

Recipe Finder

Cookbook



Texas A&M AgriLife Extension Service
Easy Supper Tonight!

Created by: Monica Walker, Baylor County Extension Agent

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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Easy Chicken Pot Pie

Yield: 6 servings

Cook time: 45 minutes

Ingredients

1 2/3 cup	frozen mixed vegetables (thawed)
1 cup	cooked chicken (cut-up)
1 can	cream of chicken soup, low-fat (10-3/4 ounce, condensed)
1 cup	baking mix, reduced-fat (example: Bisquick)
1/2 cup	milk (non-fat)
1	egg

Instructions

1. Wash hands and any cooking surfaces.
2. Pre-heat oven to 400°F.
3. Mix vegetables, chicken and soup in ungreased, 9-inch pie plate
4. Stir remaining ingredients in a mixing bowl with fork until blended. Pour over vegetables and chicken in pie plate.
5. Bake 30 minutes or until golden brown.
6. Let cool for 5 minutes and serve.

Nutrition Facts

Serving Size 1/6 of pie (155g)

Servings Per Container 6

Amount Per Serving

Calories 180	Calories from Fat 25
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% Daily Value*

Total Fat 3g	5%
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Saturated Fat 1g	5%
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Trans Fat 0g	
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Cholesterol 55mg	18%
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Sodium 420mg	18%
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Total Carbohydrate 25g	8%
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Dietary Fiber 2g	8%
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Sugars 4g	
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Protein 13g	
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Vitamin A 10%	• Vitamin C 2%
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Calcium 15%	• Iron 8%
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*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: \$3.47

Per serving: \$0.58

Easy Fruit Salad

Yield: 14 servings

Ingredients

- 1 can fruit cocktail (16 ounce, drained)
- 2 banana (sliced)
- 2 orange (cut into bite-size pieces)
- 2 apple (cut into bite-size pieces)
- 8 ounces yogurt, low-fat piña colada

Instructions

1. Mix fruit in a large bowl.
2. Add yogurt and mix well.
3. Chill in refrigerator before serving.

Nutrition Facts

Serving Size 1/2 cup prepared fruit salad, 1/14 of recipe (109g)
 Servings Per Container 14

Amount Per Serving		% Daily Value*	
Calories	70	Calories from Fat	0
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	10mg		0%
Total Carbohydrate	17g		6%
Dietary Fiber	2g		8%
Sugars	13g		
Protein	1g		
Vitamin A	4%	Vitamin C	25%
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

University of California,
 Cooperative Extension Fresno
 County, Easy and Nutritious
 Family Recipes, p.3

Cost

Per recipe: \$3.61
 Per serving: \$0.26

Easy Rice Pudding

Yield: 4 servings

Cook time: 40 minutes

Ingredients

2/3 cups	white rice, uncooked
2 cups	water (warm)
1 teaspoon	butter or margarine (optional*)
1/2 cup	dry milk, non-fat
2 tablespoons	sugar
1/2 teaspoon	vanilla
1/2 teaspoon	cinnamon
1 cup	water
1/2 cup	raisins (or other dried fruit)

Instructions

1. Combine rice, water, and butter or margarine in large microwave safe dish. Cover loosely, so steam will escape.
2. Cook in microwave on high for 5 minutes or until mixture comes to a boil. Reduce setting to defrost (50% power), and cook an additional 10 minutes.
3. Mix other ingredients together while rice is cooking.
4. Without allowing rice to cool, remove cover and quickly stir milk-water-raisin mixture into hot rice. Cover loosely again and continue cooking on defrost (50% power) for 10 minutes. After cooking time is finished, let pudding sit, covered, for 10 minutes.
5. Stir gently and put in individual serving dishes.
6. Eat warm or cover and refrigerate immediately. Enjoy the refrigerated pudding within 2 days.

* Used in Analysis

Notes

A 9-10 year-old child can learn how to use measuring spoons and cups while helping make this recipe.

Nutrition Facts

Serving Size 2/3 cup, 1/4 of recipe (246g)

Servings Per Container 4

Amount Per Serving

Calories 240 Calories from Fat 10

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 55mg 2%

Total Carbohydrate 52g 17%

Dietary Fiber 1g 4%

Sugars 23g

Protein 6g

Vitamin A 4% • Vitamin C 2%

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

University of Minnesota,
Cooperative Extension Service,
Simply Good Eating Recipe
Cards: Vol. 1, 2000

Cost

Per recipe: \$0.97

Per serving: \$0.24