

# 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/>.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800)795-3272 (voice) or (202)720-6382 (TTY). USDA is an equal opportunity provider and employer.

## Table Of Contents

<b>Easy Chicken Pot Pie</b> .....	4
<b>Easy Fruit Salad</b> .....	5
<b>Easy Rice Pudding</b> .....	6

# 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**

% Daily Value\*

**Total Fat 3g**    **5%**Saturated Fat 1g    **5%**

Trans Fat 0g

**Cholesterol 55mg**    **18%****Sodium 420mg**    **18%****Total Carbohydrate 25g**    **8%**Dietary Fiber 2g    **8%**

Sugars 4g

**Protein 13g**

Vitamin A 10%    • 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

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*	
<b>Calories</b>	70	<b>Calories from Fat</b>	0
<b>Total Fat</b>	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	10mg		0%
<b>Total Carbohydrate</b>	17g		6%
Dietary Fiber	2g		8%
Sugars	13g		
<b>Protein</b>	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