

Nutrition Education Program

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The Food Pantry Project and the "From the Pantry to the Kitchen, Summer 2009 Recipes" is a collaboration of the Oregon State University Extension in Lane County Family Food Education Volunteers, Study Group Program Members, Extension Family and Community Health Staff and FOOD for Lane County.

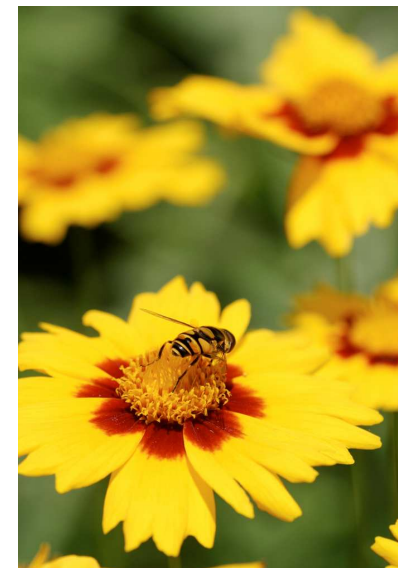
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From the Pantry to the Kitchen



Summer 2009 Recipes

Easy Steps to Help Your Family Be Food Safe

Clean. Bacteria can spread throughout the kitchen and get on hands, cutting boards, knives, and countertops. Frequent cleaning can keep that from happening.

- ◆ **WASH** hands with soap and warm water for 20 seconds before and after handling food.
- ◆ **RUN** cutting boards and utensils through the dishwasher or wash them in hot soapy water after each use.
- ◆ **KEEP** countertops clean by washing with hot soapy water after preparing food.

Separate. Cross-contamination is how bacteria spreads. Keep raw meat, poultry, and seafood and their juices away from ready-to-eat food.

- ◆ **USE** one cutting board for raw meat, poultry, and seafood and another for salads and ready-to-eat food.
- ◆ **KEEP** raw meat, poultry, and seafood and their juices apart from other food items in your grocery cart.
- ◆ **STORE** raw meat, poultry, and seafood in a container or on a plate so juices can't drip on other foods.

Cook. Even for experienced cooks, the improper heating and preparation of food means bacteria can survive.

- ◆ **USE** a food thermometer—you can't tell food is cooked safely by how it looks.
- ◆ **STIR**, rotate the dish, and cover food when microwaving to prevent cold spots where bacteria can survive.
- ◆ **BRING** sauces, soups, and gravies to a rolling boil when reheating.

Chill. Bacteria spreads fastest at temperatures between 40 °F – 140 °F, so chilling food properly is one of the most effective ways to reduce the risk of foodborne illness.

- ◆ **COOL** the fridge to 40 °F or below, and use an appliance thermometer to check the temperature.
- ◆ **CHILL** leftovers and takeout foods **within 2 hours**, and divide food into shallow containers for rapid cooling.
- ◆ **THAW** meat, poultry, and seafood in the fridge, not on the counter, and don't overstuff the fridge.

Learn the Steps to Be Food Safe

USDA, Food Safety & Inspection Service

http://www.fsis.usda.gov/PDF/BFS_Brochure.pdf



One size doesn't fit all. MyPyramid offers personalized eating plans, interactive tools to help you plan and assess your food choices, and advice to help you...

- ◆ Make smart choices from every food group.
- ◆ Find your balance between food and physical activity.
- ◆ Get the most nutrition out of your calories.
- ◆ Stay within your daily calorie needs.

For more information on MyPyramid go to: <http://www.mypyramid.gov>



Abbreviations & Substitutions

tsp. = teaspoon measure

oz. = ounce

Tbsp. = Tablespoon measure

lb. = pound

c. = cup measure



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1 c. liquid milk = ½ c. evaporated milk + ½ c. water

1 c. liquid milk = ⅓ c. dry milk + enough water to make 1 c. liquid

1 c. buttermilk or sour milk = 1 Tbsp. vinegar or lemon juice
+ enough milk to make 1 c. liquid
(let stand 5 minutes before using)

1 c. buttermilk or sour milk = 1 cup plain yogurt

1 c. honey = 1 c. molasses

1 c. honey = 1¼ c. sugar + ¼ c. water or fruit juice

1 c. corn syrup = 1 c. sugar + ¼ c. water or fruit juice

1 c. butter/margarine = ⅞ c. oil

1 oz. unsweetened baking chocolate = 3 Tbsp. cocoa + 1 Tbsp.
margarine

1 Tbsp. instant minced onion = 1 small fresh onion

1 package dry yeast = 1 Tbsp. yeast

1 tsp. dry mustard = 1 Tbsp. prepared mustard

TVP = Textured Vegetable Protein



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Tasty Turkey Meat Loaf

Ingredients:

- 1 onion, finely chopped
- 1 Tbsp. olive oil
- 1 tsp. garlic, minced
- 1 pound ground turkey or chicken
- 1 small zucchini or carrot, grated
- 1 egg
- 1 c. oatmeal
- 2 tsp. Worcestershire sauce
- 2 Tbsp. Italian seasoning
(or rosemary, basil and oregano)
- 1/2 tsp. pepper
- 1/2 tsp. salt
- 3 Tbsp. ketchup

Directions:

1. Preheat oven to 375 degrees.
2. In small frying pan over med heat, add oil. Add onion and garlic to pan and sauté about 5 minutes.
3. In large bowl, add onion, garlic and rest of the ingredients. Stir until combined.
4. Place all ingredients in a oil-sprayed 4"x 8" loaf pan.
5. Bake for 45 minutes. Remove from oven and drain off any fat. Spread ketchup evenly over the top and bake 15 minutes. Remove from oven and let it rest for 10 minutes.

Serves 6

Bright Ideas: Serve with mashed or scalloped potatoes, cooked carrots or green beans. Also, 1 tsp. onion powder and 1 tsp. garlic powder may be added for more flavor.

Nutrition Facts	
Serving Size 85 grams	
Servings Per Container 6	
Amount Per Serving	
Calories 100	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 160mg	7%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 11g	
Vitamin A 2%	Vitamin C 8%
Calcium 2%	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



Scones

Ingredients:

- 2 c. all purpose flour
- 1/3 c. sugar
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/4 tsp. salt
- 1 c. raisins
- 2/3 c. low fat milk
- 2 tsp. lemon juice
- 1 1/2 tsp. cinnamon
- 1/4 canola oil

Directions:

1. Preheat oven to 400 degrees. In small bowl or container add milk and lemon juice. Set aside.
2. To soften raisins, place 1 c. raisins in a medium bowl, add 2 c. hot water. Drain well, prior to adding to flour.
3. Combine flour, sugar, cinnamon, baking powder, soda, and salt in a medium bowl. Mix well.
4. Add raisins and mix lightly.
5. In a small bowl, combine canola oil and (soured) milk. Add liquid ingredients to flour mixture mix gently.
6. Spoon dough in to 8 equal mounds on greased baking sheet. Bake until well browned, 18-20 minutes.
7. Serve hot or at room temperature. Best eaten the same day you make them. To keep scones fresh, store leftovers in an airtight container or plastic bag.

Serves 10

Bright Idea:

Use biscuit mix instead of flour and baking powder. Add 2 Tbsp. sugar and baking soda to milk. Add rest of ingredients.

Nutrition Facts	
Serving Size 1 each (55g)	
Servings Per Container 10	
Amount Per Serving	
Calories 160	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 170mg	7%
Total Carbohydrate 28g	9%
Dietary Fiber 1g	4%
Sugars 15g	
Protein 3g	
Vitamin A 2%	Vitamin C 0%
Calcium 4%	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



Skillet Granola

Ingredients:

- 1/3 c. canola oil
- 3 Tbsp. honey
- 1/4 c. powdered milk
- 1 tsp. vanilla
- 4 c. uncooked, old-fashioned oats
- 1/2 c. sunflower seeds
- 1 c. raisins



Directions:

1. Warm oil and honey in a skillet for one minute over medium heat. Sprinkle with powdered milk and vanilla.
2. Stir in oats and sunflower seeds and mix until coated with oil and honey mixture. Cook over medium heat, stirring often until oatmeal is lightly browned.
3. Remove from heat. Stir in raisins.
4. Pour cooked granola onto cookie sheet or piece of foil to cool. Store in an airtight container (jar or plastic bag).

Serves 12

Nutrition Facts	
Serving Size 1/2 cup (59g)	
Servings Per Container 12	
Amount Per Serving	
Calories 260	Calories from Fat 90
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 35g	12%
Dietary Fiber 4g	16%
Sugars 15g	
Protein 7g	
Vitamin A 0%	Vitamin C 0%
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	

Lentils & Rice

Ingredients

- 1 c. uncooked rice
- 1/2 c. dry brown lentils, rinsed and drained
- 2 c. water
- 1/8 tsp. cumin
- 1 bouillon cube chicken
- 1/2 tsp. each salt and pepper
- 1 Tbsp. margarine or butter
- 1 onion, finely chopped
- 1 Tbsp. canola or olive oil



Directions:

1. In a medium saucepan combine lentils and uncooked rice. Add 2 c. water, cumin, bouillon cube, salt, pepper and margarine or butter.
2. Bring to a boil. Cover and lower heat to simmer.
3. Add oil to frying pan. Cook onion until golden brown.
4. When rice is done, remove from heat, let sit for twenty minutes. Fluff with fork.
5. Spoon rice mixture onto a large plate. Top with onion.

Serves 8

Bright Ideas:

Add chopped bell pepper and finely chopped carrot to top of rice.

Nutrition Facts	
Serving Size 1 cup (140g)	
Servings Per Container 8	
Amount Per Serving	
Calories 170	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 35g	12%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 7g	
Vitamin A 0%	Vitamin C 2%
Calcium 2%	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	

Turkey Chili Verde

Ingredients:

- 1 Tbsp. canola oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 green pepper, chopped
- 1 c. celery, diced
- 1 4 ounce can diced green chilies
- 8 ounces ground chicken or turkey
- 2 c. cooked kidney or pinto bean drained
- 1 14.5 ounce can diced tomatoes
- 1 Tbsp. chili powder
- 1 Tbsp. ground cumin
- 1 tsp. dried oregano
- 1 tsp. garlic powder (optional)
- 1 tsp. onion powder (optional)

Topping:

- 4 Tbsp. low-fat sour cream
- 2 green onions, diced
- 1/2 c. cheddar cheese

Directions:

1. Heat oil in large skillet over medium heat.
2. Add onions, garlic, bell pepper, chilies, celery & ground meat. Sauté until ground meat is no longer pink and vegetables are tender.
3. Add beans, diced tomatoes, chili powder, cumin, & oregano. Bring to a boil and turn heat down. Simmer 25 minutes.
4. If desired, you can add garlic and onion powder during the last 10 minutes of cooking.
5. When serving, top with sour cream, green onion and cheese.

Serves 8

Bright ideas:

Serve with tortillas, tortilla chips or use in the tortilla as filling for a burrito.

Recipes from the Pantry to the Kitchen

Nutrition Facts

Serving Size 1/2 cup		Servings Per Container 8	
Amount Per Serving			
Calories 120	Calories from Fat 30		
		% Daily Value*	
Total Fat 3.5g			5%
Saturated Fat 0.5g			3%
Trans Fat 0g			
Cholesterol 15mg			5%
Sodium 85mg			4%
Total Carbohydrate 15g			5%
Dietary Fiber 5g			20%
Sugars 3g			
Protein 8g			
Vitamin A 10%		Vitamin C 60%	
Calcium 4%		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

Harvest Salad

Ingredients:

- 1/4 head red cabbage
- 2 c. romaine lettuce
- 2 medium carrots
- 1 cucumber
- 1 green onion, thinly sliced
- 1 green pepper
- 1 broccoli crown
- 2 medium tomatoes
- 1 15 ounce can kidney beans or garbanzo beans
- 1/4 c. Italian dressing, nonfat



Directions:

1. Wash and drain well all vegetables.
2. Thickly slice red cabbage, tear lettuce into bite-sized pieces, peel and grate (or slice) carrots, green onion, cucumber, cut broccoli into florets and dice tomatoes.
3. Combine all salad ingredients in a large bowl.
4. Add salad dressing and toss together lightly just before serving.

Serves 6

Bright Idea:

- ♦ Top with black pepper to taste.
- ♦ To make salad a complete meal, top salad with 2 Tbsp. cheese and serve with whole wheat roll or bread.

Recipes from the Pantry to the Kitchen

Nutrition Facts

Serving Size 1 cup (100g)		Servings Per Container 6	
Amount Per Serving			
Calories 40	Calories from Fat 5		
		% Daily Value*	
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 115mg			5%
Total Carbohydrate 8g			3%
Dietary Fiber 2g			8%
Sugars 3g			
Protein 2g			
Vitamin A 35%		Vitamin C 40%	
Calcium 2%		Iron 4%	
*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

Cabbage Slaw

Ingredients:

- 4 c. cabbage, thinly sliced or shredded
- ¼ c. carrots, grated or finely sliced
- ¼ c. celery, thinly sliced
- ¼ c. green pepper, chopped
- 1 tsp. onion, finely chopped
- ½ tsp. dill or basil or parsley
- ¼ mayonnaise, light or non-fat
- ¾ c. yogurt, plain nonfat
- 1 tsp. mustard
- ½ tsp. lemon juice (or to taste)
- ½ tsp. sugar



Nutrition Facts	
Serving Size 1/2 cup (77g)	
Servings Per Container 8	
Amount Per Serving	
Calories 45	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 95mg	4%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 2g	
Vitamin A 15%	Vitamin C 40%
Calcium 4%	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	

Directions:

1. Wash and prepare vegetables for chopping.
2. Use a cheese grater or slice all vegetables thinly with a sharp knife.
3. Mix together in bowl.
4. Add herbs (dill, basil or parsley) to taste.
5. Mix mayonnaise, yogurt, mustard, lemon juice, and sugar in small bowl. Blend well. Add to vegetables.
6. Pour over vegetables. Stir, coating veggies with dressing.
7. Refrigerate until ready to eat.

Serves 8

Bright Idea:

Add tomatoes or cherry tomatoes. Optional: pepper & salt to taste.

Corn Fritters

Ingredients:

- 2 c. packaged low-fat biscuit mix
- 2 c. low-fat buttermilk (or soured milk*)
- 1 egg, lightly beaten
- ¼ tsp. pepper
- ½ tsp. salt
- 2 tsp. dried basil
- ¼ c. grated Parmesan cheese
- 1 can whole kernel corn, drained (or equivalent amount frozen and thawed)
- 2 Tbsp. canola oil



Nutrition Facts	
Serving Size 1 each (110g)	
Servings Per Container 4	
Amount Per Serving	
Calories 200	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 540mg	23%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 6g	
Vitamin A 2%	Vitamin C 2%
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	

Directions:

1. Preheat oven to 200 degrees.
2. In a large bowl, combine biscuit mix, buttermilk, egg, salt, pepper, basil and Parmesan cheese. Beat until smooth.
3. Stir in corn.
4. In a non-stick frying pan, heat oil over medium heat. When hot, drop ¼ cupfuls of batter onto pan. Flatten mounds into patties and cook until golden brown on both sides.

Serves 4

Bright ideas: Omit pepper, basil and parmesan cheese from batter and prepare as directed. Top with flavored yogurt or applesauce, strawberries, peaches or other cut-up fruits.

***To sour milk:** measure 1 c. milk to 1 Tbsp. white vinegar or lemon juice. Let sit for 10-15 minutes. Use instead of buttermilk.

One Pan Spaghetti

Ingredients:

- ½ lb. lean ground meat
- 1 medium onion, chopped
- 3½ c. water
- 1 15 ounce can tomato sauce
- 2 tsp. dried oregano
- ½ tsp. each sugar, garlic powder, rosemary
- ¼ tsp. pepper
- 2 c. (12 ounces) broken spaghetti
- 1 c. (4 ounces) Parmesan cheese, grated

Directions:

1. Brown meat and onions in a large skillet over medium-high heat. Drain fat.
2. Stir in water, tomato sauce, and spices. Bring to a boil.
3. Add spaghetti, cover pan with lid, and simmer 10-15 minutes, stirring often to prevent sticking.
4. When spaghetti is tender remove from heat. Top with grated cheese, before serving.

Serves 10

Bright Idea:

- ♦ Try ground turkey or small cooked shrimp for the meat.
- ♦ Try whole wheat pasta to increase fiber.
- ♦ Use cheddar cheese in place of Parmesan.

Nutrition Facts	
Serving Size 1 Cup (246g)	
Servings Per Container 10	
Amount Per Serving	
Calories 230	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 410mg	17%
Total Carbohydrate 31g	10%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 13g	
Vitamin A 6%	Vitamin C 6%
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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Spring Green Salad

Ingredients:

- 12 c. spinach, fresh leaves
- 1 clove garlic, minced
- 1 c. walnut pieces
- 2 Tbsp. margarine or butter
- 2 oranges
- 1 c. strawberries, halved

Dressing:

- 1 tsp. sugar
- ¼ tsp. paprika
- 3 Tbsp. orange juice
- 1 Tbsp. lemon juice
- 1½ tsp. vinegar
- 1 tsp. onion, finely chopped
- 2 Tbsp. canola oil

Directions:

1. Wash and dry spinach, tear into pieces, chill.
2. In a small frying pan, sauté walnuts and garlic in margarine or butter. Stir frequently as walnuts and garlic burn easily.
3. To prepare orange: Cut off peel and attached white membrane from fruit. Cut orange sections into bit size pieces.
4. **Dressing:** Combine all ingredients in a jar and shake well or blend well in a blender.
5. Right before serving, toss orange pieces and strawberries with walnuts and spinach. Combine fruits with spinach leaves. Top with dressing and toss to coat salad. Serve immediately.

Serves 12

Nutrition Facts

Serving Size 1 cup (80g)	
Servings Per Container 12	
Amount Per Serving	
Calories 110	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 2g	
Vitamin A 50%	Vitamin C 50%
Calcium 4%	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	



Apple Coleslaw

Ingredients:

- 2 c. cabbage, shredded
- 1 medium carrot, grated
- ½ green pepper, chopped
- 1 apple, chopped
- 5 Tbsp. plain low-fat, yogurt
- 1 Tbsp. mayonnaise, low-fat
- 1 tsp. lemon juice
- ¼ tsp. dill weed

Directions:

1. Rinse cabbage. Cut it into fine shreds, until you have 2 c. of cabbage.
2. Peel carrot and grate.
3. Chop green pepper into small pieces.
4. Remove the core, and chop the apple.
5. Add cabbage, carrot, green pepper, and apple large mixing bowl. Stir together.
6. **Dressing:** In a small bowl mix together yogurt, mayonnaise, lemon juice, and dill weed. Stir well.
7. Pour dressing over the salad. Toss to mix. Add salt and pepper to taste.

Serves 4

Nutrition Facts	
Serving Size 1/2 cup or 1/4 of recipe (123g)	
Servings Per Container	
Amount Per Serving	
Calories 60	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 2g	
Vitamin A 50%	Vitamin C 45%
Calcium 6%	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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Cream of Broccoli Soup

Ingredients:

- 1½ c. chicken broth
- ½ c. onion, chopped
- 2 c. chopped broccoli or frozen
- ½ tsp. dried, crushed thyme
- 2 small bay leaves
- 2 Tbsp. margarine or butter
- 2 Tbsp. flour
- ¼ tsp. salt
- 1 c. milk, nonfat
- pepper to taste
- garlic powder to taste

Directions:

1. In a saucepan, combine chicken broth, chopped onion, broccoli, thyme, bay leaf and garlic powder. Bring mixture to a boil. Reduce heat. Cover and simmer for 10 minutes or until vegetables are tender.
2. Remove bay leaf.
3. Place half of mixture in blender or food processor. Cover and blend 30 to 60 seconds or until smooth. Pour into a bowl. Repeat with remaining mixture. Set aside.
4. In the same saucepan melt margarine. Stir in flour, salt, and pepper. Add milk all at once, stirring rapidly with wire whisk. Cook and stir until mixture is thickened and bubbly.
5. Add blended broccoli mixture. Cook. Stir until soup is heated through. Season to taste.

Serves 4

Nutrition Facts	
Serving Size 1 cup or 1/4 of recipe (221g)	
Servings Per Container 4	
Amount Per Serving	
Calories 110	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 1.5g	
Cholesterol 0mg	0%
Sodium 380mg	16%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 5g	
Vitamin A 8%	Vitamin C 70%
Calcium 10%	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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Zucchini Oatmeal Patties

Ingredients:

- ½ c. oatmeal
- 1 small zucchini, grated
- 3 Tbsp. onion, chopped
- 3 Tbsp. whole wheat flour
- 2 large eggs
- ¼ tsp. red or black pepper
- ½ tsp. salt
- ½ tsp. garlic powder
- 2 tsp. soy sauce



Nutrition Facts	
Serving Size 2 each (110g) Servings Per Container 8	
Amount Per Serving	
Calories 140	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 125mg	42%
Sodium 740mg	31%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 8g	
Vitamin A 4%	Vitamin C 15%
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	

Directions:

1. In a bowl add oatmeal, grated zucchini, chopped onion, flour, eggs and seasonings.
2. Mix well.
3. In a non-stick frying pan, heat oil over medium heat. When hot, drop ¼ cupfuls of batter onto pan. Flatten mounds into patties and cook until golden brown on both sides.

Serves 8

Bright Idea:

- ♦ White flour may be substituted for whole wheat.

Recipes from the Pantry to the Kitchen

Au Gratin Potatoes

Ingredients

- 6 medium (3-4 inch) potatoes peeled and sliced into ¼ inch slices
- 1 c. onion, chopped
- 2 Tbsp. margarine or butter
- 1½ c. mild cheddar cheese, shredded
- 2 c. nonfat milk **OR** combine ⅔ c. powdered milk with 2 c. cold water, stir well
- black pepper to taste

Directions:

1. Prepare a large casserole baking dish by coating lightly with non-stick cooking spray.
2. Layer potatoes in dish bottom, using about ¼ of potatoes. Sprinkle layer with ¼ cup chopped onion, ¼ of the cheese, ½ Tbsp. margarine or butter, 1 tsp. flour, and sprinkling of black pepper.
3. Repeat layers.
4. Heat milk over low heat, until warm.
5. Pour warm milk over all ingredients in casserole dish.
6. Bake at 350 degrees for one hour.

Serves 8

Recipes from the Pantry to the Kitchen

Nutrition Facts	
Serving Size 1/2 cup (140g) Servings Per Container 8	
Amount Per Serving	
Calories 110	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 85mg	4%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 5g	
Vitamin A 4%	Vitamin C 25%
Calcium 10%	Iron 4%
*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	

Lentil Burgers

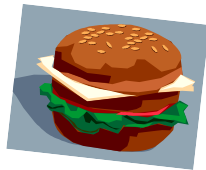
Ingredients:

- 1¼ c. lentils
- 3 c. water
- 1 c. onion, chopped
- 1 c. carrot, grated
- 3 c. fresh bread crumbs (diced small)
- 2 eggs
- 1 tsp. garlic powder
- ½ tsp. crumbled leaf oregano
- ½ salt
- 3 Tbsp. canola oil

Directions:

1. Place lentils in a colander, rinse in cold water and drain.
2. In a medium sauce pan, bring water to a boil. Add lentils, reduce heat to low, cover and cook for 15 minutes.
3. Add onion and carrots. Cook 15 minutes more or until lentils are tender.
4. Remove from heat and cool slightly.
5. Stir in bread crumbs, egg, garlic powder, oregano and salt. Mash with potato masher.
6. In a non-stick frying pan, heat oil over medium heat. When hot, drop ½ cupfuls of batter onto pan. Flatten mounds into patties and cook until golden brown on both sides.

Nutrition Facts	
Serving Size 1 patty (55g) Servings Per Container 10	
Amount Per Serving	
Calories 50	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 100mg	4%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 2g	
Vitamin A 15%	Vitamin C 2%
Calcium 2%	Iron 4%
*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	



Serves 10

Bright Idea: Top each patty with a thin slice of reduced fat cheese.

Green Bean Medley

Ingredients:

- ¼ c. onion, chopped
- ¼ c. green pepper, chopped
- ½ c. celery, chopped
- 2 cans or 4 c. fresh green beans
- 1 14.5 ounce can diced tomatoes

Directions:

1. If using fresh green beans,
 - a. snip off both ends of green beans.
 - b. Cut into bite size pieces or leave whole if desired.
 - c. Place in boiling water or part water and part stock.
 - d. Reduce heat, cook partially covered if you wish to preserve the color or completely covered to preserve nutrients.
 - e. Simmer until tender, about 20 minutes. Drain.
2. In medium sauce pan, combine cooked or canned beans with other ingredients.
3. Over medium heat, cook vegetable mixture until hot.
4. Remove from heat and serve immediately.

Nutrition Facts	
Serving Size 1 cup (85g) Servings Per Container 4	
Amount Per Serving	
Calories 15	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 1g	
Vitamin A 6%	Vitamin C 10%
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	



Serves 4

Recipes from the Pantry to the Kitchen

Broccoli Quiche

Ingredients:

- 1/3 c. onion, chopped
- 3/4 c. cheddar cheese, grated
- 2 c. frozen chopped broccoli thawed
- 2 c. low-fat milk*
- 1/2 c. low-fat biscuit mix
- 4 eggs
- 1/4 tsp. black pepper



Nutrition Facts	
Serving Size 1 cup (140g) Servings Per Container 6	
Amount Per Serving	
Calories 150	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 115mg	38%
Sodium 300mg	13%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 9g	
Vitamin A 8%	Vitamin C 15%
Calcium 20%	Iron 4%
*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	

Directions:

1. Heat oven to 350 degrees.
2. Lightly grease a 10 inch pie pan.
3. Spread onion, cheese and broccoli evenly on bottom of pie pan.
4. Combine milk, biscuit mix, eggs and pepper in blender or medium bowl.
5. Blend or stir for 1 minute or until mixture is smooth.
6. Pour milk/egg mixture over broccoli in pie pan immediately.
7. Bake 40 minutes or until golden brown. Quiche is done when knife inserted 2 inches from the edge of pie pan comes out clean.
8. Let stand for 15 minutes before cutting.

Serves 6

Bright Idea:

*In place of low-fat milk, combine 1/3 c. of powdered milk with 1 c. of cold water. Mix well.

Potato and Bean Enchiladas

Ingredients:

- 1 large or 2 small potatoes, peeled and diced. (Boil potatoes in water until almost done.)
- 1 Tbsp. canola oil
- 1/2 tsp. cumin
- 1/2 tsp. chili powder
- 1 1/2 tsp. ketchup
- 1 28 ounce can green enchilada sauce
- 1/2 bunch cilantro, washed, stemmed and chopped
- 12 corn tortillas
- 2 c. pinto beans, drained
- 1 c. low-fat mozzarella cheese



Directions:

1. Preheat oven to 350 degrees. Coat 9" x 13" baking dish with non-stick spray.
2. In a bowl, sprinkle cumin, chili powder and salt over potatoes and toss. Stir in ketchup.
3. Add oil to skillet and sauté seasoned potatoes until tender.
4. Add beans, half of the cheese and half of the cilantro to potatoes. Stir.
5. Warm corn tortillas in microwave or heat one at a time in non-stick skillet over medium heat.
6. Top each tortilla with potato mixture, roll up and place tortillas seam side down in baking dish. Repeat.
7. Pour enchilada sauce into small bowl. Stir in rest of the cilantro.
8. Spoon sauce over top of corn tortilla and sprinkle remaining cheese.
9. Bake 30 minutes or until hot and bubbly.

Serves 6

Nutrition Facts

Serving Size 2 Tortillas (140g) Servings Per Container 6	
Amount Per Serving	
Calories 170	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 460mg	19%
Total Carbohydrate 26g	9%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 6g	
Vitamin A 4%	Vitamin C 10%
Calcium 8%	Iron 4%
*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	