

# Recipe Finder

# Cookbook



Valentine's Day





# Caribbean Casserole

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)

## Instructions

1. Saute 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.

## Nutrition Facts

Serving Size 1 Cup (114g)  
Servings Per Container 10

Amount Per Serving			
Calories	100	Calories from Fat	15
		% Daily Value*	
<b>Total Fat</b>	2g		<b>3%</b>
Saturated Fat	0g		<b>0%</b>
Trans Fat	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	280mg		<b>12%</b>
<b>Total Carbohydrate</b>	20g		<b>7%</b>
Dietary Fiber	3g		<b>12%</b>
Sugars	2g		
<b>Protein</b>	4g		
Vitamin A	2%	•	Vitamin C 15%
Calcium	4%	•	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

US Department of Health and Human Services  
National Institutes of Health  
National Heart, Lung and Blood Institute, Heart Healthy Home  
Cooking: African American Style





# Pink Party Salad

Yield: 6 servings

## Ingredients

- 4 potatoes (washed and cut in half)
- 3 cups beets, cooked (peeled and diced)
- 1 cup peas, green, fresh or frozen
- 3 eggs, hard boiled
- 1 apple
- 1 teaspoon lemon juice
- 2 tablespoons olive oil
- 3 tablespoons vinegar
- 1 tablespoon sugar

## Instructions

1. Boil the potatoes in 2 cups of water in a deep kettle. Cover and cook over moderate heat for about 20 minutes, until the potatoes are tender.
2. When thoroughly cool, dice potatoes and place in a big bowl.
3. Add diced beets and mix with the potatoes.
4. Set aside 1/4 cup of peas for garnishing and add the rest to the bowl.
5. Save 1 egg to use as a garnish. Chop the rest and add to the bowl.
6. Peel the skin off the apple and remove the core. Cut the apple into small pieces, place in a small bowl and sprinkle with lemon juice. Add apple to the salad.
7. Add the vinegar, olive oil and sugar.
8. Mix thoroughly. Chill and serve.

## Nutrition Facts

Serving Size 1/6 of recipe (246g)  
 Servings Per Container 6

### Amount Per Serving

**Calories** 190      **Calories from Fat** 40

**% Daily Value\***

**Total Fat** 5g      **8%**

**Saturated Fat** 0.5g      **3%**

**Trans Fat** 0g

**Cholesterol** 0mg      **0%**

**Sodium** 90mg      **4%**

**Total Carbohydrate** 34g      **11%**

**Dietary Fiber** 5g      **20%**

**Sugars** 13g

**Protein** 5g

**Vitamin A** 10%      • **Vitamin C** 45%

**Calcium** 4%      • **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

University of Connecticut,  
 Cooperative Extension, From the  
 Farm to the Table, p.8  
 Hispanic Health Council