Recipe Finder Cookbook

Hispanic/Latino Recipes

This custom cookbook was created using recipes from the *SNAP-Ed Connection Recipe Finder Database*. Recipes included in the database have been reviewed by nutrition professionals at the SNAP-Ed Connection using specific cost and nutrition criteria. Recipes are consistent with the current Dietary Guidelines for Americans and MyPlate. Nutrition educators in the Supplemental Nutrition Assistance Program (SNAP) and other Food and Nutrition Service (FNS) nutrition assistance programs and their partners are encouraged to use the database to support their nutrition education program goals.

For additional recipes and more information about the *SNAP-Ed Connection Recipe Finder Database*, please visit the Web site at http://recipefinder.nal.usda.gov/.

This material was funded by USDA's Supplemental Nutrition Assistance Program.

The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689 for the contact information for your local SNAP office or visit the Web site at http://www.fns.usda.gov/SNAP/.

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Table Of Contents

A Simple Mexican Salad 6
Argentinean Chimichurri Sauce 7
Arroz Con Pollo Chicken and Rice 8
Baked Tortilla Chips 9
Baked Trout 10
Bean Dip 11
Bean Enchiladas 12
Bean and Rice Burritos 13
Beef and Bean Chile Verde 14
Black Bean Soup 15
Black Bean and Rice Salad 16
Black Beans 17
Brazilian Rice 18
Breakfast Burrito 19
Caribbean Pink Beans 20
Cherry Pineapple Delight 21
Chicken Mole 22
Chicken Pozole Soup 23
Chicken Spanish Rice 24
Chicken Tortilla Casserole 25
Chicken and Beans 26
Citrus Salad 27
Classic Honey Flan 28
Colorful Quesadillas 29
Confetti Bean Salsa 30
Cooked Beans 31
Corn Tortillas 32
Corn and Bean Medley 33
Corn and Green Chili Salad 34
Cowboy Caviar (Bean Salsa) 35
Crispy Taquitos 36
Cuban Beans and Rice 37
Curtido Salvadoreno (Cabbage Salad) 38
Easy Mango Salsa 39
Enchilada Bake 40
Enchilada Rice 41
Farmers Market Gazpacho 42
Farmers Market Salsa 43
Fish Tacos 44
Flour Tortillas 45

Fresh Salsa 46
Fruit Salad with Jicama 47
Hearty Mexican Soup 48
Horchata 49
Hot 'N Spicy Seasoning 50
Layered Black Bean Dip 51
Lemon Corn Cake 52
Lentil Tacos 53
Mango Salsa 54
Mango Shake 55
Meatball Soup 56
Mexican Chicken Soup 57
Mexican Pinwheels 58
Mexican Pozole Soup 59
Mexican Rice 60
Mexican Rice II 61
Mexican Vegetables 62
Migas "Crumbs" 63
Oven-Fried Yucca 64
Pear in Orange Sauce 65
Picadillo 66
Pico de Gallo 67
Polenta with Pepper and Cheese 68
Pupusas Revueltas 69
Quesadilla con Huevos 70
Quick Black Bean Salad 71
Quick Chili 72
Quinoa and Black Bean Salad 73
Refried Beans 74
Salsa Fresca 75
Salsa Pinto Beans 76
Simmered Beans 77
Simple Fish Tacos 78
Simple Stuffed Peppers 79
South of the Border Dip 80
South of the Border Salad 81
Southwestern Pepper Cups 82
Spanish Baked Fish 83
Spanish Cauliflower 84
Spanish Omelet 85
Spanish Rice 86
Spanish Rice II 87
Speedy Burritos 88

Spinach and Mushroom Enchilada Casserole 89
Squash Salsa 90
Stove Top Green Chile Chicken Enchiladas 91
Stovetop Tamale Pie 92
Taco Flavored Potatoes 93
Taco Salad II 94
Taco Soup 95
Terrific Bean Taco 96
Tortilla Chips and Bean Dip 97
Tortilla Pizzas 98
Tostadas Delgadas 99
Turkey Tostadas 100
Veggie Bean Wrap 101
Veggie Quesadillas 102
Veggie Quesadillas II 103
White Chili 104

A Simple Mexican Salad

Yield: 4 servings

Ingredients

2	cucumber
2	orange
1	lemon or lime (the juice)
1/2 teaspoon	chili powder
1/2 teaspoon	salt

Instructions

1. Wash the cucumbers, oranges and lemon or lime under cold running water.

2. Slice the cucumbers. Peel and cut the oranges into small pieces.

3. Place cucumber and oranges in a medium size bowl. Add chili powder, lemon or lime juice and salt.

Nutrition Facts

Serving Size 1/4 of recipe (221g)
Servings Per Container 4

Amount Per Serving

Calories 50 — Calories from Fat 5

	% Daily Value*
Total Fat 0g	**0**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 300mg	**13**%
Total Carbohydrate 12g	**4**%
Dietary Fiber 3g	**12**%
Sugars 9g	
Protein 1g	

Vitamin A 6% • Vitamin C 80%
Calcium 6% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Oregon State University Cooperative Extension Service, Pictoral Recipes
Lynn Myers Steele, 2000
Oregon Family Nutrition Program

Cost

Per recipe: $2.24
Per serving: $0.56

Argentinean Chimichurri Sauce

Yield: 12 servings

Ingredients

1 cup	flat-leaf parsely (lightly packed and chopped without the stalks)
4	garlic clove (minced)
1/8 teaspoon	salt
1/4 teaspoon	peppercorn (freshly ground)
1/2 teaspoon	chili pepper flakes
1 tablespoon	oregano (dried)
2 tablespoons	green onion (minced)
1/2 cup	olive oil
3/4 cups	vinegar
3 tablespoons	lemon juice (fresh)
1/4 cup	water

Instructions

1. Place all the ingredients in a blender or food processor and pulse until well chopped, but not pureed. Place in a glass container.
2. Spoon the sauce over grilled meats, poultry, seafood, or vegetables. This sauce can also be used as a marinade.

Nutrition Facts

Serving Size 3 Tablespoons (40g)
Servings Per Container 12

Amount Per Serving	
Calories 90	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 30mg	**1%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 0g	

Vitamin A 10% • Vitamin C 15%
Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

National Heart, Lung and Blood Institute (NHLBI), Delicious Heart-Healthy Latino Recipes/Platillos latinos sabrosos y saludables

Cost

Per recipe: $1.85
Per serving: $0.15

Arroz Con Pollo Chicken and Rice

Yield: 6 servings

Ingredients

2 tablespoons	vegetable oil
1	chicken (whole, cut up, skin removed)
1	green pepper (chopped)
1	onion (chopped)
3	garlic clove (minced)
2	tomatoes (chopped)
2 1/4 cups	chicken broth (low-sodium)
1	bay leaf
1 cup	rice (uncooked)
1 cup	peas
	salt (to taste, optional)
	pepper (to taste, optional)

Instructions

1. In a large skillet heat oil and brown chicken on both sides.

2. Add green pepper, onion, and garlic and cook for about 5 minutes.

3. Add tomato, chicken broth, bay leaf, salt pepper to taste.

4. Cover and cook for 20 minutes.

5. Add rice, stir well, cover and simmer for 20-30 minutes longer, or until all liquid has been absorbed and chicken is tender.

6. Add peas, cook until hot.

Nutrition Facts

Serving Size 1/6 of recipe (297g)
Servings Per Container 6

Amount Per Serving

Calories 200	Calories from Fat 35
	% Daily Value*
Total Fat 4g	**6%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 70mg	**3%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 3g	**12%**
Sugars 4g	
Protein 11g	

Vitamin A 20% • Vitamin C 45%
Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

University of Illinois, Extension Service, Wellness Ways-Taste of the World

Cost

Per recipe: $6.31
Per serving: $1.05

Baked Trout

Yield: 6 servings

Ingredients

2 pounds	trout fillets (or other fish, cut into six pieces)
3 tablespoons	lime juice (or about 2 limes)
1	tomato (medium, chopped)
1/2	onion (medium, chopped)
3 tablespoons	cilantro (chopped)
1/2 teaspoon	olive oil
1/4 teaspoon	black pepper
1/4 teaspoon	salt
1/4 teaspoon	red pepper (optional*)

Instructions

1. Preheat oven to 350 degrees.

2. Rinse fish and pat dry. Place in baking dish.

3. In a separate dish, mix remaining ingredients together and pour over fish.

4. Bake for 15 to 20 minutes or until fork-tender.

* Used in analysis

Nutrition Facts

Serving Size 1 piece fish, 1/6 of recipe (159g)
Servings Per Container 6

Amount Per Serving

Calories 220 Calories from Fat 80

	% Daily Value*
Total Fat 9g	**14**%
Saturated Fat 1.5g	**8**%
Trans Fat 0g	
Cholesterol 80mg	**27**%
Sodium 170mg	**7**%
Total Carbohydrate 3g	**1**%
Dietary Fiber 1g	**4**%
Sugars 2g	
Protein 29g	

Vitamin A 6% • Vitamin C 15%
Calcium 6% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

National Heart, Lung and Blood Institute (NHLBI), Delicious Heart Healthy Latino Recipes/Platillos latinos sabrosos y saludables

Cost

Per recipe: $12.50
Per serving: $2.08

Bean Dip

Yield: 6 servings

Ingredients

2 cups	kidney beans (canned)
1 tablespoon	vinegar
3/4 teaspoons	chili powder
1/8 teaspoon	cumin (ground)
2 teaspoons	onion (finely chopped)
1 cup	cheddar cheese (grated)

Instructions

1. Drain the kidney beans, but save the liquid in a small bowl

2. Place the beans, vinegar, chili powder and cumin in a blender. Blend until smooth. Add enough saved bean liquid to make the dip easy to spread.

3. Stir in the chopped onion and grated cheese.

4. Store in a tightly covered container and place in the fridge

5. Serve with raw vegetable sticks or crackers.

Notes

If you don't have a blender, you can mix the first 4 ingredients in a medium bowl and mash with a fork. Then stir in the onion and cheese.

You can store this dip in the fridge for up to 4 or 5 days.

Nutrition Facts

Serving Size 1/2 cup, 1/6 of recipe (108g)
Servings Per Container 6

Amount Per Serving

Calories 150 Calories from Fat 60

	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 340mg	**14%**
Total Carbohydrate 13g	**4%**
Dietary Fiber 5g	**20%**
Sugars 2g	
Protein 9g	

Vitamin A 6% • 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:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Cost

Per recipe: $2.64
Per serving: $0.44

Bean Enchiladas

Yield: 4 servings

Ingredients

3 1/2 cups	pinto beans (cooked, or 2-15 ounce low sodium cans)
1/2 cup	Monterey Jack cheese (reduced-fat)
1 tablespoon	chili powder
8	flour tortillas (6 inch)
	salsa (optional)

Instructions

1. Place beans in a large bowl and mash coarsely with a fork or potato masher; stir in chili powder.

2. Wrap tortillas in a damp paper towel. Microwave on high for 45 seconds, or until tortillas are soft and warm.

3. Divide bean mixture among tortillas and spread down center of tortilla. Sprinkle cheese on bean mixture.

4. Roll tortillas to enclose mixture.

5. Spray a 9"x13" baking dish with non-stick cooking spray

6. Place enchiladas, seam side down, into baking dish.

7. Cover with foil and bake at 350 degrees for 20 minutes or until heated through.

8. Serve warm with salsa.

Nutrition Facts

Serving Size 2 6" enchiladas, 1/4 of recipe (226g)
Servings Per Container 4

Amount Per Serving

Calories 440 Calories from Fat 70

	% Daily Value*
Total Fat 8g	**12**%
Saturated Fat 3g	**15**%
Trans Fat 0g	
Cholesterol 10mg	**3**%
Sodium 560mg	**23**%
Total Carbohydrate 71g	**24**%
Dietary Fiber 16g	**64**%
Sugars 3g	
Protein 22g	

Vitamin A 15% • Vitamin C 2%
Calcium 35% • Iron 30%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Arizona Nutrition Network, Healthy Lifestyles 2003
In the Kitchen with Chef Stephanie Green

Cost

Per recipe: $2.22
Per serving: $0.55

Bean and Rice Burritos

Yield: 8 servings

Ingredients

2 cups	rice (cooked)
1	onion (small, chopped)
2 cups	kidney beans (cooked, or one 15 ounce can, drained)
8	flour tortillas (10 inch)
1/2 cup	salsa
1/2 cup	cheese (shredded)

Instructions

1. Preheat the oven to 300 degrees.

2. Peel the onion, and chop it into small pieces.

3. Drain the liquid from the cooked (or canned) kidney beans.

4. Mix the rice, chopped onion, and beans in a bowl.

5. Put each tortilla on a flat surface.

6. Put 1/2 cup of the rice and bean mix in the middle of each tortilla.

7. Fold the sides of the tortilla to hold the rice and beans.

8. Put each filled tortilla (burrito) in the baking pan.

9. Bake for 15 minutes.

10. While the burritos are baking, grate 1/2 cup cheese.

11. Pour the salsa over the baked burritos. Add cheese.

12. Serve the burritos warm.

Nutrition Facts

Serving Size 1 burrito, 1/8 of recipe (187g)
Servings Per Container 8

Amount Per Serving

Calories 360	Calories from Fat 70	
		% Daily Value*
Total Fat 8g		**12%**
Saturated Fat 2.5g		**13%**
Trans Fat 0g		
Cholesterol 5mg		**2%**
Sodium 600mg		**25%**
Total Carbohydrate 60g		**20%**
Dietary Fiber 5g		**20%**
Sugars 4g		
Protein 13g		

Vitamin A 2% • Vitamin C 4%
Calcium 15% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Cost

Per recipe: $3.22
Per serving: $0.40

Beef and Bean Chile Verde

Yield: 6 Servings

Ingredients

2/3 pounds	ground beef (90% lean)
1	bell pepper, large (chopped)
1	onion, large (chopped)
6	garlic cloves (chopped)
1 tablespoon	chili powder
2 teaspoons	ground cumin
1 can	diced tomatoes, low-sodium (12 ounces)
1	jar green salsa (or enchilada sauce, 16 ounces)
1 can	pinto or kidney beans (rinsed and drained, 15 ounces)

Instructions

1. Place meat, bell pepper, tomatoes, and onion in large sauce pan, . Heat on medium 8-10 minutes, stirring frequently until the meat is browned; drain fat.
2. Add garlic, chili powder and cumin, cook until fragrant (15 seconds).
3. Stir in salsa and bring to a boil.
4. Reduce heat and simmer; cover and cook 10-15 minutes, stirring occasionally.
5. Add beans and cook until heated.

Nutrition Facts

Serving Size 1/6 of recipe (279g)
Servings Per Container 6

Amount Per Serving

Calories 220 Calories from Fat 50

	% Daily Value*
Total Fat 6g	**9**%
Saturated Fat 2g	**10**%
Trans Fat 0g	
Cholesterol 35mg	**12**%
Sodium 450mg	**19**%
Total Carbohydrate 23g	**8**%
Dietary Fiber 8g	**32**%
Sugars 6g	
Protein 17g	

Vitamin A 25% • Vitamin C 70%
Calcium 6% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

ONIE Project - Oklahoma Nutrition Information and Education. Simple Healthy Recipes.

Cost

Per recipe: $7.65
Per serving: $1.27

Black Bean Soup

Yield: 4 servings

Ingredients

1 cup	onion (chopped)
3/4 cups	celery (chopped)
2 teaspoons	garlic (chopped)
1 1/2 cup	beef broth (fat removed)
2 cans	black beans (15 oz. each, drained and rinsed)
1/2 cup	salsa (thick and chunky)
1 1/2 teaspoon	cumin
1/2 teaspoon	onion powder
1/4 teaspoon	oregano (dried)

Instructions

1. Combine all ingredients in a saucepan.

2. Cover and simmer for 20-25 minutes or until vegetables are tender.

Nutrition Facts

Serving Size 1-1/4 cups (332g)
Servings Per Container 4

Amount Per Serving

Calories 160 Calories from Fat 10

	% Daily Value*
Total Fat 1g	**2**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 860mg	**36**%
Total Carbohydrate 27g	**9**%
Dietary Fiber 8g	**32**%
Sugars 3g	
Protein 8g	

Vitamin A 2% • Vitamin C 6%
Calcium 8% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Cornell Cooperative Extension of Onondaga County, Good Food Cookbook: A Special Collection of Quick and Healthy Bean Recipes

Cost

Per recipe: $3.11
Per serving: $0.78

Black Bean and Rice Salad

Yield: 3 servings

Ingredients

1/2 cup	onion (chopped)
1/2 cup	bell pepper (green or red, chopped)
1 cup	brown rice (or white rice, cooked and cooled)
1 can	black beans (15 ounce, drained and rinsed)
1/4 cup	rice vinegar (or white wine vinegar or lemon juice)
1/2 teaspoon	mustard powder (optional, dry)
1	clove garlic (chopped, or 1/2 teaspoon garlic powder)
1/2 teaspoon	salt
1/4 teaspoon	pepper
2 tablespoons	vegetable oil

Instructions

1. In a mixing bowl, stir together onion, red or green pepper, rice and beans.

2. In a jar with a tight fitting lid, add vinegar, dry mustard, garlic, salt, pepper and vegetable oil. Shake until dressing is evenly mixed.

3. Pour dressing over bean mixture and stir to mix evenly. Chill for at least one hour. Serve cold as a side dish or main dish.

Nutrition Facts

Serving Size 1 cup, 1/3 of recipe (289g)
Servings Per Container 3

Amount Per Serving

Calories 280	Calories from Fat 90
	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 830mg	**35%**
Total Carbohydrate 38g	**13%**
Dietary Fiber 8g	**32%**
Sugars 2g	
Protein 9g	

Vitamin A 2% • Vitamin C 35%
Calcium 6% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Montana State University Extension Service, Montana Extension Nutrition Education Program
Website Recipes

Cost

Per recipe: $1.76
Per serving: $0.59

Black Beans

Yield: 4 servings

Ingredients

2 cans	black beans (15 ounce)
1/2	onion (medium)
2	garlic clove
2 tablespoons	vegetable oil
1/2 teaspoon	cumin (ground)
1/2 teaspoon	salt
1/4 teaspoon	oregano (fresh or dried)

Instructions

1. Carefully drain the juice from one can of black beans. Pour the drained black beans into a bowl. Use a potato masher to mash the beans until they are no longer whole. Set the mashed beans aside.

2. Chop the onion in to 1/4-inch pieces. Set it aside. Peel the garlic cloves and mince them finely. Set the garlic aside.

3. In a medium saucepan, heat the oil over medium high heat. Add the onions and sauté for 1 to 2 minutes. Stir in the garlic and cumin and cook for 30 seconds more. Stir in the mashed black beans and the second can of black beans, including the juice. When the beans begin to boil, reduce the heat to low, stir in the salt and oregano and simmer for 10 minutes, uncovered.

Nutrition Facts

Serving Size 1/6 of recipe (157g)
Servings Per Container 6

Amount Per Serving

Calories 150 Calories from Fat 45

	% Daily Value*
Total Fat 5g	**8**%
Saturated Fat 0.5g	**3**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 700mg	**29**%
Total Carbohydrate 23g	**8**%
Dietary Fiber 8g	**32**%
Sugars 1g	
Protein 8g	

Vitamin A 0% • Vitamin C 2%
Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

New Mexico State University Cooperative Extension Service, Cooking with Kids
Lynn Walters and Jane Stacey
USDA Food and Nutrition Service Food Stamp Nutrition Education Program

Cost

Per recipe: $2.00
Per serving: $0.50

Brazilian Rice

Yield: 8 servings

Ingredients

1	vegetable oil spray (non-stick)
2 cartons	spinach (12 ounce, frozen, thawed)
1 cup	brown rice (cooked)
2 tablespoons	olive oil
1 cup	egg-white substitute (liquid)
3/4 cups	mozzarella cheese (shredded fat-free)
1 cup	milk (fat-free)
1/2	onion (medium, chopped)
1/2 teaspoon	Worcestershire sauce (low-sodium)
1/4 teaspoon	marjoram (dried)
1/4 teaspoon	thyme (dried)
1/4 teaspoon	rosemary (dried)

Instructions

1. Preheat oven to 350 degrees.

2. Spray a 2-quart baking dish with vegetable oil spray.

3. Place thawed spinach in a colander and press to remove excess water.

4. Place the spinach in a large mixing bowl and add remaining ingredients. Mix until combined.

5. Transfer the mixture to the baking dish and place in the preheated oven. Bake for 30 minutes.

6. Cut the casserole into eight squares and serve. This casserole can be prepared 1 day in advance and refrigerated.

Nutrition Facts

Serving Size 3/4 Cup (175g)
Servings Per Container 8

Amount Per Serving

Calories 140 Calories from Fat 45

	% Daily Value*
Total Fat 5g	**8**%
Saturated Fat 1g	**5**%
Trans Fat 0g	
Cholesterol 5mg	**2**%
Sodium 220mg	**9**%
Total Carbohydrate 12g	**4**%
Dietary Fiber 3g	**12**%
Sugars 3g	
Protein 12g	

Vitamin A 160% • Vitamin C 4%
Calcium 25% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

US Department of Health and Human Services
National Institutes of Health
National Heart, Lung and Blood Institute, Delicious Heart-Healthy Latino Recipes/Platillos latinos sabrosos y saludables

Cost

Per recipe: $5.77
Per serving: $0.72

Breakfast Burrito

Yield: 4 servings

Ingredients

1 1/3 cup	black beans (cooked, mashed with 1 teaspoon canola oil, or use canned vegetarian refried beans)
4	tortillas, corn
2 tablespoons	red onion (chopped)
1/2 cup	tomatoes (chopped)
1/2 cup	salsa, low-sodium
4 tablespoons	yogurt, non-fat plain
2 tablespoons	cilantro (chopped)

Instructions

1. Mix beans with onion and tomatoes.

2. Microwave tortillas between the two sheets of slightly damp white paper towels on high for 15 seconds.

3. Divide bean mixture between the tortillas.

4. Fold each tortilla to enclose filling.

5. Place on microwave-safe dish and spoon salsa over each burrito.

6. Microwave on high for 15 seconds.

7. Serve topped with yogurt and cilantro.

Nutrition Facts

Serving Size 1 burrito, 1/4 of recipe (158g)
Servings Per Container 4

Amount Per Serving

Calories 160	Calories from Fat 20	
		% Daily Value*
Total Fat 2.5g		**4%**
Saturated Fat 0g		**0%**
Trans Fat 0g		
Cholesterol 0mg		**0%**
Sodium 220mg		**9%**
Total Carbohydrate 29g		**10%**
Dietary Fiber 7g		**28%**
Sugars 3g		
Protein 8g		

Vitamin A 6% • Vitamin C 8%
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:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Michigan Department of Community Health, Healthy Recipes

Cost

Per recipe: $2.03
Per serving: $0.51

Caribbean Pink Beans

Yield: 16 servings

Ingredients

1 pound	pink beans
10 cups	water
2	plantains (medium, finely chopped)
1	tomato (large, finely chopped)
1	red pepper (small, finely chopped)
1	white onion (medium, finely chopped)
3	garlic clove (finely chopped)
1 1/2 teaspoon	salt

Instructions

1. Rinse and pick through the beans. Put the beans in a large pot and add 10 cups of water. Place the pot in the refrigerator and allow the beans to soak overnight.

2. Cook the beans until they are soft. Add more water as needed while the beans are cooking.

3. Add the plantains, tomato, pepper, onion, garlic, and salt. Continue cooking at low heat until the plantains are soft.

Option: Serve with rice.

Nutrition Facts

Serving Size 1/2 cup (223g)
Servings Per Container 16

Amount Per Serving

Calories 130 — Calories from Fat 5

	% Daily Value*
Total Fat 0g	**0**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 230mg	**10**%
Total Carbohydrate 27g	**9**%
Dietary Fiber 4g	**16**%
Sugars 5g	
Protein 6g	

Vitamin A 10% • Vitamin C 20%
Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

National Heart, Lung and Blood Institute (NHLBI), Stay Young at Heart: Cooking the Heart-Healthy Way

Cost

Per recipe: $3.07
Per serving: $0.19

Cherry Pineapple Delight

Yield: 12 servings

Ingredients

2 cups	water (boiling)
1 package	gelatin (8 serving size, cherry, sugar-free)
1/2 teaspoon	cinnamon
1 can	pineapple chunks (20 oz., in juice, not drained)
1 can	mandarin orange (22 oz., in juice, drained)
16	ice cubes (large)

Instructions

1. Pour boiling water into a large bowl. Add the gelatin and cinnamon to boiling water. Stir for at least 2 minutes until gelatin is completely dissolved.

2. Drain pineapple, reserving the juice. Add enough ice (or cold water) to the juice to measure 1 1/2 cups. Add the gelatin mixture and stir until the ice is completely melted.

3. Refrigerate for about 45 minutes or until the gelatin is slightly thickened (consistency of unbeaten egg white).

4. Reserve 1/4 cup each of the pineapple and orange. Add remaining pineapple and oranges to the gelatin. Pour into 1 1/2 quart serving bowl.

5. Refrigerate for 4 hours or until firm. Garnish with reserved pineapple and oranges.

Nutrition Facts

Serving Size 1/2 cup (143g)
Servings Per Container 12

Amount Per Serving

Calories 45 — Calories from Fat 0

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 50mg	**2%**
Total Carbohydrate 10g	**3%**
Dietary Fiber 1g	**4%**
Sugars 9g	
Protein 1g	

Vitamin A 8% • Vitamin C 20%
Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

National Heart, Lung and Blood Institute (NHLBI), Delicious Heart-Healthy Latino Recipes/Platillos latinos sabrosos y saludables

Cost

Per recipe: $4.56
Per serving: $0.38

Chicken Mole

Yield: 6 servings

Ingredients

1	chicken (fryer, cut into pieces, skin and fat removed)
1/4 cup	water
1/4 cup	chili powder
1 teaspoon	oregano
1 teaspoon	cocoa
10 tablespoons	flour
1 teaspoon	pepper
1 teaspoon	garlic powder
1 cup	water
1 tablespoon	peanut butter (creamy)
5 cups	water

Instructions

1. Place chicken in a large pot with the 1/4 cup of water. Cover and simmer until tender, about 45 minutes.

2. In a medium bowl, mix chili powder, oregano, cocoa, flour (1/2 cup plus 2 Tablespoons), pepper, and garlic powder along with 1 cup of water.

3. Add mixture from step 2 to chicken in pot, mix well.

4. Add peanut butter and 5 cups of water to chicken in pot; mix well.

5. Bring to a boil.

6. Reduce heat to medium. Cook for 10-15 minutes.

7. Stir and serve immediately.

Nutrition Facts

Serving Size 1/6 of recipe (379g)
Servings Per Container 6

Amount Per Serving

Calories 210 Calories from Fat 50

	% Daily Value*
Total Fat 6g	**9**%
Saturated Fat 1.5g	**8**%
Trans Fat 0g	
Cholesterol 75mg	**25**%
Sodium 180mg	**8**%
Total Carbohydrate 14g	**5**%
Dietary Fiber 3g	**12**%
Sugars 1g	
Protein 26g	

Vitamin A 35% • Vitamin C 4%
Calcium 4% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Oregon State University Cooperative Extension Service, Pictoral Recipes
Lynn Myers Steele, 2000
Oregon Family Nutrition Program

Cost

Per recipe: $6.95
Per serving: $1.16

Chicken Pozole Soup

Yield: 6 servings

Ingredients

1	chicken (whole, skinned and cut into pieces)
8 cups	water
1/2 cup	onion (chopped)
1/4 teaspoon	pepper
1/4 cup	chili powder
8 ounces	tomato sauce (canned)
1/2 teaspoon	oregano (dried)
2 cans	hominy, white or yellow (15 ounce, rinsed and drained)
3 cups	iceberg lettuce (shredded)
6	lime wedges

Instructions

1. Put chicken pieces in a large pot and cover with the 8 cups of water. Simmer over medium heat for 1 hour.

2. Add the chopped onion, pepper, chili powder, tomato sauce, and oregano to simmering chicken.

3. After the chicken is thoroughly cooked take the pieces out of the pot and remove most of the bones from the chicken and the pot.

4. Return chicken to the pot.

5. Add the rinsed hominy to the pot of chicken and simmer for another 45 minutes.

6. Serve with lettuce and a wedge of lime.

Notes

To make even healthier, use tomato sauce with no added salt.

Nutrition Facts

Serving Size 1/6 of recipe (671g)
Servings Per Container 6

Amount Per Serving

Calories 270 Calories from Fat 50

	% Daily Value*
Total Fat 6g	**9**%
Saturated Fat 1g	**5**%
Trans Fat 0g	
Cholesterol 75mg	**25**%
Sodium 680mg	**28**%
Total Carbohydrate 29g	**10**%
Dietary Fiber 7g	**28**%
Sugars 6g	
Protein 27g	

Vitamin A 40% • Vitamin C 20%
Calcium 8% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Oregon State University Cooperative Extension Service, Pictoral Recipes
Lynn Myers Steele, 2000
Oregon Family Nutrition Program

Cost

Per recipe: $8.21
Per serving: $1.37

Chicken Spanish Rice

Yield: 4 servings

Ingredients

1/2 cup	onion (chopped)
1/2 cup	green pepper (chopped)
1/3 cup	celery (sliced)
1/2 cup	rice (uncooked)
1 teaspoon	vegetable oil
1 can	tomatoes (16 oz)
1 1/2 cup	chicken (canned)
3/4 cups	water
1/2 teaspoon	chili powder
1/4 teaspoon	pepper

Instructions

1. Cook onion, green pepper, celery, and rice in vegetable oil at medium heat in a large saucepan until soft, about 5 minutes.

2. Drain tomatoes and save the liquid.

3. Chop tomatoes into small pieces.

4. Add tomatoes, liquid, chicken, water, chili powder, and pepper to rice mixture.

5. Bring to a boil and stir. Cover and cook on low heat. Cook until rice is tender (about 25 minutes).

Nutrition Facts

Serving Size 1 cup (354g)
Servings Per Container 4

Amount Per Serving

Calories 220 Calories from Fat 30

	% Daily Value*
Total Fat 3g	**5**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 35mg	**12**%
Sodium 450mg	**19**%
Total Carbohydrate 24g	**8**%
Dietary Fiber 2g	**8**%
Sugars 5g	
Protein 26g	

Vitamin A 8% • Vitamin C 40%
Calcium 6% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

USDA, FNS, Food Distribution Program on Indian Reservations, Healthy Eating in Indian Country: Exercise

Cost

Per recipe: $4.94
Per serving: $1.24

Chicken Tortilla Casserole

Yield: 4 Servings

Ingredients

10 ounces	cream of mushroom soup (1 can)
1 cup	milk, 1%
1 1/2 cup	chicken, boneless (cut in pieces)
4 ounces	chopped green chiles, canned (1 can)
6	corn tortillas (cut into strips)
1 cup	cheddar cheese, low-fat, shredded

Instructions

1. Mix mushroom soup, milk, chicken, and green chile peppers.
2. Pour 1/3 of the soup mixture into the bottom of a 2-quart baking dish that has been coated with oil or cooking spray
3. Layer half the tortilla strips.
4. Spread 1/3 of the soup mixture on top of the tortillas.
5. Sprinkle on half the cheese.
6. Repeat layers of tortilla strips and soup mix and end with cheese.
7. Baked at 350°F for 1 hour.

Nutrition Facts

Serving Size 1/4 of recipe (277g)
Servings Per Container 4

Amount Per Serving

Calories 300 Calories from Fat 100

	% Daily Value*
Total Fat 11g	**17**%
Saturated Fat 4g	**20**%
Trans Fat 0g	
Cholesterol 60mg	**20**%
Sodium 380mg	**16**%
Total Carbohydrate 24g	**8**%
Dietary Fiber 3g	**12**%
Sugars 5g	
Protein 26g	

Vitamin A 4% • Vitamin C 10%
Calcium 25% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

ONIE Project - Oklahoma Nutrition Information and Education. Simple Healthy Recipes.

Cost

Per recipe: $6.45
Per serving: $1.61

Chicken and Beans

Yield: 6 servings

Ingredients

1 can	kidney beans (15 ounce)
1	garlic clove
1	onion (medium)
2 1/2 pounds	chicken thighs
8 ounces	tomato sauce
1/4 cup	vinegar
1 teaspoon	sugar
	salt and pepper (to taste, optional)

Instructions

1. Drain and rinse beans.

2. Crush garlic.

3. Dice onion.

4. Dice chicken thighs.

5. In large, pot, cook chicken until half done.

6. Add tomato sauce, vinegar, onion, garlic, sugar, salt and pepper.

7. Simmer for about 30-40 minutes or until chicken is tender.

8. Add kidney beans and simmer for 5-10 more minutes.

Notes

Cider, white, and Japanese wine vinegars differ in flavor. Try other vegetables. Dry beans may be used. See package for cooking directions.

Nutrition Facts

Serving Size 1/6 of recipe (327g)
Servings Per Container 6

Amount Per Serving

Calories 300	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 180mg	**60%**
Sodium 550mg	**23%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 5g	**20%**
Sugars 4g	
Protein 41g	

Vitamin A 4% • Vitamin C 8%
Calcium 4% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

University of Hawaii at Manoa, Cooperative Extension, Lifeskills in Food Education, Food Skills Cookbook
Food Stamps Nutrition Education Program

Cost

Per recipe: $5.97
Per serving: $0.99

Citrus Salad

Yield: 8 servings

Ingredients

1	grapefruit (peeled)
1	orange (peeled)
10 cups	fresh greens (lettuce)
1	red onion (small, sliced thin)
2 tablespoons	cider vinegar
1 tablespoon	lime juice
1 tablespoon	vegetable oil
1 tablespoon	water
1/4 teaspoon	black pepper
1/4 teaspoon	cumin

Instructions

1. Cut fruit into bite size pieces.

2. Toss with lettuce and onion. Mix remaining ingredients for dressing. Drizzle over salad and toss just before serving.

Nutrition Facts

Serving Size 1 1/2 cups prepared salad, 1/8 of recipe (153g)
Servings Per Container 8

Amount Per Serving

Calories 60 Calories from Fat 15

	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 25mg	**1%**
Total Carbohydrate 10g	**3%**
Dietary Fiber 3g	**12%**
Sugars 7g	
Protein 1g	

Vitamin A 60% • Vitamin C 45%
Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Ponichtera, Brenda RD
ScaleDown Publishing, Inc., Quick and Healthy, Vol.II, 1995, p.100

Cost

Per recipe: $2.93
Per serving: $0.37

Classic Honey Flan

Yield: 4 servings

Ingredients

1	egg (large, whole)
1/2 cup	egg substitute
	vegetable oil spray (non-stick)
1 1/2 cup	milk (fat-free)
7 tablespoons	honey
1 teaspoon	vanilla
1/2 teaspoon	lemon zest (grated)
1/2 teaspoon	cinnamon (ground)

Instructions

1. Preheat oven to 325 F.

2. Place saucepan with water on stove over medium-high heat and allow to come to a boil.

3. Spray four ovenproof custard cups with vegetable oil spray.

4. Combine the whole egg, egg substitute, milk, 1/4 cup plus 1 tablespoon of honey, grated lemon zest, and vanilla. Beat until mixed but not foamy.

5. In a separate bowl, combine 2 tablespoons of honey and cinnamon, and mix to blend.

6. Place the custard cups in a baking dish large enough to accommodate them, plus the water bath. Spoon 1/2 tablespoon of honey and cinnamon into each custard cup. Divide the egg mixture equally into each custard cup.

7. Place the baking dish on the rack in the middle of the oven and pour the boiling water into the baking dish to a depth of 1 inch, taking care not to let the water splash the flan. Bake for 45 minutes or until the knife blade comes out clean when inserted.

8. Serve warm or cold. Before serving, loosen the edges with a knife or spatula and invert onto individual dessert plates.

Nutrition Facts

Serving Size 1/2 cup (176g)
Servings Per Container 4

Amount Per Serving

Calories 190	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	**4%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 50mg	**17%**
Sodium 125mg	**5%**
Total Carbohydrate 36g	**12%**
Dietary Fiber 0g	**0%**
Sugars 35g	
Protein 9g	

Vitamin A 8% • Vitamin C 2%
Calcium 10% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

National Heart, Lung and Blood Institute (NHLBI), Delicious Heart Healthy Latino Recipes/Platillos latinos sabrosos y saludables

Cost

Per recipe: $2.78
Per serving: $0.69

Colorful Quesadillas

Yield: 8 servings

Ingredients

8 ounces	cream cheese, fat-free
1/4 teaspoon	garlic powder
8	flour tortillas (small)
1 cup	sweet red pepper (chopped)
1 cup	low-fat cheese (shredded)
2 cups	spinach leaves (fresh, or 9 oz. frozen, thawed and squeezed dry)

Instructions

1. In a small bowl, mix the cream cheese and garlic powder.

2. Spread about 2 tablespoons of the cheese mixture on each tortilla.

3. Sprinkle about 2 tablespoons bell pepper and 2 tablespoons cheese on one half of each tortilla.

4. Add spinach: 1/4 cup if using fresh leaves OR 2 Tablespoons if using frozen. Fold tortillas in half.

5. Heat a large skillet over medium heat until hot. Put 2 folded tortillas in skillet and heat for 1-2 minutes on each side or until golden brown.

6. Remove quesadillas from skillet, place on platter and cover with foil to keep warm while cooking the remainder.

7. Cut each quesadilla into 4 wedges. Serve warm.

Nutrition Facts

Serving Size 4 wedges or 1 quesadilla
Servings Per Container 8

Amount Per Serving

Calories 160 Calories from Fat 30

	% Daily Value*
Total Fat 3.5g	**5%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 420mg	**18%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 2g	**8%**
Sugars 2g	
Protein 11g	

Vitamin A 35% • Vitamin C 45%
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:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Iowa State University Extension, Iowa State University Extension

Cost

Per recipe: $4.47
Per serving: $0.56

Confetti Bean Salsa

Yield: 6 servings

Ingredients

1 can	black or red beans (15 ounce)
1 can	corn (12 ounce)
1 cup	salsa

Instructions

1. Drain and rinse the beans. Drain the corn.

2. Combine beans, corn, and salsa in a medium-size bowl. Mix.

Notes

Like it hot? Add a few drops of hot sauce or chopped green chilis. Try chopped cilantro, parsley or green pepper, too.

Nutrition Facts

Serving Size 1/2 cup prepared salsa, 1/6 of recipe (149g)
Servings Per Container 6

Amount Per Serving

Calories 90	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 540mg	**23%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 4g	**16%**
Sugars 2g	
Protein 5g	

Vitamin A 2% • Vitamin C 2%

Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

USDA, Food and Nutrition Service (FNS) and Food and Drug Administration, DHHS, The Power of Choice

Cost

Per recipe: $2.66
Per serving: $0.44

Cooked Beans

Yield: 12 servings

Ingredients

1 pound	dried beans
10 cups	water

Instructions

1. Sort: Before soaking beans, pick them over and remove any damaged beans, small stones or dirt.
2. Soak: Most beans will rehydrate to triple their dry size, so be sure to start with a large enough pot. Choose one of the following ways to soak your beans:
    - Hot Soak: Hot soaking helps reduce intestinal gas. For each pound of dry beans, add 10 cups hot water; heat to boiling and let boil 2 to 3 minutes. Remove from heat, cover and set aside for up to 4 hours.
    - Quick Soak: For each pound of dry beans, add 10 cups hot water; heat to boiling and let boil 2 to 3 minutes. Remove from heat, cover and set aside for at least one hour.
    - Overnight Soak: For each pound (2 cups) dry beans, add 10 cups cold water and let soak overnight, or at least 8 hours.
3. Cook: Drain soaking water and rinse beans. Cover beans with fresh water. Simmer for 1-1/2 to 2 hours until tender.

Notes

- To avoid broken or mushy beans, boil gently and stir very little.
- Taste-test beans often for desired tenderness.
- Foods containing acid such as tomatoes, chili sauce, lemon juice, vinegar or catsup will slow the cooking and softening of the beans. Add these items last so they will not add to the cooking time.
- Any of the following can be added during the last half hour of cooking: minced onion, garlic or green pepper, diced carrots or celery, chopped tomatoes or cooked meat.

Nutrition Facts

Serving Size 1/2 cup (235g)
Servings Per Container 12

Amount Per Serving

Calories 130 — Calories from Fat 0

	% Daily Value*
Total Fat 0g	**0**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 20mg	**1**%
Total Carbohydrate 22g	**7**%
Dietary Fiber 9g	**36**%
Sugars 2g	
Protein 9g	

Vitamin A 0% • Vitamin C 2%
Calcium 6% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Washington State Department of Health, Washington State WIC Program., Beans: The Bold and Beautiful Book of Bean Recipes

Cost

Per recipe: $1.02
Per serving: $0.09

Corn Tortillas

Yield: 12 servings

Ingredients

2 cups	masa harina (instant)
1/4 teaspoon	salt
2 tablespoons	unsalted butter (at room temperature)
1 1/2 cup	water (warm)

Instructions

1. Measure the masa harina and salt into a large bowl. Cut the butter into tablespoon-sized pieces and work it into the dry ingredients using the back of a wooden spoon. Add the water and mix with a wooden spoon or with your hands until a soft dough forms. Cover the dough with a clean cloth and let rest for 5 minutes.

2. Divide the dough into 12 pieces and roll each piece into a ball.

3. To keep the dough from sticking to the tortilla press, put a piece of plastic wrap (or a plastic bag) on the bottom surface of the press Put a ball of dough in the center of the plastic. Then place another piece of plastic wrap on the top of the dough. Press the dough flat in the press.

4. Pick up the tortilla with the plastic on both sides. Peel off one piece of plastic (which can be reused). Flip the tortilla off of the plastic onto a hot griddle. Cook for 1 to 2 minutes, until the bottom of the tortilla becomes golden. Flip the tortilla and press lightly with a spatula, which will make the tortilla puff slightly. Cook for one to two minutes more, until the tortilla appears to be done.

Nutrition Facts

Serving Size 1 tortilla, 1/12 of recipe (51g)
Servings Per Container 12

Amount Per Serving

Calories 80 Calories from Fat 25

	% Daily Value*
Total Fat 2.5g	**4**%
Saturated Fat 1g	**5**%
Trans Fat 0g	
Cholesterol 5mg	**2**%
Sodium 50mg	**2**%
Total Carbohydrate 14g	**5**%
Dietary Fiber 1g	**4**%
Sugars 0g	
Protein 2g	

Vitamin A 2% • Vitamin C 0%
Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

New Mexico State University Cooperative Extension Service, Cooking with Kids
Lynn Walters and Jane Stacey
USDA Food and Nutrition Service Food Stamp Nutrition Education Program

Cost

Per recipe: $0.39
Per serving: $0.03

Corn and Bean Medley

Yield: 4 servings

Ingredients

3 tablespoons	corn (liquid drained from canned)
1/4 cup	onion (chopped)
1 cup	corn (canned, whole-kernel, drained)
3/4 cups	kidney beans (dry, cooked)
3/4 teaspoons	chili powder
1/4 teaspoon	pepper flakes (hot red, optional)

Instructions

1. Heat 3 tablespoons of liquid from canned corn in saucepan.

2. Cook onion in liquid until soft, about 2 minutes.

3. Add corn, kidney beans, chili powder, and hot red pepper flakes to onion mixture.

4. Cook over low heat for about 10 minutes.

Nutrition Facts

Serving Size 1/2 cup (121g)
Servings Per Container 4

Amount Per Serving	
Calories 100	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 17g	**6%**
Dietary Fiber 4g	**16%**
Sugars 4g	
Protein 4g	

Vitamin A 4% • 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:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

USDA, FNS, Food Distribution Program on Indian Reservations, Healthy Eating In Indian Country: Diabetes

Cost

Per recipe: $0.83
Per serving: $0.21

Corn and Green Chili Salad

Yield: 4 servings
Cook time: 10 minutes

Ingredients

2 cups	corn (frozen and thawed)
1 can	diced tomatoes with green chilies (10 ounce)
1/2 tablespoon	vegetable oil
1 tablespoon	lime juice
1/3 cup	green onion (sliced)
2 tablespoons	cilantro (fresh chopped)

Instructions

1. Combine all ingredients in a medium bowl.

2. Mix well.

Nutrition Facts

Serving Size 3/4 cup prepared salad, 1/4 of recipe (168g)
Servings Per Container 4

Amount Per Serving

Calories 120	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	**4%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 230mg	**10%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 4g	**16%**
Sugars 4g	
Protein 3g	

Vitamin A 8% • Vitamin C 25%
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:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

California Department of Health Services, Healthy Latino Recipes: Made with Love California Latino 5-a-Day Campaign

Cost

Per recipe: $1.73
Per serving: $0.43

Cowboy Caviar (Bean Salsa)

Yield: 16 Servings
Prep time: 10 minutes

Ingredients

1 can	kidney beans, drained (15 ounces)
1 can	black beans, drained (15 ouces)
1 can	corn, drained (15 ounces)
1 can	crushed tomatoes (15 ounces)
1 can	chopped green chilies, drained (4 ounces)
1/4 cup	finely chopped onion
1 tablespoon	oil
3	limes, juiced (optional)
	salt (to taste, optional)
	pepper (to taste, optional)

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 corn chips.

Nutrition Facts

Serving Size 1/2 cup, 1/16 of recipe (91g)
Servings Per Container 16

Amount Per Serving

Calories 60 Calories from Fat 10

	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 230mg	**10%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 3g	**12%**
Sugars 2g	
Protein 3g	

Vitamin A 2% • Vitamin C 10%
Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Colorado State University and University of California at Davis. Eating Smart Being Active Recipes.

Cost

Per recipe: $4.44
Per serving: $0.28

Crispy Taquitos

Yield: 4 servings

Ingredients

2 cups	Pico de Gallo (find recipe here)
1/2 cup	chicken (cooked, finely chopped)
1/2 cup	corn (no salt added, canned or frozen, thawed)
1/4 cup	green onion (chopped)
1/4 cup	bell pepper (green, chopped)
1/2 cup	cheddar cheese (shredded, reduced fat, or Monterey jack or queso fresco)
12	corn tortillas
2 teaspoons	vegetable oil

Instructions

1. Heat oven to 425°F. In a medium bowl, combine 1 cup Pico de Gallo, chicken, corn, green onion, bell pepper, and cheese.

2. Soften tortillas on the stovetop or in the microwave oven, and spoon a heaping tablespoon of filling onto the center of each tortilla. Roll up tightly and secure each with a toothpick.

3. Place rolled tortillas seam side down on a baking sheet and brush each lightly with oil. Bake for 10 to 15 minutes or until crisp and lightly browned.

4. Place 3 taquitos on each plate and serve with remaining Pico de Gallo.

Nutrition Facts

Serving Size 3 taquitos (283g)
Servings Per Container 4

Amount Per Serving

Calories 290 — Calories from Fat 60

	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 240mg	**10%**
Total Carbohydrate 46g	**15%**
Dietary Fiber 7g	**28%**
Sugars 6g	
Protein 15g	

Vitamin A 20% • Vitamin C 60%
Calcium 15% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

California Champions for Change, Lunch Recipes California Department of Public Health, Network for a Healthy California

Cost

Per recipe: $3.58
Per serving: $0.89

Cuban Beans and Rice

Yield: 4 servings

Ingredients

1 teaspoon	olive oil
1 tablespoon	garlic (minced)
1 cup	onion (chopped)
1 cup	green bell pepper (diced)
3 cups	black beans (cooked)
2 cups	chicken broth (low sodium)
1 tablespoon	vinegar
1/2 teaspoon	oregano (dried)
	black pepper (to taste)
3 cups	brown rice (cooked)

Instructions

1. Heat the olive oil in a large nonstick skillet. Sauté the garlic, onion, and green bell pepper until golden, about 3 minutes.

2. Stir in the beans, broth, vinegar and seasoning, bring to a boil then lower to a simmer; cook covered for 5 minutes.

3. Spoon over cooked rice and serve.

Nutrition Facts

Serving Size 1 1/2 cups prepared beans and rice, 1/4 of recipe (510g)
Servings Per Container

Amount Per Serving

Calories 390 Calories from Fat 35

	% Daily Value*
Total Fat 4g	**6%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 80mg	**3%**
Total Carbohydrate 71g	**24%**
Dietary Fiber 15g	**60%**
Sugars 4g	
Protein 18g	

Vitamin A 4% • Vitamin C 50%
Calcium 6% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Food and Health Communications, Inc, Cooking Demo II

Cost

Per recipe: $3.69
Per serving: $0.92

Curtido Salvadoreno (Cabbage Salad)

Yield: 8 servings

Ingredients

1	head of cabbage (chopped)
2	carrot (small, grated)
1	onion (small)
1/2 teaspoon	dried red pepper (optional)
1/2 teaspoon	oregano
1 teaspoon	olive oil
1 teaspoon	salt
1 teaspoon	brown sugar
1/4 cup	vinegar
1/2 cup	water

Instructions

1. Blanch the cabbage with boiling water for 1 minute. Discard the water.

2. Place the cabbage in a large bowl and add grated carrots, sliced onion, red pepper, oregano, olive oil, salt, brown sugar, vinegar, and water.

3. Place in the refrigerator for at least 2 hours before serving.

Nutrition Facts

Serving Size 1 cup prepared salad, 1/8 of recipe (159g)
Servings Per Container 8

Amount Per Serving

Calories 45	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 320mg	**13%**
Total Carbohydrate 9g	**3%**
Dietary Fiber 3g	**12%**
Sugars 5g	
Protein 2g	

Vitamin A 45% • Vitamin C 70%
Calcium 6% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

National Heart, Lung and Blood Institute (NHLBI), Delicious Heart Healthy Latino Recipes/Platillos latinos sabrosos y saludables

Cost

Per recipe: $2.16
Per serving: $0.27

Easy Mango Salsa

Yield: 4 Servings
Prep time: 10 minutes

Ingredients

1	mango (peeled and chopped)
1/4 cup	chopped green bell pepper
1	green onion, chopped
1	lime, juiced (1-2 Tablespoons)

Instructions

1. Peel and chop the mango, be sure to remove the seed.
2. Cut the pepper and onion into small pieces.
3. Mix all the ingredients together.

Nutrition Facts

Serving Size 1/4 of recipe (108g)
Servings Per Container 4

Amount Per Serving

Calories 60 — Calories from Fat 5

	% Daily Value*
Total Fat 0g	**0**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 0mg	**0**%
Total Carbohydrate 14g	**5**%
Dietary Fiber 2g	**8**%
Sugars 12g	
Protein 1g	

Vitamin A 20% • Vitamin C 70%
Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Iowa Department of Public Health. Iowa Nutrition Network.

Cost

Per recipe: $1.29
Per serving: $0.32

Enchilada Bake

Yield: 8 servings

Ingredients

1 tablespoon	oil
1	onion (large, chopped)
3	garlic (cloves, minced)
2 cups	black beans (cooked see recipe)
1 can	kernel corn (7 ounces, drained and rinsed)
1 teaspoon	cumin
2 cups	prepared salsa (divided)
8	corn tortillas
1/2 cup	Monterey Jack cheese (shredded)

Instructions

1. In a large skillet heat oil over medium-high heat; sauté onion and garlic 2-3 minutes.

2. Add beans, corn, cumin and 1/2 cup salsa. Cook 3-4 minutes, coarsely mashing beans with back of spoon.

3. Spoon 1/3 cup filling onto each tortilla; roll up.

4. Spoon 1/2 cup salsa into 11 x 7 x 2-inch baking dish. Arrange tortillas seam side down; top with remaining 1 cup sauce.

5. Cover and bake in 350º degree oven for 15 to 20 minutes.

6. Uncover; top with cheese. Bake 2 minutes longer or until cheese is melted.

Nutrition Facts

Serving Size 1 enchilada (253g)
Servings Per Container 8

Amount Per Serving	
Calories 200	Calories from Fat 45
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 520mg	**22%**
Total Carbohydrate 33g	**11%**
Dietary Fiber 5g	**20%**
Sugars 5g	
Protein 9g	

Vitamin A 4% • Vitamin C 8%
Calcium 10% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Washington State WIC Program, The Bold and Beautiful Book of Bean Recipes

Cost

Per recipe: $4.12
Per serving: $0.52

Enchilada Rice

Yield: 6 servings

Ingredients

1 pound	lean ground beef (or other ground meat)
1/2 cup	onion (chopped, or 1 Tbsp onion powder)
1 can	whole corn (14 ounce, or any canned vegetable, drained)
4 tablespoons	taco seasoning mix (dry, or dry enchilada sauce)
2 cups	rice, cooked
1/2 cup	cheese (grated)
1/2 cup	mushrooms, olives or any favorite vegetable (sliced, optional)

Instructions

1. Cook meat and onion until onion juices are clear.

2. Drain juice and fat from cooked meat and onions.

3. Add corn, taco seasoning, and rice.

4. Simmer for 10 minutes.

5. Add grated cheese to top; cover and let set for 5 minutes.

6. Refrigerate leftovers within 2 hours.

Nutrition Facts

Serving Size 1/6 of recipe (219g)
Servings Per Container 6

Amount Per Serving

Calories 230 Calories from Fat 40

	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 40mg	**13%**
Sodium 530mg	**22%**
Total Carbohydrate 29g	**10%**
Dietary Fiber 2g	**8%**
Sugars 3g	
Protein 20g	

Vitamin A 0% • Vitamin C 4%
Calcium 6% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Oregon State University
Cooperative Extension Service,
Pictoral Recipes
Lynn Myers Steele, 2000
Oregon Family Nutrition
Program

Cost

Per recipe: $5.87
Per serving: $0.98

Farmers Market Gazpacho

Yield: 4 servings

Ingredients

2	cucumber (diced into 1/4 inch pieces)
3	red bell pepper (seeded and diced into 1/4 inch pieces)
3	green pepper (seeded and diced into 1/4 inch pieces)
4	celery stalk (diced into 1/4 inch pieces)
2	tomatoes (diced into 1/4 inch pieces)
1	onion (medium, diced into 1/4 inch pieces)
2	lemon
2 cups	tomato juice, low-sodium
3	garlic clove (fresh minced)
1 tablespoon	cumin (ground)
1 cup	cilantro (fresh chopped)
	salt and pepper (to taste, optional)

Instructions

1. Combine all ingredients except salt, pepper and lemons in a bowl.

2. Remove 2 cups of the mixture and reserve.

3. Using a blender or food processor, puree the remaining mixture in the bowl.

4. Add 2 cups of reserved mixture to the pureed mixture.

5. Season with salt, pepper (optional) and the juice from the lemons.

6. Cover mixture and refrigerate for at lest 2 hours before serving.

7. Serve cold, garnished with chopped cilantro.

Nutrition Facts

Serving Size 1/4 of recipe (627g)
Servings Per Container 4

Amount Per Serving

Calories 130 Calories from Fat 10

	% Daily Value*
Total Fat 1g	**2**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 70mg	**3**%
Total Carbohydrate 28g	**9**%
Dietary Fiber 8g	**32**%
Sugars 17g	
Protein 5g	

Vitamin A 90% • Vitamin C 400%
Calcium 10% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Johnson and Wales University and
Rhode Island Department of Health WIC Program, Veggin' Out Recipe Book, page 42

Cost

Per recipe: $7.00
Per serving: $1.75

Farmers Market Salsa

Yield: 8 servings

Ingredients

1/2 cup	corn (fresh cooked or frozen)
1 can	black beans (15 ounce, drained and rinsed)
1 cup	tomatoes (fresh diced)
1/2 cup	onion (diced)
1/2 cup	green pepper (diced)
2 tablespoons	lime juice
2	garlic clove (finely chopped)
1/2 cup	picante sauce

Instructions

1. Combine all ingredients in a large bowl. Chill until serving time.

2. Drain before serving.

3. Serve with low-fat baked tortilla chips or fresh vegetables.

Notes

This salsa uses fresh vegetables that are available year-round and add flavor and beautiful color. Kids and grown-ups alike can't resist how good it tastes. If you have a hand-held chopper, this is an easy task for kids in helping with the recipe.

Safety Tip: If cutting the corn off the cob, adult supervision is a good idea.

Nutrition Facts

Serving Size 1/8 of recipe (123g)
Servings Per Container 8

Amount Per Serving

Calories 70 — Calories from Fat 5

	% Daily Value*
Total Fat 0g	**0**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 230mg	**10**%
Total Carbohydrate 13g	**4**%
Dietary Fiber 3g	**12**%
Sugars 2g	
Protein 3g	

Vitamin A 4% • Vitamin C 25%
Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Kansas Family Nutrition Program, Kids a Cookin'

Cost

Per recipe: $2.81
Per serving: $0.35

Fish Tacos

Yield: 4 Servings

Ingredients

1	red onion, chopped
1/2 cup	cilantro, chopped
1	small bag coleslaw mix
4	tilapia fillets (or any white fish)
8	small corn tortillas
1 teaspoon	chili powder (more or less to taste)

Instructions

1. Clean and chop onion, cilantro and cabbage. Mix in a bowl and set aside.
2. Coat the baking sheet with cooking spray. Lightly sprinkle fish fillets with chili powder and place on the baking pan.
3. Place in the oven about 6 inches from the broiler and cook for approximately 3 to 4 minutes, or until fish is fully cooked. You will know the fish is done when it "flakes".
4. Lightly fry tortillas on an oiled griddle or skillet, or heat tortillas in the microwave oven for just a few seconds until softened and hot.
5. Fill tortilla with fish, cabbage, onion, and cilantro and fold in half. Serve with salsa and citrus slices, if desired.

Notes

Suggest serving with salsa and lemon or lime slices.

Nutrition Facts

Serving Size 2 tacos (231g)
Servings Per Container 4

Amount Per Serving

Calories 250	Calories from Fat 35
	% Daily Value*
Total Fat 4g	**6%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 50mg	**17%**
Sodium 80mg	**3%**
Total Carbohydrate 28g	**9%**
Dietary Fiber 4g	**16%**
Sugars 3g	
Protein 26g	

Vitamin A 8% • Vitamin C 45%
Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

ONIE Project - Oklahoma Nutrition Information and Education. Simple Healthy Recipes.

Cost

Per recipe: $11.00
Per serving: $2.75

Flour Tortillas

Yield: 10 servings

Ingredients

2 cups	flour (all-purpose, or 1 1/2 cup all purpose flour and 1/2 cup whole wheat flour)
1 teaspoon	baking powder
1/2 teaspoon	salt
2 tablespoons	vegetable oil (or shortening)
3/4 cups	water (warm, 105-110 degrees F)

Instructions

1. In a large bowl, combine flour, baking powder, and salt.

2. Add oil and mix until crumbly.

3. Start with 1/2 cup of water and add 1 Tablespoon at a time until mixture forms a loose crumbly ball.

4. Turn onto a lightly floured surface; knead 6 to 8 times or until smooth.

5. Divide into 10 balls. Roll each piece into an 8 inch circle.

6. Heat a 12 inch dry skillet over medium-high heat. Place one tortilla at a time into skillet and cook until light brown spots appear on bottom. Turn over and cook on other side until lightly browned.

Nutrition Facts

Serving Size 1 tortilla (44g)
Servings Per Container 10

Amount Per Serving

Calories 120 Calories from Fat 25

	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 170mg	**7%**
Total Carbohydrate 19g	**6%**
Dietary Fiber 1g	**4%**
Sugars 0g	
Protein 3g	

Vitamin A 0% • Vitamin C 0%
Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Montana State University Extension, Nutrition Education Programs, Montana State University Recipes

Cost

Per recipe: $0.29
Per serving: $0.03

Fresh Salsa

Yield: 4 servings

Ingredients

2	tomatoes (chopped)
1/2	onion (chopped)
3	jalapeno chiles (finely chopped, seeded if desired)
1/4 cup	cilantro (chopped)
1/4 teaspoon	salt
1	lime (juiced)

Instructions

1. In a medium bowl, mix all ingredients.

2. Serve or store salsa in refrigerator for up to three days in a covered plastic or glass container.

Nutrition Facts

Serving Size 1/2 cup prepared salsa, 1/4 of recipe (128g)
Servings Per Container 4

Amount Per Serving

Calories 30	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 150mg	**6%**
Total Carbohydrate 6g	**2%**
Dietary Fiber 2g	**8%**
Sugars 4g	
Protein 1g	

Vitamin A 20% • Vitamin C 50%
Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

California Department of Health Services, Healthy Latino Recipes Made with Love California Latino 5-A-Day Campaign

Cost

Per recipe: $1.47
Per serving: $0.37

Fruit Salad with Jicama

Yield: 7 servings

Ingredients

1	jicama (small)
2 cups	watermelon (cut into pieces)
1	mango
1	papaya (small)
1	lime
2	kiwi
1 teaspoon	lime or orange juice
1/4 teaspoon	salt
1/4 teaspoon	chili powder

Instructions

1. Wash, peel, and cut the jicama into thin slices.

2. Wash, peel, and cut the rest of the fruit into slices or medium sized pieces.

3. On a large plate, arrange the fruit. Sprinkle the lime or orange juice over the fruit.

4. In a small bowl, mix the salt and chili powder. Sprinkle over the fruit and serve.

5. Refrigerate leftovers within 2 hours.

Nutrition Facts

Serving Size 1/7 of recipe (203g)
Servings Per Container 7

Amount Per Serving

Calories 90	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 90mg	**4%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 5g	**20%**
Sugars 14g	
Protein 1g	

Vitamin A 20% • Vitamin C 120%
Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Oregon State University Cooperative Extension Service, Pictoral Recipes
Lynn Myers Steele, 2000
Oregon Family Nutrition Program

Cost

Per recipe: $5.89
Per serving: $0.84

Hearty Mexican Soup

Yield: 4 Servings

Ingredients

1	onion (small, chopped)
4 cloves	garlic (minced)
1 can	tomatoes, diced (12-oz can, low sodium, drained and rinsed)
2 cans	black beans (15-oz can, low sodium, drained and rinsed)
2	potatoes (large, peeled and diced)
4 cups	water
1/2 cup	cilantro (fresh, chopped)
1/2	lime (squeezed)
1 pinch	cumin powder

Instructions

1. In a large pot cook onion, garlic and tomatoes on medium-high heat for 3 minutes. Stir often.
2. Add beans, potatoes and water. Bring to a boil, then reduce to low-medium heat. Cover and continue to cook slowly for 20 minutes.
3. Add cilantro, cumin and lime. Stir and continue to simmer for 10 minutes.
4. Serve warm; sprinkle cilantro on top.

Nutrition Facts

Serving Size 1/4 of recipe (582g)
Servings Per Container 4

Amount Per Serving

Calories 190 — Calories from Fat 0

	% Daily Value*
Total Fat 0g	**0**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 330mg	**14**%
Total Carbohydrate 44g	**15**%
Dietary Fiber 10g	**40**%
Sugars 5g	
Protein 8g	

Vitamin A 15% • Vitamin C 45%
Calcium 8% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

ONIE Project - Oklahoma Nutrition Information and Education. Simple Healthy Recipes.

Cost

Per recipe: $5.65
Per serving: $1.41

Hot 'N Spicy Seasoning

Yield: 32 servings

Ingredients

1 1/2 teaspoon	white pepper
1/2 teaspoon	cayenne pepper
1/2 teaspoon	black pepper
1 teaspoon	onion powder
1 1/4 teaspoon	garlic powder
1 tablespoon	basil (dried)
1 tablespoon	thyme (dried)

Instructions

1. Mix all ingredients together. Store in airtight container.

Nutrition Facts

Serving Size 1/2 tsp (1.5g)
Servings Per Container 12

Amount Per Serving

Calories 5 — Calories from Fat 0

	% Daily Value*
Total Fat 0g	**0**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 0mg	**0**%
Total Carbohydrate 1g	**0**%
Dietary Fiber 0g	**0**%
Sugars 0g	
Protein 0g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

US Department of Health and Human Services, A Healthier You

Cost

Per recipe: $1.04
Per serving: $0.03

Layered Black Bean Dip

Yield: 16 servings

Ingredients

1 can	black beans (15 ounce, drained and rinsed)
1/4 teaspoon	onion powder
1/4 teaspoon	dried oregano
1/8 teaspoon	garlic powder
1/8 teaspoon	cayenne pepper
1/2 cup	salsa (thick and chunky)
1/2 cup	sour cream (light)
1/4 cup	green onion (chopped)
2 ounces	cheddar cheese, reduced fat (grated)

Instructions

1. Mash beans and mix with onion powder, dried oregano, garlic powder and cayenne pepper. Spread on a serving dish.

2. Top with salsa, sour cream, green onions and grated cheese.

Nutrition Facts

Serving Size 2 Tablespoons (39g)
Servings Per Container 16

Amount Per Serving

Calories 40	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 150mg	**6%**
Total Carbohydrate 4g	**1%**
Dietary Fiber 1g	**4%**
Sugars 0g	
Protein 2g	

Vitamin A 2% • Vitamin C 0%
Calcium 6% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Cornell Cooperative Extension of Onondaga County, Good Food Cookbook

Cost

Per recipe: $2.48
Per serving: $0.15

Lemon Corn Cake

Yield: 12 servings

Ingredients

1 cup	yellow corn meal
1 cup	flour
1/2 cup	sugar
1 tablespoon	baking powder
1 teaspoon	salt
6 ounces	yogurt, low-fat lemon
2 teaspoons	lemon peel (finely grated)
1 tablespoon	oil
1	egg yolk
2/3 cups	non-fat milk
3	egg whites
	non-stick cooking spray
3 tablespoons	lemon juice
1/2 cup	powdered sugar

Instructions

1. Preheat oven to 400 degrees.

2. Mix first five ingredients together in mixing bowl.

3. Combine yogurt, lemon peel, oil, egg yolk and milk together and stir into dry ingredients just until blended.

4. Whip egg whites with mixer until stiff. Fold into corn meal mixture.

5. Pour into round 9-inch cake pan coated with nonstick cooking spray.

6. Bake for 20-25 minutes or until corn cake tests done.

7. For optional lemon glaze: Over low heat blend lemon juice together with powdered sugar. Pierce cake top repeatedly with fork. Slowly pour glaze evenly over the top.

Nutrition Facts

Serving Size 1/12 of recipe (73g)
Servings Per Container 12

Amount Per Serving	
Calories 160	Calories from Fat 20
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 350mg	**15%**
Total Carbohydrate 30g	**10%**
Dietary Fiber 1g	**4%**
Sugars 11g	
Protein 4g	

Vitamin A 2% • Vitamin C 2%
Calcium 10% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

California Department of Health Services, Celebrate Health with a Lowfat Fiesta
California Project LEAN

Cost

Per recipe: $2.05
Per serving: $0.17

Lentil Tacos

Yield: 6 servings

Ingredients

1 1/2 cup	dry lentils (sorted and rinsed)
1/4 cup	raisins
4 cups	water
1/2	green pepper (chopped)
4	garlic (cloves, minced)
1/2 teaspoon	hot pepper flakes (optional)
1 teaspoon	chili powder
1 teaspoon	cumin
1/2 teaspoon	basil
2/3 cups	tomato paste

Instructions

1. Cook lentils in 3 cups water for 10 minutes.

2. Add remaining ingredients and simmer for 30 minutes
(Add more water if necessary).

3. Serve with corn tortillas. Can also be served over rice or noodles.

Nutrition Facts

Serving Size 1/6 of recipe (281g)
Servings Per Container 6

Amount Per Serving

Calories 160 Calories from Fat 10

	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 270mg	**11%**
Total Carbohydrate 34g	**11%**
Dietary Fiber 8g	**32%**
Sugars 9g	
Protein 8g	

Vitamin A 20% • Vitamin C 25%
Calcium 6% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Washington State WIC Program, [The Bold and Beautiful Book of Bean Recipes]

Cost

Per recipe: $1.94
Per serving: $0.32

Mango Salsa

Yield: 8 Servings
Serving size: 2 Tablespoons
Prep time: 10 minutes

Ingredients

1	mango (peeled, pitted and diced (or 1 cup thawed frozen chunks))
1 tablespoon	onion, red (diced)
1 tablespoon	cilantro (optional, fresh or dried)
1/4 teaspoon	salt
2 tablespoons	lime juice (bottled or fresh)

Instructions

1. Combine all ingredients in a bowl.
2. Serve with baked tortilla chips.

Nutrition Facts

Serving Size 2 Tablespoons, 1/8 of recipe (47g)
Servings Per Container 8

Amount Per Serving

Calories 25	Calories from Fat 0	
		% Daily Value*
Total Fat 0g		**0%**
Saturated Fat 0g		**0%**
Trans Fat 0g		
Cholesterol 0mg		**0%**
Sodium 75mg		**3%**
Total Carbohydrate 7g		**2%**
Dietary Fiber 1g		**4%**
Sugars 6g		
Protein 0g		

Vitamin A 10% • Vitamin C 25%
Calcium 0% • 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:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Colorado State University and University of California at Davis. Eating Smart Being Active Recipes.

Cost

Per recipe: $1.19
Per serving: $0.15

Mango Shake

Yield: 4 servings

Ingredients

2 cups	milk (low-fat 1%)
4 tablespoons	mango juice (or 1 fresh pitted mango) (frozen)
1	banana (small)
2	ice cubes

Instructions

1. Put all ingredients into a blender. Blend until foamy. Serve immediately.

Nutrition Facts

Serving Size 3/4 cup (174g)
Servings Per Container 4

Amount Per Serving	
Calories 80	Calories from Fat 10
	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 55mg	**2%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 1g	**4%**
Sugars 11g	
Protein 4g	

Vitamin A 8% • Vitamin C 8%
Calcium 15% • 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:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

National Heart, Lung and Blood Institute (NHLBI), Delicious Heart Healthy Latino Recipes/Platillos latinos sabrosos y saludables

Cost

Per recipe: $1.06
Per serving: $0.27

Meatball Soup

Yield: 4 servings

Ingredients

6 cups	water
1/3 cup	brown rice
3	bouillon cubes (low-sodium chicken or beef flavored, or 1 tablespoon low-sodium bouillon powder)
1 tablespoon	oregano (fresh, finely chopped)
8 ounces	ground beef (lean, turkey or chicken)
1	tomato (finely chopped)
1/2	onion (peeled and finely chopped)
1	egg (large)
1/2 teaspoon	salt
2 cups	vegetable mix (chopped, fresh, carrots, celery, and broccoli)

Instructions

1. In a large pot, combine water, rice, bouillon cubes, and oregano. Bring to a boil over high heat. Stir to dissolve bouillon. Reduce heat to low and simmer.

2. Meanwhile, in a large bowl, mix ground meat, tomato, onion, egg, and salt. Form into 12 large meatballs.

3. Add meatballs to broth mixture and simmer 30 minutes.

4. Add vegetables. Cook 10 to 15 minutes or until meatballs are cooked and rice and vegetables are tender. Serve hot.

Nutrition Facts

Serving Size 1/2 cup broth mixture and 3 large meatballs (585g)
Servings Per Container 4

Amount Per Serving	
Calories 240	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**15%**
Saturated Fat 3.5g	**18%**
Trans Fat 0.5g	
Cholesterol 85mg	**28%**
Sodium 430mg	**18%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 4g	**16%**
Sugars 4g	
Protein 16g	

Vitamin A 110% • Vitamin C 40%
Calcium 10% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

California Champions for Change, Lunch Recipes California Department of Public Health, Network for a Healthy California

Cost

Per recipe: $3.03
Per serving: $0.76

Mexican Chicken Soup

Yield: 6 servings

Ingredients

3 pounds	chicken pieces, skin removed
2 cups	tomatoes (chopped)
1	garlic clove (minced)
1/2 cup	onion (chopped)
1/4 cup	mild chiles (canned and diced)
2 cups	pinto or garbanzo beans, canned, drained or cooked and drained
	salt and pepper (to taste, optional)

Instructions

1. Place chicken pieces in a large saucepan and add enough water to cover.

2. Cook until tender, about 25 minutes.

3. Remove chicken pieces from the broth.

4. Add tomatoes, garlic, onion, and chiles.

5. Remove chicken meat from the bones and return meat to broth.

6. Add beans and salt and pepper to taste. Simmer for about 15 minutes.

Nutrition Facts

Serving Size 1 cup prepared soup, 1/6 of recipe (383g)
Servings Per Container 6

Amount Per Serving

Calories 390 Calories from Fat 130

	% Daily Value*
Total Fat 14g	**22**%
Saturated Fat 3.5g	**18**%
Trans Fat 0g	
Cholesterol 185mg	**62**%
Sodium 460mg	**19**%
Total Carbohydrate 16g	**5**%
Dietary Fiber 5g	**20**%
Sugars 2g	
Protein 49g	

Vitamin A 20% • Vitamin C 20%
Calcium 8% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

University of Massachusetts, Extension Nutrition Education Program, Pumpkin Post/Banana Beat

Cost

Per recipe: $8.74
Per serving: $1.46

Mexican Pinwheels

Yield: 6 Servings
Prep time: 15 minutes

Ingredients

2 ounces	cream cheese, softened
2 tablespoons	canned corn, drained
2 tablespoons	chopped green chilies, drained
2 teaspoons	chopped onion
2 tablespoons	salsa
3	large flour tortillas (10 inch)

Instructions

1. Mix cream cheese, corn, green chilies, onions and salsa together.
2. Spread mixture on tortillas and roll up tightly, wrap in plastic wrap.
3. Store in refrigerator until ready to serve.
4. Slice in 1-inch slices and serve (should make 30 pinwheels)

Nutrition Facts

Serving Size 5 pinwheels (1/6 of recipe) (62g)
Servings Per Container 6

Amount Per Serving

Calories 150 Calories from Fat 50

	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 330mg	**14%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 1g	**4%**
Sugars 2g	
Protein 4g	

Vitamin A 4% • Vitamin C 2%
Calcium 6% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Colorado State University and University of California at Davis. Eating Smart Being Active Recipes.

Cost

Per recipe: $1.23
Per serving: $0.21

Mexican Pozole Soup

Yield: 10 servings

Ingredients

2 pounds	lean beef (cubed)
1 tablespoon	olive oil
1	onion (large)
1	garlic clove (finely chopped)
1/4 teaspoon	salt
1/8 teaspoon	pepper
1/4 cup	cilantro
1 can	stewed tomatoes (15 ounces)
2 ounces	tomato paste
1 can	hominy (1 lb. 13 ounce)

Instructions

1. In a large pot, heat oil. Saute beef.

2. Add onion, garlic, salt, pepper, cilantro, and enough water to cover the meat. Cover pot and cook over low heat until meat is tender.

3. Add tomatoes and tomato paste. Continue cooking for about 20 minutes.

4. Add hominy and continue cooking another 15 minutes, stirring occasionally, over low heat. If too thick, add water for desired consistency.

Notes

Skinless, boneless chicken breasts may be used instead of beef cubes.

Nutrition Facts

Serving Size 1 cup prepared soup, 1/10 of recipe (238g)
Servings Per Container 10

Amount Per Serving

Calories 220 Calories from Fat 60

	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 55mg	**18%**
Sodium 400mg	**17%**
Total Carbohydrate 17g	**6%**
Dietary Fiber 3g	**12%**
Sugars 5g	
Protein 22g	

Vitamin A 6% • Vitamin C 10%
Calcium 4% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

National Heart, Lung and Blood Institute (NHLBI), Delicious Heart Healthy Latino Recipes/Platillos latinos sabrosos y saludables

Cost

Per recipe: $12.57
Per serving: $1.26

Mexican Rice

Yield: 8 servings

Ingredients

2 tablespoons	vegetable oil
2 cups	rice, long-grain white, uncooked
3 cups	chicken broth, low-sodium
1 1/2 cup	onion (white, finely chopped)
2 teaspoons	garlic (minced)
1 can	Mexican or Italian style tomatoes (14 1/2 ounce)
1/2 teaspoon	salt
1	green bell pepper (seeded and chopped)

Instructions

1. Heat oil in medium-size saucepan over medium heat. Saute the rice until just golden, about 5 minutes. Add 1/2 cup of chicken broth if moisture is needed.

2. Add onions and garlic and saute for a minute or two.

3. Stir in the tomatoes and their juice, the rest of the chicken broth, salt and bell pepper. Bring to a boil.

4. Reduce heat to low. Cover and simmer for about 20-25 minutes, or until the broth is absorbed.

Nutrition Facts

Serving Size 1/8 of recipe (237g)
Servings Per Container 8

Amount Per Serving

Calories 250 Calories from Fat 40

	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 340mg	**14%**
Total Carbohydrate 45g	**15%**
Dietary Fiber 2g	**8%**
Sugars 5g	
Protein 6g	

Vitamin A 6% • Vitamin C 30%
Calcium 4% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

California Department of Health Services, Celebrate Health with a Lowfat Fiesta
California Project LEAN

Cost

Per recipe: $4.01
Per serving: $0.50

Mexican Rice II

Yield: 6 servings

Ingredients

1 cup	rice
1	yellow onion (medium, chopped)
1	garlic clove (chopped)
2	chicken bouillon cubes, low sodium
1 can	tomato sauce (8 ounces)
3 1/3 cups	vegetables (frozen, peas and carrots)
2 tablespoons	cilantro (chopped fresh)

Instructions

1. Lightly spray a large saucepan with non-stick cooking spray.

2. Add rice to saucepan. Cook over medium heat, stirring occasionally, until lightly browned. Stir in onion and garlic. Cook for 2 to 3 minutes. Add hot water, bouillon cubes and tomato sauce, stirring until bouillon cubes are dissolved. Reduce heat to low. Cover and simmer for 20 minutes.

3. Add frozen vegetables. Cover and simmer for an additional 10 minutes or until all moisture is absorbed.

4. Sprinkle cilantro on top of cooked rice. Serve.

Nutrition Facts

Serving Size 1 cup prepared rice, 1/6 of recipe (252g)
Servings Per Container 6

Amount Per Serving

Calories 180 Calories from Fat 10

	% Daily Value*
Total Fat 1g	**2**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 280mg	**12**%
Total Carbohydrate 39g	**13**%
Dietary Fiber 4g	**16**%
Sugars 3g	
Protein 6g	

Vitamin A 150% • Vitamin C 25%
Calcium 4% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

California 5 A Day, It's So Easy
Contra Costa Health Services

Cost

Per recipe: $3.56
Per serving: $0.59

Mexican Vegetables

Yield: 7 servings

Ingredients

1 cup	cucumber (chopped, with peel)
1 can	corn (8 3/4 ounce, drained)
1 can	stewed tomatoes (16 ounces)
2 tablespoons	red pepper (chopped)
2 tablespoons	green pepper (chopped)
2 tablespoons	red wine vinegar
1/2 teaspoon	garlic powder
1/2 teaspoon	cumin (ground)
1/4 teaspoon	cilantro or coriander (dried)
1/8 teaspoon	black pepper

Instructions

1. Combine ingredients and mix well.
2. Serve cold.

Nutrition Facts

Serving Size 1/2 cup prepared vegetables, 1/7 of recipe (126g)
Servings Per Container 7

Amount Per Serving

Calories 50	Calories from Fat 5
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 320mg	**13%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 1g	**4%**
Sugars 4g	
Protein 2g	

Vitamin A 8% • Vitamin C 25%
Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Ponichtera, Brenda RD
ScaleDown Publishing, Inc., Quick and Healthy, Vol.II, 1995, p.88

Cost

Per recipe: $2.19
Per serving: $0.31

Migas "Crumbs"

Yield: 4 servings
Cook time: 20 minutes

Ingredients

4	tortillas (large)
3 tablespoons	canola oil
1/4 cup	bell pepper
1/4 cup	onion
4	egg (lightly beaten)
4 tablespoons	cheddar cheese, low-fat (grated)

Instructions

1. Wash hands and cooking area.

2. Tear tortillas into small pieces.

3. Heat oil in a medium-sized pan.

4. Add tortillas and stir until pieces begin to brown.

5. Add peppers and onion; sauté until soft.

6. Add eggs; stir until the eggs are cooked.

7. Remove from heat and sprinkle on the grated cheese.

8. Cover the pan and let cheese melt.

9. Serve immediately.

Nutrition Facts

Serving Size 1/4 recipe (138g)
Servings Per Container 4

Amount Per Serving

Calories 330 Calories from Fat 170

	% Daily Value*
Total Fat 19g	**29**%
Saturated Fat 3.5g	**18**%
Trans Fat 0g	
Cholesterol 185mg	**62**%
Sodium 450mg	**19**%
Total Carbohydrate 27g	**9**%
Dietary Fiber 1g	**4**%
Sugars 3g	
Protein 12g	

Vitamin A 6% • Vitamin C 10%
Calcium 10% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Texas Cooperative Extension, The Texas A&M University System, Expanded Nutrition Program

Cost

Per recipe: $1.56
Per serving: $0.39

Oven-Fried Yucca

Yield: 6 servings

Ingredients

1 pound	yucca (cassava) (fresh, cut into 3-inch sections and peeled)
1	cooking spray (as needed, non-stick)

Instructions

1. In a kettle, combine the yucca with enough cold water to cover it by 1 inch. Bring the water to a boil, and slowly simmer the yucca for 20 to 30 minutes, or until it is tender.

2. Preheat oven to 350 F.

3. Transfer the yucca with a slotted spoon to a cutting board. Let it cool and cut it lengthwise into 3/4-inch wide wedges, discarding the thin woody core.

4. Spray cookie sheet with the nonstick cooking oil spray. Spread yucca wedges on cookie sheet and spray wedges with cooking oil spray. Cover with foil paper and bake for 8 minutes. Uncover and return to oven to bake for an additional 7 minutes.

Nutrition Facts

Serving Size 1 piece (2 1/2 inches long) (58g)
Servings Per Container 6

Amount Per Serving

Calories 90	Calories from Fat 0	
		% Daily Value*
Total Fat 0g		**0%**
Saturated Fat 0g		**0%**
Trans Fat 0g		
Cholesterol 0mg		**0%**
Sodium 10mg		**0%**
Total Carbohydrate 22g		**7%**
Dietary Fiber 1g		**4%**
Sugars 1g		
Protein 1g		

Vitamin A 0% • Vitamin C 20%
Calcium 0% • 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:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

National Heart, Lung and Blood Institute (NHLBI), Stay Young at Heart

Cost

Per recipe: $0.84
Per serving: $0.14

Pear in Orange Sauce

Yield: 4 servings

Ingredients

4	pear (small)
3/4 cups	orange juice (100%)
4 teaspoons	sugar

Instructions

1. Peel the pears and steam in a double boiler for 15 minutes.

2. Mix sugar and orange juice and cook over low flame for 5 minutes. Cool for 5 minutes.

3. Place steamed pears on individual plates. Pour ¼ juice mixture over each and serve.

Nutrition Facts

Serving Size 1 pear (190g)
Servings Per Container 4

Amount Per Serving

Calories 120	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 30g	**10%**
Dietary Fiber 4g	**16%**
Sugars 22g	
Protein 1g	

Vitamin A 2% • Vitamin C 50%
Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

US Department of Health and Human Services
National Institutes of Health
National Heart, Lung and Blood Institute, Delicious Heart-Healthy Latino Recipes/Platillos latinos sabrosos y saludables

Cost

Per recipe: $1.87
Per serving: $0.47

Picadillo

Yield: 6 servings
Cook time: 25 minutes

Ingredients

1 pound	turkey, ground
1	onion (chopped)
5	carrot (small, diced)
2	zucchini (medium, or other squash)
2	potatoes (medium, diced)
1 teaspoon	salt
	black pepper (to taste)
1/2 teaspoon	cumin
1 can	Mexican style tomato sauce (10 1/2 ounces)
1 teaspoon	cornstarch

Instructions

1. Brown ground turkey in a non-stick frying pan.

2. Add onions, carrots, squash, potatoes, salt, pepper, and cumin. Sauté for about 5 minutes.

3. Add tomato sauce and just enough water to cover. Bring to a boil, then lower heat and simmer, uncovered, until vegetables are tender.

4. Dissolve cornstarch in about 1 Tablespoon of cold water, add to mixture, bring back to a boil until gravy thickens. Serve.

Nutrition Facts

Serving Size 1 cup, 1/6 of recipe (304g)
Servings Per Container

Amount Per Serving

Calories 210	Calories from Fat 60
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 50mg	**17%**
Sodium 730mg	**30%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 4g	**16%**
Sugars 6g	
Protein 18g	

Vitamin A 150% • Vitamin C 50%
Calcium 6% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

California Health Department - Los Angeles County, Es Facil Campaign
Submitted by Cristina Pacheco

Cost

Per recipe: $5.57
Per serving: $0.93

Pico de Gallo

Yield: 6 servings
Cook time: 20 minutes

Ingredients

1 pound	tomatoes (chopped ripe)
1 1/2 cup	onion (chopped)
1/3 cup	cilantro (chopped, fresh)
3	jalapeno pepper (seeded and chopped)
2 tablespoons	lime juice
2	garlic clove (minced)
1/4 teaspoon	salt

Instructions

1. Combine all ingredients in a medium bowl.

2. Serve immediately or cover and refrigerate for up to 3 days.

Notes

Use to season your family meals or serve with tortilla chips.

Nutrition Facts

Serving Size 1/2 cup, 1/6 of recipe (130g)
Servings Per Container 6

Amount Per Serving

Calories 35	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 105mg	**4%**
Total Carbohydrate 8g	**3%**
Dietary Fiber 2g	**8%**
Sugars 4g	
Protein 1g	

Vitamin A 15% • Vitamin C 40%
Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

California Department of Health Services, Healthy Latino Recipes Made with Love California Latino 5-A-Day Campaign

Cost

Per recipe: $2.82
Per serving: $0.47

Polenta with Pepper and Cheese

Yield: 8 servings
Cook time: 23 minutes

Ingredients

4 cups	water
1 1/2 cup	corn meal (or polenta, uncooked)
1 can	whole kernel corn mixed with green and red peppers (11 ounces, drained)
1 can	green chiles (7 ounces)
1/2 teaspoon	salt
1 tablespoon	margarine or butter
6 ounces	cheese, cheddar, reduced fat, shredded
1 can	black or pinto beans (15 ounces, rinsed)
	Garnish:
	cilantro sprigs
1	red bell pepper (cut into rings)

Instructions

1. In a medium sauce pan, bring the water to a boil. Gradually add the cornmeal or polenta. Reduce heat to low.

2. Continue stirring, add the corn, chiles and the salt. Cook 6-8 minutes or until mixture thickens, stirring occasionally.

3. Gently stir in the margarine, cheese and beans.

4. Remove from the heat and transfer to a serving dish.

5. Garnish with red bell pepper rings and cilantro.

Nutrition Facts

Serving Size 1 cup prepared polenta, 1/8 of recipe (303g)
Servings Per Container 8

Amount Per Serving

Calories 270	Calories from Fat 50	
		% Daily Value*
Total Fat 5g		**8%**
Saturated Fat 1.5g		**8%**
Trans Fat 0g		
Cholesterol 5mg		**2%**
Sodium 590mg		**25%**
Total Carbohydrate 43g		**14%**
Dietary Fiber 6g		**24%**
Sugars 4g		
Protein 11g		

Vitamin A 20% • Vitamin C 60%
Calcium 15% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

California Health Department - Los Angeles County, Es Facil Campaign
Submitted by Gloria Vargas

Cost

Per recipe: $4.38
Per serving: $0.55

Pupusas Revueltas

Yield: 12 servings

Ingredients

1 pound	chicken breast, ground
1 tablespoon	vegetable oil
1/2 pound	cheese, low-fat mozzarella, grated
1/2	onion (small, finely diced)
1	garlic clove (minced)
1	green pepper (medium, seeded and minced)
1	tomato (small, finely chopped)
1/2 teaspoon	salt
5 cups	masa harina (corn flour, instant)
6 cups	water

Instructions

1. In a non-stick skillet over low heat, sauté chicken in oil until chicken turns white. Constantly stir the chicken to keep it from sticking.

2. Add onion, garlic, green pepper, and tomato. Cook until chicken mixture is cooked through. Remove skillet from stove and let mixture cool in the refrigerator.

3. While the chicken mixture is cooling, place the flour in a large mixing bowl and stir in enough water to make a stiff tortilla-like dough.

4. When the chicken mixture has cooled, mix in the cheese.

5. Divide the dough into 24 portions. With your hands, roll the dough into balls and flatten each ball into a 1/2 ich thick circle. Put a spoonful of the chicken mixture in the middle of each circle of dough and bring the edges to the center. Flatten the ball of dough again until it is 1/2 inch thick.

6. In a very hot, iron skillet, cook the pupusas on each side until golden brown.

7. Serve hot.

Nutrition Facts

Serving Size 2 pupusas, 1/12 of recipe (250g)
Servings Per Container 12

Amount Per Serving

Calories 280 Calories from Fat 80

	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 240mg	**10%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 1g	
Protein 16g	

Vitamin A 4% • Vitamin C 15%
Calcium 20% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

National Heart, Lung and Blood Institute (NHLBI), Delicious Heart Healthy Latino Recipes/Platillos latinos sabrosos y saludables, p.11

Cost

Per recipe: $7.69
Per serving: $0.64

Quesadilla con Huevos

Yield: 4 servings

Ingredients

1/2 cup	cheddar or cojack cheese (grated)
2	egg (scrambled)
4	flour tortillas (6 - 8 inch)
4 tablespoons	salsa (optional)

Instructions

1. Put 2 Tablespoons cheese and 1/4 of the scrambled eggs on each tortilla.

2. Heat 2 quesadillas at a time in microwave on high for 30 to 45 seconds or until cheese melts.

3. Top with salsa and fold tortilla in half to serve.

Notes

Kids can make thse as plain as they like or can add ingredients such as peppers, tomatoes, mushrooms or onions. Quesadillas make a great breakfast or lunch that's easy and quick. Instead of using a microwave, you can heat the tortillas on a skillet or griddle until the cheese melts.

Safety Tips: The melted cheese is hot, so wait a minute before eating. Use a knife or pizza wheel to cut the quesadilla into wedges for serving.

Nutrition Facts

Serving Size 1 prepared quesadilla, 1/4 of recipe (85g)
Servings Per Container 4

Amount Per Serving

Calories 190 Calories from Fat 80

	% Daily Value*
Total Fat 9g	**14**%
Saturated Fat 4.5g	**23**%
Trans Fat 0g	
Cholesterol 110mg	**37**%
Sodium 430mg	**18**%
Total Carbohydrate 17g	**6**%
Dietary Fiber 1g	**4**%
Sugars 2g	
Protein 9g	

Vitamin A 6% • Vitamin C 0%
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:

Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Kansas Family Nutrition Program, Kids a Cookin'

Cost

Per recipe: $1.31
Per serving: $0.33

Quick Black Bean Salad

Yield: 6 Servings

Ingredients

1 can	black beans (15 ounces)
1 package	frozen corn (15 ounces)
1/2 cup	salsa

Instructions

1. Leave frozen corn in the fridge overnight to defrost. If you forget to do this ahead of time, defrost it in the microwaves.
2. Drain and rinse the black beans.
3. Combine all ingredients together and serve as a side dish.

Nutrition Facts

Serving Size 1/6 of recip (142g)
Servings Per Container 6

Amount Per Serving

Calories 110	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 340mg	**14%**
Total Carbohydrate 24g	**8%**
Dietary Fiber 5g	**20%**
Sugars 3g	
Protein 5g	

Vitamin A 4% • Vitamin C 10%
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:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Iowa Department of Public Health. Iowa Nutrition Network.

Cost

Per recipe: $2.66
Per serving: $0.44

Quick Chili

Yield: 4 servings
Prep time: 10 minutes
Cook time: 10 minutes

Ingredients

1/2 pound	ground beef
1 can	kidney beans (15 1/2 ounces, with liquid)
1 cup	tomato sauce, unsalted
1 tablespoon	onion, instant minced
1 1/2 tablespoon	chili powder

Instructions

1. Thoroughly cook ground beef in skillet until browned (internal temperature of 160 degrees). Do not undercook ground beef. Carefully wash your hands and any surfaces that have come in contact with raw meat.

2. Drain off fat into container.

3. Stir in kidney beans with liquid, tomato sauce, onion, and chili powder.

4. Bring to a boil. Reduce heat, cover, and simmer for 10 minutes.

5. Refrigerate or freeze leftovers within 2 hours of cooking. Use refrigerated leftovers within 4 days.

Nutrition Facts

Serving Size 3/4 cup prepared chili, 1/4 of recipe (233g)
Servings Per Container 4

Amount Per Serving	
Calories 230	Calories from Fat 60
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 390mg	**16%**
Total Carbohydrate 24g	**8%**
Dietary Fiber 8g	**32%**
Sugars 6g	
Protein 19g	

Vitamin A 25% • Vitamin C 15%
Calcium 6% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

University of Minnesota, Cooperative Extension Service, Simply Good Eating Recipe Cards, Vol. 2, 2007 (PDF 143KB)

Cost

Per recipe: $3.56
Per serving: $0.89

Quinoa and Black Bean Salad

Yield: 6 servings

Ingredients

1/2 cup	quinoa (dry)
1 1/2 cup	water
1 1/2 tablespoon	olive oil
3 teaspoons	lime juice
1/4 teaspoon	cumin
1/4 teaspoon	coriander (ground, dried cilantro seeds)
2 tablespoons	cilantro (chopped)
2	scallions (medium, minced)
15 ounces	black beans (can, rinsed and drained)
2 cups	tomato (chopped)
1	red bell pepper (medium, chopped)
1	green bell pepper (medium, chopped)
2	green chiles (fresh, minced, to taste)
	black pepper (to taste)

Instructions

1. Rinse the quinoa in cold water. Boil water in a saucepan, and then add the quinoa.

2. Return to boil, and then simmer until the water is absorbed, 10 to 15 minutes.

3. Cool for 15 minutes. While quinoa is cooking, mix olive oil, lime juice, cumin, coriander, chopped cilantro, and scallions in a small bowl, and set aside.

4. Combine chopped vegetables with the black beans in a large bowl, and set aside.

5. Once quinoa has cooled, combine all ingredients and mix well. Cover and refrigerate until ready to serve.

Nutrition Facts

Serving Size 1 Cup (254g)
Servings Per Container 6

Amount Per Serving	
Calories 140	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 210mg	**9%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 5g	**20%**
Sugars 5g	
Protein 5g	

Vitamin A 30% • Vitamin C 150%
Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

US Department of Health and Human Services
National Institutes of Health
National Heart, Lung and Blood Institute, Delicious Heart-Healthy Latino Recipes/Platillos latinos sabrosos y saludables

Cost

Per recipe: $4.78
Per serving: $0.80

Refried Beans

Yield: 6 servings

Ingredients

1 1/2 cup	dry pinto beans (sorted and rinsed)
2	garlic (cloves, minced)
1 tablespoon	oil
1/4 cup	onion (chopped)
1 teaspoon	ground cumin

Instructions

1. Cook beans and reserve some of the cooking liquid before draining.
2. Sauté onions and garlic in oil until onions become clear. Add a little water if vegetables stick.
3. Mash half of the beans, and add to onion and garlic. Continue to sauté for 10 minutes, stirring frequently. Allow some of the mashed beans to brown.
4. Add cumin. Add remaining beans and continue cooking until they are warmed through.
5. Water or liquid from beans may be added to keep the beans soft and mushy.

Nutrition Facts

Serving Size 1/6 recipe (175g)
Servings Per Container 6

Amount Per Serving

Calories 210 Calories from Fat 25

	% Daily Value*
Total Fat 3g	**5**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 10mg	**0**%
Total Carbohydrate 36g	**12**%
Dietary Fiber 14g	**56**%
Sugars 3g	
Protein 12g	

Vitamin A 0% • Vitamin C 6%
Calcium 6% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Washington State WIC Program, The Bold and Beautiful Book of Bean Recipes

Cost

Per recipe: $0.82
Per serving: $0.14

Salsa Fresca

Yield: 7 servings

Ingredients

5	tomatoes (medium)
2	jalapeño
2	garlic clove
1/4	red onion (medium)
3 tablespoons	lime juice (fresh)
1/2 teaspoon	salt
1/4 teaspoon	black pepper
1 tablespoon	cilantro (fresh, leaves)

Instructions

1. Wash the vegetables. Cut the tomatoes into 1/2-inch pieces and put into a medium bowl. Because they can burn the skin, an adult should seed and mince the jalapenos and add them to the tomatoes.

2. Peel the garlic and mince. Peel the onion and cut into 1/4-inch pieces. Add the onion and garlic to the tomato mixture.

3. Stir in the lime juice, salt and pepper. Chop the cilantro and stir only until combined.

Nutrition Facts

Serving Size 1/2 cup prepared salsa, 1/7 of recipe (104g)
Servings Per Container 7

Amount Per Serving

Calories 20 — Calories from Fat 0

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 170mg	**7%**
Total Carbohydrate 5g	**2%**
Dietary Fiber 1g	**4%**
Sugars 3g	
Protein 1g	

Vitamin A 15% • Vitamin C 30%
Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

New Mexico State University Cooperative Extension Service, Cooking with Kids
Lynn Walters and Jane Stacey
USDA Food and Nutrition Service Food Stamp Nutrition Education Program

Cost

Per recipe: $2.94
Per serving: $0.42

Salsa Pinto Beans

Yield: 7 servings

Ingredients

1 tablespoon	olive oil (or canola oil)
1	onion (small, chopped)
1	garlic clove (minced, or 1/8 t of garlic powder)
2 cans	pinto beans (15 ounces each, drained and rinsed)
1 cup	salsa

Instructions

1. Heat the oil in a skillet over medium heat.

2. Add the onion and garlic and cook until tender.

3. Stir in the beans and salsa.

4. Cook for 10 minutes.

5. Serve over rice, pasta, or baked potato.

Nutrition Facts

Serving Size 1/2 cup (123g)
Servings Per Container 7

Amount Per Serving

Calories 90	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	**4%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 420mg	**18%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 4g	**16%**
Sugars 2g	
Protein 4g	

Vitamin A 2% • Vitamin C 4%
Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Maryland Food Supplement Nutrition Education program, 2009 Recipe Calendar

Cost

Per recipe: $2.79
Per serving: $0.40

Simmered Beans

Yield: 12 servings

Ingredients

2 cups	beans, dried pinto, black, or pink (rinsed)
8 cups	water
1	onion (chopped)
1	bay leaf
1/4 teaspoon	salt

Instructions

1. Place beans, water, onion and bay leaf in a large pot.

2. Cover and bring to a boil over high heat.

3. Reduce heat to low. Simmer for 1 to 1 1/2 hours or until beans are tender.

4. Remove bay leaf and stir in salt. Cook 15 minutes longer.

5. Top each serving of simmered beans with 1/2 cup fresh salsa or store beans in refrigerator for up to three days in a covered plastic or glass container.

Nutrition Facts

Serving Size 1/2 cup prepared beans, 1/12 of recipe (203g)
Servings Per Container 12

Amount Per Serving

Calories 120	Calories from Fat 5
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 60mg	**3%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 5g	**20%**
Sugars 1g	
Protein 7g	

Vitamin A 0% • Vitamin C 4%
Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

California Department of Health Services, Healthy Latino Recipes Made with Love California Latino 5-A-Day Campaign

Cost

Per recipe: $1.60
Per serving: $0.13

Simple Fish Tacos

Yield: 6 servings

Ingredients

1/2 cup	sour cream (non-fat)
1/4 cup	mayonnaise (fat-free)
1/2 cup	fresh cilantro (chopped)
1/2 package	taco seasoning (package low-sodium, divided)
1 pound	cod or white fish fillets (cut into 1 inch pieces)
1 tablespoon	olive oil
2 tablespoons	lemon juice
2 cups	red and green cabbage (shredded)
2 cups	tomato (diced)
12	corn tortillas (6-inch, warmed)
	lime wedges (for serving)

Instructions

1. In a small bowl, combine sour cream, mayonnaise, cilantro, and 2 Tbsp seasoning mix.

2. In a medium bowl, combine cod, vegetable oil, lemon juice, and remaining seasoning mix; pour into large skillet. Cook stirring constantly, over medium-high heat for 4-5 minutes or until cod flakes easily when tested with a fork.

3. Fill warm tortillas with fish mixture.

4. Top with cabbage, tomato, sour cream mixture, lime wedges, and taco sauce.

Nutrition Facts

Serving Size 1/6 of recipe (247g)
Servings Per Container 6

Amount Per Serving

Calories 230 — Calories from Fat 40

	% Daily Value*
Total Fat 4.5g	**7**%
Saturated Fat 0.5g	**3**%
Trans Fat 0g	
Cholesterol 35mg	**12**%
Sodium 350mg	**15**%
Total Carbohydrate 32g	**11**%
Dietary Fiber 5g	**20**%
Sugars 4g	
Protein 18g	

Vitamin A 15% • Vitamin C 35%
Calcium 10% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Centers for Disease Control and Prevention, More Matters Recipes

Cost

Per recipe: $9.58
Per serving: $1.60

Simple Stuffed Peppers

Yield: 4 Servings

Ingredients

1 cup	brown rice, uncooked
1 can	black beans, unsalted (15 ounces)
4	bell peppers (any color)
1 cup	cheddar cheese, shredded (reduced fat)
1 cup	salsa
1	tomato, sliced
	salt (to taste, optional)

Instructions

1. Preheat the oven to 400°F.
2. Cook brown rice according to package directions.
3. Wash the peppers under running water.
4. Cut the tops off the peppers and spoon out the seeds.
5. Drain and rinse the black beans.
6. Combine the beans, rice, salsa and salt (optional).
7. Spoon about 3 Tablespoons of the mixture into the bottom of each pepper.
8. Place a slice of tomato on top of the mixture and sprinkle with 2 tablespoons of cheese.
9. Repeat steps 7 and 8 to fill the pepper completely but do not top with cheese.
10. Bake peppers for 30 minutes, top each with 2 Tablespoons of cheese and continue baking for 15 minutes more.

Notes

Green bell peppers used for nutritional analysis and costing purposes.

Nutrition Facts

Serving Size 1/4 of recipe (367g)
Servings Per Container 4

Amount Per Serving

Calories 210 Calories from Fat 25

	% Daily Value*
Total Fat 2.5g	**4**%
Saturated Fat 1.5g	**8**%
Trans Fat 0g	
Cholesterol 5mg	**2**%
Sodium 450mg	**19**%
Total Carbohydrate 33g	**11**%
Dietary Fiber 7g	**28**%
Sugars 4g	
Protein 14g	

Vitamin A 20% • Vitamin C 170%
Calcium 20% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

ONIE Project - Oklahoma Nutrition Information and Education. Simple Healthy Recipes.

Cost

Per recipe: $6.59
Per serving: $1.65

South of the Border Dip

Yield: 16 servings

Ingredients

1 cup	sour cream, non-fat
1 cup	yogurt, non-fat plain
1 cup	salsa

Instructions

1. Mix the sour cream, yogurt, and salsa.

2. Store the dip in a covered container if you don't plan to eat it right away.

3. Keep the dip in the fridge until you serve it.

Notes

Serve with baked tortilla chips, crackers, or bite sized vegetables.

Nutrition Facts

Serving Size 2 tablespoons prepared dip, 1/16 of recipe (45g)
Servings Per Container 16

Amount Per Serving

Calories 25	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 85mg	**4%**
Total Carbohydrate 5g	**2%**
Dietary Fiber 0g	**0%**
Sugars 2g	
Protein 1g	

Vitamin A 4% • Vitamin C 4%
Calcium 4% • 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:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Cost

Per recipe: $3.04
Per serving: $0.19

South of the Border Salad

Yield: 9 servings

Ingredients

2 cans	corn (15.2 ounces each, drained and rinsed)
2 cans	black beans (15.5 ounces each, drained and rinsed)
1 can	diced tomatoes with green chilies (14.5 ounces)
1	onion (small, chopped)
	Dressing Ingredients:
3 tablespoons	olive oil (or canola oil)
1/3 cup	lemon or lime juice
1/2 teaspoon	pepper
1 teaspoon	ground cumin (optional)

Instructions

1. Mix the salad ingredients in a large bowl.

2. Mix the dressing ingredients in a small bowl.

3. Pour dressing over corn mixture and mix well.

4. Cover and refrigerate for at least 2 hours.

Nutrition Facts

Serving Size 1/2 cup (224g)
Servings Per Container 8-10

Amount Per Serving	
Calories 180	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 680mg	**28%**
Total Carbohydrate 29g	**10%**
Dietary Fiber 5g	**20%**
Sugars 3g	
Protein 6g	

Vitamin A 4% • Vitamin C 25%
Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Maryland Food Supplement Nutrition Education program, 2009 Recipe Calendar

Cost

Per recipe: $4.42
Per serving: $0.49

Southwestern Pepper Cups

Yield: 10 servings

Ingredients

5	green bell pepper (medium, halved and seeded, or use red or yellow peppers)
1/3 cup	onion (chopped)
1 1/2	garlic clove (chopped)
3 cups	rice, cooked
1 can	tomatoes with chiles (10 1/2 ounce, diced and undrained)
1 can	whole kernel corn (8 1/2 ounce, drained)
	vegetable cooking spray
1/3 cup	cheese, cheddar, shredded

Instructions

1. Wash hands.

2. Blanch peppers in boiling water 2 to 3 minutes. Drain. Set aside.

3. Cook onion and garlic in oil in medium skillet over medium high heat for 3 minutes.

4. Combine rice, tomatoes with chiles, corn and onion mixture. Mix well.

5. Spoon into pepper halves, place on baking sheet coated with cooking spray.

6. Bake at 350 degrees for 10 minutes or until hot. Sprinkle with cheese.

7. Bake again at 350 degrees for 5 to 10 minutes or until hot and cheese melts.

Nutrition Facts

Serving Size 1/2 prepared pepper, 1/10 of recipe (170g)
Servings Per Container 10

Amount Per Serving

Calories 110 Calories from Fat 15

	% Daily Value*
Total Fat 1.5g	**2**%
Saturated Fat 1g	**5**%
Trans Fat 0g	
Cholesterol 5mg	**2**%
Sodium 210mg	**9**%
Total Carbohydrate 21g	**7**%
Dietary Fiber 2g	**8**%
Sugars 3g	
Protein 3g	

Vitamin A 8% • Vitamin C 80%
Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Arizona Nutrition Network, Don't Play With Your Food: Spring and Summer Cookbook

Cost

Per recipe: $4.36
Per serving: $0.44

Spanish Baked Fish

Yield: 4 servings

Ingredients

1 pound	perch fillets, fresh or frozen
1 cup	tomato sauce
1	onion (small)
1/2 teaspoon	garlic powder
2 teaspoons	chili powder
1 teaspoon	oregano
1/8 teaspoon	cumin (ground)

Instructions

1. Preheat the oven to 350 degrees F.

2. Lightly grease the baking dish with butter or margarine.

3. Separate the fish into 4 fillets or pieces.

4. Put the fish pieces in the baking dish.

5. Peel the onion, and cut it into slices.

6. Stir the onion, tomato sauce and spices together in a small bowl.

7. Pour the onion-spice mix evenly over the fish pieces.

8. Bake about 10 to 20 minutes, until the fish flakes easily with a fork.

Nutrition Facts

Serving Size 3 oz. prepared fish, 1/4 of recipe (194g)
Servings Per Container 4

Amount Per Serving

Calories 120 Calories from Fat 20

	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 60mg	**20%**
Sodium 670mg	**28%**
Total Carbohydrate 6g	**2%**
Dietary Fiber 2g	**8%**
Sugars 3g	
Protein 19g	

Vitamin A 15% • Vitamin C 10%
Calcium 6% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Cost

Per recipe: $7.04
Per serving: $1.76

Spanish Cauliflower

Yield: 6 servings

Ingredients

1 tablespoon	vegetable oil
1	onion (medium)
1/4 teaspoon	garlic powder
1	head of cauliflower (of)
2	tomatoes (large)
1/2 teaspoon	black pepper
1 tablespoon	parsley (dried)
1/4 cup	Parmesan cheese (grated)

Instructions

1. Chop the cauliflower into 2 inch pieces.

2. Peel the onion. Chop it into small pieces.

3. Chop the tomatoes into small pieces.

4. Put the cauliflower in a pan. Add 1 inch of water.

5. Cook over medium heat, and let it boil for 3 minutes.

6. In a large pan, heat the oil, and add the onion.

7. Cook over medium heat for 3 to 5 minutes.

8. Add the garlic and cauliflower.

9. Cook while stirring for 3 minutes, until lightly browned.

10. Add the tomatoes and pepper.

11. Cook for 5 more minutes.

12. Serve with a sprinkle of parsley and cheese.

Nutrition Facts

Serving Size 1/2 cup prepared cauliflower, 1/6 of recipe (220g)
Servings Per Container 6

Amount Per Serving

Calories 90 — Calories from Fat 30

	% Daily Value*
Total Fat 3.5g	**5%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 100mg	**4%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 4g	**16%**
Sugars 5g	
Protein 5g	

Vitamin A 8% • Vitamin C 130%
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:

Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Cost

Per recipe: $4.73
Per serving: $0.79

Spanish Omelet

Yield: 5 servings

Ingredients

5	potatoes (small, peeled and sliced)
1 tablespoon	olive oil (or vegetable cooking spray)
1/2	onion (medium, minced)
1	zucchini (small, sliced)
1 1/2 cup	green/red peppers (sliced thin)
5	mushroom (medium, sliced)
3	egg (whole, beaten)
5	egg whites (beaten)
	Pepper and garlic salt with herbs (to taste)
3 ounces	part skim mozzarella cheese (shredded)
1 tablespoon	Parmesan cheese

Instructions

1. Preheat oven to 375°F.

2. Cook potatoes in boiling water until tender.

3. In a nonstick pan, add oil or vegetable spray and warm at medium heat.

4. Add the onion and sauté until brown. Add vegetables and sauté until tender but not brown.

5. In a medium mixing bowl, slightly beat the eggs and egg whites, pepper, garlic salt, and mozzarella cheese. Stir egg cheese mixture into the cooked vegetables.

6. Oil or spray a 10-inch pie pan or ovenproof skillet. Transfer potatoes and eggs mixture to pan. Spread with parmesan cheese and bake omelet until firm and brown on top, about 20-30 minutes.

Nutrition Facts

Serving Size 1/5 of omelet (298g)
Servings Per Container 5

Amount Per Serving

Calories 250 — Calories from Fat 80

	% Daily Value*
Total Fat 9g	**14**%
Saturated Fat 3g	**15**%
Trans Fat 0g	
Cholesterol 110mg	**37**%
Sodium 220mg	**9**%
Total Carbohydrate 30g	**10**%
Dietary Fiber 3g	**12**%
Sugars 3g	
Protein 15g	

Vitamin A 15% • Vitamin C 60%
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:

Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

National Diabetes Education Program, National Institutes of Health, Centers for Disease Control and Prevention., Control Your Diabetes. For Life. Recipes and Meal Planner Guide

Cost

Per recipe: $5.45
Per serving: $1.09

Spanish Rice

Yield: 6 servings

Ingredients

2 tablespoons	vegetable oil
1/2 cup	green pepper (chopped)
1/2 cup	onion (chopped)
1 teaspoon	garlic powder
1 teaspoon	chili powder
1 teaspoon	ground red pepper
1/2 teaspoon	salt
1/8 teaspoon	black pepper
1 cup	rice (uncooked)
1 can	canned chopped tomatoes (15.5 ounces, undrained)
2 cups	water

Instructions

1. Brown green pepper and onion in oil until tender.

2. Stir in the spices, rice, tomatoes with juice, and water.

3. Cover and cook over low heat for 20 minutes or until rice is done.

Nutrition Facts

Serving Size 1/6 recipe (210g)
Servings Per Container 6

Amount Per Serving	
Calories 180	Calories from Fat 45
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 370mg	**15%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 2g	**8%**
Sugars 3g	
Protein 3g	

Vitamin A 10% • Vitamin C 35%
Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

USDA Food Distribution Program on Indian Reservations, A River of Recipes Native American Recipes Using Commodity Foods

Cost

Per recipe: $2.08
Per serving: $0.35

Spanish Rice II

Yield: 6 Servings

Ingredients

1 pound	ground turkey, 85% lean (or ground beef)
1 cup	chopped onion
1 package	taco seasoning mix
1 can	tomatoes and green chiles (15 ounces)
3 cups	cooked rice
1/2 cup	shredded cheese, low-fat

Instructions

1. In a large skillet or pot, brown ground turkey and cook onion. When done, use paper towel to soak up any grease.
2. Add remaining ingredients except cheese and mix together.
3. Heat until very hot.
4. Top with cheese before serving.

Notes

Cheddar cheese used for nutritional analysis and costing.

Nutrition Facts

Serving Size 1/6 of recipe (248g)
Servings Per Container 6

Amount Per Serving

Calories 310 Calories from Fat 100

	% Daily Value*
Total Fat 11g	**17**%
Saturated Fat 3g	**15**%
Trans Fat 0g	
Cholesterol 65mg	**22**%
Sodium 210mg	**9**%
Total Carbohydrate 31g	**10**%
Dietary Fiber 1g	**4**%
Sugars 3g	
Protein 20g	

Vitamin A 10% • Vitamin C 15%
Calcium 8% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

ONIE Project - Oklahoma Nutrition Information and Education. Simple Healthy Recipes.

Cost

Per recipe: $5.12
Per serving: $0.85

Speedy Burritos

Yield: 9 servings

Ingredients

4 cups	potatoes (finely chopped)
1	onion (chopped)
1	bell pepper (red or green, chopped)
3	garlic clove (pressed or finely chopped)
2	egg (beaten)
1 teaspoon	black pepper
1/2 teaspoon	salt
1 tablespoon	vegetable oil
1/2 cup	cheese (grated, optional)
1	hot sauce (as needed, or salsa)
1 package	tortillas (flour or corn)

Instructions

1. In a large skillet, heat oil on medium-high setting.

2. Add onion, green pepper, potatoes, and garlic. Cook until potatoes are tender, about 10 minutes. Raw potatoes may need longer; check if done with a fork.

3. Reduce heat to medium setting, spread potato mix out to the sides of the skillet, leaving a space in the middle for the eggs. Add the eggs and scramble them until cooked (do not mix potatoes until eggs are cooked firm). Stir all ingredients together.

4. Wrap tortillas around the filling and top with salsa and cheese.

Nutrition Facts

Serving Size 1 burrito (153g)
Servings Per Container 9

Amount Per Serving	
Calories 240	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 490mg	**20%**
Total Carbohydrate 41g	**14%**
Dietary Fiber 3g	**12%**
Sugars 4g	
Protein 7g	

Vitamin A 2% • Vitamin C 25%
Calcium 6% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Washington State University, Eat Better, Eat Together

Cost

Per recipe: $4.55
Per serving: $0.51

Spinach and Mushroom Enchilada Casserole

Yield: 8 servings

Ingredients

2 teaspoons	olive oil
1	onion (medium, chopped)
2	garlic clove (minced)
3	yellow banana chile peppers (seeded, deveined and minced)
3 pounds	mushroom (sliced)
1 can	enchilada sauce (14 ounce, preferably green)
8	corn tortillas (6 inch, cut in half)
1/4 teaspoon	salt
1/2 teaspoon	oregano leaves (dried)
2 packages	frozen chopped spinach (10 ounce, thawed)
6 1/2 ounces	reduced fat Monterey jack cheese (grated)

Instructions

1. Heat oil in a very large non-stick skillet. Add onion, garlic and peppers and stir. Add mushrooms and cook about 15 to 20 minutes, until liquid evaporates. (If pan is not large enough, cook mushrooms in batches.)

2. Pour half of the enchilada sauce into a 13x9-inch baking dish.

3. Arrange 8 tortilla halves over the sauce in the baking dish. Preheat the oven to 350 degrees. When mushrooms are cooked, stir in the salt and crumble in the oregano leaves. Drain the spinach, squeeze it dry and mix it thoroughly with the mushroom mixture. Spoon half the mushroom mixture into the baking dish, carefully covering tortillas.

4. Set aside 1/4 cup (about 1 ounce) of grated cheese. Sprinkle the rest of the cheese on top of the mushroom mixture. Layer with the remaining 8 tortilla halves, then the remaining mushroom mixture and enchilada sauce. Sprinkle top of casserole with the remaining 1/4 cup cheese. Cover baking dish with foil and bake for 30 minutes, or until casserole is steaming hot in the center.

Notes

Allow casserole to stand at room temperature 5 minutes before serving. Serve with pinto or black beans and salad.

Nutrition Facts

Serving Size 3 1/4" x 4 1/2" piece, 1/8 of recipe (371g)
Servings Per Container 8

Amount Per Serving

Calories 220	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 630mg	**26%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 6g	**24%**
Sugars 6g	
Protein 15g	

Vitamin A 170% • Vitamin C 45%
Calcium 30% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

California Department of Health Services, California's Chefs Cook Lean
California Project LEAN

Cost

Per recipe: $17.94
Per serving: $2.24

Stove Top Green Chile Chicken Enchiladas

Yield: 6 Servings

Ingredients

1 tablespoon	olive oil
2/3	onion, chopped
1/4 cup	flour
2 1/2 cups	diced green chilies
2 cups	chicken broth
2 cups	cooked, shredded chicken breast
1/2 teaspoon	garlic powder
1 tablespoon	cornstarch
8	corn tortillas (6 inch)
1 1/2 cup	extra-sharp cheddar cheese, finely shredded

Instructions

1. Heat the oil in a medium saucepan.
2. Saute the chopped onion in the oil. Add the flour and cook for 1 minute.
3. Add the chilies, chicken broth, chicken and garlic powder. Simmer uncovered for 5 minutes.
4. Mix the cornstarch into about 1/4 cup of cold water until all the lumps are gone. Add to the chile and chicken mixture. Cook for 2 more minutes.
5. Tear the tortillas into strips and divide into thirds. Add them to the pan and cook until they are hot, stirring with a spoon from time to time.
6. Sprinkle the cheese over the enchiladas. Cover the pan and cook until the cheese has melted. Serve immediately.

Nutrition Facts

Serving Size 1/6 of recipe (263g)
Servings Per Container 6

Amount Per Serving	
Calories 300	Calories from Fat 110
	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 60mg	**20%**
Sodium 410mg	**17%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 3g	**12%**
Sugars 1g	
Protein 23g	

Vitamin A 6% • Vitamin C 35%
Calcium 15% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

New Mexico State University Cooperative Extension

Cost

Per recipe: $10.09
Per serving: $1.68

Stovetop Tamale Pie

Yield: 4 servings

Ingredients

	Quick Chili:
1/2 pound	ground beef, lean
1 can	kidney beans (15 1/2 ounce, drain and save liquid)
1/3 cup	bean liquid
1 cup	tomato puree (canned)
1 tablespoon	onion (minced)
1 1/2 tablespoon	chili powder
	Tamale Pie:
8 ounces	whole kernel corn (canned, not drained)
1/2 cup	yellow cornmeal
1 dash	salt
1 1/4 cup	cold water
1/8 teaspoon	chili powder

Instructions

Prepare Chili:

1. Cook beef in hot skillet until lightly browned. Drain off fat.

2. Stir in remaining ingredients. Bring to a boil.

3. Reduce heat, cover, and simmer 10 minutes.

Prepare Tamale Pie:

1. Place chili in a 10-inch skillet. Stir in corn. Heat thoroughly.

2. As chili heats, mix cornmeal and salt with water in a sauce pan. Cook over medium heat, stirring constantly until thickened, about 2 minutes.

3. Spread cornmeal mixture over hot chili to form a crust. Sprinkle with chili powder.

4. Cover and cook over low heat, with lid slightly ajar, until topping is set, about 10 minutes.

Nutrition Facts

Serving Size 1/4 recipe (387g)
Servings Per Container 4

Amount Per Serving	
Calories 350	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 590mg	**25%**
Total Carbohydrate 48g	**16%**
Dietary Fiber 11g	**44%**
Sugars 9g	
Protein 21g	

Vitamin A 45% • Vitamin C 15%
Calcium 8% • Iron 30%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

University of Illinois, Extension Service, Wellness Ways Resource Book

Cost

Per recipe: $3.67
Per serving: $0.92

Taco Flavored Potatoes

Yield: 5 servings
Cook time: 40 minutes

Ingredients

4	new potatoes (medium, rose or white)
2 tablespoons	olive oil
2 tablespoons	taco seasoning (1/2 package)
3 tablespoons	corn meal

Instructions

1. Preheat oven to 400 degrees.

2. Wash and scrub potatoes well. Cut the potatoes in half, lengthwise and then into quarters and again into eight pieces.

3. Place potatoes in large mixing bowl, toss with the olive oil until potatoes are well coated.

4. Sprinkle the seasonings and corn meal over potatoes, toss again until coated.

5. Arrange the potatoes on a nonstick baking sheet and bake for approximately 30 minutes until potatoes are golden brown.

Nutrition Facts

Serving Size 6 potato wedges, 1/5 of recipe (133g)
Servings Per Container 5

Amount Per Serving

Calories 170 Calories from Fat 50

	% Daily Value*
Total Fat 6g	**9**%
Saturated Fat 1g	**5**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 180mg	**8**%
Total Carbohydrate 27g	**9**%
Dietary Fiber 2g	**8**%
Sugars 1g	
Protein 3g	

Vitamin A 0% • Vitamin C 35%
Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

California Health Department - Los Angeles County, Es Facil Campaign
Submitted by Maria Cisneros

Cost

Per recipe: $2.05
Per serving: $0.41

Taco Salad II

Yield: 4 servings

Ingredients

1/4 pound	lean ground beef
1 1/2 teaspoon	cumin seed (ground, optional)
1 tablespoon	chili powder
1 cup	kidney or pinto beans (cooked)
1/2	head of lettuce (torn)
1	onion (small, diced)
2	tomatoes (large, cut up)
1/2 cup	cheddar cheese (shredded)
2 cups	light tortilla chips (broken)
1/2 cup	yogurt, non-fat
1/2 cup	salsa, chunky

Instructions

1. Prepare dressing in mixing yogurt and salsa, then set aside.

2. Brown ground beef and drain any fat; add beans, cumin and chili powder and heat through.

3. Toss lettuce, tomatoes, onion and cheese in large bowl.

4. Spoon on meat and bean mixture and top with broken tortilla chips.

5. Offer dressing on the side.

6. Refrigerate leftovers within two hours.

Nutrition Facts

Serving Size 2 cups salad, 1/6 of recipe (230g)
Servings Per Container 6

Amount Per Serving

Calories 210 Calories from Fat 50

	% Daily Value*
Total Fat 6g	**9**%
Saturated Fat 3g	**15**%
Trans Fat 0g	
Cholesterol 25mg	**8**%
Sodium 290mg	**12**%
Total Carbohydrate 27g	**9**%
Dietary Fiber 5g	**20**%
Sugars 5g	
Protein 12g	

Vitamin A 25% • Vitamin C 20%
Calcium 15% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Washington State University Extension, Favorite Recipes for Family Meals

Cost

Per recipe: $5.66
Per serving: $1.42

Taco Soup

Yield: 10 servings

Ingredients

1 pound	ground beef
2 cans	diced tomatoes (14.5 ounces each)
2 cans	corn (15.5 ounces each, rinsed and drained)
2 cans	red kidney beans (15.5 ounces each, rinsed and drained)
1 1/2 teaspoon	chili powder
3/4 teaspoons	cumin powder
3/4 teaspoons	garlic powder
1/3 cup	water

Instructions

1. Cook meat in a pot over medium heat until brown.

2. Put meat in a strainer to drain fat. Rinse with hot water.

3. Mix all the ingredients in a pot and cook on low for an hour.

Nutrition Facts

Serving Size 1 cup (298g)
Servings Per Container 10

Amount Per Serving

Calories 270	Calories from Fat 45
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 490mg	**20%**
Total Carbohydrate 39g	**13%**
Dietary Fiber 10g	**40%**
Sugars 6g	
Protein 18g	

Vitamin A 10% • Vitamin C 35%
Calcium 2% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Maryland Food Supplement Nutrition Education program, 2009 Recipe Calendar

Cost

Per recipe: $7.25
Per serving: $0.72

Terrific Bean Taco

Yield: 8 servings

Ingredients

1	onion (small, chopped)
2 teaspoons	vegetable oil
2 cups	refried beans
8	taco shells (or flour tortillas, wheat or white)
1/4	head of lettuce (chopped)
2	tomatoes (chopped)
1 cup	cheese (shredded)
	taco sauce (optional)

Instructions

1. Stir fry chopped onion in vegetable oil.

2. Stir in refried beans. Heat thoroughly.

3. Spread refried bean mixture in taco shell or on tortilla.

4. Sprinkle with shredded cheese, lettuce, chopped tomatoes and taco sauce, as desired.

Nutrition Facts

Serving Size 1/8 of recipe (155g)
Servings Per Container 8

Amount Per Serving

Calories 190 Calories from Fat 90

	% Daily Value*
Total Fat 10g	**15**%
Saturated Fat 4.5g	**23**%
Trans Fat 0g	
Cholesterol 15mg	**5**%
Sodium 400mg	**17**%
Total Carbohydrate 20g	**7**%
Dietary Fiber 4g	**16**%
Sugars 2g	
Protein 8g	

Vitamin A 10% • Vitamin C 10%
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:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

University of Wisconsin, Cooperative Extension Service, A Family Living Program

Cost

Per recipe: $6.43
Per serving: $0.80

Tortilla Chips and Bean Dip

Yield: 4 servings

Ingredients

4	corn tortillas
1 can	kidney beans (16 ounce)
1/4 cup	salsa
1/4 cup	sour cream, non-fat
1/2 cup	cheddar cheese (shredded)
1 cup	lettuce (shredded)

Instructions

1. Preheat oven to 400 degrees.

2. Place tortillas in a stack on cutting board. With a sharp knife, cut stack into eight pieces, forming triangles or wedges.

3. Lay tortillas pieces out in single layer on baking sheet. Set aside while making dip.

4. Open canned beans. Pour beans in colander; rinse and drain. Place beans in a small mixing bowl and mash with a potato masher. Spread beans over bottom of baking dish.

5. Measure salsa and spread over beans.

6. Measure sour cream and spread over beans.

7. Grate and measure cheese; sprinkle over bean mixture.

8. Place lettuce wedge on cutting board. Slice into thin strips; set aside.

9. 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 tortilla chips.

Create-a-Flavor Changes
- Use Monterey Jack or another cheese.
- Substitute black beans for kidney beans.
- Substitute 1/4 cup chopped fresh tomatoes for taco sauce.
- Spread one small can chopped green chilis over beans.

Nutrition Facts

Serving Size 1/4 of recipe (200g)
Servings Per Container 4

Amount Per Serving

Calories 240	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 25mg	**8%**
Sodium 450mg	**19%**
Total Carbohydrate 30g	**10%**
Dietary Fiber 8g	**32%**
Sugars 4g	
Protein 11g	

Vitamin A 6% • Vitamin C 4%
Calcium 15% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Cornell Cooperative Extension, Division of Nutritional Sciences, Cooking Up Fun - A Pyramid of Snacks

Cost

Per recipe: $2.71
Per serving: $0.68

Tortilla Pizzas

Yield: 6 servings
Cook time: 25 minutes

Ingredients

12	corn tortillas, small (or flour tortillas)
	vegetable oil (or margarine)
1 can	refried beans (16 ounce)
1/4 cup	onion (chopped)
2 ounces	fresh or canned green chili peppers (diced)
3 tablespoons	red taco sauce
3 cups	vegetables, such as broccoli, mushrooms, spinach, and red bell pepper (chopped)
1/2 cup	cheese, shredded part-skim mozzarella
1/2 cup	cilantro (chopped, fresh, optional)

Instructions

1. Brush one side of each of two tortillas with water. Press the wet sides of the tortillas together to form a thick crust for the pizza.

2. Brush the outside of the tortillas with a small amount of oil or margarine. Evenly brown both sides in a heated frying pan. Repeat with the rest of the tortillas. Set aside.

3. Heat refried beans, onion, and half of the chili peppers together in a medium saucepan, stirring occasionally. Remove from heat.

4. Spread about 1/3 cup of the bean mixture on each tortilla pizza. Sprinkle with 1 Tablespoon taco sauce, then top with 1/2 cup of the chopped vegetables, 1 teaspoon chili peppers, and 1 Tablespoon cheese for each pizza.

5. Return to frying pan and heat until cheese melts. Top with cilantro, if desired. Serve immediately.

Nutrition Facts

Serving Size 1 prepared pizza, 1/6 of recipe (215g)
Servings Per Container 6

Amount Per Serving

Calories 270 Calories from Fat 80

	% Daily Value*
Total Fat 9g	**14**%
Saturated Fat 1.5g	**8**%
Trans Fat 0g	
Cholesterol 5mg	**2**%
Sodium 450mg	**19**%
Total Carbohydrate 38g	**13**%
Dietary Fiber 7g	**28**%
Sugars 2g	
Protein 10g	

Vitamin A 6% • Vitamin C 70%
Calcium 10% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

California Department of Health Services, Healthy Latino Recipes Made with Love California Latino 5-A-Day Campaign

Cost

Per recipe: $4.45
Per serving: $0.74

Tostadas Delgadas

Yield: 8 servings
Cook time: 17 minutes

Ingredients

8	flour tortillas
2 cups	refried beans (fat-free)
2 cups	lettuce (shredded)
1 cup	tomatoes (diced)
1 cup	cheese (grated)

Instructions

1. Wash hands and cooking area.

2. Turn on oven to 350°F.

3. Place tortillas on a cookie sheet and put in oven for 10 minutes or until crispy.

4. Wash and cut your lettuce and tomatoes.

5. Spread two large tablespoons of refried beans on each tortilla.

6. Top with shredded lettuce, diced tomatoes, and grated cheese.

7. Serve immediately and refrigerate leftovers.

Nutrition Facts

Serving Size 1 tostada (160g)
Servings Per Container 8

Amount Per Serving	
Calories 240	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 670mg	**28%**
Total Carbohydrate 39g	**13%**
Dietary Fiber 5g	**20%**
Sugars 3g	
Protein 12g	

Vitamin A 25% • Vitamin C 6%
Calcium 15% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Texas Cooperative Extension, The Texas A&M University System, Expanded Nutrition Program

Cost

Per recipe: $3.90
Per serving: $0.49

Turkey Tostadas

Yield: 4 servings

Ingredients

2 cups	cooked turkey (cut into bite-size pieces, or 2 cups ground turkey, browned in a skillet and drained)
2 tablespoons	taco seasoning (chili)
1 1/2 cup	water
4	corn tortillas
1/4 cup	refried beans (low-fat or fat-free)
1/4 cup	Cheddar or Monterey Jack cheese (shredded, low-fat)
1/2 cup	tomatoes (chopped)
1/2 cup	lettuce (shredded)
2 tablespoons	onion (chopped)
1/2 cup	taco sauce
	plain yogurt (low-fat or fat-free optional)
	guacamole (or mashed avacado optional)

Instructions

1. Wash and prepare vegetables.

2. In a large skillet over medium heat, combine turkey, taco seasoning, and water.

3. Bring mixture to boil, reduce heat and simmer 5 minutes, stirring occasionally.

4. Place tortillas on a cooking sheet. Bake at 375° for 4-7 minutes or until tortillas are crispy.

5. Spread tortillas with a tablespoon of beans. Top with 1/4 meat mixture and cheese.

6. Return tortillas to oven to cook for 2-3 minutes or until cheese is melted.

7. Top with tomatoes, lettuce, onions and taco sauce. Garnish with yogurt and guacamole, if desired.

Notes

Recipe analysis includes light meat turkey without skin.

Nutrition Facts

Serving Size 1 tostada (276g)
Servings Per Container 4

Amount Per Serving

Calories 230 — Calories from Fat 35

	% Daily Value*
Total Fat 4g	**6%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 50mg	**17%**
Sodium 420mg	**18%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 3g	**12%**
Sugars 3g	
Protein 26g	

Vitamin A 4% • Vitamin C 6%
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:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

UMass Extension Nutrition Education Program, CHOICES Steps Toward Health

Cost

Per recipe: $3.56
Per serving: $0.89

Veggie Bean Wrap

Yield: 4 servings
Cook time: 25 minutes

Ingredients

2	green or red bell pepper (seeded and chopped)
1	onion (peeled and sliced)
1 can	black beans, 50% less salt (15 ounce, drained and rinsed)
2	mango (chopped)
1	lime, juiced
1/2 cup	fresh cilantro (chopped)
1	avocado (peeled and diced)
4	flour tortillas, fat free (10 inch)

Instructions

1. In a nonstick pan, sauté bell peppers and onion for 5 minutes over medium heat. Add beans, stir well. Reduce heat to low and simmer about 5 minutes.

2. In a small bowl, combine mangos, lime juice, cilantro, and avocado. Reserve 1/2 mixture for topping.

3. Fill warmed tortillas with 1/4 bean mixture and 1/4 mango mixture.

4. Fold ends of the tortillas over. Roll up to make wraps. Top veggie bean wraps with remaining mango mixture.

Nutrition Facts

Serving Size 1 prepared wrap, 1/4 of recipe (506g)
Servings Per Container 4

Amount Per Serving

Calories 480 Calories from Fat 120

	% Daily Value*
Total Fat 13g	**20**%
Saturated Fat 2.5g	**13**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 720mg	**30**%
Total Carbohydrate 87g	**29**%
Dietary Fiber 15g	**60**%
Sugars 31g	
Protein 13g	

Vitamin A 45% • Vitamin C 200%
Calcium 15% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

California Department of Health Services, Healthy Latino Recipes Made with Love California Latino 5-A-Day Campaign

Cost

Per recipe: $4.04
Per serving: $1.01

Veggie Quesadillas

Yield: 4 servings

Ingredients

	cooking oil spray
1	small zucchini (small, washed and chopped)
1/2	broccoli head (washed and chopped)
1	green bell pepper (washed, seeded and chopped)
1	onion (small, peeled and chopped)
1	carrot (scrubbed and shredded)
4	whole wheat tortillas (10-inch)
1 cup	cheddar cheese (shredded low-fat)
1/2 cup	salsa

Instructions

1. Spray pan with cooking oil spray.

2. Cook vegetables on medium heat for 4-5 minutes, stirring frequently. Remove from pan.

3. Spray pan with cooking spray. Place tortilla in the pan. Sprinkle with half the vegetables and half of the cheese.

4. Place the other tortilla on top. Cook on medium heat for 4-6 minutes or until the cheese starts to melt and the bottom tortilla starts to brown.

5. Flip quesadilla. Cook for 4 minutes or until tortilla browns.

6. Repeat steps 3-5.

7. Cut each quesadilla in half. Serve with salsa.

Nutrition Facts

Serving Size 1 quesadilla (273g)
Servings Per Container 4

Amount Per Serving

Calories 240	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 380mg	**16%**
Total Carbohydrate 34g	**11%**
Dietary Fiber 6g	**24%**
Sugars 5g	
Protein 14g	

Vitamin A 70% • Vitamin C 170%
Calcium 15% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Maryland Food Supplement Nutrition Education program, 2009 Recipe Calendar

Cost

Per recipe: $4.22
Per serving: $1.05

White Chili

Yield: 10 servings

Ingredients

4 cups	white beans (cooked, see recipe)
1 tablespoon	olive oil
2	red pepper (chopped)
1	onion (large, chopped)
1	chopped green chili (can adjust to taste)
3	garlic (cloves, minced)
1 tablespoon	chili powder
1 teaspoon	cumin
1 teaspoon	oregano
2 cups	chicken broth (low sodium)
2 cups	milk, low-fat
1/4 cup	cilantro
3/4 pounds	chicken (cooked and cubed)
6	corn tortillas (toasted and cut into 1 inch squares)

Instructions

1. Sauté peppers and onion in olive oil.

2. Add green chili, garlic, spices and chicken broth. Simmer for 20 minutes.

3. Add milk, cooked beans, and cooked chicken. Allow to thicken before adding cilantro. Heat through.

4. Top chili with crisp tortillas before serving.

Nutrition Facts

Serving Size 1/10 recipe (279g)
Servings Per Container 10

Amount Per Serving

Calories 210 Calories from Fat 45

	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 150mg	**6%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 5g	**20%**
Sugars 5g	
Protein 18g	

Vitamin A 20% • Vitamin C 60%
Calcium 10% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Washington State WIC Program, The Bold and Beautiful Book of Bean Recipes

Cost

Per recipe: $6.11
Per serving: $0.61