

Recipe Appendix

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Recipes analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.



1. Fruit Yogurt Smoothie

Ingredients:

- 3 cups (12oz) strawberries or other frozen fruit
- 2 cups fat-free milk
- 1 large banana
- ¾ cup low-fat yogurt (vanilla or plain)

Instructions:

1. Slightly defrost the frozen fruit, just enough so that it will blend easily.
2. Pour the milk into a blender.
3. Add frozen fruit pieces to blender.
4. Add the banana and yogurt.
5. Blend until smooth – about 30-45 seconds.

Variations: Add any seasonal fresh fruit or frozen fruit like peaches, pineapple or other berries. Let kids help choose which to use!

Yield: About 7 servings

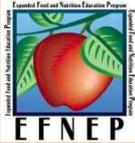
Source: Adapted from *Eating Smart, Being Active*, California EFNEP and Colorado EFNEP, 2007.

Nutrition Facts			
Serving Size: ¼ cup			
Servings Per Recipe: 7			
Amount Per Serving			
Calories	80	Calories from Fat	5
% Daily Value *			
Total Fat	<0.5g		1%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	55mg		2%
Total Carbohydrate	15g		5%
Dietary Fiber	2g		8%
Sugars	11g		
Protein	4g		
Vitamin A	4%	Vitamin C	70%
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.			
6% calories from fat			
Nutrition facts using low fat vanilla yogurt and strawberries			

Recipes analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.



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2. Water with a Twist

Ingredients:

Your choice of the following fruits or vegetables:

Oranges
Lemons
Limes
Strawberries
Pineapple
Cucumber

Chilled water

Instructions:

1. Wash fruit or vegetable and cut into slices.
2. Add slices of your choice to a pitcher of water. Squeeze citrus to release more flavor into the water.
3. Feel free to mix and match different fruits!
4. Serve and enjoy.
5. Eat the fruit as you drink or when you're done!

Variation: Use seltzer water instead of plain water

Food Safety Note: Keep cold or drink within 2 hours. Can be refrigerated for up to 3 days.

Recipes analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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3. Orange and White Fries

Ingredients:

- 2 medium white potatoes (¾ to 1 pound)
- 1 large sweet potatoes (¾ to 1 pound)
- 4 teaspoons vegetable oil

Instructions:

1. Preheat oven to 425°.
2. Place oil in mixing bowl.
3. Scrub potatoes well and cut into quarters, then cut each quarter into thin strips.
4. Place strips in mixing bowl. Mix to coat evenly with oil.
5. Spread potatoes on baking sheet. Bake 15 minutes or until tender and evenly browned.

Nutrition Facts			
Serving Size: ½ cup			
Servings Per Recipe: 8			
Amount Per Serving			
Calories	70	Calories from Fat	20
% Daily Value *			
Total Fat	2.5g		4%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	20mg		1%
Total Carbohydrate	13g		4%
Dietary Fiber	2g		8%
Sugars	2g		
Protein	2g		
Vitamin A	90%	Vitamin C	15%
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.			
29% calories from fat			

Note: If strips are not thin, allow more time to cook.

Optional: Reduce baking time and make it easier to slice sweet potatoes by microwaving on low 5-10 minutes before cutting

Variations: Have spices children can select from to add before baking: garlic, onion, or chili powder, pepper, paprika, rosemary, oregano, etc.

Yield: About 8 servings

Source: Adapted from *Cooking Up Fun! Vary Your Veggies*, Cornell University, 2009 (Draft).

Recipes analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.



4. Garden Salad with Vinaigrette

Ingredients:

- 6 cups dark salad greens (romaine, leaf lettuce, spinach, etc. - not iceberg)
- ½ cup chopped carrots
- ½ cup garbanzo beans
- ½ cup frozen green peas
- 1 tomato or half a cucumber, sliced
- 1 Tablespoon red wine vinegar or lemon juice
- 4 Tablespoons olive or other vegetable oil
- Pinch of salt, pepper to taste

Instructions:

1. Wash salad greens, pat dry or use salad spinner, tear into pieces, and place in large bowl.
2. Wash and chop vegetables and add, along with garbanzo beans and peas (can add peas still frozen as they will thaw quickly).
3. Pour the vinegar, salt, pepper, and oil into a jar. Put the lid on tightly and shake well.
4. Pour dressing over salad or let children add their own.

Nutrition Facts			
Serving Size: 1 cup			
Servings Per Recipe: 8			
Amount Per Serving			
Calories	100	Calories from Fat	60
% Daily Value *			
Total Fat	7g		11%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	10mg		0%
Total Carbohydrate	7g		2%
Dietary Fiber	2g		8%
Sugars	2g		
Protein	2g		
Vitamin A	90%	Vitamin C	20%
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.			
60% calories from fat			

Variations: Add ¼ teaspoon mustard, minced garlic and/or dried herbs to the dressing. Add other vegetables such as bell pepper or radish to the salad.

Yield: About 8 servings

Source: Adapted from *The Good Housekeeping Illustrated Children's Cookbook*. Hearst Books, 1997.

Recipes analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.



5. Hummus with Veggies and Pita

Ingredients:

- 1 15-ounce can chickpeas or garbanzo beans, drained and rinsed
- 1 clove garlic, peeled and crushed (or 1/8th teaspoon garlic powder)
- 3 Tablespoons lemon juice
- 1/2 teaspoon salt
- 6 Tablespoons water
- 3 Tablespoons Tahini (ground sesame seeds) or peanut butter
- 1-2 Tablespoons olive oil or other vegetable oil
- 1/4 teaspoon paprika (optional)
- Cut-up raw vegetables for dipping
- Pita bread (optional)

Instructions:

1. Put garlic, lemon juice, salt, and 1 cup of chick peas into blender. Add 3 Tablespoons of water, and blend until smooth. Or mash by hand (using garlic powder).
2. Add second cup of chick peas and 3 Tablespoons of cold water. Blend or mash until smooth.
3. Add tahini or peanut butter and oil and blend again until smooth. If too thick or you want creamier hummus, add an additional tablespoon of water.
4. Scoop hummus into a bowl and sprinkle with paprika (optional).
5. Serve with cut-up raw vegetables, and (optional) pita bread.

Yield: About 12 servings

Source: Adapted from *World-of-the-East Vegetarian Cooking*, by Madhur Jaffrey, 1981.

Nutrition Facts	
Serving Size: 2 tablespoons (34g)	
Servings Per Recipe: 12	
Amount Per Serving	
Calories	60
Calories from Fat	30
% Daily Value *	
Total Fat	3.5g 5%
Saturated Fat	0g 0%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	180mg 8%
Total Carbohydrate	6g 2%
Dietary Fiber	1g 4%
Sugars	1g
Protein 2g	
Vitamin A	0%
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.	
50% calories from fat (hummus only)	
Nutrition facts using Tahini and 1 Tbsp oil	

Recipes analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.



6. Apple Cinnamon Wrap and Roll

Ingredients:

- 3 Tablespoons sugar
- 1 teaspoon cinnamon
- 2 apples (2 cups finely chopped)
- 1/3 cup low-fat vanilla yogurt
- Cooking spray
- 4 6-inch whole wheat flour tortillas
- 2 teaspoons vegetable oil

Instructions:

1. Mix sugar and cinnamon in small bowl.
2. Wash and finely chop apples. Place in medium bowl.
3. Add yogurt to apples, stirring to combine.
4. Lay tortilla flat on plate. Lightly spray top side with cooking spray. Sprinkle with a spoonful of cinnamon sugar.
5. Flip tortilla so un-oiled side is up. Using 1/4 of apple mixture, fill half of tortilla and fold over other half.
6. Heat oil in frying pan on medium.
7. Place folded tortilla in pan and cook about 1 minute, or until lightly browned. Flip to cook second side.
8. Remove from pan and cut in half.
9. Repeat with remaining tortillas.

Yield: 8 servings

Variation: Use canned pears or peaches, which can be cut with a plastic knife.

Source: Adapted from *Get Fresh!* Cornell University, 2001.

Nutrition Facts			
Serving Size: Half a wrap (55g)			
Servings Per Recipe: 8			
Amount Per Serving			
Calories	110	Calories from Fat	25
% Daily Value *			
Total Fat	2.5g		4%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	70mg		3%
Total Carbohydrate	19g		6%
Dietary Fiber	2g		8%
Sugars	10g		
Protein 2g			
Vitamin A	0%	Vitamin C	2%
Calcium	0%	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.			
23% calories from fat			
Nutrition facts based on 2 sprays cooking spray per tortilla.			

Recipes analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.



7. Oatmeal Pancakes with Applesauce

Ingredients:

- ¾ cup quick or old fashioned oats
- 1½ cups fat-free milk
- ¾ cup enriched all purpose flour
- ½ cup whole wheat flour
- 2 Tablespoons sugar
- 1 Tablespoon baking powder
- ½ teaspoon salt
- 2 eggs, beaten
- 1 Tablespoon oil, plus more for cooking
- 3 cups unsweetened applesauce
- Cinnamon

Instructions:

1. Combine oats and milk in large bowl. Let stand 5 minutes.
2. Mix flour, sugar, baking powder, and salt into medium bowl. Add to oat/milk mixture.
3. Spread a small amount of oil onto an electric griddle or pan. Heat.
4. Beat eggs and oil together. Add to large bowl.
5. Stir only until all ingredients are combined. Mixture will be lumpy.
6. Spread a small amount of oil onto electric griddle or pan. Heat.
7. Spoon batter onto hot pan.
8. Turn pancakes when tops are covered with bubbles and edges look cooked. Remove from pan when second side is cooked.
9. Serve with applesauce and sprinkled cinnamon.

Yield: About 12 servings

Source: Cornell Cooperative Extension of Nassau County.

Nutrition Facts			
Serving Size: 1 pancake and ¼ cup applesauce			
Servings Per Recipe: 12			
Amount Per Serving			
Calories	140	Calories from Fat	35
% Daily Value *			
Total Fat	4g		6%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	40mg		13%
Sodium	250mg		10%
Total Carbohydrate	24g		8%
Dietary Fiber	2g		8%
Sugars	9g		
Protein 4g			
Vitamin A	2%	Vitamin C	2%
Calcium	15%	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.			
25% calories from fat, using 1 Tbsp oil for cooking.			

Recipes analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.



8. Veggie Pick-Pockets

Ingredients:

- 12 whole wheat mini pita pockets (4")
- 1 cucumber
- 3 carrots
- ¼ cup low fat creamy salad dressing

Instructions:

1. Cut each mini pita in half.
2. Peel and dice cucumbers.
3. Grate carrots or cut into slivers.
4. Put ½ teaspoon salad dressing in each half pocket.
5. Add veggies and serve.
6. Enjoy!

Nutrition Facts			
Serving Size: 1 pita pocket			
Servings Per Recipe: 12			
Amount Per Serving			
Calories	90	Calories from Fat	10
% Daily Value *			
Total Fat	1g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	210mg		9%
Total Carbohydrate	19g		6%
Dietary Fiber	3g		12%
Sugars	2g		
Protein	3g		
Vitamin A	70%	Vitamin C	4%
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.			
14% calories from fat			
Nutrition facts using low fat Ranch dressing			

Yield: About 12 servings (2 half mini pitas per person)

Variation: Offer several choices of vegetables and let children choose and fill their own. Or mix salad dressing with prepared vegetables and then add to pita halves.

Source: Linda Earley, Cornell Cooperative Extension of Columbia County.

Recipes analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.



9. Bread-in-a-Bag

Ingredients:

- 1 cup all purpose flour
- 2 cups whole wheat flour
- 1 package rapid rise yeast
- 2 Tablespoons sugar
- 3 Tablespoons nonfat dry milk
- 1 teaspoon salt
- 1 cup very warm water (125 - 130° F)
- 1 Tablespoon vegetable oil

Instructions:

1. In a large, heavy zip-top bag, add 1 cup all purpose flour, yeast, sugar, nonfat dry milk, and salt. Seal the bag and shake and squeeze it to blend ingredients.
2. Open the bag and add the water and oil. Reseal and continue to mix by shaking and squeezing the bag.
3. Open the bag and add enough whole wheat flour to make a stiff dough (may not need all of the 2 cups).
4. Squeeze air from bag and reseal it. Continue squeezing until bag pulls away from dough.

Nutrition Facts			
Serving Size 1 slice (56g)			
Servings Per Recipe 12			
Amount Per Serving			
Calories	130	Calories from Fat	15
% Daily Value *			
Total Fat	1.5g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	200mg		8%
Total Carbohydrate	25g		8%
Dietary Fiber	3g		12%
Sugars	3g		
Protein	5g		
Vitamin A	0%	Vitamin C	2%
Calcium	2%	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.			
12% calories from fat			

At Home:

1. Remove dough from bag and place on lightly floured surface. Knead dough 5 minutes or until smooth and elastic. Cover dough with clean towel and let rest for 10 minutes.
2. Shape dough and place in greased 8 x 5-inch loaf pan or on cookie sheet. Cover with a clean towel; let rise in a warm place until double, about 1 hour.
3. Preheat oven to 400° F. Bake 30 to 35 minutes or until bread sounds hollow when tapped. Remove bread from pan and let cool on a wire rack.

Optional: If you don't have dry milk, used 1 cup of heated fat-free milk instead of the water.

Yield: About 12 servings

Source: Adapted from *Cooking Up Fun! Yeast Breads*, Cornell Cooperative Extension, Division of Nutritional Sciences, Cornell University, 2000.

Recipes analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.



10. Broccoli and Black Bean Quesadilla

Ingredients:

- 1 cup cooked black beans (½ can)
- ¼ cup salsa
- 1 cup grated low fat cheese (4 ounces)
- 1 cup cooked broccoli
- Cooking spray
- 4 8-inch whole wheat tortillas

Instructions:

1. Mash beans in a large mixing bowl.
2. Drain salsa and add to beans.
3. Grate cheese and add to beans.
4. Chop broccoli and add to beans.
5. Coat pan with cooking spray.
6. Lay tortilla flat on plate, fill half tortilla with ¼ bean mixture. Fold other half over mixture.
7. Place folded tortilla in pan and cook 3 to 4 minutes, or until lightly browned. Flip and cook second side.
8. Remove from pan and cut in half.
9. Repeat with remaining tortillas.

Nutrition Facts			
Serving Size :1 piece (1/2 tortilla)			
Servings Per Recipe: 8			
Amount Per Serving			
Calories	130	Calories from Fat	40
% Daily Value *			
Total Fat	4.5g		7%
Saturated Fat	2g		10%
Trans Fat	0g		
Cholesterol	10mg		3%
Sodium	230mg		10%
Total Carbohydrate	14g		5%
Dietary Fiber	2g		8%
Sugars	1g		
Protein 7g			
Vitamin A	8%	Vitamin C	20%
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.			
31% calories from fat			

Variation: Use 2 cups (1 15-oz can) of the black beans instead of just 1 cup.

Yield: About 8 quesadillas (half tortilla each)

Source: *GET FRESH!* Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 2001.

Recipes analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.



11. Tortilla Roll-ups

Ingredients:

- 6 large whole wheat flour tortillas
- 1 cup grated low fat cheddar cheese (4 oz.)
- 1 cup mild salsa (8 oz)
- 1 cup black beans, drained (½ can)
- 1 avocado, mashed (optional)

Instructions:

1. Put the tortillas on a plate, cover with a paper towel, and microwave on High for 1 minute (optional).
2. Mix cheese, salsa, and black beans.
3. Spread a thin layer of mixture on each tortilla.
4. Top with a spoonful of avocado (optional).
5. Roll up, cut in half, and serve.

Yield: About 12 servings (½ tortilla each)

Source: Linda Earley, Cornell Cooperative Extension of Columbia County.

Nutrition Facts			
Serving Size: 3 Tablespoon (90g)			
Servings Per Recipe: 12			
Amount Per Serving			
Calories	140	Calories from Fat	40
% Daily Value *			
Total Fat	4.5g		7%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	290mg		12%
Total Carbohydrate	17g		6%
Dietary Fiber	3g		12%
Sugars	1g		
Protein	6g		
Vitamin A	2%	Vitamin C	8%
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.			
29% calories from fat			

Recipes analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.



12. Breakfast Parfait

Ingredients:

- 3 cups chopped apple or other fruit (fresh, canned or frozen)
- 2 cups low-fat yogurt, plain or vanilla
- 1 ½ cups low-fat granola or your favorite whole grain cereal

Instructions:

1. Drain canned fruit; thaw frozen fruit.
2. Cut fruit into bite size pieces.
3. Place ½ cup fruit in bottom of cup or bowl.
4. Spoon 1/3 cup yogurt on top of the fruit.
5. Spoon ¼ cup cereal on top of the yogurt.

Fruit ideas: Apple, banana, or fresh, canned or frozen peaches, pineapple, strawberries, blueberries, etc.

Cereal ideas: Low-fat granola or a whole grain cereal with flakes and clusters. If use granola, use plain yogurt since granola is usually very sweet.

Yield: About 6 servings

Source: Adapted from *Eating Smart, Being Active*, California EFNEP and Colorado EFNEP, 2007

Nutrition Facts			
Serving Size: About 1 cup			
Servings Per Recipe: 6			
Amount Per Serving			
Calories	170	Calories from Fat	20
% Daily Value *			
Total Fat	2.5g		4%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	100mg		4%
Total Carbohydrate	34g		11%
Dietary Fiber	3g		12%
Sugars	17g		
Protein	6g		
Vitamin A	8%	Vitamin C	6%
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.			
12% calories from fat			
Nutrition facts using low fat granola and plain yogurt.			



13. Quick Fruit Scones

Ingredients:

- 1 cup all-purpose flour
- 2/3 cup whole wheat pastry flour
- 1/4 cup sugar
- 1 Tablespoon baking powder
- 1/2 teaspoon salt
- 1/2 cup dried currants, raisins, or cranberries
- 3/4 cup non-fat milk
- 1/4 cup vegetable oil

Instructions:

1. Preheat oven to 425° F
2. Mix together dry ingredients, including dried fruit.
3. Whisk oil and milk together in separate bowl, then add to flour mixture and stir just until moistened. The dough will be sticky.
4. Drop by spoonfuls onto ungreased cookie sheet.
5. Bake until crisp, 8-10 minutes. Serve warm.

Nutrition Facts			
Serving Size: 1 scone (47g)			
Servings Per Recipe: 12			
Amount Per Serving			
Calories	140	Calories from Fat	40
% Daily Value *			
Total Fat	4.5g		7%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	230mg		10%
Total Carbohydrate	22g		7%
Dietary Fiber	1g		4%
Sugars	9g		
Protein	3g		
Vitamin A	0%	Vitamin C	0%
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.			
29% calories from fat			
Nutrition facts using dried currants.			

Yield: About 12 servings

Source: Adapted from Drop Biscuits Made with Oil, *Joy of Cooking* by Rombauer, Becker and Becker, 1997.

Recipes analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.



14. Low-Fat Ranch Dip with Vegetables

Ingredients:

- ½ of 1 oz packet ranch salad dressing mix
- ½ cup low-fat sour cream
- 1 cup plain low-fat yogurt
- 1 pound baby carrots
- 2 cups broccoli florets (about 1 head)
- 1 red or green bell pepper, sliced
- 1 cucumber, sliced (optional)
- 1 pint cherry tomatoes (optional)

Instructions:

1. Combine salad dressing mix, sour cream and yogurt in small bowl; mix well.
2. Arrange prepared vegetables on plate or tray.
3. Dip vegetables and enjoy!

Variation: Include other veggies, especially ones that are in season!

Yield: About 12 servings

Source: Cornell Cooperative Extension of Cayuga County.

Nutrition Facts			
Serving Size: 2 Tablespoon dip with 1/12 Vegetables			
Servings Per Recipe: 12			
Amount Per Serving			
Calories	70	Calories from Fat	15
% Daily Value *			
Total Fat	2g		3%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	310mg		13%
Total Carbohydrate	10g		3%
Dietary Fiber	2g		8%
Sugars	5g		
Protein	3g		
Vitamin A	130%	Vitamin C	50%
Calcium	8%	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.			
21% calories from fat			
Nutrition facts using cherry tomatoes and cucumber.			

Recipes analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.



15. Homemade Tortilla Chips and Bean Dip

Ingredients:

- 4 6-inch corn tortillas
- 1 16-ounce can refried beans, non-fat
- ¼ cup salsa (or chopped fresh tomatoes)
- ¼ cup low-fat sour cream
- ½ cup shredded reduced fat cheddar cheese
- 1 cup shredded lettuce

Instructions:

1. Preheat oven to 400°F.
2. Place tortillas in a stack on cutting board. With a sharp knife, cut stack into eight wedges.
3. Lay tortilla pieces out in single layer on a baking sheet. Set aside while making dip.
4. Spread refried beans over bottom of 8" x 8" baking dish.
5. Spread salsa and sour cream over beans; sprinkle with cheese.
6. 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 the chips.

Nutrition Facts			
Serving Size: ¼ cup dip and 4 chips			
Servings Per Recipe: 8			
Amount Per Serving			
Calories	120	Calories from Fat	35
% Daily Value *			
Total Fat	4g		6%
Saturated Fat	2g		10%
Trans Fat	0g		
Cholesterol	10mg		3%
Sodium	370mg		15%
Total Carbohydrate	17g		6%
Dietary Fiber	3g		12%
Sugars	1g		
Protein 6g			
Vitamin A	8%	Vitamin C	8%
Calcium	15%	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.			
29% calories from fat			
Nutrition facts using romaine lettuce and salsa.			

Variation: Use whole wheat tortillas instead of corn tortillas

Yield: About 8 servings

Source: Adapted from *Cooking Up Fun! Pyramid of Snacks*, Cornell University Cooperative Extension, 1998.

Recipes analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.



16. Mini Pizzas

Ingredients:

- 4 whole grain English Muffins, cut in half
- 1 cup spaghetti sauce or pizza sauce
- 1 ½ cups chopped vegetables (sautéed sliced broccoli, eggplant, zucchini, spinach, onion, and/or red or green pepper, olives, tomato, etc.)
- 1 ⅓ cups (4 oz.) shredded part skim mozzarella cheese

Instructions:

1. Preheat oven to 350°.
2. Spread sauce on English muffin halves. Add toppings, then sprinkle with cheese.
3. Place on ungreased baking sheet and bake for 8-10 minutes, or until cheese melts.
4. Serve immediately.

Variation: Make Hawaiian Pizza by topping with ½ cup chopped ham and 1 cup chopped pineapple.

Yield: About 8 servings

Source: Adapted from *Jump Into Foods and Fitness*, Lesson 1, Michigan State University Extension, 2006.

Nutrition Facts			
Serving Size: 1 mini pizza (105g)			
Servings Per Recipe: 8			
Amount Per Serving			
Calories	130	Calories from Fat	35
% Daily Value *			
Total Fat	4g		5%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	10mg		0%
Sodium	400mg		17%
Total Carbohydrate	19g		6%
Dietary Fiber	4g		15%
Sugars	5g		
Protein 7g			
Vitamin A	20%	Vitamin C	50%
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.			
27% calories from fat			
Nutrition facts using broccoli, red pepper, and no meat.			

Recipes analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.



17. Minestrone Soup

Ingredients:

- 1 Tablespoon olive or other oil
- 1 medium onion, chopped
- 1 large carrot, chopped
- 2 medium white potatoes, chopped
- 1 medium sweet potato, chopped
- Salt and black pepper, to taste
- 6 cups water, vegetable stock, or meat stock
- 1 cup canned tomatoes, crushed or finely diced
- 1 cup canned kidney beans, drained
- 1 cup canned garbanzo beans, drained
- 2 cups chopped kale or cabbage
- Parmesan cheese, grated (optional)

Instructions:

1. Saute onion and carrot in oil about 5 minutes.
2. Add potatoes (or other hard vegetables, see variations below), salt, pepper, stock and tomatoes. Boil gently, stirring occasionally, about 15 minutes.
3. Add kidney beans, garbanzo beans, and kale or cabbage (or other soft vegetables, see below). Cook until all the vegetables are very tender, about 15 minutes.
4. Taste and adjust seasoning. Serve with parmesan cheese.

Note: Can prepare ahead through Step 2, then have youth help with rest.

Variations:

Add 2 celery stalks, chopped, to onion and carrot.

Add or substitute other hard vegetables besides potatoes such as winter squash or turnip, peeled and chopped.

Add or substitute other soft vegetables such as frozen or fresh green beans or sliced zucchini.

Yield: About 12 1-cup servings

Source: Adapted from *How to Cook Everything Vegetarian* by Mark Bittman, 2007.

Nutrition Facts			
Serving Size: 1/8 recipe (374g)			
Servings Per Recipe: 8			
Amount Per Serving			
Calories	140	Calories from Fat	20
% Daily Value *			
Total Fat	2g		3%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	410mg		17%
Total Carbohydrate	26g		9%
Dietary Fiber	5g		20%
Sugars	5g		
Protein	6g		
Vitamin A	100%	Vitamin C	60%
Calcium	8%	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.			
14% calories from fat			
Nutrition facts using 1 teaspoon salt, ¼ teaspoon pepper, 6 cups water, and no parmesan cheese.			

Recipes analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.



18. Blueberry Muffins (or Pancakes)

Ingredients:

- 2 cups all-purpose flour (half can be whole-wheat)
- ¼ cup granulated sugar
- 1 Tablespoon baking powder
- 1 large egg
- ¼ cup vegetable oil
- 1 cup skim milk
- 1 cup blueberries (if use frozen, keep frozen until added)

Instructions:

1. Preheat oven to 400° F. Grease bottoms only of 12 medium muffin cups.
2. Measure flour, sugar, and baking powder into a large mixing bowl. Stir to combine ingredients.
3. Crack egg
4. Into a small bowl and beat with a fork to combine white and yolk.
5. Make a well in the center of flour mixture; add egg, oil, and milk. Stir batter just until dry ingredients are moistened; batter will be lumpy. Fold in blueberries.
6. Divide batter among muffin cups, filling each about half full.
7. Bake 20 minutes, until firm to touch.

Yield: About 12 muffins

Source: *Cooking Up Fun! Muffins & More*, Cornell University Cooperative Extension, 1999.

Notes:

1. Use half whole wheat flour (pastry flour preferred) for a tasty whole grain version.
2. Use this batter to make blueberry pancakes instead of muffins.

Nutrition Facts			
Serving Size: 1 muffin (2.4 ounces)			
Servings Per Recipe: 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	25mg		8%
Sodium	20mg		8%
Total Carbohydrate	23g		1%
Dietary Fiber	1g		4%
Sugars	6g		
Protein	4g		
Vitamin A	2%	Vitamin C	2%
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.			
29% calories from fat			

Recipes analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.



19. Cheesy Spinach Cornbread

Ingredients:

- 1 cup cornmeal
- 1 cup flour
- 2 Tablespoons sugar
- ½ teaspoon salt
- 1 Tablespoon baking powder
- 1 cup non-fat milk
- 1 egg
- ¼ cup canola oil
- 1 10 oz. package frozen, chopped spinach, thawed and drained
- 1 cup reduced fat cheddar cheese, shredded

Instructions:

1. Heat oven to 425° F. Grease an 8” or 9” square baking pan
2. Measure cornmeal, flour, sugar, salt, and baking powder into a bowl. Stir to combine ingredients.
3. In another bowl, beat together milk, egg and oil.
4. Add milk mixture to flour mixture. Add spinach and cheese. Mix until just blended.
5. Pour batter into prepared pan. Bake for 20 – 25 minutes, until firm to the touch.

Yield: About 12 slices

Source: Adapted by Cornell Cooperative Extension of Cayuga County from CDKitchen.com.

Nutrition Facts	
Serving Size: 1/12 of recipe (86g)	
Servings Per Recipe: 12	
Amount Per Serving	
Calories	160
Calories from Fat	50
% Daily Value *	
Total Fat	6g 9%
Saturated Fat	1g 5%
Trans Fat	0g
Cholesterol	20mg 7%
Sodium	310mg 13%
Total Carbohydrate	19g 5%
Dietary Fiber	1g 4%
Sugars	4g
Protein	6g
Vitamin A	15%
Vitamin C	0%
Calcium	15%
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.	
31% calories from fat	

Recipes analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.



20. Chapatis (Indian Bread) with Tzatziki Sauce

Ingredients:

- 2 cups whole wheat flour
- Pinch salt
- 2 teaspoons vegetable oil
- $\frac{2}{3}$ cup warm water

Instructions:

1. Measure all ingredients in a large mixing bowl. Mix with a fork to combine. Keep mixing, using hands to make a ball.
2. Knead the dough for about 10 minutes in the bowl. Let it rest for 30 minutes, covered with a damp cloth.
3. On a lightly floured surface, roll the ball into a 12-inch log and cut it into 12 chunks. Roll each chunk into a very thin circle, about 3 inches in diameter. Don't worry about making a perfect circle-just try to get it as thin as possible.
4. Heat a cast iron skillet on medium-high. Place one circle of dough on the skillet and cook for about 30 seconds or until brown spots and bubbles appear. Flip it over and cook for another 30 seconds.
5. As you finish each one, wrap in a cloth napkin to prevent drying.
6. Serve with Tzatziki sauce – see recipe next page.

Nutrition Facts			
Serving Size: 1.2 ounces			
Servings Per Recipe: 12			
Amount Per Serving			
Calories	70	Calories from Fat	10
% Daily Value *			
Total Fat	1g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	50mg		2%
Total Carbohydrate	15g		5%
Dietary Fiber	2g		8%
Sugars	0g		
Protein	3g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	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.			
14% calories from fat			

Yield: About 12 pieces

Source: *Cooking Up Fun! Muffins & More*, Cornell University Cooperative Extension, 1999.

Recipes analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.



Tzatziki Sauce

Ingredients:

- 2 (8 ounces) containers low fat plain yogurt
- 2 cucumbers, peeled, seeded, and diced
- 2 tablespoons olive oil
- ½ lemon, juiced (about 1 tablespoon lemon juice)
- Salt and pepper to taste
- 1 Tablespoon chopped fresh dill
- 3 cloves garlic, peeled

Instructions:

1. In a food processor or blender, combine yogurt, cucumber, olive oil, lemon juice, salt, pepper, dill and garlic.
2. Process until well-combined.
3. Transfer to a separate dish, cover and refrigerate for at least one hour for best flavor.

Yield: About 12 servings

Source: Adapted by Julia Hastings-Black, Cornell Cooperative Extension of Tompkins County, from Allrecipes.com, 5/28/10.

Nutrition Facts			
Serving Size: 1/12 of recipe			
Servings Per Recipe: 12			
Amount Per Serving			
Calories	40	Calories from Fat	15
% Daily Value *			
Total Fat	2g		3%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	30mg		1%
Total Carbohydrate	4g		1%
Dietary Fiber	0g		0%
Sugars	3g		
Protein	2g		
Vitamin A	0%	Vitamin C	4%
Calcium	8%	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.			
38% calories from fat (2gm fat per serving)			
Nutrition facts using 1 tablespoon fresh lemon juice and medium sized cucumbers.			

Recipes analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.



21. Carrot Confetti Salad

Ingredients:

- 3 large carrots (2 cups grated)
- ¼ pound red cabbage (1 cup grated)
- 2 Tablespoons vinegar
- 2 Tablespoons vegetable oil
- ½ teaspoon sugar
- ½ teaspoon mustard
- ¼ teaspoon salt
- Dash of pepper

Instructions:

1. Peel and grate carrots.
2. Wash and grate red cabbage.
3. In large bowl, combine carrots and cabbage.
4. In small bowl, combine remaining ingredients to make dressing.
5. Mix dressing with carrots and cabbage.

Nutrition Facts			
Serving Size: 1/6 of recipe (2.1 ounces)			
Servings Per Recipe: 6			
Amount Per Serving			
Calories	60	Calories from Fat	40
% Daily Value *			
Total Fat	4.5g		7%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	125mg		5%
Total Carbohydrate	5g		2%
Dietary Fiber	1g		4%
Sugars	2g		
Protein	1g		
Vitamin A	130%	Vitamin C	15%
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.			
67% calories from fat (4.5gm fat per serving)			

Yield: About 6 servings

Source: *GET FRESH!* Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 2001.

Recipes analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.



22. Super Grilled Veggie Wraps

Ingredients:

- 2 teaspoons oil
- ½ cup chopped onion
- ½ cup shredded carrots
- ½ cup chopped red or green bell pepper
- 1½ cups chopped zucchini or other summer squash
- 1 cup chopped spinach
- ¼ teaspoon ground black pepper
- 4 Tablespoons fat free cream cheese
- 4 (7-inch) whole wheat tortillas

Instructions:

1. Heat oil in skillet over medium heat. Add onion, carrots and bell pepper and cook for three minutes. Stir in summer squash and cook another three minutes. Add spinach and season with pepper. Remove from heat and allow to cool before assembling.
2. Spread one tablespoon of cream cheese on each tortilla. Add the vegetables, roll tight, and cut each wrap in half.

Yield: About 4 servings

Source: Adapted from *5 A Day The Color Way*, Dole Inc. 2004

Nutrition Facts			
Serving Size 1 Wrap			
Servings Per Recipe 4			
Amount Per Serving			
Calories	200	Calories from Fat	50
% Daily Value *			
Total Fat	6g	9%	
Saturated Fat	0g	0%	
Trans Fat	0g		
Cholesterol	5mg	2%	
Sodium	290mg	12%	
Total Carbohydrate	30g	10%	
Dietary Fiber	4g	16%	
Sugars	4g		
Protein	7g		
Vitamin A	70%	Vitamin C	30%
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.			
25% calories from fat			

Recipes analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.



23. Texas Bean Salad

Ingredients:

- 1 (15-ounce) can kidney beans, drained
- 1 (15-ounce) can black beans, drained
- 1 (15-ounce) can corn, drained
- 1 (15-ounce) can crushed tomatoes
- 1 (4-ounce) can chopped green chilies, drained
- ¼ cup finely chopped onion
- 3 limes, juiced (optional)
- 1 tablespoon oil
- Salt and pepper to taste

Instructions:

1. Mix kidney beans, black beans, corn, tomatoes, chilies, and onion in a large bowl.
2. Add lime juice, oil, salt, and pepper; toss gently to combine.
3. Serve by itself or with whole grain tortillas or tortilla chips.

Yield: About 18 servings

Source: *Eating Smart, Being Active*, California EFNEP and Colorado EFNEP

Nutrition Facts	
Serving Size 1/2 cup (4 ounces)	
Servings Per Recipe 18	
Amount Per Serving	
Calories	90
Calories from Fat	10
% Daily Value *	
Total Fat	1.5g 2%
Saturated Fat	0g 0%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	200mg 0%
Total Carbohydrate	15g 8%
Dietary Fiber	5g 20%
Sugars	1g
Protein	4g
Vitamin A	4%
Vitamin C	15%
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.	
11% calories from fat	
Analysis using lime juice, with no added salt/pepper or tortilla chips.	

Recipes analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.