

RECIPES TO GROW ON

Breakfast Parfait (4 servings)

2 cups canned pineapple, chopped
1 cup frozen berries, thawed
1 cup low fat vanilla yogurt

1 banana, peeled and sliced
1/3 cup raisins



In glasses or bowls, layer pineapple, berries, yogurt, banana, and raisins.

Nutrition Facts (per serving): Calories 200 ~ fat 1g ~ calories from fat 10 ~ sodium 45 mg ~ total carbohydrate 48 g

Fruit 'N' Yogurt Breakfast Shake (2 servings)

1 very ripe, medium banana, peeled
3/4 cup pineapple juice

1/2 cup low fat vanilla yogurt
1/2 cup strawberries, remove stem and rinse

Blend banana with pineapple juice, yogurt and strawberries in a blender. Blend until smooth. Divide shake between 2 glasses and serve immediately.

Nutrition Facts (per serving): Calories 170 ~ fat 1.5 g ~ calories from fat 10 ~ sodium 40 mg ~ total carbohydrate 38 g

Vegetable Dipping Sauce (4 servings)

1/4 cup plain nonfat yogurt
1/4 cup light sour cream

2 tsp. honey
2 tsp. spicy brown mustard

Mix together all ingredients. Good with carrot sticks, broccoli, cauliflower, tomatoes or any of your favorite fresh vegetables.

Nutrition Facts (per serving): Calories 40 ~ fat 1 g ~ calories from fat 10 ~ sodium 65 mg ~ total carbohydrate 7 g

Broccoli Soup (6 servings)

2 Tbsp. margarine
1 onion, small, chopped fine
3 Tbsp. flour
1/8 tsp. pepper
2 cups skim milk (or 2/3 cup powdered milk+2 cups water)

2 cups shredded cheese
2 chicken bouillon cubes
1 1/2 cups water
1 cup cooked broccoli, chopped
paprika



Melt butter in 3-quart saucepan over low heat. Add onion and cook until lightly browned. Remove from heat. Stir in flour and pepper. Add milk gradually, stirring constantly. Cook until thickened. Add cheese and stir until melted. Remove from heat. Dissolve bouillon cubes in hot water. Stir into cheese mixture. Add chopped broccoli. Heat to serving temperature. Sprinkle with paprika, if desired.

Nutrition Facts (per serving): Calories 250 ~ fat 17 g ~ calories from fat 150 ~ sodium 470 mg ~ total carbohydrate 11 g

Delicious Pops (24 popsicles)

1 1/2 packages unflavored gelatin
 1 1/2 cups boiling water
 3 cans (6 oz.) frozen juice concentrate
 (orange, apple, grape, etc.)

1 1/2 cups cold water
 6 cups vanilla low fat yogurt
 24 (4 - 5 oz.) paper or plastic cups
 24 popsicle sticks



Dissolve gelatin in the boiling water. Add the rest of the ingredients and stir to blend. Spoon mixture into cups. Insert popsicle stick in middle of each cup. Freeze 4 hours or overnight.

Nutrition Facts (per serving): Calories 90 ~ fat 1 g ~ calories from fat 5 ~ sodium 45 mg ~ total carbohydrate 17 g

Cheese and Ham Spread (4 servings)

2 cups shredded lowfat cheddar cheese
 1 - 2 1/4 oz. can deviled ham

1/3 cup plain yogurt
 1 Tbsp. grated onion

In a large mixing bowl, beat together cheese and ham until smooth. Add yogurt and onion, continue beating until creamy. Serve immediately or refrigerate until served. Use as a spread for crackers or sandwiches.

Nutrition Facts (per serving): Calories 150 ~ fat 8 g ~ calories from fat 70 ~ sodium 480 mg ~ total carbohydrate 3 g

Rice Pudding (8 servings – 1/2 cup each)

2 Tbsp margarine
 1 cup rice, uncooked
 3/4 cup water
 1 quart fat free milk

1/4 cup sugar
 1/4 tsp. salt
 1 tsp. vanilla extract
 1 tsp. cinnamon



Melt margarine in a large saucepan over low heat. Add rice and water bringing rice to a boil. Cook until all water is absorbed. Stir to avoid sticking. Add milk, sugar, salt, vanilla and cinnamon to rice mixture. Reduce heat to low and simmer for 30 – 40 minutes, stirring occasionally until milk is absorbed and rice is soft. Serve warm.

Nutrition Facts (per serving): Calories 180 ~ fat 3 g ~ calories from fat 30 ~ sodium 140 mg ~ total carbohydrate 32 g



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