Take a Taste for You and Your Baby Recipes

These materials were funded in part by USDA’s Food Stamp Program
# Emergency substitutions

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Substitution</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablespoon cornstarch (for thickening)</td>
<td>2 tablespoons flour</td>
</tr>
<tr>
<td>1 teaspoon baking powder</td>
<td>¼ teaspoon baking soda + ⅛ teaspoon cream of tartar</td>
</tr>
<tr>
<td>1 cup self-rising flour</td>
<td>1 cup all-purpose flour + 1½ teaspoons salt + ⅛ teaspoon baking powder</td>
</tr>
<tr>
<td>1 cup sour cream</td>
<td>1 cup plain nonfat yogurt</td>
</tr>
<tr>
<td>1 cup sweetened, condensed milk</td>
<td>⅓ cup evaporated milk + ¼ cup sugar + 2 tablespoons butter. Heat until butter melts and sugar dissolves.</td>
</tr>
<tr>
<td>1 cup skim milk</td>
<td>⅓ cup nonfat dry milk powder + ¾ cup water</td>
</tr>
<tr>
<td>1 cup milk</td>
<td>½ cup evaporated milk + ½ cup water, or ⅓ cup nonfat dry milk powder + ¾ cup water</td>
</tr>
<tr>
<td>1 cup cake flour</td>
<td>⅗ cup all-purpose flour</td>
</tr>
<tr>
<td>Ingredient</td>
<td>Substitution</td>
</tr>
<tr>
<td>------------------------------------------------</td>
<td>--------------------------------------------------</td>
</tr>
<tr>
<td>1 egg</td>
<td>2 egg whites</td>
</tr>
<tr>
<td>1 square unsweetened chocolate (1 ounce)</td>
<td>3 tablespoons unsweetened cocoa + 1 tablespoon butter</td>
</tr>
<tr>
<td>1 stick butter</td>
<td>1 stick margarine</td>
</tr>
<tr>
<td>1 clove garlic</td>
<td>1/8 teaspoon garlic powder</td>
</tr>
<tr>
<td>1 cup ketchup</td>
<td>1 cup tomato sauce + 1/2 cup sugar + 2 tablespoons vinegar</td>
</tr>
<tr>
<td>1 tablespoon prepared mustard</td>
<td>1 teaspoon dry mustard</td>
</tr>
<tr>
<td>Juice from 1 lemon</td>
<td>2 tablespoons bottled lemon juice</td>
</tr>
<tr>
<td>1 cup miniature marshmallows</td>
<td>10 large marshmallows</td>
</tr>
<tr>
<td>1 cup honey (in baking)</td>
<td>1 1/4 cup white sugar + 1/4 cup liquid</td>
</tr>
<tr>
<td>1 cup white sugar</td>
<td>1 cup brown sugar</td>
</tr>
</tbody>
</table>

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# Measurement equivalents

<table>
<thead>
<tr>
<th>This much:</th>
<th>Is the same amount as:</th>
</tr>
</thead>
<tbody>
<tr>
<td>⅛ teaspoon</td>
<td>A dash or a pinch</td>
</tr>
<tr>
<td>1 cup milk</td>
<td>½ pint milk</td>
</tr>
<tr>
<td>⅓ cup sugar</td>
<td>5 tablespoons + 1 teaspoon sugar</td>
</tr>
<tr>
<td>1 stick butter</td>
<td>8 tablespoons butter</td>
</tr>
<tr>
<td>½ stick margarine</td>
<td>4 tablespoons margarine</td>
</tr>
<tr>
<td>1 gallon</td>
<td>4 quarts</td>
</tr>
<tr>
<td>4 cups</td>
<td>1 quart</td>
</tr>
<tr>
<td>1 pint</td>
<td>2 cups</td>
</tr>
<tr>
<td>¾ cup</td>
<td>12 tablespoons</td>
</tr>
<tr>
<td>½ cup flour</td>
<td>8 tablespoons flour</td>
</tr>
<tr>
<td>3 teaspoons</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>1 quart juice</td>
<td>2 pints juice</td>
</tr>
<tr>
<td>This much:</td>
<td>Is the same amount as:</td>
</tr>
<tr>
<td>--------------------</td>
<td>-------------------------------------------</td>
</tr>
<tr>
<td>16 tablespoons</td>
<td>1 cup</td>
</tr>
<tr>
<td>¼ cup brown sugar</td>
<td>4 tablespoons brown sugar</td>
</tr>
<tr>
<td>16 fluid ounces</td>
<td>2 cups</td>
</tr>
<tr>
<td>½ cup oil</td>
<td>4 fluid ounces oil</td>
</tr>
<tr>
<td>1 cup water</td>
<td>8 fluid ounces water</td>
</tr>
</tbody>
</table>
Cook vegetables in the microwave

Microwave magic
It’s easy to cook vegetables in your microwave oven. It will save you time and nutrients. Always use a microwave-safe dish with a lid. If you don’t have a lid, cover the dish with microwave-safe plastic wrap and turn back one corner to vent steam.

Frozen vegetables
Put frozen vegetables in a dish and add 1 to 2 tablespoons water. Cover and cook on high (100 percent power) for the time listed on the package. Stir vegetables halfway through cooking time.

Canned vegetables
Pour the vegetables and liquid into a dish. Cover and cook on high (100 percent power) for 4 to 5 minutes.

Fresh vegetables
Corn on the cob: Husk corn and remove silk. Wash and wrap each ear in plastic wrap. Cook two ears on high (100 percent power) for 6 to 7 minutes.
Whole white or sweet potatoes: Scrub well and pierce each potato several times with a fork. Cook on high (100 percent power) for 4 to 6 minutes for one potato. Add 3 minutes for each additional potato. Turn potatoes halfway through cooking time.
Other fresh vegetables: Cook in a covered dish according to the chart below. Add 2 tablespoons water before cooking.

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Amount</th>
<th>Minutes at high (100 percent)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broccoli</td>
<td>2 cups, pieces</td>
<td>7 to 9</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>4 cups, whole</td>
<td>7 to 9</td>
</tr>
<tr>
<td>Cabbage</td>
<td>1 small head, wedges</td>
<td>10 to 13</td>
</tr>
<tr>
<td>Carrots</td>
<td>3 cups, sliced</td>
<td>8 to 10</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>1½ cups, pieces</td>
<td>9 to 11</td>
</tr>
<tr>
<td>Green beans</td>
<td>3 cups, pieces</td>
<td>8 to 10</td>
</tr>
<tr>
<td>Spinach</td>
<td>3 cups</td>
<td>6 to 8</td>
</tr>
<tr>
<td>Summer squash (zucchini)</td>
<td>3 cups, sliced</td>
<td>4 to 5</td>
</tr>
<tr>
<td>Winter squash (acorn)</td>
<td>1 small, halved</td>
<td>10 to 12</td>
</tr>
<tr>
<td>Turnips</td>
<td>3 medium, cubed</td>
<td>8 to 10</td>
</tr>
</tbody>
</table>
Cook with herbs and spices

Tips for cooking with herbs and spices:
- Add seasonings when you cook — everyone will ask for your special recipe!
- Start with a small amount of seasoning. You can always add more the next time.
- If your recipe calls for a long cooking time, add seasonings during the last 45 minutes of cooking for the best flavor.

Keep your herbs and spices fresh:
- Seasonings are expensive, so store them correctly to protect your investment.
- Store in plastic bags or glass jars, not paper or cardboard.
- Keep in a cool, dry place out of sunlight. Don’t keep over your stove or near heat.
- Refrigerate or freeze seasonings in airtight packages to keep them fresh longer.

<table>
<thead>
<tr>
<th>Seasoning</th>
<th>Add to:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basil</td>
<td>Tomato sauces, stews, soups, omelets, quiche, rice, salads, sauces, stuffing, fish, poultry, potatoes</td>
</tr>
<tr>
<td>Bay leaves</td>
<td>Fish, meats, stews, soups, pot roasts, foods containing tomatoes</td>
</tr>
<tr>
<td>Seasoning</td>
<td>Add to:</td>
</tr>
<tr>
<td>---------------------------</td>
<td>-------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Cayenne pepper</td>
<td>Chili, stews, sauces, salad dressings, meats, fish</td>
</tr>
<tr>
<td>Chili powder</td>
<td>Chili, tomato sauces, soups and stews</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>French toast, cooked fruit and fruit salads, sweet potatoes, pumpkin pie, squash, apple pie and crisps, applesauce</td>
</tr>
<tr>
<td>Cumin</td>
<td>Soups, stews, curries</td>
</tr>
<tr>
<td>Curry</td>
<td>Eggs, cheese, meat, sauces, marinades, chicken, rice</td>
</tr>
<tr>
<td>Garlic or garlic powder</td>
<td>Fish, meat, poultry, potatoes, vegetables, sauces, salads, soups</td>
</tr>
<tr>
<td>Nutmeg</td>
<td>Bread pudding, cooked fruit and fruit pies, eggnog, French toast, gingerbread</td>
</tr>
<tr>
<td>Oregano</td>
<td>Omelets, chili, beef stew, meatloaf, vegetables, rice</td>
</tr>
<tr>
<td>Paprika</td>
<td>Scalloped potatoes, potato salad, salad dressing, soups, stews, sauces, chicken</td>
</tr>
<tr>
<td>Parsley</td>
<td>Soups, cooked vegetables, eggs, stews, salads, sauces</td>
</tr>
<tr>
<td>Thyme</td>
<td>Cooked vegetables, meats, fish, soups, stews</td>
</tr>
</tbody>
</table>
Cook rice

Cooking rice is easy, whether you use your stove or microwave oven.

**Stove:**
- 1 cup white or brown rice
- 2 cups water

1. Put rice and water into a medium-size pan. Heat to boiling over medium heat.
2. Stir rice and turn down heat to simmer.
3. Cover pan and simmer for 15 to 20 minutes* until rice is tender. Do not stir.

*Brown rice takes 45 to 50 minutes to cook.

**Makes 3 cups rice**

**Microwave:**
- Use long- or medium-grain rice.
1. Measure rice into a microwave-safe dish. Stir in water.
2. Cover and cook on high (100 percent power) — see cooking times in chart on reverse side.
3. Stir and finish cooking on medium (50 percent power) — see times in chart on reverse side.
4. Keep rice covered during standing time.

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Microwave cooking time</th>
<th>Standing time</th>
<th>Makes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup white rice, 2 cups water</td>
<td>High: 4 to 5 minutes Medium: 15 minutes</td>
<td>5 minutes</td>
<td>3 cups</td>
</tr>
<tr>
<td>1 cup brown rice, 3 cups water</td>
<td>High: 6 to 7 minutes Medium-Low: 40 minutes</td>
<td>5 minutes</td>
<td>3 cups</td>
</tr>
</tbody>
</table>

**Quick rice tips:**
- You don’t need to add salt to the water when you cook rice. Instead, add 1 tablespoon of dried herbs, like basil or oregano, for a new flavor.
- Don’t throw out leftover rice — it’s easy to reheat. Put it in a pan with 2 tablespoons of water for each cup of cooked rice. Cover and cook on low for about 5 minutes or until hot. You can also reheat cooked rice in the microwave. Put rice in a microwave-safe dish, cover, and heat on high for 2 to 3 minutes.
- Leftover rice tastes great warmed up with milk, sugar and a sprinkle of cinnamon or nutmeg.
- Try brown rice. It takes a little longer to cook, but contains more nutrients and fiber than white rice. It has a delicious, nutty flavor.
Cook pasta

For perfect pasta:
- In a large pan, bring water to a rapid boil. Add pasta.
- Reduce heat to medium and cook uncovered 7 to 10 minutes, until pasta is tender.
- Stir gently once or twice during cooking.
- Drain, but don’t rinse.

<table>
<thead>
<tr>
<th>Type of pasta</th>
<th>Amount of dry pasta</th>
<th>Amount of water</th>
<th>Amount of cooked pasta</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spaghetti</td>
<td>4 ounces*</td>
<td>4 cups (1 quart)</td>
<td>2 cups</td>
</tr>
<tr>
<td>Elbow macaroni, shells and other shapes</td>
<td>1 cup</td>
<td>4 cups (1 quart)</td>
<td>2½ cups</td>
</tr>
</tbody>
</table>

* Measure 4 ounces of uncooked spaghetti by making a circle about the size of a quarter with your thumb and index finger. Fill the circle with spaghetti.
Pasta tips:

- Use leftover elbow macaroni or shells in pasta salad or soups.
- For a new flavor, try whole-wheat or spinach pasta.
- Don’t throw out leftover pasta — it’s easy to reheat. Here are three ways to do it:
  1. Cook in boiling water for 1 to 2 minutes, then drain.
  2. Heat in a covered microwave-safe dish for 2 to 3 minutes on high, or until hot.
  3. Put pasta in a colander. Pour boiling water over pasta until hot; drain.
- Leftover pasta is delicious with cheese and veggies.
Cook eggs

Quick egg tips:
- Check eggs for cracks before buying.
- Refrigerate eggs in the carton. Use them within three weeks.
- Don’t keep eggs (raw or cooked) at room temperature for more than two hours.
- Cook eggs thoroughly to kill bacteria. Don’t serve eggs with runny yolks or whites.
- Always wash your hands after handling raw eggs.
- Use a clean bowl to serve cooked eggs, not the bowl you used to mix raw eggs.

To make fried eggs:
1. Spray a skillet with vegetable cooking spray or use a nonstick skillet.
2. Break eggs, one at a time, into a small dish.
3. Slip them gently into the frying pan.
4. Cook over medium heat until whites and yolks are firm.
To make scrambled eggs:
1. Break an egg into a bowl. Add a tablespoon of milk and beat.
2. Stir in other ingredients (grated cheese, chopped vegetables, pieces of cooked ham, etc.).
3. Spray skillet with vegetable cooking spray or use a nonstick skillet.
4. Add egg mixture and cook over low heat, stirring occasionally until mixture is set and not runny.

To make hard-cooked eggs:
1. Check eggs to make sure they are not cracked.
2. Put eggs in a medium-size pan and cover them with cold water.
3. Bring the water to boiling over medium heat.
4. Turn off heat and let stand for 20 to 25 minutes. Pour out the hot water.
5. Cool eggs quickly under cold running water.
6. If not served immediately, store in the refrigerator. Hard-cooked eggs will keep about a week in the refrigerator.
Break-the-fast burritos

Preparation time: 15 to 20 minutes
Makes: 4 servings
Serving suggestion: Serve with a glass of 100 percent fruit juice.

**Ingredients:**

- vegetable cooking spray
- 4 eggs
- 1 bell pepper, green or red, chopped
- 2 green onions, finely chopped
- 1 tablespoon chopped fresh cilantro
- 4 flour or corn tortillas
- ½ cup grated sharp cheddar cheese
- salt and pepper to taste
- salsa
Directions:

1. Crack eggs into a mixing bowl and beat with a wire whisk until frothy.
3. Add onions and peppers and stir-fry for 2 to 3 minutes until vegetables are tender-crisp.
4. Add eggs to vegetables. Reduce heat to low. Cook and stir until eggs are firmly set. Sprinkle with cilantro.
5. Wrap tortillas in a paper towel and microwave on high for 1 minute, or until warm.
6. Spread tortillas on plates and put ¼ of the egg mixture on each tortilla. Sprinkle with cheese and salsa. Roll up.

Nutrients (per serving): 371 calories, 16 grams protein, 4 grams fiber, 14 grams fat, 128 micrograms folate DFE, 223 milligrams calcium, 3 milligrams iron
Power-up bars
Preparation time: 15 minutes, plus 1 hour to cool
Makes: 18 bars
Serving suggestion: Serve with a glass of milk and a piece of fruit.

Ingredients:
- 2½ cups toasted rice cereal
- 2 cups uncooked quick-cooking oatmeal
- ½ cup raisins
- ½ cup firmly packed brown sugar
- ½ cup light corn syrup
- ½ cup peanut butter
- 1 teaspoon vanilla
Directions:

1. Spray a 9 × 13-inch baking pan with cooking spray.
2. Measure rice cereal, oatmeal and raisins into a large mixing bowl. Stir well.
3. In a medium pan, mix together brown sugar and corn syrup. Cook, stirring constantly, over medium heat until mixture boils. When mixture boils, remove from heat.
4. Stir peanut butter and vanilla into the brown sugar mixture and blend until smooth.
5. Pour the brown sugar mixture over the cereals and raisins in the large bowl and mix well.
6. Press mixture into baking pan and cool.
7. When cool, cut into 18 bars.

Nutrients (per serving): 260 calories, 6 grams protein, 3 grams fiber, 6 grams fat, 99 micrograms folate DFE, 26 milligrams calcium, 2 milligrams iron
Healthy start pancakes

Preparation time: 15 to 20 minutes
Makes: 9 to 10 medium-size pancakes
Serving suggestion: Serve with sausage patties and milk.

Ingredients:
- ¼ cup butter or margarine
- 2 eggs
- ¾ cup milk
- 2 cups whole-wheat flour
- ½ teaspoon baking soda
- ½ teaspoon iodized salt
- ¾ to 1 cup orange juice
- vegetable cooking spray
Directions:
1. Spray frying pan or griddle with vegetable cooking spray.
2. Melt butter or margarine in a small pan over low heat or melt in a microwave oven in a microwave-safe container.
3. Mix together eggs, melted butter or margarine, and milk in a bowl or blender.
4. In another bowl, stir together flour, baking soda and salt.
5. Add the dry ingredients to the wet ingredients and mix until dry ingredients are moistened.
6. Gradually stir in ¾ to 1 cup orange juice, depending on the thickness of batter you prefer. Less orange juice makes a thicker batter. Thicker pancakes take longer to cook.
7. Heat frying pan or griddle until drops of cold water sizzle on the surface.
8. Pour about ¼ cup batter for each pancake.
9. When bubbles appear on the top of the pancakes, turn them over and cook until lightly browned.

Nutrients (per serving): 154 calories, 5 grams protein, 3 grams fiber, 6 grams fat, 12 micrograms folate DFE, 36 milligrams calcium, 1 milligram iron
Sunshine French toast

Preparation time: 15 minutes, plus 10 minutes to bake
Makes: 8 slices
Serving suggestion: Serve with a glass of milk and a piece of fruit.

Ingredients:

- 8 thick slices whole-grain bread
- 4 eggs
- ¼ cup sugar
- ¼ teaspoon salt
- grated peel of 1 orange (optional)
- 1 teaspoon vanilla
- 1½ cups orange juice
- vegetable cooking spray
Directions:

1. In a shallow bowl, whisk together eggs, sugar, salt, orange peel and vanilla. Stir in orange juice.
2. Dip bread slices into juice mixture. Turn to soak well. Move slices to a large plate or cookie sheet as you work. After all slices are soaked, pour remaining juice mixture over them.
3. Preheat oven to 375 degrees.
4. Heat skillet or griddle on medium until drops of cold water sizzle on surface.
5. Brown bread slices on both sides, 2 to 3 minutes per side.
6. Coat a clean cookie sheet with vegetable cooking spray. Place browned slices on it.
7. Bake in oven about 10 minutes until slices are puffed up.
8. While bread slices are baking, make Orange delight syrup (recipe 12).

Nutrients (per serving): 147 calories, 6 grams protein, 2 grams fiber, 3 grams fat, 14 micrograms folate DFE, 31 milligrams calcium, 1 milligrams iron
Orange delight syrup

Preparation time: 5 minutes
Makes: Enough for 8 pieces of French toast

Ingredients:

- 1 cup water
- 1 cup brown sugar
- 1 (6-ounce) can frozen orange juice concentrate, thawed
Directions:

1. Mix water and brown sugar in a small pan. Bring to a boil.
2. Reduce heat to medium and simmer until sugar dissolves, about 1 minute.
3. Add orange juice. Cook and stir for another minute.
4. Pour into small pitcher and serve with Sunshine French toast (recipe 11).

Nutrients (per serving): 141 calories, 0 grams protein, 0 grams fiber, 0 grams fat, 0 micrograms folate DFE, 30 milligrams calcium, 1 milligram iron
**Loaded eggs**

*Preparation time: 10 to 15 minutes*

*Makes: 4 servings*

*Serving suggestion: Serve with whole-wheat toast.*

**Ingredients:**

- 4 eggs
- ¼ cup skim milk
- dash of salt and pepper
- 1 teaspoon margarine
- ingredients for several fillings: chopped cooked turkey or ham, shredded cheese, chopped bell pepper, onion or mushrooms
Directions:
2. Heat margarine in skillet over medium heat until melted.
3. Pour in egg mixture. With a spatula, gently lift edges until top is firm, not runny.
4. Sprinkle ½ cup filling on half of the omelet and fold in half.
5. Turn out onto plate.

Nutrients (per serving): 60 calories, 4 grams protein, 0 grams fiber, 4 grams fat, 2 micrograms folate DFE, 77 milligrams calcium, 0 milligrams iron
R & B muffies

Preparation time: 15 minutes, plus 20 to 25 minutes to bake
Makes: 12 muffins
Serving suggestion: Bake a batch of R & B muffies on the weekend and freeze them to have for breakfast when you are in a hurry. Serve with hot chocolate and cheese cubes.

Ingredients:

- 1 cup All-Bran cereal
- ¾ cup buttermilk
- ¼ cup firmly packed brown sugar
- 1 cup applesauce
- 2 tablespoons vegetable oil
- 1 egg, beaten
- 1¼ cups flour
- 1 cup raisins
- 2 teaspoons baking powder
- ½ teaspoon cinnamon
- ¼ teaspoon salt
- vegetable cooking spray
Directions:
1. Preheat oven to 375 degrees.
2. Spray muffin tin with vegetable cooking spray.
3. Mix cereal and buttermilk in a medium bowl and let stand 5 minutes.
4. Add brown sugar, applesauce, oil and egg. Mix well.
5. In a large bowl, mix flour, raisins, baking powder, cinnamon and salt.
6. Make a well in the center and add the cereal mixture. Stir until just moistened.
7. Spoon batter into muffin tin until cups are three-fourths full.
8. Bake 20 to 25 minutes, until lightly browned.

Nutrients (per serving): 156 calories, 3 grams protein, 3 grams fiber, 3 grams fat, 149 micrograms folate DFE, 93 milligrams calcium, 2 milligrams iron
Skinny shakes
Preparation time: 5 minutes
Makes: 1 serving
Serving suggestion: Serve with whole-grain crackers.

Ingredients:
For Choco-banana shake:
• 1 cup skim milk
• 1 frozen banana
• 1 tablespoon peanut butter
• 1 teaspoon chocolate syrup

For Strawberry-banana shake:
• 1 cup skim milk
• 1 frozen banana
• 3 large frozen strawberries
• ½ teaspoon sugar
Directions:
Put all ingredients into a blender and blend until smooth.

Nutrients (per serving): Choco-banana shake = 306 calories, 13 grams protein, 5 grams fiber, 9 grams fat, 24 micrograms folate DFE, 315 milligrams calcium, 1 milligram iron; Strawberry-banana shake = 221 calories, 9 grams protein, 5 grams fiber, 0 grams fat, 18 micrograms folate DFE, 311 milligrams calcium, 1 milligram iron
Snack attack mix

Preparation time: 5 minutes
Makes: 6 cups
Serving suggestion: Serve with fruit slices and a glass of milk.

Ingredients:
- 1 cup nuts, unsalted
- 2 cups cereal*
- 1 cup small pretzel twists
- 1 cup raisins or dried cranberries
- 1 cup semisweet chocolate chips

*oat squares and Wheat Chex are good sources of fiber
Directions:
Mix all ingredients in a large bowl. Store leftovers in an airtight container at room temperature.

Nutrients (per serving): 399 calories, 10 grams protein, 6 grams fiber, 21 grams fat, 167 micrograms folate DFE, 55 milligrams calcium, 5 milligrams iron
Check-it-out-cheese tray

Preparation time: 5 minutes

Ingredients:

Pick out several different types of cheeses to taste when you have friends over. Serve with whole-grain crackers and 100 percent fruit juice.

• Swiss
• Gouda
• Brick
• Cheddar (mild and sharp)
• Colby
• Monterey Jack
Directions:
1. Cut cheeses into bite-size chunks.
2. Place cheeses on a plate.
3. Have toothpicks available.

Nutrients for Cheddar, Swiss and Colby cheeses, 1-inch cube: 334 calories, 21 grams protein, 0 grams fiber, 26 grams fat, 12 micrograms folate DFE, 623 milligrams calcium, 0 milligrams iron
Snack in 5

Preparation time: 5 minutes
Makes: 1 serving
Serving suggestion: Serve with half a grapefruit or a slice of melon and a glass of milk for breakfast.

**Ingredients:**

- orange juice
- slice of cheese (your choice)
- 2 whole-grain or enriched toaster waffles
Directions:

1. Toast waffles.
2. Place a slice of cheese between waffles and slice in half.

Nutrients (per serving): 373 calories, 11 grams protein, 2 grams fiber, 14 grams fat, 2 micrograms folate DFE, 326 milligrams calcium, 2 milligrams iron
Banana shake-up

Preparation time: 5 minutes
Makes: 1 serving
Serving suggestion: Serve with an oatmeal cookie.

Ingredients:

- 1 cup low-fat milk
- 4 ice cubes
- 1 teaspoon vanilla (optional)
- 1 banana
Directions:
1. Blend all ingredients in a blender until smooth.

Nutrients (per serving): 210 calories, 10 grams protein, 3 grams fiber, 3 grams fat, 36 micrograms folate DFE, 296 milligrams calcium, 0 milligrams iron
Garlic bread sticks
Preparation time: 5 minutes, plus 10 to 12 minutes to bake
Makes: 16 bread sticks
Serving suggestion: Serve with carrot sticks and a glass of milk.

Ingredients:
- 4 slices whole-wheat bread
- ½ teaspoon garlic powder
- 2 teaspoons sesame seeds
- 2 teaspoons soft margarine
Directions:
1. Preheat oven to 350 degrees.
2. Spread margarine on both sides of the bread.
3. Cut each slice into 4 equal-size pieces.
4. Place on ungreased cookie sheet and sprinkle with garlic powder and sesame seeds.
5. Bake for 10 to 12 minutes.

Nutrients (per serving): 47 calories, 2 grams protein, 1 gram fiber, 2 grams fat, 8 micrograms folate DFE, 11 milligrams calcium, 1 milligram iron
Tex-Mex bean dip
Preparation time: 10 minutes
Makes: 3 cups, about 12 servings
Serving suggestion: Serve with baked taco chips or raw veggies as dippers.

Ingredients:
- 1 (15-ounce) can black beans, drained
- ¾ cup salsa
- ¼ cup chopped onion
- ⅛ teaspoon garlic powder
- ¼ cup grated cheese
- baked taco chips
Directions:
1. Blend all ingredients except cheese and taco chips in a blender or food processor. Or, mash with a fork or potato masher.
2. Pour into a microwave-safe serving dish.
3. Heat in a microwave oven on medium (50 percent power) for 2 to 3 minutes. If not warm, heat 1 to 2 minutes more.
4. Sprinkle with cheese and cover. Let stand until cheese melts.

Nutrients (per serving): 259 calories, 6 grams protein, 5 grams fiber, 11 grams fat, 3 micrograms folate DFE, 36 milligrams calcium, 1 milligram iron
PB fruit dip

Preparation time: 15 minutes
Makes: 1¼ cups, about 4 servings
Serving suggestion: Serve with a glass of milk.

Ingredients:

- ½ cup creamy peanut butter
- ½ cup low-fat plain yogurt
- ¼ cup frozen unsweetened orange juice concentrate, thawed
- several fresh fruits
Directions:

1. Beat together all ingredients, except fruit, until fluffy.
2. Cover and chill.
3. While dip is chilling, cut fruit into bite-size pieces.*
4. Serve fruit with chilled dip.

* Caution: Fruit pieces should be large enough for small children to bite and chew. Pieces that are too small can cause choking.

Nutrients (per serving): 293 calories, 10 grams protein, 4 grams fiber, 17 grams fat, 62 micrograms folate DFE, 79 milligrams calcium, 1 milligram iron
Banana split salad

Preparation time: 5 minutes  
Makes: 2 servings  
Serving suggestion: Serve with a bowl of soup and whole-grain crackers for lunch.

Ingredients:

- ½ cup vanilla yogurt
- 1 banana
- ½ cup chopped fruit, fresh or canned
Directions:
1. Slice banana lengthwise into four pieces. Divide banana pieces into two small bowls.
2. Spoon 2 tablespoons yogurt into each bowl, over bananas.
3. Pour half the chopped fruit into each bowl.

Nutrients (per serving): 124 calories, 4 grams protein, 3 grams fiber, 1 gram fat, 8 micrograms folate DFE, 107 milligrams calcium, 0 milligrams iron
Tuna wraps

Preparation time: 15 minutes
Makes: 4 servings
Serving suggestion: Serve with a bowl of soup, a glass of milk, and an oatmeal cookie for lunch.

Ingredients:

- 1 (9-ounce) can tuna packed in water, drained
- 4 whole-wheat tortillas
- ¼ cup light mayonnaise
- ½ cup chopped tomatoes
- ½ cup finely chopped cucumber
- 2 green onions, chopped
- 2 tablespoons sweet pickle relish
- salt and pepper to taste
Directions:

1. Wash and chop vegetables.
2. Mix all ingredients, except tortillas, in a small bowl.
4. Refrigerate leftovers.

Nutrients (per serving): 218 calories, 20 grams protein, 3 grams fiber, 6 grams fat, 16 micrograms folate DFE, 31 milligrams calcium, 2 milligrams iron
Bunny food
Preparation time: 15 minutes
Makes: 2 servings
Serving suggestion: Serve with whole-grain crackers and a glass of milk.

Ingredients:

- 2 carrots, peeled
- ½ cup raisins
- 2 teaspoons honey (substitute vanilla or lemon yogurt for a different taste)
Directions:
2. Chill before serving.

Nutrients (per serving): 136 calories, 2 grams protein, 4 grams fiber, 2 grams fat, 15 micrograms folate DFE, 30 milligrams calcium, 1 milligram iron
Treasure logs

Preparation time: 10 minutes
Makes: 1 serving
Serving suggestion: Serve with vegetable soup, whole-grain crackers and milk for lunch.

Ingredients:

- deli meat (lean ham or turkey, sliced thinly)
- cheese slices (your choice)
Directions:
Roll a thin slice of deli meat around each cheese slice.

Nutrients (per serving): 151 calories, 13 grams protein, 0 grams fiber, 11 grams fat, 6 micrograms folate DFE, 206 milligrams calcium, 0 milligrams iron
Make-a-face sandwiches
Preparation time: 5 minutes
Makes: 1 serving
Serving suggestion: Serve with tomato soup and a glass of milk for lunch.

Ingredients:

- whole-wheat bread
- peanut butter
- raisins or blueberries
- carrots
Directions:

1. Cut bread into a circle and spread with peanut butter.
2. Shred carrots and use to make hair.
3. Make eyes out of raisins or blueberries.

Nutrients (per serving): 279 calories, 11 grams protein, 5 grams fiber, 17 grams fat, 49 micrograms folate DFE, 47 milligrams calcium, 2 milligrams iron
Yo-pops

Preparation time: 5 minutes, plus 3 to 5 hours to freeze
Makes: 8 small popsicles
Serving suggestion: Serve with graham crackers for a snack.

Ingredients:

- 2 cups low-fat plain yogurt
- 1 teaspoon vanilla
- 6 tablespoons (half of a 6-ounce can) frozen orange juice concentrate, thawed
Directions:

1. Mix all ingredients together.
2. Pour into popsicle molds or paper cups.
3. Freeze popsicles. When partially frozen, insert a popsicle stick or plastic spoon into each popsicle.
4. Finish freezing and serve.

Nutrients (per serving): 44 calories, 3 grams protein, 0 grams fiber, 1 gram fat, 9 micrograms folate DFE, 113 milligrams calcium, 0 milligrams iron
Apple boats

Preparation time: 10 minutes
Makes: 4 servings
Serving suggestion: Serve with whole-grain cereal squares (such as Wheat Chex).

Ingredients:

- 1 apple
- 2 slices American cheese
- 1 cup shredded lettuce
Directions:
1. Wash and core apple. Cut in quarters and remove core.
2. Insert plastic straws into apple quarters.
3. Cut cheese slices in half diagonally to make a triangle. Thread onto plastic straw to make a sail.
4. Serve the boats on a “sea” of shredded lettuce.

Nutrients (per serving): 58 calories, 2 grams protein, 2 grams fiber, 3 grams fat, 0 micrograms folate DFE, 57 milligrams calcium, 0 milligrams iron
Ladybugs on a log

Preparation time: 15 minutes
Makes: 4 servings
Serving suggestion: Serve with a toasted cheese sandwich and a glass of 100 percent fruit juice for lunch.

Ingredients:

- 2 tablespoons raisins
- 4 celery stalks
- ½ cup cottage cheese, peanut butter or flavored yogurt
Directions:
1. Wash and dry celery. Cut it into 3-inch pieces.
2. Fill pieces with cottage cheese, peanut butter or yogurt.
3. Sprinkle tops with raisins.
4. Be sure to refrigerate any leftovers.

Nutrients (per serving): 41 calories, 4 grams protein, 1 gram fiber, 0 grams fat, 15 micrograms folate DFE, 36 milligrams calcium, 0 milligrams iron
Chewy peanut butter treats

Preparation time: 10 minutes, plus 30 minutes to chill
Makes: 20 treats
Serving suggestion: Serve with apple slices.

Ingredients:

- 1½ cups peanut butter
- 2 cups nonfat dry milk powder
- ½ cup honey or corn syrup
Directions:
1. Mix honey or corn syrup with peanut butter.
2. Add dry milk powder slowly until a firm dough is formed.
3. Knead on a clean surface until the dough is smooth — have fun!
4. Chill dough in the refrigerator until firm.
5. Shape dough into balls or whatever shapes you like.
6. Store leftovers in a covered container in the refrigerator.

Nutrients (per serving): 91 calories, 5 grams protein, 1 gram fiber, 4 grams fat, 11 micrograms folate DFE, 89 milligrams calcium, 0 milligrams iron
Surf and turf bake

Preparation time: 25 minutes, plus 15 minutes to bake
Makes: 4 servings
Serving suggestion: Serve with whole-grain rolls and milk. For dessert, have fruit and yogurt.

Ingredients:

- 4 (4-ounce) frozen fish fillets –
  cod, perch or whitefish
- 1 (16-ounce) package frozen mixed vegetables
- 1 small onion, diced
- 1 teaspoon lemon juice
- 1 tablespoon parsley

Used with permission from Simply Good Eating, University of Minnesota Extension Service.
Directions:

1. Preheat oven to 450 degrees.

2. Cut four pieces of aluminum foil into 10 × 12-inch rectangles.

3. Separate and place fish fillets in center of each tin foil square.

4. Mix frozen vegetables and diced onion in a large bowl. Spoon a fourth of the vegetables around each fillet.

5. Sprinkle with lemon juice and parsley.

6. Fold ends of tin foil together to form a leak-proof seal.

7. Bake for 10 minutes and serve. Note: When thoroughly cooked, fish should flake easily with a fork.

8. Refrigerate leftovers right away.

Nutrients (per serving): 153 calories, 24 grams protein, 4 grams fiber, 1 gram fat, 29 micrograms folate DFE, 37 milligrams calcium, 1 milligram iron
Homemade shake ‘n bake chicken

*Preparation time: 45 minutes, plus 45 minutes to bake*
*Makes: 6 servings*
*Serving suggestion: Serve with baked acorn squash, whole-wheat toast, milk and apple slices.*

**Ingredients:**

- 1 whole chicken (2½ to 3 pounds), skinned and cut up
- 1 cup milk
- 1 cup crushed cornflakes
- salt and pepper, to taste
- garlic powder, to taste (optional)
- vegetable cooking spray
Directions:
1. Preheat oven to 400 degrees.
2. Spray a 9 × 13-inch baking pan with cooking spray.
3. Put cornflakes in a plastic bag and crush by rolling with a jar or glass. Pour into a bowl and mix with spices.
4. Pour milk in a bowl. Dip chicken in milk, then roll in crushed cornflakes.
5. Put chicken in pan and bake for 45 minutes.
6. Refrigerate leftovers right away.

Nutrients (per serving): 288 calories, 48 grams protein, 0 grams fiber, 7 grams fat, 46 micrograms folate DFE, 81 milligrams calcium, 3 milligrams iron
**Better things to do stew**

*Preparation time: 15 minutes, plus 40 minutes to bake*

*Makes: 4 servings*

*Serving suggestion: Serve with a whole-grain roll, applesauce and milk.*

**Ingredients:**

- ½ pound lean ground beef or turkey
- ⅛ teaspoon salt
- ⅛ teaspoon pepper
- 1 (10¾-ounce) can condensed tomato soup
- 1 soup can of water
- 3 cups sliced carrots (about 6 carrots)
- 2 cups sliced potatoes (about 2 potatoes)

Used with permission from *Simply Good Eating*, University of Minnesota Extension Service.
Directions:

2. Stir in salt, pepper, soup, water, carrots and potatoes.
3. Bring to a boil; reduce heat and simmer, covered, about 25 minutes or until vegetables are tender.
4. Remove from heat and let stand with cover on for 10 minutes to thicken.
5. Refrigerate leftovers right away.

Nutrients (per serving): 182 calories, 12 grams protein, 1 grams fiber, 5 grams fat, 22 micrograms folate DFE, 24 milligrams calcium, 2 milligrams iron
Beats-a-pizza

Preparation time: 20 minutes, plus 10 minutes to bake
Makes: 6 servings
Serving suggestion: Serve with sliced strawberries and milk.

Ingredients:

- 1 (16-ounce) can kidney beans
- 1 tablespoon vegetable oil
- ½ cup chopped onion
- 1 (8-ounce) can tomato sauce
- ¼ cup green chiles (optional)
- ¼ teaspoon ground cumin
- 6 (10-inch) flour tortillas
- 2 cups (8 ounces) shredded cheese
- 1 green pepper, thinly sliced
- vegetable cooking spray

Used with permission from Simply Good Eating, University of Minnesota Extension Service.
Directions:

1. Preheat oven to 425 degrees.
2. Drain kidney beans and set aside ½ cup. Mash the remaining beans with a fork.
3. In a skillet over medium heat, cook and stir onion in oil until tender. Stir in mashed beans, tomato sauce, chiles (optional) and cumin. Cook and stir 5 minutes, then remove from heat.
4. Spray two cookie sheets with vegetable cooking spray. Place tortillas on cookie sheets and spread with hot bean mixture.
5. Sprinkle on 1 cup of cheese. Layer green peppers, reserved whole beans and remaining cup of cheese. Bake 10 minutes.
6. Refrigerate leftovers right away.

Nutrients (per serving): 419 calories, 19 grams protein, 8 grams fiber, 19 grams fat, 15 micrograms folate DFE, 343 milligrams calcium, 2 milligrams iron
Macho taco salad

Preparation time: 40 minutes, plus 15 minutes to cook
Makes: 6 servings
Serving suggestion: Serve with corn bread, orange slices and milk.

Ingredients:

- 1 pound ground beef or turkey
- 1 small onion, chopped
- 2 fresh tomatoes, chopped
- 1 small head of lettuce
- ½ cup chopped green pepper
- 1 (15½-ounce) can pinto beans, drained*
- ¾ cup salsa, plus extra for serving
- 1 cup shredded sharp Cheddar cheese

*If you like spicy foods, use canned chili beans instead of pinto beans.
Directions:
1. Wash and drain lettuce. Tear into bite-size pieces.
2. Add chopped tomatoes and green pepper. Toss in large bowl.
3. In a large pan, brown meat and onion over medium heat. Drain off fat and liquid.
4. Add beans and salsa. Pour over top of salad.
5. Sprinkle salad with shredded cheese.
6. Serve salad with additional salsa.
7. Refrigerate leftovers right away.

Nutrients (per serving): 251 calories, 25 grams protein, 5 grams fiber, 10 grams fat, 63 micrograms folate DFE, 183 milligrams calcium, 3 milligrams iron
Cheesy taters

Preparation time: 10 minutes, plus 10 to 15 minutes to bake (or use microwave directions)
Makes: 8 servings
Serving suggestion: Serve with a salad, whole-grain roll and 100 percent fruit juice.

Ingredients:

- 4 medium potatoes, baked and still warm
- 4 teaspoons skim milk
- 2 tablespoons chopped green onion (optional)
- ¼ teaspoon paprika
- 1 cup low-fat cottage cheese or low-fat Ricotta cheese
**Directions:**

Conventional oven directions:

1. Preheat oven to 350 degrees.
2. Slice each baked potato in half lengthwise. Scoop out potato pulp with a spoon, leaving about ¼-inch thick shells.
3. Combine cheese, milk and onion. Add potato pulp and mix until smooth.
4. Fill potato shells with mixture.
5. Arrange on a cookie sheet and sprinkle with paprika.
6. Bake in preheated oven for 10 to 15 minutes or until completely heated.

Microwave oven directions:

1. Prepare potatoes as in Steps 2 through 4 of the conventional oven directions.
2. Place potatoes on a microwave-safe sheet, sprinkle with paprika, and cover with waxed paper.
3. Heat on high (100 percent power) for 5 minutes, turning a quarter turn halfway through heating.

*Nutrients (per serving): 99 calories, 6 grams protein, 2 grams fiber, 0 grams fat, 24 micrograms folate DFE, 28 milligrams calcium, 1 milligram iron*
Veggie pockets

Preparation time: 15 to 20 minutes
Makes: 4 servings
Serving suggestion: Serve with a Skinny shake (recipe 15) for a light dinner.

Ingredients:

- 1 cup cauliflower or broccoli
- 2 carrots
- 1 green, red or yellow bell pepper
- 4 whole-wheat pita pockets
- Italian salad dressing
Directions:

1. Wash the vegetables and cut into bite-size pieces.
2. Mix together in a serving bowl and toss with salad dressing.
3. Cut pitas in half and stuff with veggie mixture.
4. Place pitas on a serving platter.

Nutrients (per serving): 144 calories, 4 grams protein, 4 grams fiber, 5 grams fat, 31 micrograms folate DFE, 28 milligrams calcium, 1 milligram iron
Easy chicken and rice bake

Preparation time: 10 to 15 minutes, plus 1 hour to bake
Makes: 5 servings
Serving suggestion: Serve with a tossed green salad, milk and a whole-grain roll.

Ingredients:

- 1 cup rice, uncooked
- 1 teaspoon salt
- 1 (10½-ounce) can cream of mushroom or broccoli soup
- 1½ soup cans water
- 1 broiler-fryer chicken, cut up
- ½ teaspoon pepper
- vegetable cooking spray
Directions:
1. Preheat oven to 350 degrees. Spray a 2-quart baking dish with vegetable cooking spray.
2. Put rice in bottom of dish and sprinkle with ½ teaspoon salt.
3. Add soup and water.
4. Lay chicken pieces on top of the rice/soup mixture.
5. Sprinkle with pepper and remaining salt.
6. Cover tightly and bake for 1 hour. If you don’t have a lid for your baking dish, you can use aluminum foil.
7. Check casserole during cooking. If rice becomes too dry, add more water.
8. Refrigerate leftovers right away.

Nutrients (per serving): 309 calories, 8 grams protein, 1 gram fiber, 15 grams fat, 146 micrograms folate DFE, 31 milligrams calcium, 2 milligrams iron
Jumpin’ jack stack

Preparation time: 10 to 15 minutes, plus 25 to 30 minutes to bake
Makes: 6 servings
Serving suggestion: Serve with 100 percent fruit juice and a salad made from fresh tomato and broccoli pieces tossed with light salad dressing.

Ingredients:

- 2 (16-ounce) cans tomato sauce
- 4 teaspoons chili powder
- ¼ teaspoon garlic powder
- 12 soft flour tortillas
- 1 cup (4 ounces) shredded Monterey Jack cheese
Directions:
1. Preheat oven to 350 degrees.
2. In a medium saucepan, combine tomato sauce, chili powder and garlic powder.
3. Spread one-fourth of the sauce in the bottom of a baking pan and top with one tortilla.
4. Spread the tortilla with 2 tablespoons sauce and 1 rounded tablespoon of cheese.
5. Repeat layering the rest of the tortillas, sauce and cheese.
6. Cover with aluminum foil and bake until hot and cheese is melted, 25 to 30 minutes.
7. Heat remaining sauce over medium heat until hot.
8. Remove tortilla stack to a serving plate. Cut into wedges. Serve with hot sauce.

Nutrients (per serving): 414 calories, 16 grams protein, 3 grams fiber, 12 grams fat, 5 micrograms folate DFE, 361 milligrams calcium, 4 milligrams iron
One-pan mac and cheese

Preparation time: 20 minutes, plus 5 to 7 minutes standing time
Makes: 6 servings
Serving suggestion: Serve with fruit salad and milk.

Ingredients:

- 6 cups water
- 1 teaspoon vegetable oil
- 1 teaspoon salt
- 2 cups uncooked macaroni
- \( \frac{2}{3} \) cup nonfat dry milk powder
- 1½ cups grated cheese (sharp Cheddar tastes great)
Directions:

1. Put water, oil and salt in a large pan. Bring to a boil.
2. Stir in macaroni. Turn heat to low and simmer for 10 to 14 minutes, or until tender.
3. Drain pasta, reserving $\frac{2}{3}$ cup cooking water. Return macaroni to pan.
4. Mix the $\frac{2}{3}$ cup warm cooking water and dry milk in a small bowl. Add it to the drained macaroni and heat on low.
5. Add cheese to macaroni. Stir and cook over low heat until cheese is melted.
6. Remove pan from heat and let stand for 5 to 7 minutes to allow cheese sauce to thicken.
7. Refrigerate leftovers.

Nutrients (per serving): 264 calories, 16 grams protein, 1 gram fiber, 11 grams fat, 151 micrograms folate DFE, 309 milligrams calcium, 2 milligrams iron
Spicy bean soup

Preparation time: 5 minutes, plus 10 minutes to cook
Makes: 6 servings
Serving suggestion: Serve with whole-grain crackers and 100 percent juice.

Ingredients:

• 1 (15-ounce) can chili beans, undrained
• 1 (15-ounce) can corn, undrained
• 1 (14- to 16-ounce) can stewed tomatoes
• 1 cup water
• 2 green onions, sliced
• 1 to 1½ teaspoons chili powder*
• ¼ teaspoon oregano

*for spicier soup, also add ¼ teaspoon cumin and ⅛ teaspoon cayenne pepper.
Directions:

1. Combine ingredients, except onions, in a large pan. Bring to a boil, stirring constantly. (Or combine ingredients, except onions, in a microwave-safe dish. Cover and microwave on high 10 minutes.)

2. Sprinkle sliced onions on top of soup to add color.


4. Refrigerate leftovers.

Nutrients (per serving): 134 calories, 6 grams protein, 6 grams fiber, 1 grams fat, 10 micrograms folate DFE, 54 milligrams calcium, 2 milligrams iron
One potato, two potato soup

Preparation time: 20 minutes, plus 20 minutes to cook
Makes: 6 cups
Serving suggestion: Serve with a tossed green salad, whole-grain roll and 100 percent juice.

Ingredients:

- 3 medium potatoes
- 1 large sweet potato
- 1 medium onion
- 1 (14½-ounce) can chicken broth
- 1 teaspoon dill weed
- 1 (12-ounce) can evaporated milk
Directions:
1. Wash and peel the potatoes. Cut into small cubes.
2. Peel and chop onion.
3. Put potatoes, onion, chicken broth and dill weed into pan and stir.
4. Cook on high until boiling. Reduce heat to low and cover pan. Cook 20 minutes or until potatoes are very soft.
5. Remove pan from heat and mash potatoes.
7. Refrigerate leftovers

Nutrients (per serving): 151 calories, 8 grams protein, 2 grams fiber, 1 gram fat, 16 micrograms folate DFE, 208 milligrams calcium, 1 milligram iron
Tortilla soup

Preparation time: 20 to 25 minutes
Makes: 6 servings
Serving suggestion: Serve with carrot and celery sticks, low-fat Ranch dressing, and 100 percent juice.

Ingredients:
- 2 (14½-ounce) cans chicken broth
- 1 cup water
- ½ cup mild salsa or 1 (8-ounce) can stewed tomatoes
- 1 teaspoon chili powder
- 1 (5-ounce) can chicken in water
- 3 green onions
- 1 large tomato
- 2 ounces Monterey Jack cheese
- 4 ounces baked tortilla chips
Directions:
1. Mix together chicken broth, water, salsa and chili powder in pan.
2. Heat to boiling; then reduce heat and simmer.
3. Drain water off of canned chicken. Using a fork, break the chicken into small pieces.
4. Wash green onions and tomato. Slice thinly.
5. Cut cheese into ¼-inch cubes.
6. Divide chicken, onions, tomatoes and cheese evenly among six soup bowls.
7. Ladle hot broth into each bowl. Crumble tortilla chips and sprinkle over soup.

Nutrients (per serving): 187 calories, 12 grams protein, 3 grams fiber, 7 grams fat, 19 micrograms folate DFE, 94 milligrams calcium, 1 milligram iron
La creme carrot soup

Preparation time: 45 minutes
Makes: 6 servings
Serving suggestion: Serve with spinach salad, whole-wheat toast and 100 percent juice.

Ingredients:

- 1 tablespoon butter or margarine
- ½ cup finely chopped onion
- 1 pound carrots (8 to 10 carrots)
- 1 pound potatoes (3 to 4 potatoes)
- 6 cups water
- 3 chicken bouillon cubes
- ½ teaspoon white sugar
- ¼ teaspoon pepper
- 1½ cups low-fat milk
- 1½ cups (6 ounces) shredded Cheddar cheese
Directions:
1. Melt margarine in large saucepan. Add onion and cook, stirring, until limp.
2. Peel and grate the carrots and potatoes. Add grated vegetables, water, bouillon cubes and seasonings to saucepan.
3. Simmer 15 to 20 minutes, until vegetables are tender.
4. Add milk and cheese. Stir over low heat until cheese is melted.

Nutrients (per serving): 269 calories, 11 grams protein, 4 grams fiber, 12 grams fat, 31 micrograms folate DFE, 393 milligrams calcium, 1 milligram iron
Chili my-way
Preparation time: 20 minutes, plus 1 hour to cook
Makes: 12 servings
Serving suggestion: Add chopped onions and shredded cheese as toppers. Serve with whole-grain crackers and milk.

Ingredients:
- 2 (16-ounce) cans whole tomatoes
- 2 (8-ounce) cans tomato sauce
- 2 large onions, chopped
- 2 green peppers, chopped
- 2 pounds extra-lean ground beef
- 2 tablespoons chili powder
- 3 (15-ounce) cans kidney beans, drained
- 1 teaspoon salt (or to taste)
- vegetable cooking spray
Directions:
2. Add chopped onion and peppers and cook until they are tender.
3. Add drained beans, tomatoes, tomato sauce and seasonings.

Nutrients (per serving): 253 calories, 25 grams protein, 11 grams fiber, 3 grams fat, 17 micrograms folate DFE, 36 milligrams calcium, 3 milligrams iron
Zap-it squash

Preparation time: 5 minutes, plus 10 minutes to cook and 5 minutes to stand
Makes: 2 servings
Serving suggestion: Serve with steamed broccoli, baked chicken and milk.

Ingredients:

• 1 whole acorn squash (about 1 pound)
• 1 tablespoon margarine
• 1 tablespoon brown sugar
• ½ cup applesauce
• ½ teaspoon cinnamon
Directions:

1. Wash squash and pierce deeply in 4 or 5 places.
2. Place on a paper towel in the microwave oven. Cook on high (100 percent power) for 5 minutes. Turn squash over and cook on high 5 minutes more.
3. Let squash stand for 5 minutes.
4. Cut squash in half lengthwise; remove seeds and membrane with a spoon.
5. Spread half the margarine and brown sugar on each squash half.
6. Spoon half the applesauce into each squash half and sprinkle cinnamon over all.
7. If desired, reheat for 1 to 2 minutes.

Nutrients (per serving): 195 calories, 2 grams protein, 5 grams fiber, 6 grams fat, 40 micrograms folate DFE, 92 milligrams calcium, 2 milligrams iron
Two-plus fruit salad

Preparation time: 15 minutes
Makes: 4 servings
Serving suggestion: Serve with baked chicken or fish and Shake ‘n bake fries (recipe 51).

Ingredients:

- 2 cups fruit (use at least two different fruits, such as apple, banana, pear, orange, etc.)
- ¼ cup orange juice
Directions:
1. Wash fruit and cut into bite-size pieces.
2. Put fruit in a bowl and add juice. Stir gently.

Nutrients (per serving): 76 calories, 1 gram protein, 3 grams fiber, 0 grams fat, 14 micrograms folate DFE, 18 milligrams calcium, 0 milligrams iron
Cheesy rice and broccoli bake

Preparation time: 15 minutes, plus 20 to 30 minutes to bake
Makes: 6 servings
Serving suggestion: Serve with baked pork chops.

Ingredients:
- 1 (10½-ounce) can condensed cream of mushroom soup
- ½ cup low-fat milk
- ¼ cup chopped green pepper
- ½ cup chopped onion
- ¼ cup chopped celery
- 2 cups cooked rice
- 1 (10-ounce) package frozen chopped broccoli, thawed
- 1 cup grated Cheddar or Colby cheese (4 ounces)
Directions:
1. Mix milk with soup in a small bowl. Add to rest of ingredients in a 2-quart baking dish.
2. Bake at 350 degrees for 20 to 30 minutes.

Nutrients (per serving): 232 calories, 9 grams protein, 2 grams fiber, 10 grams fat, 110 micrograms folate DFE, 220 milligrams calcium, 2 milligrams iron
Rainbow stir-fry

Preparation time: 10 minutes, plus 10 minutes to cook
Makes: 4 servings
Serving suggestion: Serve over hot rice or noodles with a glass of milk.

Ingredients:

- 4 cups vegetables (see list at right)
- 3 cloves garlic, peeled and chopped*
- 2 tablespoons vegetable oil
- 2 tablespoons soy sauce
- ½ cup water

*or substitute ½ teaspoon garlic powder

Veggie choices: Longer cooking time (4-5 minutes)
- broccoli
- cauliflower
- green beans
- celery
- carrots
- green or red peppers
- onions

Veggie choices: Shorter cooking time (2-3 minutes)
- tomatoes
- Chinese cabbage
- fresh spinach
- zucchini
- mushrooms
Directions:

1. Cut vegetables into small, evenly shaped pieces.

2. Heat oil in skillet over medium-high heat until hot. Add garlic and stir-fry several minutes. If using garlic powder, add with vegetables. Add longer-cook vegetables and stir-fry for 4 to 5 minutes.

3. Add shorter-cook vegetables and stir-fry 2 to 3 minutes longer.

4. Add soy sauce and water. Cook and stir until vegetables are tender-crisp. Serve immediately.

Nutrients (per serving): 102 calories, 2 grams protein, 2 grams fiber, 7 grams fat, 41 micrograms folate DFE, 35 milligrams calcium, 1 milligram iron
Shake ’n bake fries

Preparation time: 15 minutes, plus 30 to 40 minutes to bake
Makes: 6 servings
Serving suggestion: Serve with grilled hamburgers and fruit salad.

Ingredients:

- 3 medium potatoes
- 2 tablespoons olive oil
- paprika, to taste
Directions:

1. Preheat oven to 400 degrees.
2. Scrub potatoes but don’t peel them. Cut each potato lengthwise into eight strips.
3. Arrange potatoes in a single layer on a non-stick cookie sheet.
4. Pour olive oil over potatoes and toss to coat well. Sprinkle with paprika.
5. Bake 30 to 40 minutes, tossing several times during baking.

Nutrients (per serving): 93 calories, 1 gram protein, 2 grams fiber, 5 grams fat, 14 micrograms folate DFE, 7 milligrams calcium, 0 milligrams iron
Crunch ‘n munch bean salad

Preparation time: 15 minutes, plus 2 hours to chill
Makes: 4 servings
Serving suggestion: Serve with soup and a whole-grain roll.

Ingredients:
- ½ cup cooked or canned pinto beans, drained
- 2 cups fresh spinach
- 1 cup fresh or frozen broccoli pieces
- ¼ cup Italian salad dressing
- ¼ cup sunflower seeds
Directions:
1. Steam broccoli for about 3 minutes — it should still be crisp; drain.
2. Mix broccoli, drained beans and salad dressing. Chill several hours to blend flavors.
3. Wash spinach and cut into bite-size pieces.
4. Toss spinach with bean mixture. Sprinkle with sunflower seeds.

Nutrients (per serving): 124 calories, 4 grams protein, 3 grams fiber, 9 grams fat, 79 micrograms folate DFE, 43 milligrams calcium, 1 milligram iron
Yo’ baby pudding

Preparation time: 10 minutes, plus 1 hour to chill
Makes: 4 large or 8 small servings

Ingredients:
• 1 (3½-ounce) package pudding, any flavor
• ¼ cup low-fat milk
• 2 cups low-fat plain yogurt
• 1 cup fruit pieces
Directions:
1. Add milk to the pudding and stir until smooth.
2. Add yogurt and stir.
3. Refrigerate until ready to serve. Serve over fruit pieces.

Nutrients (per serving): 238 calories, 8 grams protein, 1 gram fiber, 2 grams fat, 19 micrograms folate DFE, 266 milligrams calcium, 0 milligrams iron
Berry crunchy dessert

Preparation time: 5 minutes
Makes: 4 servings

Ingredients:

- 1 cup fruit (fresh or canned in light syrup)
- 2 cups low-fat vanilla yogurt
- 1 cup granola cereal
Directions:
1. Drain fruit (if using canned fruit).
2. Mix yogurt and fruit in mixing bowl.
3. Divide into four small serving bowls.
4. Sprinkle ¼ cup granola over each bowl.

Nutrients (per serving): 274 calories, 11 grams protein, 4 grams fiber, 9 grams fat, 41 micrograms folate DFE, 235 milligrams calcium, 2 milligrams iron
Power-up peaches

Preparation time: 15 minutes, plus 1 to 2 hours to chill
Makes: 6 servings

Ingredients:

- 1 (8-ounce) can sliced peaches in light syrup
- 1 to 1½ cups cold milk
- 1 (3½-ounce) package instant vanilla pudding
- ⅓ cup non-fat dry milk
Directions:
1. Drain peaches, reserving syrup. Set aside six peach slices for garnish. Dice remaining peaches.
2. Add cold milk to syrup to make 2 cups.
3. Pour juice/milk mixture into mixing bowl. Add pudding mix and dry milk.
4. Beat slowly with a mixing spoon or at the lowest speed on an electric mixer until well blended, about 2 minutes.
5. Quickly stir in peaches and pour into six small bowls.
6. Let stand five minutes. Garnish with reserved peach slices. Chill 1 to 2 hours.

Nutrients (per serving): 130 calories, 4 grams protein, 0 grams fiber, 1 gram fat, 5 micrograms folate DFE, 120 milligrams calcium, 0 milligrams iron
Apple crisp sundaes

Preparation time: 15 to 20 minutes, plus 5 to 7 minutes (microwave) or 25 minutes (oven) to cook
Makes: 4 servings

Ingredients:
- 3 cups peeled and sliced apples (about 3 medium apples)
- 1/3 cup old-fashioned oatmeal, uncooked
- 2 tablespoons water
- 1 teaspoon cinnamon
- 1 tablespoon brown sugar

For the topping:
- 4 ounces low-fat vanilla yogurt
- 1/4 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 3/4 cup light whipped topping
Directions:

1. Mix apples with oats, brown sugar, water and cinnamon in 1-quart baking dish. Bake in conventional oven or microwave oven using directions below.


3. Serve apple mixture warm with a spoonful of chilled topping.

Microwave oven directions: Stir ingredients together in a microwave-safe baking dish. Cover with wax paper and microwave on high (100 percent power) for 5 to 7 minutes, rotating a quarter turn halfway through cooking.

Conventional oven directions: Stir ingredients together in oven-safe baking dish. Bake at 350 degrees for 25 minutes.

Nutrients (per serving): 150 calories, 3 grams protein, 5 grams fiber, 1 gram fat, 6 micrograms folate DFE, 68 milligrams calcium, 1 milligram iron
Guiltless chocolate peanut butter dip

Preparation time: 20 minutes
Makes: 8 servings

Ingredients:

- $\frac{1}{3}$ cup unsweetened cocoa powder
- $\frac{1}{3}$ cup sugar
- $\frac{1}{3}$ cup low-fat milk
- 3 tablespoons corn syrup
- 2 tablespoons peanut butter
- $\frac{1}{2}$ teaspoon vanilla
- 2 bananas (medium)
- 16 strawberries (large)
Directions:
1. Wash and prepare fruit.
2. Mix cocoa, sugar, milk, corn syrup and peanut butter in a medium-size saucepan.
3. Cook and stir over medium heat until hot.
4. Remove from heat and stir in vanilla.
5. Pour into a serving bowl. Serve warm with fruit for dipping.

Nutrients (per serving): 131 calories, 3 grams protein, 3 grams fiber, 3 grams fat, 4 micrograms folate DFE, 35 milligrams calcium, 1 milligram iron
Preparation time: _______________
Makes: _______________________
Serving suggestion: ____________________________

Ingredients:
Directions:
Directions:
Preparation time: ____________
Makes: ______________________
Serving suggestion: ________________________________

Ingredients:
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Ingredients:
Directions: