1/2 cup prepared dip,
1/4 of recipe (158g)
Servings Per Container 4

Amount Per Serving			
Calories	150	Calories from Fat	10
		% Daily Value*	
Total Fat	1g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	170mg		7%
Total Carbohydrate	26g		9%
Dietary Fiber	6g		24%
Sugars	2g		
Protein	10g		
Vitamin A	6%	Vitamin C	10%
Calcium	10%	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

Source

National Cancer Institute (NCI),
[5-A-Day Web site](#)

Orange Glazed Skinless Chicken Wings

Yield: 5 Servings

Ingredients

10 chicken wings (skin removed)
 3 tablespoons butter
 1 teaspoon seasoned salt
 1/2 cup orange marmalade

Instructions

1. Rinse chicken wings and dry on paper toweling. Tuck the wing tip under the larger joint to form a triangle.
2. Heat butter in skillet (200°F on temperature controlled gas burner).
3. Sprinkle wings with seasoned salt and place in heated butter. Sauté on temperature controlled gas burner (325°F) until evenly brown on both sides, about 20 minutes.
4. Spread with orange marmalade, continuing to sauté while basting frequently for another 20 minutes.
5. Remove from skillet. Serve hot.
6. Hold at serving temperature on automatic burner or in 'Keep-Warm' oven set at 170°F. They will be glazed and "sticky" good.

Notes

Leg pieces or whole chicken may be prepared this way and served as an entree.

Nutrition Facts

Serving Size 2 wings, 1/5 of recipe (80g)			
Servings Per Container 5			
Amount Per Serving			
Calories 200	Calories from Fat 70		
% Daily Value*			
Total Fat 8g			12%
Saturated Fat 4g			20%
Trans Fat 0g			
Cholesterol 50mg			17%
Sodium 230mg			10%
Total Carbohydrate 21g			7%
Dietary Fiber 0g			0%
Sugars 19g			
Protein 13g			
Vitamin A 4%	• Vitamin C 2%		
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			

Source

University of the Virgin Islands, Cooperative Extension Service. [4-H/Family & Consumer Sciences Program.](#)

Tortilla Chips and Bean Dip

Yield: 4 servings

Ingredients

- 4 corn tortillas
- 1 can kidney beans (16 ounce)
- 1/4 cup salsa
- 1/4 cup sour cream, non-fat
- 1/2 cup cheddar cheese (shredded)
- 1 cup lettuce (shredded)

Instructions

1. Preheat oven to 400 degrees.
2. Place tortillas in a stack on cutting board. With a sharp knife, cut stack into eight pieces, forming triangles or wedges.
3. Lay tortillas pieces out in single layer on baking sheet. Set aside while making dip.
4. Open canned beans. Pour beans in colander; rinse and drain. Place beans in a small mixing bowl and mash with a potato masher. Spread beans over bottom of baking dish.
5. Measure salsa and spread over beans.
6. Measure sour cream and spread over beans.
7. Grate and measure cheese; sprinkle over bean mixture.
8. Place lettuce wedge on cutting board. Slice into thin strips; set aside.
9. Place both the baking sheet with tortilla pieces and the dip in preheated oven. Bake about 8 minutes or until tortilla pieces are crisp and dip is bubbly. Sprinkle lettuce over dip and serve with tortilla chips.

Create-a-Flavor Changes

- Use Monterey Jack or another cheese.
- Substitute black beans for kidney beans.
- Substitute 1/4 cup chopped fresh tomatoes for taco sauce.
- Spread one small can chopped green chilis over beans.

Nutrition Facts

Serving Size 1/4 of recipe (200g)
 Servings Per Container 4

Amount Per Serving	
Calories 240	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 450mg	19%
Total Carbohydrate 30g	10%
Dietary Fiber 8g	32%
Sugars 4g	
Protein 11g	
Vitamin A 6%	• Vitamin C 4%
Calcium 15%	• 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	

Source

Cornell Cooperative Extension,
 Division of Nutritional Sciences,
 Cooking Up Fun - A Pyramid of
 Snacks

Turkey Pinwheel Appetizers

Yield: 16 servings

Ingredients

- 1 package cream cheese, low-fat (8 oz, garlic and herb)
- 6 flour tortillas (8 inch)
- 6 slices turkey
- 3 Roma tomatoes (small, chopped)
- 3 cups baby spinach leaves (fresh)

Instructions

1. Place tortillas on microwaveable plate or paper towel; microwave uncovered on HIGH 10 - 15 seconds to soften.
2. Spread about 2 Tablespoons cream cheese over each tortilla. Top with a slice of turkey, chopped tomatoes and spinach.
3. Roll up lightly; then wrap in plastic wrap. Refrigerate 2 - 3 hours to blend flavors. Cut each roll into eight 1-inch slices. Arrange with cut side down on serving plate.

Nutrition Facts

Serving Size 3 pinwheels (59g)
 Servings Per Container 16

Amount Per Serving

Calories 100 **Calories from Fat** 35

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 340mg **14%**

Total Carbohydrate 13g **4%**

Dietary Fiber 1g **4%**

Sugars 3g

Protein 4g

Vitamin A 6% • Vitamin C 6%

Calcium 8% • Iron 6%

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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

Ohio State University
 Cooperative Extension, [Recipes - Ross County](#)